

MWWM

MAINE WOMEN MAGAZINE

VOLUME 12 | ISSUE 2 | JUNE 2018

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strange land
Volunteering abroad

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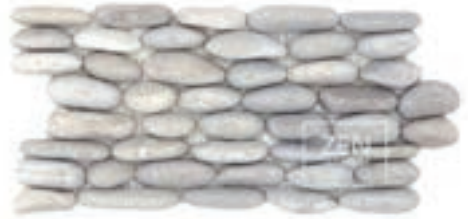
tips & trends

Serenity



*When designing relaxing spaces, I have three basic rules: utilize neutral colors for a soft palette, go for a less-is-more clean look, and most importantly **stay true to yourself**. Always remain faithful to your own taste and style. It's tempting to recreate what's currently on trend, but your own mix of styles and genres will make the room more interesting!*

Karen Gallagher - Karen Gallagher Interiors



▲ Natural river rock pebbles by Zen Paradise

keep your cool

Soft blues and whites are an ideal palette for a relaxing space. Cool colors visually recede, so they can make a small room seem more open.



▲ New Ravenna Mist mosaic



▲ LB Luce Feather in Mineral Springs Pearl

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IN THIS ISSUE

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FEATURED

- 16** Something Wonderful in the World
- 20** Stranger in a Strange Land
- 24** Artist and Outdoorswoman
- 28** Maine. Yoga. Adventures.
- 34** Maine YogaFest
- 36** Yoga in the Great Wide Open
- 41** 5 Uniquely Maine Summer Day Trips
- 46** 5 Things: Items for Your Next Adventure

IN EVERY ISSUE

- 10** At The Helm
- 14** Ditch The Couch
- 50** Maine Style
- 52** At The Table
- 56** Mix & Mingle
- 62** Amateur Hour
- 64** Momsense
- 66** Verse & View

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Choose your own adventure

As the temperatures inch closer to respectable springtime weather, my wanderlust gets stronger and stronger. I am more eager than ever to get outside and explore. This year, my wandering will include a lot of trail hiking in the Carrabassett Valley area, where my husband Brian and I are still working on the finishing touches of our camp renovation. Think “Cabin Masters” in super-slow motion! The “valley” offers so much in the way of outdoor recreation, including hundreds of miles of mountain biking trails, which are extremely well maintained by the Carrabassett chapter of the New England Mountain Bike Association. For info, visit the website at carrabassettnemba.org. If mountain biking isn't your thing, you can find plenty of trails to walk/hike, loads of swimming holes, fishing, boating and golfing. It is a great place to explore in the spring, summer and fall.

In addition to traipsing around the valley, we've got a few trips planned in the “Love Shack,” our converted camper-van. We'll make our fourth trek to Mountain Jam, the three-day music festival that happens every June on Hunter Mountain in upstate NY (mountainjam.com). Though the lineup is not our favorite, we know we will have a blast. This year, we're adding a couple of days ahead of the festival to see Steve Earle and Lucinda Williams in Boston and Dave Matthews Band in New Hampshire before we settle in on the mountain. Later in the summer, we are going on a big adventure, traveling down to central Virginia to check out the Lockn Festival (locknfestival.com). Going

somewhere completely different and finding all sorts of great things along the way is the best part of a great adventure.

This issue of Maine Women Magazine is loaded with ideas for getting out and exploring this summer. Whether you like the “five ticket ride” sort of adventure or prefer the lazy river version, you'll find several options for fun things to do and see. This is also our annual Maine YogaFest issue, and you will find all the details of this annual event, along with some great features, on pages 34–38. We are a very proud partner with Maine Yoga Fest, which happens this year from June 29 to July 1. We would love to hear from you and see your photos if you happen to go this year.

Also in this issue, you will meet a couple of really adventurous women. Janet Littlefield, founder of Go! Malawi, teaches young Malawians—especially girls—to believe in themselves. Read more about her travels and experience on page 16. Georgette Kanach has been a nature artist since childhood, a Master Maine Guide for 35 years and an employee at L.L. Bean for 13 years, now in its gun department and Outdoor Discovery School, teaching shotgun shooting, archery and hunter safety. Read her story on page 24. Both of these women are uniquely following their hearts into the wilds of the Maine outdoors and in a country on the other side of the world.

I hope you find many ideas to explore this summer in this issue of MWM. Let us know what you think. We look forward to hearing from you.



Lee Hews

ON THE COVER

Exploring the ruins of Písac, Peru. MWM Creative Director Le Anna Gross spent a month in Peru volunteering with Otra Cosa. Read her tips for volunteering abroad on page 20.

Photo by Le Anna Grosso



MWMM

MAINE WOMEN MAGAZINE

PUBLISHER

Lee Hews

lhews@mainewomenmagazine.com

EDITORS

Shannon Bryan

sbryan@mainewomenmagazine.com

Amy Vigeant Canfield

acanfield@mainewomenmagazine.com

Anna E. Jordan

CREATIVE DIRECTOR

LeAnna Grosso

lgrosso@mainewomenmagazine.com

VISUALS EDITOR

Lauryn Hottinger

lhottinger@mainewomenmagazine.com

ADVERTISING ACCOUNT MANAGERS

Janet Allen, John Bamford, Cyndy Bell,

Ann Duddy, Natalie Ladd, Beth Murphy

sales@mainewomenmagazine.com

DIGITAL & SOCIAL MEDIA

Sue Miller

DESIGN & PRODUCTION

Taylor Roberge

CONTRIBUTORS | Print and Online

Wendy Almeida, Katie Bingham-Smith,

Emma Bouthillette, Melanie Brooks,

Shannon Bryan, Mercedes Grandin,

LeAnna Grosso, Candace Karu, Maggie

Knowles, Jessie Lacey, Patricia McCarthy,

Amy Paradysz

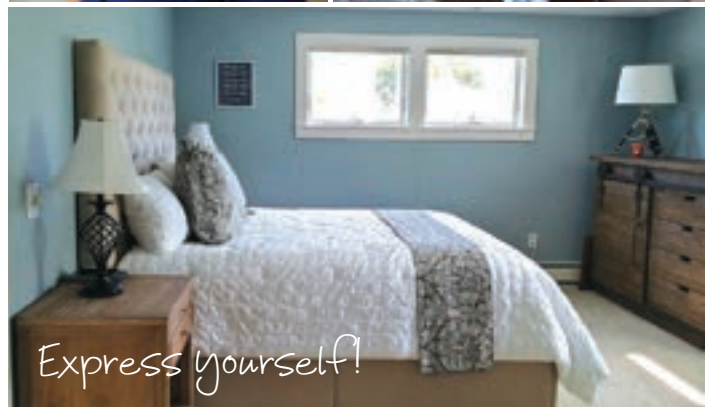
CONTACT

5 Fundy Rd., Falmouth, ME 04105

(207) 854-2577

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information,
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Christine Pistole of Gryffon Ridge Spice Merchants tapes up a package for shipment. She's run the home-based business, now located in Litchfield, since 2013.



Spice of life

Christine Pistole of Gryffon Ridge Spice Merchants knows that running a business—and crafting the perfect spice blend—is all about balance

**Written by Mercedes Grandin
Photographed by Derek Guimond**

When Christine Pistole took over sole ownership of Gryffon Ridge Spice Merchants in 2013, she didn't realize how many hats she'd have to wear to keep the ship sailing smoothly. She started Gryffon Ridge with her husband in 2009, and when they divorced in 2013, she quit her day job to run the company full time and hasn't looked back since. Her first challenge was "doing it all and trying to learn your partner's role and not always understanding what that person does until there's that void," she says. "I never thought I'd own my own business and now I'm doing it and getting through each day and it's amazing."

Pistole manages all of the company's day-to-day operations, from crafting and cooking the spice blends, to bookkeeping, advertising/marketing, packing/shipping and selling at farmers markets and trade shows. Her mission—to "provide the highest quality herbs and spices to retail and wholesale clients and to educate people about what spices will do for their health"—has remained constant since its inception.

"So many people purchase with their eyes and the first mode of attraction is visual," she says. Pistole attends the Brunswick Winter Market at Fort Andross and, in the summer, the farmers market at Brunswick's Crystal Springs Farm, where customers can see and sample products. She also attends festivals and trade shows, like the Maine Artisan Bread Fair in Skowhegan, The Common Ground Fair in Unity and the Maine Harvest Festival in Bangor.

Gryffon Ridge has always been a home-based business, but changed its location in 2015 when Pistole moved from Dresden to Litchfield, where she expanded her home to build a full commercial kitchen, packaging area and business office. Her remote location doesn't impact sales, since it's not a retail operation, and Pistole has discovered her remoteness is, in fact, an asset to her well-being. "I wanted to be in the country where it was quiet and I can have my chickens, ducks and my dog roam," she says. "I've also found a spot that works in terms of accessibility to markets," she adds, noting her proximity to Brunswick.

Her goal with Gryffon Ridge has always been to provide organic spice blends at a reasonable cost. This hasn't always been easy, as organic prices skyrocketed in 2009, then balanced out as the organic market became less of a niche. Despite market fluctuation, Pistole says it's important to use certified organic spices because they reflect consistency in the quality and an organic label "ensures they have the best systems for their farmers, proper care of the fields and soils, and no chemicals in their water or fertilizers." While organic certification is a constant, climate and growing conditions in the countries of origin are not. After a cyclone hit Madagascar in 2014, Pistole saw prices for vanilla bean increase to \$400 a pound, compared to \$89 a pound in 2013. "That's just one example of what happens when you have to rely on a grown product. Right now I can't get bird's eye chilis due to not enough farming to fill the crop demand."

Since she took over the company, Gryffon Ridge has grown so much that Pistole has had to offload some of her many responsibilities to keep up with demand. The business grew 13–18 percent over the last three years, and is projected to have 30 percent growth in 2018 due to an increase in online sales. "At this point in time, we're poised to keep up with growth. When you work smarter and not harder you can do it," she says. She's hired a couple of part-time employees to help with production and shrink-wrapping orders and increased her production to 6–8 cases instead of 3–4 to keep inventory up. "This year will be different because we have a targeted growth pattern, which will consist of bringing in help to do some of the day-to-day processes not in the kitchen," Pistole says, careful to mention that she's not ready to "give up her hand in the craft."

One catalyst for Gryffon Ridge's growth has been Pistole's recent partnership with famed chef and host of Bizarre Foods on the Travel Channel, Andrew Zimmern. "Andrew is an amazing chef and amazing man to work with," Pistole says of the partnership. Zimmern discovered Gryffon Ridge Spices while visiting Portland in June 2017 and contacted Pistole after sampling her spice blends. "He loved the quality and flavor

tones, so last year his rep contacted me and asked if I could produce some spice blends based on the regions where he was traveling.”

Pistole sent Zimmern her ideas and collaborated with him last summer to create the first set of five proprietary blends based on his travels. One big seller was “The Kentucky Table,” a blend based on Zimmern’s travels following Daniel Boone’s footprint across Kentucky, which includes fennel, rosemary, paprika, coriander, allspice, thyme, sage and “a slight chili flake to give it some heat.” “Northern Lights” is another blend based on Zimmern’s travels on the Paul Bunyan Trail in Minnesota, and “The Polish Pantry” is based on Napoleon Bonaparte’s march through Poland. Pistole designed the blend based on a recipe she found for Polish stew, and it includes “deep smoky flavor tones” of onion, garlic, caraway, allspice, paprika, mushroom powders and marjoram. In February she finished creating a new set of five blends for Zimmern’s upcoming spring season of Bizarre Foods. Customers can purchase the blends directly from Zimmern’s website.

Pistole’s culinary prowess comes from being a self-taught foodie who grew up in Lindsay, California, a small town in the San Joaquin Valley known as “the olive capital of the U.S.”

“Lindsay is a small-town agricultural area with lots of citrus, olives and great flavor tones. We weren’t a salt and pepper family,” Pistole says of her childhood experience with food and flavors. She stays up to date on culinary trends, reads cooking blogs and recipes for inspiration and experiments with ideas in her kitchen. Unfortunately, Maine doesn’t provide the right climate or growing season for the quantity and quality of spices Pistole needs. As a result, Gryffon Ridge’s spices come from abroad, as most herbs and spices are dried in the region where they’re grown, creating a fresher and better quality product.

As a result of high overseas shipping costs, Pistole has to be savvy about where to cut costs. She buys spices from organic spice wholesalers in the U.S. and certifies the product through MOFGA, a process that requires “a lot of paperwork tracing from the time they hit my doorstep to the time they leave my doorstep.” She’s made the process more time-efficient and digitized over the years thanks to technology. “Inspection alone takes about two hours, but prepping can take a couple of days,” she says.

Gryffon Ridge became an S Corporation in 2011, which Pistole says has helped create accountability for her business and be poised for long-term growth. “I’d love to get the business to a stable production level to support myself and my employees with a decent cost of living wage and making the business itself a household name,” she says. She also anticipates changes in her buying process as she increases her purchasing volume. “When we started, we were ordering in five pounds, now I’m ordering 100–200 pounds at a time. The next step is figuring out how to reduce costs and put things on pallets so if product comes from a specific region you can mix and match a pallet.”

Through this rapid growth, Pistole remains mindful of the benefit of being a small business. “I want to grow, but I don’t want to become huge because I don’t want to lose that personal insight into what’s happening in my business,” she says. “I want to keep my standards the same as when we were small.”

She hopes to transition out of packaging and bookkeeping and hire a marketing manager and bookkeeper who can also help with purchasing, which would allow her to spend more time in the kitchen, where her passion lies.

Looking ahead to the future, Pistole also dreams of traveling to the countries where she gets her spices, for continued inspiration to create her unique and flavorful blends.

Mercedes Grandin is a freelance writer, editor, English teacher and tutor. She lives in Brunswick with her husband Erik and their chocolate Labrador Fozzie.




The organic spices in Gryffon Ridge blends come from all over the world. Blends include New England Marinade, which is made with paprika, sea salt, mustard seed, black pepper, garlic, onion, oregano, thyme and parsley.




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Spring bike ride, outdoor yoga and a whole week dedicated to wine

Written by Amy Paradysz



Left: Maine YogaFest. Maine YogaFest photos by Courtney Elizabeth Photography; Right: Launch! A Maritime Festival. Courtesy photo

Maine Women's Ride

Sunday, June 10, 7 a.m. to 1 p.m.

Rides begin and end at Discovery Park, L.L.Bean Flagship Store, Freeport

This fundraiser for the Bicycle Coalition of Maine celebrates women who bike. Route options (10, 25, 50 or 62 miles) follow quiet roads with beautiful views of the Maine coast and countryside. There are rest stops, healthy snacks and support vehicles along the way. Back at Discovery Park, you'll be welcomed with music, lunch and a party! (mainewomenside.com)

Changemakers Celebration

Wednesday, June 13, 6–9 p.m.

O'Maine Studios, 54 Danforth St., Portland

Be inspired by Maine Initiatives' celebration of grassroots, community-based organizations working to advance racial justice and equity in Maine. Tickets are \$60 and include heavy hors d'oeuvres from local chefs connected to the grantees and their work. (bit.ly/MiChangemakers18)

Launch! A Maritime Festival

June 13–17

Locations in Kennebunk, Kennebunkport and Arundel

Fresh local seafood, nautical history and a variety of events throughout Kennebunk, Kennebunkport and Arundel celebrate the community's rich maritime history—one that continues to this day. Highlights include the Sailors & Sirens 5K, Captain's Cook-Off, Lobster Bake, Rock the Boat after-party and the River Lights Boat Parade. (*Schedule and tickets at gokennebunks.com*)

Portland Wine Week

June 18–24

Multiple locations around Portland

From the casual wine lover to the serious oenophile, this week of world-class wine, learning experiences and award-winning food is the way to toast to a beautiful summer. Activities include pairing and performance events, wine dinners, tastings, classes and seminars, special menus and other happenings that feature vino. (*Schedule at portlandwineweek.me*)

Yoga in the Outfield

Sunday, June 24, 10–11:15 a.m.

Hadlock Field, Portland

Find your zen at a pre-game yoga class on the outfield, then watch the Sea Dogs play the Trenton Thunder at 1 p.m. Bring your own mat and enjoy a yoga experience accessible for all ages and levels. Limited to the first 100 to purchase yoga-and-game tickets (\$15 each). Bring a (non-stuffed) toy to donate to the Maine Children's Cancer Program. (*207-879-9500 or seadogs.com*)

Maine YogaFest

June 29–July 1

East End School, Portland

Over 45 instructors and 52 workshops, equal 1 soulful weekend. From paddleboard yoga on Casco Bay, aerial yoga and yoga at the Fort to restorative spa yoga, this is a weekend to push your boundaries, reconnect and relax. The festival includes live music, food, a vendor village and health talks. Buy tickets and register for classes in advance before your top choices fill up. (*Schedule and tickets at maineyogafest.com*)



June 29–July 1, 2018

East End School, Portland



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SOMETHING WONDERFUL IN THE WORLD

*Janet Littlefield, founder of Go! Malawi,
teaches young Malawians—especially girls—
to believe in themselves*

Written by Amy Paradysz



Photo courtesy of Lindsay Pinchbeck





Janet Littlefield's experience in Malawi as a Peace Corp volunteer 20 years ago led her to found Go! Malawi, based in Hebron, in 2004.

THE BIGGEST CULTURAL SHIFTS START SMALL.

“It started with one kid who needed to go to school, and I just started paying,” says Janet Littlefield, a 42-year-old special education teacher from Hebron who has changed the educational landscape in a dozen rural villages in Malawi, a country in southeastern Africa. “Then it was two kids, three kids... I started working second jobs and tutoring so I could pay for kids to go to school.”

When Littlefield graduated from Skidmore College in 1998, she joined the Peace Corps and was sent to rural Malawi. “I’d been placed in a school, and there would be over 100 kids just sitting on the floor,” she says, describing the year that changed the trajectory of her life.

“We are all citizens of this one world, and if anyone is in a position to help someone else they must do so regardless of their birthplace,” Littlefield says. “I don’t think a Malawian’s life or future is any less valuable or important than an American’s. I have five children: three Malawian and two American. My American children are not more important than my Malawian children. I look at any person who needs assistance as an equal member of this world and who has the right to live free of hunger, suffering and poverty.”

What she saw in Malawi 20 years ago—malnourished children in tattered clothes—wasn’t something she could leave behind at the end of her year of Peace Corps service. With public education ending after the eighth grade, Littlefield saw girls marrying young, having more children than they could support and living their lives with their eyes averted, hands over mouths, shoulders slumped, as if they were “trying to take up less space.”

By 2004, Littlefield had gathered a team of volunteers who established an orphanage, which, at its peak, housed and educated 80 children.



Above: Malawian kids play outside Ntchisi, Malawi. Below: Students watch the teacher write on a blackboard in a classroom in rural Malawi. *Photos courtesy of Lindsay Pinchbeck*

To learn more about
Go! Malawi and how you
can help, go to
WWW.GO-MALAWI.ORG

"It was a snowball effect where I didn't know how to say no," Littlefield says. "For two years, it was just my own money going to the orphanage. I was running with my heart and not really running an organization in a way that wouldn't exhaust me."

By 2006, Go! Malawi was an established nonprofit with a board of directors and, by 2010, the organization had completely moved away from the orphanage model. Most of the "orphans" had a relative—sometimes even a father—who couldn't afford to care for the child and keep them in school but would do so with some financial support.

"Data shows that the education of an area matches to the health of the area," Littlefield says. "If you can keep a girl in school until she's past 18, the odds of her getting pregnant or married young are lower. Personally, I'm really driven to help girls. I want to break down that learned helplessness and help kids understand that they can do what they want to do with their life."

When local students pass the eighth-grade exam, Go! Malawi provides scholarships to high school, colleges and trade schools. A dozen students have already graduated from postsecondary education, while 20 more are in college and 70 are in high school.

"When a woman thinks she is only supposed to be a wife and stay home cooking and cleaning, she will fulfill that prophesy," Littlefield says. "But, in the eight years in our new location, I've seen a change in the elders and the males in believing that, yes, women can get jobs. Employed women are less likely to accept domestic abuse and more likely to encourage their kids to go to school. I want them to know, 'You can be of value. You can be whatever you want to be. If you want to be a wife and mother, that's wonderful. I'm both of those things, too. But you can also be independent.' Women can change the village and can change the nation."

A group of volunteers goes to Ntchisi, Malawi, each summer, and typically a few educators travel each spring to lead training workshops for the Malawian instructors.

Argy Nestor, director of arts education for the Maine Arts Commission, had been Littlefield's art teacher when she was in middle school in Union and followed her efforts in establishing Go! Malawi. In 2016, Nestor and

Lindsay Pinchbeck, director of Sweet Tree Arts in Hope, went to Ntchisi as volunteers, leading a 13-day workshop in arts integration.

"Arts integration impacts engagement in learning and achievement," Nestor says. "And, if we teach teachers, they in turn impact dozens, hundreds or even thousands of students. As adults, we plant seeds with young people and we never know how a seed will germinate."

Nestor sees Littlefield as a model of what can happen when education, self-confidence and heart come together.

"It's wonderful that one person can be influenced by opportunities and turn around and make such an impact," Nestor says. "Janet is a great example of having opportunities as a child and being encouraged to reach her potential and do something wonderful in the world."

Go! Malawi is leading an effort to not only educate young Malawians but to encourage them to believe in themselves and that it's possible to follow their dreams. A new gender equity summer camp brings in Malawi women who are trailblazers in male-dominated fields, showing village girls that, yes, they can be a pilot or an even a judge, if that's what they want to be.

One of Littlefield's adopted Malawi children, Jenni, arrived in Maine when she was 6. At the time, Littlefield had a 16-month-old and was six months pregnant and going through a phase of her life that more closely resembled the traditional female role common in patriarchal societies like the one in Ntchisi. But, over the years, Jenni began to see that her adoptive mother was also a special education teacher here in Maine and that she led an organization across the globe that was lifting up a generation of young villagers.

"When she first came here, she was learning 'What is family?'" Littlefield says. "She would say she wanted to help a man run a restaurant, and now she wants to run a restaurant. She has seen that she doesn't have to be employed by a man. When a woman or a girl can say to me, 'I'm standing on my own two feet and I never thought I could do that'—that, to me, is a gift."

Amy Paradysz is a freelance writer based in Scarborough.

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STRANGER IN A STRANGE LAND

3 things I learned while volunteering abroad

Written & photographed by Le Anna Grosso



Otra Cosa Network volunteers head into the field to visit an OCN partnership program at a local school.

I've always had what people call "wanderlust"—an intense desire to see faraway places, experience different cultures and meet new people. The idea of volunteering abroad—traveling to a place I'd never been and helping a local organization in whatever way I could—first occurred

to me as a possibility in my early 20s, but so many questions held me back: How will I get the time off work? How could I ever afford it? Who will take care of my cats? Will my family understand my need to travel halfway around the world to do something I could do right here?



Left: A happy local vendor in the Huanchaco market, where locals buy fresh produce and goods. Bottom: The traditional fishing boats, called Caballitos de Tora, are rumored to have been the first surfboards. Fisherman would stand and ride the waves back in after collecting their daily catch.

BUT AS MY 40TH YEAR ON THIS PLANET DREW NEAR,

I finally realized the answer to all of these questions: If I want it badly enough, I can make it happen. And so I finally did. I decided to take the leap and travel deeper.

Don't get me wrong, vacations are great. But I yearned for something other than a week relaxing on the beach with a cocktail and a good book. I've spent years working at, volunteering with and on the boards of local nonprofits, and the itch was still there to experience something on a global level. I went on a website called idealist.org and found an NGO in Peru looking for help with marketing and design (skills I have lots of experience with). It was perfect.

I did a ton of research, saved every penny, told all of my clients I would be working remotely for the next 30 days and packed my bags. The entire experience was challenging, frustrating and heartbreaking. Did I cry a lot? Yes. Would I do it again? In a heartbeat. It was the best experience I've ever had in my life and it has changed my entire world in the best way possible. I also learned a few things along way. Here are three things I learned while volunteering for 30 days at Otra Cosa Network in Huanchaco, Peru.

ONLINE RESOURCES:

Volunteer Forever

Peer-rated lists of volunteer organizations with categories for interning, teaching and low-cost volunteer programs. volunteerforever.com

Idealist

A website dedicated to nonprofit and NGO organizations worldwide. Volunteer opportunities are searchable by keyword, skill, interest and country. idealist.org



Above: Otra Cosa volunteers take a break on the lawn of the volunteer house after a day in the field. Right: Local fisherman bring in their daily catch on the arid desert coast of Huanchaco using traditional reed boats called Caballitos de Totorá.

1. DO YOUR RESEARCH

I can't emphasize this enough. There are many ways to travel abroad, and most nonprofits and NGOs offer several options, from interning for school credit to volunteering in a variety of fields for an immersion experience. Many organizations charge fees for their programs. The fees may cover housing in a volunteer home or a homestay with a local family and a meal plan. If the cost is lower, you may be responsible for finding your own housing and meals. The fees can be as low as several hundred and as high as several thousand dollars. This is your dream, so find a program that fits your needs and your budget.

To learn more about otra cosa network and what they do, go to OTRACOSA.ORG





Le Anna Grosso hiking the ruins of Ollantaytambo, Peru.

2. EXPECT THE UNEXPECTED

Immersing yourself in a new culture can be a challenge on many levels. If you volunteer in a place where you don't speak the language, it can be difficult to communicate with the locals. Or you might be in a community that lacks resources like clean water and the comforts you're used to at home. I found myself overcoming an arsenal of #firstworldproblems on a daily basis, and it felt like an amazing test of will at times. I have come home more appreciative, tolerant and accepting, which feels incredibly freeing. Get ready to open your mind.

3. DOCUMENT EVERYTHING

This may seem like a no brainer, but bring a journal, a camera or a sketchpad and document your experience in whichever way speaks to you. Get in touch with your senses and document what you see, feel and learn on your journey to share with others, use as a resource or just for yourself to revisit in the years to come.

Le Anna Grosso is a freespirted, freelance creative director living in Scarborough. Follow her on Instagram @imafoxontherun.

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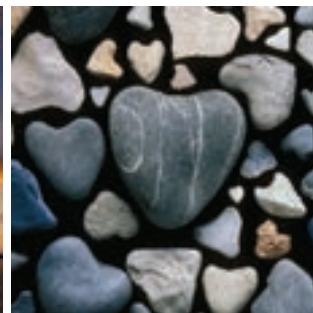
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John Tanguay



A Master Maine Guide, hunter and instructor at L.L. Bean's Outdoor Discovery School, Georgette Kanach spends much of her time in Maine's outdoors. The woods are also where she gathers inspiration for her art.

ARTIST AND OUTDOORSWOMAN

*Georgette Kanach creates art influenced by
her love of the outdoors and teaches others
how to love it, too*

**Written by Patricia McCarthy
Photographed by Lauryn Hottinger**

MAKING ART, SPENDING TIME IN THE WOODS AND SHARING WHAT she's learned are pursuits that have fed Georgette Kanach's soul for as long as she can remember.

She's worked as a nature artist since childhood, a Master Maine Guide for 35 years, and at L.L. Bean for 13 years, now in its gun department and Outdoor Discovery School, teaching shotgun shooting, archery and hunter safety.

Growing up in the lumbering town of Jackman, Kanach and her seven siblings were encouraged to play in the woods. Their father, a logging contractor, taught them to appreciate the surrounding wilderness.

When she was very young, her five older brothers were in the habit of bringing home wild creatures for their littlest sister to nurse back to health, including a moose calf, a bear cub, a red fox, a raccoon and a groundhog. Her brothers knew nothing would faze Georgie, who they warmly considered an "animal freak."

"If an animal got stranded or needed some other help, they'd bring it home to me, saying 'Oh, Georgie would really like this,'" Kanach, who turns 65 this month, recalls with a laugh.

"It was great, except for the bear cub, which was pretty nasty," she says. "It never got real gentle. I'd have all these animals for a short time, and then my father would give or sell them to someone or release them."

Kanach learned to hunt, at first mostly partridge and other birds, and eventually began "hunting to eat" deer, moose and bear. After marrying, she got a Brittany spaniel, like her sister's, and frequently took friends into the woods on hunting and exploration trips.

"My sister said why don't you get your Guide's license and you could make enough money to buy your dog's food?"

And so she did. Kanach originally planned to study art in college, but, like many things in life, that didn't pan out. Just after arriving in Boston for her first semester of art school, Kanach looked at her father and told him she couldn't go through with her plan.

"I couldn't do the city. It was an overwhelming feeling. He was very angry, but we went home, and I started working (waiting tables and bartending), and continued learning art. There was no online learning, of course, it was all reading books, and I talked with artists as much as I could.

"As a child, I was always drawing, always had a pencil and paper in hand. I had an uncle who was a talented artist, and I stayed with him for a week one summer and learned a lot. I was constantly drawing horses, and my dad eventually wound up getting horses. My parents bought me a wood-burning kit, and I'd do painting. It was all self-taught, and I was determined."

She realized at about age 16 that she could make a little money by selling her artwork.

"Jackman is such a small town that everyone knew I drew and painted, and people would say, 'Hey, I'd like a painting of that,' and I'd make it and sell it to them," Kanach recalls, noting that her workload depended on her finances at any given time.

That held true as she married and had two daughters. Kanach remembers often painting all night after putting her kids to bed when there were bills to pay.

All the while, she continued learning new techniques and ways to make art. She recalls buying an airbrush via Uncle Henry's "because I knew I needed it," though she had no idea how to use it for two years.

"Then we went to Cape Hatteras (North Carolina) on a vacation, and I saw someone airbrushing shirts and rugs. I



told my husband and kids, you guys go on, and I spent the whole day watching this guy! He wasn't very social or all that interested in talking to me about it, which I didn't understand. I mean, I lived in Maine—there was no threat! To me, if you don't pass on your knowledge, if it dies with you, what's the point? What good is it? I want to share everything that I know and love.”

Kanach says she's always had that philosophy—it led her to Maine Guide work and to teach hunter safety and other courses over the years—but those feelings of wanting to share her knowledge were heightened when she was confronted with breast cancer in 2009.

“When the doctor comes back with the results, it's a shock, like someone knocking the wind out of you,” says Kanach, who opted for a double mastectomy for peace of mind. “Going through that, you realize life is more precious and unpredictable and short. It gives you a greater appreciation for life. And it made me take all the negative out of my life, and I didn't let it back in.”

Long divorced at that time, she got through her recovery largely on her own, with the help and company of her daughters and two Brittany spaniels—she has four now—and by continuing with her art-work and woods walks as often as possible.

“My art kept me alive, and I went to the woods as a refuge. I get rejuvenated in the woods, smelling the air, away from electronics and the fast pace of life,” says the grandmother of five. “It's my happy place. Even if I could only go for five or 10 minutes when I was sick, it made me feel better.” When she didn't feel well enough to venture out, lying still and just thinking about being in the woods soothed her.

Kristina Lee, one of Kanach's daughters who now lives in Ohio, says she and her sister appreciate their mother passing on a love of nature, hunting and the woods.

“There's such a serenity in the woods. I love the smells, the sounds, the sights. It's just a good friend,” Lee says, sounding much like her mom.

Lee says she never doubted that her strong mother would survive cancer.

“I didn't worry about her success with it,” she says. “She's beaten the odds on so many other things, and to her, something like cancer was never going to win.”

Dan Rodrigue of Dresden, who works with Kanach at L.L. Bean, says he appreciates her positive attitude, too, as well as her expertise and way of dealing with customers.

“She's very knowledgeable, and has an easygoing way of explaining things that's not intimidating.”

Rodrigue says he admires the way Kanach handles herself, especially when male customers buying firearms bristle at being helped by a woman. “That's the personality of the customer, not her. She deals with it. She takes it in stride.”

Rodrigue, a photographer, also appreciates his co-worker's art talent and interest.

“We talk on an artsy level,” he says. “I enjoy having her around. It's a lot of fun.”

Kanach says she's grateful to make a living combining her passion for art and her love of the outdoors. And she's determined to share everything she knows.

Patricia McCarthy is a long-time writer and editor. She has three daughters, lives in Cape Elizabeth, and also has a photography business (patriciamccarthy.com).



Carved eggs showcase Kanach's artistic talent. Working in a range of mediums, her nature art is sometimes airbrushed, etched, or carved. She burns scenes from the woods into canoe paddles, does custom carvings in gun stocks, carves and paints moose antlers, and paints on canvas.

See more of Georgette Kanach's art on her website:

MAINENATUREART.COM

MAINE. YOGA. **ADVENTURE.**

*Holly Twining combines yoga with hiking, fat biking,
rock climbing and more with Maine Yoga Adventures*

**Written by Melanie Brooks
Photographed by Lauryn Hottinger**



IT WAS A FLUKE, REALLY. HOLLY TWINING HAD NO INTENTION OF BECOMING A YOGI. She was working as a naturalist and communications coordinator at Fields Pond Audubon Center in Holden when a couple of volunteers at the center approached her. They'd been participating in an informal "yoga club," but it needed a new teacher. The volunteers suggested Twining take the helm.

"They told me their teacher was leaving town and I should just be their teacher," Twining laughs. Her first thought: Why not? So the novice started leading the yoga club and soon realized she wanted to learn more and gain training. What ensued was a career change and the eventual birth of Maine Yoga Adventures, a company she founded in 2015 that combines yoga with other activities, ranging from rock climbing and hiking to paddleboarding, theatrical performances and brewery tours.

Twining leads day trips and weekend getaways in Maine and week-long retreats in places like Costa Rica, Iceland and Tuscany. Each event incorporates some variety of yoga (think poses in a snowy field while wearing snowshoes or a hike in the woods that includes pausing under the trees for a few minutes of flow). The yoga style, and her adventures, are intended to be open to all levels of yogis and adventurers.

"Maine Yoga Adventures is all about bringing people together and getting them outside," she says.

And always, Twining leads her adventures with a personality that is as colorful as her apparel (she's always decked out in bright colors, from her socks to her nail polish). She is, underneath it all, a performer. While living in New York over a decade ago, Twining was a dancer and performer for an experimental theater company. A knee injury forced her to change her priorities. "It was so bad...I had to choose between dancing and walking," she says. Common sense prevailed. A nature lover, she earned an interdisciplinary master's degree focusing on environmental ethics and literature from New York University. After 10 years in the city, she and her husband decided it was time to trade traffic jams and honking horns for woodland trails and birdsong.

Since Twining and her husband, Travis Baker, are both New Englanders (Twining is originally from Rhode Island) they decided to move to familiar territory. They settled in Orono, where Baker earned his master's degree in creative writing at the University of Maine, and Twining joined the Fields Pond Audubon Center. After finding success in her "yoga club," she became a certified yoga teacher in 2011 and left Maine Audubon in 2015 when she launched Maine Yoga Adventures. She also teaches weekly studio classes at Om Land Yoga in Bangor.

Ideas for her trips come from her participants as well as her own research and desires. Often times she creates an adventure around a place she wants to go or something she wants to try—like fat biking or ascending Mount Katahdin in the winter or happy hour at a local pub. Partnering with local businesses is important to Twining, as is living a vegetarian life. A personal chef creates a strict vegan or vegetarian getaway for all her participants on the longer adventures. "Eating this way is a lot lighter on the planet," she says.

Danielle Dorrie of Hampden has attended a few of Twining's adventures. "They give me the opportunity to engage with others who have similar interests that I wouldn't know otherwise, doing things I wouldn't do otherwise," Dorrie says. "Holly brings people together from all walks of life and makes you feel super comfortable. It's a lot of work doing

"I FEEL LIKE THERE'S SUCH A PAYBACK WHEN YOU DO SOMETHING YOU DON'T NECESSARILY WANT TO DO. BECAUSE WHEN YOU DO IT, IT'S 'HELLS YEAH!' HIGH FIVE! IT'S ENERGIZING."

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Holly Twining, founder of Maine Yoga Adventures, leads a group in a few yoga poses at the summit of Bradbury Mountain in Pownal.

what she does!”

Currently, Maine Yoga Adventures runs two adventures a month. Upcoming events include a hiking and paddling day-long adventure in the Amherst Mountains Community Forest, a day-long goat yoga experience at Lone Spruce Farm in Dedham and an overnight seaside retreat in Penobscot. “I can’t believe how quickly people signed up for that goat yoga,” Twining says. “People have been begging me to do it!”

Twining herself likes to push boundaries and try new things. And she thinks it’s important for others to get off the couch, get outside and do the same. “I feel like there’s such a payback when you do something you don’t necessarily want to do,” she says. “Because when you do it, it’s ‘Hells yeah!’ High five! It’s energizing. For a lot of people, Maine Yoga Adventures is something that’s easy to do...they just have to show up and try.”

But how does yoga practice change when you have a paddle (or beer) in your hand? How does it differ from a traditional studio setting to the beach or a mountain trail? “It’s not as formal, and the exercise is a little shorter,” Twining explains. “There is just something about practicing outside that gets people all... ahhhhhhhhh.”

Maine Yoga Adventures will celebrate its fourth anniversary this July. Twining is looking forward to pushing the boundaries of her adventures in the near future by introducing an element of volunteerism into the repertoire. One idea is partnering with Earthwatch, a conservation group that uses citizen scientists on their research projects. Twining envisions a longer adventure trip that coincides with one of Earthwatch’s ongoing projects. “I want to pull my conservation training into this, to do more with Maine Yoga Adventures than help people feel good being outside. To help make a difference.”

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UPCOMING MAINE YOGA ADVENTURES

June 16–17

Overnight Seaside Adventure

Private residence, Penobscot

Cost: \$150

What to expect: Enjoy yoga, nature explorations, healthy food, wine, stargazing and an outdoor fire. A fun weekend for all levels.

July 20–22

Bold Coast Adventure, West Quoddy Station, Lubec

Cost: \$400/king; \$350/queen; \$325/queen sofa bed; \$300/twin cot

What to expect: A weekend at beautiful West Quoddy Station filled with yoga, hiking and food.

August 11, 9 a.m. to 3 p.m.

Hiking & Baking Adventure

Baker Hill, Sullivan

Cost: \$50

What to expect: A day trip to Baker Hill, Long Ledges Preserve and Flanders Bay to hike, bake bread, play on the shore and soak in a hot tub.

For more info and upcoming events with Maine Yoga Adventures, go to: maineyogaadventures.com

MORE UPCOMING YOGA RETREATS

June 17–20 & July 1–4

Paddle Board Yoga with Tina Fish, Sewall House, Island Falls

Cost: \$50 (does not include accommodations)

What to expect: Learn how to practice paddle board yoga and knit!

(sewallhouse.com)

July 19–22

YOLO Adventure Retreats: Acadia National Park Camp, Hike, SUP, Yoga Weekend Retreat, KOA Oceanside Campground, Bar Harbor

Cost: \$445 (shared cabin); \$320 (tent site for 2 people)

What to expect: All that MDI has to offer! Lobster bake, bonfire, hiking, paddle boarding, Rise & Shine yoga classes and lots of exploring at Acadia National park. (sup-yo.com/retreats)

July 22–26

Windjammer Angelique: Yoga & Wellness Cruise, Camden

Cost: \$890

What to expect: A restorative and relaxing 4-night sail. This is an all-levels yoga, meditation, breathwork and sailing experience.

(sailangelique.com)

August 3–5

Yoga/Writing Retreat, Sewall House, Island Falls

Cost: \$100 (does not include accommodations)

What to expect: An immersive writing retreat fueled by yoga practice and Maine nature.

There will be structured writing exercises, individual writing time and set intentions during yoga practice. Open to all writers.

(sewallhouse.com)

August 7–11

Forever Wild Yoga: Allagash River Yoga & Canoeing, Allagash River Waterway

Cost: \$1,000 before June 30; \$1,100 after June 30

What to expect: This retreat includes canoe instruction, daily yoga classes and exploratory adventures through natural wonders.

September 14–16

Forever Wild Yoga: SUP Yoga Retreat, Red Quill Cabin, Rangeley

Cost: \$550 before August 1; \$600 after August 1

What to expect: Learn to SUP, deepen your yoga practice and enjoy the outdoors. Each day there will be 2–3 yoga practices as well as time to journal, meditate and relax.

September 22–28

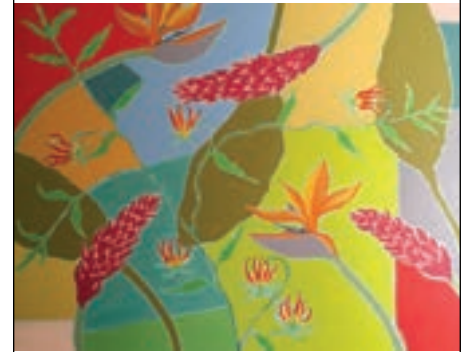
Radiance-Embodying the Divine Feminine Women's Transformational Full Moon Meditation, Breathwork, & Yoga Retreat, Rolling Meadows, Brooks

Cost: \$1,250

What to expect: A sacred space to expand consciousness and self-awareness. Blending yoga asana, silent and guided meditations, sacred movement, infinite light breath work and time in the natural world. This is a highly experimental retreat.

(rollingmeadowsretreat.com)

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MAINE YOGAFEST

Written by **Emma Bouthillette**

A Maine festival celebrating the state's yoga community returns to Portland on Friday, June 29, through Sunday, July 1. This year's weekend-long event features 45 instructors leading 52 workshops.

This is the sixth year for Maine YogaFest, which is held at East End Community School in Portland, with the exception of classes that involve paddling, which launch from nearby East End Beach. Last year, the festival partnered with sheJAMs, an all-women's triathlon training club. Event Director Andrea Gleason says the two organizations joined forces to "promote community and a healthy, active lifestyle."

This year's event kicks off with SPA Yoga, a slow flow, floor-based, whole-body sensory experience, led by Sarah Spiegel Dunn.

"SPA Yoga is one of those classes that I always see people really drop into their own experiences, turn off their busy minds for a bit and enjoy this deeply transformational experience," says Dunn, owner of Samudra Studio in Saco. "It's a class for everyone and that leaves everyone feeling blissful and connected to themselves."

The Bhakti Collective will join Dunn to provide live music for the event. The group's blend of primal ethereal sounds will create a unique soundtrack for the two-hour flow. A group of SPA-trained yogis will be on hand to assist as well, providing additional hands-on adjustments, assisting and support.

"I am really excited to kick off the festival with this transformational experience," says Dunn, who will offer SPA Yoga at the festival for the fourth time. She will ask participants to write down their intentions at the start of class, and those will be woven into an intentions net that will stay during the festival.

The schedule on Saturday and Sunday has offerings for everyone—from paddleboard yoga and aerial classes led by Cirque Body to full moon restorative yoga with reiki and Yamuna body rolling. Ticketholders can attend a lunch-and-learn on Saturday ("Luminous 8 Professional Development for Your Souls" by Melissa Boyd) or Sunday ("99 Problems but Yoga Ain't One" by Jacqui Bonwell).

Sunday kicks off with a special community class led by Katie Beane, which is open to the public. This offering reminds participants that yoga is for everybody "when it is taught in a manner that respects and celebrates differences and encourages building strength, flexibility and self-acceptance."

"With new and returning teachers, there are new and personalized presentations of all yoga styles," Gleason says. "You can be a long-standing practitioner of yoga or brand new. Teachers will offer modifications as needed."

The festival was founded 2012 by three friends—Justine Carlisle, Dana Woodbury and Regan Johnson—as a means to share their love for the popular form of exercise, which includes meditation, rhythmic breathing and a series of postures to stretch and strengthen the body. Since the founders of sheJAMs—Julie Marchese, Andrea Gleason and Melissa Smith—joined the effort, the festival has been able to grow.

Emma Bouthillette authored *"A Brief History of Biddeford,"* about her hometown. She is a yoga instructor and a corgi mom. (emmbouthillette.com)

MAINE YOGAFEST

June 29–July 1

East End Community School, 195 North Street, Portland

Tickets: five-workshop pass: \$130; three-workshop pass: \$94; Friday night only: \$38

For more info: maineyogafest.com



Maine YogaFest photos by Courtney Elizabeth Photography



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YOGA IN THE GREAT WIDE OPEN

*Dannika Ross will teach
SUP yoga classes at Maine YogaFest*

Written by Emma Bouthillette



Yoga instructor Dannika Ross says teaching SUP yoga merges "my love for Mother Nature with my love for yoga practices." She'll be teaching classes at this year's Maine YogaFest in Portland.



“My favorite part of Maine YogaFest is the atmosphere—you can wear anything you want, eat anything you want and everyone is there for the same reason,” says Dannika Ross, a yoga instructor from New Hampshire who will be teaching SUP yoga (also known as paddleboard yoga) classes at this year’s festival.

“The first year I ever attended Maine YogaFest, I didn’t engage in any workshops or classes, as I didn’t have the financial means to purchase tickets,” says Ross. But this year, she was offered “an amazing opportunity to partner with SUP YO! and host SUP yoga classes [at the festival] this summer.”

The paddleboard makes a fine yoga mat and the additional balanced required on a paddleboard intensifies the yoga routine. Ross says the peacefulness and tranquility of floating on Casco Bay just off East End Beach will require increased focus and concentration while enjoying a meditative practice that’s truly immersed in nature.

“Instead of walking around with no agenda [like her first Maine YogaFest experience], I now have an intention to connect with more

eager practitioners and offer insight into all the opportunities yoga presents.”

Ross, 25, of Hampton, New Hampshire, first took yoga classes in a church basement. She continued practicing at the University of New Hampshire while earning her bachelor’s degree in recreation management and policy. “Upon graduation, I felt I needed to explore yoga beyond the poses,” she says. “So I enrolled in a 200-hour Yoga Teacher Training.”

Since completing her training through the YogaLife Institute, based in Exeter, New Hampshire, Ross has taught gentle, vinyasa, chair, restorative, meditation and corporate yoga classes in multiple studios and facilities throughout New Hampshire’s seacoast region. She has obtained additional certifications in chair yoga, stand up paddleboard (SUP) Yoga and Reiki I.

When Ross first enrolled in yoga teacher training, it was more to seek knowledge than the goal of teaching. She says, “I was not having much luck finding a job in the corporate world and I really missed education and schooling.”

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After completing training, she itched to be on the mat and share what she learned. Through her integration in the seacoast area yoga community, Ross was approached by the owner of SUP YO! "This opportunity merged my love for Mother Nature with my love for yoga practices," she says.

Ross looks forward to sharing the experience of yoga while floating on a paddleboard with the open-minded participants of Maine YogaFest this year.

"It's a beautiful venue that encourages self-discovery and genuine fun with people you may or may not know," she says.

Ross calls the festival a small community, adding "it is truly amazing to witness a community unfolding right before your eyes. I couldn't be happier to contribute to this year's event and maybe even provide someone with a new experience they can talk about until next year."

Ross says the festival has offerings for every age, lifestyle and practice level. That first year, she walked around East End School talking to local artists, entrepreneurs and other wellness-minded individuals. This is actually when she first connected with the female entrepreneur who launched SUP YO!

Beyond offering paddleboard yoga during Maine YogaFest this year, Ross is pursuing her 500-hour Yoga Teacher Training and looks forward to hosting yoga-based day hikes, overnight camping trips and outdoor recreation retreats with emphasis on unplugging and getting outside. Through these offerings, she hopes to showcase the White Mountains of New Hampshire and Acadia National Park here in Maine.

Emma Bouthillette authored "A Brief History of Biddeford," about her hometown. She is a yoga instructor and a corgi mom. (emma-bouthillette.com)

To find out more about Dannika Ross and her classes, find her on Facebook at [FACEBOOK.COM/EXHALATIONSYOGA](https://www.facebook.com/exhalationsyoga) and on Instagram @DANNIKAROSS



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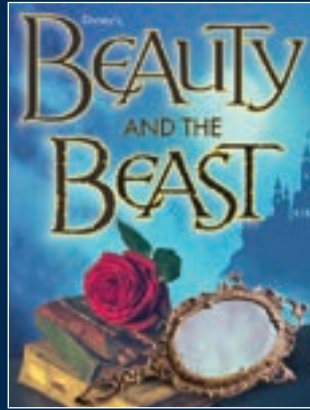
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5 UNIQUELY MAINE SUMMER DAY TRIPS

Mainers don't have to leave the state to find adventures that will make friends envious. These trips are simply a work-free day away.

Written by Wendy Almeida

For Mainers, adventure lives in our own backyard. We can take a single day off from work and have an amazing adventure just a short drive away. Thrill seekers can rock climb on the coast or island hop in a kayak. Beer lovers can spend the day visiting breweries by bicycle. Art lovers will find inspiration through guided hikes and paddles to create their own artwork. Or maybe it's time to be a nosey neighbor and visit some historical homes to see how times have changed. So seize the weekend or take a day off from work and enjoy Maine like a tourist. Here's a small sampling of adventures to experience this spring and summer:



THRILL SEEKERS: ROCK CLIMBING WITH EQUINOX

Spice up your summer with a challenge. Maybe you've done some indoor rock climbing but never tried an outdoor climb. Or maybe it's your first time climbing anything. Equinox Guiding Service offers half-day adventures (for those who want to just get a taste of the activity) to full-day adventures on the rock in and around Camden Hills State Park. Beginners are welcome and all equipment for the climb is provided. For those with more experience who want to hone their skills in setting up a top rope, or maybe develop skills to build their own anchors, Equinox Guiding Service offers adventures for all levels. (camdenclimbing.biz/rock-climbing)

WHERE: Equinox Guiding Service, Camden; Climbing is in Camden Hills State Park

WHEN: Various, contact for details

HOW MUCH: Half-day trips range from \$85–160 for one to four people; Full-day trips are \$130–265.

Photo courtesy of Equinox Guiding Service



Photo courtesy of Portland Paddle

WATER ADVENTURERS: ISLAND HOPPING KAYAK TOURS WITH PORTLAND PADDLE

Paddling your way through Casco Bay offers a unique opportunity to experience the islands in a different light. Fort Gorges, a Civil War-era fort, can only be accessed by private boat and is a doable trip for beginning paddlers with Portland Paddle. There are lighthouse and other fort tours as well as island-hopping trips for half- or full-day adventures. (The sunset tours are great fun for folks who get a late start on their “day trip.”) Private guided tours are also available. (portlandpaddle.net/tours)

WHERE: Portland Paddle, East End Beach, Portland

WHEN: Varies, contact for details

HOW MUCH: Half-day adventures are \$55–65; full-day adventures include lunch at \$120.



Photo by Shannon Bryan

BEER AND BIKE LOVERS UNITE: BIKE TOUR OF PORTLAND'S LOCAL BREW SCENE

Take a guided bike tour with Summer Feet to learn about the 25-plus craft breweries in Portland. You'll get to meet the brewers and learn about what was happening in Portland from Prohibition to the Rum Riots—and what's going on in Portland's brewing scene these days. If you'd rather explore on your own, rent a bike from the Portland EnCYCLEpedia on Commercial Street and pick up a map to find your own adventure. The touring company also offers guided lighthouse and island bike tours. (summerfeet.net/bicycle-trips/portland-bike-tour/bikes-and-brewn-tour)

WHERE: Visitor's Center, 14 Ocean Gateway Pier, Portland

WHEN: 3 p.m. daily (except Sundays) through Columbus Day

HOW MUCH: \$69, includes bike and helmet, guide and three tastings

MAINE HIKING MEETUPS

Meetups are a great way to meet like-minded adventurers—and there are a host of Maine-based hiking Meetups, like Bold Betties, Trail Dames of Portland Maine, and Outdoor Afro. Meetups are often free, some are geared to women only and they offer a chance to meet fellow hikers, whether you're brand new to hiking or have years of experience.

Trail Dames of Portland Maine

is "a hiking club for women of a curvy nature. However, all women are welcome." (meetup.com/Trail-Dames-of-Portland-Maine)

Outdoor Afro is "a community that reconnects African-Americans with natural spaces and one another through recreational activities such as camping, hiking, biking, birding, fishing, gardening, skiing and more." (meetup.com/Outdoor-Afro-Portland-ME)

Bold Betties—Southern Maine is a women-only group "focused on female bonding, being outdoors and active and trying new things." (meetup.com/Bold-Betties-Southern-Maine)

Dog Hikers of Maine gives dog owners the "opportunity to get out with our dogs, hike around Maine and explore the state's best hiking trails." (meetup.com/Dog-Hikers-of-Maine)



WANDERVW

Volkswagen vans just scream, "I'm going on an adventure!" If you've had a hankering for the #vanlife but don't own your own, WanderVW has you covered. The newly launched Portland company rents six vans—like a 1987 Westfalia named "Goldie" and a 1997 Eurovan named "Lulu—which you can take wherever you'd like. All vans are equipped with a pop-up camper that sleeps four, kitchen sink, fridge and oven, and accessories like camping chairs and a cooler. (wandervw.com)



Photo courtesy of WanderVW

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ART LOVERS: OUTDOOR ADVENTURES IN ART WITH NORTH STAR

North Star Adventures offers excursions perfect for the outdoor-loving artist. A wood-working skills workshop begins with a canoe paddle to explore the wetlands of Unity Pond (it includes an organic lunch) in July. In August, the adventure features a hike before learning the technique of “touch draw.” Get outside and find inspiration for art this summer with the North Star team in Unity. (northstaradventures.me/events/category/adventures-in-art)

WHERE: North Star Adventures, Unity

WHEN: Canoeing and woodworking, 9 a.m. to 5 p.m. July 18; Hiking and Touch Drawing, 9:30 a.m. to 5 p.m. Aug. 5.

HOW MUCH: \$110 per adventure

Photo courtesy of Maine Historical Society



HISTORY INFLUENCERS: TOUR PORTLAND'S HISTORICAL HOMES

Sometimes it's fun to visit other people's houses and there's no better place to satisfy your curiosity than the historic homes in the greater Portland area. Get a glimpse into another era to see how today's kitchens and house furnishings were influenced by homes of the past. There are three homes within a short distance from one another to make a day of it (these houses are open seasonally, generally through October). Start your day at the Tate House, a 1750s home of a Senior Mast Agent for the British Royal Navy, located in the Stroudwater area of Portland. Then make your way downtown to see the 1850s-style Victoria Mansion on Danforth Street. Wrap up at the Longfellow House, where renowned literary figure Henry Wadsworth Longfellow and three generations of his family grew up. It is only a couple of blocks away on Congress Street and since it's open until 5 p.m., it's a good last stop on your tour.

WHERE: Tate House, 1267 Westbrook St., Portland. Open 10 a.m. to 4 p.m. Wednesday to Saturday; 1 to 4 p.m. Sundays. \$12 adults (tatehouse.org)

Victoria Mansion, 104 Danforth St., Portland, 10 a.m. to 3:45 p.m. Monday to Saturday; 1 to 4 p.m. Sunday. \$16 adults (victoriamansion.org)

Longfellow House and Maine Historical Society, 489 Congress St., Portland, 10 a.m. to 5 p.m. Monday to Saturday, 12 to 5 p.m. Sunday. \$8 adults (mainehistory.org)

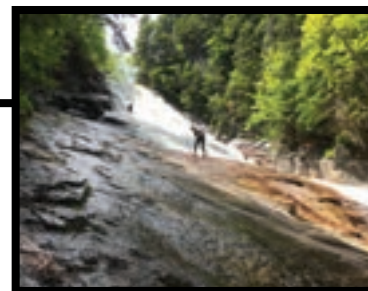
Wendy Almeida is a freelance writer from Standish.



TRAVEL THE WORLD WITH ADVENTURE MARKETPLACE

All the adventure, none of the planning hassle. Mainer Nancy Dorrans, owner of Adventure Marketplace, organizes a range of group trips in New England, Canada and destinations farther away, like South Africa, Scotland, Tanzania and Iceland. It's an excellent way to travel, explore a new place, meet new people and know that a well-travelled expert has taken care of the details. The next overseas journey is to Vietnam and Cambodia from November 10–26. (adventure-marketplace.com)

Photo courtesy of Nancy Dorrans



RAPPEL DOWN A WATERFALL

Take a journey to New Hampshire for a unique opportunity to rappel down a waterfall. Northeast Mountaineering offers guided rappels four days a week (Thursday through Sunday) from May to October. It's a thrill to climb the trail up to the top of the 100-foot Ripley Falls in Crawford Notch. It's even more thrilling to rappel down the waterfall, the cold water pouring down next to you (or onto you). All gear is included, and you'll get training beforehand to ensure a safe climb. All levels welcome—even if you've never rappelled before. Rates range from \$125–\$200 per person, depending on the size of the group. (nemountaineering.com)

Photo by Shannon Bryan

5 things

5 ITEMS TO PACK ON YOUR NEXT ADVENTURE (ALL FROM MAINE COMPANIES, TOO)

Great adventures (big or small) are all about exploring new-to-you places, seeing new things and enjoying good company. It also helps to have some handy grub and a solid backpack to hold all your stuff.



Photo courtesy of GrandyOats

1 | GrandyOats

GrandyOats has been making granola in Maine for nearly 40 years. And while a bag of Chocolate Chunk Coconola is great to munch in the comfort of your own kitchen, it also makes for an excellent trail snack. Try the Classic Granola, Honey Nut Granola, Coffee Crunch Coconola (coconut granola) or Swiss Style Muesli, among others! Find GrandyOats in most grocery stores or buy in bulk online. (grandyoats.com)



Photo courtesy of Redd Bar



Photo courtesy of Hyperlite Mountain Gear

2 | Hyperlite Stuff Sacks

All of Hyperlite's gear is meant for lightweight and easy carrying, whether you're backpacking in the woods for days or going on a fun day trip. You can cram a lot into the Stuff Sacks—both the Roll-Top (starting at \$40) and Drawstring Stuff Sacks (starting at \$20) come in a range of sizes—while ensuring your stuff stays dry. The Stuff Sack Pillows double as a waterproof gear bag and a place to rest your noggin at night (starting at \$37) and the stackable, weatherproof Pods exploit every inch of packable space (starting at \$50). (hyperlitemountaingear.com)

3 | Redd Bar

What started as "concoction," founder Alden Blease put together on a tight college student's budget—and sold to fellow students out of his backpack—is now Redd Bar. The energy bars, which include flavors like Chocolate, Salted Caramel, Peanut Butter, Mint and Oatmeal, are chock full of good stuff, like chia seeds, quinoa, acai and mangosteen. And none of that filler nonsense. (And the bars still fit quite nicely in a backpack. (How handy.) Find Redd Bar at Hannaford, Amato's and Rosemont Market, among other locations (full list on the website). (reddbar.com)

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4 | Good To-Go

Your trail food—much like your adventures—shouldn't be “meh.” Good To-Go, based in Kittery, makes good-tasting and easy-traveling dehydrated meals. Meals include entrees like Thai Curry, Mexican Quinoa Bowl, Pad Thai and Herbed Mushroom Risotto, as well as breakfast options like Granola and Oatmeal. Simply add hot water to the bag. Find Good To-Go at L.L.Bean, Eastern Mountain Sports, and Maine Bike Works, or buy online. (*good-to-go.com*)



Photo by Jay Kolsch



Photo courtesy of
Fan Si Pan Outdoors

5 | FSP Lo Alpine Daypack

Handmade in Maine, Fan Si Pan Outdoors backpacks are made to be durable, simple and comfortable. Perfect for a day hike—or just everyday use—the FSP Lo Alpine Daypack (\$164) is expandable, comes in a variety of colors and has a nylon roll top, should the weather turn south. Check out FSP's Original Rucksack if you need more space, and the FSP Fannypacks for carrying small items. (*fspoutdoors.com*)



Travel in comfort & style

Angelrox apparel is perfect for hanging out in town or traveling to faraway places

Written by Katie Bingham-Smith
Photographed by Lauryn Hottinger

Roxi Suger started her fashion line, Angelrox, with “American comfort” at the forefront of her mind. The line, which she first launched in New York City, came with her to Maine in 2013 when she opened Suger, a shop on Alfred Street in Biddeford that sells the Angelrox line and a host of cool apparel, jewelry and accessories made by other designers. Last spring, she opened her second store on Commercial Street in Portland.

The entire Angelrox line is hand cut and stitched by her “wonderful, hard-working team in the historic Pepperrell textile mill of Biddeford, Maine,” she says. The clothes are stylish and comfortable—offering function and form—and are made from all-natural fabrics like bamboo and organic cotton. In addition to the plant-based fiber, the colors of the line

hint at nature. The blue-gray of the deep sea, the deep green of spruce, the strong purple of an eggplant.

Angelrox offers non-traditional sizing, too, that is “inspired by joy instead of judgment.” There is no “small, medium or large” to be found, but “bird, song and joy” instead. Suger says she recognizes each woman for her individuality—an individuality that should be celebrated.

The clothes make for excellent “non-restrictive comfy base layers” that allow your skin to breathe and allow you to move.

Some pieces have extra touches to make you feel great in them. Such is the case with the playsuit, which offers gentle support in the tummy and bum area and can be layered for comfort.

And best of all, they travel well. Suger chooses “cozy stretch knits that

PRO PACKING TIPS FROM ROXI

- 1 Roll your outfits together as one and bind them with a hair band. You will feel extremely organized when you reach your destination and outfit planning is done.
- 2 Wear items with pockets to keep all your goodies such as money, phone and identification close at hand. The pockets on the coca blazer make it the perfect layering piece for easy travel.
- 3 Save space with fabrics like Angelrox's stretch knit pieces that pack small and lose their wrinkles with the heat of your body while you wear them.
- 4 Prioritize versatility. A favorite Angelrox design is the wrap, which can be worn as a shawl, vest, skirt or dress, depending on your mood or the occasion.



Angelrox apparel featured: The Wrap (\$158) in moss bamboo, Cardigan (\$158) in mineral, Flirt dress (\$128) in espresso, Prima (\$98) in mineral, Wifey (\$68) in black, Lace Base (\$98) in black, Aria Sleeves (\$22) in mahogany, Opera Sleeves (\$28) in espresso, Hourglass (\$38) in olive.

support and flow," she says. The pieces—such as the formal wrap of the cardigan—look polished but feel as comfortable as your favorite pajamas. And the stretch knit pieces can easily be rolled up and tucked into your luggage.

Another unique Angelrox item: stockings for forearms and calves. They're actually perfect traveling companions as temperature conditions change on the plane, while driving or when you get to your destination. (Wear them over your arms to stay warm during the flight, then easily tuck them away in your purse or carry-on.)

"Being able to engineer a simple bit of cloth into something that can transform the way a woman feels about herself is powerful and humbling," says Suger.

Suger's locations are: 25 Alfred St., Biddeford and 271 Commercial St., Portland. Along with a full clothing line, you will find shoes, handbags, gifts and leather gifts for men. **For more info or to shop online:** angelrox.com

Katie Bingham-Smith is a writer, shoe addict and mother living in Bowdoinham. She pays her kids to rub her feet and never turns down anything with caffeine.

Editor's note: Roxi Suger is a member of the Maine Women Magazine advisory board.



Chicken
Riggies

A New York taste of mine

Traveling (and eating) in the Empire State

Written & photographed by Candace Karu

If you're looking for a getaway that will transport you to a completely different realm, look no farther than New York. From the bustle of the Big Apple to the tranquility and historical beauty of the Hudson River Valley and beyond, New York offers Mainers a welcome change of scenery that is only a day's drive away.

I went on a September road trip to upstate New York a few years ago. We drove through the Hudson Valley to visit my father's alma mater, West Point, one of the most beautiful campuses in the state. Then I meandered up through the Capital District, stopping at antique stores and admiring neat farms and scenic vistas.

At Albany I took a hard left and headed to Utica, into the heart of the Mohawk Valley, to visit my friend Francesca, Utica born and bred. After years of online friendship (thanks Twitter, Instagram and Facebook), Franny wanted to show me Utica's unique charms and introduce me to her family.

And what a family it is, a Heinz 57 mix of Italians, Poles, Germans and who-knows-what. Franny gathered as many of them as possible for a real Utica feast. That is where I was introduced to two iconic Utica dishes—Chicken Riggies and Utica Greens. Both are sublime in taste and distinction and both have their roots in the city's unique blend of cultures.

Each Utica family, each home chef and each restaurant puts their own spin on Chicken Riggies, but the basic ingredients are the same: chicken, rigatoni, tomato sauce, peppers, wine and cheese. Some make their sauce creamy by adding heavy cream. Other say the original recipe left it out.

My take on Chicken Riggies is a variation of Franny's family recipe—one that includes cream sauce. It is rich, hugely flavorful and perfect for feeding a crowd.

As a bonus, I've also included Franny's recipe for Utica Greens. This recipe uses escarole, but I'll adapt it for kale or Swiss chard when my summer garden is in full gear.

◀ CHICKEN RIGGIES

INGREDIENTS

- 1 pound boneless skinless chicken thighs, cut to bite-sized pieces
- 4 tablespoons olive oil, divided
- 1 7-ounce jar roasted red peppers, drained and chopped
- 2–3 hot cherry peppers, chopped (*fresh or pickled*)
- 1 medium onion, diced fine
- 3 garlic cloves, minced
- 1/2 cup white wine
- 1 29-ounce tomato puree (*I use about 3/4 of the can and save the rest for another use. If you are feeding a crowd and doubling the recipe, you can use one 29-ounce can and one 15 ounce can.*)
- 1 package rigatoni, 16 ounces
- 3/4 cups heavy cream
- 3/4 cups grated Romano cheese
- Salt and pepper to taste

DIRECTIONS

Set a large skillet and two tablespoons of olive oil over medium heat. Add chicken and cook through. Remove from pan and set aside.

In the same pan over medium heat, add the remaining olive oil. Add onions and cook until starting to soften. Add peppers and garlic; cook until softened but not browned.

Add white wine and bring to a low boil. Stir in tomato puree, adding salt and pepper to taste. Bring to a boil then reduce heat and

gently simmer until sauce starts to thicken, about 10 minutes. Add chicken and heat through. When chicken is evenly distributed, stir in heavy cream and Romano cheese, reserving a bit for garnish. Make sure cream and cheese are thoroughly incorporated into the sauce.

While preparing the sauce, cook the rigatoni in a large stockpot according to package instructions, making sure that the pasta is cooked al dente.

Drain rigatoni and return to stockpot. Add the sauce to the pot and gently fold into the rigatoni. Serve family style in a large bowl and garnish with cheese.

RIGGIE PRO TIPS

Some people like their Riggies with a big kick. You can up the number of cherry peppers or add red pepper flakes for more heat.

If you like your Riggies without cream, add more wine, up to 1 cup. If your sauce is still too thick, you can add a little pasta water to thin it out.

Most Chicken Riggie recipes call for boneless, skinless chicken breasts. I like chicken thighs, which are more moist and have a stronger flavor that stands up to the bold sauce.

If you're in a rush, don't hesitate to use store-bought rotisserie chicken.

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Utica Greens

UTICA GREENS

INGREDIENTS

- 1–2 large heads escarole, about 1 1/2 pounds
- 3 tablespoons of olive oil
- 3 cloves garlic, minced
- 2–4 cherry hot peppers (*fresh or pickled*), chopped
- 3 ounces pancetta, small dice
- 1/2 cup breadcrumbs, plus 2 tablespoons for garnish
- 1/4 cup Romano cheese, grated, plus 2 tablespoons for garnish
- Salt and pepper to taste

INSTRUCTIONS

- In a large bowl, prepare an ice bath for the greens and set aside.
- Bring a large pot of water to boil over high

heat.

Meanwhile, in a medium bowl, prepare the breadcrumb mixture. Combine olive oil, breadcrumbs and cheese until well blended and set aside.

Blanch greens in boiling water for a minute or two, until they are wilted but still a little firm. Place them immediately into the ice bath to stop the cooking. Drain greens thoroughly.

Squeeze gently to remove excess moisture, then chop greens into 2-inch pieces. Set aside.

Add 1 tablespoon olive oil to a saucepan over medium heat. Cook pancetta until starting to brown, then add garlic and peppers. Cook until peppers are softened and garlic is fragrant, about 2 minutes.

Mix greens with peppers, garlic and pancetta.

Combine 1/2 cup breadcrumbs, 1/4 cup

grated cheese, and 1 tablespoon olive oil. Reserve two tablespoons of the mixture for garnish and add the rest to the greens. Add salt and pepper to taste.

Place greens in an oven-proof skillet or casserole and garnish with the breadcrumb mixture.

Place under a broiler and broil until breadcrumbs are golden brown, about 3–4 minutes. Do not overcook.

Top with a little more grated Romano cheese and serve immediately.

Candace Karu makes her living writing about food, fitness and travel. She lives near the ocean in an old farmhouse with two ill-behaved dogs and two hard-working barn cats. Follow her on Instagram: @candacekaru or at candacekaru.com.



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Sea Bags Sailing Team

Written by Amy Paradysz

Every Maine woman must know about Sea Bags—those iconic beachy looking bags made from recycled sails here in Portland. But did you know that Sea Bags sponsors a ladies' sailing team that made it to the World Championships in Toronto last year?

"That was so cool, racing with boats from all over the world," says team captain Charlotte Kinkade of Kennebunkport, who, at 28, has already been sailing for two decades. "Our very first race, three years ago, we were dead last. Two years later, we qualified to go to Worlds and were the top all-women's boat. So, it's been quite a journey."

As the crew travels to competitions in Miami, South Carolina, Maryland and New England, they get a lot of questions about Sea Bags—and end up collecting sails from competitors and driving them back to Maine.

"Our products are made from recycled sails, so sailing is at the core of everything we do," says Melissa Mitchell of Sea Bags. "And, as the Sea Bags Sailing Team travels, they do a great job of telling people about our sail trade program."

Each sail donor gets a free tote or a donation to SailMaine to fund youth sailing instruction locally. And, Kinkade says, what longtime sailor doesn't have an old sail gathering dust somewhere?

"It's great showing up to an event and having that logo on our sails and having that conversation about what a Sea Bag is," says Katie Drake, a 25-year-old upwind trimmer from Portland who's been on the water since her parents strapped her infant car seat into a J/24—the same design of boat the Sea Bags team races.

"We do end up taking a lot of sails with us," Kinkade says. "We end up filling the boat every time. It's fun to rep a Maine-made product, and every one of us gets a bag every year."

The team collected 70 sails for Sea Bags over the past year, and the team is grateful for the financial support of the Sea Bags sponsorship.

"It's a dream come true to be skippering a J/24," says Erica Beck Spencer, a 45-year-old curriculum writer and mother from Portland who has also been on boats since infancy. In the North American championships in late May in South Carolina, she was one of just three or four female



**FOR MORE
INFORMATION**
about the Sea Bags
Sailing Team, go to
seabagssailingteam.com

Side Hustle

Photo by Ann Blanchard

The Sea Bags Sailing Team, aboard their J/24 named "Side Hustle," races in a regatta in Casco Bay. Photos by Ann Blanchard



“We are so lucky to have such a team of powerful women. They’re so fierce and so calm and so joyful and fun. It’s a pleasure to sail with them.”



skippers among 33 teams. “We are so lucky to have such a team of powerful women,” Spencer says. “They’re so fierce and so calm and so joyful and fun. It’s a pleasure to sail with them.”

Nearly 20 women have been on the rotating Sea Bags crew, with six onboard each race. The Sea Bags crew rotates to include travel team members—a woman from Connecticut, one from Rhode Island and one from Florida—and local women who stay closer to home. They race on Wednesday nights. J/24 crews are limited to a conglomerate 882 pounds, which means most crews are limited to five or even four sailors. But, with an all-women’s team, the Sea Bag ladies are able to squeeze on a sixth woman—or girl, in the case of 15-year-old Sandy Yale.

Two years ago, Yale was skippering a boat in a regatta with her dad when the Sea Bags Sailing Team recruited her. The Yarmouth High School freshman sails with the Sea Bags crew in Portland Yacht Club races every Wednesday night from mid-May through September.

“She’s tiny and



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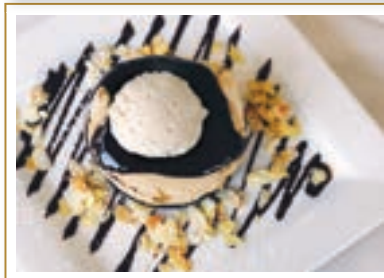


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agile and game to do anything,” Kinkade says.

“They’ve taken me in as their own,” says Yale, who has been sailing since she was 7 and is also on the Yarmouth High School team. “It’s a lot of learning for me.”

Because they race only J/24s—one-design races—it’s not so much about the boat as about the crew.

“You get to muscle the boat around the race course, because you all have the same boat,” Kinkade says, adding that it’s also about strategy and collaboration. Before every day on the water, the ladies talk through team and individual goals, and they have a playlist of motivational music that’s heavy on the Taylor Swift.

“The other boats can hear us,” Drake says, “whether we’re giggling or talking about where the wind is coming from.”

But these are also highly competitive women, many of whom have been sailing since childhood.

“I love the opportunity to be on the water, especially locally,” says Kinkade, who manages Chick’s Marina in Kennebunkport. “I’ve sailed all over the world, and sailing in Maine is the best.”

Fresh from North Americans, the Sea Bags crew is training for the District 1 Championship in Portsmouth, New Hampshire, June 1–3; the Marblehead National Offshore One Design (NOOD) Regatta in Massachusetts, July 26–29; the National Championships here in Falmouth, Sept. 7–9; and the East Coast Championships in Annapolis, Maryland, Sept. 7–9. They’re hoping to qualify for the World Championships in Miami, Florida, in 2019 and to improve on their results from last year—when they beat all the other all-female teams.

“A lot of us are very type A,” Drake says. “We know we can do better.”

Being on a travel sailing team to locations like Miami may sound glamorous, but it’s actually a lot of heavy lifting. The ladies trailer the boat and haul it in and out of the water with a crane, power-buff the bottom smooth, step the mast with a gin pole and set up the rig and tune it.

“When we first started, guys looked at us and said, ‘Do you need any help?’” Kinkade says. “You have some huge burly dudes doing the same jobs and it’s really awesome when you beat them. Now they just say, ‘Oh, those are the Sea Bags girls. They’ve got this.’”

Amy Paradysz is a freelance writer based in Scarborough who covets a Sea Bag.

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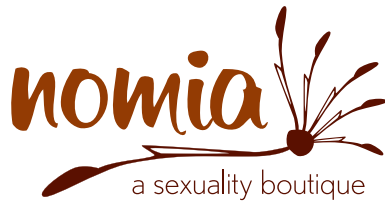
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AMATEUR HOUR

Summertime speakeasy

The screwdriver reinvented

Written & photographed by Jessie Lacey

During Prohibition, unregulated production and cheap ingredients resulted in poor quality and bad tasting (and sometimes dangerous) alcohol. Bartenders would mix the liquor with fruit juices and other flavors to mask the unpleasant taste—and cocktails were invented.

A cocktail that became wildly popular would oftentimes take on the name of the speakeasy where it was invented. One myth is that the screwdriver was invented at a hardware store that was secretly a speakeasy. Another thought is that the popular cocktail was the same color of a well-known brand of screwdriver (the tool). The cocktail has appeared in literature as early as 1938, so whatever the origin, it is a simple cocktail that has enjoyed lasting popularity.

A screwdriver is simply orange juice and vodka. And let me tell you, orange juice does well to cover up the taste of cheap, low-quality vodka. My first taste of hard liquor was that very kind of cheap vodka. I was...well, let's just say I was too young to be drinking legally (and Maine Women Magazine definitely doesn't condone underage drinking) and I was hanging out with friends at my pal Kyle's house on a beautiful summer day. We decided to try his father's gallon-sized jug of cheap vodka (the only vodka available at the town's single store). I don't remember the brand, but it was Polish, and so it should be good, yes? It was awful. We mixed it with what we had around: orange juice. That was my first cocktail. Thankfully, my taste has gotten slightly more sophisticated since, and so has the screwdriver.

Jessie resides at the heart of downtown Portland with her border collie puppy Josie, making cocktails and trouble.



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- 2 ounces freshly squeezed orange juice
- 2 ounces Prairie cucumber vodka
- 1 ounce St-Germain elderflower liqueur

Add vodka and St-Germain liqueur to a shaker with ice. Shake and strain into a glass filled with ice. Top off with freshly squeezed orange juice.



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Talking to kids about death

Written by Maggie Knowles

The first and only time I saw my dad cry was when our cat died. The generally stoic man sobbing was much more fascinating to me than the “death conversation” my mom was trying to have with me, so I didn’t absorb much. Later, she read me a book about falling leaves and that was as close as I got to understanding dying.

Skip ahead a few decades and all of a sudden my son is creeping closer to losing pets and grandparents and I wasn’t sure if we had ever really spoken about death.

I had a tough three years when I lost five very close friends, as well as two pets. Having not grown up in a religious family, I was left on my own to sketch what happens after. My friends had been happy people, who had taught me much. I liked to imagine a part of their soul came to blend with mine after it left their body. They were always with me to grow, witness, laugh and cry, just like they had been on Earth.

To remember them, I planted a beautiful tree for each and my son knows their names (Janet’s Hydrangea, for example). To honor death, we

celebrate life. I like the simplicity in that message. Maybe that’s enough.

As parents, we each have unique ways to integrate the cycles of life into our families. But based on the conversations I’ve had recently with several moms, there is one constant: Don’t make it a big, scary mystery. Gentle honesty is key.

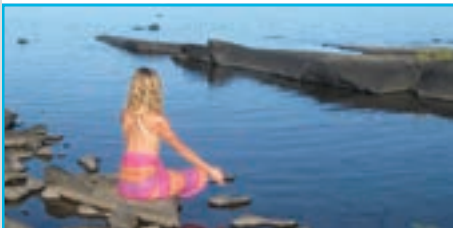
The loss of a pet is often the first experience with death a child will have. There is a golden opportunity to create your own tradition.

Amy Kapise of North Yarmouth says, “We feel each pet was a beloved companion of our family and each experience served a purpose, gave us memories, taught us lessons, filled our hearts. We have a special spot for their burial and the children were able to draw pictures, write a poem, do nothing or add something special of their choosing in order to give closure in the way they needed and wanted. It is an opportunity to also teach the children that not every person handles grief the same way.”

But sometimes, our children first experience death through the loss of a sibling or parent.

Theresa Hutchins Seekamp of Portland lost her husband when their daughter was a baby. “From the very beginning, in terms she understands, I gently explained what happened,” she

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says. "He comes up in conversation every day. I'll say, 'Your dad used to do this,' or she says, 'I'm just like my dad because we like the same things!'"

Hutchins Seekamp says she never shies away from answering her daughter's questions and answers them the best she can. This candor has allowed comfort in talking about him and she often catches her daughter talking to his picture or looking up to heaven and singing to him.

"We are constantly telling her how much her dad loves her—even while he's heaven. Because of all of this, she's always confident and matter-of-fact when talking about her dad to people. Honestly, it's helped me heal as well," Theresa says. "It really is like he's always with us and, I never want that feeling to fade for her."

Isn't the hope that we never fade from the people that we care for? And in that, we need to teach our kids to honor the life within each miraculous day and person, because like the leaves, we never know when it may fall away.

Maggie Knowles writes about all things kid. She and her family live in Yarmouth, where she gardens, keeps bees and refuses to get rid of her stilettos.

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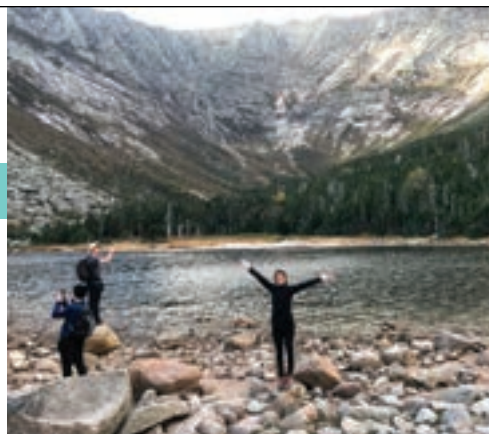
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Photo by Ayla Bevans

Age 13, South Portland

Springtime

When spring air emerges
It carries me back
to a world without metronomes.
Count the beats between birds' chirps and their flight,
and notice that there are no breaks
in the hum of life that surrounds us.
Observing the dance
can you still the soul
that has waited all winter
for this breath?

Written by Erin Piper, Falmouth

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