

OCTOBER 2019

MWM

MAINE WOMEN MAGAZINE

WOMEN AT WORK



WOMEN OF WORSHIP | HER HOOP DREAMS | THE HARDWARE TRADE

It's only natural to forge a new path.



We are trailblazing the future of cannabis, one step at a time.

While the cannabis industry is new, we are not. We've been here since 2011, advocating for access, high-quality product, and transparency by advancing scientific methods and shaping new public policy. Together let's discover nature's best medicine.



We cultivate pesticide-free cannabis and test our products for purity and consistency.

No medical card is needed for access or for the purchase of pure CBD products. Unless you are a certified medical patient, you must be 21 years or older. Keep product out of reach of children.



mainewellness.org
855.848.6740

PORTLAND
BREWER
BATH
GARDINER

Nature delivers.



**FAST, FAIR,
SIMPLE
& LOCAL**

IS WHAT CUSTOMERS WANT!



VISIT ANY OF OUR LOCATIONS ON THE PRIME AUTOMILE IN SACO, MAINE



driveprime.com /PrimeAutoMile

When **diversity and equity**

work together, it makes for

an unbeatable team.

Be forward. **BE SHUR.**

Highbrow

A CLASSY JOINT

LOCAL.
QUALITY.
CANNABIS.

MANCHESTER

TOPSHAM

WALDOBORO

HIGHBROWMAINE.COM

DAY'S JEWELERS

AUBURN - AUGUSTA - BANGOR - TOPSHAM - SOUTH PORTLAND
WATERVILLE - MANCHESTER, NH - NASHUA, NH 800-439-3297

www.daysjewelers.com



It's a long journey
to become the one.

In our constant pursuit of absolute beauty,
every Forevermark diamond undergoes a
journey of rigorous selection.

This is why less than 1% of the world's
diamonds are worthy of the Forevermark
inscription – our promise of beauty, rarity
and responsible sourcing.



FOREVERMARK

A DIAMOND IS FOREVER

DE BEERS GROUP

FEATURES



22

22 HER HOOP DREAMS

Edniesha Curry is the only female assistant coach in NCAA Division I men's basketball. And she's in Maine.

34 WOMEN OF WORSHIP

In Maine's Jewish communities, a growing number of rabbis represent significant gender parity and LGBTQ diversity.

42 THE GOOD FIGHT

Incoming Bernstein Shur CEO Joan Fortin brings Maine farm values to her drive for balance and excellence at one of the state's biggest law firms.

Where your *dream* kitchen
becomes a *reality*



NEW
PORTLAND
SHOWROOM
COMING LATE 2019

305 COMMERCIAL ST
PORTLAND, ME

 **ATLANTIC**
DESIGN CENTER
A DIVISION OF ELDREDGE LUMBER

627 US Route 1, York ME 03909
(P)207-363-3004 (F)207-363-0983

75 W. Commercial St, Portland ME 04101
(T)207-358-7705 (F)207-358-7760

ELDREDGE
LUMBER & HARDWARE
KITTERY YORK PORTLAND

| CONTENT |

| MORE FEATURES |



28 EVOLUTIONARY HARDWARE

Long hardwired for sexism, the tools trade is evolving.

48 NATURAL RESOURCE MANAGERS

The three women overseeing farms, conservation, forests and wildlife.



52 CULTURAL BROKERS

Translating culture to ease the way for new refugees and immigrants.

58 THE MAINE ESSAY

In Brooklin, a woman, her chainsaw and her woods.

| IN EVERY ISSUE |



14 THIS MONTH

Paying tribute to suffrage with flowers

17 AT THE TABLE

You need these potatoes

62 MAINE STYLE

Rocking the Grundens

64 AT THE HELM

The poet librarian

68 I'D RATHER BE READING

Mira Ptacin's new release

70 HOME

Domestic stress hacks

72 MOMSENSE

In the henhouse

74 VERSE & VIEW



We're all about work this month. As I've been editing stories about the abundance of women rabbis in Maine, the experiences of some women in the hardware business (they are *stoic*) and Joan Fortin, the woman about to take the helm as CEO at Bernstein Shur, one of Maine's biggest law firms, I've been thinking back on my resume in Maine.

My very first job as a teenager was raking blueberries, a job I could ride my bike to. I am pretty sure I lasted less than a week. I think about it every time someone uses the term "redneck" because that job, and the resulting sunburn, taught me where it came from. Then I was an usher at the Maine State Music Theater, which enabled me to see the show for free every night. I know *a lot* of *Sondheim*.

The photo of me above was taken at my desk at Maine Women Magazine, in space we share with the Maine Today Media group. No windows, but I've got a poster of the May 2019 cover to look at. I almost slipped in a shot of me, circa 1983–1986, waitressing at Sebasco

Lodge (before it was rebranded as a "harbor resort"). I wore a yellow polyester uniform that zipped up the front and felt like sandpaper. At night, same thing but blue. I see that uniform, standard 80s issue, in old movies or TV shows sometimes. All of us waitresses (there were 16 of us in the dining room) mocked it, but there was an ease and joy to just stepping into something and heading to work breakfast and dinner, with the day off to play in Phippsburg. It was seriously the most fun I've had working anywhere, ever.

But there's nothing like a challenge. This is my ninth issue as editor of Maine Women Magazine and putting together an interesting, well researched, beautifully photographed and compelling collection of stories every month is one of the exciting work experiences I've ever had. It's a joint effort by an editorial team that impresses me more every day. I hope what we've put together this month catches your interest and makes you think. What does it mean to be a woman working in a still-predominantly male industry, like lumber and building and hardware materials? What would you do if a man came in, saw you behind the counter and when you offered to help said, "Nah, thanks, I'll wait for him," pointing at one of your employees? And what if you're the only woman on a bench, coaching an elite basketball team, like our cover subject, Edniesha "Eddie" Curry? She says it gives her "a sense of power." Sometimes, you have to claim that power for yourself and value it as if the world is behind you.

Mary Pols
Editor

mpols@mainewomenmagazine.com

MWM

MAINE WOMEN MAGAZINE

PUBLISHER

Stefanie Manning
smanning@mainewomenmagazine.com

VICE PRESIDENT OF SALES

Courtney Spencer
cspencer@mainewomenmagazine.com

EDITOR

Mary Pols
mpols@mainewomenmagazine.com

DEPUTY EDITOR

Amy Vigeant Canfield
acanfield@mainewomenmagazine.com

CREATIVE DIRECTOR

Heidi Kirn
hkirn@mainewomenmagazine.com

DESIGN & PRODUCTION

Taylor Roberge

ADVERTISING ACCOUNT MANAGERS

John Bamford, Cyndy Bell, Ann Duddy, Natalie Ladd, Beth Murphy, Kerry Rasor, Laurie Walsh
sales@mainewomenmagazine.com

DIGITAL & SOCIAL MEDIA

Sue Miller

CONTRIBUTING WRITERS

Melanie Brooks, Angie Bryan, Amy Canfield, Erica Cassidy Dubois, Kerry Eielson, Sarah Holman, Candace Karu, Maggie Knowles, Laura McCandlish, Katie Mcky, Amanda Whitegiver

CONTRIBUTING PHOTOGRAPHERS

Ashley Conti, Russ Dillingham, Molly Haley, Holly Kangas, Heidi Kirn, Michael G. Seamans, Amanda Whitegiver

CONTACT

295 Gannett Drive, South Portland
(207) 854-2577
www.mainewomenmagazine.com

Copyright 2019 by Sun Media Group. All rights reserved. No part of this magazine may be reproduced in any written, electronic, recording, or photocopying without written permission of the publisher. The exception would be in the case of brief quotations embodied in the critical articles or reviews and pages where permission is specifically granted by the publisher. Although every precaution has been taken to verify the accuracy of the information contained herein, the author and publisher assume no responsibility for any errors or omissions. No liability is assumed for damages that may result from the use of information contained within.

ON THE COVER

Edniesha Curry, of the University of Maine Men's Basketball team's coaching staff. She's the only female assistant coach currently working on the NCAA Division I level. And only the fourth in history.

Photographed in Orono by Ashley Conti

“...award-winning
wine list...”

Hurricane Restaurant is proud to announce it has received the 2019 “Award of Excellence” from *Wine Spectator Magazine*. Hurricane has received this award every year since 1991. (28 years!) We want to thank the many diners who enjoy wine as much as we do. Winning awards is good. Winning new friends and keeping them is better.



*Good Restaurants Come & Go.
Great Restaurants Get Better & Better.*

WEIRS
Motor Sales, Inc.



1513 PORTLAND ROAD
ARUNDEL, ME

207.985.3537
www.WeirsBuickGMC.com



1561 PORTLAND ROAD
ARUNDEL, ME

207.985.7171
www.ArundelFord.com



**Family Owned & Operated
Weirs Buick GMC & Arundel Ford
Have Been Supporting Women in the
Automotive Industry for Generations**

COMPREHENSIVE WEALTH MANAGEMENT FOR EVERY STAGE OF YOUR LIFE

At Back Cove Financial, our goal is your long-term success. Our experienced advisors will first listen to you, then offer the candid and honest advice you need to take ownership of your financial life.



BACK COVE
FINANCIAL

56 DEPOT ROAD · FALMOUTH, ME 04105
(207) 541-9500 · BACKCOVEFINANCIAL.COM



From L: Sarah Halpin, CFP®, Jack Zinn, AIF®, AAMS®
and Christine Byrne, MBA, CRPS®

Securities and Advisory Services offered through Commonwealth Financial Network, Member, FINRA/SIPC, a Registered Investment Adviser.

Where private events
become extraordinary experiences.
Book yours today.



22 MONUMENT SQUARE, PORTLAND

DAVID'S
davidsrestaurant.com

DAVID'S OPUS TEN
davidsopus10.com

388 COTTAGE ROAD, SOUTH PORTLAND

DAVID'S 388
davids388.com

OCTOBER'S BRIGHTNESS

It's time to celebrate the bounty of Maine's harvest (on the harbor) and put the garden to bed (here's an idea to do so while celebrating women). It's also National Breast Cancer Awareness Month.



Crowds gather at a recent Harvest on the Harbor. Photo courtesy of Harvest on the Harbor

»»»» Fish talk

Oct. 3

Maine Audubon, 20 Gilsland Farm Road, Falmouth

Did you know that for 70 years, starting in 1912, the first salmon caught in the Penobscot River every spring was presented to the president, at the White House? Bangor author Catherine Schmitt (*The President's Salmon: Restoring the King of Fish and its Home Waters*) will talk about the history of Atlantic salmon in Maine, including efforts to regulate and restore the fishery. (\$12 members, \$15 general public; maineaudubon.org)

»»»» Walk for a cause

Oct. 6, 20 and 27

October is National Breast Cancer Awareness Month and the American Cancer Society

has three group walks planned in its Making Strides program. On Oct. 6, Making Strides is in Brunswick at 11 a.m., on Oct. 20 there's a Making Strides at Fort Williams Park in Cape Elizabeth at 10:30 a.m., and on Oct. 27 an afternoon walk is planned for 2 p.m. in Damariscotta. These noncompetitive events let you pick your distance and your pace. Slow walker? Go for it; the event won't be over until the last person crosses the finish line. The idea is to fundraise, celebrate survivors and remember any loved ones you've lost to the disease. Proceeds fund research and education around prevention and early detection. *Donate or find a team online at makingstrides.acevents.org and for more information, call 1-800-227-2345.*

»»»» Harvest on the Harbor

Oct. 17-20

Brick South, 8 Thompson's Point, Portland

Harvest on the Harbor is at Thompson's Point in Portland this year. Events include a 10-course lobster luncheon/competition, an evening party loaded with Maine's craft distilleries and an oyster fest. (harvestontheharbor.com)

»»»» Entrepreneurs panel

Oct. 22, 4:30 p.m.

Hannaford Hall, University of Southern Maine, 88 Bedford St., Portland

The Maine Women's Fund hosts this Women Mean Business event, *Small and Mighty: How Business Entrepreneurs Overcome Obstacles and Accelerate Maine's Economy*, focuses on entrepreneurship, featuring successful Maine businesswomen with stories to tell. (\$10 students, \$35 general admission; mainewomensfund.org/events)

»»»» Speaking engagement

Oct. 24, 7 p.m.

Port City Music Hall, 504 Congress St., Portland

Susan E. Rice, President Barack Obama's former national security advisor and U.S. ambassador to the United Nations, is coming to Portland's Port City Music Hall. The Maine homeowner will



speak and sign the book she's publishing this month, *Tough Love: My Story of the Things Worth Fighting For*. Rice will talk about her ancestral legacies, her work in government and the lessons of tough love she got at an early age that helped her compete and excel as an African American woman. The evening is presented by Print: A bookstore. (Tickets start at \$35 and include a copy of the book; ticketmaster.com)



Participants in a suffrage parade in New York state, May 1913. Photo courtesy of Library of Congress

MAKE IT BLOOM

Sara Lennon does not consider herself a gardener. But recently she made an extremely large order of daffodil bulbs—around 5,000—and she has spent a lot of time on the phone with Maine-based nurseries, like Skillins and O'Donal's, discussing ways to get more at a discount. They're not for her though; they are for all of us. She's project manager for a suffrage centennial celebration, the United We Bloom



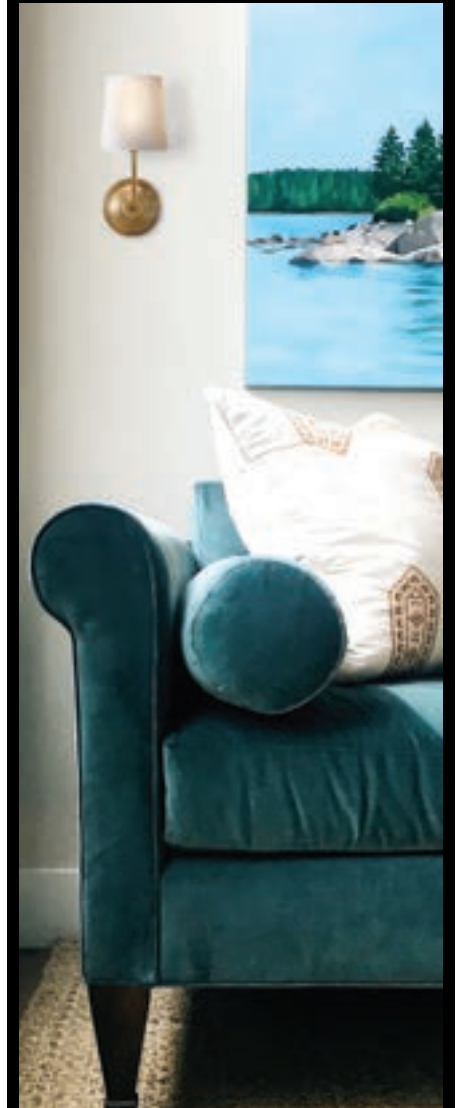
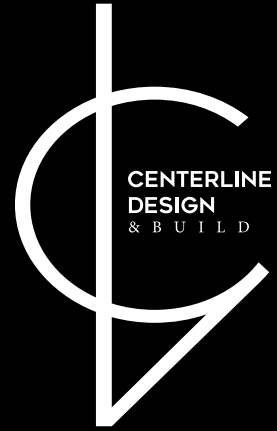
Daffodil Tribute. The goal of the project is to turn Maine yellow with daffodils come spring 2020, the 100-year anniversary of the United States adopting the 19th Amendment.

The tribute is part of the larger Maine Suffrage Centennial Collaborative, an ongoing project chaired by Ellen Alderman. "This group of amazing women decided that they needed to celebrate the centennial of this kick ass thing that women did that we cannot forget about," says Lennon.

What have flowers got to do with it? Maine suffragists used the jonquil (another name for the daffodil) as their symbol. When they went to lobby that—male, naturally—state legislators, they carried bouquets and asked supporters to wear them. Can you believe that women had to starve themselves, march on Washington, gather signatures all across the land and buy flowers for men to get the vote? "These women risked their lives," Lennon says.

The tagline for all of this celebrating is "Hard Won Not Done," which Alderman first saw on the Iowa Suffrage Centennial website and asked permission to borrow. It is a reminder that when you have the vote, it is essential to use it. The anniversary of Maine's decision to ratify the 19th Amendment is this November and this why-didn't-I-think-of-that stroke of genius Daffodil Tribute encourages Mainers to celebrate twice, first by planting the seed—there are parties Nov. 2 and 9, visit mainesuffragecentennial.org or email slennon@maine.rr.com for details—and then by watching the state turn yellow with jonquils in the spring. The 5,000 bulbs will likely be spoken for by the time this October MWM is in your hands, but check in with the group or order your own. "We want everyone in the state to get involved," Lennon says. And you know the saying, "As Maine goes, so goes the nation?" Now there is national interest in expanding the project. Who doesn't like flowers? Or women's rights? (Ahem.)

—M.P.



custom home
furnishings

207.847.3458
centerlinedesignme.com

Grass Monkey
CANNABIS COMPANY

NOW OPEN!

**PREMIUM CANNABIS • EDIBLES
TINCTURES • VAPE CARTRIDGES
CONCENTRATES & MORE**

**15% OFF NEW
PATIENT DISCOUNT!**

(207) 828-3900
85 WESTERN AVE • SOUTH PORTLAND, ME



Haven's

GIFT GIVING MADE EASY

RETAIL LOCATIONS: WESTBROOK & PORTLAND
800-639-6309 | havenscandies.com

   YouTube





YOU SAY POTATO

Maine's iconic harvest is in; time to put it to use in delicious recipes that don't break the calorie bank.

WRITTEN & PHOTOGRAPHED BY CANDACE KARU

Consider the humble spud, nature's gift in root vegetable form. In recent years potatoes have gotten a bad rep with the low-carb crowd, but in moderation and absent mounds of butter, sour cream or deep frying, potatoes can be a healthy part of a balanced diet.

Whether you're a fan of russets, fingerlings, red, Yukon Gold, or any of the many other varieties, potatoes are a staple in most American homes, and for good reason. In addition to being inexpensive, a medium-sized baked potato is high in fiber, low in fat and is rich in vitamins C and B, as well as potassium. (Botanically speaking, while considered a vegetable, potatoes, or *Solanum tuberosum*, are part of the Solanaceae or nightshade family, related to tomatoes, peppers and eggplant.)

The beauty of potatoes is their almost endless versatility. Wrap them in foil and throw them on a bed of coals in a campfire and

you have the start of a meal. Boil potatoes along with corn, sausage, shellfish and a few spices for a classic New England seafood boil. You can roast, bake, mash or fry them and have a different potato dish for every day of the year.

As a comfort food staple, potatoes are superstars. What would Thanksgiving be without mashed potatoes and turkey gravy? A burger with no fries is positively un-American. Eggs over easy without a side of crispy hash browns? That just isn't right.

My long-standing love affair with potatoes was stymied for a time; I avoided them because of the calories and fat that came with frying or mashing. Even potato salad, a summer staple in my family, relied on mayonnaise for authenticity. But necessity being the mother of invention, and new recipes, I searched for ways to enjoy healthier versions of old favorites. Here are two of my favorites.

SIMPLY PERFECT HASSELBACK POTATOES

Hasselback potatoes were first served at Hasselbacken, a restaurant in Stockholm, Sweden, in 1953. They've been a staple in Europe since then and in the past few years have made their way into the hearts of Americans, too (in Portland, Scales serves a beautiful version). They are a perfect foil for additions like cheese, bacon, aioli or pesto. But I love them because they are practically perfect when prepared with just salt, pepper and a drizzle of olive oil.

HERE'S HOW I PREPARE MINE.

Preheat oven to 400°.

Prepare one potato per person. Scrub potatoes and pat dry. I like to use Russet, but Yukon Gold work well, too.

Place the potato on a cutting board on top of two chopsticks. The chopsticks will stop the knife from cutting the slices all the way through the potato.

Slice down to the chopstick guides along the entire length of the potato, each slice about 1/8-inch thick.

Place potatoes on a baking sheet, drizzle with olive oil. Salt and pepper generously.

Bake for about 30 minutes. Take the potatoes out and separate the slices with a knife. Drizzle a bit more olive oil and put back in the oven.

Bake for another 30 minutes. Take potatoes out again and baste them with the olive oil that has run off the potatoes. Then back in the oven.

Check the potatoes every 15 minutes until the edges are crispy and golden, usually about 30 minutes more.

You can serve with a side of aioli for dipping, or a sprinkle of cheddar (put back in the oven for 5 minutes to melt the cheese), but these Hasselback are delicious at their most basic.

POTATO PRO TIPS

- Leftover Hasselback potatoes are cause for celebration at my house. Reheat them in the toaster oven and top them with a fried egg for a little taste of breakfast nirvana.
- If you are counting carbs and want to up the veggies in the Maryland Crab salad, you can reduce the potatoes to 1 pound and add 4 cups of cauliflower florets cut into bite-sized pieces and steamed until just tender.



NOW OPEN
Beach Boys

**Beach Boys
Clean Cannabis**

Southern Maine's premier medical marijuana storefront showcasing over 30 craft vendors from around the state of Maine and in-house MOFGA certified CBD products

Located at 818 Main Street, South Portland
(Same building as Dunkin Donuts)
207-835-0036

Hours: Monday–Thursday 10am–6pm
Friday & Saturday 10am–7pm
Closed Sunday

THC Sales w/ valid medical marijuana card and ID
CBD Sales 21+ • Accepts Out-of-State Patients w/
Valid ID's and paperwork

Find us on
Weedmaps and
Facebook




**LIVE THE LIFE OF
YOUR DREAMS**

A Healing Home

*Let's Create Miracles
Together*

*Whether you want to heal or
rediscover yourself, we can
create a holistic solution
by integrating the ancient
healing techniques of
sound, light, stones
and crystals.*

LEARN MORE
www.AlphaOmegaConnections.com

Let us help you on your journey
Cape Neddick, Maine
207.351.8828



**Alpha
Omega
Connections**



MARYLAND CRAB POTATO SALAD

This recipe is 100% vegetarian; no crabs were harmed in the making of this dish. The Maryland crab refers to the secret ingredient—Old Bay—the seasoning that has given Maryland blue crabs their distinctive regional flavor since 1939. The Old Bay adds a flavorful kick to this colorful and tasty recipe. Unlike potato salads dressed with mayonnaise, this salad is best served at room temperature and can travel to picnics or potlucks without refrigeration or chilling.

INGREDIENTS

- 2 pounds small new potatoes, scrubbed and halved
- 2 tablespoons olive oil, plus more for drizzling
- 1 small red onion, thinly sliced
- 1/4 cup apple cider vinegar
- 1 tablespoon whole grain mustard
- 1 teaspoon Old Bay Seasoning
- 2 cups cherry tomatoes, halved
- 1 cup corn kernels, from the cob or frozen
- 2 cups Utz Crab Chips (*available online*), or Cape Cod Salt & Vinegar Chips (*chips are optional*)
- 3 tablespoons finely chopped (*or snipped with kitchen scissors*) chives
- Salt and pepper to taste

INSTRUCTIONS

- Cover potatoes with water by 1 inch in a large pot. Season generously with salt and bring to a boil. Reduce heat and cook until tender, but still firm, 10–15 minutes. Drain and let cool.
- In a medium skillet heat olive oil. Add onion and cook, stirring occasionally, until soft.
- In a large serving bowl combine onions, vinegar, mustard, Old Bay and a generous amount of pepper.
- Add potatoes, and chives and toss to combine. Once tossed, if you're so inclined you can add chips to bring the crunch.
- Taste and season with salt and black pepper if needed. Add a drizzle of olive oil immediately before serving.



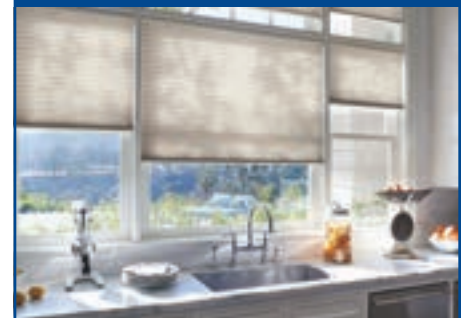
Kathy Prior-Vaz

Corporate Sales Trainer/
Community Relations

13^{1/2} Year Employee



1070 US Route 1, York, Maine 03909
207-363-2009
www.swagsdecorating.com





DANNAH

small important luxuries. . .

123 Ocean Avenue, Kennebunkport + 207-967-8640

bowerbirdesigns.com

BUSINESS • HOTELS • HEALTHCARE • RESIDENTIAL • PUBLIC SPACES



ART INTERIORS

by elizabeth moss

Artwork as a Service We can curate and install. You can lease or acquire.

artinteriorsmaine.com

MARVIN DESIGN GALLERY

a complete window and door showroom
by Eldredge Lumber

*from small projects,
to big dreams...*

317 MARGINAL WAY, PORTLAND
MARVINBYELDREDGE.COM
(207) 772-2003



Own It!



With PeoplesChoice
Mortgages

Homeownership • Refinance

More Loans.

- VA Loans
- FHA Loans
- USDA Loans
- Mobile Homes
- Land Loans
- Construction
and more!

More loan programs available.
Terms and conditions vary. Contact
us for complete information.

More Choices!

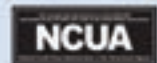
We have a variety of
loans available to
qualified applicants.

Call Our
Mortgage Team

855-728-6678


PeoplesChoice
MORTGAGE

PeoplesChoiceME.org





HER HOOP DREAMS



As the only female assistant coach in all of NCAA Division I men's college basketball, Edniesha Curry is a trailblazer at the University of Maine and well beyond.

BY MELANIE BROOKS // PHOTOS BY ASHLEY CONTI





Edniesha Curry doesn't care what people think of her.

When she walks onto a basketball court, she knows she belongs there. But when it comes to coaching a men's team, she stands out, whether she wants to or not.

"There are thousands of male coaches and only one of me," says Curry, an assistant coach for the men's basketball team at the University of Maine. She's the only female assistant coach in all of NCAA Division 1 men's basketball. She's not the first-ever but she's the only woman filling that role currently. And they've been few and far between since the first, Bernadette Mattox, coached men at the University of Kentucky from 1990 to 1995; Curry is only the fourth. But she doesn't dwell on that.

"It's not discouraging," she says. "It gives me a sense of power. All the gender issues that people feel, I don't feel. Those issues will always be there. I don't spend time thinking about them."

Coach Eddie, as she's known around the globe, has worked hard for every opportunity she's been given. That includes playing and coaching with the Women's National Basketball Association, several international teams, including in Israel, and her latest achievement this past summer, serving as a guest assistant coach on the San Antonio Spurs' National Basketball Association Summer League teams in Las Vegas and Salt Lake City. The Summer League is a golden opportunity to work with young players, since many of the participants are rookies looking to land spots on NBA teams. Curry has dreams of the big time too, hoping to eventually coach in the NBA.

Her coaching career at UMaine started with an opportunity on the women's team. In 2015, Richard Barron was the head coach of the Maine Black Bears women's basketball team. He was looking to hire an assistant coach to round out his squad. Curry was coaching elite athletes in Vietnam when a mutual friend of Barron's, well-known skills instructor Ganon Baker, gave her a call. "Ganon asked me if I was interested in the role at UMaine for the women's team," Curry says. She spoke with Barron via Skype, "and the next day I was offered the position." It was the job Curry had been waiting for—coaching college hoops.

Basketball, for Curry, is business. The southern California native, who turned 40 in July, started playing, as many kids do, simply because it was fun. It wasn't until she saw the 1996 U.S. Olympic women's basketball team win gold that she started thinking seriously about where basketball could take her. She earned a scholarship

to Cal State Northridge. She's still the school's record holder for sinking 3-pointers (168 of them).

But she wanted a better shot at playing professionally after college, so she transferred to the University of Oregon for her senior year. "Perception is powerful and brands are important," Curry says. "I felt like if I wanted to go pro, I had to make a business decision about my life. I knew winning and competing at a higher level in college would wipe out the stigma of being an elite player at a small school." She helped her team win the Women's National Invitation Tournament in 2002, earning an All-Pac-10 Honorable Mention along the way.

For the next decade, Curry dedicated her life to playing at the elite level. For four years she played in the WNBA, suiting up for the Charlotte Sting, which had grabbed her in the 2002 draft, Phoenix Mercury and Los Angeles Sparks. She went on to play on professional teams in Greece, Poland, Israel and Hungary. It was a grueling schedule.

"Playing at the elite level is a constant commitment and sacrifice," she says. "Records and successes don't show how many birthdays, holidays and graduations I missed. It weighed on me. I ask younger players today, 'Are you willing to lose a whole lot to pursue your dream?'" Fortunately, Curry has a strong support system that helped her while she was on the road. Her parents have been there for every step of her journey. The oldest of six, she is her family's only athlete.

As a young player, coaching professionally was never on her radar. In fact, it's a role she fought against for years. In her off-seasons, Curry would head back to the West Coast and work under the tutelage of her former Cal State Northridge coach, Michael Abraham. Coaching kids was fun for Curry and a way to give back to her community but she didn't see it as a serious career prospect. "I think I was 25 years old when Coach Abraham told me that I was born to coach," she says. "I started to notice that when I would head back West in my off-season, more kids and more parents were specifically asking for me." Until then she merely saw coaching as a way to give back to the community. Her love for it grew organically. She started to fall in love with basketball all over again. "Coach Barron always asks, 'Are you waiting or are you preparing for your opportunity?' All those years I was unconsciously preparing to be a coach."

Curry officially hung up her sneakers as a professional basketball

“Stop asking permission to be who you want to be.”



Fifteen years ago, a mentor told Edniesha Curry she was born to coach, starting her on the road to men's Division I basketball at the University of Maine.



Curry leading the way at a recent University of Maine men's basketball team practice. Photos courtesy of Curry



She's got skills: Curry still holds the record at Cal State Northridge for 3-pointers.

player when she was 35. "I knew it was time," she says. "My off-seasons became more about hanging out with friends and family and coaching than working out." Does she miss playing? Not at all. "I gave my all to the game. I won on every level. I didn't feel like I could give the sport any more at an elite level."

She had been turned down for several coaching jobs before getting the call from Barron. While she waited for her opportunity, she worked overseas, training elite athletes in China and working with members of national basketball teams in Taiwan and Vietnam. "It was her energy and relentless pursuit of her dreams that impressed me the most," Barron says. "We Skyped several times with her in Vietnam and you could feel her passion from the other side of the world."

She worked as an assistant coach alongside Barron for the UMaine women's team for one season, then left the following year to take a job that would allow for more flexibility to be with her father, who had been diagnosed with cancer. During that time she was a coach and athletic director at a K-12 charter school in Atlanta. In 2017, she joined the National Basketball Association's assistant coaches program, which was created to help former NBA players learn how to be coaches. She was one of the first women to be accepted into the program.

Curry says that if you love what you do, nothing else matters. She's never been afraid to pivot her career. It's this resilience and tenacity that helped usher her into the role she has today: being the only female coach in a country of men.

While Curry was working in Atlanta and caring for her father, Barron had also taken a year off from coaching at UMaine, for medical reasons. When he returned, he joined the men's team as head coach. And he knew exactly who he wanted on the sideline.

"I wasn't naive about the interest that it would generate, but hiring Eddie—for the second time—wasn't for attention or to make a statement," Barron says. "I simply was hiring the best person for

this particular job. She has basketball experience and knowledge, passion for the game, she's an independent thinker, terrific with technology, and has a relentless attitude of 'If it is to be, it is up to me.'" Curry jumped at the change to gain more experience coaching a men's team, furthering her chances of being an NBA coach.

Isaiah White joined the UMaine men's basketball team for the chance to play at a NCAA Division I school. Coach Eddie was more than he was expecting; he'd never had a female coach before. "I was extremely skeptical," he says. "I had no idea who she was, no idea about her resume or experience. I had this pompous attitude that there was nothing a female coach could tell me about men's basketball. I was wrong. Completely wrong. Regrettably wrong." Curry earned White's respect quickly. He realized that basketball is basketball, the fundamentals and skills the same no matter who's playing. "She showed me how much I didn't know, and it completely rearranged everything I have ever thought about women coaching men."

White says that Curry's strengths lie in her attention to detail. "Not once will you ever catch her off her game, whether it be with scout preparation, skill



Curry discussing the game with former University of Maine player Celio Araujo.



Curry with Spurs Summer League player Thomas Robinson. This summer she was guest assistant coach for the San Antonio Spurs' Summer League teams in Las Vegas and Salt Lake City.

development coaching in the off-season, or meticulous coaching during practices and games," he says. Her willingness to go above and beyond for any one of her players is something else White hadn't experienced before. "When you feel like your coach cares more about you as a whole individual than just an athlete, it makes it that much easier to be coached."

Curry loves the challenge of her job—every day is different. As an assistant coach she's tasked with a lot: recruiting, player development, academic advising, running reports. "It's a daily chess game," she says. "I like the ability to learn every day; it's never boring." Another perk? "I like the coaching journey a lot better than playing in the sense that my family can be more a part of it." There's more free time to see them and a lot more stability to be found in an American coaching gig than dribbling around the world. (leave quote that ends it "That has been very fulfilling to me.")

For instance, this past year, Curry was inducted into her high school's athletic hall of fame. She traveled to California for the induction with her 13-year-old brother, Genoah, by her side. While she may be all business about basketball, when it comes to her family, she shows a softer side. Because of their age difference, Genoah had never seen his big sister play basketball, he'd only heard the stories. "When we walked into the gym, he was taken aback," Curry says. "All of those records and championships are yours?' he asked me. I think he sees me in a different light now."

Curry's goals include having an impact on others who need representation. Being a women's coach on a men's team helps her to challenge traditional gender stereotypes. "I look to use my platform to empower young girls and women to go for it," Curry says. "Go after that goal unapologetically, despite where the world and others feel you should be. Stop asking permission to be who you want to be."

Melanie Brooks loves to write about Maine. Her work has been published in magazines and blogs throughout New England.



Curry with other coaching staff members on the bench at a San Antonio Spurs' Summer League team game.



HAMMERING STEREOTYPES

ONE NAIL AT A TIME

Women in Maine's lumber and building materials industry talk family business, gender bias and rolling with f-bombs in a business hardwired for sexism.

BY SARAH HOLMAN // PHOTOS BY HOLLY KANGAS



Virginia Patnode MacFawn in Rangeley Lakes Builders Supply. She's the general manager of this family owned business, which her parents opened in 1983.



Virginia Patnode MacFawn started working in her family's hardware store at age 12, filling nail bins. She became general manager 10 years ago and is one of just a handful of Maine women running stores in the lumber and building materials (aka LBM) and hardware industries. "I wanted to be a part of my family business, and when I opened the door, I stepped into that boys club," MacFawn says. "They did not invite me in."

MacFawn's parents, Gary and Jacqueline Patnode, stumbled upon the Rangeley Lakes region while driving home from a family camping trip in 1981. They were stunned by the beauty of the area and looking for a change; specifically a better place to raise their two young girls and a career that would sustain a promising future.

"When they were my age, they were taking a lot of risks," says MacFawn, now 43 and with four children of her own. The Patnodes opened Rangeley Lakes Builders Supply in 1983 and ran it themselves. Gary was at the counter, overseeing the lumberyard and making deliveries while Jacqueline managed the phone and the books. This husband-wife team model is common in the hardware industry, particularly in rural areas where big box stores like Lowe's or The Home Depot are hours away. Often these businesses are eventually taken over by the owners' children, like MacFawn and her husband Adam, who is an engineer.

For others, though, the leadership role wasn't part of the plan. "I had no thoughts about making Viking my life's job," says Erin Flanagan of Viking Lumber. Flanagan's father and



MacFawn credits her parents with building the family business. "When they were my age, they were taking a lot of risks," she says. Now she's carrying their legacy forward, maybe even to a third generation (both of her daughters are interested).

came into their positions through family succession. When MacFawn says she wasn't invited to the table, she is referencing a broader, industry-wide lack of recruitment of female employees based on bias around gender stereotypes. "I don't choose my employees based on gender," MacFawn says, "but my customers do choose who they think the expert is based on it."

The same is true at Crandall's Hardware, where Crandall-Liba says, "I've had [male customers] tell me they will 'wait for one of the guys' to get their keys copied and women who will only take plumbing advice from a man." That mentality bothered her more when she was younger, she says. Now she uses the assumptions to her advantage. At trade shows, for example, Crandall-Liba's husband is targeted by salespeople while she is targeted as the recipient of small talk, even though she makes the purchasing decisions for the store. "It mostly makes me laugh," Crandall-Liba says, "and it actually allows me to have a little less sales pressure and to fly under the radar."

For Flanagan, coming up in a business with few women role models had its challenges but she found guidance and encouragement in her male colleagues. "When I was young, I was quieter," she says. "I listened and learned a lot. I never felt a lack of respect; I just needed to find my own self-confidence." Flanagan served as the first woman president of the Retail Lumber Dealers Association of Maine, a role she was invited to take on by her fellow board members, and she is well known in the industry for her no-nonsense business approach.

"Attitude is everything," MacFawn agrees. She also acknowledges that most of the time she has to be more knowledgeable than her male counterparts to be accepted and viewed as an equal "or just competent, even." Before she moved back to Rangeley, she worked at a large LBM dealer showroom in Charleston, South Carolina. Even though she had a college degree and more experience than most of the men there, she wasn't permitted to use the title "salesperson" or take a commission. She was called a secretary. "I took it on the cheek," MacFawn says. "I understood it wasn't about me." It was a good experience, she adds, because it helped her understand the culture. When she started buying for Rangeley, she knew how to deal with vendors and not let their attitude get in her way.

Even with preparation, getting used to the

uncle started Viking in 1945 in Belfast, where their main branch (there are 10 total now) still operates. Like MacFawn, Flanagan grew up in the store. She and her siblings took turns accompanying their father to work on Saturdays. "The girls had to stay in the office," she recalls. "[We were] not allowed in the yard and mill." Flanagan left for college but came home to work vacations and summers. When her father expanded the store, she agreed to stay on for one more year. That was 1983.

Katie Crandall-Liba of Crandall's Hardware in East Millinocket had a similar experience. She took a break from her studies at the University of Maine to fill a vacancy at her father's store. During her time at home, she met her husband and found she could finish her degree through a local satellite location. She's been running the store since 2008, when her dad passed away. Crandall-Liba says her title, vice president (her mother retains the title of president) doesn't mean much. "I perform any and every task, from stocking shelves and plowing the parking lot to making hiring and buying decisions." MacFawn feels the same about her Rangeley title. "It's like a three-ring circus," she says of her day-to-day duties as general manager. "There's no line drawn between what I do or what someone else does." At Viking Lumber, employees don't even have formal job titles. "We are just part of the team," Flanagan says.

Often at higher levels of leadership, the team is mostly men. According to the federal Bureau of Labor Statistics, 30.4% of the 1.03 million individuals working in the retail lumber and building materials industry in 2016 were women (this data includes big box stores). Lumber and building material businesses owned or operated by women make up a tiny portion of that percentage, and most



She's the boss, but MacFawn says everyone pitches in. "There's no line drawn between what I do or what someone else does."

culture required a thick skin. The first time MacFawn walked onto a job site as an outside sales person for Rangeley Lakes Builders Supply, "Words were spoken that made the f-bomb feel tame," she says. But she's quick to point out, "[those words] were not aimed at me, nor were [the men] treating me any differently than a male newbie would have been treated." MacFawn understood if she wanted to succeed, this was the language and atmosphere she needed to work with. "It didn't mean I needed to change my vocabulary or speak the same way," she says. "I was entering their world, asking them to trust me...and to spend their money with my company. That didn't give me the right to ask them to change how they did things."

In recent years the issue of gender equality has been spotlighted nationally in a big way, taken on everywhere from Hollywood salaries to Google's pay gap lawsuit to the floor of Congress. Women (and men) are openly sharing stories of discrimination and harassment across many industries. In the lumber and building materials world, similar anecdotal experiences exist and are whispered about, insiders admit, but are rarely made public. When issues come up, they're handled quietly and privately. MacFawn believes the nature of the industry, which relies heavily on personal, community and familial relationships, plays a part in this. It's also a very social business, MacFawn says. People know each other and know each other's

kids. "There's a lot of history and continuity."

For many of these women, continuity is their secret weapon against sexism. When Crandall-Liba—who's been in the business for 17 years—is faced with a customer who questions her knowledge based on gender, she just waits it out. East Millinocket is small enough that local customers who don't want to deal with her will have to, eventually. "I take the opportunity to give them my best customer service and good, sound advice," she says. She still has salespeople call the store and assume the owner will be a middle-aged man, but she doesn't let that get to her. "I just hope at their next stop they aren't so quick to assume the same thing."

MacFawn, too, has patiently earned her reputation as a knowledgeable LBM business owner. "It took some time before I was ever invited out to dinner at the end of a trade show." And when she was finally included, "I

"I don't choose my employees based on gender. But my customers do choose who they think the expert is based on it."

was the only woman at the table." MacFawn notes that her presence at dinner didn't change the nature of the conversation, which strayed into inappropriate territory. But she didn't take offense, and she still doesn't expect them to change—just like that first time she walked onto a job site decades ago. "Asking them to change for me is taking away the equal standing I am working for," she says. "I am still a feminist. I am also a realist." MacFawn wants to be acknowledged for what she has accomplished, not any unfairness she has come up against. "My seat at the table is respected by those in my industry that way," she says.

These small, incremental victories of inclusion at the table are not insignificant. In the past few years, several LBM industry-related associations have hosted conferences for women in leadership roles, with interest steadily growing, and a handful of businesses are beginning to actively recruit women. For her part, MacFawn emphasizes the importance of mentorship, not only for young women entering the industry, but also for men who don't have a family connection to the business. "It's an amazing industry you can come to with no experience, but you can learn and grow and create a niche for yourself."

Of MacFawn's four children—two girls and two boys—both her daughters want to be involved in the family business. She says she's trying to teach her children the same lesson she's offering her young employees: Show up to the party you want to be at, and when you arrive "be prepared for what you may find, good or bad. Keep the right attitude and stay true to yourself."

Sarah Holman is a writer living in Portland. At one point, she worked in marketing for a large hardware distributor in Portland. Find her online at storiesandsidebars.com.



Double oven KODE900H shown; combination and single oven also available.

THE INNOVATIVE OVEN A CENTURY IN THE MAKING

A century ago, the KitchenAid® Stand Mixer offered a powered hub and attachments that turned one appliance into many. Now KitchenAid does it again, with the new Smart Oven+.

It can grill year-round with minimal smoke and no flare-ups. Bake on a stone that preheats in half the time.* Or steam-cook far beyond the limits of a stovetop steamer pan. Plus, its smart capabilities allow control of each attachment from the oven's display, a tablet or smartphone.**

The grill ships with the oven. Connect, register or call to get the baking stone and steamer by mail at no additional cost.†

Experience the Smart Oven+ in showrooms today.

Compared to non-integrated baking stones of similar size, weight and material.
Appliance must be set to remote enable. Wi-Fi & App required. Features subject to change. For details and privacy info, visit kitchenaid.com/connect (US) or kitchenaid.ca/connect (Canada).
For delivery, allow 10–15 days in US and 3–4 weeks in Canada. Visit kitchenaid.com/redeem (US) or kitchenaid.ca/redeem (Canada) for full details.

®/™ ©2019 KitchenAid. All rights reserved. D190017KC

SMART OVEN⁺



+STEAMER



+BAKING STONE



+GRILL

1919 **100** 2019

KitchenAid



L.P. APPLIANCE SALES & SERVICE

54 Bridgton Rd., Route 302, Westbrook
(207) 797-3621 • (800) 797-3621

www.lpapplianceme.com

Store Hours:

Mon–Fri 9am–5pm
Sat 9am–2pm

WOMEN IN THE PULPIT



ABOUT HALF OF MAINE'S RABBIS ARE WOMEN, NAVIGATING AN EGALITARIAN, SMALL TOWN JEWISH RENAISSANCE IN A STATE WITH DEEP ROOTS IN JUDAISM.

BY LAURA MCCANDLISH

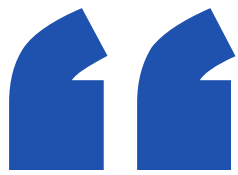


Carolyn Braun was the first woman rabbi to be hired in Maine. She arrived for her new position in late 1994, uncertain of how long she'd be at Temple Beth El in Portland or if she even wanted to be the kind of rabbi that has a congregation. Maybe she'd keep studying Judaism, which she loved. She'd gotten a Masters in Judaic Studies from the Jewish Theological Seminary before entering the seminary's very first rabbinical class open to women. But, she says, "I wasn't ever looking at it as, 'I am going to come in here and I am going to make a big splash.'"

Maybe Braun didn't create a big splash, but she did start a wave. On a late summer afternoon, she sat in Waterville's Beth Israel Synagogue with three of Maine's other female rabbis. They were planning to share and discuss their sermons for the late-September, early October High Holidays. But their numbers told a story of change; more than half of Maine's non-Orthodox congregations are now led by women. There are five traditionally-trained women rabbis in pulpits, as well as a woman leading a new, unaffiliated congregation in Falmouth and a female cantor co-leading Congregation Etz Chaim in Biddeford.

"I wonder if I ever thought I would see this day," Braun says, contemplatively. At seminary, she says, her head was down, concentrating on her books. She arrived in Maine as a California transplant who had fought hard for the equal right to don yarmulkes and the tallit (prayer shawls) during services, a right that the 13-year-olds she bat mitzvahs today often take for granted. Now Braun, 62, looks at the three women with her, Rabbi Erica Asch, 41, of Augusta's Temple Beth El, Rabbi Lisa Vinikoor, 42, of Beth Israel in Bath and

Four of Maine's female rabbis enjoy a light moment on the steps of Waterville's Beth Israel Synagogue. From left, Rabbi Lisa Vinikoor of Beth Israel in Bath, Rabbi Carolyn Braun of Temple Beth El in Portland, Rabbi Rachel Isaacs of Waterville's Beth Israel and Rabbi Erica Asch, the rabbi of Augusta's Temple Beth El. Photo by Michael G. Seamans



**OUTSIDE A BIG
URBAN CENTER
LIKE NEW
YORK, CHICAGO
OR LA, YOU'D
BE HARD-
PRESSED
TO FIND
ANYWHERE
ELSE IN THE
COUNTRY
WHERE, FOR
A MAJORITY
OF JEWISH
KIDS, THEIR
IMAGE OF A
RABBI IS NOT
A CISGENDER
MAN.”**

Rabbi Rachel Isaacs, 36, of Waterville's Beth Israel, all of them wearing their prayer shawls and yarmulkes. "I know I never thought I'd be sitting here in Waterville, Maine, with these amazing people," she says.

Women comprise the majority of graduates at Reform movement seminaries nationwide (the largest, secular Jewish denomination) paralleling the broader feminization of American religious life. It's a huge advance, although a wage gap persists for women rabbis, including Maine's.

Is Maine's abundance of women rabbis exceptional? The women look at each other. It's complicated. Some branches of Judaism (Orthodox and Chabad) still don't allow women to be rabbis, but of those that do (including Conservative, Reconstructionist and Reform), six out of 12 Maine congregations are led by women rabbis. That's probably not the highest proportion of women rabbis in the nation, they say. But Isaacs points out that Maine does have an unusually high number of queer rabbis. She ticked them off: herself; Vinikoor; Rabbi Darah Lerner of Bangor's Beth El; Rabbi Jared Saks of Bet Ha'am in South Portland; and the newcomer at Adas Yeshurun Synagogue in Rockland, Rabbi Lily Solochek, who identifies as transgender non-binary. "We might be the highest in the country for that," Isaacs says.

The answers as to why include progressive politics within many parts of the state, the value of work-life balance and the outdoors, all of which draw families here. But there's also the interconnected relationship of the state's revitalizing rural and coastal Jewish communities. And friendships. Rabbi Vinikoor knew Isaacs, who in turn knew Saks and went to the same seminary as Braun (ordained in 2011, Isaacs was its first openly-gay Conservative rabbi). "Maine is small enough that you can actually have that kind of connection," says Asch.

Isaacs was drawn to what she calls Maine's live and let live approach. "It wasn't even that the state was liberal in the traditional sense," she says. "It was more like when there was a discussion about hiring me because of my gender, my age, my sexuality, there was one person who raised an objection." The rest of the board, which skewed older, she says, ended the discussion with a 'People's private lives are private.' Which is a very Maine response. Which fit very well with who I am." She's outspoken and high profile; Isaacs delivered the invocation at the last Hanukkah reception in the Obama White House. She's also woven deeply into the broader Waterville community. She has a joint appointment in Jewish Studies at Colby College, which pays her health insurance. (Mentoring college students, whether Jewish or not, is also core to these rabbis' work. Rabbi Lisa Vinikoor has a quarter-time appointment directing Bowdoin College's Hillel.) In addition, Isaacs is director of Colby's nationally recognized Center for Small Town Jewish Life, supported by local Jewish philanthropists such as the Alford family. The center also employs Augusta's Asch, who serves as Colby's Hillel advisor and Jewish chaplain.

Solochek started at the Rockland synagogue in August. "Despite the fact that it's a state split politically, an older state, a very white state, things that in general make it conservative, at least five rabbis here are now openly queer, and that is really interesting," says Solochek, 30, who is finishing a degree at Reconstructionist Rabbinical College in Philadelphia. "Outside a big urban center like New York, Chicago or LA, you'd be hard-pressed to find anywhere else in the country where, for a majority of Jewish kids, their image of a rabbi is not a cisgender," Solochek says.

The one complaint Asch heard from a board member when she sat for her first annual review in 2014 underscores Maine as a pleasant place to work. "We think you're working too much," the board member told Asch, who now prioritizes more time in Maine's great outdoors with her historian/Capital Area New Mainers Project co-founder husband Chris Myers Asch, and their three children: Miriam, 11, Robin, 9, and Aaron, 7. When she was an assistant rabbi at a big Reform congregation back in Washington, D.C., she notes, no one ever told her to "work less."

DEEP ROOTS IN MAINE

The world's oldest monotheistic religion, Judaism has only widely ordained women in recent decades. The first woman rabbi, German-born Regina Jonas, was killed at Auschwitz in 1944. It took until 1972 to ordain the world's second woman rabbi. Here in Maine, where Jewish merchants and peddlers founded the state's first synagogue in Bangor in 1849, Rabbi Darah Lerner, 59, became Maine's second woman rabbi in 2005. She arrived having decamped from Los Angeles with her partner (now wife) for Reform Congregation Beth El. It's one of three synagogues in Bangor, which Lerner describes as "amazingly Jewishly-rich when adjusted for its size." Bangor is still home to a Jewish funeral chapel, formerly kosher,



"I wonder if I ever thought I would see this day," says Rabbi Carolyn Braun, far right, of being surrounded by so many other women rabbis. She was Maine's first woman rabbi, arriving in late 1994. From left, Rabbi Lisa Vinikoor, Rabbi Rachel Isaacs and Rabbi Erica Asch. *Photo by Michael G. Seamans*

booming Bagel Central restaurant and Maine's only functional mikvah. Though a mikvah is a ritual purification pool associated with Orthodox women, Lerner occasionally leads ceremonies there for cancer survivors, conversions and adoptions, and the mikvah now draws reclaimed feminist interest, including from colleagues like Solochek.

The synagogue is no longer the center of Jewish social life as it still was (somewhat) when Braun came to Maine a quarter-century ago—or in the congregations these women grew up in. These rabbis don't wait for congregants to come to them. They emphasize the importance of the modern rabbi being a public figure, visible and out in the world, morally and culturally. Rabbi Laura Boenisch draws a crowd for her chocolate seders, for instance. (Boenisch followed a less traditional path to leading a congregation, first opening a school, B'nai Portland, and then training to be a rabbi through the online program Jewish Spiritual Leaders Institute. She was ordained in 2016.) Braun even hosts a popular "Spirit and Spirits" happy hour the first Thursday of the month at Maine Craft Distillery in Portland. She gets up to 20 people—often as many as come to random Shabbat services—including Jews who would never darken a synagogue's door.

But traditions continue. This month, Maine's rabbis will work round the clock leading services for Rosh Hashanah and Yom Kippur services marking the Jewish New Year. At October's end, their congregations will wrestle with how to commemorate the first anniversary of the Tree of Life synagogue massacre in Pittsburgh. Thousands of Mainers, of all faiths and none, flocked to candlelight vigils in Bangor, Bath and Augusta in a peaceful outpouring of pro-Jewish support after that mass shooting.

"It's a weird dynamic: it's never been better, and it's never been more challenging," Lerner says. Pew Research polls show high warm pub-

lic opinion of Jews, at the same time as there is a spike in anti-Semitic hate crimes, even in Maine. A month after the Pittsburgh shooting, a presumed vandal broke a window at the Minnie Brown Center in Bath, where Vinikoor leads students at an afterschool program. The synagogue's security committee installed a new alarm system, call boxes and additional outside lighting. When a stranger interrupted a Saturday service after the Chabad of Poway shooting in California in late April, Beth Israel started locking sanctuary doors and buzzing in latecomers and held its first active shooter training. Uniformed Bath police officers now guard the lobby during bigger events.

AUTHENTICITY RULES

Rates of Jewish affiliation in Maine's smaller congregations actually feel higher than the national average. Mainers work hard to stay Jewish in authentic, committed congregations, where rabbis aren't forced to preside over \$100,000 bar or bat mitzvahs with elaborate themes.

"There's nothing fake or for appearances here," says Isaacs, who grew up in a predominantly Jewish, more ostentatious community on the Jersey Shore ("the Situation was in my high school") and now relishes harvesting the bounty of the small garden plot she tends in Belgrade with her wife Mel Weiss and two young children. "Everyone, regardless of income, has the \$700 bagel brunch following a b'nai mitzvah. The emphasis is on the service."

Similarly, few of their congregants can afford the \$13,500 of a traditional, summer-long Jewish camp. To lower the camp cost/access barrier, Isaacs, Asch and Weiss launched their own \$5 a day Mid-Maine Jewish "Funtensive," attended by about 30 kids, at Temple Beth El in Augusta for



Photo by Michael G. Seamans

one week last July. It's an extension of a modest camp Isaacs and Weiss started at a congregant's lakehouse six years ago. It's basic: Weiss bought all the supplies at Marden's; they served homemade PB&J and congregation teens and Colby Jewish studies students led games to teach the kids modern Hebrew vocabulary. "We're not worried about stealing each other's ideas or congregants," says Asch. "We're stronger when we work together."

Even with the high proportion of women rabbis in Maine, Vinikoor frequently hears (from non-Jews): "Oh, I didn't know women could be rabbis." She has increased the size and age diversity of Bath's congregation and doubled the size of its Thursday afternoon Hebrew School.

Born and raised in a similarly-sized small but proud Jewish community in Vermont, Vinikoor moved to Maine from Park Slope, New York, with her physician wife, and soon welcomed their first child, a daughter, into "one big, vibrant, seamless" synagogue family. She sees her own childhood as a religious minority in the synagogue's elementary schoolers, and mentors them accordingly. "How can I help them navigate that and feel proud of who they are?" she says.

Maine's natural environment and family-friendly lifestyle has lured this growing tribe of non-traditional rabbis to build careers here as they choose to stay to raise their families in deep-rooted communities. The young children of Isaacs, Asch and Vinikoor are growing up in their synagogue villages. And those villages are expanding. In Bath, Rachel Bouttenot, who grew up Catholic in Lewiston and went to Saint Dominic Regional High School, comes to services with her Jewish wife, Katherine, and their daughter Sylvie, who is almost 2. The Bouttenots stroll to nearby Beth Israel every other Friday evening for Shabbat services. When pregnant with their daughter, the couple fled the "hipster, Silicon Valley bros" taking over California's Bay Area, settling in Bath just as Vinikoor had come to town, with her wife also pregnant with their first child. They were drawn to Beth Israel as a place to give Sylvie community and Jewish identity. As their daughter crawls into laps in the pews and waddles onto the bima with Rabbi Vinikoor during services, it's clear they found it. "We felt so welcome and a part of a loving community," Bouttenot says.

Laura McCandlish is a writer living in Brunswick. She is a half-Jew from Virginia's Bible belt who hangs her doorpost mezuzahs too straight and fries her Maine potato latkes in pastured lard. Find her at @baltimoregon.

A more beautiful you starts here!

- Botox • Facial & Lip Fillers
- Age & Sun Spot Removal
- Tattoo Removal • Laser Hair Removal
- Mole Removal • MiraDry
- Facial Vein & Rosacea Treatments
- Coolsculpting • Microblading
- Ultrasonic Facials • Lash Extensions

Now offering Massage Therapy
at our new Spa at MaineLA!

Call us at (207) 805-8920
to schedule a
complimentary consultation!

MAINE
LASER AND AESTHETICS

19 Northbrook Drive, Suite 222, Falmouth, ME • www.mainela.com • contact@mainela.com

Maine Veterinary Medical Center

A specialty and 24/7 emergency animal hospital in Scarborough, Maine

For 24/7 emergency pet care, call 207.885.1290



Open every day, seven days a week including weekends and holidays



1500 Technology Way in the Enterprise Business Park
Off Route 1 • mvmc.vet

SALLY A. MORRIS

ATTORNEY AT LAW, LLC



Guidance, Dedication & Compassion

I have been both an employment lawyer and have represented nonprofit entities for 25 years.

If you have been harassed or discriminated against, I know you are fighting for your dignity. I listen to you and fight hard to protect your rights.

Maine nonprofits work tirelessly and passionately to fulfill their missions. I am here to stand beside your organization and guide you through policy, compliance and tricky situations.

Six City Center, Suite 300, Portland | 207.558.6161 x109

www.morrisemploymentlaw.com

JOIN US

Small and Mighty: How Small Business Entrepreneurs Overcome Obstacles and Accelerate Maine's Economy

An event for established, aspiring, and curious entrepreneurs and their fans.

Tuesday, October 22, 2019
Hannaford Hall, 4:30–7 pm

To register: mainewomensfund.org/women-mean-business





Back Cove Women's Residential Program

Gender-Responsive
Addiction Treatment



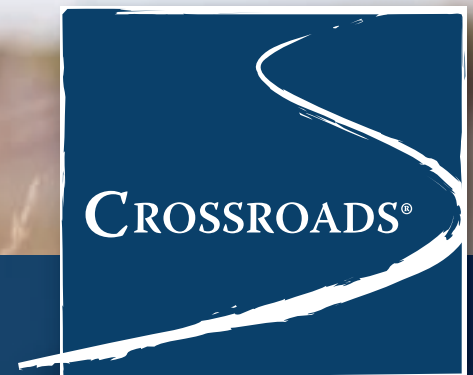
Individual & Group
Therapy



Comprehensive
Assessments



Holistic Wellness
Services



Fully immersing yourself in a peaceful, therapeutic environment where you can focus on your recovery and healing your mind, body and spirit is essential. The Back Cove Women's Residential Program and Recovery Center in Maine provides just the environment and care you need. This 30-day inpatient program reduces outside distractions and offers a safe, structured environment that provides a solid foundation for recovery. **Call us today!**



Since 2016

Remember Who You Wanted To Be™

(207) 773-9931 | www.crossroadsme.org



MEMORABLE MOMENTS

Discover

the wonderful way of life at
**NORTHBRIDGE
COMMUNITIES**



EAT FRESH, EAT LOCAL



ENGAGING PROGRAMS

As a locally owned company, Northbridge understands the uniqueness of New England and we embrace the individuality in each of our senior living communities. With a maintenance-free lifestyle, locally sourced *Eat Fresh, Eat Localsm* menu, and supportive and engaging programming, Northbridge is able to provide families with true peace of mind.

Our goal is to always put a smile on our residents faces, and ensure they live well, and love life - each and every day.

Find a Northbridge community near you:

Brunswick

Avita of Brunswick
Sunnybrook

Wells

Avita of Wells

Westbrook

Avita of Stroudwater
Stroudwater Lodge

Independent Living • Assisted Living • Avita Memory Care • Living Well Adult Day

To learn more, visit: nextgenerationseniors.com





Joan Fortin as she prepares for a big transition at Bernstein Shur. Fortin, who started there as a summer associate in the 1990s, will become the firm's first woman CEO on January 1. *Photo by Heidi Kirm*

THE GOOD FIGHT

JOAN FORTIN'S JOURNEY FROM HER CHILDHOOD ON A MAINE FARM TO HER NEW ROLE AS A FAMILY-FRIENDLY CEO OF ONE OF THE STATE'S TOP LAW FIRMS.

BY ANGIE BRYAN

On New Year's Day, Joan Fortin will become the first woman CEO of Bernstein Shur, one of Maine's largest law firms. She's already created a legacy at the longtime Portland-based firm as the director of attorney recruiting, having hired nearly half of the firm's 120 attorneys. But now she has plans for another legacy as well, one of improving performance in Maine's legal profession through empathy and supporting work-life balance. "We need a more holistic approach to how we do business," Fortin says.

Fortin, 53, first worked at Bernstein Shur in the 1990s as a summer associate when she was at Northeastern University School of Law. After a clerkship at the Maine Supreme Judicial Court and receiving her degree in 1996, she joined Bernstein Shur and—absent a stint practicing law in Alaska—has been with the firm since. She's "the most prepared person we've ever had" step into the CEO role, says Patricia Peard, who was Fortin's longtime mentor at the firm before retiring in 2018.

From the time she was a summer associate, Fortin's "agile intelligence" was clear, Peard says. "The law is like a puzzle. You must fit the pieces together for each client, and Joan could do that right from the start." Fortin took constructive criticism well, never made the same mistake twice, was a good listener and always had a great sense of humor, Peard says, and "the combination of all that is pretty outstanding."

Another word Peard uses to describe Fortin is "empathetic," which fits with the culture Fortin has long been trying to build at Bernstein Shur. Maine has nearly 4,000 active attorneys and when hiring, Fortin says she looks for candidates with empathy. Citing Malcolm Gladwell's book *Outliers: The Story of Success*, specifically two chapters called "The Trouble with Geniuses," Fortin notes that the biggest



Joan Fortin with a host of her male colleagues in earlier days at Bernstein Shur, circa 2002. *Photo courtesy of Fortin*

success is not always the person who is first in his or her class. “Emotional intelligence is a critical business skill, not a soft skill,” says Fortin.

Determination also is a key business skill, and Fortin has plenty of it.

When she learned that the top job at Bernstein Shur was opening up she added training sessions at the Lex Mundi Institute in Monterey, California to her busy roster. She’d traveled there to take classes in the professional development program for legal professionals before, when former Bernstein Shur CEO Charlie Miller first identified her as a future leader. At that point, she hadn’t envisioned it for herself, but now she was ready to pursue the role. “I went after it with everything I had,” she says, including training, grit and a built-in sense of justice.

Fortin grew up in a farming family, the second oldest of five siblings. Her mother Rita and her father Jerry had moved their small farming operation to Benton in 1972 and all five kids pitched in. “We had chores

every day,” Fortin says. That might include haying or milking the cows. She and her brothers and sisters swept the barn. They fed the horses and they took care of the chickens. “I hate chickens,” Fortin says, laughing.

Cleaning the gutter in the barn? Not a pretty job but someone had to do it. “I didn’t mind shoveling,” Fortin says, still laughing. “I loved how I grew up.”

A high school teacher pushed her to apply to Colby College, an early instance, she says, in which she felt propelled forward by “people believing in me.” Although Colby was nearby geographically, it was, she says, a very different world. Neither of Fortin’s parents had gone to college. But they’d taught her something powerful, something that helped her in the new environment of Colby and

the many others she’d go on to encounter in her career. “Farm life is very egalitarian,” she says. That ingrained sense of equality resonates, whether she’s talking to a blueberry farmer or a Supreme Court justice. “We’re all human beings equally worthy of respect as people,” she says. That

**“EMOTIONAL
INTELLIGENCE IS A
CRITICAL BUSINESS
SKILL, NOT A SOFT
SKILL.”**



“Family was everything,” Fortin says. Left, the gang helps with haying season in 2016: Back row, Fortin’s nephew Jack and her sister Judy; middle row, Joan Fortin, her brothers Andy and Allan Fortin; front, Fortin’s daughter Lainey Randall and her nephew Tony Fortin. Her father Jerry Fortin, who died in late 2018, is in front. Right, most of the Fortin family circa 1970. Joan Fortin is on the left, standing in front of her dad, Jerry. Her fourth sibling was born two years later. *Photos courtesy of the Fortin family*

belief shows in her easy, sincere style of communicating.

It took her a few years after Colby to find her way to the law. She went on to the University of Maine for a master’s degree in educational administration and worked at Bowdoin College for two years in student services. Then she enrolled at Northeastern, where she met her future husband, Chet Randall. After finishing law school in 1996, she was hired as an associate at Bernstein Shur. But she felt tugged; Randall was living in Alaska, where he was working as a public defender. She had done an internship there in during law school and relished the beauty of the place and its outdoors experiences. She joined him there for a brief stint.

Family was the driving force behind Fortin’s decision to return to Maine in 1999. She and Randall knew they wanted their own family. It was particularly important to her that her children knew their grandparents. She and her whole family had had a wakeup call in 1994 when her father had a heart attack at the age of 54.

In 1994, Fortin had gone back to Benton to help her mother and father as he recovered. She helped with the milking at 4:30 a.m. then grained the cows, showered and drove to Bangor for an 8 a.m. start at her summer internship as a law clerk for the Maine Supreme Judicial Court. “It was a blessing to have that time with him,” said Fortin.

Her parents and life on the farm had a major influence on how Fortin approaches not just her own career but those of her co-workers. “I had access to my parents, and that had a huge impact on who I am today. Family was everything,” she says. It’s made her a fierce advocate for

family-leave policies “that work.” Fortin encourages all employees to take advantage of Bernstein Shur’s 16-week parental leave policy, which in 2018 eliminated the distinction between primary and secondary caregivers. She’s seen attorneys of both sexes leave the firm after having children because they’re struggling to do both jobs.

But for women, who in 2019 represent 36% of the active attorneys nationally according to the American Bar Association, she acknowledges, the balance issue is often harder. She felt it herself as a young mother in a family with two working parents. (Randall is the deputy director of Pine Tree Legal Assistance, an entity which provides free civil legal aid; “Our family hero,” she says.) Fortin was on a path to partnership at Bernstein Shur. But her image of what a mother should be was her own; Rita Fortin cooked all the meals, made all the costumes, living a very traditional, old-fashioned motherhood. “It just about ripped my heart out to drop my child off at daycare,” Fortin says. “I really struggled.”

Because she felt so reluctant to be away from her children when they were small, she stopped engaging in the activities she had enjoyed before she had kids, such as running, backpacking and kayaking. She’s fixing that now, but says, “If I could go back in time I would find a way not to stop exercising.” Her children are nearly grown now—Michael Randall is 18 and her daughter Lainey Randall is 16—but she remains highly attuned to how her co-workers might be struggling with such issues now. Fortin often reminds her younger colleagues that they don’t need to put the rest of their lives on hold, and her success—including

"I don't think my father had any particular notion about lawyers generally," says Fortin. "But he was very proud to see me become one." This photo was taken in May 1996, the year Fortin graduated from Northeastern University School of Law. Father and daughter spent nearly a week adventuring together in Alaska, where Fortin lived for a time. *Photo courtesy of Joan Fortin*



making partner at Bernstein Shur while working part-time—stands as an example of that.

Nationally, that would make her an anomaly; the American Bar Association's recent data on the status of women in the profession indicate that even with more firms allowing part-time schedules, women reported that choosing that option "posed professional risks," including jeopardizing their prospects for promotion and falling into the trap of being paid for working part-time but working much more than that to keep up. And while women have made progress in gaining partnerships at major law firms, with an increase from 12.9% to 16.3% between 1994 and 2002, according to the association's data, that's still far from parity. "My generation's job," says Fortin, "is to continue the forward progress so that people can stay in the profession. Women tend not to stay. That's the nut I've been trying to crack."

So is the potential for burnout across gender lines throughout the legal profession. Clients often expect attorneys to be available 24/7, says Fortin, so the firm needs to push back by employing more of a "team-based approach and stop being lone wolves." To that end, she emphasizes the need for employees to take vacation time, preferably two weeks at once. "If we don't take care of the whole person, they won't be here for the long haul," she says. "A healthy person is going to perform better." So will a person who stays connected to the people that matter to them. Fortin describes the legal career as "a marathon—not a sprint." It's in a firm's best interest to retain their talent. "We have no desire to see a talented new attorney join our firm and then work so extremely hard that bad things happen (burn out, depression, illness, divorce, substance abuse, etc.). That doesn't help us or our clients, and more important, no one wants to see that happen to a trusted colleague."

What she wants is to foster an atmosphere that allows employees to

"be their best selves." To take care of themselves and their families and to participate in community. There, too, she leads by example, taking time to volunteer with the Olympia Snowe Women's Leadership Institute. Her message to the high school students she encounters, many of them economically disadvantaged? "Believe you can and go forward." And this year she chaired the American Heart Association in Maine's Go Red for Women luncheon, a primary fundraiser for the group. Her speech there drew tears from many attendees. She focused on family, as she so often does, recounting how her father had bounced back from that heart attack in 1994. It was a bittersweet story though; her father had died just a few months before, at 79. Her message was about education and preventive self-care. "It was very important to me to share his story in a way that might help save someone else's life and that would give someone else hope that they could recover from an early heart attack and go on to lead an active life."

The luncheon raised a record-breaking amount of funds, \$407,000, an 8.4% increase from the previous year. "The AHA could not have asked for a better chair," says Maine's Go Red Director Katie Rooks. "I'm part of the Joan Fortin fan club." So is her daughter Lainey Randall, who was 12 when she accompanied her mother to the Women's March in Washington, D.C. and credits her with instilling in her a passion for issues like the environment. "She pushes me to go farther," Randall says. "Seeing what she's accomplished makes me feel like I can do anything."

Angie Bryan moved to Portland in 2018 when she retired from the diplomatic service. Her writing has also appeared in *The Foreign Service Journal* and *Maine Today*. Full disclosure; she was one of 2019 spokeswomen for the American Heart Association in Maine's Go Red for Women Campaign.

Our breast cancer specialists share world-class expertise and a passion for helping each patient live her fullest life.

OUR BREAST CANCER TEAMS ARE LED BY (CENTER, FROM LEFT) DOCTORS TRACEY WEISBERG, CHIARA BATELLI, ELENI NACKOS AND JAMIE MCKENZIE.



PROUD SUPPORTERS OF BREAST CANCER AWARENESS MONTH

With the region's leading specialized breast cancer teams, and our collaboration with Dana-Farber, we're proud to offer all our patients, from York County to the Midcoast and beyond, the latest breast cancer therapies, and seamless, personalized care.

If you're ever diagnosed with breast cancer, ask your doctor for a referral to Maine's leading specialists. Or call (207) 303-3300 for more information.



NEW ENGLAND Cancer Specialists

NewEnglandCancerSpecialists.org



KENNEBUNK • SCARBOROUGH • TOPSHAM



HOTH Festival 2019, October 17-20 at Brick South

Thu, Oct 17: Chef+Farmer Harvest Dinner • Fri, Oct 18: ME Lobster Chef of the Year; 'Straight Up' Distillers Bash
Sat, Oct 19: Bloody Mary Pig Roast Brunch; Maine Oysterfest • Sun, Oct 20: Market Brunch; HOTH Culinary Market

Tickets at harvestontheharbor.com





JUDY CAMUSO

Commissioner of Maine's Department
of Inland Fisheries and Wildlife

Photo by Russ Dillingham



AMANDA BEAL

Commissioner of the Department of
Agriculture, Conservation and Forestry

Photo by Russ Dillingham

NATURAL RESOURCE MANAGERS

In state government under Gov. Janet Mills, Maine's farmland, forests and wildlife are now in the hands of women leaders.

BY ERICA CASSIDY DUBOIS



PATTY CORMIER

Director of the Maine Forest Service

Photo by Pam Harnden

R

Recently a visitor to Judy Camuso's office said something she definitely hadn't expected to hear. "I did an interview the other day, the reporter came in and said, 'Oh, I didn't know you were so pretty,'" Camuso says. This remark, intended as a compliment (although not one women need or usually want at work) has probably never been said to a Commissioner of Maine's Department of Inland Fisheries and Wildlife.

"I have so many stories of people thinking I'm a wife or a teacher or a secretary," Camuso says. She's not new to the department, having joined it in 2007 as an assistant state regional biologist. When Gov. Janet Mills appointed her commissioner, she'd been serving as a wildlife division director since 2013. That too was a first for a woman.

"It's almost worse now that I'm commissioner," Camuso says. "I get so many comments. The public is used to dealing with men. If you talk to women in engineering, construction, the research sciences—they all deal with this same thing. It's not your coworkers, who know your skills and capabilities. It's almost 100% external."

But she adds, "Being commissioner is an opportunity to break down those kinds of obstacles and behaviors."

Commissioner. Director. Governor. In the most gender diverse state administration Maine has ever seen, women hold eight cabinet appointments. These include top positions at the Departments of Education; Labor; Health and Human Services; Economic and Community Development; Administrative and Financial Services; and Professional and Financial Regulation. In the area of natural resources, with the exception of the Department of Marine Resources, all departments are headed by women: Camuso at Inland Fisheries, Commissioner Amanda Beal at the Department of Agriculture, Conservation and Forestry, and Patty Cormier, the director of the Maine Forest Service.

That's a lot of chances to break down obstacles and behaviors. Cormier is the second woman to serve as director of the

Maine Forest Service, but another kind of first. When Cormier started her career with the state, Susan J. Bell was director. Bell was many things—former teacher, state representative and deputy commissioner—but she was not a licensed forester. “So, I’m the first female Maine State Forester,” she says. She was shocked to be asked.

“The first time I even had an inkling, I was at a workshop in Wilton. A master logger came up to me and said, ‘I heard your name floated for director.’ And I said, ‘Are you kidding?’ You feel like, ‘I’m not qualified for that.’ Being asked is a huge compliment.”

It’s such a compliment that Amanda Beal left a coveted position as president and chief executive officer of Maine Farmland Trust, a job she’d hoped to have for a long time, to head the state’s agriculture department. “It sounds cliché, but I felt called to serve,” Beal says.

“It’s so important that we have a strong agriculture and forestry economy—those industries are really the backbone of so many communities,” Beal says. “For a long time, our economy was based on what was cheapest. Now there’s a lot more awareness. The idea of knowing who your farmer is—people are a lot more conscious of the impact that their dollar has.”

Camuso. “There’s no question about that. It’s impacting wildlife already—just look at moose survival and tick loads. There’s bird migrations and the phenology of when trees and other plants flower and leaf out—the insects these birds rely on aren’t there because trees are flowering earlier. The landscape is shifting. Warmer temperatures are conducive to disease and parasites. There are so many issues that are climate related that we are dealing with. There’s short-term work to be done, and long-term plans. Maybe we’ll have different plant and animal species. We need to start talking about that as a possibility and planning for it.”

Generational change and the need to train and replace Maine’s future workforce are another common theme. “We need the next generation,” says Beal. “It’s very clear that we have a real need for replacement farmers for those who are retiring. There is a lot of land in Maine poised to change hands.”

“About 30% of our current staff are eligible to retire in about five years,” Camuso says. On top of that, in terms of gender, “there’s still a big gap in our department. Of 124 law enforcement officers, only three are women. We have 45 fisheries biologists and only four are women.

“I WOULD SAY TO YOUNG WOMEN:

This is a fantastic job. I don’t know too many other jobs where you have the opportunity to be outside year round and have a positive impact on the animals and activities you’re passionate about.”

“One of the challenges I’m really interested in is how do we get more high-quality food to Maine people? Ninety percent of the food that we eat in Maine is imported, which means that most of what we grow leaves the state. At the same time, we have many communities with high rates of food insecurity—we need to find ways to close this loop.”

“I think you will see a lot of new collaboration and partnerships,” says Camuso, when asked how DIF&W will work differently under Mills. “The governor wants to forge new relationships. I attended the Opioid Summit last week. Before, people might have asked: what is the commissioner of Fisheries and Wildlife doing there? But we have 124 law enforcement officers [Maine State Game Wardens] that are here to help and are a valuable asset.”

Of the many issues that Beal, Camuso and Cormier will be working on together, climate change is among the biggest challenges, each says. All three will be attending Mills’ newly created Climate Council. Says Beal, “This is an issue that is cross-cutting.”

“Climate change is the biggest threat that we’re all facing,” says

The ratios are better in wildlife—maybe 50-50. But in the other areas we just don’t get the applications [from women].”

It’s the same in her field, Cormier says. While more women are becoming forest landowners, “the needle has not moved” in the forestry and forest products industries, she says. “It’s not a traditional career for a woman. All of the natural resources are struggling to get people in, and where it’s a non-traditional career, it can be even harder.”

“I would say to young women: This is a fantastic job,” says Camuso. She’s been a wildlife biologist for 20 years. “I don’t know too many other jobs where you have the opportunity to be outside year round and have a positive impact on the animals and activities you’re passionate about. Since I’ve worked in wildlife I’ve never got the Sunday Dreads. That doesn’t mean that there aren’t days that are difficult—but overall, I love this job and my work.” She pauses and adds, “Plus, everywhere I go I have binoculars and no one makes fun of me.”

But both Camuso and Cormier acknowledge that it’s not always easy to be a woman in a male-dominated field. Cormier talks about

living in Princeton, Maine, when she was a fresh-out-of-college forester with the Georgia Pacific Company.

"I was 22 or 23. I was living up there with my husband, who was a full-time firefighter for the state. One day the local fire chief came to the house and he invited my husband to join the department. I was standing there and said, 'I'd like to be a firefighter,' and the chief said, 'Oh, that's great! We have an association where you can bake cookies.'"

Breaking down barriers is something Mills has been doing for decades. In 1977, disturbed that a piece of legislation written to fund shelters for women and children affected by domestic violence failed to pass the Maine Legislature, nine women gathered in Mills's living room. She was 30 years old.

"They vowed that never again would there not be representation for Maine women at the State House," says Kathy Durgin-Leighton, executive director at the Maine Women's Lobby, which was formed by Mills and her colleagues as a result of their pledge. "Given Gov. Mills' early commitment to Maine women, it is no surprise that she appointed so many women to her administration and to historically male-dominated positions and departments."

"Every time I work with Gov. Mills, I'm enamored by her," Camuso says of her boss. "She's so smart and witty and amazing. I'm honored to serve for her."

With their first legislative session finished, all three women say they are glad they will be able to spend more time meeting with constituents and staff. "The focus for me will be getting out with Maine Forest Service staff including the unit rangers, foresters, entomologists," says Cormier. "People don't call up the director and say, 'Hey, I have a really good idea'—that's not how that works. When you go out and work with people, that's when you get good ideas about how to do things more efficiently, better." She says she doesn't see herself or the directorship as the top of a pyramid. "I really see this as everyone's position. I'm at the bottom, and everyone else is above me—like a funnel."

Cormier is optimistic about the future of the forest industry in Maine. "I see opportunity in laminated timbers, biofuels, and cardboard—you know, for all those boxes we order from Amazon. And there's been a lot of new investment in Maine mills. Nine Dragons [Paper Holdings] has put a lot of money into Old Town and Rumford."

When asked about the risk involved with leaving her former job for the uncertainty of a politically appointed position, Camuso says she didn't hesitate.

"I always wanted to be commissioner, from the day I started working here. There was never any question. I love the agency's mission and the people. As soon as Gov. Mills was elected, I wanted to be her commissioner. When they called me, I was like, 'Hell yeah! Absolutely.' But, yeah, I do have some anxiety about what I will do in four to eight years. My whole career has been in wildlife."

"I don't have other skills," she jokes. "Hopefully being commissioner will help me with that."

"In terms of having three years," Cormier says, "I don't think about it. There are so many variables—I can't get caught up in it. I'm the least political person. That's part of why I was asked. I'm in it for the people of Maine and the forests."

"Basically, I said to myself, 'If I'm not willing to take this risk, why would I expect anyone else to?'" says DACF Commissioner Beal. "Not knowing where you are going to be in three to four years—that's the nature of life."

Erica Cassidy Dubois works in the woods and writes about rural Maine. She lives in Bangor.

furnish + decorate + customize

HOMÉ

REMEDIES



PORTLAND'S LARGEST
FULL-SERVICE
HOME FURNISHINGS
STORE



HUGE FURNITURE SHOWROOM

MAINE'S LARGEST SELECTION OF
HOME DECOR FABRICS

CUSTOM WINDOW COVERINGS

BEDDING & RUGS

CUSTOM UPHOLSTERY

Located in the historic Star Match Building

83 WEST COMMERCIAL STREET
PORTLAND, ME 04101



MON - FRI 10:00 am - 6:00 pm • SAT 10:00 am - 4:00 pm
homeremediesmaine.com • 207.899.0135

BRIDGE



BUILDERS

For Maine's cultural brokers, going to work means helping translate cultural differences for new Mainers and old.

BY KERRY EIELSON // PHOTOS BY MOLLY HALEY

When Amal Hassan met the girl from Somali a year ago, she was being bullied by her middle school classmates at a Maine school. The girl, who wears a hijab, had an untreated hearing impairment and limited English. Hassan, herself an immigrant familiar with navigating a new country, helped the girl get a hearing aid and made sure her school was equipped with the necessary technology to connect her to her teachers electronically. Then Hassan got the girl signed up for an afterschool program to help with her English skills, to make both school and making friends easier.

Hassan might sound like a godsend, a do-everything helper and she is, but technically, her job is a cultural broker. She works for ShifaME, a Spurwink program that helps the children of new Mainer families get settled in Lewiston, Westbrook, Biddeford and Portland.

Cultural broker is a job title on the rise in Maine, not unique to Spurwink. The town of Brunswick hired a cultural broker in August, as new asylum seekers were settling in the Midcoast town after spending weeks at the Portland Expo. These cultural translators, who are typically refugees themselves, work to create cross-cultural understanding between refugees and their new communities. Their role is more than translation; it includes explanations of the differences that surface while addressing the more urgent gaps on the hierarchy of refugee needs: health care, housing, jobs and school.

If the girl with the hearing aids has other problems, Hassan will be there. Or perhaps it will be Marie Christine Simbizi, another cul-

Amal Hassan is a cultural broker, helping new (and old) Mainers navigate cultural differences. She works with young clients through ShifaME, a Spurwink program that helps the children of New Mainer families get settled in Lewiston, Westbrook, Biddeford and Portland.



Cultural broker is a new job title in Maine, but it is growing, especially after a wave of asylum seekers arrived in Portland this year. Here cultural brokers Jean-Marie Selengbe and Hassan confer with supervisor Morgan Dorsey (center), at Spurwink's offices in Lewiston, Maine.

tural broker. Originally from Rwanda, Simbizi works mainly with Angolan, Congolese and Iraqi clients. She speaks French with many of these new Mainers and helps them process past traumas amid new experiences, from racism to stereotyping based on cultural differences. Among them, she says, are the “generalization that immigrant kids do not behave.”

Some of those generalizations can be explained through simple clarifications of cultural differences. “In my culture and in many African communities, out of respect we tend not to look a person in the eyes,” Hassan says. “In American culture you’re supposed to look at a person when they are speaking to you. If a child doesn’t look at a teacher, the teacher thinks the child is not listening.” The notion of physical space between people, the way kids play (roughhousing is less acceptable here) are also very different in other cultures, as are customs around greeting (to hug or handshake, or not). These are small differences with a big social impact, especially when layered onto a foreign language, traditional dress and skin color, all projected into the already anxiety-ridden situation of trying to blend in at school.

At Spurwink, the focus is not expressly on the needs of the immigrant community; the nonprofit has a role in the schools assisting children with learning disabilities and/or mental health issues. Spurwink’s work with refugee families grew organically from the fact that many of the children referred were experiencing severe stress related to refugee trauma: the violence and instability of war and persecution, their harrowing journey here and the culture shock and isolation of landing in a foreign country. Sometimes that shock sets in later. Sometimes a cultural broker might be

finding a counselor for a child who arrived as a toddler, having survived a journey that his or her siblings did not. Even if a family is from a place, like say, Angola, with a growing population in Maine, that doesn’t mean they’ll be able to fit in. In many if not most cases, “they don’t know each other,” says Simbizi. There’s a gulf there between multiple communities, and a cultural broker can build bridges across them.

Sarah Ferriss, the program director for ShifaME, brought the practice to Maine in 2007, modeling it on a program at the Boston Children’s Hospital piloted by Dr. Heidi Ellis, intended to lessen the isolation of refugee youth. “A lot of what draws people from other cultures to gang activities or terrorism is isolation,” says Ferriss. Isolation has been identified as perhaps the most traumatic stressor of all, she adds, and is more pronounced for girls who wear hijabs and are from more conservative cultures that limit the girls’ social sphere.

“In our program we talk about isolation stress a lot,” says Ferriss, and describes a focus group of Somali moms in Lewiston. “Even when they are part of a community and clearly care for each other, there is this profound sense of isolation...Particularly for people from agrarian communities where they helped each other and worked together and took care of each other’s children.” With familiar gender roles dismantled and both mothers and fathers having to work, the sense of disconnect and isolation is heightened she says. “These families find themselves apart here, navigating child care and feeling very alone,” she says.

Aside from one-on-one counseling, ShifaME leads workshops to teach life skills to groups of kids. Those workshops on mindfulness, stress

“

“It’s a very mutual kind of relationship. Cultural brokers are informing us about what we need to do differently as opposed to us just telling a family what to do.”



reduction and emotional regulation also nurture a sense of school belonging. The cultural brokers encourage the kids to get involved with school activities, such as sports, art clubs or cooking classes. “We try to educate the family to get their children to be more active so they can adjust to the new culture and environment, so they can make friends,” says Hassan, noting the importance of offering access to such groups during the school day so girls whose families expect them to help around the house after school can participate.

Three years ago Ferriss received a federal grant to implement the program more widely over five years. Low-barrier access is the key to ShifaME’s success, she says. Many of these families and children would simply not access treatment outside the school system. “There’s a lot of fear and stigma around mental illness in these cultures, and also distrust of any kind of authority,” says Ferriss. But there’s also a lot of faith and trust in schools, to the point of viewing the school as an extension of parental authority. “In American there is this big expectation that parents be involved,” says Ferriss. “But in many other cultures, the child is completely turned over to the school.”

“We have a saying,” Hassan explains. “Your teacher is like your father or mom.” When immigrant parents who don’t speak English fail to respond to the school’s call, it is actually a show of trust in the school’s authority and ability to handle a situation. But these parents are unintentionally contributing to their children’s disadvantage.

“It’s a very mutual kind of relationship,” says Ferriss. “Cultural brokers are informing us about what we need to do differently as opposed to us

“A decorator takes the regular and helps make it a bit more interesting and enjoyable.”

- » Interior Decorating
- » Collaborative Design
- » Color Consulting
- » Professional Organizing

 *Expressions Realized, LLC*

Laura Doherty — Certified Interior Decorator

207.558.5953 | expressionsrealized@gmail.com
expressionsrealized.com



LAURA WILSON
 Licensed Insurance
 Agent
 207-699-6363

health
 markets.

Affordable Health Insurance Plans

HealthMarkets Insurance Agency, Inc. is licensed as an insurance agency in all 50 states and the District of Columbia. Not all agents are licensed to sell all products. Service and product availability varies by State.

HMIA000592



BEAUTIFUL MAINE MADE COTTON/CASHMERE TROWLS

While these last in our Freeport Store—Select Colors

Daily Hours: Sun–Sat. 10am–6pm

124 Main St., Freeport | (207) 865-0755 | www.mainewoolens.com



FIND FREEDOM FROM DEPENDENCY.



method usa
weiss
 freedom from unwanted habits

1321 Washington Avenue,
 Suite 310, Portland
 (800) 913-0094 | (207) 653-9221

www.weissmethodusa.com

Learn how you can be dependency free with the Weiss Method.

End the cravings for sugar, gluten, alcohol and nicotine.

Request a **FREE** consultation on our website

just telling a family what to do.” Because challenges and their solutions vary so much from child to child, the culture broker and the clinician are often figuring it out as they go, with the families. “By modeling problem-solving in front of the families, we are also showing that it’s OK to ask questions, it’s OK not to understand,” explains Ferriss.

Once the children’s needs are addressed, their parents’ can be, too. The father of Hassan’s young client, it turned out, also suffered from a hearing impairment as a result of a violent incident at the refugee camp where they lived for 10 years. Now he also has a hearing aid, a game changer for learning English and tackling the larger logistical tasks of resettlement.

Hassan was born in an African country and has spent time in Somalia, which gives her insight into how hard it is for Somali to talk about their feelings. “It’s a cultural thing and it’s also religious,” she says. Acceptance of destiny, good and bad, is part of that. But she and other cultural brokers encourage clients to reach out



Dorsey, a supervisor and licensed clinical social worker with ShifaME, and cultural broker Hassan study a document categorizing coping strategies for clients at Spurwink in Lewiston.

to their communities, and to talk about their experiences. “Most families grow to understand the importance of communication. At the end of the day they want what all parents want: that their children be not only fed, housed and educated, but also happy and well-adjusted,” says Ferriss.

Within the schools, cultural brokers can guide the community in ways to respond to the diverse needs of the new community members. Ferriss shares an example from the days of the program’s pilot in Lewiston: “These kids raised in refugee camps and used to food drops were rushing the food counter in the cafeteria and just grabbing as much as they could. It was totally chaotic.” Ferriss’ team came up with a practical solution inspired by communication and compassion; let them go first in line and encourage them to take an extra carton of milk to bring home and share with their families.

Immigrants from Africa may be experiencing racism or stereotyping for the first time in America because, as Ferriss points out, they are, for the first time, not the majority. (In Africa the issue is tribalism, akin to a caste system—which is easier to fake than skin color.) “I think it’s world-wide,” says Hassan. “It’s human nature. When you are visibly different, people look at you, they ask all sorts of questions. Behind this is curiosity.”

Cultural brokers don’t only work in an official capacity. Other communities in Maine are developing their own means of welcoming new families. Biddeford, for example, hosts events for new families to introduce them not just to the school system, but also to the fire and police departments “to show them ‘firefighters and police officers are your friends,’

and to explain ‘this is when you call the fire department, they are here to help,’” Ferriss says, calling such work “visionary.” Hassan agrees. “Many people in these communities remain loyal to their culture but the more they learn you will see them more open and understanding.”

This cultural exchange is a growing experience that works both ways. “Learning to see things from someone else’s perspective gives you a great sense of humility,” Ferriss says. “When you’re truly empathetic you are in touch with your own humanity. You feel the impact of someone else’s suffering.”

That impact is what moves us to act and respond with kindness, she says, remembering a family she came across in the grocery store one day clearly struggling to understand their food stamps. She spent 15 minutes walking through the store with them, all it took to help them do something that had seemed to them impossible. “Sometimes it’s just a matter of getting people to settle down and notice. If you see someone struggling, just slow down, greet them and even if it’s awkward, offer to help.” Being a cultural broker then is both a job description and for some, a way of being.

Kerry Eielson and her husband own and ran La Muse Retreat, a writers residency in France, from 2001 until recently, when they relocated to Maine with their three children. She has worked in magazine publishing and written for The New York Times, among other publications.



At Work *in the* Woods

ON THE BLUE HILL
PENINSULA, KATIE MCKY
TENDS A WOODLOT UNTIL
IT BURSTS WITH LIFE.

BY KATIE MCKY

I started with a chainsaw class, bought my first chainsaw, helmet and Kevlar chaps, and then emailed my local Maine forester. He came the next day and we walked my 4-acre woods.

“Be a wolf,” he told me. “A lumberjack takes the best and healthiest trees. You take the weak ones.”

Together we taped trees that had lost the sunlight lottery, as indicated by their piddling leaves, as well as the obvious losers in the long-life lottery, the ones with mortal rot and split trunks.

But the forester confirmed what I’d suspected, that overall, I’d won the tree lottery, with hale spruces and pines up to 9 feet in circumference. He estimated them to be between 100 and 150 years old. These cathedral trees are holy, never to be touched by my chainsaw.

I shared my plan to ease my little ecosystem into a changing climate by diversifying it with native Maine trees that have long preferred the southern third of Maine, like sweet birch. That has a wood that takes a high shine, ideal for fine furniture, and is equally treasured by wood burners for its high heat. The forester liked my plan, my giving the morsel of forest on my watch a head start on the ever-changing normal.

I was self-conscious when I started dropping trees, because I wasn’t cutting them to heat my home. Instead, I sectioned them into logs that would fit into someone else’s wood stove and stacked them by the road, where they lasted a couple hours or days before someone squirreled them away. I was afraid that someone who was born in their Maine home might stop and wonder why someone from away was frittering their days



Katie McKy's 4-acre lot in Brooklin, post chainsaw magic. Photo by McKy

with make-work. Sure enough, an old man stopped. For half an hour, he watched me cut and lug. Finally, I approached him with a tentative smile, afraid he might mock me.

He said, "You know, Mainers used to do this; Keep the woods neat. Shame they don't anymore. Good to see ya doin' it."

I was surprised that I was standing both knee deep in stacked logs and tradition; my Maine was in keeping with old Maine. At the same time, my planting scarlet oaks, American hornbeams, black Tupelos, sassafras and shagbark hickories—all southern Maine natives—was keeping pace with the changing Maine.

Keeping pace isn't easy. I plant with three tools, a shovel, a lopper for tree roots, and a pry bar for rocks. I comfort myself with what an ancient,

unnamed Greek once wrote, "A society grows great when old men plant trees whose shade they know they shall never sit in." As I struggled with roots and rocks, I told myself, "Maine grows better when old women plant trees whose shade they know they will never sit in."

But I wasn't entirely right; I wasn't just foresting for future folks. With the middling trees felled and carried away, sunlight now dapples the forest floor and sunlight invites life. The ferns rose like a spring tide, the few

"As I struggled with roots and rocks, I told myself, 'Maine grows better when old women plant trees whose shade they know they will never sit in.'"

on the periphery of my woods launching their spores onto the now sunny forest floor. A scant three years later, tracts of ferns wave in the wind. Moss started creeping inward, too, helped along by my finding various mosses on walks and laying it on rocks, wood and dirt.

Then the animals came. There were always red squirrels, even when my woods was a scrum of trees choking off light, but now I see them with nearly every glance. Their burrows abound and their stacks of shucked seeds top every stump. Gray squirrels have joined them. There are deer and turkeys, too, both enjoying the winterberry branches. A wild turkey can eat 200 ticks a day, which might explain why neither I nor my dog host ticks anymore. I haven't seen any bears, but I've seen their blueberry-stained scat, as blueberries now grow beside my ferns and moss. Raspberries, too.

This year, I saw two coyotes loping along, their bushy tails bouncing behind them. The forester told me that one can measure the health of a forest by the diversity of its wildlife. Fauna are the thermometer and blood pressure cuff for flora; my woods have earned a good bill of health.

I imagine one reason these creatures have come is because I've eased their way. It's easy to walk between the trees now, easier for them and me, too. I see the same in Ontario, where I use logging roads to access lonely, lovely lakes. Those muddy trails are always freckled with scat and tracks, because it's easier to trot down a road than burrow through the bush.

Birds now abound as well, from goshawks to woodpeckers to owls and eagles. I didn't expect the rapidity of these feathered and furry arrivals, but I expect they'll continue to make my woods a stopping off point, as I've planted trees and bushes just for them, the serviceberries, mold-proof chestnuts, Chinkapin oaks and black cherry trees.

The work is done, so my new job is to sit on my porch and witness. I won't live long enough to tap the 17 sugar maples I've planted. There'll be no liquid gold for me, but I still get to see their leafy gold each October.

I'm not the only one watching. One day, a landscape architect pedaled down my driveway to say, "I've biked past your woods many times and have always marveled at how perfect it happened to be. Then, just today, I finally remembered that nature is imperfect. This is you, isn't it?"

I nodded, secretly thrilled that I'd fooled his expert eye into thinking that my mote of Maine just happened to burst with light and life.

Author and educator Katie McKy lives in Brooklin.



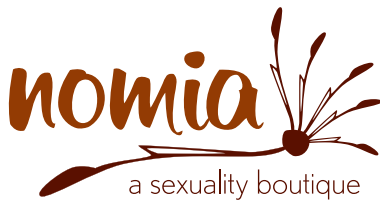
FOLLOW US ON INSTAGRAM

@mainewomenmagazine



Womanizer PRO 40

Revolutionary pleasure air technology.



24 Exchange St, Suite 215, Portland
(207) 774-2163 | nomiaboutique.com

Women owned & operated



Rechargeable, quiet, waterproof



CHERISHED POSSESSIONS

FIND THE BEST

All things unique, aesthetic & functional



Celebrating 3 Years at our New Location

64 Auburn St., Portland
207.799.3990

www.cherishedpossessions.com

Way more than a consignment store

Does your home need a creative solution for heating and cooling?

Our designers are experts at coming up with innovative ways to make you more comfortable in your home.

Call us today!

See what we'll draw up for the canvas of your home!



RoyalRiverHeatPumps.com

353 US Route 1 • Freeport • 207-400-4065

VISIT US AT OUR NEW LOCATION!



MWMM

MAINE WOMEN MAGAZINE

LIVE

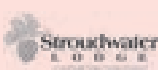
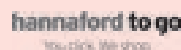
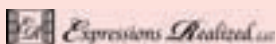


Sunday, Nov. 10 | 11am-4pm
BRICK SOUTH AT THOMPSON'S POINT

EXHIBIT | SPONSOR | GET TICKETS

FOR MORE INFO, GO TO
MAINEWOMENEXPO.COM

SPONSORED BY:



100% of ticket proceeds will go to our nonprofit beneficiary, In Her Presence. **FMI, go to inherpresence.org.**

SEAWORTHY STYLE

For Merritt Carey, it's all about practicality and versatility.

WRITTEN & PHOTOGRAPHED BY AMANDA WHITEGIVER

Merritt Carey has traveled the world, including as a sailor on the second all-women team to compete in the Whitbread Around the World Ocean Race (the first was the subject of the inspiring documentary *Maiden*). She has a law degree from the University of Maine School of Law and practiced law for a while before becoming a consultant, primarily on issues related to fisheries and rural economic development. But these days, often as not, you'll find her at Tenants Harbor, her summer home for all her life and the site of her very first job—delivering cooked lobsters to cruising boats moored in the harbor—as well as her most recent.

Carey was a driving force behind the creation of the Tenants Harbor Fisherman's Co-op, working with local fishermen and Luke Holden to keep ownership of their wharf local. She helped establish the co-op's partnership with Cape Seafood and Luke's Lobster and runs the Luke's lobster shack seasonally. When she's not advocating for aquaculture, she's relaxing on horseback or tending her own scallop farm. This gives her plenty of time to wear Grundens. While her three children, Liam, 17, Madeleine, 10, and Grace, 7, might have doubts about how stylish she is, we're impressed by any woman who pulls off both seaworthy white overalls (PVC-coated, 100% waterproof) and wearing a skirt under them.



DESCRIBE YOUR STYLE IN ONE SENTENCE.

Practical and versatile. I like my clothes to be adaptable so I feel comfortable whatever the day might bring—attending meetings, conversing with clients/customers, cleaning a barn or slipping on my Grundens and jumping on a boat.

IS IT “MAINE” STYLE?

It's definitely Maine style. Most Mainers I know do a lot in any given day and need to be practical about what they wear.

FIRST OUTFIT YOU REMEMBER PICKING OUT AND LOVING, FEELING GREAT IN?

My habit of function over beauty started early. I had a pair of brown bell bottom (yes, I'm that old) corduroys I must have loved because I seem to be wearing them in about every childhood photo.

HOW OLD WERE YOU WHEN YOU FELT LIKE YOU DEVELOPED A STYLE OF YOUR OWN?

My parents more or less left me to my own when it came to dressing. I was a tomboy through and through. I distinctly remember wearing shorts under a skirt I was forced to put on for an occasion so I could shed the dreaded skirt the second the 'occasion' was over and get back to the business of playing.

LAST MEMORABLE OUTFIT:

I have a boot obsession; not fashionable boots, but working boots. Recently I purchased a pair of tall riding boots, which took me several attempts to get on. But once I got them on and wore them with my jodhpurs, I have to say I felt quite swank.

FAVORITE BRICKS AND MORTAR PLACE TO BUY CLOTHING IN MAINE?

Duluth Trading Co. I have a fleet of their tank tops, which I've worn happily all summer.

DO YOU THRIFT? IF SO, WHERE?

Yes. Just about anywhere; Goodwill and Village Style in Freeport.

BEST CLOTHING SHOES OR ACCESSORY BARGAIN OF ALL TIME:

Last fall I bought myself a pair of Bludstones. They weren't a bargain per se, but their versatility has provided huge value. I can wear them to meetings, riding my horse, on a boat, going for a walk.

MOST YOU EVER SPENT ON SOMETHING TO WEAR?

\$200 on a dress to wear to my rehearsal dinner; it seemed like a lot at the time. I still have it and wear the dress whenever I have the opportunity.

WHO IS YOUR STYLE ICON OF ALL TIME?

Beryl Markham.

MAINE STYLE ICON?

Margaret Chase Smith: less about style and more about perseverance.

WHAT WOULD YOU REFUSE TO WEAR?

Very high heels.



Left: Merritt Carey feels very comfortable in Grundens; her first job, when she was barely a teenager, was delivering cooked lobsters to yachts in Tenants Harbor in her Boston Whaler. Above: Those waterproof fishing overalls are capacious enough to allow for a skirt and good work boots underneath. The look translates when she heads to work managing the seasonal lobster shack, Luke's, in Tenants Harbor.

DO YOU OWN BEAN BOOTS? IF NOT, WHAT DO YOU WEAR IN THE SNOW?

Not anymore; I had some when I was a kid. I wear Muck boots or Sorels.

WHERE YOU DO GET YOUR STYLE INSPIRATION?

My style is dictated by what I need to get done in a day; so my inspiration comes from my day-to-day activities and the Maine weather.

WHAT DO YOU CHANGE INTO AFTER A LONG DAY?

If I'm lucky, riding attire. In any case jeans, flip flops or boots (depending on season), tank top or a wool sweater (weather depending).

Amanda Whitegiver is a lifestyle family photographer who adores dark chocolate and singing with her two daughters.

THE POET LIBRARIAN OF FRANKLIN COUNTY

Poet Julia Bouwsma wanted literary community; at the Kingfield library, she's created one.

WRITTEN & PHOTOGRAPHED BY MARY POLS

On a winter day in late 2014, Julia Bouwsma pulled her car into its parking spot and sat for a few minutes, preparing herself for the chilly walk up the path to her homestead-in-progress in the small Franklin County town of New Portland. The New Year was coming and she was thinking about her poetry and long term goals. Resolutions. She pulled out some paper and started writing a list.

A lot was going right. She and her partner Walker Fleming were slowly reclaiming 85 acres that had been full of hayfields generations ago and now were mostly woods. It was his roots that brought them to Maine in 2005; his parents have a small farm in Phillips and he always wanted to farm, too. The couple had two big gardens laid out and were sugaring a good stand of maples. The place felt like home, even if the house, a 1980s camp, needed a lot of work. And it had history; the great grandparents of Edna St. Vincent Millay, John and Sarah Millay, farmed the land in the 1800s. Sarah Millay is buried on Bouwsma's land.

But in late 2014, as Bouwsma filled four pages with the things she wanted to do, there was a major something missing in her life: a sense of literary community. "Instead of waiting for that to find me in the middle of the woods in Maine I decided that I was going to be a lot more aggressive and resourceful in terms of how to make that." Within a few months, she had





Above: Julia Bouwsma helping a patron at the Webster Library in Kingfield. She became the director of the library in 2015. Left: It's a one-woman show at the Webster Library, but when Bouwsma, an award-winning poet, has to go on the road for her other gig, volunteers step into cover her duties.

landed the job of library director (a one woman show) at the Webster Library in Kingfield. The previous librarian had retired after 21 years. "It was one of those little, magic, manifest moments," Bouwsma says. "Where with that mindset, things started to come together."

She tells this story sitting in the quiet of the small library on a late summer day. One of the 24 percent of Maine's 251 public libraries staffed by a lone librarian (about 9 percent are staffed only by volunteers), the Webster Library is a cunning little place, its white exterior adorned with flower boxes. Inside, the single room is lined with shelves. There's a big oak table in a corner and a portrait of Ella Wilkins Howard, an early library patron, watching over Bouwsma's desk.

A conversation with Bouwsma is punctuated by the soft questions of library patrons, taking advantage of one of the four half-days the library is open. Bouwsma pops out to one woman's car to look at potential donations; even though she warns she's "kind of inundated right now," she returns with a couple of titles. A woman looking for a book called *Life Reimagined* waits while Bouwsma puts in a request for an inter-library loan. More than one patron remarks on how the place smells just as it did decades ago. A little girl returns a stack of books and hunts for more, pausing to demonstrate how the wheels on her sneakers work, trying to be nonchalant through her pride. Bouwsma catalogues new books, including one her mother sent as a donation, David W. Blight's Pulitzer-

winning *Frederick Douglass: Prophet of Freedom*.

It's a home away from home, one where she can build and curate a collection, with more literary adult fiction, some diversity in the vampire-heavy teen section and new materials for the children's section. It's also a literary community; Bouwsma can check that box from her list of resolutions.

And the magic manifest brought Bouwsma something else in 2015; her first collection of poetry, *Work by Bloodlight*, won the Cider Press Review Book Award, a prize that carried with it publication in 2017. This, Bouwsma says, is the way almost all new poets get published; winning a contest. The collection won a Maine Literary Award in 2018. In it she writes of her land, of the foxes who come out on a chilly night, or brazenly, in the day, to take a homesteader's chickens.

"For me, the land and the farming, it feeds my artistic practice so much I don't even know how to describe how much it does," Bouwsma says. From the pigs she and Fleming raise for family and friends to the fall's apple crop, it all resonates. "A lot of my poetry is about connection or creating connection or sort of, countering compartmentalized thinking," she says. "The connection to physical work, the connection to landscape, the sort of constant conversation between body and landscape that develops through that kind of work is really important. It feeds probably everything I will ever write."

So does the library. "If all of my work is about lived connection, then the library is sort of a



The purpose of **Empower Hour** is to build real life superheroes, to create strong unstoppable women that are masters of their health and fitness living the best life possible.

BECOME PART OF OUR TEAM
and learn how to better yourself in
fitness, nutrition, and mindset.

DIRIGO  **FITNESS**

240 US Route 1, Falmouth
207.805.1079 | www.dirigofitness.com



Our collection of unique vintage decor mixes new and vintage items that work well with modern urban living.

We purchase items, from one to an entire estate. Contact Nancy (207) 650-2859.


F.O. BAILEY
ANTIQUARIANS
F.O. Bailey Company
Est. 1919

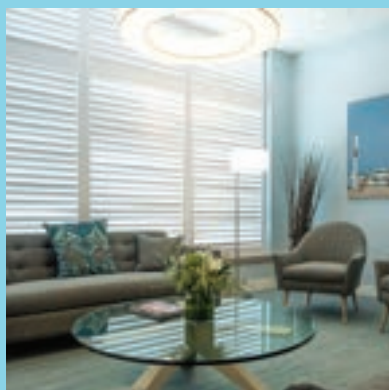
183 U.S. Route 1, Falmouth
falmouthfinds@gmail.com

OPEN DAILY
Monday-Saturday
10am-5pm

Nine Stones[®] Spa

urban sanctuary

massage • facials • nails



185 Fore Street, Portland, Maine
207-772-8480

ninstonesspa.com



piece of that," Bouwsma says.

Her second volume of poetry, *Midden*, was published last year after winning the Poets Out Loud Prize. It is about Malaga Island, the Casco Bay island where the state forcibly ousted an interracial community from their homes in 1912. Bouwsma writes about the residents, who were never allowed to go home. She researched and visited Malaga to fuel her writing, but relied once again on her homestead for inspiration, exploring her psychological connection to her own land to consider their relationship to Malaga. She did much of the work while away at residencies. "So there was also a homesickness I was channeling into the work," she says.

She's starting to build her next collection. She's heard that poetry consumption is up right now, a sign of the times ("social activism and poetry, there's a long history there"). Poetry is not an easy career path for anyone. But this poet of Franklin County has already earned a reputation for excellence.

Midden not only won her another Maine Literary Prize, it landed Bouwsma on a national year end list: NPR's Best Books of 2018. "That was pretty fun," Bouwsma says. And surprising; a poet she'd read with in California, Tess Taylor, who is one of the poetry editors for NPR, had recommended the book: "The poems summon and live with their ghosts with enormous, deliberate tenderness," Taylor wrote of *Midden*. Are Webster Library patrons aware of this? "People joke with me all the time, 'Oh, you are going to get too famous for us.' And I'm like, 'There is no such thing as a famous poet, don't worry.'"

THE WEBSTER LIBRARY,

22 Depot St., Kingfield, is open
3–6:30 p.m. on Mondays and Thursdays,
10 a.m. to 2 p.m. on Wednesdays
and 9 a.m. to 1 p.m. on Saturdays.

SCHLEGEL & SCHLEGEL RE/MAX[®] Realty One

REAL ESTATE THE SCHLEGEL WAY:

- Decades of knowledge and experience in the Kennebunks and coastal southern Maine
- Strong local involvement and energetic enthusiasm for real estate
- Unmatched dedication and honesty guarantees professional straight talk throughout every transaction
- Expertise to help you at any life stage: year round home, vacation home or investment opportunity



CONTACT KAREN & VALERIE
www.schlegelandschlegel.com

KAREN | 207-229-8927
karen@karenschlegel.com

VALERIE | 207-710-4710
valerie@vschlegel.com

“Fox Hollow” - 217 River Road, Arundel, ME



Welcome to “Fox Hollow”. As soon as you approach this treasure of a home and property, you will want to call it home. Expanded cape with long list of improvements. Bountiful flower gardens with garden shed and galvanized raised veggie gardens. Barn has plenty of storage and finished get-away or office space with full second floor for expansion if needed. Outdoor kitchen, fenced in yard and deeded foot path to edge of the Kennebunk River for a kayak paddle and river enjoyment. This is perfect for vacation home and year round home. “Fox Hollow” awaits!! **\$625,000**



RE/MAX Realty One | 21 Western Ave., Kennebunk, ME | 207-967-6777




WELCOME TO LIVING *Well.*
WELCOME TO THE PARK DANFORTH.

When your home is at The Park Danforth, you can feel secure knowing that caring staff are on-site 24/7. You'll enjoy the conveniences of on-site services including a salon, weekly banking and fitness classes. And with scheduled transportation to shopping and entertainment you'll have freedom to enjoy life.

Gather for a meal with friends in the main dining room or the casual bistro. Take in a movie in the comfortable theater. View fireworks over the Portland skyline from the fifth-floor roof deck. Enjoy concerts in the garden courtyard, lectures in the auditorium and activities with new and old friends that share your interests.

Visit www.parkdanforth.com or give us a call at 207.797.7710 to set up a tour and discover why our residents say *"I'm home for life!"*



Personalized Senior Living Since 1881 | www.parkdanforth.com | 207.797.7710
777 Stevens Avenue | Portland, Maine 04103 



Author photo by Shane Thomas McMillan

THE MEDIUM IS THE MESSAGE

Peaks Island author Mira Ptacin delves into the history of Maine's Camp Etna, where women talk to the dead.

BY AMY CANFIELD

Mira Ptacin approached her research into the spirit-channeling mediums at Maine's Camp Etna with an open mind. "I was a 'you never know' kind of person," she says. She still is. "While I have never seen a ghost or spirit with my own eyes, I'm still not a disbeliever...I'm a bit of a believer."

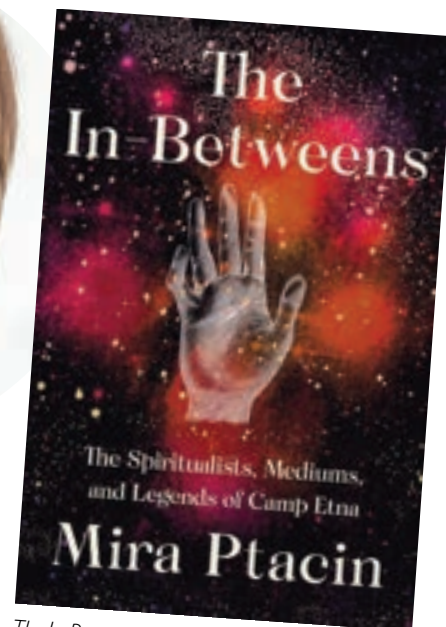
The results of Ptacin's research, including her brushes with the other side and experiences with those who do see ghosts, can be found in the captivating *The In-Betweens: The Spiritualists, Mediums, and Legends of Camp Etna*. The camp, located between Newport and Bangor, was founded in 1876 by members of the Spiritualist religion. "Spiritualists have two major beliefs in their faith: that it is our duty to practice the Golden Rule, and also that we humans can talk to the dead if we want to," writes Ptacin (*Poor Your Soul*). The enclave of summer cottages (and a temple) continues to draw resident mediums and those who visit to consult with them, although it draws a smaller crowd than it did in its heyday.

Ptacin landed a big endorsement from *Eat, Pray, Love* author Elizabeth Gilbert, who called *The In-Betweens* a "brilliant work," among other glowing praise in her blurb. The book is an enlightening look at these spiritual seekers but Ptacin also has produced an important work of little-known feminist history, from the 19th century birth of Spiritualism through its evolution into the 21st. Nearly all early Spiritualists advocated for women's rights. During her numerous visits to Camp Etna, Ptacin realized, she writes, that it was and is "a place where women were the major players. The majority of the members of the camp were women, and women occupied the majority of the leadership positions. ...In fact, the camp and its inhabitants had no allegiance to the tradition of patriarchy. Instead, they operated on a faith placed in the deceased, and a faith placed in women (as well as a few good men.)"

As refreshing as that is, the book will seduce you because, well, ghosts.

Ptacin attended table tipping, ghost hunts, readings and more. "Some moments during my time at Camp Etna blew me away—there's no way it could've not been a ghost," she says.

Turning 40 next month ("I'm jazzed about it!"), Ptacin has two young children and lives on Peaks Island. The author teaches memoir writing to women at the Windham Correctional Center and is a freelance writer for numerous publications, including *The Atlantic*, *New York Magazine*, *The New York Times* and *Down East*.



The In-Betweens: The Spiritualists, Mediums, and Legends of Camp Etna by Mira Ptacin
Liveright

WE SPOKE TO HER ABOUT CAMP ETNA, HER BOOK AND GHOSTS.

Q: How did you "discover" Camp Etna and decide to write about it?

A: A friend of mine—Celia Blue Johnson, author, editor, mother, co-founder of *Slice Literary Magazine*—mentioned the camp to me, but I put it on my back burner of ideas...but I kept getting drawn to stories and experiences about the supernatural. And then Celia mentioned Camp Etna to me again, which led me to just Google the religion "Spiritualism," and after just reading the Wikipedia page about Spiritualism, I was HOOKED. That page whetted my appetite, because it involved feminism and ghosts and I knew this was a history that I needed to unearth.

Q: What surprised you most about Camp Etna?

A: The way the women were so confident and nonchalant about their religion. I tend to be defensive about my belief system, principals and ethics. I supposed that these women, who are convinced they can talk to and see dead people, would be defensive about it, but they were not. I was impressed by their 'take it or leave it/believe it or not' attitude. They encouraged skepticism.

Q: How would you describe in general the mediums you interviewed?

A: Beautiful. Beautifully flawed. Beautifully wise. Selfless. Brave. Quirky. Surprising. Funny. Fascinating. The most interesting women I've ever met.

Q: Why are women apparently more drawn to consult mediums than men?

A: Because women tend to rely on instinct and intuition more often than men. And I also believe men are not encouraged or supported as much to use the more 'feminine' side of themselves. We still live in a country that encourages toxic masculinity, a patriarchal society, a nation that doesn't value women's intuition. Unfortunately.

Q: What's your biggest takeaway from your experience researching *The In-Betweens*?

A: To trust my gut. To embrace my intuition.

Q: Will you visit the camp again?

A: Of course! And often. The women from Camp Etna are now part of an extended family. We text all the time. We say 'I love you.' They give me wonderful advice (and can predict the future.) They're in my life for good. They were impossible not to fall in love with.

Q: What's one thing you want readers to get from this work?

A: I want them to come to the conclusion that there is much more to life than what we see on the surface. That there is a huge universe that we have yet to understand. That we are little specks, and that all of us are trying to figure it out. I want them to read about these women and fall back in love with humanity. I want them to want to trust in their own intuition. And also, I want them to be open to the idea that it's possible that the dead can talk to us, and we can communicate with the dead.

Amy Canfield is the deputy editor of Maine Women Magazine.



**Play Safe.
Worry-Free.**

Invisible Fence[®] Brand

*Keeping pets
happy, healthy &
safe @ home™*

Invisible Fence of Southern Maine

800-585-2803 | southernmaine.invisiblefence.com

©2018 Invisible Fence of Southern Maine. Invisible Fence® is a registered trademark of Invisible Fence, Inc. All rights reserved.



**MAINE VIDEO
MARKETING**

**AFFORDABLE VIDEO PRODUCTION
& VIDEO MARKETING
FOR EVENTS,
BUSINESSES,
& YOU.**

mevideomarketing.com | 207.415.2396

ADVERTISE

in our November & December holiday pages and get your message to 30,000 Maine women—15,000 copies are home delivered.

Special holiday pricing available!

MWMM
MAINE WOMEN MAGAZINE

Contact your representative or email sales@mainewomenmagazine.com



Look nothing like this happy woman because you are tired of making dinner for your family? Ask for help. Stock photo from Unsplash

My sister-in-law, a nurse practitioner, tells me that stress does “terrible things to your body.” Symptoms like fatigue, irritability and headaches are common, but prolonged stress can lead to menstrual cycle disruptions and heart and bowel complications. In addition to well known stress relievers like exercise and a healthy diet, medical practitioners are encouraging overwhelmed patients to practice mindfulness, meditation and gratitude.

But for many women, the idea of making time to deal with stress just creates more stress. And women are already at peak stress capacity, according to a 2010 survey by the American Psychological Association, which found women are more likely than men (28% vs. 20%) to report having a great deal of stress (8, 9 or 10 on a 10-point scale). It might be that women are simply more likely to talk about the physical and emotional symptoms of stress, but female respondents consistently described having more physical manifestations of stress, like headaches or indigestion, than men. Married women report more stress than single women.

Kate Northrup, entrepreneur and bestselling author from Yarmouth, found herself forced to slow down during her first pregnancy. “I was totally brought to my knees by exhaustion,” she says. When she wasn’t able to work at maximum capacity, she assumed she would take a revenue hit (she runs a business with her husband). To her shock and (pleasant) surprise,

HOME WORK

Suggestions for those times when it feels stressful just to make time for stress relief.

BY SARAH HOLMAN

Northrup’s annual income didn’t change.

She describes the resulting do-less philosophy she developed in her latest book, *Do Less: A Revolutionary Approach to Time Management for Busy Moms*. One of the biggest takeaways is learning to ask for help. “We have been raised in a culture that has us believe if we ask for help, it’s a sign of weakness,” she says. “Needing help is a sign of being human.”

When Dana Gold, 50, found herself totally overwhelmed after shifting from part time to full time work, she asked for help from someone very close to her: her husband Robert Morrison. Gold is senior counsel and director of education for the Government Accountability Project, a Washington, DC-based nonprofit. She works remotely from Portland but

the job is full time. So were her duties at home, where she was operating “the great white board that’s my brain” solo, even after she stepped up her hours. “Our allocation of household responsibilities had not changed,” she says. Gold and Morrison made a commitment to communication and divided duties in a way that felt equitable and specific.

The most significant shift was Morrison taking on dinner preparation and most of the grocery shopping. For Gold, that was a tough change at first; she likes to cook and plan meals. Also, the deal put her in charge of dishes. But, she says, when 5:30 p.m. rolls around and she can keep working or go for a walk, she’s grateful.

Kate Odden, 25, needed to adjust her dinner routine for a different reason. The South Portland resident works in communications at WEX and her busy schedule doesn’t leave much time for cooking. Plus, she says, “I’m no great chef.” But eating out all the time was causing financial stress. Using a meal kit service changed that. “It’s a way to treat myself to a new recipe without needing to do any planning.”

Odden uses Hello Fresh, which offers a lot of promotional coupons, and it was cheaper than eating out, at least initially. She may not be saving as much money now, but when she walks in the door after work, she is saving time and energy. She’s also learning a lot. “It’s a way for me to eat good food at home and get comfortable with new cooking methods,” Odden says.

Beyond enlisting help from loved ones or professionals, Northrup cites getting enough sleep as “the ultimate time management hack,” because it significantly increases productivity. She is also a proponent of tracking menstrual cycles. “There’s a time [during the month] when you’ll feel the most mentally focused, or the most intuitive, or the most social,” she says. By organizing life around these natural hormonal rhythms, Northrup says, “You get more done in less time, because you’re doing the right thing at the right time.”

Even with the best time management tools in place, life is bound to throw curveballs. Northrup encourages women to come back to their tools, seek support and adjust as needed. When Gold, on dish duty, realized her husband is “like a hurricane hit the kitchen,” she revised their plan. She insisted he learn to clean as he goes (which is how she cooks) or the division of labor could not continue. “And lo and behold,” she says, “he does a pretty good job.”

Sarah Holman is a writer living in Portland. She is enthusiastic about cheese plates, thrift shop treasures and old houses in need of saving. Find her online at storiesandsidebars.com.



YORK HOSPITAL BREAST CARE



Rebecca C. Hultman, DO ✦ Amanda Demetri-Lewis, DO

- 3D MAMMOGRAPHY AT NO ADDITIONAL COST
- FELLOWSHIP TRAINED BREAST RADIOLOGISTS
- RESULTS WHILE YOU WAIT
 - EARLY MORNING AND EVENING APPOINTMENTS AVAILABLE

York Hospital
IN LOVING KINDNESS

York - 15 Hospital Drive
Wells - 112 Sanford Road
207.351.2023
yorkhospital.com



MAINE SPIRITS AGENCY LIQUOR STORE



Over **1,700** Choices of Your Favorite Maine Spirits!

Full **24 Foot** Aisle of VODKA!

HUGE SELECTION of Nips & Pints

Come visit our Craft Beer Runway!

Over **800** Craft Beer Choices
More than **150** Hard Ciders



The Wine Capital of Naples, Maine

OVER **1,900** CHOICES!



Compare our Wine Prices with any competitor on Route 302, Roosevelt Trail

Cold Wine Also Available!

Sunday-Thursday: 9am-8pm
Friday & Saturday: 9am-9pm

639 Roosevelt Trail, Naples, ME

Located at the Naples Shopping Center before the Causeway



(207) 693-3988

www.UmbrellaFactorySupermarket.com

SUNNY SIDE UP

BY MAGGIE KNOWLES

Last year at this time I wrote about a lovely mother who homeschooled her 10 kids. Every time I sat down to talk with her, a little hand was pulling me over to see what impossibly adorable thing the newly hatched chickens were doing. And as if by cosmic hand, there was one fuzzy baby for each child. Ten children. Ten chicks.

Since that day, I began to obsess over the idea of having my own collection of tennis ball-sized fluffers that would hop around the yard and one day fill my straw baskets with speckled eggs to pass around the neighborhood. Flash forward eight months to a wet June evening over pasta. I look at my son, “We should get chickens.” I get the nod from him and make a mental note to buy books, join an online chicken community and save for a chicken coop.

Two days later, my neighbor says: “So, I ended up taking the baby chickens from my son’s class and my husband says we can’t keep them. Do you want them?”

Another Cosmic Chicken Hand at play. So, a few hours later, we had three tiny gray chirping fluffers living in the playroom. They sat in our laps while we watched television. They balanced along my son’s arms like miniature falcons. They drove our dog crazy. Yes, they pooped all over the rug, but basically they were like kittens and we were smitten with our chicken kittens.

But one thing I didn’t realize about chickens is sometimes they just die. When we went to say goodnight to Ruby one night she was on her back in the food dish. No sign of death-by-pecking, or choking or temperature mishap. Her three-week life was just over.

The Ruby funeral, which my son decided had to HAPPEN RIGHT NOW I DON’T CARE THAT IT’S ALREADY WAY PAST MY BEDTIME, was a soggy mess and we

didn’t even have a proper shovel to dig a proper hole (and the dog would have dug her up in seconds anyway) so Ruby was interred in the basement freezer, resting in peace in her coffin, also known as my ballroom dancing shoes box.

And then there were two.

I spent three month’s worth of earnings from my column to buy The Nantucket. Basically, the Barbie Dream House for poultry. It took two weeks to arrive and four hours to assemble and by the end I was ready to move in myself.

Zip the Rooster and Betty were relocated. Their fluff had turned to feathers and although they weren’t as cute as their 2-week-old selves—what were those weird red things growing from their heads?—they were family. Family, that apparently, wouldn’t even be capable of paying their rent in fresh eggs for UP TO FIVE MONTHS, but family, nonetheless.

The second fatality happened in seconds. I ran inside for water and when I came back, Zip the Rooster was gone. Betty was running in petrified circles and as I grabbed her to safety, I saw signs that indicated a patient hawk had dropped by for dinner, over easy.

Damn. Did I feel awful.

Then there was one.

Well, that wouldn’t do. Betty was heartbroken and I was a clumsy replacement for her paramour. I posted on social media, seeking “Handsome Rooster, who may be looking for a nice girl to spend his days within a quite luxurious chicken beach house.”

There is no shortage of people looking to dump roosters, handsome or otherwise.

I drove to Bath to pick up what looked like what you picture when you hear “Cockfighting Champion.” He was bigger than my dog. He stared at me from the passenger seat, most likely imagining how my eyes would taste later.

Another thing I didn’t realize is that chickens don’t welcome newcomers with open wings, even if they are last chick standing. At the indignity of being shunned by his new bride, Pepperoni the Rooster took refuge under the porch. He refused to come out for three days. By this point, chicken life was more exhausting than toddler life and I was still months away from “free eggs.”

At 4 a.m. on Day Three of Porch Hiding, my dog was going nuts. Figuring she had to pee, I opened to the door, only to see Pepperoni poised quite regally smack in the middle of the welcome mat. Half asleep, I locked him in the bathroom and stumbled back to bed.

At 6 a.m., screams reminded me I had not



*Move Your
Life Forward!*



EFT Tapping
karenstclairEFT.com
207-878-8315

étain
UNCOMMON UNDERTHINGS
& EVERYDAY LINGERIE
FOR ALL

{FREE} BRA & BINDER FITTING
646 CONGRESS ST, PORTLAND
207.370.7278
ETAINDERTHINGS.COM

told anyone else of the angry rooster locked in the bathroom. But, I suppose it is a rooster's job to wake everyone up early, so...

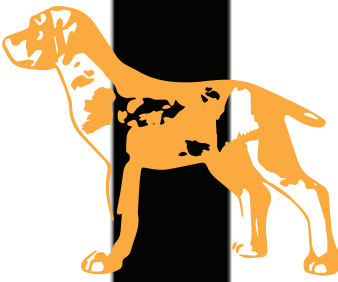
Part of me wishes I could slap the Cosmic Chicken Hand that made the summer into Party Fowl: Lessons in Love and Loss. But then again, watching Betty and Pepperoni dig for bugs together is a sweet reminder that all can be overcome with patience, a chicken dream house, and at least the prospect of some really delicious omelettes.

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



Great Pretenders

240 U.S. Rte 1
Falmouth
207-781-4265
rainbowtoysme.com



DARBY JONES
desirable nonessentials

ARTISANAL GIFTS TO SUIT EVERY FANCY
COMPLIMENTARY GIFT WRAP
REWARDS PROGRAM

WWW.DARBYJONES.SHOP
502 Stevens Avenue ★ Portland, Maine 04103



European Auto Service
AUTOWERKES
Maine

Maine's Premier European Auto Service Facility

The Dealership Alternative

We Confidently Repair Even the Absolute Newest Cars
BMW • Mercedes • Audi • Porsche • Volvo • Mini • VW

US Route 1 Freeport, Maine
www.autowerkesmaine.com

207-865-6600

DINAN 

Servicing Finer European Cars With Personal Regard

Looking for info on aging well? Come to the

Seacoast Successful Aging Expo

9 a.m.-2 p.m.
Wednesday October 16, 2019
Kittery Community Center
120 Rogers Rd., Kittery

Free!

Expert talks on wills, hearing assistance, Medicare 101 and more!

Sponsors:
The Salvation Army 🌟 Maine Senior Guide



Your free on-line resource of services and information for successful aging in Maine!

www.MaineSeniorGuide.com

MWM welcomes reader submissions for inclusion in Verse & View. Please send poems and image entries to verse_view@mainewomenmagazine.com.



Westport Island Sunset, by Melissa Bragan

IN AUTUMN

By Joan Conroy, Saco

Against a late October sky
the landscape burns
with leafy gems of amber
ruby red and gold.
On a distant hillside
the quality of light deepens
as we gaze in wonder
at the quiet majesty of trees.
Scarlet maples, quaking aspens and white oaks,
their leaves, like fragile aging
painted ladies
shiver softly in the wind.
Now, with uncommon grace
whose time has come,
these dowager queens
of autumn
silently fall
upon the earth, becoming
hushed heaps
of gold and crimson softness.

Being A Mom is What Gives Me My Drive To Succeed



But my family comes first and I need a flexible schedule. Lee has given me the flexibility I need to have a career while still being there for my wife and our four-year-old twins. And because my schedule works for us, I can work harder for my customers.

Stacy Tavares

Salesperson & Vehicle Exchange Specialist

Lee Honda, Auburn

Lee Auto Malls

Work-life balance for everyone in Sales, Service, Parts, Collision & Finance.



LEEisfor**Me.**

MARY ALLEN LINDEMANN, CBD CO-FOUNDER
DIAMOND STREET ROASTERY

POWER TO LEAD

At Coffee By Design, women are coffeehouse managers and baristas, farm partners and financial controllers, roastery pros, owners and, of course, customers. We celebrate the power and potential of women!

COME VISIT US AT ONE OF OUR COFFEEHOUSES



PHOTO BY TIM GREENWAY

Learn more or order online at
COFFEEBYDESIGN.COM

Certified



Corporation