



THOMAS
MEMORIAL
LIBRARY

NEWS & EVENTS

FOR ADULTS

SEPTEMBER
2024

CAPE HISTORIC PRESERVATION SOCIETY
PRESENTS:

FASCINATING FACTS ABOUT CAPE ELIZABETH'S WATER SYSTEMS

with Paul Hunt

Tuesday, September 10
6:30 - 8:00 pm



This month, CEHPS welcomes Cape resident **Paul Hunt**, who recently celebrated his 25th year working for the Portland Water District. He has pulled together many old photographs and some old stories about how, when and why the drinking water and wastewater systems we use today were constructed. There is triumph, tragedy, and ingenuity in these stories of the people and places that make up our water history!

RIDING THE MONGOLIAN DERBY

with Jessie Dowling

Tuesday, September 17
6:30 - 8pm



The solution to burnout is pursuing your wildest dreams: Jessie Dowling talks about her experience training for and riding the Mongol Derby.

In August 2023 Jessie Dowling competed in the Mongol Derby, at over 1,000 kilometers, it's the longest horse race in the world, set across the wide open steppe landscape in Mongolia. Jessie will talk about what it was like training for and competing in the race and what it was like staying with nomadic Mongolian herder families along the way.

SHARE YOUR THOUGHTS
WITH US!



HELP SHAPE THE FUTURE OF THE LIBRARY COMMUNITY CONVERSATION

Thursday, September 19
6:30 - 7:30 pm

Thomas Memorial Library is embarking on a strategic planning process to ensure that the library will be able to meet the community's needs over the next five years. We are hoping that community members will attend this initial community conversation, facilitated by strategic planning consultant **Will Plumley**.

If you are unable to attend, there are other ways you can provide input. Look for the **comment boxes around the library**, or scan the code below to **fill out an online form!**



CREATE A FAMILY ARCHIVE LEARN HOW TO PRESERVE DOCUMENTS AND ARTIFACTS TO LEAVE A PERSONAL LEGACY

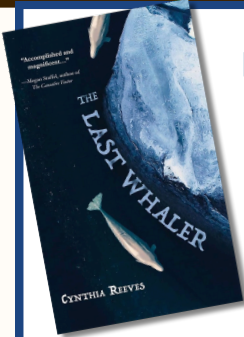
with Rhonda Chadwick



Saturday, September 21
2:00 - 3:30 pm

Rhonda Chadwick, the author of *Secrets from the Stacks*, will discuss the basics of archival principles, digitization, storytelling and how to create a legacy with pictures, documents and artifacts. The discussion is rooted in the idea that our lives matter and that we are all someone else's ancestor. We will discuss knowing where to begin, learn the best location within your home to store documents, receive a presentation of archival enclosures, and get tips on organizing materials.

No registration necessary!



MAINE AUTHOR

CYNTHIA
REEVES
AUTHOR OF
THE LAST WHALER

Tuesday, September 24
6:30 - 8:00 pm

Have you ever dreamed of sailing along Arctic shores, witnessing the unspoiled beauty of the massive glaciers or the spectacle of a glacier calving? Or breaking through ice so thick that only an icebreaker can navigate through it? Or exploring an old whaling station whose ghosts include the bones of hundreds of beluga whales? Or landing on a remote beach hemmed in by mountains that resemble giant's feet?

All these sights and more will be featured in a presentation by **Cynthia Reeves**, a Maine fiction writer who will share highlights of her Arctic travels and inspirations for her latest novel, *The Last Whaler*.

DON'T GET SCAMMED!

with officers from CEPD

Thursday, September 26
5:00 - 6:00 p.m.

Scams are on the rise, and even savvy people can fall for them. Learn about current types of scams, how to spot them, and how to avoid falling for them.

HELP SHAPE JUSTICE IN OUR COMMUNITIES

A Conversation with District Attorney
with **Jackie Sartoris**



Friday, September 27
1:30 - 3:30 p.m.

This is an opportunity for the community to engage in conversations about justice with a facilitator who will provide guided questions to give everyone a chance to speak. **Space is limited!** Please register by scanning the code at right, or visit our website for the link.



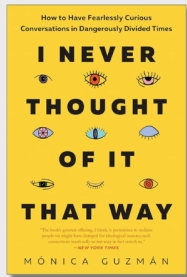
MORE ON THE
OTHER SIDE!



We Live in a Fractured Society.

Would You Like Learn How to Bridge the Divide?

Join us for a series of facilitated discussions this fall as we learn how to connect with and understand people "on the other side."



Scan the code to provide feedback and register to receive a **free copy** of the book to read and pass along.



- Upcoming discussions:**
- Monday, September 30**
10:30 am - 12:00 pm
(in-person)
 - Monday, September 30**
6:30 - 8:00 pm
(via Zoom)
 - Saturday, October 5**
3:00 - 4:30 pm
(in-person)
- Register using the code at left, or visit our website.

MONTHLY GROUPS

Death Café

1st Thursday, 6:30 - 8:00 p.m.

Talk, share, or just listen to what neighbors, friends, and members of our community have to say about their experiences.

Songwriting Workshop, with Jud Caswell

1st Tuesday, 6:30 - 8:00 pm

Whether you are a new writer, experienced writer, or want-to-be-a-writer, we hope you'll join us to bring in your work and get expert advice from an award-winning songwriter. Songwriters of all levels and abilities are welcome! Please register on the library's website.

Afternoon Book Group

3rd Thursday, 3:00 - 4:00 pm (in-person & via Zoom)

Our adult book group is led by Access Services Librarian **Kevin Goody**. Book selections are chosen by the group each month for the following meeting, and alternate between fiction and nonfiction titles.

NATIONAL VOTER REGISTRATION DAY

SEPTEMBER 19, 2024

Stop by the table in the library lobby to register to vote, check your registration status, or request an absentee ballot. Volunteers from the Town Clerk's office will be on hand to help and answer questions from **2:00 - 4:00 p.m. on Thursday, September 19!**



The Town Clerk's Office is anticipating a heavy voter turnout and is encouraging voters to request an absentee ballot, as a safe and convenient way to cast your vote.



Scan the code to request your ballot today!

SENIOR SOCIAL HOUR

Wednesdays, 1:00 - 2:00 p.m.

Older adults are invited to join us each week for an opportunity to connect with others, participate in informational sessions and workshops, and share stories from their own lives.

Each week will offer a different opportunities—from board games and puzzles to wellness workshops and storytelling—but the overall goal is to create an ongoing space for social connection, meaningful conversation, and useful information. No registration necessary, but you can sign up on our website to receive reminders.

September 4: "Happy Hearts, Healthy Lives," with Northern Light Health

September 11: Karen Vachon, from the Vachon Agency here in Cape will be our special guest to share information on how to weather the "perfect storm" of Medicare costs that are coming in 2025

September 18: Social hour with cards, games, conversation starters, etc., plus this month's story sharing topic: Adventure (When in your life were you most adventurous? What was your most memorable adventure?) Stories will be shared on September 25

September 25: Story sharing, plus special guest Town Clerk, Angela Frawley will be on hand to assist with absentee ballot applications.



FREE BLOOD PRESSURE AND/OR BLOOD SUGAR SCREENING

with the CE Fire/Rescue Department

Wednesday, September 25
11:30 am - 12:30 pm

We are pleased to be able to partner with CE Fire/Rescue to offer this free monthly screening opportunity, which will take place on the last Wednesday of every month in the library's Community Room. Please register in advance on our website if you can, but drop-ins are also welcome!