

The Avalon Gazette - June 2021



A note from Avalon Management:

As we ease back into our Avalon activities, I wanted to share with everyone our plans for the Manor House moving forward. As you are all aware, beginning on May 24th the state of Maine started allowing anyone who is fully vaccinated to be unmasked inside.

*Beginning June 1st those who are fully vaccinated are welcome into the Manor House for **scheduled activities only** unmasked, should they choose. We know there may be many of you who wish to continue to wear a mask, which we support should it make you feel more comfortable.*

Although we encourage all residents to adhere to the CDC's recommendations on obtaining the vaccine, we do recognize some may have elected not to be vaccinated. Such decisions are often personal in nature and may not be something individuals are comfortable sharing, so we ask everyone to be sensitive and respect each other's privacy.

Men's Breakfast and Ladies' Lunch will both take place inside the Manor beginning in June. We are also reopening the Pub for those who wish to play pool. We ask that you please let the office know ahead of time when using the Pub so we can turn on the air filtering system we purchased, as well as make sure it's properly cleaned after use.

We will be adhering to the honor system, so if you aren't vaccinated, please continue to wear a mask and be sure to stay physically distanced.

June Recreation Activities

- 🌀 *In-person Yoga* – Every **Thursday** at **10am**. Julie Milan will teach this class in the Manor House upper living room, while maintaining social distancing. **Masks are no longer required if vaccinated. Space is limited to 10 participants.**
- 🌀 *Tai Chi* – Every **Thursday** at **11am**. Andy Stewart will teach this class outside in front of the Manor House, while maintaining social distancing.
- 🌀 *Bocce* – Every **Friday** at **3pm**. (Weather permitting.) Located near the Avalon garden. Refreshments will be provided and no sign-up is necessary.

June Dining Activities

Men's Breakfast – **Wednesday, June 16th** at **9:00am**.

(RSVP by Monday, 6/14)

Sign-up is required – Please contact the Avalon office.

Menu:

Blueberry French Toast Bake

Scrambled Eggs with Cheese

Bacon & Sausage

Fruit Cup

Ladies' Lunch – **Wednesday, June 23rd** at **12:30pm**.

(RSVP by Monday, 6/21)

Sign-up is required – Please contact the Avalon office.

Menu: Appetizer – *Chicken Stuffed Avocado*

(Avocado Salad – Vegetarian option)

Apple Walnut Salad

Main Course – *Garlic Butter Baked Salmon, Fingerling Potatoes, Asparagus*

Dessert – *Strawberry Pie*

Save the date...

BBQ – Wednesday, June 30th

(RSVP by Friday, 6/25)

Join us for an Avalon-wide BBQ outside behind the Manor House. Details to follow.

Sign-up is required – Please contact the Avalon office.

Menu: TBA

Avalon has new residents!

Gerd & Donna Hasal have moved into **114 Wintergreen Court**.

We still have available **garden beds** in the Avalon garden. If anyone is interested, please contact the office to be assigned a bed.

YOU'RE INVITED TO...

the **16th Annual**
Memorial Day
Wintergreen Court
Gathering

ON THE CUL-DE-SAC

MONDAY, MAY 31ST AT 2:30 PM UNTIL WE'RE TIRED

This event is open to all Avalon Village residents who have had a **full Covid-19 vaccination**. We appreciate caution of those who continue to use masks while in group settings.

WE WILL HAVE ON HAND FOR YOU:

- Eating Utensils
- Plates & Napkins
- Condiments
- Gas Grill
- Ice
- Games to Play

YOU SHOULD BRING:

- A chair
- Something to grill or eat cold
- Something to drink
- A dish to share (optional)
- A musical instrument if you want to entertain the crowd

PLEASE R.S.V.P. TO: wri1@roadrunner.com

This event is hosted annually by the Wintergreen Court residents.

free printable invitation - bagvania.com

Hampden History – Riverside Park

“Riverside Park was opened in June 1898. Perched high, in a most lovely location and overlooking the beautiful Hampden Narrows of the Penobscot River, it was reached by a delightful trolley ride of thirty minutes (4 miles) from Bangor.

Riverside was a resort of usual attraction of similar resort Places of the era. Plans for the park were drawn up by Frank Blaisdell, the landscape and civil engineer, who designed several amusement parks - Riverton in Portland and Merrymeeting in Brunswick. A change of rest was of benefit to people unable to leave the city for more than a short time.



Slip on Penobscot River for boats at Riverside Park

The ten-acre park was leased by the Bangor, Hampden and Winterport Electric Co.: H.L. Mitchell, President. The open trolley, with seats running the width of the car, offered round trip tickets to the park which was 23 miles from the Main Road. The trolley ride cost 20 cents with free admission to the park. Children waited in nearby bushes to join the crowd to get in free. The trolley was later owned by the Bangor Railway and Electric Co.

Patrons to the park could also enter by canoeing or boating to a slip

at the edge of the river and climb a flight of stairs. The main entrance was through a footbridge that crossed a ravine. The park was fenced-in and security men were on patrol.

There was a great number of amusements: a bowling alley, a dance hall, a merry-go-round, swings, shooting gallery, baseball throw, exhibit booths, movies and picnic nooks. Peculiar to the area at that Riverside Park time, alligators were shown in pools. On special events, children's sport races were conducted. Every 4th of July always produced a festive show of fireworks, and drew greater crowds. Food concessions of soda, candy, popcorn, hot-dogs, etc. were available. Catered dinners were served by C.W. Lutz in a small cafe.

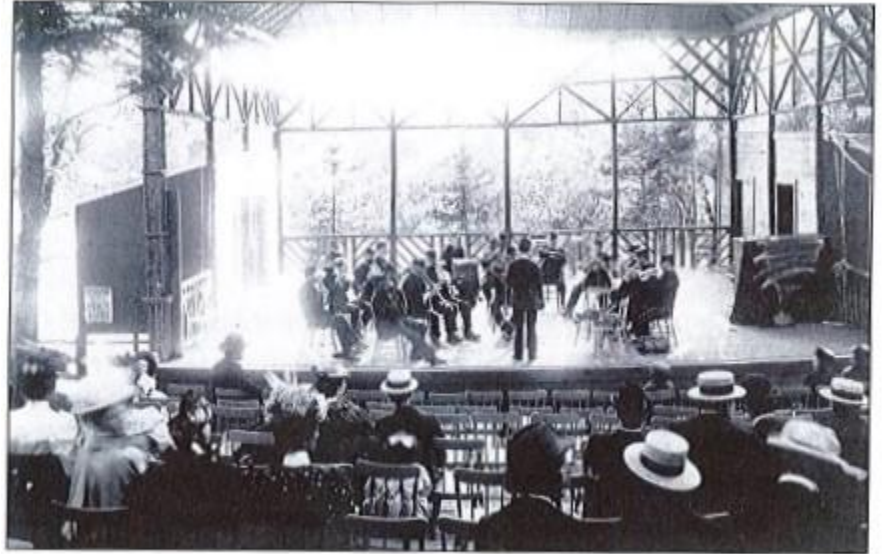
The theater was an open-air pitched roof structure with a square open-stage platform, like a bandstand, open to the audience on the inside and with a rustic balustrade at the back (the Penobscot River). An ornamental system of rustic beams filled the open space. Chairs were provided in the front rows with an awning for reserved seats. The benches were made in the side of an incline with substantial backs and good views of the river. On either side of the stage was a shed roof structure from which performers entered and left the stage.

The park was managed the first years by James Forrest; later, Stephen Bogrett, proprietor of the Bijou Theater in Bangor, a vaudeville showplace then. The Bijou was closed for the

summer months to take over the management of the Park, and the orchestra and billings went along also.

The shows were contracted through agencies in Boston and New York. There were traveling amusements consisting of musical vaudeville shows; magicians, dancers, actors, singers, acrobats, aerialists, slap-stick comedy as well as musical productions. Talent boarded at local homes or hotels, helping the area economy. The shows were both matinee and evening with a piano concert before each show, and a band concert by the Bangor Band or the Ladies Orchestra conducted by Lena Howe each Sunday afternoon. The show managers were Joseph Flynn and later years, J. W. Gorman.

Many Bangor businesses would host private parties. Attendance peaked at 10,000 at some summer weekends. Some famous people including Jack Dempsey acted at Riverside. The famous Buster Brown movies were shown. Stephen Bogrett's wife, Bertha Kenney Miller, a gifted soprano, performed at Riverside.



**Open-air stage at Riverside Park,
Penobscot River in background.**

In 1916, with the advancement of World War I and the availability of automobiles to enjoy new horizons, the Park lost attendance and closed. The buildings were moved or destroyed. Today, there are no visible signs where the Park was in operation.

Riverside in its day provided everything one could ask for within the boundaries. Management required the most careful sort in order to keep its character at the high point of excellence that the citizens demanded. Many memories were shared by local citizens for many years. An era of Hampden history will soon be forgotten.”

This excerpt was taken from the book “History of Riverside Park, Hampden, Maine 1898-1916” by Richard M. Newcomb. It is available for checkout at the Edythe Dyer Community Library.

Mediterranean Salmon & Artichoke Skewers

Barbecue season is upon us! Enjoy these fresh dishes out on the patio.



INGREDIENTS

- 1 lb salmon, cut into cubes
- 1 jar artichoke hearts
- 1 lemon, sliced thinly and halved
- 1 bell pepper, cut into chunks
- Salt & pepper

PARSLEY MARINADE:

- ½ cup Italian parsley, chopped finely
- 3 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 tsp white wine vinegar
- 2 garlic cloves, minced
- 1/8 tsp sea salt or to taste
- Pinch red chili flakes

INSTRUCTIONS

1. Soak wooden skewers in water for at least an hour prior to, or use metal skewers.
2. Prepare the marinade by adding all the ingredients together in a small dish. Mix to combine, and set aside.
3. Add the salmon to 4 skewers, alternating salmon and thinly sliced pieces of lemon. Drizzle with ¼ of the parsley marinade. The marinade can simply be spooned on, or you can use a brush to more evenly coat the skewers.
4. Add the artichoke hearts, peppers, and onions to 4 skewers, and drizzle with ¼ of the parsley marinade.
5. Over a very hot grill, cook the skewers for 4-6 minutes. Flip, and cook the other side until the salmon is cooked throughout and veggies are done to preferred doneness.
6. Serve the skewers with the remaining parsley sauce.

Mediterranean Fresh Salad

INGREDIENTS

- 15 oz can garbanzo beans
- ½ cup kalamata olives, sliced
- 1 cucumber, diced
- 1 pint grape tomatoes, quartered
- 1 orange and 1 red pepper, both diced
- ½ cup red onions, diced
- 3 Tbsp red wine vinegar
- 1 garlic clove, minced
- 2 tsp basil paste
- ½ tsp lemon juice
- ¼ cup olive oil
- ½ cup feta cheese
- Salt & pepper
- Mint for garnish



INSTRUCTIONS

1. In a large serving bowl toss beans, olives, and vegetables.
2. In a food processor, pulse the vinegar, garlic, basil, and lemon juice until combined. Slowly add oil while pulsing until blended well.
3. Drizzle the dressing on the salad. Sprinkle with feta cheese, salt and pepper. Garnish with chopped mint leaves.

Greek Salad Dressing

Try this dressing on a traditional Greek salad!



INGREDIENTS

- ½ cup extra virgin olive oil
- ½ cup apple cider vinegar
- 1 medium lemon, juice only
- 1 ½ tsp garlic powder
- 1 ½ tsp dried oregano
- 1 ½ tsp dried basil
- 1 tsp honey mustard
- 1 tsp parsley
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp pepper

Whisk all ingredients together. Pour into salad dressing bottle and serve over your favorite Greek salad!

Pistachio & Honey Bougatsa

Keeping with the Mediterranean theme, this Greek dessert is sweet, sticky, and oh-so-pretty!



I N G R E D I E N T S

- 1 packet of phyllo pastry (375 grams)
- 1 cup unsalted butter
- 5 eggs
- 2 $\frac{3}{4}$ cups cream
- $\frac{3}{4}$ cup sugar
- Seeds from 2 vanilla beans or $\frac{1}{2}$ tsp vanilla bean paste
- 1 tsp ground cinnamon
- Honey, powdered sugar and chopped pistachios for garnish



I N S T R U C T I O N S

1. Preheat your oven to 350 degrees and butter a 12-13 inch cake pan.
2. Melt your butter in the microwave or a saucepan over the stove.
3. Take your first sheet of dough and gently fold it into a fan shape, and then roll into a scroll (like a snail shell shape).
4. Place the first rolled up piece of phyllo dough into the center of the dish.
5. Continue to fold the rest of the sheets like fans, and wrap them around your first scroll in the dish.
6. Continue to layer, until the whole pan is full of the phyllo dough.
7. Brush all the layers of dough with your melted butter, making sure the butter gets into each crevice.
8. Bake for about 30 minutes until golden brown.
9. In a large bowl, whisk together the eggs, cream, sugar, vanilla seeds, and cinnamon until nice and smooth.
10. Once the phyllo is done baking, immediately pour the custard over the entire thing and place back in the oven to bake for 30 more minutes.
11. Check on the bougatsa about 10 minutes before the end to make sure it's not browning too much. If it is, you can place some foil on top while it's finishing.
12. Once it's cooled a little, drizzle with your favorite amber honey and sprinkle with chopped pistachios and powdered sugar. (Dish is best served warm!)



Did you Know: Interesting Facts About the Summer Solstice

- The term *solstice* is derived from the Latin words *sol* (Sun) and *sistere* (to stand still), because the Sun's relative position in the sky at noon does not appear to change much during the solstice and its surrounding days. The rest of the year, the Earth's tilt on its axis—roughly 23.5 degrees—causes the Sun's path in the sky to rise and fall from one day to the next.
- You may wonder why, if the solstice is the longest day of the year—and thus gets the most sunlight—the temperature usually doesn't reach its annual peak until a month or two later. It's because water, which makes up most of the Earth's surface, has a high specific heat, meaning it takes a while to both heat up and cool down. Because of this, the Earth's temperature takes about six weeks to catch up to the Sun.
- People have long believed Stonehenge was the site of ancient druid solstice celebrations because of the way the Sun lines up with the stones on the winter and summer solstices. While there's no proven connection between Celtic solstice celebrations and the megalithic monument, these days, thousands of modern pagans gather at the landmark to watch the sunrise on the solstice.
- In Ancient Egypt, the summer solstice preceded the appearance of the Sirius star, which the Egyptians believed was responsible for the annual flooding of the Nile that they relied upon for agriculture. Because of this, the Egyptian calendar was set so that the start of the year coincided with the appearance of Sirius, just after the solstice.
- Each year on the summer solstice, the Alaska Goldpanners of Fairbanks celebrate their status as the most northerly baseball team on the planet with a game that starts at 10 p.m. and stretches well into the following morning—without the need for artificial light—known as the Midnight Sun Game. The tradition originated in 1906 and was taken over by the Goldpanners in 1960, the first year of their existence.
- You might think that because the solstice occurs in summer that it means the Earth is closest to the Sun in its elliptical revolution. However, the Earth is actually closest to the Sun around the time the Northern Hemisphere experiences winter and is farthest away near the summer solstice. The warmth of summer comes exclusively from the tilt of the Earth's axis, and not from how close it is to the Sun at any given time.
- In Paganism and Wicca, Midsummer is celebrated with a festival known as *Litha*. In ancient Europe, the festival involved rolling giant wheels lit on fire into bodies of water to symbolize the balance between fire and water.

Astrological Corner:



May 21st to June 20th

The month ahead is all about you. It's a particularly potent time to initiate any attempts at changing habits. There's a focus and desire to address any health, appearance and identity issues. While you bask in well-deserved public recognition for all your hard work, the current moment has definitely made you more aware of what changes you want to implement on how you're living your life on a daily basis.



June 21st to July 21st

June is looking much better compared to last month. You might experience a respite from some of your troubles. It's highly recommended that you indulge in more pleasurable adventures and prioritize treating yourself. Expect much-needed clarity regarding some relationship issues you may be managing. Mid-month onwards, there will be a shift in focus in troubleshooting your spending habits and improving your financial situation.

SUDOKU

Difficulty: Hard

	4			1		8		
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	3	6		7				
1								
			6		9	4		5
			8	2			6	
	7	8				5		
				4			3	
3					5	9		

If you would like the answers to any of the puzzles, send an email to:

ariel@avalonvillage.com

Crossword Puzzle

Difficulty: Medium

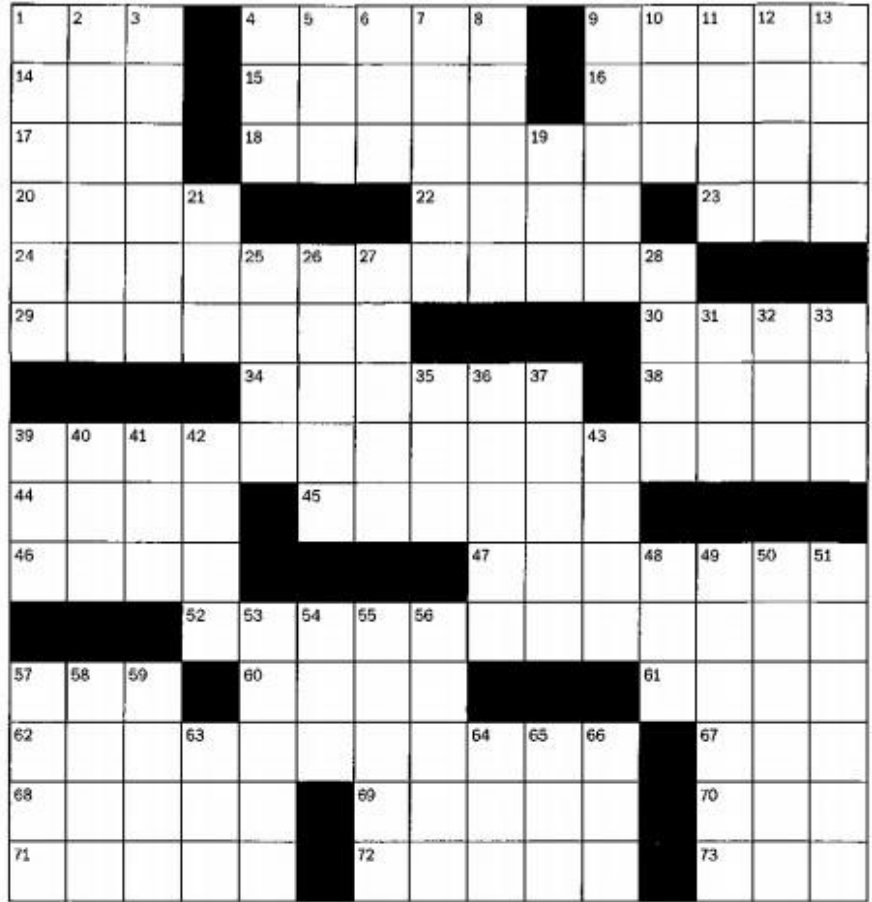
The Washington Post

LA Times

By Andrea Carla Michaels / Ed. Rich

Norris

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ACROSS

- 1 Prefix with bar
- 4 Purple color named for a flower
- 9 Kind of minister or suspect
- 14 Habit wearer
- 15 "Mutiny on the Bounty" captain
- 16 "Star Wars" director George
- 17 Two-base hit: Abbr.
- 18 Cloak-and-dagger spy
- 20 Heroic tale
- 22 Direction of the dawn
- 23 Easter egg coloring
- 24 Typically yellow tangy fruit
- 29 Quivery vocal effect
- 30 Spanish eight
- 34 Of an arterial trunk
- 38 Belle's suitor
- 39 *Accessory metaphor for an accomplishment
- 44 Gas leak giveaway
- 45 "I'm clueless"
- 46 City near Tahoe

- 47 Whiner
- 52 Spaghetti-in-a-can icon
- 57 Emails a dupe to
- 60 Goddess for whom a month is named
- 61 Theater segments
- 62 "I Can't Help Myself" Motown group ... and what's comprised by 18-, 24-, 39- and 52-Across' starting words?
- 67 Frito-__
- 68 Old toga wearer
- 69 Frighten
- 70 Start for fab or fix
- 71 Pinocchio's problem
- 72 Roll of the dice
- 73 "__ the DJ, I'm the Rapper": 1988 album

DOWN

- 1 Behind on bills
- 2 Not up to snuff
- 3 Browsing the Web, say
- 4 Scale units: Abbr.
- 5 Land in la mer
- 6 DMV certificate
- 7 Go along (with)
- 8 Tightfisted

- 9 Table setting item
- 10 Snug bug's place?
- 11 Covered, as a cake
- 12 Numerous
- 13 Punta del __, Uruguay
- 19 Recipe abbr.
- 21 Cell pic taker
- 25 Ark builder
- 26 Crazy as __
- 27 X-rated stuff
- 28 Lynda Bird's married name
- 31 Average grade
- 32 Actor Holbrook
- 33 Not in the office
- 35 You, in French
- 36 With unnamed partners, in bus. names
- 37 Suspicious (of)
- 39 Neither's partner
- 40 Wordsworth's "__ to Duty"
- 41 Trucker's unit
- 42 Gator kin
- 43 "Don't __ word!": "Shh!"
- 48 "I'm freezing!"
- 49 Brewer Coors
- 50 Sign warning word about a watchdog
- 51 "Absolutely!"
- 53 Chinese ethnic group
- 54 Water, in Cannes
- 55 At the head of the line
- 56 Cookie baker's lot
- 57 Bottom-corner PC key
- 58 Bok __: Chinese cabbage
- 59 18-wheeler
- 63 One cheering for the team
- 64 Sculler's prop
- 65 Whiz
- 66 Stitch together

3 Shoulder Stretches for Side Sleepers

By Sonja Parker, MSPT, LMT

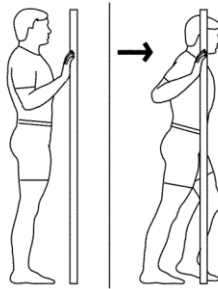
Designing Fitness Physical Therapy, LLC

Hello everyone! (Boy, that title is a tongue-twister, is it not?) I hope you are all enjoying this beautiful weather, and safely emerging from this crazy pandemic! This month I am addressing a question I received from one of you. This reader is a side-sleeper and finds that waking up in this position is causing some shoulder discomfort. So here I would like to offer some suggestions for shoulder stretches that can be done first thing in the morning to help ease this discomfort and get your day started off right!

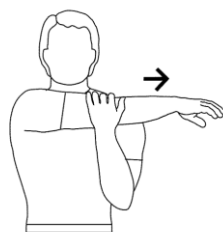
1) Pendulum: Lean over a low table or chair, supporting yourself with the hand opposite from the stiff shoulder. Gently swing your stiff-shouldered arm around in circles one direction, then the other direction, and then forward/backward, and side-to-side. Repeat each swinging direction 10-12 times.



2) Doorway chest stretch: Standing facing a doorway, place your hands at chest-level on the sides of the doorway. Step forward while slowly stretching the front of the shoulders and chest. Hold here for 3-4 deep, relaxing breaths.



3) Posterior shoulder stretch: Bring your arm across the front of your body. Hold this elbow with your other arm. Gently pull your arm in across your chest until you feel a stretch on the back of your shoulder. Try not to let your shoulders hunch up toward your ears - keep the shoulders down for the best stretch. Hold here for 3-4 deep, relaxing breaths.



For all of you side-sleepers out there, I hope this helps! And quite honestly, these are good for all of us, whether we have shoulder pain or not - why not give them a try?

Have a great day and enjoy the emergence of spring during this amazing time of year!

Be strong, stay active, LIVE life!

Yours in good health,
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Email: sonja@designingfitness.com
www.designingfitness.com

While this article is intended to provide a brief overview, it is not intended as a substitute for medical consultation. Please consult your doctor or physical therapist for more information.