

## **Co-Presidents Message**

Dear Friends,

March is the month that spring officially begins! Our cold weather may hold on a bit past that, but it certainly is a milestone towards warmer weather. Each year Spring brings hope and new growth, but especially so this year as vaccines reach more and more people and infection rates are plummeting worldwide. We still have to stay safe for a while longer, but in the spirit of newness and growth we are trying a unique approach to our March Meeting. For the first time ever, it will be a virtual social gathering. It will be loosely focused on discussion questions which will be sent out separately well prior to the meeting. Everyone will have a chance to speak. Details follow in the newsletter. Hope you all will join us for this opportunity to share and grow together. It will be well worth your time. Back to a fun outdoor activity in April.

Stay safe and healthy and hope to see you soon.

Theo Rohrs and Pat Georges

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## **March 4, 2021 Newcomers & Neighbors Zoom meeting at 7:00 pm**

Announcement from the Social Committee regarding the March meeting.

Traditionally we have a club potluck for our March Newcomers and Neighbors meeting. We are unable to do that this year but wanted to organize a virtual social gathering so that we could all see each other and see how everyone is doing.

The Social Committee has compiled a list of questions to serve as discussion starters. This will provide a loose focus for our meeting. Our questions revolve around the year long semi quarantine we've all endured; its effects on our lifestyle and how we've each managed with these changes. Many of us are now eligible for vaccination but there are also many of us that will be waiting quite a bit longer – we'd love to hear strategies while coping with the wait!

The questions are not a "have to"! Anyone not particularly interested in the discussion topic is welcome to just check in with an "hello" or update on what's happening in their life when their turn comes.

The discussion questions follow at the end of our newsletter and will also be posted to our N&N website along with a couple of related articles originally published in the NYT.

We are aware of some of the drawbacks to large virtual meetings. Usually not everyone can be seen on a single screen and often it's difficult to see who is speaking. We're trying a new technique in our Zoom meeting in an effort to address these issues.

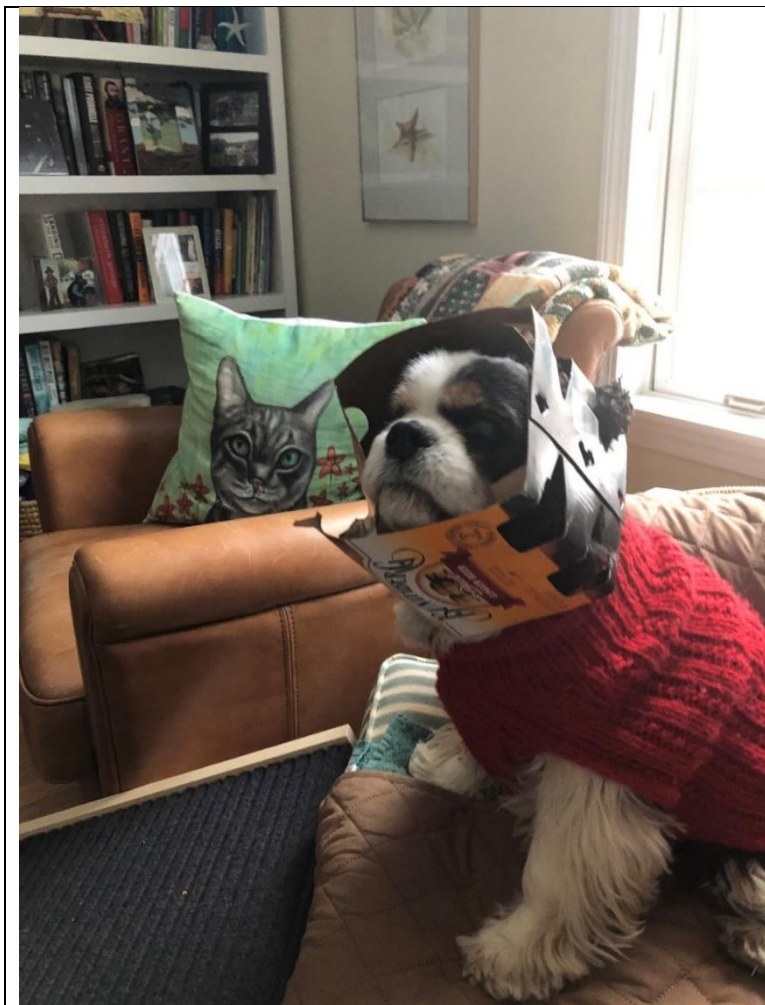
Each participant in the meeting will be spotlighted (a Zoom term) in turn giving each person a chance to speak. The spotlight feature also will show the person speaking on everyone's screen.

We hope to see many of you at the virtual meeting on Thursday, March 4<sup>th</sup> at 7 PM. A Zoom link will be sent out by that morning.

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## Survey Results:

In the February newsletter we announced a survey: what is a Favorite? Tell us your Favorite Anything! Following are the results from members whom we thank for sharing.



Finnegan had obviously been exploring the pantry - and he thought I wouldn't notice! Busted!

I've loved all of our pets, but this little guy has always been my favorite, for all the love and laughs he gives me.

Kate Bauer Burke

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Favorite period show- *Bridgerton*  
Favorite comedy - *Schitt's Creek*  
Favorite dramas - *Virgin River and Ozark*

Favorite take-out. Joshuas. Somehow they've mastered the art of packaging. The food arrives at hot as though you were eating inside their restaurant. Yummmm

Favorite inspirational little book. *Gratitude* by Melody Beattie.

Best,  
Roseanne Withycombe

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We have been watching more movies than usual. Favorites:

1. News of the World
2. Marshall
3. Blow the Man Down

Also, subscribed to NYY Cooking. Favorites, so far:

1. Onion tart, adapted from La Lutece
2. Old fashioned beef stew
3. Frosted spice cookies

Susan and Tom Boak

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Spending time at the beach. Ogunquit is a favorite.

Hiking on a wooded trail. Emmons and Smith Preserves, and Mt Agamenticus are favorites. Acadia is awesome too.

Being active. Running, XC Skiing, and Rock Climbing in the gym.

Dinners from Village Tavern or Pedro's.

Maybe best of all is being with friends and family.

Theo Rohrs

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Cindy Sayers:

My favorite thing is to see, smell and taste the wonderful dinners that Stephen creates in our Kennebunk kitchen. While I get creative with fiber arts or jewelry making, Stephen's creative passion is cooking and I can honestly say that during the Pandemic (which has forced us to "eat in" almost 100 percent of the past year), he has perfected his skills to a fine art. He "drops the mike" every evening when he walks out of the kitchen joking, "my work here is done"! That gets a swoon from me!!!



From left: chef Taylor Stanton, Tides Inn, Chef David Turin, David's and Stephen Sayers in our kitchen.

Favorite chocolate truffles: R&R Chocolates (Wells)

Favorite recent binge: The Restaurant (Amazon Prime)

Favorite breakfast potatoes: Palace Diner (Biddeford)

Favorite audio book series: Horacio Hornblower (C. S. Forester)

Favorite podcast: How I Built This

Pat & Steve Georges

<p><b>Favorite Spin Instructor</b> Lindsey Heard at Main Revolution, Kennebunk</p> <p><b>Indian Takeout Food</b> Jewel of India - Biddeford</p> <p><b>Favorite Local Takeout</b> Cheries, Boulangerie, Cape Porpoise Kitchen</p> <p><b>Favorite local Fun 5 K</b> Shipyard Seashore Santa Run - Kennebunk</p> <p><b>Favorite Local Bike Path</b> Eastern Trail</p>	<p><b>Favorite Local Distillery -</b> Round Turn Biddeford</p> <p><b>Favorite Coastal State Park within 90 minutes</b> Reid State Park, Georgetown, ME</p> <p><b>Favorite local place to Kayak</b> Kennebunk River</p> <p><b>Favorite Cookie Recipe</b> Ina Gartner's Oatmeal Cookies</p> <p style="text-align: right;">Keith and Joyce Schnaars</p>
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Shamrock by Cindy Shaughnessy

## N&N March 4, 2021 Meeting Discussion Questions

In the spirit of “positive thinking”:

Focused discussion questions – food for thought toward a discussion on how we can share experiences from the past year’s isolation (which may continue for a good portion of this year). How can we help each other?

What (if any) positive outcomes have come from the isolation of this past year?

Do you think quarantine has permanently changed your lifestyle (even if just a bit)?

Have you started any new hobbies/activities this past year that you may not have had time for in the past? Will you continue with them after we return to more normal conditions?

Has the past year forced you to master "zoom", "facetime" etc.

Were your New Year’s resolutions significantly different this year?

Have you been vaccinated yet? If so, has it changed any of your behavior?

What changes might you make once you are vaccinated?

Do you have pets? If so, have they helped you cope?

When do you plan/hope to travel again?

Did you purchase any new equipment or tool that you wouldn’t have if not for your changed lifestyle?

Did you make any new, or renewed, connections? Are you more comfortable making long distance connections?

Did you take any online classes that you’d recommend?

What were the best diversions you discovered this year?

Do you have any coping techniques that you’d share? What worked best for you? What is your silliest coping mechanism?

Did quarantine cause changes to your “bucket list”?

Has anyone noticed that phone calls have become longer?

Have the vagaries of Corona virus times caused you to become more flexible? Do you cope with change differently?

Have you tried new recipes to spice things up a bit?