

Sunday, September 10th

National Grandparents Day

National Grandparents Day is the first Sunday after Labor Day & was signed into law by President Jimmy Carter. The Maine Wildlife Park, 56 Game Farm Road, Rt. 26, Gray is celebrating by offering free admission for grandparents accompanied by their grandchildren; regular entrance fees for all other family members. mainewildlifepark.com

Tuesday, September 12th

Open House for The Speaker Sisterhood,

6:00-8:00pm Portland Public Library, 5 Monument Way, Portland. The Speaker Sisterhood, a network of public speaking clubs for women, is launching a new club and holding a free open house. The goal of the club is to provide a community to woman who want to increase confidence, boost public speaking skills, have fun, and maybe even change the world. For more information, see the article in the Buzz section of this issue.

Wednesday, September 13th

Brave Moves Business Series Workshop:

Networking with Purpose, 8:30-11:30am Center for Balanced Living, 74 Lunt Road, Falmouth. With so many online tools available it's sometimes easy to forget the power of networking. The connections you make are incredibly valuable and we want to help you more easily navigate your networking fears so you can be more successful in growing your circle. During this workshop, we will tell you everything we know about meeting, greeting, and following up so you can expand your network, find more qualified leads, and make better use of your networking time. \$75/person. <http://bit.ly/BraveMoves>.

Saturday, September 16th

Climate Action Conference –

Maine Community-Based Approaches to a Clean Energy Future and Climate Change Solutions. USM Lewiston Campus, 51 Westminster St., Lewiston. This all-day gathering will bring together Maine climate activists from around the state to learn about advancing local climate and clean energy solutions. Workshops will include information on local solar power, weatherization, micro-grids, sustainable businesses, clean transportation, youth organizing, 100% clean energy goals, community resilience, sustainable agriculture, town government best practices, grassroots organizing, and much more. The keynote speaker will be renowned author, environmental and peace activist George Lakey. He will be presenting on "Building a Movement:

A Big Picture vision for the climate." Tickets are \$50. Sliding scale tickets also available. For tickets, visit: www.mainepublichealth.org

Enlightenment Expo, 10:00am-5:00pm (also held Sunday, September 17th, 10:00am-4:00pm) Fireside Inn & Suites, 81 Riverside St., Portland. Psychic & Angel Readings, Energy Work, Chair Massage, Crystals, Stones, Jewelry, Metaphysical Gifts & Supplies, Crystal Bowls, Aura & Chakra Photography, Music, Workshops, Door Prizes and more! Workshops all day included in admission fee. \$5.00 admission (a portion of proceeds donated to local charity). www.themagickcloset.com

Wednesday, September 20th

Integrative Wellness Council of Maine, Quarterly Provider Meeting, 6:00-7:30pm St. Mary's Regional Medical Center's LePage Conference Room, 99 Campus Ave, Lewiston. ART – Accelerated Resolution Therapy, helping patients heal with Shellie Cook, LCSW and Jill Willer, LCPC from Cornerstone Counseling in Auburn, Maine. topics covered will be the history of ART, current research, the basic protocol of ART, anecdotal experiences utilizing ART and a brief demonstration of the process. www.integrativewellnessme.com.

Saturday, September 23rd

Wild About Whitetails, 11:00am

Maine Wildlife Park, 56 Game Farm Road, Rt. 26, Gray. Celebrate National Hunting & Fishing Day with MDIFW biologists & presenters to learn all about Maine White-tailed Deer. See how biologists collect deer data, meet Maine white-tail expert R.G. Bernier for a deer hunting Q & A; see the Warden Service 'Wall of Shame'; learn about fawn rehabilitation; and have your children participate in a variety of deer-related activities. www.maine-wildlifepark.com

Sunday, September 24th

Cumberland Fair (thru Saturday, September 30th)

Cumberland Fairgrounds, Cumberland. Large agricultural fair, animals ranging from pigs to horses, carnival games and rides, food vendors, and harness racing. For a detailed fair schedule, driving directions, times and admission fees, go to www.cumberlandfair.com

Sunday, October 1st

Fryeburg Fair (thru Sunday, October 8th)

Fryeburg Fairgrounds, 1154 Main St., Fryeburg. The Fryeburg Fair is considered to be one of the best agricultural fairs in the U.S. offering non-stop livestock, agriculture and farming exhibitions with over 3,000 head of cattle, horses, sheep, goats, hogs, poultry, rabbits, oxen and more. Fryeburg Fair's 50th Anniversary of Woodsmen's Field Day is this year on Monday, October 3rd. This Woodsmen's Field Day is the largest spectator woodsmen event in North America. Contestants come from across the U.S. and Canada to compete in over 34 woods skills events such as log-rolling, axe throwing, standing block chop, tree felling, skidder driving and log loading. Live music, carnival games and rides, food vendors and harness racing every day with a parade on Saturday, October 7th. www.fryeburgfair.org

Friday, October 6th

Freeport Fall Festival (thru Sunday, October 8th), 11:00am-4:00pm each day

Over 130 artists exhibit works ranging from photography, oil, watercolor, mixed media, fine craft, and jewelry set to the tunes of live musical performances. A delicious selection of Maine food producers have been added to the Festival and Freeport Community Services will be on site on Saturday, October 7 hosting their annual Chowdah Challenge to raise funds for camp scholarships! Hosted on the L.L.Bean campus and Freeport Village Station courtyard in Freeport, the three-day event is free and includes children's art activities and live music for the whole family. www.freeportusa.com

Saturday, October 7th

Harvest Festival, 10:00am-4:30pm

Sabbathday Lake Shaker Village, Rt. 26, 707 Shaker Rd., New Gloucester. Join the Shaker Village for their end-of-season Fall Harvest Festival! Freshly-picked apples from the historic Shaker orchards will be offered for sale along with free cider-pressing, homemade Shaker apple fritters, and much more! www.maineshakers.com

Wednesday, October 11th

Brave Moves Business Series Workshop:

Creating Your Ultimate Support Team, 8:30-11:30am Center for Balanced Living, 74 Lunt Road, Falmouth. Here's the truth - we can't build our business ALONE. You need trusted, supportive people around you who can help you get through the tough time and tackle things that are outside of your realm of expertise. During this workshop, we will help you to identify who you already have in your

"inner circle" and how they're helping you. We will talk about hiring a virtual assistant, discuss pricing for website designers/graphic designers and other contract work, determine which "support groups" might be helpful for you to join, and discuss how working with a business coach could help you grow. \$75/person. <http://bit.ly/BraveMoves>.

Saturday, October 14th

The 4 Agreements for a Better Life LIVE with don Miguel Ruiz, Sr. and sons, 6:30pm - 9:00pm Hannaford Hall, USM Portland Campus. In his bestselling book, *The Four Agreements*, don Miguel Ruiz gives us the principles that can transform our lives into an expression of unconditional love. Based on the family's Toltec wisdom, don Miguel Ruiz and sons will share how to apply "The Four Agreements" in our everyday life as an instrument of transformation in this interactive experience. The presentation will be a formless organic experience, as the questions and interactive engagement with the Ruiz's and those in attendance, will create the foundation of a new dream where unconditional love is not a definition but an experience we can manifest in our lives. \$65-\$75/person. www.leapinlizards.biz

Harvest-Fest (also held Sunday, October 15th), 10:00am-3:00pm each day Maine Wildlife Park, 56 Game Farm Road, Rt. 26, Gray. Enjoy a variety of 'old-time' harvest games & activities for the whole family! Dodge giant spider legs without getting caught or jump your pumpkin 20 feet into a pool of water. Shoot marshmallows at a villain or crawl through a giant snake! These are just some of the many activities you can enjoy with the family. The Park will feature many new games & displays for all ages, autumn snacks, & new ways to race & launch a pumpkin that you probably never thought of! Don't miss this new level of autumn fun! www.mainewildlifepark.com

Monday, October 16th

Harvest on the Harbor™ thru Sunday October 22nd Annual celebration of exceptional food, beer, wine, and spirits from Maine and around the world. Harvest on the Harbor™ is Portland, Maine's annual food & spirits festival featuring a delicious, diverse and engaging line up of events. The full schedule is curated to appeal to foodies of all kinds, offering a taste (and sip) for every appetite. Their mission is to tell the complete story of the local food and drink scene, to foster an inclusive community of passionate food & drink lovers and to give back to the community through this multi-day celebration. www.harvestontheharbor.com

Tuesday, October 17th

MPHA 2017 Fall Conference – Health Equity: Can We Get There From Here? University of Southern Maine, Abromson Center, Portland, 8:30am-4:00pm. Maine Public Health Association's annual conference is the largest statewide meeting dedicated to public health in Maine. Over 300 public health professionals from across the state in attendance, and topics include the latest science, policy, and programming related to public health in Maine. Keynote speaker will be Mark Fenton, a national public health, planning, and transportation consultant; an adjunct associate professor at Tufts University's Friedman School of Nutrition Science and Policy; and former host of the "America's Walking" series on PBS television. In addition, there will be two exciting panels: **Maine Funders Panel – Hear from Maine funders about their priorities, challenges, and opportunities** and **Substance Use Policymaking Panel – Interactive discussion with Maine legislators about policymaking related to substance use, including marijuana legalization and opiates.** For tickets, visit: www.mainepublichealth.org

Thursday, October 19th

Introduction to EFT Tapping, 4:00pm - 5:30pm MaineHealth Learning Resource Center, 5 Bucknam Rd, Falmouth. Join us for an introductory class to learn about Emotional Freedom Technique (EFT) or Tapping from certified EFT practitioner Karen St. Clair. EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for thousands of years, but without the invasiveness of needles. Karen will share the basics of tapping, how it can be used as a complementary therapy to western medicine and how it helped her personally. Be prepared to try out this simple and painless technique on yourself! \$10 per person. Register today at www.mainehealthlearningcenter.org. Space limited to 15 - reserve your spot now!

Ongoing

Tuesdays

8-week Creative Chakra Journey (begins September 26th), 6-7:30pm Vast Horizons Center for Personal Growth, Sparhawk Mill, 81 Bridge Street, Yarmouth. Experience a creative adventure in self-awareness and personal healing as we journey through the seven major chakras. We will combine the power of meditation, visualization, personal symbolism, beliefs, creativity, and writing in a safe comfortable space overlooking the Royal River in Yarmouth. No art experience neces-

sary. For more information, see the article in the Buzz section of this issue.

Wednesdays

Drop-in Reiki Clinic, Center for Balanced Living, 74 Lunt Rd, Suite 206, Falmouth Between 12:30-4:30pm on 2nd and 4th Wednesdays each month. Pay what you can for 15 minutes of Reiki. For more information, call 781-5100 or visit www.mainecenterforbalancedliving.com

Successful Balanced Living Radio Show, WMPG 90.9 FM Weekly, 1:00-1:30pm.

Tune in to hear our own Marketing Director, Lynda Adams (aka Host L.A.), interview weekly guests who will share their knowledge to help you take the steps needed to find fulfillment and success in all areas of your life: physically, mentally and spiritually. Also listen to live stream or to previously aired shows at www.successfulbalancedliving.com.

Thursdays

4 Week Gut Health Series – Every Thursday in October Stephanie Walsh, Certified Nutrition Therapy Practitioner and Eating Psychology Coach will be presenting a 4-week Gut Health series at Coastal Pharmacy in October on Thursdays at 5:30pm. In this series, learn what's going on in your gut, how your food and mood are affecting your gut health, and the steps you can take to get back on track to a healthier, happier you! For more information, see the article in the Buzz section of this issue.

Weekly Meditation Groups, Center for Balanced Living, 74 Lunt Rd, Suite 206, Falmouth 1:00-2:00pm for an hour of silent meditation and 6:30-7:00pm for guided meditation. Donations appreciated. Call 781-5100 if you plan to attend. www.mainecenterforbalancedliving.com

Fridays

First Friday Art Walk, Portland's Arts District, Portland. Portland's First Friday Art Walk is the state of Maine's largest free monthly cultural event. On the first Friday of every month, the galleries, museums, alternative venues and streets of downtown Portland celebrate the creative culture that makes us one of the best small cities in the country. www.liveworkportland.org

Soul Café, Celebrating and Encouraging Creative Community, 6:30-7:30pm

3rd Friday each month, Center for Balanced Living, LLC Lunt Auditorium, 74 Lunt Rd, Falmouth. Join us each month as we feature a performer who will engage the audience in an uplifting and creative experience. New theme each month. Refreshments, Donations. RSVP: 781-5100 so we can best prepare.