

# WHRL Highlights - 2018 By The Numbers

The numbers speak for themselves. Hundreds of hours volunteered. Foundation grants supporting our mission. BIG thanks to those who have made this possible!

80

men and women have participated in BoneBuilders since its inception in '08

25,000

additional square feet of IEM veggie garden added at Milbridge Commons (the Red Barn garden has 14,000 sq ft)

150+

people attended the Milbridge Commons grand opening in October

43

people decorated trees and wreaths for the Christmas Tree Festival

3,500+

pounds of veggies produced in the Free Pick-your-own veggies garden and 17 raised beds

73

average age of BoneBuilders participants

975

feet of walking trail installed at Milbridge Commons

87

Main Street purchased for WHRL's new location

175

runners and walkers in WHRL's two 5Ks

3

BoneBuilders volunteer lay leaders

50+

Volunteers at Weed the Witchgrass Party

10

Grants received: • Betterment Fund • Hudson Foundation • Machias Savings Bank • Maine Community Foundation • New England Grassroots Environmental Fund • Quimby Family Foundation • Stephen and Tabitha King Foundation • Maine Ag in the Classroom • Sewell Foundation

15

benches painted by area artists for WHRL's painted bench auction

431

Maine Harvest Bucks redeemed through the WHRL sponsored Milbridge Farmers' Market info booth

4

kinds of veggies planted by Milbridge Elementary students at the IEM Pick-Your-Own Garden at the Red Barn Motel

1108

WHRL board of directors volunteer hours dedicated to the mission: *advancing and promoting the health and wellbeing of the woman, her family, and her community*

1357

pounds lost by Weight Watchers participants

51

recipes submitted to The Humble Veggie, IEM's cookbook

68

women attended Women's Health Trivia Nights

2

Elaine Hill Memorial Nursing Scholarships awarded to Colleen Seefeldt and Lydia Sprague  
Downeast Table of Plenty Dinners hosted

284

yoga participants

## Women's Health Resource Library

PO Box 463  
Milbridge, ME 04658

[www.whrl.org](http://www.whrl.org) • (207) 546-7677

### Our Mission

The mission of WHRL is to advance and promote the health and well-being of the woman, her family, and her community.



Your contributions make a difference. No amount is too small! Visit [whrl.org/donate/](http://whrl.org/donate/) to make a donation today. You can now make monthly recurring donations.

### How do you define health?

*The WHRL sees health in very broad terms that encompass the whole person.*

The Quimby Family Foundation, strong supporters of Incredible Edible Milbridge and the Milbridge Commons, share with us their definition of "Human Wholeness".

**Human Wholeness:** To us, human wholeness is physical, emotional, social, and spiritual health. We believe in the inherent value of nature to advance all four.

**Belief:** Connecting with one another and nature is vital to growing physical, emotional, social, and spiritual health. Our wish is that people are empowered to make proactive choices to benefit personal and planetary health. We hope for a collective commitment to human wholeness that offers a healthier path forward. To

help blaze a new path, we shift away from our detrimental subsidized food system, recognize the limitations of our current healthcare model, and we invest in human connection, active lifestyles and nourished bodies.

**Challenge:** The Center for Disease Control and Prevention estimates that 75 percent of our health care dollars are used to treat preventable chronic diseases and conditions. We see the following four issues (Nature Deficit Disorder, Isolation/Loneliness, A Broken Food System, and Sedentary Lifestyles) as key challenges to our individual and collective wellbeing. Read more about the four key challenges to our wellbeing: [quimbyfamilyfoundation.org/human-wholeness](http://quimbyfamilyfoundation.org/human-wholeness)

WHRLWind | Spring 2019

## WHRL Purchases Historic Smith House

87 Main Street to become the new home of the WHRL in the summer of 2019



This lovely sentiment is carved on the walkway welcoming visitors.

At the end of last year, The Women's Health Resource Library bought the historic home at 87 Main Street in Milbridge, formerly the Cinnamon Stick and more recently the Old Moon Cafe. The building provides numerous opportunities to serve the community with more space and increased functionality. The back of the building is being converted to an open, airy community room. This will be perfect for larger groups like Yoga and Bone Builders as well as providing space for meetings. The front "parlor" space will host the WHRL book shelves and provide space for smaller groups and gatherings. There will be a private office as well as a kitchen and powder room. A front garden, established by DeDe

Clair, provides a beautiful and welcoming entry to the home. Green space behind the home offers more gardening opportunities.

Upstairs includes a lovely studio apartment with an abundance of natural light. There are three office spaces on the second floor as well. Rental from the apartment and offices will help to cover costs and keep "home-ownership" affordable for our small, grass-roots organization.

The house comes with a fascinating history. It was

built by Captain Thomas Jones Smith for his wife. Lured to the California gold rush in 1849, Captain Smith dissembled the house and moved it to California to keep his wife happy. But they arrived to discover that the gold rush was over, so the home was moved back to its current location on Main street. Interestingly, Smith's wife, the woman for whom this beautiful home was built, was named Thankful. We at the WHRL are thankful to have this opportunity to grow and better serve our community.

Rental space will be available in summer 2019. Inquiries on the apartment or professional space may be sent to [info@whrl.org](mailto:info@whrl.org).

Women's Health Resource Library



Many thanks to Bobbi-Jo Thornton and Machias Savings Bank for helping the Women's Health Resource Library become "homeowners".

Our move to 87 Main Street, (planned for this summer following some renovations), would not have been possible without Bobbi-Jo's hard work. We were under a unique time constraint to make this purchase happen and Bobbi-Jo rose to the occasion. It was a smooth and rewarding process.

Our move will not only help us to expand our services, but it will be another step in creating a more vibrant and thriving downtown Milbridge.

Machias Savings has been a WHRL supporter since our opening in 2005. Their strong commitment to strengthening communities is an inspiration. We are forever grateful.

## Wyman's Partners with WHRL for \$5,000 Fitness Challenge

Wyman's of Maine, the Milbridge-based blueberry company, has partnered with the Women's Health Resource Library to create a fitness challenge. The Wyman's Fitness Challenge is designed to get people moving and fit as well as raise money for the Milbridge Commons Playground, slated to open this summer. The overall goal is to get the community to log at least

10 million steps. Those steps will translate to a \$5,000 donation from Wyman's toward the playground. So far, WHRL has raised \$30,000 of the \$60,000 needed.

The kick-off event will be the Elaine Hill Memorial 5K walk/run scheduled for May 4th. Team Wyman's will host a blueberry smoothie tent to get people started logging those steps.

The challenge will run from April 15th through May 30th. People can sign up at [whrl.challengerunner.com](http://whrl.challengerunner.com). Users can enter their steps manually online via an honor system. Fitbit and other fitness device users can synch their steps automatically. The WHRL has a limited number of pedometers available; contact us at 546-7677, first come, first served.

### Elaine Hill Love a Nurse 5K and Fun Run - Saturday, May 4

Registration Fee is \$15 for the 5K and \$5 for the Fun Run.

Race Start is at the corner of Bay View and Fickett's Point roads.

Time 8:45-9:30 registration, 9:30 Fun Run, 10am 5K Walk/Run.

Pre-register by April 17 for a guaranteed race t-shirt.

Register online at [whrl.org/5k/](http://whrl.org/5k/)



To participate in the Wyman's Challenge and track your steps (walking or running!) create a free account at [whrl.challengerunner.com](http://whrl.challengerunner.com).

Order your copy of

## The Humble Veggie Cookbook

The Women's Health Resource Library is publishing *The Humble Veggie: An Incredible Edible Milbridge Cookbook*.

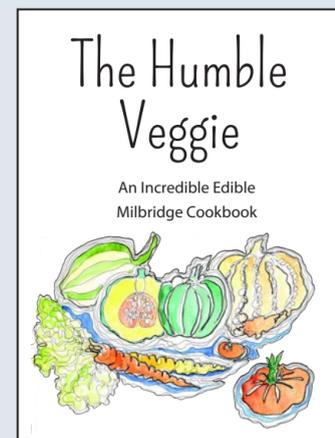
*The Humble Veggie*, WHRL's first ever cookbook, has been developed and formatted by volunteer efforts and features over 50 vegetable and fruit recipes contributed by community members. Recipes are simple and healthy, with just a few easy to buy (or grow!) ingredients. The cookbook is bilingual with recipes presented side-by-side in both English and Spanish.

Access to healthy, fresh vegetables is only part of the journey toward nutritional wellness. Having the confidence to cook yummy vegetable means you'll be more likely to utilize

the Incredible Edible vegetable gardens, farmers' markets and fresh produce isle at the grocery. This collection will help readers figure out just what to do with kale. And when the garden delivers a bounty of zucchini, our cookbook can help.

Thank you to our cookbook sponsors: Wyman's of Maine, Pleasant River Garden Club, Milbridge Farmers' Market, Odds 'n Ends, Harrington Family Health Center, Darthia Farm, and Salty Dog Farm. Many thanks to Ken Graslie for contributing the artwork for the book.

We are taking advance orders for *The Humble Veggie*. The cost is \$10. Place your order at [whrl.org/cookbook/](http://whrl.org/cookbook/).



## SUMMER SEEDING READING BOOK LINEUP

- *The Carrot Seed* by Ruth Krauss
- *Jack's Garden* by Henry Cole
- *Up in the Garden Down in the Dirt* by Kate Messner
- *Miss Maple's Seeds* by Eliza Wheeler
- *Planting a Rainbow* by Lois Ehlert



Volunteer Brian Dyer Stewart reading *If you plant a Seed* to 1st graders at Milbridge Elementary School

## IEM Brings Education Initiatives to Milbridge Elementary

The Incredible Edible Milbridge education initiatives are growing by leaps and bounds! IEM continues to provide rich experiential gardening programs at Milbridge Elementary School. This year, we've already started two

worm-composting bins, decorated fourteen toad houses, and started our Seeding Reading project. Seeding Reading is funded by the Stephen and Tabitha King Foundation: volunteers read books with a gardening theme to the Kindergarten and 1st grade classrooms and then lead a fun garden-related activity afterwards. We are happy to announce that Seeding Reading will continue in the summer at the children's garden at Milbridge Commons. Stay tuned for the summer schedule!

As spring finally rounds the corner, we're looking forward to planting the raised beds in front of the elementary school, field trips to Darthia Farm and Folklore Farm, starting pumpkins with the pre-kindergarten and kindergarten classes, and hosting students from every grade at the gardens at Milbridge Commons. They will help us plant potatoes, green beans, and more!



Top - students studying worm compost. Bottom - students creating toad houses.

## WHRL and IEM Spring and Summer Programming

Visit our website for more details on all of these programs. Registration is required for all workshops. Programming subject to change. Keep up with the latest updates on our Facebook page at [facebook.com/whrl1](https://facebook.com/whrl1)

**Elaine Hill Love a Nurse 5K**  
**May 4 - 9:30am Fun Run, 10am 5K at the corner of Bay View and Fickett's Point**  
 A charity 5K and Fun Run to support the Elaine Hill Memorial Nursing Scholarship. 5K is \$15, Fun Run is \$5. Register online at [whrl.org/5k/](http://whrl.org/5k/)

**Planning your Medicine Garden**  
**May 11 from 9-11 am at the WHRL With Jody Mountcastle**  
 Learn about preindustrial medicine/medicine plants that grow well in our region and how to cultivate them. We'll focus on medicine in the landscape and the wise use of gardening for health. *Free.*

**Family Gardening Workshop: Create Your Own Container Garden**  
**May 18 from 9 - 11am at the Pick-Your-Own Garden at the Red Barn Motel with Pam Dyer Stewart and Juana Rodriguez**

Join us to plant a container garden to take home. We'll talk about healthy soil, seeds and seedlings, and how to care for them all summer. Fun for the whole family! *Free.*

**Gardening 101, Part 2 - Get Those Gardening Gloves On!**  
**June 8 from 9 - 11am at the Pick-Your-Own Garden at the Red Barn with Zabet NeuCollins**  
 Learn about prepping your garden bed, composting, trellising techniques, watering do's and don'ts, weed management, and more in this hands-on workshop. Please join us even if you didn't attend Part 1. *Free.*

**Gardening 101, Part 3: Tips & Tricks For Your Fall Garden**  
**July 6 from 9 - 11am at the Milbridge Commons with Michael Hayden**  
 It may be hot now, but how can you keep those vegetables coming right into the Fall? In this workshop, Michael will help you choose varieties that will be happy in the cool weather—he'll share techniques he learned over the years on how best to plant them, care for them, and harvest them. Plus, you'll go home with a variety of seeds. *Free.*

This identifies volunteer opportunities. Contact us at [info@whrl.org](mailto:info@whrl.org) or 546-7677 to learn how you can help!

**Milbridge Commons Work Party**  
**Saturday, June 29 - 9:30am**  
 Join us for some garden work at the Milbridge Commons Wellness Park. We'll provide lunch and live music to make this a fun day for all ages. Check our website for more details.

**Gardening Volunteer Party**  
**Saturday, August 24**  
 Volunteer Party at the Pick-Your-Own Garden at the Red Barn Motel. Light refreshments and beverages will be provided! Details forthcoming.

**Letting Nature Do (most of) the Work**  
**July 13 from 9-11 am with Leonore Hildebrandt at Leonore's Home in Harrington**  
 Some of us used to work hard in the garden. Now we are finding that less is more - as long as we work in accordance with natural processes. In this workshop we will discuss ways to maximize our efforts in growing food, and then tour Leonore's beautiful vegetable garden. *Free.*

**Family Gardening Workshop: Composting with Worms**  
**October 5th from 1 - 3pm with Jock Robie, worm-enthusiast, at the WHRL**  
 A fascinating hands-on workshop on vermi-composting, a simple and efficient way to compost food, especially for people who live in a small space or would like to compost throughout the winter. Limited to 10 participants. Couples and families can register as one. Fun for the whole family! You will take home your own worm-composting bin with live worms! *Free.*

**Milbridge Days Auction**  
**July 26 (1-6pm) and 27 (8am-1:30pm) Seaworth Event Center**  
 WHRL's annual raffle style auction. A silent auction section will feature items painted by area artisans.

**Milbridge Days 5K**  
**July 27 - 8am Fun Run, 9:30am 5K at the corner of Bay View and Fickett's Point**  
 5K \$15; Fun Run \$5.

**Blueberry Pie Sale**  
**July 27 - 8am - Noon at the Seaworthy**  
 Fresh, homemade blueberry pies \$15.

### Ongoing Programs

**Bone Builders**  
**Tuesday and Thursday at 9:00am at the WHRL**  
 The Bone Builders Osteoporosis Prevention and Reversal Program is an effective combination of weight bearing, balance and stretching exercises for women and men age 50+. A release from your doctor is required. Contact us at [info@whrl.org](mailto:info@whrl.org) for more info and space availability. *Free.*

**Yoga with Geri Valentine**  
**Most Thursdays at 5:30 pm at the WHRL**  
 Kripalu Yoga Classes with Geri Valentine. For more details, contact Geri at [bearsdenger@gmail.com](mailto:bearsdenger@gmail.com) or 483-4679. *\$10 an evening.*

**SoulCollage®**  
**The second Saturday of the month from 9 to 11:30 am with Bonnie Johnson**  
 SoulCollage® is a fun reflective and intuitive collage process. If you're new to SoulCollage®, call Bonnie at 546-6101 for more information about registration. *\$10 per session.*

**Weight Watchers**  
**Mondays from 5-6 pm at the WHRL Call 1-800-651-6000 for registration information.**

**Harvest Table Cooking Classes**  
**3rd Saturday of the month from 11:30-1:30pm, July-March at the Weald Bethel Community Kitchen, Cherryfield**  
 Learn culinary skills and favorite recipes from talented Downeast cooks as we prepare dishes using many local ingredients. We will show you how to make delicious meals using the lush, fresh vegetables from the Incredible Edible gardens, the farmer's market, your own home garden or the grocery store. You will enjoy a great cooking experience, get fantastic new food ideas and make new friends. The hands-on classes are each two hours long. Best of all? Great tasting food! Space is limited. *Free.*