



High Tide

JUNE 2019, ISSUE 1



[http://
www.hbamaine.com](http://www.hbamaine.com)

HIGGINS BEACH - WHERE LIFE IS GOOD FROM THE EDITOR

Welcome to another season of High Tide. This edition, we look at how Higgins Beach feeds us. Meet two Scarborough authors inspired by life and habitat at Higgins Beach. Learn about their newly published books. Or be called to yoga. (Page 3)

I've been told there is no such thing as a coincident. Rather – they are God winks. If you pay close attention, you recognize them. People can come to a better understanding, make a deeper connection, gain a new perspective, or a greater appreciation for events, time, and place.

I had a God wink. Each year, as I prepare my garden, the dreaded chore (because I'm too cheap to buy new ones) is re-stringing my wind chimes. Often the weighted sail in the center of the chime has vanished. This key piece holds the striker in place.

In search of an attractive replacement part, the assortment of seashells collected by last year's younger guests sat on the base of my porch flower box. I had an idea: drill a hole in the shell, it would make a perfect sail - appropriate beach decor. I drilled the holes, laced, and hung the chimes, and thought nothing more. Until the next day.

As the rain poured down, gardening was out for today. I hunkered down and read Kathy Billing's book: *From a Distance*. A lovely quick read, that will not only bring you back in time to Higgins Beach; but bring you modern day – a daughter caring for her parents with dementia who are living their last years at Piper Shores.

Kathy and her dog Mimi are part of a community who walk Higgins Beach daily. (continued. p4)

INTOUCH WITH HIGGINS BEACH ALL THE TIME!

www.hbamaine.com is mobile friendly! Up to the minute info - tides, events, weather and more on your smartphone, tablet, or computer.

Additional websites of interest:

www.higginsbeachproperties.com

thebreakersinn.com

www.higginsbeachmaine.com

higginsbeachinn.com

www.mainehealthvbeaches.com



HBA

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HBA CALENDAR OF EVENTS – 2019**CLUB HOUSE EVENTS:**

Wednesday Donuts: 9AM
Every Wednesday until August 28th.
Bring your favorite mug! \$2.00

Monday Bridge: 1PM
Every Monday beginning June 24th.
No partner needed!

Concert: 7PM
Tuesday July 1st, Don Campbell
Thursday, July 18th. Macisso
Brothers and Susie Pepper.

Sunday Ice Cream Socials: 6:30PM
Get the scoop! July 7th, 21st;
August 4th, 18th. \$2.00

Evening of Poetry: 7PM
Tuesday August 13th with David
McCann.

Craft Fair and Bake Sale: 9AM - 4PM
Friday August 9th; Saturday August
10th.

Pumpkin Painting: 9AM
Thursday, September 19th.

Wednesday Night Dinners: 6PM
Here's what's Cooking:
July 10th: Italian Dinner - \$15
July 17th: Prime Rib - \$20
July 24th: Pizza Night - \$10
July 31st: Lobster Bake - \$20
August 7th: BBQ Dinner - \$15
August 15th: Haddock Dinner - \$15

For tickets call Glennis: 883-3925 or
John Veltri: 883-3585

4TH of JULY EVENTS:

Parade Theme: Maine Products- 4pm. Please see website for parade form registration!

ATTENTION: We love 4th of July community fireworks! Please note

-Scarborough's strict ordinance for the protection of people and property, and your wallet (we don't want you to get fined!) - see HBA website.

OPEN GOLF:

July 24th - Valhalla- 10:00AM
July 31st - Riverside - 10:27 AM
August 8th - Nonesuch - 10:03 AM
FMI call Tom Murphy:
207-883-2246

BEACH RAKING 6AM:

Every Thursday from June 28th until August 23rd. Guaranteed coffee, donuts or muffins and tall tales. Meet at the beach!

BOOK CLUB:

Wednesday - 10AM The first meeting will be held June 12th at Barbara Bombaci's house, 22 Bayview Ave. Book: *Unsheltered* by Barbara Kingsolver

FMI - 883-2060

MORE EVENTS AROUND THE BEACH

BEACH YOGA:

Scott and Sunny Townsend host a complimentary one-hour vinyasa flow class with a professional instructor. All levels are welcome.

Meet at the foot of Champion Street at 7:30 AM with a mat or towel, and water. There is no class if it is raining.

Tuesdays: June 25; July 2,9,16,23;
August: 6, 13,20.
Fridays: 2,30.



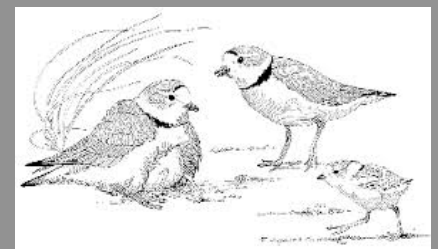
Piping Plover Protection

The eastern end of Higgins Beach (down by the Spurwink River) is owned by the Maine Department of Inland Fisheries & Wildlife. Please note that this property is roped off with “No Trespassing” signs to protect our nestling and roosting endangered Piping Plovers. Beach walkers are asked to respect the roped off area. Department biologists and volunteer monitors are easily identifiable and happy to answer any questions you may have.

*****IMPORTANT*****

Dogs are prohibited from trespassing on the eastern end of the beach beyond Champion Street from April 1 - Labor Day. Dogs are welcome on the west end of the beach. The following rules apply:

**Dawn - 9AM: Dogs allowed off leash under voice command.
 9AM - 5PM & Dusk to Dawn: Dog's are prohibited.
 5PM - Dusk: Dogs permitted on leash. Thank You!**



MEET THE AUTHORS BY KAREN VACHON



Higgins Beach resident, Glennis Chabot has been monitoring Piping Plovers for many years here at Higgins Beach.

As a retired science teacher, her love for teaching and observing birds led her to co-author *The Mystery Chick - a Piping Plover Story*, with her friend, Patricia Flint, who is a retired English Teacher and school librarian. Glennis and Patricia have been reading the book in school classrooms. Since school is out for summer, how about picking up your own copy and seeking out these authors at the beach to sign your book! Chances are good you may find them among the plovers on the east end of the beach.

Scarborough resident Kathy Billing's book *From a Distance* creates and recounts

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two tales; past and present; imagined and true. This charming book incorporates local and family history with heartfelt stories beckoning the reader to

love and embrace human values, cherish relationships along with natural environment -all helpful tips, especially when facing dementia and the declining health of our loved ones. Readers can expect a walk back in time to summer 1932 at Higgins Beach for some history, mystery, and romance. A copy of Billing's book has been donated to the Little Library; readers are invited to sign, date,

REMINDERS AND TIPS:

- Don't get locked in! The public parking lot is open 5:30AM – 9PM sharp!
- Make your reservations; Dinners sell out quickly!
- The clubhouse is available May 14th – October 10th (excluding HBA events). Members wishing to hold a private event should call Sue Naiden: 239-6421

Continued from Pg. 1

She observed that the beach is different every day: rain, snow, fog, sunshine; tidal changes, sand shifts, big waves, calm seas; sometimes low tide exposes a clean beach; other days, a beach filled with seaweed. One never knows. This observation of environment paralleled Kathy's experience when visiting her parents - never knowing what she would face each day; she took it all in as a natural progression of life – seeing good and beauty in a new and different way.

“I didn't set out to write a book”, explains Billings, “I was journaling as a form of therapeutic coping; eventually I found my mind wandering in my imagination back to a time long ago - 1932, imagining my mother, age seven, living life as she once lived – as a young, free-spirit, absorbing the beauty and excitement of a summer at Higgins Beach. My therapy morphed into this book.”

The Higgins Beach community is ever changing. Each year I ponder: What has changed while people have been gone? Home renovations and re-builds happen every year. This June, Peter and I welcome Wolfgang and Susi Kaltenegger to our home. The Kaltenegger's lived at Higgins Beach in the late 1990's. Before moving back to Austria, Wolfgang placed a buoy on our back fence. It is still there today! Beyond the buoy, so much more has changed – a new seawall, sidewalks, bath house – to name a few. I look forward to their reaction!

Families have been coming here for generations. And with them, comes traditions, history, and great memories. This community is a sacred place. While a

lot has changed, it is the people of this community that make this place so special.



From a Distance brought me up close and personal to my home land at Higgins Beach. The Pavilion once stood where my home is today. It was the hub of the beach, where community gathered. This place, in history, harbors great memories. I can only imagine how people felt when the Pavilion was razed and two modern homes were built back in 1960. It seemed fitting to add a little library and tend a nice garden today.

As homeowners, we are stewards of the land. There is a history, connection, and memory of every cottage here. Working in my corner garden, people stop and talk. They reminisce about different people and cottages. I have heard from neighbors who renovated their cottage and found buried treasures in the walls. If you have found treasures, please chime in – they will make fun future High Tide stories!

As I write, we have had a very cold and rainy spring. For our summer folks, I hope the weather changes. But if it doesn't – hunker down, read a book, consider joining Barbara Bambaci's book club (page 2). Search our authors on the beach and have your book signed. No matter the weather – as Kathy Billings says, it is beautiful. Life is good here at Higgins!

After finishing the book, I glanced at the cover and noted two seashells each with a natural hole. For a deeper connection to this God wink – read the book. Enjoy! ~ Karen

IN MEMORIAM: WE REMEMBER OUR HIGGINS BEACH RESIDENTS WHO HAVE PASSED THIS YEAR

Ellen Coppola - Kent St.
Jane Haskell - Ashton St.
Kathy Hannan - Morning St.

Mario Lacopucci - Champion St.
Catherine Kennedy - Ocean Ave.
Mike Kelly - Kelly Ln.

Phylis Scala - Champion St.
Steve Shannon - Morning St.
Donna Gallant - Morning St.

News stories, announcements, photos are always welcome! All material is subject to edit due to timeliness and space. Deadline for material is the 10th of each month (June – August).

Send content via e-mail to: kvachon59@gmail.com. Please put HIGHTIDE in the subject line. Thanks!