



Little Sapling News

"Promoting healthy growth for our youngest."
Coming Events, Resources and More
Covering the Blue Hill Peninsula, Deer Isle and Stonington



*Healthy Peninsula has changed the
Name of our family FB page to:*
**Island & Peninsula Family
Connections**

[Other Facebook Groups Geared Towards Families:](#)

Blue Hill YMCA <https://www.facebook.com/BlueHillYMCA>

Island Community Center

<https://www.facebook.com/Islandcommunitycenter2>

Community Compass

<https://www.facebook.com/communitycompassdowneast>

WIC Hancock & Washington Counties

<https://www.facebook.com/downeastWIC>

Sunrise Opportunities Prevention Council

<https://www.facebook.com/WCCANcouncil>

Brooklin Food Corps

<https://www.facebook.com/profile.php?id=100057650793676>

Adoptive and Foster Families of Maine, Inc & Kinship Program

<https://www.facebook.com/Resource.Family.Support>

Ellsworth, MDI, Blue Hill - Family and Kids' Activities

<https://www.facebook.com/groups/1411447465772796>

Local Events and Activities for Children & Families

Walk-In Café

<https://www.healthypeninsula.org>

Hosted by Healthy Peninsula, the Walk-In Café is held every Wednesday from 10-11:30 am behind the Congregational Church in Blue Hill. Enjoy snacks, tea, coffee, hot cocoa and juice. Have the kids burn off some energy on the Murphy Trail and the playground. Fun for all ages.

Autumn Gold

Thursday September 28th - Sunday October 3rd

I have linked the full schedule here: <https://www.ellsworthchamber.org/schedule/>

Here are a few family friendly activities I thought looked fun

- A pancake breakfast
- Downeast Scenic Railroads train rides
- Matilda, the Musical
- Kite Making



- Touch a Truck
- Face Painting

New Surry Theater

<https://www.newsurrytheatre.org/>

YOUTH MUSICAL THEATER

NEW SURRY THEATRE
PERFORMING ARTS SCHOOL

Youth Musical Theater Class to be held on Wednesdays from 5-6:30pm, beginning Sept 27 and running until Dec 13. There is a fee for the class with discounts for multiple children. If you are in need of a scholarship, let me know and we will take care of that with you. Here is a link for the class

https://secure.lgforms.com/form_engine/s/TudSK-jYxzv6-tpFCix1IA

Every Kid Outdoors

<https://www.everykidoutdoors.gov/index.htm>

Free passes for all fourth graders for all federal / national parks and land.

Blue Hill Heritage Trust

<https://bluehillheritagetrust.org>

Passport to the Trails - Collect all the stamps by hiking the Blue Hill Heritage Trust Trails.

Healthy Hibernation Fair

Saturday Nov. 4th at the Blue Hill YMCA

A partnership between the Blue Hill YMCA, Northern Light, Healthy Peninsula, Blue Hill Heritage Trust and Island Health and Wellness Foundation bringing winter activities to the community.

For all you with High School Students who have Community Service Requirements, this is for you! In addition to providing the community with options to stay active this winter we are also encouraging organizations to provide the community with opportunities to VOLUNTEER!

For more information you can contact Healthy Peninsula at: 374-3257



Stonington Opera House

www.operahousearts.org

Live for \$5 summer series - All Hancock County students can attend this series for free! Check out their website and click on the “Shows and Events” tab to see upcoming movies. See their website for concert information and more!

Island Meadow Arts

<https://www.islandmeadowarts.com/>



Art Classes

Toddler and Parent
Tuesday and Thursday
9:30-10:30, Ages 2-5
with outdoor play after class

Homeschool Groups
Wednesday and Thursday
1:00-3:00 and 12:30-2:30
Ages 10 & up ~ Ages 6-10

Saturday Studio
10:00-11:30
Ages 6-10



Apple and Pumpkin Picking!!

Treworgy Orchards in Levant - Apple picking, Pumpkins, Corn Maze and more!

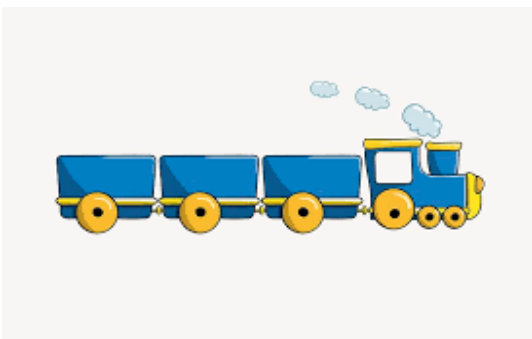
<https://treworgyorchards.com/>

White's Apple Orchard in Bucksport - Opening September 16th!!
Apple picking, Pumpkins, and squash!

<https://www.facebook.com/Wights-Apple-Orchard-602096796845887>

Johnstons Apple Orchard in Ellsworth - Apple Picking, Produce and aged Cheese for sale.

<https://www.facebook.com/profile.php?id=100083466242491>



Downeast Scenic Railroad

<https://www.downeastscenicrail.org/special-events/>

Pumpkin Train in October 14th and 15th

The Downeast Scenic Railroads Annual Pumpkin Train ride includes a train ride which stops at the Pumpkin Patch. Families can get off the train and choose a Pumpkin for the children.

Island Community Center

<http://islandcommunitycenter.org/>



Applefest Oct. 1st from 12:00-3:00 at the Stonington Ball Field
AppleFest is a community event and fundraiser that celebrates the arrival of fall with live music, food, kids activities, vendors, and the beloved Applewalk, where participants take home delicious apple goods. Tickets are required.



Spooktacular Parade Oct. 28th Deer Isle 10:00, Stonington 11:00
On the Saturday before Halloween, the Island Community Center celebrates the holiday with a costume parade through downtown Deer Isle and Stonington with trick-or-treating at local businesses. The Spooktacular concludes with a Halloween movie at the nearby Stonington Opera House. This event is free!

New Parent Classes and Supports



Birch Moon Midwifery & Lactation Care

Holly Arends Murphy, CPM, IBCLC offers:

Home Birth Midwifery	Hybrid Care
Lactation Consultation	Well-Body Care
Water Birth Support	Fertility Planning and Insemination

Call 207-522-6043 or email holly@birchmoonmidwifery.com

Anchored Women's Health

<https://anchoredwomenshealth.com/>

Anchored Women's Health, LLC is a women's health practice offering evidence based care to women of all ages. Our mission is the empowerment of women as partners in health care, supporting normal processes, and promoting health and wellness.

Bay School

<https://bayschool.org>

Moon Garden - For families with newborns up to six months old

Star Garden - For families with children six months to eighteen months old

Morning Garden - For families with children eighteen months to three years old

Island Community Center

<https://www.islandcommunitycenter.net>

Mommy & Me Playgroup Mon, June 13, 10:30am – 11:30am

Sunrise Opportunities Prevention Council

<https://sun-rise.tv/can-council/>

Mommy & Me Playgroup Ages Birth - Five

Every Thursday at 10:00 at the Knowlton Park in Ellsworth

Nurturing Father Class

Maine Families

<http://mainefamilies.org>

Parenting your new baby is the most important job you will ever have. It is also the hardest! That's why you and all Maine parents will love getting the information that you can trust, the support that you need when you need it, and an extra boost of confidence from Maine Families.

Maine Families is offered to all families who are expecting or have a new baby at home. Whether it is your first or your third baby, Maine Families certified family visitors can provide information, encouragement and support around the topics that matter to you regarding health, nutrition, safety, development and your family's well-being. Best of all, they come to you at your convenience and at no cost to you!

WIC

<https://www.womeninfantschildrenoffice.com/ellsworth-wic-clinic-maine-wcl5670>

Ellsworth, Maine 248 State St #3A, Ellsworth, ME 04605 (207)667-5304

Maine Family Planning's WIC program works to maintain the health of women, infants and children up to age five by providing information on healthy eating and vouchers for healthy foods. Our WIC program is open to people living in Hancock and Washington counties, including migrants working in these counties, who are any of the following: Women who are pregnant, breastfeeding or had a baby in the last six months; Infants and children up to the age of five, including adopted and foster children; Fathers may apply for their children.

Story Hours & More ~ Check out our local libraries!

Blue Hill Public Library

<https://www.bhpl.net>

One Time Events:

- **Stone Soup** September 21st Library Lawn, check out the website for more information.
- **Frogtown Mountain Puppeteers** Friday September 29th in the Adelaide Pearson Room

Everyone is invited to a **free** performance by Frogtown Mountain Puppeteers of "The Headless Horseman of Sleepy Hollow".

In this comedic version of the classic Washington Irving tale, school teacher Ichabod Crane helps the Headless Horseman find a new head and a spookier image. Meanwhile, a jealous Brom Bones tries to run Ichabod out of town as they both vie for the affection of Katrina Van Tassel. In the end the Horseman saves the day, and everyone lives "happily ever after!"



Weekly Events:

- **Storytime on Tuesdays**
- **Playgroup on Wednesdays**
- **Youth Chess Club**
- **Teen Animal Club**
- **Preschool Playgroup in the Park**
- **Wild Sun Catchers**
- ***Magic The Gathering Club***
- **1000 Books Before Kindergarten**

[Stonington Public Library](https://www.stoningtonlibrary.org)

<https://www.stoningtonlibrary.org>

- **Monthly Storytime** and craft on the second Saturday of every month from 10-11am
- **Create Leaf Prints** Sat. October 14, 10-11am @ Mariner's Park Sunshine Rd, Deer Isle *Rain venue: SPL

[Friend Memorial Library](https://friendml.org)

<https://friendml.org>

- **Monthly Storytime** Join us for storytime! We will read stories, craft, sing, and play together. Every Friday at 10:30 am.

[Chase Emerson Memorial Library](http://www.deerislelibrary.org)

www.deerislelibrary.org

- **Story Time** the fourth Saturday of every month at 10:00am, age range 3-7
- **Handworks in the Library** Tuesdays starting at 2:00
Grab your knitting, crocheting, mending, or what-have-you and enjoy a little company while you do your thing! Come right at 2:00, or drop in whenever you please. We're open until 5:00 on Tuesdays.

[Witherle Library](https://witherlelibrary.net)
<https://witherlelibrary.net>

Fall After-School Programs at Witherle Library Please Join Us!

ONGOING PROGRAMS: DAYS AND TIMES



LEGO Mondays
Starting September 11
at 2:30 pm
Ages 8 and up



Sewing Makerspace Fridays
Sept 29–Nov 10
at 2:30 pm
Ages 10 and up
REGISTRATION REQUIRED



Dungeons & Dragons Tuesdays
Biweekly from
2:00 to 5:00 pm
Ages 10 to 15
REGISTRATION REQUIRED



Dungeons & Dragons Thursdays
Biweekly from
3:15 to 6:15 pm
Ages 10 to 15
REGISTRATION REQUIRED

CRAFTY WEDNESDAYS STARTING AT 2:30 PM



Perler Beads
Colorful pattern-making shapes
September 6
Ages 8 and up



Sculpey Clay Three-Dimensional Design
September 13
Ages 8 and up



Make a Treasure Box
September 20
Ages 8 and up



Sharpie Tie-Dye
September 27
Ages 8 and up

All programs are held in the downstairs Community Room. For more information and to register please go to www.witherlelibrary.net/young-people or call 326-4375.



WITHERLE MEMORIAL LIBRARY

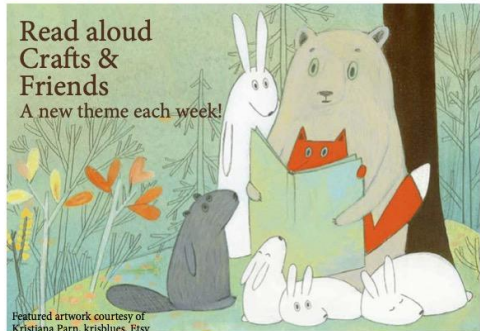
Storytimes

TODDLERS
WEDNESDAYS at 10:30

Stories and a simple
craft designed for
pre-readers



FAMILIES AND CHILDREN OF ALL AGES
SATURDAYS at 10:30



Featured artwork courtesy of
Kristiana Parn, krisblues, Etsy

41 School Street | Castine, Maine
326-4375 or ann@witherlelibrary.net

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www.deerislelibrary.org

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Food Resources



Food Pantries

Tree of Life Food Pantry <https://www.treeoflifepantry.org> Thursday from 9:00am to 1:00pm at 23 South Street in Blue Hill 374-2900

Stonington Island Pantry Thursday from 5:00pm-6:30pm contact Cathy (207) 460-1779 or Caroline (207)367-2918

Loaves and Fishes <https://loavesandfishesellsworth.org>

Community Meals

Simmering Pot

- Soup deliveries every Monday
- In person meal at the Congregational Church Mondays 2:30-6:00 pm
Call Healthy Peninsula if you need a soup delivery: 374-3257

Community Compass - Meals call Tammy Cox 479-5397

or email neighborhoodnavigatorsedg@yahoo.com

Farm Fresh Rewards – SNAP/EBT shoppers receive a 50% point-of-purchase discount on eligible fruits, vegetables, legumes, and seedlings



<https://www.gsfb.org/ffr>

For most of us the closest store to use this benefit is the Blue Hill Coop. For more information click on the above link

Magic Food Bus - Still going until the end of September

www.healthypeninsula.org/magic-food-bus

Please call 374-3257 if you have any questions

Thursdays:

Blue Hill - Harborview Apartments 2:15pm

Brooksville - Town Office 5:30pm

Brooklin - Friend Memorial Library 3:00pm

Deer Isle - Deer Run / Lily Pond 3:00pm

Stonington - Island Community Center 4:00pm

Penobscot - Town Office 3:30 (September at the Penobscot School)

Surry - The Gatherings 2:30 (September at the Surry School)

Sedgwick - Sedgwick Elementary School 3:00pm

Fridays:

Sedgwick - Benjamin River Apts 11:00am

By Delivery: Castine

Farmers Markets

www.healthypeninsula.org

Blue Hill May - October Saturdays 9 am - 11:30 am *now taking SNAP and Harvest Bucks*

Brooklin May-Mid October Thursdays 11:00am - 1:00pm

Brooksville May-September Tuesdays 9:30am -12:00pm

Stonington May-September Fridays 10:00am - 12:00pm

Stonington Garden Project and Cafe July - September Saturdays 11:00am - 1:00pm

Clothes and Baby Gear

Turn - Style Thrift Shop Blue Hill

Free Clothing Closet in the Parsonage at Sedgwick North Baptist Church

Deer Isle Adult & Community Education Resource Center

Second Edition - Used Clothing Store in Sedgwick

Goodwill - Ellsworth

Clothes Encounter - Ellsworth

2nd To None Thrift And Gift - Ellsworth

Licensed Local Child Care Provider

The Bay School - Blue Hill 374-2187

Muddee Hands - Deer Isle 348-6727

Golden Sun Child Care - Blue Hill and Sargentville 266-6509

Cubby Hole - Blue Hill 610-3488

Puddle Jumpers - Deer Isle 460-8875

Snappers - Deer Isle 384-5228

Community Children Learning Place - Castine 326-4800

Skip To My Lou - Penobscot 702-1978

Head Start - Deer Isle 664-2424

Nestled Inn - Penobscot 624-1575

Ladybugs and Dragonflies - Surry 271-7405

Family Photographers

Lynn Betts - Brooklin www.facebook.com/perfectimagebylynnb

HeidiAnna Photography - Sedgwick 479-8464

Mooky Cherie Photography - Bangor www.mookycheriephotography.zenfolio.com

Closer North - Brewer 902-2122 www.closernorth.com

Zi Photography - Ellsworth www.ziphotography

Fire Chicks Photography - Ellsworth 479-9909 www.firechicksphotography.com

Lovelle's Lens - Ellsworth 214-9164 www.lovelleslens.com

Jenn Marie Photography - Waldo 322-5430 <https://jennmarie.photography>

Jennifer Smith's Photography www.jennifersmithsphotography.com

Norma Kate Photography - Ellsworth www.normakatephotography.com

Lifetime Hunting and Fishing License



Don't miss out on purchasing your child's **lifetime hunting and fishing license!**
Check their website for details: https://www.maine.gov/ifw/docs/lifetime_resident.pdf

Two Days of Youth Deer Hunting Day this year: October 20-21, 2023.
<https://www.maine.gov/ifw/hunting-trapping/hunting/laws-rules/junior-hunters.html>

Hunting Safety Course Oct. 14th-22nd at the Island Community Center
<http://islandcommunitycenter.org/>

Alfond Grant

<https://www.myalfondgrant.org>

All Maine children born since 2013 have been automatically awarded a grant. I encourage you to check out the Alfond website to check on your child's grant!

Car Seat Checks

FREE CAR SEAT CHECKS

Finding car seat installation confusing?

Not sure if your kids' seats are installed properly?

Questioning when to move your child to the next seat?

We can help! Meet with a nationally certified child passenger safety technician and we will walk you through the proper installation of your children's car seats as well as educate about best practices.



What to expect at a car seat check:

A certified tech will assess your current setup, give information for any adjustments needed, check for recalls, and help you to reinstall your seats securely. They will answer any questions you have on keeping your kids as safe as possible in vehicles. Checks usually take about 30-45 minutes depending on your situation.

CONTACT A LOCAL CAR SEAT TECH

Email hancock.cpst@gmail.com to reach a local car seat tech to set up an appointment or with any questions. Techs are located throughout the Blue Hill Peninsula area, Deer Isle, Ellsworth, Bucksport, and other parts of Hancock County.

Updated November 2022



Correctly used child safety seats can reduce the risk of death by as much as 71 percent.

**SAFE
KIDS**
WORLDWIDE.