Chris Sununu Visits Seacoast Pathways
By Jim G.

On Monday, March 7, Seacoast Pathways was honored to host gubernatorial candidate Chris Sununu. His interest in our daily activities and in how Seacoast Pathways, as Morris puts it, provides “a soft place to land” especially after a hospitalization, were noticeable and well received.

Chris comes from a family of politicians. His dad, John H. Sununu was a former New Hampshire governor, and his brother, John E. Sununu, was a former U.S. Senator. Chris has been a Republican member of the The Executive Council of the State of New Hampshire for five years. He is also CEO of the Waterville Valley Ski Resort.

New Hampshire’s Executive Council works with the governor to nominate other officers of government, acting as a check on the Governor’s power. There are five members of the NH executive council, representing the five districts in in the state. Chris represents the District of Rockingham County, where Portsmouth, our clubhouse home, resides.

Jim O’C. gave a tour of the clubhouse, and Ann then gave a brief introduction. Chris broke the ice by saying, “Do you guys mind if I take off my tie?” The rest of the meeting was conducted in relaxed atmosphere.

Chris then took a seat and listened to the different members’ concerns and the clubhouse’s hopes and dreams for future growth. Joe presented a brief slideshow in order to highlight all the good that comes from the activities and our life at the clubhouse.
Willow’s Run
By Maggie
Willow’s Run is a non-profit organization started by Kim Mihelich and Jamie Joyce, whose cousin Willow was a victim of suicide. Frustrated with the taboo nature of this highly preventable cause of death, Kim and Jamie set out to bust stigma by raising awareness and funds for suicide prevention, in the form of a 5k walk/run. August 2015 was the first annual Willow’s Run, and they were able to raise over $3,000 for counseling training at Coe Brown Academy, on whose campus the race was held.

This year, Willow’s Run has chosen Seacoast Pathways to be the beneficiary of their fundraising. We will be earning this money by promoting the race in order to get runners and walkers to register, generating sponsorship from local businesses, and gathering prizes and selling tickets for a raffle. We will be creating a short promotional video, and potentially a longer documentary that follows the process that can be used for next year’s race, as well as for our own promotion.

Portsmouth Regional Hospital Caps Off Donation with Clubhouse Visit
Nick Toupamas, retired Commissioner of the New Hampshire Department of Health and Human Services (right, with Ann Strachan), and Dean Carrucci, CEO of Portsmouth Regional Hospital (below, with Morris and Darby), paid a visit to Seacoast Pathways on Friday, March 25.

The informal get-together came soon after Portsmouth Hospital confirmed a $5,000 gift to Seacoast Pathways. Thank you to all our precious donors, large and small!

“Spotlight” Movie Review, continued from page 1

When a priest got into hot water, the Church hierarchy would conveniently move him to another parish or say he was on sick leave. Many priests would get placed at other locations, free again to commit serious crimes. Cardinal Law and the Catholic Church set up a smoke screen for wrongdoing; while the institution remained holy on the outside, it was corrupt on the inside.

For the record, I have no judgement of adult sexuality, but I am opposed to men or women sexually abusing children. In one powerful scene documented in Spotlight, a man tearfully recalls how a priest had lured him into a relationship with the promise of an ice-cream cone. Now scarred for life, the man bitterly notes: “I never touched my ice cream. It just melted all down my arm.” Notes critic Richard Alleva, “That line is moving enough all by itself, but it’s followed by a close-up of that arm, which is now covered with needle tracks” (https://www.commonwealmagazine.org/spotlight-truth). Many other victims had sad, lost lives, or even committed suicide. Others were afraid to tell their story – until the Spotlight story broke.

In conclusion, I, Jim O’C., film critic of Pathfinder, urge you to live your life the way you were born to live it. As a gay man myself, I also urge you to be happy, healthy and safe, and don't be ashamed or feel guilty. Most of all, never submit to any kind of violence; if you were a victim of molestation by priests or other men or women, please know there is help and there are support groups. Don't turn to alcohol like I did for years, afraid of who I was. I've been sober for almost a year, thanks to my friends at Seacoast Pathways and beyond.

Be strong. Don't run from yourself. Give yourself a break, enjoy life. Love yourself, and others will love you.

Duncan Strachan, Portsmouth Regional Hospital CEO of Portsmouth Regional Hospital, with Seacoast Pathways CEO Dean Carrucci.

Willow’s Run August 2015

We are really excited and honored that Willow’s Run chose us to collaborate with them! Ninety percent of our members have direct or indirect experience with this type of tragedy. We know this partnership will help dispel the stigma that forces so many people to suffer in silence, and promote “hope, help, and healing to families dealing with suicide.” Please visit www.willowsrun.wordpress.com for more details.
Dave (harp) and JK (keyboard) each has an uncanny sensibility for what the other is playing, resulting in some tasty harmonies.

SNOWY OWL
BY PHOTOHEAD

Along the New Hampshire seacoast, around the area of Rye Harbor, there recently have been sightings of a Snowy Owl. The Snowy Owl originates from the arctic tundra where they breed 3-11 eggs at a time. Although they sometimes remain in their breeding grounds, they frequently migrate to Canada, Northern United States, Europe and Asia. The carnivorous Snowy Owl frequents open fields, marshes, and beaches, where their diet consists of rabbits, rodents, birds, and fish. The younger Snowy Owls, especially males, get whiter with age. The females have a tendency to be darker than males. The owls have a 9.5 year average life span. Their sizes range from 20 to 28 inches with a wingspan of 4.2 to 4.8 feet long and a weight of 3.5 to 6.5 pounds.

The photograph shown here is a sighting of the Snowy Owl taken near Rye Harbor. The owl was seen perching on rooftops of local residences surrounding the nearby marsh. So if you happen to be in the neighborhood of Rye Harbor, look up and keep your eyes peeled, and you may see a Snowy Owl.

“The owl watches from the heights of the canopy of the forest, awaits the perfect moment, and in complete silence makes his move to get his prey . . .”
http://animals.nationalgeographic.com/animals/birds/

Ski Trip
By Ryan

At about 8:15am on Thursday March 14th, Brandon and his uncle Danny called me up, telling me they had arrived near my apartment. I went out to greet them and brought my equipment with me. We drove to Waterville Valley, and got ready to ski. After we put on our equipment, we looked for the easiest slope with my abilities in mind. We went uphill twice and skied down twice. Brandon suggested that I spend some time in the lodge and I felt that he was right. Somehow or another, I came upon Danny and Brandon. Danny and I went and warmed up in the Jeep while Brandon took ten more runs. While Brandon was skiing, I told Danny I’d like to take a couple more runs. Before this could happen, Danny and I met up with Brandon. While we were putting on our equipment, we received help from Chris Sununu, who had helped us with lift tickets as well as our ski boots! Brandon and I took two more runs on the easy path. Then we got ready to leave. We stopped at a local McDonald’s- gotta have that! I had fun- I also think I should get some advanced skiing lessons. Thanks to Chris Sununu for donating the tickets.

"APRIL is the cruellest month, breeding Lilacs out of the dead land, mixing Memory and desire, stirring Dull roots with spring rain.” — T.S. Eliot

“But MARCH has been pretty nifty!” Seacoast Pathfinder
THE WORLD OF DRAGONFLIES
BY PHOTOHEAD

Most people do not think insects are very appealing. Dragonflies however, are not just interesting but also very pretty (see picture).‡

Dragonflies were some of the first evolved winged insects, around 300 million years ago. Today’s dragonflies have wingspans of up to 5 inches, but have been seen in fossils two feet long. There are about 5,000 species of dragonflies that range in combination of colors.¶

Dragonflies feed on mostly other flying insects such as butterflies, moths, and most importantly mosquitoes. Dragonflies consume between thirty to hundreds of mosquitoes everyday. They catch their prey by grabbing them with their feet. Predators of the dragonfly include birds, spiders, frogs, fish, and other water invertebrates... including other dragonflies!

A typical dragonfly lives from several weeks to up to a year. During this time, it passes through three life stages, from egg, to nymph, to adult. It spends most of its life in the nymph stage, before it emerges from the water.

Notes a popular website about dragonflies, “A male and a female dragonfly will mate while they are flying in the air. After two dragonflies mate, the female dragonfly will lay her eggs on a plant in the water, or if she can’t find a suitable plant she will just drop them into the water” (http://www.dragonfly-site.com).

When the eggs hatch, a dragonfly nymph rises to the surface of the water. It spends most of its time in the nymph stage, before it emerges from the water. The nymph has no wings and tends to look like an alien creature, with a crusty looking hump on its back. The nymph portion of the lifecycle lasts up to four years.

Once the nymph is fully developed, it will crawl up the stem of a plant, shed its skin, and become a dragonfly. When the dragonfly is fully grown, it begins to look for a mate, and the cycle begins all over again.


Clubhouse Notes

Happy Spring everyone! We have some great gardening ideas and it’s time for planning. Soon we will be starting seeds indoors for planting later in Spring. Gardening promotes a sense of well being, collaboration, pride of accomplishment and feeling connected with others in a special way. Nothing like a dish of pasta topped with home grown kale and basil!

Seacoast Pathways Facebook

When I was in my 20s an older friend introduced me to horse racing. We went to Saratoga NY one August and enjoyed the races. The very first horse I bet on was named Purple Dawn. It was the first bet I ever placed on a horse and it WON!

I felt invincible. I bet on every single race that day. I lost on every one. I think anyone can experience beginner's luck. However, a wise person once said, "luck is the residue of hard work." The best luck will arrive when you make efforts at something. If you're involved, if you care, and if you try, luck will find you in some way, shape or form.

Joe, A Lesson on Luck

Patty Duke urged understanding and action regarding mental illness. Diagnosed with bipolar disorder in 1982 she largely left her career in show business for the role of advocate. RIP Patty.