



# Eagles' Eye View

The monthly newsletter for the  
Eagles' Nest Clubhouse



Where Dreams Take Flight!

Autumn Gold was a success! Clubhouse members decorated for the occasion, from solo projects like captain hook to the collaborative project of the large pirate ship that sits in our window! Members went all out on decorating for the Autumn Gold this year!



Pirates of the Caribbean Coloring Pages!



Captain Hook  
Drawn and Painted by Laura



Collaborative Pirate Ship  
Drawn By Kevin/Painted By Laura and Richard  
Pirate Mini's by Kevin

## Table of Contents

- 1 - Cover Page
- 2 - Autumn Gold
- 3 - MEW Back in Session
- 4 - Nerd Corner
- 5 - Poetry Corner
- 6 - Art Corner
- 7 - Quilt Raffle!
- 8 - View from the Board
- 9 - Gartic Phone
- 10 - Lunch Menu
- 11 - Event Calendar

# Autumn Gold

Eagles' Nest Clubhouse participated in ye Autumn Gold! Here are ye results! We had a great yard sale and earned a lot for the Clubhouse. We earned a little over \$120 dollars over the two days that we ran. It was quite successful! We had a Yard Sale, sold home made Fudge, and Raffle tickets! Also, congrats to the artists! Our art was featured on Channel 5 News Autumn Gold segment!





## **MEW Back In Session By Nick Splan & Richard Peterson**

Friday night Richard invited Nick to a wrestling event at Franklin Veterans Club in Franklin Maine. The show started on Saturday September 7th. One of the matches featured in this article was "Big Country" Jason Maverick VS Calvin Strange and Jason pinned Calvin for the win. Nick got an autograph from Dylan Nix and Richard got his hands on some wrestling DVD's. This was a good outing for two new friends. Clubhouse is all about making bonds with members so this was a good way of showing it. Nick also talked with Eric Johnson, a local wrestling legend, about Clubhouse.



# Nerd Corner

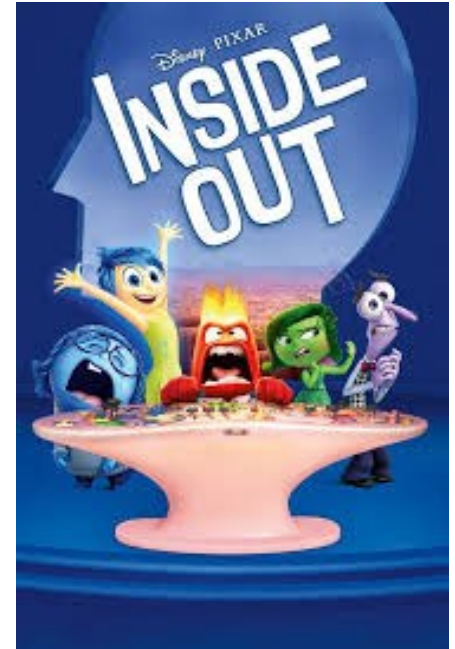
With Daniel Schaeffer

## Inside Out and its portrayal of emotions

For nerd corner this month I decided to go Pixar and do a highly requested movie. Inside out and its portrayal of our Emotions. This is one of my favorite movies of the last few years and this is something that would be a fun one to do. So this is my review of Inside Out and a dive into how it portrays emotions.

Inside Out : Inside Out is honestly a 1st hand look into the human psyche going from child into adolescent . The emotions are represented by different colors. Initially our main character Riley is only controlled by one Emotion Joy . As she became older emotions grew in her head along with core memories. This is also a representation of a theory on emotions called the Ekman theory . This talks about how there are 5 emotions that are innate and shared by everyone. In the movie there are 5 emotions that make up the core . Joy, Sadness, Anger, Fear and Disgust. These emotions represent different aspects of her personality. There are also islands that work with her mind and personality. Examples of this are childhood island , friend island, goofy island , and family island. I have always thought this movie was childish but i enjoyed it for the 2nd viewing I changed my mind and ended up falling in love with the movie I give this a 8.5/10

The movie's portrayal of emotions: So for myself I always looked at this movie as an animated portrayal of a child's mind. I know this is based on a very well known Emotional theory. This explains how the mind works and the emotions that you have at least in theory. For me one of the clear messages is that all emotions are not all bad. Also change is not a bad thing for people. This stuck out to me and I loved the messages.





# Poetry Corner

Hopes, Dreams and Wishes

By Tonya

Hopes and dreams, wishing on a star.  
Finding love is never far.  
Wishing and hoping will never fade.  
And dreaming hope will never die.  
But doing both, you will never have to hide.  
Loving dreams, hopeful wishes, stay with us always and forever.



Early Fall



By Jane Winslow Lennon

The time of year for calming  
When colors start to change  
And temps all but plummet  
Can't wait one more day

Fall does us beckon  
With warm meals and stew  
The children all go to school  
To keep the Golden Rule

For I love to bake and scurry  
Ready for colder days  
And ready more firewood  
So we can work and play

Fall is my favorite season  
Sun and breezes blow  
Friends gather round the TV  
We all enjoy saying hello



# Art Corner



Landscape by Andrew York



Landscape by Andrew York



Coffin of Cheating Death

By Kevin

# ENC Quilt Raffle!

We are selling Raffle Tickets for a quilt that was donated to us from Linda Saunders of our Advisory Board! The going rate will be 1 ticket for \$1 or 6 tickets for \$5! All proceeds will go to Eagles' Nest Clubhouse!

The raffle will last until the end of November, which we will then draw for the winner!

We only need your name and phone number on the back of each ticket so we can contact you if you win!



# View From the Boardroom

A Big Thanks to Rebecca!

After 5 years as chairperson of our Ellsworth ENC Advisory Board, Rebecca Hunter is retiring, to the disappointment of many at ENC. Her leadership has been indispensable during these last 5 years, including during the difficult, challenging Covid epidemic. Her achievements include an acquisition of a new van, successful accreditation, and increased Eagles' Nest membership and additional Advisory Board Members. Also, her board minutes were copious and uplifting. She applauds the leadership of Alice, BJ, and Jessimine and those from OHI, admirably keeping Eagles' Nest Clubhouse alive in Ellsworth. We will miss her capable leadership. We thank you Rebecca, and her generosity and giftedness offered to ENC! We wish you well in all your future endeavors!



## Halloween Event!

It's that spooky time of the year! The Eagles' Nest Clubhouse plans to participate in the local Halloween Event again this year! We will be giving out candy outside our Clubhouse on 190 Main Street! Don your costumes and stop by for some sweet candy and fun!

On October 31st ENC will be handing out candy to the public in our parking lot from 3:00 PM to 6:00 PM. The public is welcome!

Donations of candy for the event are very welcome! Last year we got around 200 kids, it's going to be quite a busy event!

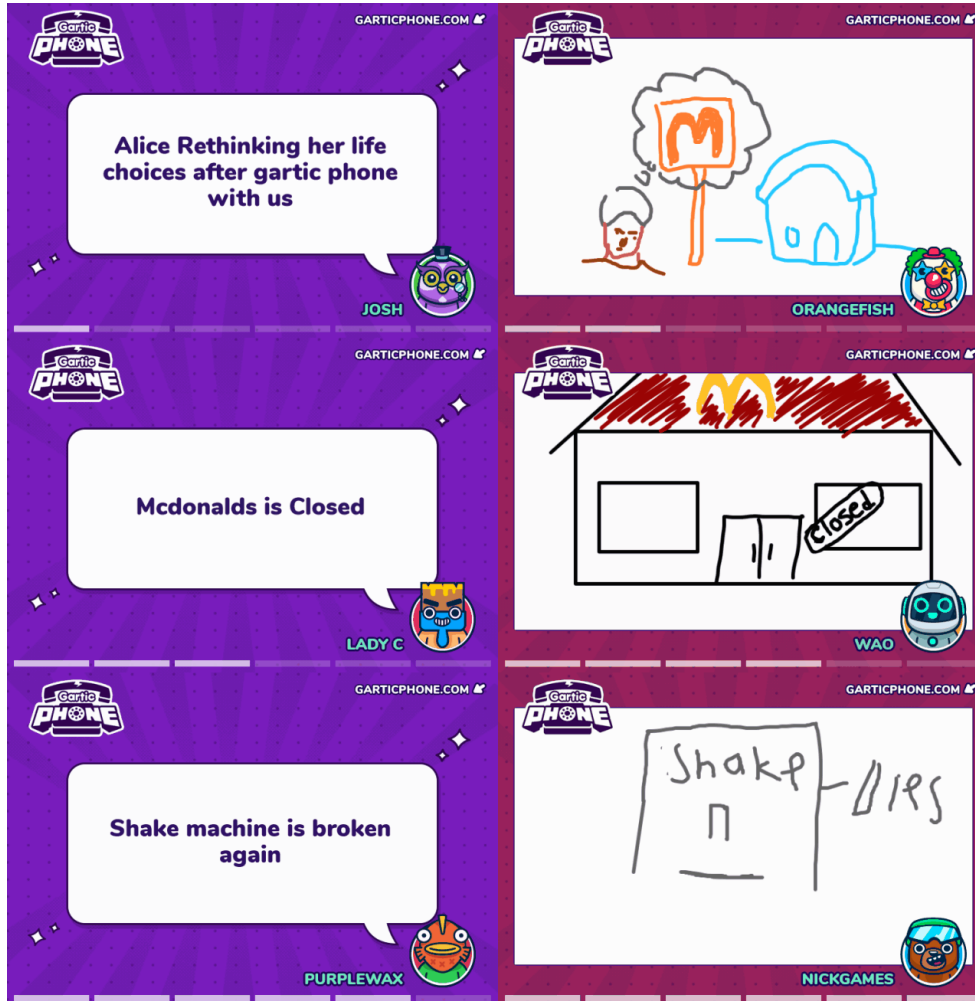


# Team Building On Gartic Phone

Recently our Clubhouse has started playing a browser game called Gartic Phone. It's a silly Pictionary/Telephone game that helps build team skills. The premise is simple:

Every player comes up with a prompt which is anonymously passed around the group. You basically have to draw a prompt someone else made. The drawing is randomly passed around so people can guess what it is, and these guesses become the new prompt that needs to be drawn next. This can last several rounds depending on how many players there are, and the goal is to see just how close the end result is to the initial prompt.

Clubhouse members have a lot of fun interpreting each other's art, and the best part about it is that you don't have to be good at art. In fact, the varying degrees of art skill make interpreting these pictures all the more fun and can result in some rather silly outcomes.





# Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pulled Pork	2 Whole Chicken	3 English Pizza	4 Leftovers
7 Breakfast Lunch	8 Boneless Chicken Breast	9 Hamburger Patties	10 English Pizza	11 Leftovers
14 Breakfast Lunch	15 Pork Tenderloin	16 Drum Sticks	17 English Pizza	18 Leftovers
21 Breakfast Lunch	22 Shrimp	23 Chop Suey	24 English Pizza	25 Leftovers
28 Breakfast Lunch	29 Chicken Wings	30 Pulled Pork	31 English Pizza	



# OCTOBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			Skill Share: Computers 1-2PM	Game Night 2-4 PM		Online Game Night—9:00 PM
6	7	8	9	10	11	12
		Skill Share: Nutrition 1-2 PM		Game Night 2-4 PM  Eggs and Issues (Business Matters and Policies)	Group Wellness Walk 1-2 PM	Online Game Night—9:00 PM
13	14	15	16	17	18	19
	Skill Share: Art 1-2 PM	Group Wellness Walk 1-2 PM	Skill Share: Computers 1-2PM	Game Night 2-4 PM  Kids Peace Business After Hours		Online Game Night—9:00 PM
20	21	22	23	24	25	26
		Skill Share: Nutrition 1-2 PM				Online Game Night—9:00 PM
27	28	29	30	31		
	Skill Share: Mobile/Tablet 1-2 PM			Halloween! Trick or Treat at ENC from 3 to 6!		