

BREAKOUT SESSIONS

We are pleased to offer the following four breakout sessions from which you may choose two. We will still have time to view exhibits, raffles, and the PAC table. See schedule on Page 9.

“Hiking in Maine for All Ages” by Ed Mathieu of Sangerville. An experienced Maine guide for over 30 years, Ed has spent many a time in the great outdoors with people all across the globe—showing them great places to find peacefulness in the woods and view scenery, wildlife, and ten waterfalls.

His presentation will encompass some of these beautiful places to visit that are easily accessible for any age. He will share pictures and stories of nice family-friendly hiking areas in our beautiful state.

His website invites folk to “join us to go on a Maine moose watching tour by canoe! Our registered Maine guides drive you from the Moosehead Lake region to remote Maine woods, ponds, and shallow bodies of water where moose and other wildlife feed. Did you know that Maine moose in the North Maine Woods outnumber people three to one?”

His Maine moose tours and wildlife safaris by canoe are 3.5 to 4 hours. All trips depart from Northeast Whitewater with our knowledgeable and entertaining guides to remote Maine woods ponds in the North Maine Woods where you will experience canoeing in a peaceful, pristine setting.

Moose feed in the shallow ponds, so our Maine moose canoe tours take you to remote spots where guests have the best opportunity to get close to moose and other wildlife on our moose tours by canoe.

Capture amazing moose pictures, hear moose slurping and chomping the pond weeds, all the while getting up close and personal to the elusive Maine moose on our Maine moose canoe tours. This session promises to be very interesting.

David Melville of Portland is a Maine author, speaker, and ontologist. He studied communications and public relations at the University of Maine.

His recent interesting book entitled, *The 5 Things to Improve Your Everyday Experiences* is light-hearted and easy to read. It is not political, not preachy—but just real-world techniques to improve your everyday experiences.

David will skillfully challenge readers to reassess their lives with fresh perspectives and encourage us to “step out of our comfort zones” and try new initiatives.

According to David, we can (1) change our mind; (2) pay attention to our attention; (3) employ radical acceptance; (4) infuse the day with gratitude; and (5) be present.



David Melville

David and his wife Lisa have raised six sons in and around the Portland area.

“Mission Dogs” by **Christie Gardner** of Oxford. She is a retired Army veteran. She was injured overseas in 2006 and spent nearly five years rehabbing before she was finally able to live on her own again.

She started participating in adaptive sports—thanks to her service dog Moxie. She’s been on the US Women’s Para Ice Hockey Team for 14 years and was an alternate for Tokyo 2020 in shot put and discus. She also represented the USA at the Para Surfing World Championships in 2020 and earned a silver medal at the Para Pan American Games in Santiago, Chile, in 2023.

Gardner trained service dogs and therapy dogs for ten years but wanted to grow that dream to help more Mainers in need. Mission Working Dogs was founded in July 2020 as a local non-profit to do just that. The organization serves to train service dogs and therapy dogs for the local community and has recently opened a new training center in Maine.

Its mission is to improve the lives of community members who live with a disability. Properly trained service dogs are provided to help them live independently and therapy dogs bring mental well-being to citizens of Maine. They especially target residents of nursing homes, hospitals, and schools.



Christie Gardner

“The Basics of Healthy Foot Care” by Lisa Nelson of Oakland. A registered nurse specializing in podiatry, Lisa identifies and treats nail and foot diseases—including fungi of the nail. She treats and recommends prescriptive treatments for callouses, corns, and ingrown toenails.

Lisa will discuss techniques of healthy foot care and will explain gait

analyses and foot measurement as one ages. She noted that the size of the average woman’s shoe increases by two sizes by the age of 50. She will share tips on gaining and maintaining maximum mobility through the aging process.

She serves clients in clinics in Scarborough, South Portland, Portland, Freeport, Wiscasset, Skowhegan, Oakland and Waterville. She also does homecare visits for folk who no longer drive.

After lunch, we will be honored to hear our keynote speaker—an esteemed, most accomplished, renowned member of our Armed Forces community:



Lisa Nelson