

# Frequently Asked Questions - NEAFCS "Come See ME (Maine)"

*Jane Conroy (ME), Co-Liaison, 2010 Annual Session*

## What professional credit is given to participants of the NEAFCS Annual session? How do I learn more about it?

Continuing Education Units (CEUs) will be offered through the University of Maine. Specific units are being offered for the pre-conference workshop, visits to the exhibit hall, concurrent sessions, and In-Depth Sessions.

In addition, Professional Development Units (PDUs) will be offered from AAFCS (American Association of Family and Consumer Sciences) and NCFR (National Council on Family Relations).

Check the Registration table upon arrival for more information.

## How close are the hotels to each other?

The two primary conference hotels are about 2 blocks apart (approximately 5 minute walk) from each other.

[View Larger Map](#)

As shown on the map, the hotels are labeled:

- A: Holiday Inn By the Bay (Downtown District)
- B: Eastland Park Hotel (Downtown District)
- C: Portland Harbor Inn (Old Port District)
- D: Hilton Garden Inn Portland Downtown/Waterfront (Old Port District)
- E: Marriott Residence Inn Portland Downtown/Waterfront (Old Port District)

## Where can I go for an exercise walk?

Portland is a great walking city. Walking maps will be available at the hospitality table.

## Does the hotel have a pool and / or a workout room?

- The Holiday Inn by the Bay offers both a pool and a fitness center.
- The Eastland Park Hotel has a fitness center, no pool, but a massage therapist is available.
- The Hilton Garden Inn Portland Downtown/Waterfront has a complimentary pool and fitness center.
- The Portland Harbor Hotel offers a fitness facility with cardio equipment and free weights, as well as the onsite Nine Stones Spa for pampering yourself.

- The Marriott Residence Inn Portland Downtown/Waterfront features an indoor pool and a fitness facility with cardio equipment and free weights.

## How far are we from the harbor?

The harbor is about 1 mile on quaint city streets.

## What is the weather in September in Portland, Maine?

Maine temperature during fall: In September, temperatures are usually very comfortable, with readings in the 50's and 60's, and occasionally in the 70's; evenings are cooler, but typically still warm enough for outdoor activities.

[Weather Underground](#) is useful to see weather history. You can go back a number of years and see what the temperature, rainfall, wind, etc. was for any location for a day, week, or month. [This link connects you to the history of September 20.](#)

## What clothes should I wear?

Bring both warm and cool weather comfortable layers. Since the weather often changes quickly, especially along the coast, don't be fooled by a sunny warm morning - head out prepared! Wear comfortable walking shoes since there is much to see and do!

## What are some local sites I can check out with a free hour or two hours?

Without a car in one hour you could:

- Visit any of the nearby shops for gifts to take home
- Take a stroll using one of our walking maps
- On Wednesday, from 7am to 2pm, you could visit the Farmers Market at Monument Square in downtown Portland (about a 10 minute stroll from the primary hotels)
- Visit the secret garden behind the Wadsworth Longfellow house located beside the Maine Historical Society on Congress Street, near Monument Square (it's free)
- Go to the "Top of the East" in the Eastland Park Hotel for a panoramic view of the city

Without a car in 2 hours you could:

- Stroll down to the waterfront to take in the sites and shops (you might even see a cruise ship in port)
- Have lunch in one of the many area restaurants
- Visit the Maine College of Art Gallery (free, and within a block or two of each hotel)

With a car and 2 hours you could:

- Visit the Tate House Museum in the Stroutwater section of Portland (near the airport- 20 minute drive)
- Visit the Maine Wildlife Park in Gray, Maine (30 minute drive)
- Visit Sabbathday Lake Shaker Village in New Gloucester, Maine (35 minute drive)
- Go to LL Bean in Freeport, Maine (20 minute drive)
- Go to the beach! Willard Beach in South Portland near the campus of Southern Maine Community College has free admission, free parking and restroom facilities. (20 minute drive)

## Is it possible to visit Portland Head Light at Cape Elizabeth without a car?

The adventurous traveler can use a combination of public transportation, walking and/or biking -- hop on South Portland City Bus (Rte. #1) in Portland and get off at Willard Square. The entrance to Fort Williams, where Portland Head Light is located, is approximately 1.5 miles south on the left -- Cottage Road turns into Shore Road. There are several great places to grab lunch or a snack near the bus stop.

## Our group is arriving early and is looking for ideas for Saturday, September 18<sup>th</sup>. What are some suggestions for viewing the arts in Portland?

**Artist John Haberle, “Master of American Illusion” at the Portland Museum of Art:** September 18 is opening day, and Haberle combines a masterful technique with sly, witty historical and personal references to American life. This exhibition will feature approximately 20 paintings and drawings. Haberle's paintings juxtapose newspaper clippings, tickets, and money with objects such as a pocket watch, playing cards, and rosary beads. For more information: (207) 775-6148.

**12th Annual “Fall in the Village” Art Festival in Freeport:** Saturday, September 18<sup>th</sup>, 9:00 am- 5:00 pm. View the works of over 100 artists and artisans at Discovery Park on the L.L. Bean campus. For more information, visit <http://www.freeportusa.com> or call Kelly at (207) 865-1212.

### **Songwriters by The Sea: Acoustic folk music with Randall Williams and Strause & Company:**

Saturday, September 18 at 7:30 pm, tickets \$10 per person. Location is the Fifth Fire Museum on Peaks Island, Maine in the Casco Bay. *Please note, it is a 20 minute ride by Casco Bay Ferry from Portland to reach the island, check schedules ahead of time.* For more Information, call (207) 766-3330.

**MIRAGE: An Evening of Belly Dance:** Saturday, September 18 at 8:00 pm. Naya's Trance presents an evening of live belly dance with special guests. Don't miss your chance to see this hypnotic and enchanting dance form including stunning costumes and captivating rhythms. Tickets available online now through August 1 for \$15 each; and from August 2 – September 18, tickets are available for \$18 at any Bull Moose location. Tickets are \$25 at the door. More information at <http://www.stlawrencearts.org>.

## How do I ride the bus (the Metro)? <http://www.gpmetrobus.com>

Find out where you want to go and what time you want to get there and then determine which bus routes serve your destination point and starting point. Check the route schedules at **Route Maps and Schedules** or pick up a schedule at a convenient location.

Look at the schedule serving your destination first, and find the time point on that schedule nearest your destination. Time-points are landmarks or intersections that show estimated arrival times of the bus. Each schedule shows a map of the route, and time points. In most cases, you can get on and off the bus at bus stops between these time-points (there are hundreds of bus stops located along METRO routes).

Then check the schedule for where you want to begin your trip to determine when you need to catch the bus. You should plan to arrive at the bus stop at least five minutes before the scheduled time.

### Where do I wait for the bus (the Metro)?



Look for a METRO bus stop signs (located throughout the Greater Portland area.) The routes served are listed on the sign. Use a hand motion to signal the bus driver at the bus stop. It is a good idea to arrive at your bus stop five minutes before the bus is due to arrive. The route you want to take will displayed on the top of the bus (this is called a Destination Sign). But, remember; don't be afraid to ask the bus drivers questions about the route, when you get on the bus. They are there to help. Most buses also stop at the Downtown Transportation Center (METRO PULSE), located at the Elm Street Garage.

### How do I pay to ride the bus (the Metro)?

Deposit exact fare into the fare box. If you have purchased a METRO Monthly Pass, show the bus operator your METRO Pass. If you have a Ten Ride ticket, the driver will punch your ticket. If you have a coupon, insert the coupon into the fare box. Monthly Passes and Ten Ride Tickets are available at several locations throughout Greater Portland.

### What are the fares for riding the bus (the Metro)?

One Way Fare is \$1.50; Senior Citizen Fare is \$0.75 cents  
(Exact change required, drivers cannot sell tickets or make change)

Ten-Ride Ticket: \$13.50

Day Passes: \$5 (Good for one day only on all METRO Routes)

### What are some of the unique shops close to the hotels?

Portland Museum of Art, The Children's Museum and Theater of Maine, Victoria Mansion, Maine Historical Society/Wadsworth Longfellow House, Portland Harbor Museum all are within 5-10 minute walks of both the hotels and have great gift shops that you can visit without paying admission to the museums. Another fun shop within a 5 minute stroll is the Queen of Hats for unique and original designs for the hat lovers! There are many, many shops in the "Old Port" section of Portland on the Waterfront. It's about a 20 minute stroll from both hotels and well worth the time to visit.

### When and where can I see beautiful autumn foliage?

In southern coastal and central Maine the traditional peak foliage is around the second week of October. The mountainous and northern areas of Maine change colors earlier than other areas. [This link will connect you to foliage information in Maine.](#) Portland is in Zone 1.

### Where is the closest yarn or fiber shop?

Central Yarn Shop is about a block from each of the hotels. Their website is <http://www.centrallyarnshop.com>.

### Where can I learn about or go fly fishing?

Through education and conservation we aim to share our passion with others in the community and introduce newcomers old and young to our sport. Our conservation activities target preservation of our fisheries and their environment, in an effort to ensure quality fly fishing in Maine for generations to come. Learn more at <http://flyfishinginmaine.com/about.php>.