THE MIDWINTER REVELS

# Emercho



# A Celebration of the Solstice

December 15 – 23<sup>rd</sup> + Alberta Abbey

PORTLAND REVELS

# Welcome to the 2023 Midwinter Revels.



One of the things that I hold most dear about the Revels is the celebration of community. Revels is performers and audience gathered to dance, sing, and experience together.

So many groups in our world will not allow for variation. They have closed themselves, and will ignore connection to lift up difference.

My hope is that when you are here in this Revels community you know that you are welcomed, honored, and accepted as your whole and complete self.

Welcome Yule!

~Bruce Akpan Hostetler, Artistic Director

# HISTORY OF REVELS IN PORTLAND by Dick Lewis

Midwinter Revels began in Portland to create a modern, professional theatre form of an ancient community response to the darkness of the dying year. Based on a long-successful production in Boston created by John Langstaff, the Revels would offer Portland a seasonal celebration of hope and renewal unlike anything else. It would feature local grownups and children as performers, great choral and instrumental music, traditional forms of dance and revelry, and—especially—involvement of its audience. All would sing and dance. And one more thing: each year's Revels would have a different cultural focus, so that over time we would celebrate together a larger world of hope and renewal. It's all come to pass. Now, twenty-nine years later, Portland Revels continues to call back the light.

# INCLUSION, DIVERSITY, EQUITY & ACCESSIBILITY (IDEA)

Portland Revels celebrates our human connectedness at the darkest time of year, and aims to honor a multitude of cultures and backgrounds. We commit to being allies to all people. We embrace the work we must do to recognize our own implicit biases and cultural blind spots, and to dismantle structural barriers within our organization. We strive to educate ourselves and to engage in authentic exchanges of ideas and worldviews. We believe that nurturing a safe space is not enough, but that we need to further our commitment by fostering brave spaces where individuals can authentically and respectfully challenge one another, generating conversation and further education.

To learn more about our IDEA efforts, please visit portlandrevels.org.

# ACCESSIBILITY

Performances on Saturday, December 16th are ASL interpreted by Chelsea Huber & Gilly Platt.

Performances on Sunday, December 17th are audio described by Audio Description Arts.

LARGE-PRINT PROGRAMS ARE AVAILABLE FOR ALL PERFORMANCES. ASK ANY USHER.

# WELCOME TO

# THE MIDWINTER REVELS

# Emerald

# A Celebration of the Solstice

Director: **Bruce Akpan Hostetler** Music Director: **Daniel Buchanan** 

Music Director Emeritus: **Robert M. Lockwood**Children's Director: **Lynn Mendoza-Khan**Assistant Director: **Shuhe Hawkins**Scenic Designer: **Lawrence Larsen** 

Costume Designer: **Allison Normin Johnson**Lighting Designer: **Carl Faber\*** 

Sound Designer: Daniel Congdon/Focal Audio

Props Designer: Laura Fraley
Production Manager: Michael Cino
Production Stage Manager: Haille Lantz
Children's Stage Manager: Jenn Lindell
Assistant Stage Manager: IR Valentine

\*Member of United Scenic Artists Local USA 829



Our performances are dedicated to the memory of Margaret Chapman, long-time Revels Costume Designer.

# Production supported by:















### Season Sponsors:







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Latecomers and patrons who leave the auditorium during the performance will be reseated only at an appropriate point, at the discretion of the House Manager.

It is expressly forbidden to use any kind of photographic or sound recording equipment in the auditorium.

Unauthorized persons found using such equipment will be asked to leave.

# 1. PRELUDE: MISS BROWNE'S FANCY

This jig tune is attributed to Turlough O'Carolan (1670-1738), Ireland's famous harpist and composer.

# 2. MO GHILE MEAR (MY GALLANT HERO)

The modern form of this song was compiled in the early 1970s by Dónal Ó Liatháin, using a traditional air collected in County Cork and lyrics selected from the 18th-century Irish-language poet Seán "Clárach" Mac Domhnaill. This arrangement is by Desmond Earley.

Daniel Buchanan, soloist

### 3. DECK THE HALL

"Deck the Hall" has its roots in the Welsh tune "Nos Galan," which means New Year's Eve.

# SING WITH US!

- 1. Deck the hall with boughs of holly,
  Fa la la la la, la la la la.
  'Tis the season to be jolly,
  Fa la la la la, la la la la.
  Don we now our gay apparel,
  Fa la la, la la la, la la la.
  Troll the ancient Yuletide carol,
  Fa la la la la, la la la la.
- 2. See the blazing Yule before us,
  Fa la la la la, la la la la.
  Strike the harp and join the chorus,
  Fa la la la la, la la la la.
  Follow me in merry measure,
  Fa la la, la la la, la la la.
  While I tell of Yuletide treasure.
  Fa la la la la la la la.
- 3. Fast away the old year passes,
  Fa la la la la, la la la la.
  Hail the new, ye lads and lasses,
  Fa la la la la, la la la la.
  Sing we joyous all together,
  Fa la la, la la la, la la la.
  Heedless of the wind and weather.
  Fa la la la la, la la la.

# 4. TEÍR ABHAILE RIÚ (GO HOME WITH YOU NOW)

In this Irish folk song, a young woman is told to return home, as "her match has been made." The lyrics for the song vary, but in most versions Mary is teased about whether or not the match is actually made, and whether or not she is attracted to the piper. She may be, but she won't be coerced!

Fiona Garrett, Sebastian Kolwitz, Luna Rengert, Lila Tierney, ensemble

# 5. THE ROCKY ROAD TO DUBLIN

A rollicking 19th-century music hall song detailing the rough-and-tumble adventures of a traveler on the road from his home town of Tuam in County Galway, across Ireland to Dublin, and from there to Liverpool. The words are attributed to D. K. Gavan ("The Galway Poet"), and the arrangement is by David Downes, a contemporary Irish composer and arranger.

# 6. ÓRÓ MO BHÁIDÍN (OH, MY LITTLE BOAT)

"Oh, my little boat that rests in the bay..." begins this song about an old-style hide-covered boat called a currach.

# 7. THE SALMON OF KNOWLEDGE

The Salmon of Knowledge is a story in the Fenian Cycle of Irish mythology, telling how the young hero Fionn mac Cumhaill gained all the wisdom in the world.

Olivia Leap, Finnegas; Shahbaz Mendoza-Khan, Fionn

# 8. STAR OF THE COUNTY DOWN

A well-known Irish ballad set near Banbridge in County Down. The late 19th-century words are by Cathal McGarvey of County Donegal, set to a traditional tune. A young man chances to meet a charming lady, Rosie McCann. By the end of the ballad, he imagines marrying the girl.

Daniel Buchanan, soloist

# 9. SEAN-NÓS DANCING

Sean-nós in the Irish language means "old-style" and describes a casual, highly improvisational, spontaneous, percussive, solo dance style. Dance surfaces can vary from a standard dance floor, to a door that has been taken off its hinges, a board placed across two supports, or even the round top of a barrel. The well-known jig tunes are "Munster Buttermilk" and "Kitty Lie Over."

Maldon Meehan, dancer

# 10. SET DANCING (CLARE LANCERS)

Irish set dancing is social dancing, for fun and enjoyment by friends and neighbors of all ages. It features fancy footwork, fast tempos, and high energy. First, the community dances to the reels "The Road to Garrison," recently written by Maurice Lennon, and "The Otter's Holt," written by Junior Crehan (1908-1998). Then the children dance to the well-known hornpipe "Off to California."

### 11. THE STORY OF THE SELKIE

The word "selkie" derives from the Scots word for "seal." Selkies are mythological creatures that can shape-shift between seal and human forms by removing or putting on their seal skin. Selkies are mainly associated with the Northern Isles of Scotland, but the stories and sightings extend to the shores of Ireland, and as far away as Norway and Iceland.

### 12. THE ADORATION OF THE MAGI

This Gaelic prayer was put on paper by the Irish writer William Butler Yeats (1865-1939). The music was composed by Dr. Timothy Stephens of Pacific University for Desmond Earley and the Choral Scholars of the University College Dublin, and recorded in 2020.

Laura Franklin Chisholm, Eden Francis, Hannah Rose Rice, Angela Truby, Meghan Wysong, ensemble

### 13. THE GARTAN MOTHER'S LULLABY

A song first published in 1904, combining a tune collected in County Donegal and poetry by Joseph Campbell. As the mother sings her child to sleep she conjures up the benevolent, soothing stories of fairy land. Arranged for Revels in 2009.

Theresa Beck van Heemstra, Caitlin (Cat) Galimidi, Debbi Irvine, Ellie McWaters-Adkins, Diane Rowley, Angela Truby, Meghan Wysong, *ensemble* 

# 14. LORD OF THE DANCE

Sydney Carter's modern lyrics to the Shaker song "Simple Gifts" are here translated into dance, using a compilation of traditional English Morris dance steps from various Cotswold village traditions by Carol Langstaff, Martin Graetz, and Jonathan Morse. Now it is a central feature of every Midwinter Revels. This year's Lord of the Dance was coordinated by John McKenzie.

W. David Shepherd, *singer*; Guy Glanville, Hugo Glanville, Russ Grandgeorge, Charley Rowley, Madison Rowley, *alternating dancers* 

### WE INVITE YOU TO SING AND JOIN IN THIS DANCE INTO THE LOBBY.

Dance, then, wherever you may be, I am the lord of the dance, said he, And I'll lead you all wherever you may be, And I'll lead you all in the dance, said he.

# INGERWISSION

# 15. ABBOTS BROMLEY HORN DANCE

This presentation was adapted in the 20th century from an ancient ritual for good luck in hunting the stag. It is still danced in the old lively style every September in the Staffordshire village of Abbots Bromley in England. Accompanying the dancers are the traditional folk Fool, Man-Woman, Hobby-Horse, and Boy Archer, linking it with the mumming traditions of Old Christmas. The music is known as "The Wheelwright Robinson's Tune."

# 16. EDWARD ON LOUGH ERNE'S SHORE

A romantic ballad from the 19th century. Lough Erne is in County Fermanagh, Northern Ireland.

### 17. THE WEXFORD CAROL

An old Christmas carol, sometimes called the "Enniscorthy Christmas Carol" after the County Wexford town in which the text was collected from a local singer in the 19th century.

Laura Chisholm, Andy McLain, Ellie McWaters-Adkins, W. David Shepherd, Lila Tierney, ensemble

# 18. SEA LION WOMAN

A traditional African-American song, arranged for our Revels.

### 19. FAREWELL TO ERIN

There are many songs and tunes associated with the Irish diaspora, and this reel's name refers to emigrants leaving Ireland, not knowing if they will ever return. It was originally a Scottish tune called "A Scotsman's Farewell to Ireland."

Maldon Meehan, Loveness Wesa, dancers, Alex Addy, hand drum

# 20. DONA NOBIS PACEM (GIVE US PEACE)

A round for peace.

# SING WITH US! (MUSIC & LYRICS ON NEXT PAGE)

# 21. BAMBELELA

A South African song, sung in Zulu and English. "Bambelela" directly translates to "hold on" which has been interpreted as "never give up" in the sung English version.

# SING WITH US!

Bambelela, bambelela Oh bambelela, bambelela Bambe, bambe, bambe, bambe Oh bambe, bambelela Never give up, never give up Oh never give up, never give up Never, never, never, never Oh never, never give up

# 22. THE WILD ROVER

The song tells the story of a young man who has been away from his hometown for many years. When he returns to his former alehouse the landlady refuses him credit, until he presents the gold he has gained while he's been away. He sings of how his days of roving are over and how he intends to return to his home and settle down.

Hal Day, Diane Schell-Rowley, soloists

# SING WITH US! (MUSIC & LYRICS ON NEXT PAGE)

# 23. COMMUNITY DANCE (CLADDAGH)

The reels are "Did You Wash Your Father's Shirt," "Dan Breen's," and "Maids of Mitchelstown."

### 24. RETURN OF THE LIGHT

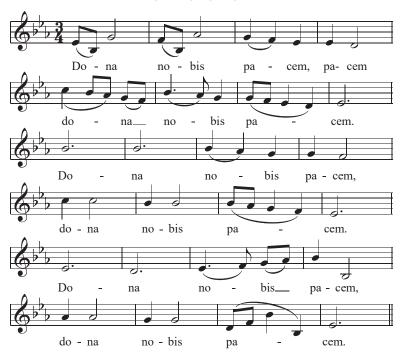
Written especially for this year's Revels, connecting how the Irish and the ancient Celts might have celebrated the winter solstice with how we celebrate the season today. Imagine singing this with your friends or dancing along to the song in a group. Words and music by Geraldine Murray.

# 25. WE TOAST THE DAYS

Words and music were written by Linda Kachelmeier, a Minnesota composer, to be sung at midnight on New Year's Eve with friends and family.

A.G. Angevine, Jay Farrell, Caitlin (Cat) Galimidi, Cyndi Gulick, Debbi Irvine, Joy Jakubowski, Shirley Lincicum, soloists

# **DONA NOBIS PACEM**



# THE WILD ROVER



# 26. THE WREN IN THE FURZE

St. Stephen's Day (December 26) is the day for reenacting the traditional hunting of the wren, the "king of all birds." A group of children or young men catch a wren and parade its body through the streets, sacrificing the old "Year King" in preparation for the new. Furze is a shrub that flourishes on the moors and heaths of Ireland. From the singing of The Armagh Rhymers, editing by Paddy Swanson.

# 27. THE MUMMERS PLAY

The mummers play, with its archetypal cast of characters, is an ancient form of drama found in many cultures, symbolizing fertility, death, and rebirth. This year's version follows the formula of combat by champions, violent death, and magical restoration of life.

Victoria Alvarez-Chacon, *The Captain*; Hannah Rose Rice, *Cromwell*; Eden Francis, *Saint Brigid*; Mikki Lipsey, *The Doctor* 

### 28. CAROL FROM AN IRISH CABIN

The words are by Ruth Durand and the music is by Dale Wood, a renowned American composer, organist, and choral director. "Let the star guide the lost and forsaken, safe over the moorlands to me."

# 29. AULD LANG SYNE

This world-famous song (sung at Hogmanay, the Scottish New Year) was already old when Robert Burns "took it down from an old man's singing" in 1788 and added two verses. Eleven years later it was set to the now-familiar tune. Arrangement by Desmond Earley.

Angela Truby, soloist

# 30. THE SHORTEST DAY

This poem, written by Susan Cooper in 1977, is now an essential feature of Revels winter performances throughout the country.

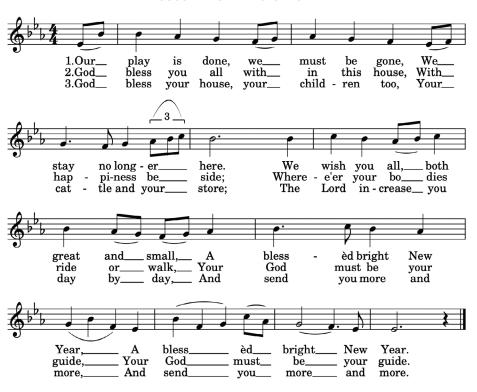
# 31. SUSSEX MUMMERS' CAROL

This is a fragment of a carol now sung widely, originating in the great musical traditions of Sussex County, England. In each of the American cities where Midwinter Revels is performed annually to celebrate the winter solstice, this is the song of parting and blessing, newly arranged for our Revels.

# SING WITH US!



# SUSSEX MUMMERS' CAROL





# **PLAYERS**

Mikki Lipsey, *Móirín* Victoria Alvarez-Chacon, *Thandiwe* Maldon Meehan, *Sean-nós Dancer* Loveness Wesa, *Dancer* Alex Addy, *Hand Drummer* 

Andy McLain, Seán
Emma Berney, Inquisitive Child
Eden Francis, Wife
Elouan Grimm, Selah Barcelona,
Children (Ist weekend)
Sigga Nichols, Nora Kelsay, Children
(2nd weekend)
Hannah Rose Rice, Mummer
Robert Lockwood, Song Leader
Daniel Buchanan. Tenor Soloist

# **BAND**

Geraldine Murray, *Band Leader, whistles* Nancy Conescu, *guitar* Kate Gregory, *fiddle* Rylan Suehisa, *bodhrán* 

# ADDITIONAL INSTRUMENTALISTS

Laura Franklin Chisholm, *violin* Greta Hazilla-Dean, *violin* Shirley Lincicum, *viola* Shahbaz Mendoza-Khan, *cello* Seth Truby, *bass* 

> \*Dancers +Understudies

# THE CHORUS

A.G. Angevine+
Theresa Beck van Heemstra
Laura Franklin Chisholm\*+
Jenna Dalton
Hal Day
Jay Farrell+
Eden Francis+
Perry Francis
Caitlin (Cat) Galimidi+

Perry Francis
Caitlin (Cat) Galimidi+
Fiona Garrett
Cyndi Gulick\*+
Kyra Hazilla-Dean
David Hutzler
Debbi Irvine+
Joy Jakubowski+
Elizabeth Katzenmeyer+
Sebastian Kolwitz
George Kunz
Olivia Leap+

Shirley Lincicum\*+

John McKenzie\*
Andy McLain+
Ellie McWaters-Adkins\*+
Alexandre Muñiz\*+
Katherine A. Paxton-Williams
J.T. Quanbeck+
Robert Reed

Hannah Rose Rice+ Diane Schell-Rowley Charley Rowley Bill Rvan

Luna Rengert

Dave Shepherd Lila Tierney\*+ Angela Truby\* Seth Truby\* Lynn Ungar Meghan Wysong+

# THE REVELS CHILDREN

Selah Barcelona
Ravi Bedell
Emma Berney
Eleanor (Ellie) Brisbois
Rylan Broda
Elouan Grimm
Greta Hazilla-Dean
Nora Kelsay+
Julian Kolwitz+
Shahbaz Mendoza-Khan
Sigga Nichols
Meghan Taylor+
JoAnn (Jo) Udycz

# ABBOTS BROMLEY DANCERS

A.G. Angevine
Perry Francis
Linda Golaszewski, coordinator
Cyndi Gulick
Julian Kolwitz
John McKenzie
Alexandre Muñiz
Hannah Rose Rice
Charley Rowley
Bill Ryan
David Summers, alternate

# **ARTISTIC TEAM**

Artistic & Stage Director: Bruce Akpan Hostetler

Music Director: Daniel Buchanan

Music Director Emeritus: Robert M. Lockwood Children's Director: Lynn Mendoza-Khan Assistant Director: Shuhe Hawkins Choreographer: Maldon Meehan

Music Arrangements & Editing: Betsy Branch or Daniel Buchanan, unless otherwise noted Script Creation: Habiba Addo, Daniel Buchanan,

Bruce Akpan Hostetler, Robert Lockwood, Nichola Shongwe

Scenic Design: Lawrence Larsen Lighting Design: Carl Faber

Sound Design & Live Mix: Daniel Congdon / Focal Audio Costume Design & Construction: Allison Normin Johnson

Props Design & Construction: Laura Fraley
Puppet Design & Construction: Shuhe Hawkins
Dialect Coaches: Yetunde Felix-Ukwu, Karl Hanover
Artistic Support: Patrick Swanson & Elijah Botkin of Revels Inc.

# **PRODUCTION STAFF**

Executive Director: Lauren Bloom Hanover Producer: Bruce Akpan Hostetler Production Manager: Michael Cino Box Office / Office Manager: Leiana Petlewski Production Stage Manager: Haille Lantz Children's Stage Manager: Jenn Lindell Assistant Stage Manager: JR Valentine Chorus Managers: Jenna Dalton, W. David Shepherd, Theresa Beck van Heemstra, Eden Francis, Andy McLain, Hannah Rose Rice, Diane Schell-Rowley Set Construction: Portland Center Stage Wardrobe Mistress & Audio Assistant: Sundance Henry Rehearsal Pianist: Stephanie Smith Rehearsal Tool Creator: Robert Reed

Playbill Editor: Meg Larson Season Artwork & Graphic Design: Jeff Hayes Videography: Christian Bergmans

# A Reflection on Revels

After 24 seasons as Portland Revels Music Director, this production will be Robert Lockwood's last Midwinter Revels. As he prepares for his next chapter, Robert offered the following thoughts on Revels and all that it has meant to him over the years. Thank you, Robert, for everything you have done and have been to Revels!



In the late 1970's my mother sent us the first Revels LP album, "The Christmas Revels." The music and poetry of that recording became part of our seasonal listening every December and was my introduction to the sounds of the Revels choruses, of founder Jack Langstaff singing Lord of the Dance, and of Robert J Lurtsema reciting The Shortest Day. So, when Dick Lewis and company put on the first full Christmas Revels show in Lincoln Hall at Portland State in 1995 we had to go! There was Jack Langstaff himself on stage leading the singing in that

wonderful baritone voice we had been listening to every year. We returned the following year and I jumped

up on stage to act out one of the 12 Days of Christmas when I got the chance. I was hooked! When I became Music Director in 1999 it was Jack's voice and spirit that I heard and felt. He became my Revels mentor from then on.

Over the last 25 years I have made countless Revels connections, friendships and memories in the Portland community, across the country in the other Revels cities, and across the globe. It is those connections and friendships, along with my deep love of sharing



music together that have brought me back and excited me year after year. I have lost count of the number of pieces of music we have included in our shows, but I know it's in the hundreds. I have lost count of the number of languages we have learned to sing, but there have been quite a few (Icelandic was especially fun to figure out). I have had the honor and privilege of rehearsing and performing with hundreds of talented singers and instrumentalists, and several creative stage directors. What a rich and wonderful journey together down through the winters!

People have sometimes asked me what my favorite Revels memories are. That gets harder to define as time goes by and there are so many that listing them would take up a whole program page. I am thankful for them all, and for the Revels community near and far that have made those memories, those "Revels



moments" possible. I believe in my heart that it is the many moments in our rehearsals and our shows – musical moments, visual moments, dramatic moments, personal moments, community moments – that weave the magic tapestry of Revels. They are what make Revels unique: a song you've never heard but feels like you've always known it; precious memories brought back to life every year. And always, there is hope for peace.

Jack Langstaff felt that Revels should grow and evolve with the times and I believe it has, and it will. The last time Jack stood together

with the Portland Revels company was in December 2000 during one of our tech week rehearsals. As we stood in the circle on stage he spoke of the Revels circles widening and widening into the future – concentric circles that spread farther and farther gathering more and more people together to experience Revels magic. That is my hope for the future of Revels – to continue growing those circles wider and wider. Jack's voice and countless others, including my own, are echoing behind us and into the future. We will take music and joy into that future together, this year and every year!



# GIVE JOY!

The Portland Revels has honored the cycle of the seasons for nearly 30 years. At this moment, we face a new season of our own as we bid a bittersweet farewell to two long-time members of our company: Music Director Robert M. Lockwood and Associate Music Director Betsy Branch.

We invite you to give a joyful donation to celebrate Betsy and Robert's immeasurable contributions to the Portland Revels. Your gift will honor Robert and Betsy's legacies by helping to ensure the ongoing stability of the Portland Revels.

And...Save the Date!
On April 14th, 2024 The Give Joy
campaign will culminate in a celebratory,
music-filled event showcasing some of the
Portland Revels' greatest moments.

Ticket details coming soon!



To donate online, scan here:



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Timothy Wheeler



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Peg Faithful Debby Garman & Michael Fox Christopher Frost Hugh Glanville

Barry Gorden

Julie Strozyk Laura Struble Julia Surtshin Jeanne Tallen Thomas Smith & Jean Townes Carla Van Cleave Lvnn Van Male Charlotte Weaver Timothy Wheeler

\$1-\$99 Anonymous Steven Alexander Mary Baker Rhonda Barton Paul Bascom

Fric Baur Janet S Blakeman

Bruce Myhre John Nichols Jack Hollis & Storry Norman Jeff Omelchuck

Alexander Cotgreave & Debby Patten

Serah Pope **Douglas Querin** Peter Rux Scott Shiebler Janet Tapper Simon Thompson Beniamin Turner Paula Veseth Anton Vetterlein Barbara Wright

# **ACKNOWLEDGEMENTS**

# COMMUNITY PARTNERS

Martin Luther King Jr. Elementary, Washington State School for the Blind

# BUSINESSES

Eyestyles+Care, Heart Spring Health, McLain Legal Services PC, Natural Grocers, Orange Torpedo Trips, Oregon Medical Weight Loss, Patti & Rob Gage - Realtors, Portland Cider Company

# **ORGANIZATIONS**

Alberta Abbey, Comhaltas Ceoltóirí Éireann: Mícheál Ó Domhnaill Branch of Oregon, Grant Park Church, University of Portland

# ARTS GROUPS

Artists Repertory Theatre, Portland Center Stage, Portland Opera, Revels, Inc., Third Rail Repertory Theatre

# SPECIAL THANKS

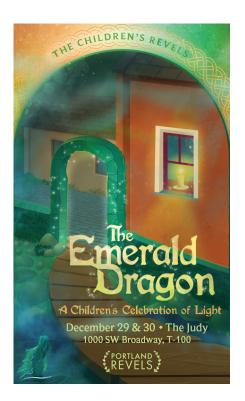
Portland State University, Ruth Bryant University of Portland

# 2023 BOARD OF DIRECTORS

The Board of Directors develops the organization and strengthens the vision and mission of our programs and community participation.

President, Sharron Gargosky Vice President, Allison McGillivray Secretary, Molly McWaters Treasurer, Ben Agre

Directors: Laura Franklin Chisholm, Linda Golaszewski, Linda Jenkins, Judith Meckling, Nancy Molina, Nicole Mongrain, Hannah Rice, Angela Truby, Seth Truby





# **VOLUNTEERS**

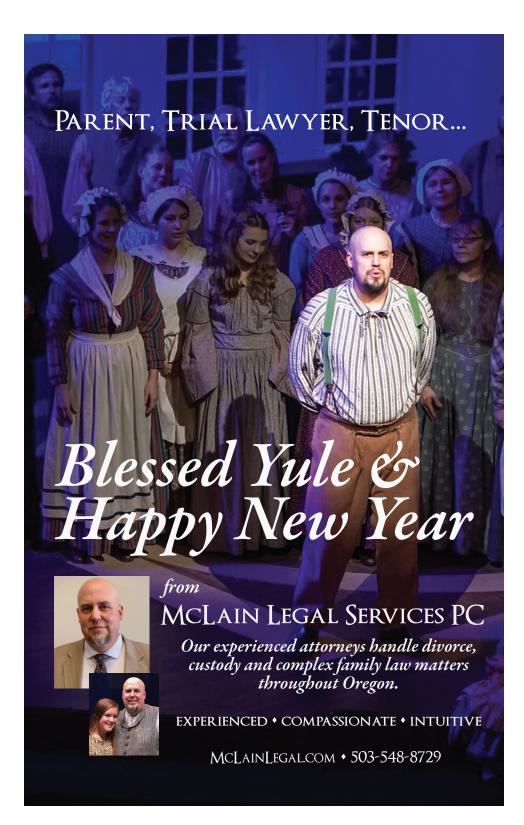
Revels in Portland is created through the hard work and dedication of many individuals who volunteer their talent and energy. Backstage Revelers work behind the scenes and throughout the year with event planning, publicity, and community outreach. Volunteers are the riches of Portland Revels! (This list represents all Revels volunteers who signed up by November 21st, 2023!)

Kathleen Barnebey, William Berk, Barbara Bryant, Anne Castleton, Dash Fitzgerald, Kelly Fitzgerald, Mary Forst, Sharron Gargosky, Eileen Hawes, Fran Head, Valerie Liptak, Elaine Makowski, Lisa Masterson, Suzanne McNulty, Molly McWaters, Sara McWilliams, Nancy Molina, Nicole Mongrain, Leontyne Morrell-Wilson, Kay Olsen, Debby Patten, Natali Plotkin, Johanna Ruefli, Sarah Ruhl, Joel Salter, Catherine Schiedler, Kate Schuyler, Liza Searles, Keith Smith, Darlene Sorenson, Suzanne Taylor, Chris Thomas, Marissa Thompson, Maureen Tracy, Janet Trygstad, Barbara Ulman, Hester Van Heemstra











Our board-certified, specialty trained providers will partner with you to achieve & maintain your health goals through robust weight loss & lifestyle changes.

Reverse diabetes, hypertension and more!

We don't give up!

We believe in a partnership between...

- Our patients and our team
- Weight loss and health gained
- Individualized medical care, lifestyle education, and unrelenting support!



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Both are proud supporters of Portland Revels