



# THE BOWDOINHAM NEWS

Volume 20, Issue 1

[bowdoinham.com](http://bowdoinham.com)

January - February 2022

## Waterfront Project Update:

Preliminary Design Plans for the project were completed in late spring, and all federal, state, and local permits were received as of this summer.

In June the Select Board approved staff to apply for a Boating Facilities Fund Grant, with a 25% match for the application to come from the TIF district. The grant was subsequently awarded in August. In July, staff negotiated a 2022 start for use of MDOT SHIP grant funding.

Consultant Haley Ward conducted a limited Phase II Environmental Assessment to determine if there were any contaminants above the Recommended Action Guidelines at the identified areas of concern, based on the previous history of the site as fertilizer plant, and then public works facility. After follow-up testing at one area to determine the depth and extent of elevated contamination levels, it was determined that none of the areas of concern contained soil contaminants above the recommended levels for park use.

All of this work is in preparation to support the initial buildout of the ADA compliant non-motorized boat launch facility including the access road and associated parking and shoreline stabilization, which will take place in 2022. Later buildouts will include other elements of the park, such as pavilion, trails, and additional active recreation facilities, landscaping, and a natural play area.

## September 10<sup>th</sup> 2022



## Maily Waterfront Park

### CELEBRATE BOWDOINHAM 2022 call for volunteers

The Town of Bowdoinham is looking ahead to 2022! We are seeking individuals committed to having a positive impact on Celebrate Bowdoinham preparations who are interested in logistical planning, creative solutions, and community collaboration. We will begin meeting monthly in January with commitment increasing through September. Please contact Tessa Kingsley (737-2072, [celebratebowdoinham@gmail.com](mailto:celebratebowdoinham@gmail.com)) if you would like to

have an active role in planning our next community celebration!

### Dog Licenses Due

State Law requires all dogs six months and older to be licensed by January 1st, however there is a grace period of January 31st before a late fee is incurred. Neutered/Spayed Dog - \$6.00 Not Neutered Dog - \$11.00

**After January 31st there is a \$25.00 late fee.**

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# THE BOWDOINHAM NEWS

## Maine Department of Inland Fisheries and Wildlife

By Corporal David D. Chabot, Landowner Relations Specialist, Maine Dept of Inland Fisheries & Wildlife, Bureau of Warden Service

### Landowner Outreach Initiative

If you are a Maine landowner interested in learning more about the assistance the Maine Department of Inland Fisheries and Wildlife can provide to you through our Outdoor Partners and Beginning with Habitat programs, please complete this short form.

### Landowner Relations Program and Keep Maine Clean Program

Maine has a unique history of public access to private land. Over the past 200 years, landowners, residents, and visitors have forged a tradition of neighborliness and shared access that you won't find anywhere else in the nation.

Roughly 94% of Maine's forest land is privately owned, and more than half of that land area is open to the public.

In total, landowners voluntarily open up more than 10 million acres of working farms and forests.

The Maine Department of Inland Fisheries and Wildlife's Landowner Relations Program, works to preserve Maine's unique history of public access to private land by:

- Promoting responsible land use to the public
- Educating landowners about their rights, liabilities, and options
- Forming partnerships and supporting landowners.
- Assisting with illegally dumped litter.

For more info: <https://www.maine.gov/ifw/programs-resources/outdoor-partners-program/support.html>

### Become an Outdoor Partner

Become an Outdoor Partners by

clicking on this link. Help continue the open land access tradition we have all enjoyed by learning how to be a good land user and learn your rights if you are a landowner. The Outdoor Partners contribution helps support the landowner relations program.

### Beginning with Habitat

The Department's Beginning with Habitat program provides technical assistance to landowners, foresters, and other service providers managing land and providing habitat enhancements for at-risk, native fish and wildlife.

### Upcoming Events Landowner Events

Landowner Appreciation and Keep Maine Clean Up Day usually occurs in the fall, second week of September. If you'd like to Learn more or sign up to volunteer.



### New Town Text Alerts!

Sign-up to receive text alerts from the Town of Bowdoinham! Be alerted when there is a closure or change in business hours due to weather or other unforeseen circumstances. It's easy to sign-up, just go to our website, [www.bowdoinham.com/form/sign-up-for-alerts](http://www.bowdoinham.com/form/sign-up-for-alerts).

**WARMING  
YOGA**  
FOR  
WINTER

MERRYMEETING HALL  
DECEMBER - FEBRUARY  
THURSDAYS  
5-6PM  
(MASKS REQUIRED)

provided by the town of bowdoinham for all bodies

Comprehensive Planning Update and Request  
Take the Survey – Have a say about the future of our community!

**Survey Just Released – Your thoughts on the Vision for the 2024  
Comprehensive Plan needed [Go to: BowdoinhamSurvey.com](http://BowdoinhamSurvey.com)**

The November 16, 2021 Community Vision Listening Session was a great success! But not everyone could attend. The Comprehensive Planning Committee members along with Craig Freshley (our facilitator) and Jenn Curtis, Planner, have a few more questions to ask.

- Some ideas need clarification and details!
- More and different perspectives are needed.
  - Has your family been in town for generations? Did you go to school in Bowdoinham – then your thoughts are needed.
  - Have you lived in town for 5 years or less? 10, 20, or 30, or 40, or 50 years? The vision is about respecting the past AND planning for the future – and you are part of the future.
  - Do you have children in Bowdoinham Community School? Do they attend Mt Ararat Middle or High Schools? Please add your voice!
  - Do you come to the concerts, or Celebrate Bowdoinham, do you Smelt fish, attend the Yoga classes, participate with Merrymeeting Arts or the Age Friendly activities?
  - Do you belong to the Fire Department, Cemetery Committee? Any other volunteer role in Bowdoinham? Yes – we want your thoughts as well.
  - Anyone left out of this list – yes, we want your thoughts as well!
- Survey guidelines
  - Complete the survey just once
  - Share, share, share

The Respect the Past, Plan for the Future Bowdoinham Vision Survey  
online at [BowdoinhamSurvey.com](http://BowdoinhamSurvey.com) starting January 3, 2022  
Look for paper copies at the Library, Town Office, Bowdoinham  
Country Store, Bowdoinham Hardware and Merrymeeting Hall  
Deadline to complete: February 15, 2022

The summary of the November 16, 2021 Listening Session meeting is on the website under Comprehensive Plan Update. What did we miss?

**Save the date, March 15, 2022 at 6:30 for our next listening session!**

We continue our shameless pitch for more members! This is a great time to join the Comprehensive Planning Committee. You can sit in on a couple of meetings without making a long-term commitment. We want to include more perspectives and voices.

Meetings are the second Tuesday of each month, 6:30-8:00. We may be meeting in person or on line, a quick check of the [www.bowdoinham.com](http://www.bowdoinham.com) website will provide more information. Jennifer Curtis, Director of Planning and Development staffs this process. We can have up to 17 members, and currently have 9 active participants, one application is pending.

Learn more, share more, and add your voice to the Comprehensive Plan.  
Joanne Joy, Chair

Other Committee Members: David Asmussen, Co-Chair; Allen Acker, Laura Arnold, Peggy Christian, Jan Marks, Robert Schott, William Stanton, PJ O’Hanlon

## Merrymeeting Arts Center – Lee Parker

In 2021 the Merrymeeting Arts Center (MAC) and the Bowdoinham Public Library jointly received a grant from the Anonimo Foundation to provide Take & Make kits to children for free while being able to compensate artists for their time and talent. As many of you may be aware, for every month of 2021 a different artist created a project and kits were then assembled and distributed to Elementary School Children in the community. A win for both children and artists!

Each and every artist involved in this project was enthusiastic and generous with both their time and talents. With every kit we assembled we took joy in knowing they would soon be in the hands of some child, nurturing a young creative mind.

We would publicly like to thank each and every artist that took part in this amazing project:

Susan Perrine - woven bag

Manon Whittlesey - stamping/  
printing cards

Stephanie Miller - beading

Patty Norzow - water color

Kathy Goddu - dreamcatcher

Anna Low - flower fold book

Isabel Stearns - felted egg & chick  
Jennifer Stonebraker - paper beads  
Melissa Bardsley - air dry clay  
Bridget McAlonan - dragon puppet  
Howard Solomon - collage  
Audrey Luce - wish box

### Ice & Smelt 2022

We are putting a little twist on Ice & Smelt for 2022... since '21 was dedicated to all of the creative kits we created, we decided to use this opportunity to host a community show and show them off! But for this, we need your help. So, everyone who picked up a kit over the last year...we are hoping you will loan it to us, so we can display it in this show. We are eager to see all the artwork that you created! Please call us at 207-370-5002 and leave a message letting us know how we can contact you so that we can arrange a time to receive your project for the show.

Our success with the project funded through the Anonimo Foundation enabled us to apply for and receive another grant from them to continue to provide Take and Make kits, expand our pottery program and support exhibits in 2022 showcasing exciting new artists.

### A New Vision for the Arts in Bowdoinham

Welcoming in the new year, The Merrymeeting Arts Center is poised for a new future. We remain committed to honoring our origins - Bryce Muir's belief, and our mission and purpose, that art [is] for everyone - and continuing our three main program areas: education, exhibits, and community events. Basic programming in those areas already in place for 2022.

MAC is now ready to turn its attention to re-building for the future. The first order of business is to rebuild our Board of Directors, allowing the new Board the freedom to decide upon future directions. It is clear that this new board needs people with administrative experience and strong organizational skills. The Board is

already rich in people with artistic skills, but creativity can assume many faces. People with creative ideas for how to steer MAC forward financially, physically, and in ways responsive to the needs of our community, as well as the ability to collaborate with other organizations in town, are a high priority.

Since volunteers are the backbone of small organizations, MAC is also in need of someone to recruit and coordinate volunteers.

Opportunities for volunteering may include helping with our social media outreach, public relations/fund-raising campaigns, gallery staffing and staffing community events, to name a few.

We are hoping to include community members of all ages and backgrounds, including parents with children in school, retirees, working people...basically, anyone with an interest in helping to keep the arts and MAC's programming alive and well as we navigate the future.

Anyone with an interest in serving on the Board, volunteering, or wishing more information on the Merrymeeting Arts Center and becoming involved in the organization should reach out by phone 207-370-5002 (leave us a message) or email us at [merrymeetingartscenter@gmail.com](mailto:merrymeetingartscenter@gmail.com).

*Merrymeeting Arts Center encourages art, education and community celebrating the cultural heritage and natural environment of Merrymeeting Bay. Inspired and guided by the eclectic values of the life and spirit of Bryce Muir, the Center joyfully promotes egalitarianism, whimsy, environmental consciousness, and diversity through its artists, programs and projects. The center is located in Bowdoinham, Maine at 9 Main Street adjacent to Mailly Park and the Cathance River boat launch. For more information on the Merrymeeting Arts Center, its history and current doings, please visit [www.merrymeetingartscenter.org](http://www.merrymeetingartscenter.org), email us at [merrymeetingartscenter@gmail.com](mailto:merrymeetingartscenter@gmail.com) or leave us a message at 207-370-5002.*



Maine 2-1-1  
Get Connected. Get Answers.  
United Ways of Maine

free.  
confidential.  
always ready  
to help.

DIAL 211  
VISIT 211MAINE.ORG  
TEXT YOUR ZIP  
CODE TO 898-211

## Browntail Moth Management Tip:



*Example of browntail moth winter nests.*

**B**rowntail moth winter webs were identified in Bowdoinham during the 2021 survey. The new webs for 2022 can be removed and destroyed to prevent further infestation. The Maine Forest Service recommends learning to property identify browntail moth webs to avoid harming other non-invasive species. Winter webs can be pruned from the trees by an arborist or pest control specialist and destroyed by immersing them in a bucket of soapy water.

What browntail moth winter webs look like:

- 2-5 in. (5-10 cm) long
- white silk tightly woven around a leaf or leaves
- wrap of white silk tying leaf petiole to twig
- small brown hairy larvae within dense silk
- occur more commonly on twig ends of oak, apple, shadbush, cherry, beach plum, and rugosa rose

(Source: Maine Forest Service website)

## PFAS Investigation

**O**n October 21, 2021 the Town received notification from Maine Department of Environmental Protection (DEP) that it had been identified as a high priority for investigation for impacts by PFAS chemicals. The letter said it was based on suspected PFAS contaminated materials that were applied at certain sites, and their proximity to drinking water.

PFAS chemicals are man-made chemicals that are used in household products and industrial settings. They breakdown very slowly and are referred to as “forever chemicals”, and because of that they persist in the environment and may build up in the environment, animals, and people over time. Information provided by the State says that health agencies are working to understand more about a variety of potential health impacts.

DEP has also been working with the Department of Agriculture to identify sites currently being used for production of agricultural products.

DEP notified the town in early December that some sampling was taking place. The results were not available as of an update from DEP on December 17th, although some drinking water sampling had been already scheduled for January.

It will be good to know the extents of any water or soil contamination, that the community may start making future decisions by. DEP has already been working to install drinking water filtration systems in areas determined to be impacted elsewhere.

## Thank you!!!

Thank you to the Bowdoinham Country Store, Three Robbers Pub and the Bowdoinham Hardware Store for hosting the giving tree this year. This community helped 8 families! Thank you to all the wonderful and giving people that contributed this year. A special thanks to Sue Hill for her donation to the giving tree.

Thank you to FHC for providing turkey dinners for thanksgiving and for their gifts for the Bowdoinham giving tree.

Thank you all, everything was very much appreciated!

## Loans for Bowdoinham Businesses

**~ Are you a small business owner?**

**~Do you have limited capital for growth?**

**~BCDI's loan program can help!**



***We're a group of Bowdoinham neighbors who have come together to help fund local businesses.***

***Since 2011 Bowdoinham Community Development Initiative has coordinated and administered over \$100,000 in loans from Bowdoinham residents to small businesses in town. The funds for these loans come from your Bowdoinham neighbors; it's Neighbors Investing in Neighbors!***

***Loan amounts range from \$500 up to \$20,000. To find out more about applying for a loan, or becoming an investor, contact BCDI online or by email.***

***www.bcdimaine.org***

***bcdi.maine@gmail.com***

## Notes from Merrymeeting Hall

To help out or inquire about using Merrymeeting Hall, please contact  
Betsy Steen - [baviewess@comcast.net](mailto:baviewess@comcast.net), 737-9460 • Lara Ashouwak, - [lashouwak1@gmail.com](mailto:lashouwak1@gmail.com), 666-8161  
Tom DeForest - 666-3061 [tdeforest@comcast.net](mailto:tdeforest@comcast.net)

Progress continues at Merrymeeting Hall: Brett has finished beautifying (hiding the exposed plumbing with cabinetry) the Main floor bathroom. Now he and Tom are installing a special ceiling (wait until you see it!)

Tom is also working on the lighting in the the south side of the lower level. This is step one in getting that section ready for the Bowdoinham Public Library to inhabit while Coombs must be vacated for much needed renovations. If all goes well, the Library will join us for about a year, starting in August 2022.

Friday Ladies continue cleaning, preparing for events, sorting, organizing, painting, and deciding. We are also slowly setting the BHS Rideout Research Room to rights, so that folks can come and research questions about the town, their homes, genealogy, etc.

MMH has been hosting family parties at MMH since this summer. We ask that guests be vaccinated and that they wear masks, following Maine CDC guidelines to help keep us all as safe as possible. We charge \$100 for a one day event. (\$150 in winter) for Bowdoinham connected folks. Or \$200 for out of towners.

MMH Strongly prefers folks do NOT use plastic dishes or utensils

Paper plates are somewhat better as they can be washed and recycled or composted. What we REALLY like is for folks to use our equipment which comes with the rental.

We have: china: dinner plates, (at least 50) salad plates, butters, bowls, cups and saucers, mugs, and lots of serving dishes, both china and silver. We also have plenty of flatware: both stainless steel, and silver. Again this includes lots of serving utensils. Glassware: includes tumblers, wine glasses, champagne glasses, dessert dishes, several punch bowls, and plenty of punch cups (c 50+). We have an assortment of vases, too. We have an assortment of tablecloths and linen napkins.

Merrymeeting Hall has a fully equipped kitchen with a refrigerator; two stoves with ovens; microwave; a 3 bay sink (sorry, no dishwasher); coffee makers, big and small; crock pots; mixers; kitchen pots and pans; baking pans; kitchen utensils; and aprons.

Merrymeeting Hall can seat about 50, perhaps a few more. We have six 36" round tables, four 36" square tables, and six or more 8-foot folding tables. We have plenty of chairs.

We do expect you to clean up and return the hall to the condition in which you found it. However, you

can also hire us to do the cleaning for another \$50 to \$100.

In short, we have just about everything you need to put on quite a party, splendid or casual.

The main floor is ADA accessible and has an ADA bathroom. Then we have the beautiful theater upstairs, with excellent acoustics and plenty of seating. It is accessible via stairs and a stair chairlift. It also has an ADA bathroom. If you'd like to come take a look, we are generally there Fridays from 9-12, or call Betsy to make an appointment.

Merrymeeting Hall is also available at no charge for Town-of-Bowdoinham related, non-profit, and community groups such as yoga.

Thanks to all for helping make this sad, old building into a bright and useful gathering place!!

### Reminder - Sand Bucket Brigade

The Bowdoinham Fire and Rescue Department will be distributing 5-gal-lon buckets of winter sand this winter. This program is designed for those residents that cannot pick up their own winter sand from the courtesy sand pile located by the restroom facilities at Maily Waterfront Park.

If you would like a bucket of sand dropped at your residence, please contact Austin Musgrove at the Town Office, 666-5531, or [assistantclerk@bowdoinham.com](mailto:assistantclerk@bowdoinham.com). Austin will then forward your information to the Fire & Rescue Department. After you have received your first bucket, please contact the Fire & Rescue Department for a refill at 666-3505 and leave a message.



**Bilodeau**  
**INSURANCE AGENCY**  
92 Pleasant Street • Brunswick, ME 04011  
Tel. (207) 725-2797

 **PERSONAL & COMMERCIAL INSURANCE**

## News from the Bowdoinham Food Pantry

by Hannah Burroughs, volunteer

**H**appy New Year! As I write, the first snow is barely covering the ground, and you may be working to rebound from a turkey and pie stupor, as I am. The Pantry, which saw a near all-time record of 39 visits on a recent Wednesday, had a busy Thanksgiving season and distributed many turkeys and fixings to local families last week. Thank you to everyone who donated during the busy holiday season!

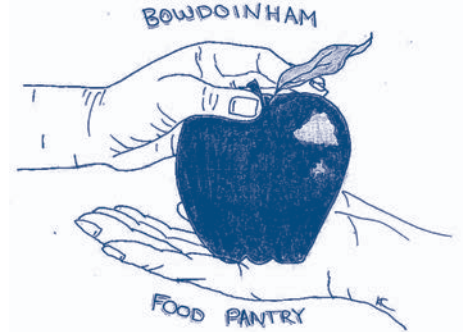
Director Jenn Stonebreaker shared that a client called right before Thanksgiving with the news that unfortunately, her husband had contracted COVID; she wondered if a volunteer could deliver the turkey that she'd requested the prior week. Jenn writes, "We said, OF COURSE! We set her up with additional food needs, as well as cleaning supplies and antibacterial soap. We are grateful for her consideration for the community, and I am thankful for our volunteers who are so willing to pull together to get our neighbors what they

need and keep our community safe."

Jenn has introduced a popular new program called Cooking with Neighbors in which volunteers prepare delicious soups using surplus produce and freeze them in family-sized portions. One enthusiastic visitor said the soups were so delicious that she was sorry she couldn't warm it up for that night's dinner. (The portions take a little while to thaw.) The Pantry purchased a Food Saver vacuum sealer so that the soups can be stored using as little freezer space as possible. If you're interested in making a big batch of soup for the Pantry, please get in touch. If you'd like to pick up some soup and other items such as fresh, seasonal produce, pantry staples, personal hygiene & household items, come visit the Pantry. If by chance you know of someone who could benefit from our support but is hesitant to come themselves, feel free to come and shop for them. All are welcome!

The Food Pantry continues to invite clients inside for in-person shopping. To provide the safest possible experience for visitors and volunteers, the Pantry requires masks and has purchased and installed two UV air purifiers.

In Board news, the Pantry



welcomes new member Jane Foster! Jane has been a dedicated volunteer for years and we are thrilled that she's agreed to take on a leadership role.

To contact the Bowdoinham Food Pantry, email: [bowdoinhamfoodpantry@gmail.com](mailto:bowdoinhamfoodpantry@gmail.com), call 751-7779, or find us on Facebook. Donations can be made on our website at [www.bowdoinhamfoodpantry.org](http://www.bowdoinhamfoodpantry.org). You can also drop off donations at the Bowdoinham Country Store and the Post Office. This month, the Pantry would especially appreciate:

- Milk (shelf stable or fresh)
- Sugar
- Mayonnaise
- Eggs
- Ground Coffee
- Kid Friendly Snacks

**The Town Hall Committee** has begun meeting and discussing plans for moving forward. The Committee has a draft list of work to be complete and has begun working on a funding plan. To kick off the fundraising:

- Bowdoinham Historical Society is offering to match up to \$5,000 in cash donations.

- The Town has sponsored a calendar to promote Bowdoinham's rich history and community. The calendar highlights the historical quilt of Bowdoinham 1912 to 2012.

Please find a survey related to this effort inserted in this newsletter. The survey is also available on the Town website.



## Tourtelotte EXCAVATING

(207) 666-5941  
188 Millay Road  
Bowdoinham, ME 04008  
[www.tourtelotteexcavation.com](http://www.tourtelotteexcavation.com)

**Excavation - Road Work - Land Management**

## Rides Update

Rides in Neighbors Cars began with the idea of helping increase the independence of people who can no longer drive by matching people who need a ride with people willing to give a ride. Rides are provided to Bowdoinham and Bowdoin residents age 60+ and those with a disability that prevent them from driving safely. A ride can be scheduled for a non-emergency medical appointment or to go shopping or do an errand. The program can be used to get a ride to church, use the Bowdoinham Food Pantry or Library or even to help get a pet to a vet appointment.

Over the years, RIDES has grown. In 2019, volunteer drivers provided 251 trips that took 627

hours and encompassed 10,332 miles. When the pandemic began and many appointments were canceled, we dropped to 3-4 drivers that served several clients. As we move into 2022, we are back to a dozen clients, but unfortunately, we have lost some drivers.

If you have just a little bit of extra time in your week and could volunteer to offer a ride, we welcome you to join our group of volunteers. You might choose to help someone get to a regularly scheduled weekly appointment or you might only be able to offer rides every now and then. You can choose your availability monthly and typically drivers take 1 to 5 trips per month. Please call 207-837-9577 for information on how to get started with us.



If you need a ride or know someone who might benefit from this volunteer program, please call 207 837-9577 for details. There is no charge for any ride but donations are always gratefully accepted.

## UPDATE: Committee for Age Friendly Bowdoinham

We have a new name but the same mission-to improve the lives of all residents with special focus on older adults and those living with disabilities. Formerly known as the Advisory Committee on Aging or ACOA, we recently changed our name to the Committee for Age Friendly Bowdoinham both to reinforce our broader mission and to connect our efforts to the network of age friendly communities in Maine and throughout the country.

We are delighted to announce that Mary Kelley, Karen Mayo and George Oliver recently have joined the Committee that also includes Barbara Cree, Deb Smith, Peggy Muir and Maureen Booth. As of September, Chris Whitney serves as our Age Friendly Town Coordinator in addition to his responsibilities as Recreation Director.

Many residents are familiar with the Committee's sponsorship of luncheons, games, activities, speakers and field trips. Although the pandemic curtailed many of these opportunities for social interaction, we are pleased that some

are returning. We encourage everyone to check out the Town calendar for information on bridge, cribbage, gentle yoga and other age friendly activities. In early October over 40 residents came together on a drizzly windy day to enjoy lunch under a tent. Now that winter is forcing us inside again, the Committee is looking for safe ways to hold other group events. As plans develop, we will post information at the Town Office, Library, Merry meeting Hall, and local businesses. Those interested in being notified of upcoming events via email should call the Town Office to be included on the Committee's mailing list.

This Fall the Bowdoinham Public Library, in coordination with the Committee, launched its Hometown Helpers initiative. Funded by the Maine Humanities Council, the program offers assistance to residents wanting to trouble shoot problems they may have in using their laptops, mobile phones or other digital devices. Others may want to expand existing knowledge. If you are interested in working with

a volunteer on a one-on-one basis to improve your skills, please contact the Town Library for more information.

Over the next few months, you will be hearing more about the Committee's work to update the Town's Age-Friendly Action Plan - a public process to foster a physical, social and support environment to make Bowdoinham an inclusive, safe and enjoyable place to live for people of all ages and abilities. We also will be announcing a revitalization of the Town's lending program of medical equipment, tools and devices to residents. Finally, the Committee is in early discussion on how we can learn from residents about their experiences during the pandemic and apply those lessons to better support and respond in the future.

We welcome volunteers to serve on the Committee for Age Friendly Bowdoinham or to work with us on a special project of interest. If you would like to learn more about our work, please contact Maureen Booth (207-319-9078) or Peggy Muir (207-504-1132) or reach out to another Committee member.



## I'm not ignoring you

by Peggy Muir

And I'm not being rude. And I haven't developed dementia. And I'm not spacing out. And I haven't forgotten what you told me.

I have hearing loss. It means that I have challenges. I can't hear things from other rooms or around corners or in crowded noisy spaces. I miss bits of conversation so I sometimes miss facts and bits of stories which leads to, "I told you that!" or "Why don't you listen to me!"

Hearing loss means there are odd lapses in my knowledge that people don't understand. I feel as though I know bits of things and not others. Sometimes I think I learn things by osmosis, as I am not conscious of hearing them. People get irritated and frustrated and downright mad at me. It's difficult. Unlike many disabilities, hearing loss is not visible. Sometimes I wish we still had those huge old ear trumpets to cue people in. As it is, I will sometimes

cup my hand around my ear and turn my head in a very public in "I -am -partially -deaf" move. Or make that motion for turning things up. Which can be embarrassing.

Strangely enough, hearing loss was an asset of a kind in high school teaching. If a student got pissy when I asked for a repetition of a comment - "I TOLD you that already!" - I would say "I have a disability," and then the student would be all apologetic. It meant a definite improvement in attitude.

But it's also very very frustrating to know I miss things, from friends and my young grandsons. It can be dangerous to miss the sound of a speeding car.

I think most people with hearing loss become lip readers of sorts. It's much harder on a telephone and I am very grateful for Facetime and Zoom and closed caption TV. There are many new tools like fire alarms that have strobe lights.

Hearing aids help a lot but they have their own challenges. Some

aids have tiny (expensive) batteries which fumbling fingers drop. The aids themselves have to be carefully inserted in ears-- again tough with arthritic hands. You have to remember not to shower or swim with them in (and where do you stow them at the beach?). Ironically the Covid masks with ear loops can flip them out. I had to buy a new set. At night time I remove them and will not hear someone calling.

Hearing aids increase sound. All sound. There are programs that help in noisy situations but hearing aids do not magically make you 100%.

I know now to start many conversation - especially to people I don't know on the phone- by saying, "I have hearing loss so I may have to ask you to speak up!" "People are kind. Just be careful in making

assumptions about elders and others. They MAY be inattentive or sleepy or rude. They may forget what you say or have incipient dementia.

Or they may just have hearing loss.

### Age Friendly Activities: To be Listed on Town Calendar and included on the Website

#### Bridge

When: Every Wednesday at 9:30am

Where: Firestation.

Who: Experienced bridge players

Contact person: Martha Cushing  
(207-573-7447)

#### Cribbage

When: Every Thursday at 10am

Where: Firestation

Who: New and experienced players

Contact person: Theresa Turgeon  
(207-837-2577)

## Farmer Community Conversation

Merry Meeting Food Council (MFC), Bowdoinham Community Development Initiative (BCDI), and University of Maine Cooperative Extension will host a Farmer Community Conversation in January. BCDI hosted these meetings annually until 2019 and we are excited to work together to bring this gathering back! This meeting is an informal opportunity for members of the farming community to share successes, challenges, and identify opportunities for collaboration. We look forward to a conversation about how needs for land,

investment, infrastructure, farm labor, distribution, and more have

continued to shift during the pandemic. Decisions about in-person versus virtual will be assessed closer to the event. Details to come. We hope to see you!

Contact BCDI ([bcdi.maine@gmail.com](mailto:bcdi.maine@gmail.com)) or MFC ([merrymeetingfc@gmail.com](mailto:merrymeetingfc@gmail.com)) for more information.



# THE BOWDOINHAM NEWS

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www.spectrumgenerations.org  
One Weston Court, Suite 109, Augusta, ME 04338-2589  
1.800.639.1553 • Fax 207.622.7857 • TTY 1.800.464.8703

Hello Bowdoinham residents,

Spectrum Generations is incredibly thankful for the contribution your town made to our nonprofit last year to help us provide services to older and disabled residents in your community and beyond. Your town's donation of **\$3,000** made a real impact, helping us leverage **\$9,973** in benefits for your community. Here's a breakdown of the services we provided to **40** members of your community last year:

- **1,154** meals worth an estimated **\$7,778** were delivered to homebound seniors and adults with disabilities;
- Aging and Disability Resource Specialists provided **97** hours of outreach and counseling on topics including elder abuse, prescription drug coverage and long-term care options. This counseling valued at **\$1,468** was provided to **38** individuals;
- **2** community members received **6** hours of caregiver services valued at **\$377**;
- **1** community member participated in a health and wellness program worth **\$350**;
- Healthy Living for ME, a statewide network of local organizations, health systems and volunteers, worked together to provide 123 free or low-cost workshops to nearly 1,000 participants, empowering them to take control of their health.

Thank you for contributing to our mission to promote and advance the well-being and independence of older and disabled adults, with the support of their care partners, to live in their community of choice. Your support ensures that older and disabled adults will continue to receive these vital services in your community. If you or a loved one would like to volunteer, or learn more about our services, please contact me at [vabbott@spectrumgenerations.org](mailto:vabbott@spectrumgenerations.org) or call (207) 620-1631.

Sincerely,

A handwritten signature in black ink, appearing to read "V. Abbott", with a long horizontal flourish extending to the right.

Victoria Abbott  
Community Engagement Director

Spectrum Generations is the Central Maine Area Agency on Aging with Community and Aging and Disability Resource Centers  
in:

Belfast | Brunswick | Camden | Damariscotta | Hallowell | Skowhegan | Waterville

## Library Newsletter

The library is striving to keep you informed as well as entertained this winter. While the weather is cold and the fireside beckons, we hope you will find some new fiction, new non-fiction and some old classics at the library. If the COVID numbers rise this winter and you don't feel safe coming to the library, just call and we will arrange safe curb side pickup of the materials you need. 666-8405 or email [bowdoinham@gmail.com](mailto:bowdoinham@gmail.com). If you are stuck without a book, you can download free audio books or ebooks via Cloud Library with your library card number. Call for guidance if you need help logging in the first time.

For those who need help learning about the internet and the many ways to make use of it, the library is offering some in-person classes through the National Digital Equity Center. Here are the upcoming classes- all free!

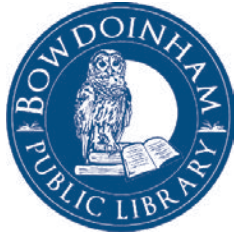
Jan 18, 2022 at 3:00 PM Email Basics

Feb 2, 2022 at 10:00 AM Android Basics

Feb 10, 2022 at 10:00 AM Online Games for 55+

Mar 7, 2022 at 6:30 PM Identifying Frauds and Scams

Don't feel comfortable coming to an in person class? Too cold outside? Find dozens of online classes by going to: <https://digitalequitycenter.org/classes/> Now about that entertainment...



How about grabbing your passport or your road maps and joining Bowdoinham'ers on a Trip Around the World from Your Own Easy Chair? Let's have an evening via Zoom where we each share 10 minutes of travel photos from a recent trip! You may see 10 minutes of the Cutko's travels in Ukraine, followed by 10 minutes of Dory Street's trip down the Colorado River in a raft... followed by 10 minutes of so-and-so's hiking in the Swiss Alps... you get the idea. Save the date and email me if you would like to have 10 minutes saved for your travel photos. FEBRUARY 8th, 7pm via Zoom. watch the library website and Facebook page to get the login information when the date gets closer.

## Bowdoinham Municipal Directory

### Town Office

13 School St  
Bowdoinham, ME 04008  
Phone: 666-5531  
Fax: 666-5532  
Website: [bowdoinham.com](http://bowdoinham.com)  
Hours:

Monday: 8:30am-00pm  
Tuesday: 8:30am-4:00pm  
Wednesday: 9:00am-6:00pm  
Thursday: 8:30am-4:00pm  
Friday: 8:30am-4:00pm

### Recycling

121 Pond Rd  
666-3228

Website: [bowdoinham.com/SWR](http://bowdoinham.com/SWR)

Recycling Hours:

Tuesday: Noon-6:00pm  
Thursday: 8:00am-4:00pm  
Saturday: 8:00am-4:00pm

Trash Pick Up:

Thursday Mornings  
(or the following Saturday morning when Thursday is a Holiday)

### Bowdoinham Public Library

13a School St  
Bowdoinham, ME 04008  
Phone: 666-8405  
Website: [bowdoinhamlibrary.org](http://bowdoinhamlibrary.org)  
Hours:

Tuesday: 10:00am-2:00pm  
Wednesday: 2:00pm-6:00pm  
Friday: 2:00pm-6:00pm  
Saturday: 10:00am-2:00pm

### Animal Control

522-8816

### Fire & Rescue

666-3505 (non-emergencies)

### Public Works

666-3505

### Sagadahoc Sheriff Dept.

443-8201

### Water District

(Payments Due Quarterly)  
737-4721

## COBB'S REPAIR SERVICE



**AUTOMOTIVE REPAIR & DIESEL SPECIALIST**

**6 WALLENTINE ROAD – BOWDOINHAM, MAINE 04008**

**(207) 666-5985**

# THE BOWDOINHAM NEWS

## Community Calendar

### January

1<sup>st</sup>  
Recycling Closed

7<sup>h</sup>  
Ride in Neighbors Cars  
9am-10am, Town Office Graduates Rm

12<sup>th</sup>  
Not Your Mother's Garden Club  
1-2pm at Town Office Kendall Rm

12<sup>th</sup>  
Friends of Merrymeeting Bay  
7pm over Zoom

### February

9<sup>th</sup>  
Friends of Merrymeeting Bay  
7pm over Zoom

11<sup>th</sup>  
Ride in Neighbors Cars  
9am-10am, Town Office Graduates Rm

## Town Board and Committee Meetings

*All meetings are open to the public.  
For more information please visit:  
[www.bowdoinham.com/calendar](http://www.bowdoinham.com/calendar)*

### Select Board

2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of Month at 5:30pm

### Planning Board

4<sup>th</sup> Thursday of Month at 7:00pm

### Advisory Committee on Age Friendly Bowdoinham

2<sup>nd</sup> Monday of Month at 2:30pm

### Comprehensive Planning Committee

2<sup>nd</sup> Tuesday of Month at 6:30pm

### Community Development Advisory Committee

1<sup>st</sup> Tuesday of Month at 6:30pm

### Cemetery Advisory Committee

1<sup>st</sup> Monday of Month at 4:30pm

### Solid Waste Committee

Every other Wednesday at 5:30pm

Town of Bowdoinham  
13 School Street  
Bowdoinham, ME 04008

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