



THE BOWDOINHAM NEWS

Volume 19, Issue 1

www.bowdoinham.com

January-February 2021

New Opportunity

By Wendy Rose

Bowdoinham has an opportunity to save money for its annual budget. Everyone will have a chance to vote on this opportunity the next time we have a Town Meeting.

The savings will come through a Power Purchase Agreement (PPA) with Revision Energy—the company that will install a solar panel array on the roof of the Public Works Building. The array will generate enough power to cover the electric needs for our municipal buildings and street lights. Under this agreement, Bowdoinham will not have to put down any money up-front, and will benefit from savings on its electric bill over the next 20 years. If approved at the Town Meeting, the savings will start with approximately \$1,000 in the first year and will add up to \$39,000 over the 20 years the PPA lasts. With a current electric bill of \$15,000 per year, that will be a savings of 6-13% during this span.

Many municipalities have taken the step of entering PPA's ever since this option has been offered. The Bowdoinham Selectboard asked the Community Development Advisory Committee

(CDAC) to research the viability of doing the same for our town back in February, 2020. After deep research, interviews, and discussions, CDAC unanimously recommended that Bowdoinham take this step. The benefits seemed obvious: the town did not have to pay for the solar array up-front, the electricity it generates will be less expensive for the town, and we can continue in the agreement for 20 years without any capital expense. Changing to a renewable energy source is an added benefit.

The Selectboard agreed with CDAC's recommendation and issued a Request for Proposals for the project. Revision's proposal was accepted by the Selectboard in Nov. after some negotiation and by adding the contingency of town meeting approval.

After 20 years, Bowdoinham could decommission the array at little to no cost. At that time, the town could instead choose to make any needed repairs or replacements and continue to benefit from the energy the panels would generate—probably over the next 20 years since the lifespan of much of the equipment is 40 years. With the second option, the town would have to pay for maintenance and repair in the second 20 years, but it would get the full savings

from generating its own energy.

CDAC is recommending that Bowdoinham let Revision be responsible for the array for 20 years so that the town can receive the savings without having to spend any money. The town could, however, make a different decision after the first 6 years of the PPA. It would mean greater savings. After 6 years, Bowdoinham could buy the array for approximately \$131,000 and end up with a net savings of \$139,000 over the 20-year period. This is something we can consider closer to the time. There are a number of capital improvements the town needs to do in coming years, so this option will need to be a part of a larger budget consideration.

"This seems like a wonderful win-win for our town," says Wendy Rose, Chair of the CDAC. "Not only will we save money, we will be using solar power, and we will have a solar array right in town. It could provide a great learning tool for the school children. The electricity generated by the solar system generally has a fixed cost and will not be subject to price fluctuations that can happen with any public utility. Fortunately, the

Continued on Page 2.

Dog Licenses Due

State Law requires all dogs six months and older to be licensed by January 1st, however there is a grace period to 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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New Opportunity for Bowdoinham

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Public Works Building has a reinforced roof and is an ideal construction site for a solar array.”

If anyone has any questions, please feel free to be in touch with Wendy at wendlynrose@gmail.com. “While I may not be able to answer every question myself, I will do my best to direct people to good information,” she says.

Join our meeting on Tuesday, February 2nd at 6:30pm to learn more about the Town’s solar project! John Dunster of Revision Energy will be joining us to answer our project questions. The meeting will be held online, via zoom, meeting details are available on the Town’s website, www.bowdoinham.com/calendar. You can also visit the Town website for more information about the project, www.bowdoinham.com/solar-project.

Solar Energy Information Session

Come more learn about solar energy for your small business and/or home! John Deans, Bowdoinham resident and Sam Zuckerman of Maine Solar Solutions have kindly agreed to provide background information about solar energy. The meeting will take place online via Zoom on Thursday, January 14th at 6:30pm. For details on how of join the meeting please visit the Town’s website, www.bowdoinham.com/calendar.

Thank you to Bowdoinham Public Library, CDAC and BCDI for hosting this Solar Energy Information Session.

Waterfront Project Update

By Nicole Briand

In September 2020, the Town was awarded a Shore & Harbor Planning Grant from Maine Department of Marine Resources Maine Coastal Program for the next phase of design and permitting work for the redevelopment of the former public works property. The goal of this phase of the project is to further develop the approved Master Site Plan to permit level engineering drawings. This project will tie into the design and permitting of the hand carry boat launch and shoreline stabilization that was just completed with funding from the Coastal Communities grant.

To complete this work, the Town has hired Mitchell & Associates facilitate the design development process. We will have two Design Workshops over the winter:

- Wednesday, February 10th at 6:30pm
- Wednesday, March 10th at 6:30pm

We hope you can join us!

Once the design has been developed through a public process, the consultants will create permitting documents and assist the Town obtaining the necessary project permits. For more information, please visit www.bowdoinham.com/waterfront-redevelopment-project.

Assessor’s Alley - Homestead Exemptions

By Darren Carey

Are you a permanent resident of the Town of Bowdoinham? Have you owned your home in Bowdoinham for 12 months as of April 1, 2021? If you answered yes to both of these questions you may be entitled to a homestead exemption.

The Homestead Exemption amount increased to \$25,000 from \$20,000 of assessed value for residential property owned by Maine residents that permanently reside in Bowdoinham. Applications are available at www.bowdoinham.com/tax-assessor and are due before April 1, 2021.

The exemption is not a true exemption because the cost is split between the State of Maine and the municipality, this is outlined in Title 36 §683 of the Maine Revised State Statute.

It should also be noted that there are exemptions for veterans and veterans’ families.

If you are unsure if you have the homestead exemption and believe you are entitled to it, please email me at dcarey@bowdoinham.com or call 666-5531 and ask for Darren.

Jeff THE ELECTRICIAN

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Select Board Update on Town Recycling Efforts

Bowdoinham's long-standing Recycling Program is an enormous source of pride for the Town, and an important way our community can contribute to reducing waste and living more sustainably.

This year, the Select Board has been grappling with how to continue carrying out that program in a manner that is safe for Town employees and the public. Unfortunately, that process has temporarily disrupted the Town's ability to provide the same level of recycling services. The Select Board is committed to restoring Bowdoinham's recycling program as quickly as possible, while also ensuring the health and safety of employees and residents.

In order to achieve this, a number of things are happening in parallel:

- In the near term, solid waste and recycling operations have been relocated to the new Public Works facility on Pond Rd. The hours are the same – 8am-4pm on Thursdays and Saturdays. Additional details are available at bowdoinham.com/solid-waste-and-recycling.

- Curbside pickup of recyclables has been temporarily paused, as there is not space at Public Works to sort and process them.

- The Board is working with the Town's landlord at the Recycling Barn to see whether and how improvements that are needed for the Town to resume operations safely in that building can be completed before the Town's current lease expires in June.

- Longer term, the Town is developing two plans to put before voters at Town Meeting in June, with the goal of choosing one:

- A new lease for the Recycling Barn, which will require additional upgrades to the facility in order to ensure its safety over time.

- A plan for construction of a new solid waste and recycling facility beside Public Works on the Pond Road property.

- Both plans will be informed by work the Solid Waste and Recycling Committee is currently conducting to gather community input and develop a long-term vision for recycling services in town. (Thank you to these volunteers for this important work.)

The Select Board recognizes the rich history of recycling in Bowdoinham, including the central role the Barn has played in our community. It is the Board's hope that, working together, Bowdoinham will be able to rebuild our recycling operations in a way that respects that legacy, contributes to environmental sustainability, and guarantees employee and public health and safety into the future.

Safety Reminders

By Arthur "Fudd" Frizzle, Fire Chief

We are in the midst of Eastern Standard time with the clocks "falling back" in November. That is typically the time to test and change the batteries in your carbon monoxide and smoke alarms. If you forgot, PLEASE, take the time to make sure your alarms are working properly and have fresh batteries, it only takes a moment and is a simple step in the safety of you and your family.

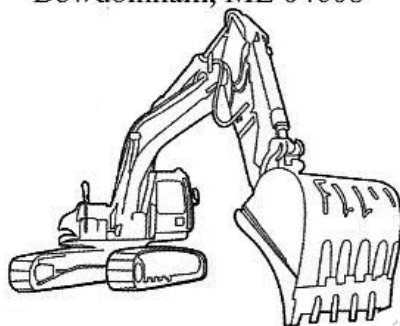
While you have that safety mindset going, it is also a good time to remember to check your chimney. If you burn wood, you should have already cleaned it at the beginning of the heating season, but make sure you conduct regular visual inspections throughout the winter. The firefighters are always eager to respond when the need arises, but we are much happier staying home knowing you are safe.

Finally, members of public safety have always said, "if we can't find you, we can't help you." This time of year with the snowbanks starting to pile up and mailboxes become covered, when seconds matter, we want to get you the help you need, as soon as possible. PLEASE make sure your house number is fully visible from both directions on your road.

Bowdoinham Fire Rescue provides fire and EMS services to Bowdoinham. If you or anybody you know is interested in joining, please contact me at afrizzle@bowdoinham.com or 666-3505.

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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 15 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 all, everything was very much appreciated!

Age-Friendly News - The Transition to Getting Older

By Gracia Woodward, Chair

Last year I fell hard on the concrete pier getting out of my son's boat. My daughter-in-law rushed over as I picked myself up.

"Stay down!" she urged.

"No!" I declared. "I'm fine!!" And I struggled upright, shrugging off her helping hand. Well, I wasn't fine. I was bruised and shaken. I was sore for several days. Luckily no breaks. But I insisted I was fine, fine, FINE. And rejected her assistance.

It seemed really important to be FINE. Why?

I started thinking about that. I am getting older. Falls happen to elders and can be serious. So how do we know when we should stop, take a break, assess possible damage? How and when to accept

assistance?

There's no perfect answer. But I know now that pride and fierce independence got in the way of my accepting a simple hand up.

The day will come when I may need all kinds of support, welcome and unwelcome, straightforward and complex, easy and difficult. It is awkward and hard to accept assistance sometimes. So, just maybe, I should start doing it in small doses now when I am still spry and stable and compos mentis. I can practice asking for small bits of assistance and accepting them. This may make things easier down the road.

Comfortably Home

This is a program that sends professionals to your home to assess your need for modifications and makes the modifications for you. There is no cost for this service. To participate in Comfortably Home:

- Be age 55+ or have a disability.
- Own the home or live in a home

owned by a family member.

- Meet income guidelines.

Their professional maintenance team makes home accessibility modifications that facilitates ease-of-living as people grow older. They specialize in one-time, minimally disruptive but high-impact minor home improvements. Examples of what they may do include:

- Safety Checks: smoke and CO detectors, dryer vents, refrigerator coils, light bulbs, furnace filter(s).
- Accessibility Modifications: grab bars and handrails, shower wand, shower seat, raised toilet seat, drawer pulls, doorbell, lighting, kitchen faucet.
- Minor Repairs: winterizing, flooring repairs, storm door installation, gutter work, steps/existing ramps, minor plumbing and electrical work.
- Custom Work Examples: build shelf, modify cabinet height.

For more information, please contact Bath Housing at (207) 443-3116.

Solid Waste Committee Update

By Cathy Curtis, Chair

Bowdoinham's Solid Waste Committee has been meeting every two weeks since June. Members include Susan Brown, Michael Smith, Pat McDonough, Tessa Kingsley, Susan Drucker-secretary, Lisa Wesel-vice-chair and Cathy Curtis-chair,

Our task of overseeing protocols for keeping the Recycling Barn open during the pandemic shifted in September when the Town closed the Recycling Barn based on an Engineer's Report from Calderwood Engineering. There are ongoing talks between the Town (Lessee) and David Berry (Leaser) addressing concerns.

We have since been tasked with determining a Vision for the Future of Solid Waste & Recycling to include; what services the town wants; what is needed to offer these services; how can the services be offered; and the cost of the services.

To gain resident feedback we have created a survey included in this newsletter. Please fill out and return to the dropbox at the Town Office or complete the online survey on the town website. They are due by the end of January.

We welcome public attendance at our zoom meetings. Links can be found on the Town Calendar with agendas. Our next meeting is on January 6th at 5:30pm, with a presentation from Eco Maine.

Current solid waste services available are: continued curb-side trash pick-up on Thursdays and drop-off recycling at the Public Works Facility, 121 Pond Road on for the following items:

- Broken Down Corrugated Cardboard
- Clean Mixed Recyclables including, tin cans, plastic household containers #1 - #7 and aluminum foil
- Mixed paper, including newsprint, magazines, office paper, brown paper bags, cereal boxes and any other paperboard boxes, clean tissues and paper plates

In addition, we will accept the following items:

• Light Bulbs including fluorescent bulbs including CFLs, 2,4,6, & 8-foot straight bulbs, U shape and circular bulbs. HID and other mercury containing bulbs

- Mercury including thermostats containing mercury
- Batteries including all rechargeable batteries from power tools to cell phones and anything in between
- Paints including architectural paint including house paint and primers, stains, sealers and clear coatings such as shellac and varnishes in non-aerosol containers and less than 5 gallon in size
- Scrap metal.

There will be no curb-side pick-up for recycling, all curbside pick up bags will require a trash tag.

The public works site will be open for recycling on Thursdays and Saturdays, 8am to 4pm, but will be closed when Public Works is performing winter road maintenance (plowing/sanding). You can Sign-up for text alerts regarding closures or contact the staff at 207-666-3228 or recycling@bowdoinham.com with questions.

Winter Tips

Here are a few winter tips for you to consider:

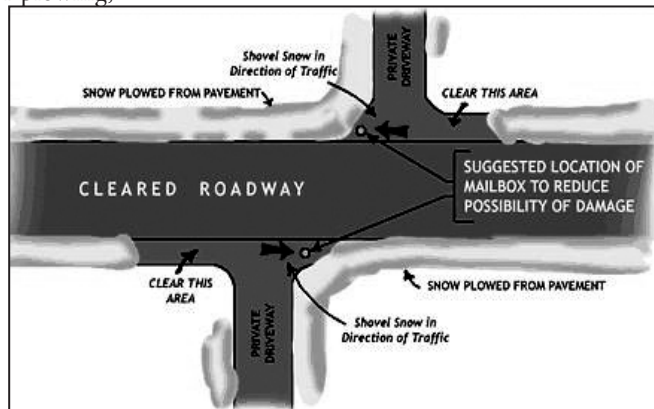
Who plows what roads?

The Town is responsible for plowing, sanding and treating most streets and roads in Bowdoinham. The exceptions are Main Street (from Fisher Road to Bowdoin) and Post Road. These two roads are NOT plowed, sanded or treated by the Town – in fact, Main Street from Fisher Road to the Bowdoin town line and the entire length of Post Road are plowed, sanded and treated by the Maine Department of Transportation (MDOT) or their contractor.

Snow in your Driveway

The Town's crew is not done clearing the roads of snow, slush and ice until well after storms have stopped. In order to get to clear pavement, the plow trucks scrape the roads after the storm. This results in snow and slush being pushed back into

driveways after they have been cleared. One way to help eliminate this issue for your driveway is to clear an area on the right side of your driveway (the right side if you are entering your driveway). If this is done, the snow and slush being scraped off the road will be deposited in this area and not into your driveway entrance. See the illustration below:



Courtesy sand pile

The Town maintains a courtesy sand pile for residents at the entrance to the old Public Works property at the waterfront. Please keep to the two five-gallon bucket limit per visit. It is very important that we stay within this limit to assure there is sand for everyone. No pickup truck loads or commercial haulers.

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.

Sand Bucket Brigade

The Bowdoinham Fire and Rescue Department will be distributing 5-gallon 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 yellow building at the old Public Works Facility.

If you would like a bucket of sand dropped at your residence, please contact Madeline Winston at the Town Office, 666-5531 or assistantclerk@bowdoinham.com or for a refill please contact the Fire & Rescue Dept at 666-3505 and leave a message.

Do you need help this winter?

Older adults in town will be getting phone calls asking if they need any help this winter, over the next few weeks. Volunteers from the Committee on Age-Friendly Bowdoinham will be calling residents 75 and older, asking them if they need rides to get flu shots, groceries, or doctor's appointments, if they want sand for icy door yards, if they need extra food from Bowdoinham's food pantry, and if they would like to arrange regular calls with a phone buddy.

If you would like any of these services, regardless of your age, please call the town office at 666-5531 and leave your name and number and ask that someone from the Age-Friendly Committee call you back. Here's to a safe and healthy winter for us all!

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Merrymeeting Arts Center News

By Laleah Parker

Merrymeeting Arts Center (MAC) welcomes the New Year and looks forward to opportunities to support community arts in Bowdoinham through Exhibits, Events and Education. Holiday Pop-Up 2020 was a huge success, providing a safe and delightful shopping experience for Bowdoinham residents; Buy Local! Buy Bowdoinham! Over 40 Artists and Artisans and other small businesses participated in this event that ran from late November until the Sunday before Christmas.

Special thanks go to Camilla MacFadyen and Susan Brown for coordinating the event and to the Bowdoinham Guild of Artisans and Kate Cutko (Bowdoinham

Public Library) for their support and encouragement. We are also grateful for the numerous people who volunteered their time to staff the open hours, making it possible to be open 4 days a week and for all of you who shopped!

MAC could not have done this without the Town of Bowdoinham who provided space in the Town Hall, assisted with marketing and many offered many other kindnesses. All proceeds from the sales went directly to the vendors. Vendor registration fees defrayed marketing and display costs and were waived if the vendor covered one of the shifts.

We plan to build on this success for 2021 and welcome feedback and sugges-



tions for 2021. Please contact Lee Parker laleah.a.parker@gmail.com or 207-841-5914 (please text or leave a message).

Ice & Smelt 2021

What would winter in Bowdoinham be without the Ice & Smelt Festival. Ice & Smelt 2021 will be celebrated Covid style and as of this writing we are not yet sure how that will look! We do know that this year the event will focus on outdoor activities and safe indoor opportunities (limited numbers, with masking and social distancing) spread out over a week instead of a day. Mark your calendars for the week of February 15-22! We will have a planning meeting via Zoom in January (time TBA). Please contact Mark Dube Mad4purple@yahoo.com or text 207-228-3230 if you are interested in helping out.

Merrymeeting Arts Center Studio News

By Lisa Shannon

The heat is on in the studio and we are warming up to some great art and classes happening this winter. Enjoy our great local artists and teachers and engage in one of the following classes this new year!

In keeping with the Merrymeeting Arts Center's Mission - Art for Everyone, there is a Heron Fund. The Heron Fund is made possible by the generosity of the Muir Family and donations from MAC friends and supporters. The Fund allows MAC to compensate artists for the classes they teach while ensuring that everyone can participate. You can pay what they are able to afford, and still participate in the classes and workshops. Just reference the the Heron Fund when you email the studio to register for the class.

January Pottery classes in the studio continue with Melissa Bardsley Tuesday afternoons, 12-2pm and the second and fourth Saturday of the month, 10-12. \$5.00 drop-in fee.

Saturday, January 16, 11am-1pm. Puppet making class. Create a marionette style

puppet in this two-part class. Made with special air-dry materials, this class is fun and easy to do. Cost of the class is \$20.

Sunday, January 17, 11am-1pm. Come create a beautiful, felted landscape ice shack picture. This class, taught by Isabel Stearns, will teach you to make a lovely, frame-ready picture completely from felt. Cost of the workshop is \$10.

Starting January 18 until February 22, Mondays, 11am-12:30pm. MAC studio is offering a 6-week beginner acrylic painting class with Patty Norzow, local artist and graphic designer. As Patty states, "This is a great medium to start (or continue) your painting adventures. We will explore the basics but also take the time to explore your creative side and just have fun!"

January 30, we will hold our Restorative Power of Memoire writing workshop with Shellie Leger, from 10-11:30am. Shellie will work with each student to get your pen to paper and your finger to the keys. She lives in West Paris on a small farm where she works as a disability advocate and writes fiction. Shellie holds an MFA in fiction writing from Stone Coast. She has published two novels and is completing her third and teaches at Feathered Ink. The cost of the workshop is \$15.

January 31, 10am. Collage paper art class. Create a beautiful piece of your own art with instruction from local artist, Kelly Moeykens. Kelly has been featured in many galleries in NY, LA and currently lives and works in Midcoast Maine. This class will require collecting some of your own recycled paper materials. Cost of the workshop is \$15.

February 6, 10am. Time to felt your heart out! Just in time for Valentine's Day, Isabel Stearns will work with you to create your own felted heart garland. Each garland will be \$20.

Coming in February - Paint your own pottery fundraiser for the studio. And decoupage under glass class with Sally Kent. Learn the technique of decoupage and create a lovely art piece of your very own. Watch for details on our Merrymeetingartscenter.org calendar for February or email the studio at merrymeetingartstudio@gmail.com for more information.

To sign up for any of our classes or workshops, please visit Eventbrite, or email Lisa Shannon at merrymeetingartstudio@gmail.com. Due to Covid-19 Restrictions, we are limited to 4 people per class 6 feet apart and wearing masks.

Merrymeeting Take and Make

By Kate Cutko, Library Director

A new grant-funded project will launch this month and continue each month through 2021. Called “Merrymeeting Take & Make” the project is a partnership between Merrymeeting Arts Center (MAC) and the Bowdoinham Public Library.

The Anonimo Foundation approached Kate Cutko, Library Director, in November, anxious to find ways to support arts education in midcoast towns that has been restricted in school districts due to COVID. The Foundation encouraged Bowdoinham to apply for a \$5,000 grant and to use a model of “Take and Make” kits to extend arts education and materials to Bowdoinham children. The library immediately partnered with the Arts Center, who had begun producing and distributing Take & Make kits on a limited basis last summer to meet the needs of children during Covid-19. Mark Dube, Board Chair of MAC generated a list of artists whom we hope to enlist and potential skills to teach each month. We consulted with the district art educator who is ready and willing to coordinate efforts so that we don’t duplicate but instead supplement what the district is offering to kids both in

school and remotely at home.

The Anonimo is piloting the grant project in five midcoast libraries, taking advantage of the library’s central role in the community and its access to children and families. If successful, the foundation is hoping to extend the scope of the grant project with the help of the Maine State Library.

“We are pleased that, in addition to offering art supplies and skills to kids in town, we can help pay some local artists for their work, at a time when many artists have lost income streams,” says Cutko. “We love the idea of getting kids away from their computers for a bit of art-making.”

“Merrymeeting Arts Center is pleased to work with others in Bowdoinham to extend opportunities for art making to children during this challenging time. Being able to support local artists is an important part of our mission as well”, says Dube.

The structure of the “Merrymeeting Take & Make” is as follows. Each month, a new “Take & Make” kit will be launched, containing supplies and instructions for a single art project. We hope to distribute 40 kits each month, at no charge, to children in Kindergarten through 5th grade. (Additional kits may be available for purchase beyond the 40



free kits, depending on supplies). Our plan is to enlist both the library and the Food Pantry with help distributing the kits to children in that age group. Our goal is to remove all barriers in getting this art exercise to children each month.

In addition to the printed instructions, we hope to produce short videos each month, showing the artist and the project, which can be shared and archived for anyone to access. We want this to be a family activity each month, with parents and siblings all joining in.

Please watch the websites of the Bowdoinham Public Library and the Merrymeeting Arts Center for details on how your child can get a kit.

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Historical Society News

By Betsy Steen

Bowdoinham has always been a town of farmers. Nearly everyone who owned a patch of land grew things on it. Many grew for their families, selling extras to help buy molasses, salt and raisins. But of course some farmed on a larger scale and made their living farming. But along with farming, there was always another industry which sustained the town. From the late 1700s until c1884 it was ship building. Nearly 250 vessels were built. Now the shipyards are all gone.

From 1860 until 1900 it was the harvesting the good ice which grew thick and clear on the Kennebec and the Cathance. Winter work for teams of men and oxen and horses. The ice was harvested in large blocks and stored in giant barns, called ice houses, which lined the shores. Come spring a parade of schooners were towed up river, the ice loaded into them, and then carried to a southern city or the West Indies or to India, where it cooled wealthy men's drinks. Here in Bowdoinham, blocks of ice came daily to those who had an icebox, or it was used to preserve the fish and chickens, which were shipped to Boston and New York. Many families had their own small ice houses, which they filled for their own use. But then the big ice companies came and gobbled up the locally-owned ice businesses; then came the refrigerator. Now all the massive ice houses are gone. Who can imagine what it looked like when they dominated Bowdoinham shorelines.

But as the ice industry died, another began to grow: the raising of poultry, again for city markets. By the 1950s Bowdoinham had its own chicken processing plant on the Post Road. It employed people from all over town, and it needed chickens. So again great barns were raised around Bowdoinham. In 1959, Chester Hobart had A.A. Aldridge of Lisbon build the first section of his third chicken barn on the Post Road, the first of its design in the area. By 1965 two more sections had been added to achieve its full 290 foot length. At that point it housed 55,000 chickens.

In the 1970s the industry was collapsing in Bowdoinham and all over Maine due to farmers in New Jersey and Delaware who could raise broilers with cheaper feed, energy, and transport costs. The big barns grew silent and slowly disappeared as had the shipyards and the ice houses. Now one remains to remind us of that period of Bowdoinham history: the big Hobart Barn on Post Road. We know it now as Bowdoinham's Recycling Barn.

In the 1960s to 1980s one took one's refuse to one of the town dumps. But by the mid '80s the town dumps were filling up, (250 cubic yards a week) and people were coming to realize how badly we were treating our earth. After running an experimental recycling program at the dump, in early 1989, Solid Waste Manager, David Berry proposed and ran a 10-week pilot program of curbside recycling pick-up to see whether recycling could help alleviate the dump problem and provide better stewardship for our planet. At the end of this trial the Town passed a Solid Waste Ordinance, which charged \$1

for every bag of trash taken to the dump and continued the recycling program at the barn. By June 1989, the amount of trash taken to the landfill had been cut in half. By 1991 only 50 cubic yards were going to the dump each week.

In the big barn, there was room for storage of paper or cardboard or cans until the market went up and the recycling program could break even or profit on it. In those days the crew sorted the material in house and the Recycling Program reaped what ever profit there was to be gained. But of course, profit wasn't the real point. The point was to alleviate the town's dump problem and to allow all of us to deal with what we no longer wanted or had a use for more ecologically.

Once again, the old barn had a calling. With David Berry's passion, hard work and the support of the people of Bowdoinham, a visionary and award winning recycling program was created. At the same time, it saved a symbol of an earlier part of Bowdoinham's past. How fitting that our recycling program is housed in a recycled building. By 1990, Bowdoinham was recognized as the town leading the state in recycling.

Our Recycling Barn had settled into its new role and became a part of Bowdoinham's recent history: a place where we can do our bit to be stewards of the earth; where we can exchange unwanted but usable items and feel good when they find new homes; a place where we meet our neighbors for a quick chat or a bit of discussion on some aspect of Bowdoinham activity or social life; a trip to look forward to on Saturday mornings, a true source of pride for Bowdoinham.

CAMPBELL LAW OFFICES

Knights of Pythias Building
by appointment: 666-5601

Devoted to the proposition: "All men are born equally free and independent, and have certain natural, inherent and inalienable rights, among which are those of enjoying and defending life and liberty, acquiring, possessing and protecting property, and of pursuing and obtaining safety and happiness." Article One, Section 1. Maine Constitution

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Merrymeeting Hall News

By Betsy Steen

As you all know, The Merrymeeting Hall Steering Committee decided to close the building to all public and private events until 2021 when we will reassess the Covid situation and make another decision.

Even our small, masked work crews have recently decided, given the worsening covid statistics, to stop working at MMH together until after the holidays.

We have, however made great progress in the time of Covid, even though we closed down completely from March 17, 2020 until summer.

- The theater floor bathroom was constructed. Brett Thompson created beautiful panels to hide the plumber's unaesthetic pipe placement. A period floor was laid, and the fixtures including a standard grab bar, were installed.

- In the foyer, Brett made a handsome electrical closet which is adorned by a stained glass window designed and crafted by Tom DeForeest.

- The restoration of the theater was already completed except for refinishing the floor. Betty DeForeest, who graduated in that room, decided she wanted to see the flood done and made it possible for Andy Desjardins to work his magic.

- On the main floor, the Friday Ladies concentrated on turning the cave that was the little hall behind the kitchen, which led to the North exit, into a clean, bright, storage area with a clear access to the door from the kitchen, the main hall, and the

theater.

- We also hauled over much of the BHS history of the town material from our old 3rd floor office in the Coombs Municipal Building to the temporary office at the back of the main hall.

- On the lower level, Tom and David constructed in the North West corner a fine (and accessible) room for BHS Office and Research area and a separate but attached store room. The Friday Ladies kept up with the painting, and Brett did window trim.

Eventually there will be our third ADA bathroom with a shower beyond the store-room. There will be a washer and dryer and deep sink outside the bathroom. All this, once we have money for a generator, will allow Merrymeeting Hall to serve as another Emergency Shelter for the people of Bowdoinham.

At any rate, we are all looking forward to a time when the danger from Covid is behind us, and we can have a HUGE open house to show it all off.

As always, thank you for your support: hours, materials, expertise, financial, and verbal. It has made this all possible.

I have been writing, every couple of weeks, BHS/MMH eLetters full of photos, news, and commentary which go to people on our list of BHS members, MMH friends and those who have asked to receive them. If you do not get these newsletters but would like to, please email me (bayviewess@comcast.net) and let me know. Conversely, should you wish to stop receiving them, email me at the same address. Please Stay Well!

Snowbirds News

By Paul Denis, Club President

Winter is coming, and snowmobile season is almost here!

Bowdoinham is lucky to have an extensive trail system thanks to the many landowners in Bowdoinham, Bowdoin, and Richmond that have granted us access to over 40 miles of recreational snowmobile trails for use throughout the winter months. Not only do these trails allow us to travel throughout our community, but they are also interconnected with other trail systems that expand into many towns all over the state.

Many of us enjoy using these trails when the ground is covered in a blanket of snow. As you use the trails, we'd like you to consider that we have the privilege to do so because of our gracious community members. We are guests on their property, and we ask you to be respectful of the trail system, so may continue to have one. When riding, please be a good neighbor and

- stay on the marked trails,
- leave trails as you found them,
- stay off trails with ATV's unless you have landowner permission,
- be mindful of your speed, and
- be familiar with State snowmobile laws (a copy may be found here: <https://www.maine.gov/ifw/atv-snowmobile/snowmobile/laws-rules.html>)

Over 40 miles of trails and 20+ bridges in town are maintained by your local snowmobile club, The Bowdoinham Snowbirds. Keeping the trails trimmed, building bridges, and grooming trails require hard work and resources.

Consider joining our club of great people for friendship, comradery, or helping out with trail maintenance. We improve our trails and have fun all at the same time! Club dues and a portion of your snowmobile registration go directly toward keeping these trails available to us. For more information, visit us at www.mesnowbirds.com or our Facebook page. Membership dues can now be accepted via Paypal for your convenience.

Contact BHS

Mail: PO Box 101, Bowdoinham

Email: info@bowdoinhamhistoricalsociety.org

Website: www.bowdoinhamhistoricalsociety.org

Facebook: www.facebook.com/thebowdoinhamhistoricalsociety

To help out or inquire about using Merrymeeting Hall, please contact:

Betsy Steen - baviewess@comcast.net, 737-9460

Lara Ashouwak - lashouwak1@gmail.com, 666-8161

Tom DeForeest - tdeforeest@comcast.net, 666-3061

Morning Jo

By Jo Werther

New Year's Resolutions: A Double-Edged Sword If Ever There Was One

As we say goodbye (and perhaps a few other choice words) to 2020 and welcome in 2021, many people are tempted to make a list of "resolutions" for the new year. There is something irresistible about the prospect of turning over a new leaf in one or more areas of our lives, isn't there? The changes we've wanted to make may have felt out of reach, and for some good reasons! Yet the new year re-awakens our hope and re-energizes our intentions. We make our list. We take it and run with it. Sometimes the changes we're making actually start sticking to our ribs! But sometimes, they don't.

The More Things Change, The More They Stay The Same

Human beings are nothing if not creatures of habit. A habit is simply something we've done enough times to have it be automatic, requiring no thought or conscious intention. We have habits of mind (what's the first thing you think when you can't find your car keys?) and of body (which arm do you put into your coat first?). Habits are hard to break. But they're also easier to make than you might have thought.

If Nothing Changes, Nothing Changes

If we want to break old habits and make some new ones, we have to raise our



awareness of the ways we inadvertently perpetuate them and then "up the ante" on our willingness to interrupt those patterns too.

Just Breathe

Try this: ground yourself with a few "Be a Balloon" (deep) breaths. Then, see if you can "inventory" your awareness. See what you find when you "look" at your body (sensations) and your mind (thoughts and feelings), not unlike a scientist simply observing a phenomenon. See if you can cultivate a non-judgmental stance toward whatever you notice (sensation, thought, feeling), just as it is. Even if you do this for just a moment, you might notice something you weren't aware of before.

The Radio Dial

Most of us have a running commentary going through our minds. It's like a radio playing in the other room. Much of the time, we're not actively listening to it. But we can still hear it. And even if we're not paying attention to it, it is affecting our mood and overall sense of wellbeing. So if you want to change habits, it's important

to raise your awareness of "what's playing." And if you don't like what you're hearing, you can change the channel.

Turn It up! Turn It Down! Turn It Over.

If your self talk is unkind, it will impede rather than facilitate the changes you're trying to make. What's your most recurring message to yourself? If it is unfriendly or even harsh ("I'll never change! What's the point of trying?" "I'm too lazy."), try substituting an affirmation ("Small changes lead to bigger changes!", "I'm a work in progress!", "I'm doing the best I can and I can do even better.").

Progress, Not Perfection

Hold your nose to the grindstone. And, cut yourself some slack too. Because you're only human! Turn over a new leaf as many times as you need to. Take it one moment, one step, and one day at a time. Remember to breathe.

Happy New Year!

Questions/Comments? Anything particular you'd like me to address next time? Email me at jowertherlcs@gmail.com.

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Bowdoinham Library News

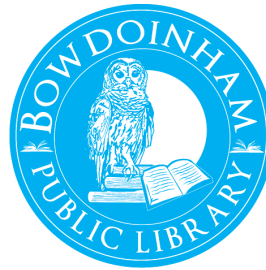
By *Kate Cutko*

Partnerships with outside organizations have been so important in these last ten months as the library functions within COVID restrictions as well as financial constraints. We benefited from a COVID relief grant from BCDI, which funded our “StoryWalks” all over town throughout the spring, summer and fall. With the BCDI grant we also built the “StoryDory” which sailed into the summer farmers market every Saturday with a load of free books for anyone who wanted/needed them.

Partnering with Bowdoinham’s Committee on Aging, we secured a grant from Maine Humanities Council which aims to help older adults access materials and content from the library and other

statewide sources via the internet. By the time this newsletter hits your mailbox, we hope to have launched the newly designed website for the Bowdoinham Public Library, (BowdoinhamLibrary.org) which will highlight virtual activities on its homepage in a way that is clear and accessible. MHC Grant funding supported that redesign. More funding is also ready for when we can again meet in person, and can complete the other goals of that grant.

Just this week, the library, together with Merrymeeting Arts Center received a large grant from the Anonimo Foundation, based in Damariscotta. Read more here about that “Merrymeeting Make and Take” project which launches this month!



Record number of patrons are taking advantage of the downloadable eBooks and Audiobooks through the Cloud Library. Call Kate if you need help setting that up on your device. Please remember we are open three days a week (of our normal 5) and have continued to offer patrons curbside pickup of books ordered online and picked up within our “Little Germ-Free Library” outside the Coombs building. Capacity is limited to 4 people and one family unit in the children’s room. We thank all of you who have come to the library and been perfect patrons- following our guidelines and keeping your visits short, sweet and safe! A huge “thank you” to each and every one of you who responded to our request for financial support. Checks of all sizes came in from every corner of town, from patrons and non-patrons alike. You are our prized partners. You have our sincere gratitude.

Food Pantry News

By *Hannah Burroughs*

The BFP’s Annual Meeting in mid-November provided us with a chance to reflect on a year when change became the only constant. Board President Sally Cluchey outlined the pantry’s responsive, evolving model this year:

- Distributions moved outdoors, entailing endless seasonal tweaks: volunteers chased shade to keep food cool in the summer, and now they’re donning headlamps to pack meals into vehicles in these darker months.

- Volunteers began delivering Backpack Program food to families’ homes once schools shut down in the spring, a service that continues now as schools are in the hybrid model. The Backpack Program also extended through the summer for the first time.

- Program Coordinator Jenn Dwinal’s crucial role has been expanded in order to plan and pack weekly meals and source affordable food through Good Shepherd Food Bank and Midcoast Hunger Prevention Program.

- The pantry moved! Building owner Fred Haer graciously allowed us to move into a larger space, located towards the back of the parking lot. Builder Mark Favreau renovated it in lightning speed. A month didn’t go by in 2020 without adjustments or overhauls!

We also reflected on the Food Pantry’s busiest year since its inception. At the time that I write this update in early December, 961 visits have been made to the pantry in 2020. This figure has increased from 573 visits in 2019 and 335 visits in 2018.

Of course, these pivots in protocol and responses to increased demand wouldn’t have been possible without the community. People schlepped boxes and showed up on Sundays to paint the new space. They donated vegetables from their farms and gardens and shared eggs from their hens. They made soups and baked goods to share. They picked up shelf-stable items for the pantry while doing their own weekly household shopping. They made donations to the pantry through cash, check, or online monthly payments through the website. We are grateful!

Looking ahead, there are many ways

to help out: stop by between 2-3pm on Wednesdays with food or financial donations. Check out our Facebook page, updated weekly with particular items that the pantry is looking for. We continue to seek out a larger volunteer base, especially for weekly distribution. Call 207-751-7779 or email bowdoinhamfoodpantry@gmail.com if you’re interested in volunteering your time. Thank you! Many thanks, and we hope that 2021 is off to a good start for you all!

Cemetery Committee Meeting Update

The Cemetery Advisory Committee will be resuming their meetings via ZOOM on Monday, February 1, 2021 at 4:30pm. Meetings will be held on the first Monday of each month starting at 4:30pm until June. Please feel free to join us. Just go to www.bowdoinham.com and look under calendar or meeting login information. If you need assistance or information. Please contact Pam Ross at the Town Office.

THE BOWDOINHAM NEWS

Community Calendar

January

14th

Solar Informational Session, 6:30pm
Online via Zoom

18th

Town Office Closed

February

2nd

Solar Project Meeting, 6:30pm
Online via Zoom

10th

Waterfront Design Workshop, 6:30pm
Online via Zoom

15th

Town Office Closed

15th-22nd

Ice & Smelt 2021

March

10th

Waterfront Design Workshop, 6:30pm
Online via Zoom

Town Board & Committee Meetings

All meetings are open to the public and held online via Zoom, please visit www.bowdoinham.com/calendar to meeting login information.

Select Board

2nd & 4th Tuesdays of Month at 5:30pm

Planning Board

4th Thursday of Month at 7:00pm

Comprehensive Planning Committee

2nd Thursday of Month at 6:30pm

Age Friendly Bowdoinham

2nd Monday of Month at 2:30pm

Community Development Advisory Committee*

1st Tuesday of Month at 6:30pm

Cemetery Advisory Committee

1st Monday of Month at 4:30pm

Solid Waste Committee

Every other Wednesday at 5:30pm

Town Hours

Town Office: Monday, Tuesday & Thursday - 8:30am - 4:00pm;
Wednesday - 9:00am - 6:00pm; and
Friday - Closed to the Public

Recycling: Thursdays & Saturdays, 8am-4pm at Public Works (121 Pond Rd)
Trash pick-up: Thursdays (*no curbside recycling pick-up*).

For a complete listing of events, please visit the Town's Calendar at www.bowdoinham.com/calendar.

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