



THE BOWDOINHAM NEWS

Volume 19, Issue 5

bowdoinham.com

July - August 2021

Business Spotlight New Look and New Ownership at The Bowdoinham Country Store

By Justin Stimpson

Two long-time Bowdoinham families have come together to bring in the next chapter of the Bowdoinham Village. Doug & Ann Tourtelotte have partnered with Justin & Celeste Stimpson to take on ownership and management of the Bowdoinham Country Store and the adjacent garage and gas station.

Doug, a multi-generational born-and-raised Bowdoinhammer, and his wife Ann have been pillars of the community for decades and are committed to nurturing the continued revival of the downtown area.

“Doug, and I are so excited to help bring new energy downtown! We think bringing these two generations together is a great way to meet the dynamic desires of the growing and varied population of our great town - merging modern day amenities and service with the old-time feel we all love about Bowdoinham.” - Ann Tourtelotte

Justin was also born and raised in Bowdoinham and is thrilled to be back home with his wife after almost ten years away serving with the USCG, finishing his college education, and launching and managing various businesses and organizations elsewhere. Celeste is a USAF veteran herself, comes from southern roots and has travelled all over the world, but she's right at home in Maine. She fell in love with Bowdoinham instantly and is eager become a part of the fabric of this community.



They are both passionate about the outdoors and love introducing people to the natural wonders that abound in Maine, especially those found right here in our backyard on the Merrymeeting Bay and its surrounding woods and waters.

I could not be more grateful to Dave, his staff, and the loyal neighbors & customers who've helped keep this important community fixture a part of our beloved town! Celeste and I are so honored to be the ones to guide the store and gas station into their next chapter. This store was such an important place in my childhood, and I've yet to meet a single person from here that doesn't

also have fond memories of the store's past. I'm not sure if a full wall of penny candies still makes sense, but there's a feeling - a kind of long-lasting, deep and personal connection to a one-of-a-kind place - that's what we hope to build here.

The Store is planning to open July 10th with a grand opening ceremony to follow in late July or early August. For updates, specials, new hours, new products, job openings, etc. find us on Instagram, Facebook, and at www.bowdoinhamcountrystore.com and please don't hesitate to drop us a line via email at heybowdoinham@gmail.com

Brooklyn Bridge is Getting Fresh Paint!

MDOT has contracted to have the Brooklyn Bridge on the Cathance repainted. Work is expected to begin the first week of August and last 3 weeks. Traffic will be restricted to one lane with stop lights on either side. Boat traffic may also be semi-restricted due to painting platforms installed below the bridge. Please drive with care as the workers revitalize this Bowdoinham landmark!

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Sign Up for Tax Club! Due by July 31st

The Town of Bowdoinham is pleased to continue to offer our popular “Tax Club Plan” which allows property owners to pay their annual property tax bill in monthly installments without incurring interest. This plan was first authorized by a vote at the Town Meeting in June 2014 and is being offered again after it was approved Town Meeting last month. To be eligible to participate in this plan the property owner must be current with their property taxes, must enroll no later than July 31, 2021, and must abide by the requirements of the plan. Automatic electronic payments are not offered under this plan, however, property owners can schedule payments online through the Town’s online payment system. For more information on the 2021 Tax Club Plan, please contact the Town Office at 666-5531, or email Kelly Hodson at khodson@bowdoinham.com.

Annual Town Report Dedication

With great honor, Bowdoinham’s Board of Selectmen unanimously chose to dedicate the 258th Annual Report of the Town of Bowdoinham in loving memory of Marian Bagley.

Every year, Marian Bagley could be seen sitting in her chair along Main Street watching the Celebrate Bowdoinham parade. After retiring from the Bowdoinham Country Store, Ms. Bagley carried on her tradition of hospitality by hosting children in her home on Halloween with tables of treats and a tour of her decorated house.

In 2019, Boston Post Cane Company gave the Town of Bowdoinham a gold-headed cane to be presented to the oldest citizen of the Town. The honor went to Marian B. Bagley who was born January 21, 1928. It is with great sadness that we said goodbye this past winter to such a generous, kind and caring member of our town. She will be truly missed.

Nominations for Citizen of the Year Due by July 30th

The Town is seeking nominations for Citizen of the Year. Nominees should be an outstanding individual who makes a positive impact on the lives of Bowdoinham residents, and who shows dedication and spirit beyond expectation.

Nominees past and present activities, charitable or philanthropic efforts, and commitment to the community will be considered in selecting the award recipient.

Some past recipients include :

- 2013 – Susie Uhle
- 2014 – Leslie Anderson
- 2015 – Lynn Spiro
- 2016 – Nancy Curtis
- 2017 – Doug Tourtelotte
- 2018 – Besty Steen
- 2019 – Kate Cutko
- 2020 – Bowdoinham Farmers

Please submit your nomination by July 30th, to the Town Manager, Nicole Briand at 666-5531 or email townmanager@bowdoinham.com.

What is the Comprehensive Plan?

By Joanne Joy

The State of Maine requires that each community updates its Comprehensive Plan every 10 years. Bowdoinham’s current Comprehensive Plan was accepted at Town Meeting in 2014 and continues to guide many community activities and informs land use planning and other decisions.

This article provides some background about the planning process, as well as planning process expectations such as community input, engagement, required topics and data. Community participation is particularly important to assure the Plan speaks for the community. We hope to be able to meet face to face with a wide range of community members over the next couple of years as we work toward the next Comprehensive Plan to be voted on at Town Meeting in 2024.

Although I have been a member of the current and prior Comprehensive Planning Committees, I wanted to be sure of the facts, so I did what many of us do now when we want more information, I googled it. I also reviewed the current Bowdoinham Comp. Plan which you can find at bowdoinham.com/2014compplan

The following excerpts come from the Introduction of *Comprehensive Planning: A MANUAL FOR MAINE COMMUNITIES* pub-

lished in 2005, one of many resources provided by the State of Maine.

Towns and cities in Maine began writing comprehensive plans during the first half of the Twentieth Century. The City of Auburn was the first, in 1918.

Maine first enacted a requirement for comprehensive planning as the basis for zoning in 1943.

Thus, when Maine adopted the Comprehensive Planning and Land Use Act in 1988 (including what is called the Growth Management Program), it was building on long-established law.

I cannot speak to 100+ years of planning, but I have been involved in about 10 years of planning in Bowdoinham. The parts that I enjoy most are when community members provide their input for the Vision of the Town for the next 10 years; and when standing committees and the many groups that support the social fabric of the town inform the planning process through their observations and plans as well.

Equally important to community input are updating inventories of the following characteristics of a community; 1) Population and Demographics, 2) Economy, 3) Agriculture and Forestry, 4) Natural Resources, 5) Water Resources, 6) Historic and Archeological Resources, 7) Recreation, 8) Housing, 9) Transportation, 10) Public Facilities and Services, 11) Fiscal Capacity & Capital Investment Plan, and 12) Land Use. The 2014 Comprehensive Plan also included a section on Sea-Level Rise and Climate Change as well as many maps to as-

sist in visualizing and analyzing the interrelationships between the various categories above.

After a thorough update of data in those twelve categories above, and lots of community input, the CPC members are charged with reviewing and updating each of the twelve Goals and Recommendations from the prior plan. We are also required to provide recommendations for implementing the plan.

That’s a lot of work – and we are really just starting now with a thorough review of data that is available.

This is also a great time to join the Comprehensive Planning Committee. It is important to include the voices of young families, new community members, families who have been community members for generations, people who work or worship in town or in other communities, work at home, volunteer, or are retired, and from all other parts of town.

Our meetings are the second Tuesday of each month, 6:30-8:00. We may be meeting in person by the time you read this, a quick check of bowdoinham.com will provide more information. Jennifer Curtis, our new Director of Planning and Development will be supporting/leading this process.

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

Thanks to Bill Stanton for the theme for this update from the Comprehensive Planning Committee.

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Cemetery Committee

By Elaine Diaz

During the past few months, the Town has been pursuing getting some threatening trees removed from the Village Burying Ground and the Curtis-Jennings -Alderton Cemetery as well as evaluating an application for an auto salvage yard on the Carding Machine Road, which could impact the Thomas Plot. Meanwhile, Bowdoinham Public Works, under the direction of Tobey Frizzle, Foreman has taken over the maintenance of all the Town managed cemeteries. It appears that the Town may also be able to send at least 4 Town employees to the MOCA Training Workshop in late July.

Since the Town Public Works Department is taking on more of cemetery maintenance, including stone restoration and Right of Way access, the BCAC is refocusing on its original mission to identify and inventory all burial grounds. Due to the number of these (71 +/-), we endeavor to coordinate Keepers and other volunteers and to help provide them with support and supplies. Our budget continues to be based on the annual amount from the Town as well as the monies available from the Maxwell Cemetery Trust.

We are currently in need of Cemetery Committee members. As of July have four vacancies. Tony Lewis (formerly the Chair) and Kat McKechnie resigned in April. We wish to thank them for their service since the inception of this Committee in 2016. They will be missed. Our secretary Karen

Tilbor is also not renewing at the end of her term in July. Qualifications for Membership on this Committee are: an interest in the care and preservation of the Cemeteries of Bowdoinham, and a willingness to attend monthly meetings and occasional workshops. To apply, contact Pam Ross, Town Clerk.

Our other great need is for Keepers, although we may have more than we are aware of. This is something I am anxious to pursue. Below are listed the cemeteries we think need Keepers, and if you are already taking care of one of these, or want to, please contact me.

Cemeteries seeking Keepers:

River Road:

GR 48 Pratt Plot;
GR 49 Purington Plot;
GR 26 Thomas Plot;
GR 46 Coombs-Buker

Carding Machine Road:

GR 38 McFadden Yard;
GR 78 Brooks Plot;
GR 79 Siegars Plot;
GR81 Thomas Plot,
GR 30 Elliot Plot;
GR 45 Hunter Plot.

Post Road:

GR28 Spear Plot;
GR42 Jack Plot;
GR 25 Mustard Cemetery;
GR 59 D. M. Stone.

White Road:

Dinsmore Plot
Pork Point Road:
Harward Cemetery.

We have some new Keepers since our last listing in this column. They are as follows:

Center's Point Road:

GR 55 Beech Hill Cemetery - David Paris and Julie Cox

GR 51 Raymond- Allen Plot - Bob and Carol Lenna.

River Rd:

GR 47 Preble-Grant Plot - Carissa

Jefferson

Ridge Road:

54 Verrill-Small Plot - Taylor and Beard Families

Post Road:

GR 43 Curtis Family Plot - Cathy Curtis and Family.

The role of Keeper does not have to involve physical work, as BCAC can provide other volunteers to help. What is especially needed is someone to keep an eye on the burying ground and report any needs or problems to this Committee or the Town. If you have any interest in doing this, please contact me, Elaine Diaz, at 666- 8255 or Pam Ross, Town Clerk at 666-5531. Thank you all for the work you are doing and have a great summer.

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THE BOWDOINHAM NEWS

Library News

Story Time is LIVE at the Gazebo! Kate has been missing visiting with the littlest patrons for the usual Tuesday morning story times and she is very excited to bring them back... with a twist. Join us each **Saturday at 10am during the Farmer's Market at the waterfront** for a song and a short, read-aloud storybook. We will sit on the grass or inside the gazebo, depending on space and comfort. All ages are welcomed but stories are geared to the preschool set.

The library's "Story Dory" will return to the Saturday Farmers Market this summer, with a boatload of FREE used books for all ages. Please stop by and visit and grab a book. Kids! Pick up your reading logs to earn prizes for reading.

Read ME is a statewide summer reading program offered by the Maine Humanities Council and Maine State Library that gets Maine's adults all reading the same books. Each year a well-known Maine author recommends two titles by lesser-known Maine authors. 2021's featured books—recommended by Gerry Boyle—are **Mill Town** by **Kerri Arsenault** and **Mainely Power** by **Matt Cost**. The Bowdoinham Public Library has purchased 12 copies of each title for the community to borrow. There will be many events relating to these titles throughout the state, including a "Maine Calling" radio show with the authors and some other local discussions. Check the library's website and Facebook page for latest information.

In conjunction with Read ME, Bowdoinham Library is pleased to host a history talk by Elizabeth DeWolfe, entitled; "**Dangerous Temptations: Maine Factory Girls in Fact and Fiction**". **Thursday, August 19th at 2pm** in the Kendall Room of the Coombs Municipal Building. Maine's first generation of textile workers, the daughters of New England farmers, flocked to the mills for cash wages, adventure, and opportunity. The textile factories boomed, men got rich, and the factory girls were praised as dutiful workers. But there was a dark side. In this illustrated talk, Professor DeWolfe will explore the "dangerous temptations" that enticed young women and made them the stars of a unique Maine-based literature: seamy, sensational stories that warned of the dire consequences of leaving the safety of home. Elizabeth DeWolfe, Ph.D., is a professor of history and co-founder of the Women's & Gender Studies Program at the University of New England in Biddeford, Maine.

Please come and enjoy the open hours of the library if you are comfortable doing so. If not, call for curbside pickup of your library materials.



2021 Library Hours

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

Free Passes available to Library Patrons

Maine State Parks
(One free vehicle entry for day-use)

Coastal Botanical Gardens
(Free admission for One Family per day)

Portland Museum of Art
(Free admission for Two adults and Two children)

Stop in or call the library today to reserve your passes! 666-8405

Upcoming Events

Wednesday, July 14th at 6pm Join us in the Town Hall to enjoy a family presentation by John Marshall. John is the creative genius behind "Sunset Selfies" on Instagram, a series of photographs taken by John using cardboard silhouettes and a simple camera self-timer. John is also a published author and the founder of an organization seeking to send orphan girls in India to college. This is a free, family event.

Saturday, July 24th bring children (young and old) to the Gazebo at 10 am and be treated to the joyful music of Matt Loosigian. Matt has been entertaining us in Bowdoinham with his sing-alongs, his original tunes and his rousing performances for over 10 years. Don't miss this great free concert for families.

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Morning Jo Time to Lighten Up!

By Jo Werther

What a long, strange trip it's been... Such a crazy year we've all just lived through! Some of the things that have been stressful for so many of us are obvious. But some are insidious, meaning that they have crept up on us, accumulated, and increasingly weighed us down.

But now, Summer is here in all its glory, with its luscious long days, bright sun, and soft breezes. Wouldn't it be nice to feel some of that lightness inside ourselves too? We all deserve some relief from the stress we've carried (and even more from the stressful things we're still carrying)! Even on a long and winding road, each step we take can be lighter.

Yesterday is heavy. Put it down.

I love this saying. But to really put it into practice - to lighten your load, lighten up, and step more lightly on whatever path you're walking right now - you have to get some self-care into your mix. Self-care, like putting your own oxygen mask on first, is the only truly sustainable way to manage stress, maintain emotional well-being, and also be of service to others in whatever ways you feel called to be. And that brings us to the topic of boundaries.

Boundaries and Stress

If you have trouble saying no (or if you feel guilty when you do), I bet you've already observed the connection between boundaries and stress, and for good reason; it's tricky. If we succeed at saying no, we're vulnerable to feeling guilty. But if we don't say no sometimes, we're vulnerable to feeling resentment and self-criticism. So what's a kind-hearted person to do?

Boundaries are the place where my loving care for you and my loving care for myself meet.



It's a crazy balancing act sometimes, but it gets easier with practice. And before we can practice, we have to take self-care a bit more seriously. Once we begin doing that, we'll get better and better at feeling the balance moment to moment and setting our boundaries accordingly.

We all deserve better balance in our lives. We all deserve emotional well-being. We're all long overdue for some lightness! And there's never been a better time to create it than right now.

Happy Summer!

Questions? Something you'd like me to address next time? Email me at info@jowerther.com

Summer Updates from the Food Pantry

by Hannah Burroughs

We received a thank you from a client last fall that impacted our thinking about the role the Food Pantry can play in families' finances. They told us that the weekly groceries they'd been picking up from the Pantry had helped them save the money for a down payment on a home.

When pandemic-related closures began in March 2020, visits to the Pantry doubled, but after the first distribution of stimulus checks, the number of visits dipped for several weeks. As your families begin to receive payments from the Child Tax Credit, we hope that you will continue to make use of the Pantry. If free groceries enable you to put a child in daycare, catch up on utility payments, save for a new home like the family mentioned above, or remove financial stress in any other way, COME VISIT THE FOOD PANTRY!

On to news and updates: the Food Pantry's much improved space is open for shopping as of early June. Pre-packed bags of groceries are available upon request for anyone who would prefer to pick them up outside (Wednesdays, 4-6pm). If you have dietary restrictions, email or call the Pantry and we will do our best to accommodate them.

Midcoast Hunger Prevention Program's mobile food pantry is distributing groceries at the Bowdoin Central School. They'll be there on the second Thursday of each month from 3:00-4:30pm and the service is open to all residents of Bowdoinham & Bowdoin.

Call 207-751-7779 or email bowdoinhamfoodpantry@gmail.com with questions or if you're interested in volunteer opportunities

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Merrymeeting Arts Center

By Lee Parker

Merrymeeting Arts Center (MAC) will be continuing to offer Exhibits and Events and classes in line with emerging guidelines for Maine CDC guidelines. Please check our website and follow us on Facebook for upcoming events, exhibits and classes.

Merrymeeting Take & Make Kits!

The "Merrymeeting Take & Make" project is a partnership between the Merrymeeting Arts Center (MAC) and the Bowdoinham Public Library, funded by The Anonimo Foundation. Each month, a new "Take & Make" kit is distributed, containing supplies and instructions for a single art project. Forty kits are available, at no charge, to children in Kindergarten through the 5th grade. (Additional kits may be available for purchase beyond the 40 free kits, depending on supplies). Kits are distributed by the library, the arts center and the food pantry. Please contact us if you are interested and we will see that you get one as supplies allow.

Summer Art in the Park

We are please that Peggy Muir will be offering two sessions of Art in the Park this summer. She will be located near MAC on Saturday, July 10 and 24 from 10:30 to 12:30. Free and suitable for children of all ages. Come join her for fun take home projects!

Upcoming Exhibits

"Salvaged Magic" by Audrey Luce, Opening July 2nd. View these magical and expressive Fairies and Wish Boxes created using found objects from current urban settings (see below).

Those of us living in Bowdoinham, so close to Merrymeeting Bay, sometimes forget how fortunate we are to be surrounded by nature. Maine artist Audrey Luce writes about her experience living in an urban setting...

"Moving from a small beach side town in Maine to the wilds of Jersey City Heights was a change to say the very least. This was a place as foreign to me as another country, in which the inhabitants spoke another language I didn't understand, which truthfully, they do here. To help my transition I focused on the things I love, plants and nature in general. In grandiose view of New York City I began to wonder how anything thrived here. My local park strewn with trash and the air rank with the smell of the recycling plant at the bottom of the cliff we sat upon. Then I looked. I took an honest look around and realized, the animals and plants were thriving here, in fact they were taking this park back. It took me back to my childhood in an even smaller town in Maine, when my Mother told me that fairies lived wherever plants grew." "Then I began to really look around, thinking about what an urban faerie would look like? In the woods they wore what was around them, so why would they not wear what was around them here? It was not enough for my creations to wear things that looked like urban items, they had to wear discarded items. Things people would call trash suddenly became treasures to me, much as they would to a faerie. So my fairies have taken on the true spirit of recycling; actually utilizing bits and pieces of nature around them, whether they be nature made or manmade, a treasure is a treasure. Now I started to walk everyday seeing things from their point of view. Noticing that ring of metal sitting in the brilliant green grass. That page of newspaper dancing and rolling down the hill. The twists and turns of the jasmine vine around

the rusting iron fence. A bright string of beads hiding in the depths of that crack in the sidewalk. It all became inspiration, as though the faerie folk themselves called on me to bring them to life."

And so began her journey...please join The Merrymeeting Arts Center as we invite you to glimpse into a world around us we may not see. We hope this show inspires you to take in the world around you with a different eye.

Audrey will also be teaching a workshop guiding you through the creation of your own personal Wish Box from a simple piece of cardboard. Decorated and infused with magic, ready to manifest your dreams! Plan to bring items to help you focus on your dream. For more information, make sure to follow us on Facebook for workshop date/time.

Local Myths

MAC's fall exhibit, traditionally opening during Celebrate Bowdoinham, will feature Moth along with the other Local Myths. We will exhibit local work related to Moth and her story. Anyone wishing to join this exhibit with original art in any genre should email merrymeetingartscenter@gmail.com. Please include a brief description of your art. Additional information about the exhibit will be provided upon inquiry.

Pottery (in the Studio)

Melissa Bardsley will be offering drop in pottery (\$5/person) during the following days and times. Participation will be limited to 10 people and those not vaccinated will be asked to wear masks. Pre-registration is not required and participants will be accepted on a first come first served basis.

July

- 12th Monday 2:30-5:30 and 7pm -9pm
- 14th Wednesday 2:30-5:30 7-9
- 19th Monday 2:30-5:30 7-9
- 21st Wednesday 2:30-5:30 7-9
- 26th Monday 2:30-5:30 7-9
- 28th Wednesday 2:30-5:30 7-9

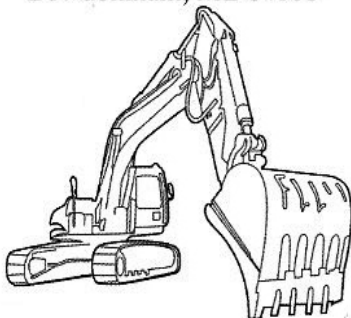
August

- 2nd Monday 2:30-5:30 7-9
- 4th Wednesday 2:30-5:30 7-9
- 9th Monday 2:30-5:30 7-9
- 11th Wednesday 2:30-5:30 7-9

Merrymeeting Arts Center is located at 9 Main Street adjacent to Maily 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, email us at merrymeetingartscenter@gmail.com or leave us a message at 207-370-5002.

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Cultural Exchange Amidst Pandemic

By Liana Knight

When Bowdoinham residents Dawn and Dan Estela were approved as a host family in the summer of 2019, they had no idea they would be hosting an exchange student during a global pandemic. However, their spur of the moment choice in August 2019 has been a good one. In May, I had a chance to catch up with Dawn Estela and learn about their hosting experiences over the past two years.

Their first exchange student was Max from Kyrgyzstan, who came to the U.S. for the 2019-2020 school year. Max's original host family placement didn't work well, so Greenheart Exchange Local Coordinator Jacki Medeiros was looking for a new host family for him when the Estelas inquired about hosting. With a son and daughter of their own, the Estelas agreed to host Max; within days they were approved as a host family and Max moved in.

The school year proceeded as planned for the first seven months. Max attended Mt. Ararat High School with the Estela kids—Avery, a sophomore at the time, and Carson, then a senior. Alongside school, Max played soccer in the fall, then helped to manage the ice hockey program in the winter. Over the year, he stole their hearts in small ways here and there: when Avery was learning the cheerleading routine, Max learned it with her; when “Let It Go” came on, he would sing along in Russian or Kyrgyz. Though the year was not without its challenges, everything was proceeding as it was supposed to. Then the pandemic hit.

Rather than complicating the relationship, however, Estela says that “the pandemic brought us all closer together.” They were all stuck at home, and their close proximity gave them time to bond and contributed to Carson developing a really deep friendship with Max before Max returned home in late May of 2020.

“As soon as he left,” Estela commented, “it was ‘Oh my gosh, I miss him! We need to do this again!’” Working with Medeiros, they chose to host Anna, a 15-year-old from Germany, for the 2020-21 school year. Over the summer of 2020, they were able to connect with Anna and start to get to know her, building a rapport and starting to make plans in advance of her arrival for the school year.

Along with Avery, now a junior, Anna has been in hybrid school at Mt. Ararat High School this year. “It’s been as good as it could be,” Estela said when reflecting on what Anna has been able to do this year. The girls were active at Firehouse Cheer in the fall, Avery coaching and Anna working on tumbling skills, and Anna was able to do some volunteering for Firehouse Cheer as well. Through the school they both participated in cheerleading, and this spring Anna is playing tennis. Though many things have been different this year, the Estelas have tried to find ways to have fun experiences with Anna—apple picking and making cider in the fall, having a couple friends over to carve pumpkins for Halloween, and going to see the lights at the Botanical Gardens around Christmas. Avery and Anna have also enjoyed being able to make small trips out of the house for ice cream or slushies given that Avery can drive.

The Estelas have enjoyed having someone in their home with whom they could compare traditions and customs. With Anna, they have been able to connect with her natural parents, who both speak English. “It’s really fun to learn about Germany and hear about what they’re doing,” Estela noted. With Max it was harder to get to know his family, as his parents didn’t speak English. However, Max shared his culture in other ways, for instance through cooking. He liked to make dumplings with meat in them, or sometimes dessert dumplings with berries, and he taught them how to cook marinated pork on kebabs over an open fire (not a grill, just a fire).

Reflecting on hosting Estela commented, “I think it’s been a really rewarding experience ... it’s great, especially when you have kids of your own.” She noted that they still keep in touch with Max. They talked on the phone for Christmas, and he contacted Dawn for her birthday. Carson and Max still talk every so often on WhatsApp. They are planning to welcome a girl from the Czech Republic to their home for the 2021-22 school year.

Estela conjectured that there are others out there who would be interested in hosting an exchange student, but find it scary to make that commitment. For them, having kids of their own made it less daunting. Over time they have come to realize that it’s also really important to treat the student as part of their family. “You have to treat them as part of the family,” Estela said, “If you treat them as a guest, it would be exhausting!” Their students have adapted to family schedules and routines. Since her kids have chores, their exchange students have had chores as well. Whenever they have hit a rough patch, they have had Medeiros to turn to—a piece of support that also helps to make it possible. “It’s very nice to have the support of an LC [Local Coordinator],” Estela commented, “someone you can talk to who’d have your back.”

Though it may seem daunting, Estela’s advice to anyone considering hosting is: “If people are thinking about it, they should do it.” Host families are still needed for the 2021-22 school year—for kids age 15-18 with wide-ranging interests from a variety of countries. Host families come in all shapes and sizes and do not have to include high school aged children. Connecting with a local coordinator is the place to start for exploring hosting.

Contact Greenheart Exchange Local Coordinator Liana Knight at 207-737-9781 or greenheart.liana@gmail.com to learn more.

Greenheart Exchange is a non-profit organization.

Chicken Run is Back!

The Chicken BBQ and 5-K Chicken Run and Kids 1 Mile Fun Run is making a comeback and it's going to be epic!

Saturday, August 28th, 2021

Kids 1-mile Fun Run: 10:00 am
Chicken Run 5K: 10:30am
Chicken BBQ: 11:00am - 3:00pm
Learn more and sign up at
www.enrichbhm.org

All proceeds from this event support the Bowdoinham Community School.

We can't wait to see you there!



BCDI's Farmland Inventory has entered an exciting new stage!

A project website, BCDI Farmland Inventory, has been launched to connect farmland owners with farm seekers in our community.

Do you have farmland that you would like to make available? Would you like to learn more about how to make your farmland available? You can connect directly with Abby Sadauckas at abby@landforgood.org, Maine Field Agent with Land For Good who is managing this project on behalf of BCDI.

Already know that you would like to make your farmland available? Sign up to create a farmland posting at the webpage, farmland.bcdimaine.org. Likewise, if you are looking for land to farm in Bowdoinham, please check out the project website to make a land seeker profile and to search for farmland that has been listed.

Thank you to those of you who participated in our May Membership Month, either by renewing your membership or becoming a new member of BCDI! Your membership support allows us to fulfill our mission and carry out our activities, connect people and places, and create partnerships in Bowdoinham and beyond. One of our new Business Members, Maine Beer Company, said of BCDI, "BCDI just really brings together so many of the things we care about in such an amazing way. Keep doing what you're doing!" We hope you agree!

If you would like to know more about becoming a member of BCDI, please visit our website: www.bcdimaine.org/membership.

Summer Line Dancing

By George Oliver

The Merrymeeting Dance Alinement will be starting their free drop-in line dancing outside on Saturday June 5 from 10 a.m. to 11 a.m.

WHEN: First and third Saturday mornings of the summer months 10-11 a.m., during the farmers market time; second and fourth Sundays of the summer months 4:30 to 5:30 p.m., before the Sunday evening concerts.

WHERE: Dancing is at 9 Main St, in the parking lot between the railroad tracks and the Merrymeeting Arts Center/Food Pantry. Dancing is outside on asphalt, so wear appropriate shoes. Current covid safety recommendations apply.

WHO/WHAT: All ages and skills welcome, no commitment needed. Learn one or more dances, or just come out and watch. Music and styles are varied, from country/western to hiphop. Dancing and instruction is free. Line dancing is fun, good for the mind and body, and a great group activity.

For more information, email George at golivergo5@gmail.com

Municipal Election Nomination Papers Available July 26th Due by September 3rd

Nomination papers will be available at the Town Office on Monday, July 26th, 2021 for the following:

One opening for:
Select Board, Assessor, and Overseers of the Poor for a 3-year term

One opening for:
School Board for a 3-year term

Papers should be picked up at the Town Office and must be returned by Monday, September 3, 2021 at 4:00pm. The Municipal Election is November 2, 2021.

If you have any questions please contact Pam Ross, Town Clerk at 666-5531 or pross@bowdoinham.com

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Notes from Merrymeeting Hall

By Betsy Steen

How nice it is for all of us to begin returning to the light after a long, dark period of isolation. By the time you read this, Merrymeeting Hall will have already hosted at least one private gathering!

As I write, the Friday Ladies are nearly finished putting away the clothes which were on display for the 1880-1930 Fashion Show held at MMH February 29th 2020. Little did we know that night that it would be over a year before we put all those beautiful garments away. Thank you to all who

donated or loaned materials which made the show so splendid.

The BHS Reading & Research Room on the lowest level of Merrymeeting Hall is much closer to completion. We have the shelves ready to assemble once the ceiling is finished. Then we can move our records and research materials into their new home where they will be easily accessible for folks to use and enjoy. The entrance to this area will be through the back door, and accessible to all. Perhaps, if all goes well, we can have regular hours again. Thanks to all who have worked so hard to made this possible.

If you wish to use Merrymeeting Hall for a private event, please call or email me

(Betsy Steen). Since the town voted to help with Merrymeeting Hall utilities at Town Meeting, all Town affiliated groups, Bowdoinham non-profits, social groups such as knitting or book clubs may use the space at no cost to them.

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

Betsy Steen - 737-9460
baviewess@comcast.net

Lara Ashouwak - 666-8161
lashouwak1@gmail.com

Tom DeForeest - 666-3061
tdeforeest@comcast.net

Bowdoinham Historical Society

By Betsy Steen

2021 Theme :Bowdoinham in 1820, continued + Other Topics of Interest

Help!! BHS's Theme for 2022 will be "Bowdoinham 1930-1960."

It is not too soon to begin looking for photos, items, tools, clothing, etc. from that time period. If you have or discovering in cleaning out, such things, please consider lending or donating them to BHS. Contact me or bring things to Merrymeeting Hall on a Friday morning (except June 18.)

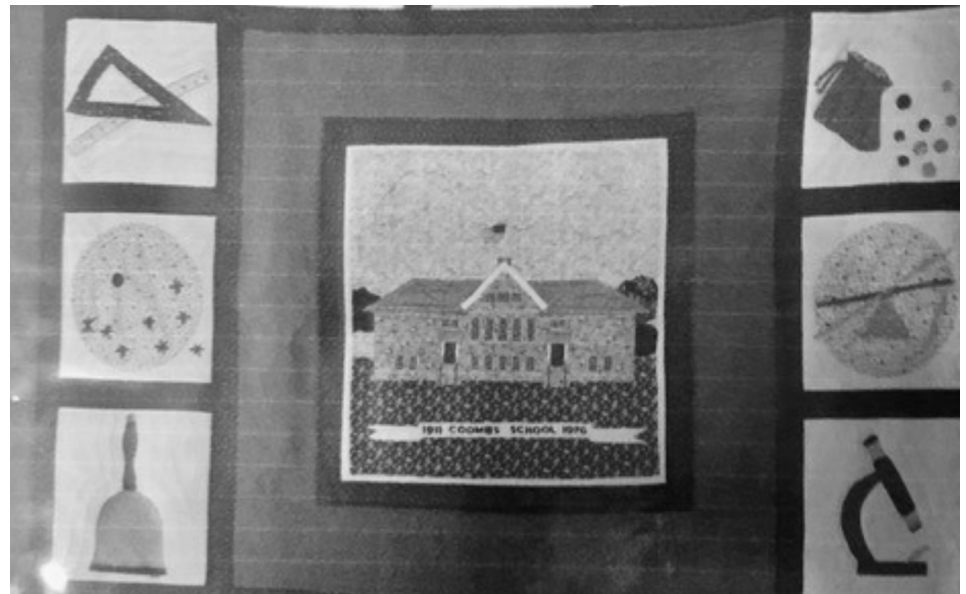
If any of you have knowledge of or are interested in researching any of the event of these 3 decades, please consider doing a brief presentation on it.: The Great Depression, WWII, the placid 1950s... Art, Music, Literature, Kitchens /Cooking, Occupations, Transportation/Cars & Trucks, Recreation, Sports, Entertainment/Movies, Women's Work/Role, Childhood and Schools, Civil Rights.

Or another way to participate would be if you grew up during these years, as I did, make a list of your memories of that time. Maybe one program would be just sharing such memories. It would be especially fun to share memories of what it was like in Bowdoinham during the Depression, World War II, or the 1950s.

Please join us in bringing this period of Bowdoinham's past to life, especially for those who have come after.

Bowdoinham 1912-2012 Quilt

I expect may of you have been following the progress on this historic quilt as Joanne Savoie posts a picture of each finished block along with its history on Facebook: Bowdoinham Friends and Family. The squares are very individual in style and technique and are all quite wonderful!! Today (May 31, 2021) Joanne and I visited Nan Curtis



who had the blocks laid out on the floor. We did a little rearranging, then watched Nan pick them up in a precise order so as to sew them together. The finished quilt will be featured at Celebrate Bowdoinham 2021 on September 11.

This will be the 7th community quilt created by the women of Bowdoinham. The first, in celebration of the US Bicentennial, 1976, was shown in the 1912-2012 Quilt hanging on the wall of Dot Dickinson's Store (now Three Robbers Pub). After that we did a Coombs School Quilt to raise money for the repurposing and renovation of the Coombs building. Then came a Barbecue Quilt to celebrate the Barbecue's 25th year (1979). A "Sampler Quilt" and an "Album Quilt" followed in the 1980s. In honor of Bowdoinham's 250th Birthday in 2012 the quilt "Bowdoinham 1782-1912" featured buildings and activities of that time period. The quilt in progress now, sewn in the winter of the pandemic, completes Bowdoinham history up to 2012. These quilts, sponsored by the Historical

Society, have raised money for BHS and other causes. The 1976 quilt is lost and probably destroyed. The BBQ and Coombs School quilts have been given back to BHS. The Sampler Quilt is in the hands of a Bowdoinham resident who kindly loans it back to us for display. We don't know where to Album Quilt is. We did not raffle the 1762-1912 Quilt; it hangs in the BHS Meeting House. The Bowdoinham 1912-2012 Quilt will probably hang in Merrymeeting Hall. All are beautiful pieces of folk art!

Mail: PO Box 101, Bowdoinham, ME 04008

Online: www.bowdoinhamhistoricalsociety.org/

Like us on Facebook: facebook.com/thebowdoinhamhistoricalsociety

THE BOWDOINHAM NEWS

Boating Safety

By Wes Baden, US Coast Guard Auxiliary

All the members of your local Coast Guard Auxiliary unit, Boothbay Harbor Flotilla 25, are happy to see you on the water and we wish you a happy and safe boating season.

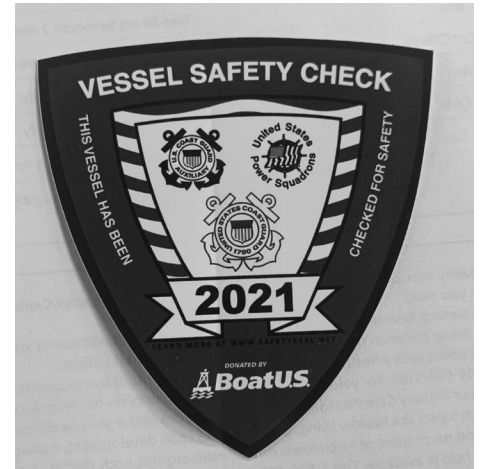
Please wear life jackets at all times. Life jackets save lives. Said another way, life jackets float--you don't.

Maine state law requires each person on board a vessel (including paddle craft) to have a properly fitting USCG-approved serviceable life jacket. Water skiers, personal watercraft operators, children ten years of age or younger, and boaters in areas specified in the "Boater's Guide to Maine Boating Laws" MUST wear life jackets at all times when on the water. Otherwise, wearing life jackets is optional. But why possibly become a statistic? Current Coast Guard data reveals that, annually, about 80 per cent of boaters who drowned were NOT wearing life jackets. In taking with boaters, I've

never met one yet who said to me, "Well, what a nice day. I think I'll take my boat out and have an accident and drown." Sadly, however, injuries and fatalities unexpectedly occur. Last year, a friend of mine and her partner went out on a lake in kayaks. Strong wind and high waves seemed to come out of nowhere. Both kayakers capsize. My friend made it back to shore alive. Her partner didn't. His body was found several days later.

Please be aware of a new law regarding engine cut-off switches. A new federal law, which took effect on April 1, 2021, requires that the operator of a boat with an installed engine cut-off switch actually clip the coiled bungee cord lanyard or other attachment onto his or her person. Covered vessels are those with 3 or more HP and less than 26 feet in length, in motion while on plane or above displacement speed, and not having an enclosed helm. If an operator is ejected from the vessel, for instance while taking evasive action and making a sudden, hard turn, this safety device will immediately shut off the engine. This in turn will help prevent the vessel coming aground at speed, striking another vessel or individuals in the water, or even turning in a circle and injuring or killing the boat operator. Boaters now may be subject to fines when they are not in compliance with this new law.

Finally, please be aware that the Coast Guard Auxiliary and US Power Squadron are again offering free Vessel Safety Checks. During the pandemic, both the Auxiliary and Power Squadron were under orders to stand down and not provide vessel safety checks to the boating public. Both organizations, however, are once again offering safety checks. These are available for motorized vessels and also all paddle craft including kayaks, canoes and stand up paddle boards. The checks are totally free of charge. They typically take about 15-30



minutes, during which time vessels are checked for structural integrity, required safety items and compliance with federal, state and local regulations. Nothing is ever "reported" to the government or any third party. The safety check list that is used stays between the examiner and vessel operator.

I myself conduct vessel safety checks and always enjoy them, as it's a chance to meet local boaters and share experiences. Feel free to contact me, at the email address above, if you would like a safety check of your motorized vessel or paddle craft. Current Coast Guard regulations, however, require that safety checks be scheduled approximately one week in advance. Decals are given out to all boaters whose vessels pass the safety check, for law enforcement officers and Coast Guard personnel to see if either ever approach you on the water. If all likelihood, should that happen, you will get a smile and friendly wave and they'll be off to talk with someone else.

Wes Baden, US Coast Guard Auxiliary
Boothbay Harbor Flotilla 25
wbaden.uscgaux@gmail.com



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Summer 2021 Bowdoinham Farmers Market, Farms and Farm Stands

Bowdoinham Farmers Market

bowdoinham.com/bowdoinham-farmers-market

Products: Bread, vegetables, dairy, meat, sweets, seedlings and fruit from approximately 7 vendors.

When: Saturdays 8:30-12:00 from June 5th to Oct 2nd

Where: Maily Waterfront Park, 1 Main Street Bowdoinham;

Contact: bhamfarmersmarket@gmail.com and on Facebook

Farms and Farm Stands

Apple Creek Farm

applecreekfarm.me

Products: Organic grass-fed beef, pasture-raised chicken, eggs, grass-fed goat & lamb and pasture-raised turkeys. Value-added products include chicken liver pate, and bone broths. Also selling sheepskins and cashmere goat hides

When: Tuesday and Friday, 8:00am to 1:00pm

Where: Brunswick Farmers Market on the Mall and online

Contact: Abby Sadauckas & Jake Galle at info@applecreekfarm.me and on Facebook

Blue Bell Farm

bluebellfarmmaine.com

Products: Variety of vegetables, salad greens, tomatoes, cucumbers, peppers, squash, peas, beets, beans, carrots, and more!

When: Farm stand open daily during daylight hours

Where: Farm stand at 767 Carding Machine Rd, and Bowdoinham Farmers Market

Contact: David Asmussen at bluebellfarmmaine@gmail.com and on Facebook

Dandelion Spring Farm

dandelionspringfarm.com

Products: Variety of MOFGA certified vegetables and herbs.

When: Saturdays, 8:00am to 1:00pm in Portland and

Thursdays, 9:00am to 1:00pm in Rockland

Where: Portland Farmers market in Deering Oaks Park; Rockland Farmers Market in Harbor Park; Some CSA's are available for pick-up at the farm.

Contact: Beth Schiller at beth@dandelionspringfarm.com and on Facebook & Instagram.

Fairwinds Farm

fairwindsfarmmaine.com

Products: Strawberries, raspberries, blueberries, assorted vegetables, beans and grains. U-Pick strawberries available at the farm, see website for more info.

When: Tuesday and Friday, 8:00am to 1:00pm

Where: Brunswick Farmers Market on the Mall

Contact: fairwindsfarm08@gmail.com

Harvest Tide Organics

harvesttideorganics.com

Products: MOFGA certified vegetables and greens

When: Wednesday through Sunday, dawn to dusk

Where: Farm stand at 218 Main St

Contact: Bethany Allen & Eric Ferguson at 207-449-7274 or via website

Lalibela Farm

lalibelafarmmaine.com

Products: MOFGA certified tempeh (a soy-based product used in vegetarian/vegan dishes)

Where: Check their website for local retailers

Maggie's Farm at Mulberry Creek

mulberrycreekcsa.com

Products: Goat and cow dairy products: grass-fed beef, lamb, goat; free range poultry (eggs and whole chickens); and a variety of fresh veggies.

When: Farm Stand open daily during daylight hours

Where: Farm Stand at 589 White Rd; Also at Bowdoinham, Falmouth, Auburn, Cumberland, and Lewiston Farmers Markets.

Contact: via website

Phil's Farm

philsfarmcsa.com

Products: New farm to Bowdoinham offering a wide variety of organic vegetables.

When: Tuesdays 4:30 to 7:00pm

Where: CSA pickup at Bunker Brewing Co. in Portland (CSA to be extended to Bowdoinham in 2022!)

Contact: via website

Six River Farm

sixriverfarm.com

Products: Large variety of organic vegetables year-round. Vegetable seedlings in the spring

When: Year-round Tuesdays through Fridays 9:00am to 6:00pm, Weekends 9:00am to 3:00pm, Closed Mondays

Where: Farm Stand at 52 Center Point Rd; also at all Farmers Markets in Brunswick, more locations listed on their website

Contact: sixriverfarm@gmail.com

Stonecipher Farm

stonecipherfarm.com

Products: Greens, all types of vegetables, tomatoes, sweet potatoes, melons, dairy, yogurt, butter, sauerkraut, kimchi, honey, duck eggs. CSA shares available.

When: Year-round, daily 9:00am to 6:00pm

Where: Farm stand at 1186 River Rd

Contact: Ian Jerolmack & Emily Goodchild at stonecipherfarm@gmail.com and on Facebook.

THE BOWDOINHAM NEWS

Community Calendar

July

5th

Independence Day (Office Closed)

11th

Summer Concert Series at the Waterfront Park Begins

24th

Kids storytime concert at the Bowdoinham Farmers Market

31st

Tax Club Applications Due

August

28th

Chicken Fun Run

September

11th

Celebrate Bowdoinham

In the Fall

Open Farm Day - Date TBD

Town Board and Committee Meetings

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

Select Board

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

Planning Board

4th Thursday of Month at 7:00pm

Advisory Committee on

Age Friendly Bowdoinham

2nd Monday of Month at 2:30pm

Comprehensive Planning Committee

2nd Tuesday of Month at 6:30pm

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

Celebrate Bowdoinham Participant Applications are Now Available! Due August 13th

Participant Applications are now available and are due back by August 13th. We are looking for sponsors for the fireworks show. For more information, please contact Jennifer Curtis at 666-5531 or planning@bowdoinham.com

Town of Bowdoinham
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