



THE BOWDOINHAM NEWS

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November & December 2020

BUSINESS SPOTLIGHT

Artisans & Crafters

By Wendy Rose

For an 8th year Wendy Rose has profiled Bowdoinham artisans and crafters for the holiday season! Bowdoinham truly has a wealth of skilled artisans and crafters who create beautiful and useful hand-crafted items to treasure and enjoy. Shop local this holiday season!

Wes Baden Photography

Wes Baden is thoroughly enjoying his retirement and the new frontiers he is exploring with his photography. Through the years of his career as a clinical social worker, lawyer, and finally a high school Latin teacher, self-expression, artistic exploration, and creative activity were things he had no time for. His focus had to be completely centered on the needs of other people. “When I retired, I thought ‘I have to do something for myself—I want to explore.’”

Photography surfaced as his medium after he purchased a Roloflex camera on eBay. Wes enjoyed playing with the

technical aspects of the manual camera and experimented with all the dynamics of light, speed, and film development. Other cameras followed, but he still enjoys using manual overrides on the digital cameras he is using today.

Fortunately, Wes found some good



Wes Baden

mentors that offered sound advice. A photography gallery owner in Boston liked his images and gave him encouragement. Another professional urged him to enter his images in shows. Wes pursued this avenue and, to date, his images have been accepted in 14 juried exhibitions throughout the country, some with international calls, as well as regional shows in New England. While he has had some sales as a result of the shows, the major benefit has been getting feedback from others and receiving a positive reception for his photographs

Choosing a particular image to shoot is one of the most satisfying aspects of the work. “I like to capture an inner



state that is in me, and then see someone else react to that image and see the same thing I did,” Wes says. He isn’t as interested in lovely landscapes as he is in catching a view—of a rusting cabinet or a bike suspended on a wall—that makes something spark in him. These views often reflect a deeper issue Wes is experiencing and provides a metaphor. “I am interested in how something makes me feel, and I want my viewers to experience that feeling as well,” he says.

For now, Wes is happy to participate in the Bowdoinham Guild of Artisans, and he took part in their exhibit at the Chocolate Church last March. He will continue to look for opportunities to show his work in a wide array of venues once things open up from the Covid-10 shutdown.

If you want to contact Wes, you can email him at badencapecod@gmail.com.

Continues on page 2.

2021 Dog Licenses

The 2021 dog licenses are now available at the Town Office. Fees are \$6.00 for a neutered/spayed dog and \$11.00 for a “fully equipped” dog. Please license your dog(s) annually on or before January 31st. A \$25 late fee will be charged after the grace period.

INSIDE

Business Spotlight	1-3	Peary's Garden	7	CPC News	11
Recycling Update	4	Food Pantry News	8	Cemetery News	12
Citizen of the Year	4	Historical Society News	9	Morning Jo	12
Holiday News	5	Merrymeeting Hall News	9	Notice to Voters	13
Arts Center News	6	Invitation to Bid	10	Sample Ballots	13-15
Guild of Artisans News	7	Winter Tips	10	Community Calendar	16

Artisans & Crafters

Continued from page 1.

Susan Blake

Jewelry and Cards

"I've always been drawn to nature and love to work with color, texture, shapes, and design," says Susan Blake. After building her own home, creating a beautiful landscape of gardens, walls, and fields, and raising her family, Susan's design impulse found a natural outlet in jewelry making. "I took

a jewelry making class in Damariscotta around 2005 and was hooked," she says.

People at her workplace started to notice the unique pieces Susan was wearing and started to purchase her work. This encouraged her to join the Bowdoinham Guild of Artisans in 2006, and she has participated in the Holiday Show and Sale ever since. "I love being able to take raw materials that are beautiful and then create something with them that is wearable and affordable," she says.

The semi-precious stones she finds through the internet inspire her to create necklaces, earrings, and bracelets that feature braided silver and unique settings. "Sometimes it takes several days of playing with the elements before a design takes form," she says. She often has to guard her draft arrangements from her cats who love to play with the pieces. Susan continues to improve her skills by taking classes and by participating in groups of artisans. She has also been working on better booth



Susan Blake

arrangements at her shows—making it easier for her customers to see each piece.

Susan honestly confesses that her primary goal is not so much to make a lot of money but to have a creative outlet and to have fun with it. She loves that she is able to offer unique, affordable items for people who are interested, and gets a lot of satisfaction from customers' feedback. "It warms my heart when people go oohh and ahhh and then buy a piece they like. It shows appreciation for my skills."

Hand colored, stamped cards is a new avenue Susan is exploring. She has been experimenting with designs and messages and hopes to develop this interest further. "I love to follow new ideas and to learn new things—to be in and create beauty," she adds.

"I hope that anyone who buys my jewelry enjoys wearing it as much as I enjoyed making it," Susan says. Since Susan isn't going to participate in the October market, you can talk with her about purchasing her work by calling her at 737-2207.

Kate Cutko

The Atomic Classroom

When Kate Cutko saw a photograph of an airstream trailer that had been converted into, "The Creative Capsule," she thought, "That is magical!" She imagined the potential of an airstream's interior space as an inspiring place to offer artistic workshops. Kate had conducted many

classes on such things as shadow boxing and collages in the past, but she had never



Kate Cutko

had her own place in which to do it. An airstream trailer presented a great option.

Because the seed had been planted, Kate was alert when she saw an airstream parked at Bill and Kate Gray's house. Fortunately, they were willing to sell it. For the next three years, Kate went on a renovation journey. Many people helped her with things like electrical wiring, dealing with extensive rust, and refurbishing the interior. She has replaced just about everything and adapted the interior into an art classroom. "Everyone has been so kind and generous in helping me," Kate says. "I am not shy to ask for help," and she is able to list an army of people who have stepped up.

During the renovation phase, Kate took a class on business development with New Ventures, Maine. She learned how to set up her financial record-keeping, develop a marketing plan, and write a complete business plan. This gave her a boost in her business knowledge. "The group that took the class really jelled," she says. They have stayed in touch and supported each

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other as each one has launched their businesses.

About a year ago, the airstream had come far enough for Kate to begin to offer classes. Even with the Covid-19 outbreak, she has been able to design her classes to meet strict guidelines. Because the airstream can be towed to different locations, Kate has driven to the site of a birthday party and set up a fun activity for the children. She decides on the focus of the workshops in consultation with her customers and can do anything from canvas floor cloths to paper lanterns to jewelry items using recycled materials. Under regular conditions, she can fit 5-6 people inside the trailer. By using the outdoors, she can do groups of 8. Her classes have appealed to groups of children having a birthday party to women friends who want to do something fun on a “girls’ night out.”

Kate’s plans for the future are accelerating now that she has done several events. She hopes to have her website up in a month or so and will begin to market her service more broadly. Through the winter, while hosting occasional gatherings, she will develop her inventory, decide on workshop topics, and work on a plan for regular events. “I would love to have a recurring gig at a Farmer’s Market next summer,” Kate says. “I’m also hoping to take the Atomic Classroom to campsites so groups can have something fun to do on a rainy day when they are camping out.”

Other than the huge renovation challenges Kate has faced, she cites the difficulty of balancing this activity with her responsibilities at the Bowdoinham Public Library, her job as an adoption consultant, and family demands. “The Atomic Classroom has been lower on my list of priorities—that’s why it has taken 3 years,” she says. “It is, however, very rewarding when I look at the before and after. To know it has a new life as something useful is lots of fun.”

“I want to work with people—even if it is a crazy idea—to do something fun,” Kate says. You can reach her by email at cutko@comcast.net or call her at 504-1418.

Joanie Mitchell *Wool Mittens*

It was a beloved sweater of Joanie Mitchell’s husband, Henry, that inspired her to start on her path of creating unique mittens. Henry’s sister had knitted the sweater for him, and he wore it until holes began to appear. When Henry’s sister died suddenly, Joanie wanted to find a way to preserve that labor of love.

Fortunately, one of Joanie’s friends had a pattern for mittens. By felting the sweater wool, Joanie was able to cut out the mitten shapes, add a lining, and sew it up into a newly useful item. “Henry treasures and wears those mittens with pride to this day,” Joanie says.

The idea of taking a nearly used-up item and repurposing it into something useful really appealed to Joanie. Friends started giving her their old sweaters, and she scouted out places like Goodwill for sweaters with interesting patterns. The lively designs can be configured into a unique look and the felt or cashmere linings make a snuggly interior. Joanie will often add an interesting button on the cuff.

It is a little ironic that working with wool and sewing mittens has become an important activity for Joanie. She grew up in Solon, Maine with a brother and two sisters—one of whom won a state sewing championship. Her mother was a 4-H leader and really encouraged the girls to learn hand crafts. Joanie, however, loved being outdoors. All she wanted to do was to spend her time being out in nature with the family’s animals. Even today, after a career in the health care field, Joanie has created a haven near Merymeeting Bay that has 2 horses, riding trails and an agility course for her two Labrador dogs.

When the leaves start to blaze color and fall, however, Joanie’s thoughts turn to building her mitten inventory for her primary market of the year—the Bowdo-

inham Guild of Artisans show on the first weekend of December. Other than selling to some family and friends, it is her chief sales outlet. She tried the market out



Joanie Mitchell

for the first time in 2011 and sold 26 out of 28 pairs of mittens. Each year since then, the inventory Joanie has built throughout the year flies off her tables and onto grateful hands for the coming winter.

This year, the Covid-19 crisis has changed the Guild’s December sale to an outdoor market in October. Joanie will be there. “People really need to try the mittens on,” Joanie says, “so I may need to consider having hand sanitizer or another method to allow them to do that safely.”

Joanie finds it very satisfying to work with natural fiber and to create new life for an old sweater. “I like taking something that is nearly used up and making a useful item,” Joanie says. “It is really rewarding when I see how much people like my mittens,”

If you would like to order some mittens directly from Joanie, you can reach her at 666-8019 or email her at foxden98@gmail.com.

Sign-up for Email Updates

Did you know you can sign-up for email updates from the Town’s website?!? It’s easy, just go to the Home dropdown box and click “Sign-up for the Weekly Digest” and fill out your email information. You’ll receive a weekly email with the upcoming events and the new “news items” that have been posted to the website.

Recycling Update

By Nicole Briand, Interim Town Manager

Effective November 1st, the Town's recycling operations will be closed at the Recycling Barn. We are working to re-open our recycling operations at a temporary location by December 1st. We will provide information about our temporary location as soon as we have the necessary details. Our curbside recycling pick-up will also be suspended as of November 1st until further notice.

The Select Board approved moving our recycling operations to our Public Works Facility at 121 Pond Road at their October 19th Meeting. While we are working on obtaining the necessary permits for this change, we are also working with the Town of Richmond on a partnership for our recycling operations. As currently at the Recycling Barn, the Town's recycling operations will consist of recycling dumpsters and a metal dumpster. We are also evaluating what other services we may be able to offer at either location.

How long will we be at a temporary location? That will depend on the time needed for either of the following options:

- Return to Barn – The repairs outlined in Calderwood Engineering's Recommendation Letter, dated September 11, 2020 must be completed for the Town of safely operate on the 1st floor of the Barn. Additional repairs and/or upgrades may be needed for the Town to operate on the 2nd and 3rd floors.

- Construct a New Facility.

Either option may require Town Meeting approval in June.

Citizen of the Year

By Jeremy Cluchey, Select Board
Remarks delivered by Select Board

Each year, the Select Board recognizes a member of our community as Bowdoinham's "Citizen of the Year." This award is traditionally given to a person who has made a meaningful impact on the lives of Bowdoinham citizens, in recognition of their "dedication and spirit beyond what is considered regular duty."

Past recipients of the Bowdoinham Citizen of the Year include: Kate Cutko, Betsy Steen, Doug Tourtelotte, Nancy Curtis, Lynn Spiro, Leslie Anderson, and Susie Uhle.

This year is different in so many ways. The onset of the current public health crisis has disrupted and reshaped so much of life in Bowdoinham, as it has communities around the world. We have all had to find new ways to do just about everything, from school and work to the simple act of getting food for ourselves and our families.

At the beginning of this pandemic, as Maine restaurants were closing their doors, a group of Bowdoinham farmers met at Maily Waterfront Park. Standing six feet apart, they discussed what this new reality would mean for their businesses -- many of which rely on restaurant sales, and some of which hire seasonal employees.


Together, they discussed approaches for operating safely, managing farm crews, and selling directly to consumers. They stayed connected, sharing ideas and

collaborating to set up farm stands that have been open daily or weekly since the spring, and publicized guidelines for how customers could use the farm stands safely. Several farmers also created a thoughtful plan for the Bowdoinham Farmers Market, which ran smoothly all summer and was a refreshing piece of normalcy for the community.

One resident observed that, even before the pandemic, Bowdoinham's farmers "worked together as a community rather than competing with each other. On many occasions, I've asked one farmer for a particular item, and when they either don't produce it, or more remarkably they do but simply don't have any at the moment, they always point me to another farm." Many farms have also been loyal contributors to the Bowdoinham Food Pantry, which has proved especially vital this year.

Farms have long been at the heart of Bowdoinham. This year, we were especially lucky to have that be the case. Having safe, regular access to local, healthy food has been critical for Bowdoinham residents and our neighbors in surrounding towns. In the face of a global pandemic, the town's farmers stepped up, collaborated, and found creative solutions to support their community and feed their neighbors.

The Bowdoinham Select Board is proud to recognize Bowdoinham's Farmers as the 2020 Citizens of the Year.



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Holiday News

Farmers' Markets

The Bowdoinham Farmers' Market will be offering two special holiday markets again this year: Saturday, November 21st will be the Thanksgiving Market and Saturday, December 19th will be the Solstice Market at Town Hall. Please visit the Bowdoinham Farmers' Market Facebook page (or Town website) for more information as the events get closer.

Holiday Giving Tree

The giving season is coming quickly and we have already started preparations here at the Town Office. There will be two different businesses hosting our giving tree: Three Robbers Pub, Bowdoinham Country Store and Cote's Bowdoinham Hardware Store.

If you would like to help bring some holiday cheer to our fellow residents go to Three Robbers, Bowdoinham Country Store or Cote's Hardware Store starting November 23rd and choose a gift tag from the tree. The gift tags will have all the pertinent information that is needed. We ask that you bring the unwrapped gift (along with the gift tag attached) back to the Town Office by December 16th.

The purpose of this tree is to help any

Bowdoinham Family who may be in need this time of year. Please know that the name(s) are kept strictly confidential. If you know someone who may need help this season, please call Pam at the Town Office at 666-5531.

This holiday season we will also be collecting hats, mittens, scarves, gloves, blankets, puzzles, books, cards, and word searches, for our elderly residents. If you know anyone in need, please let us know.

Victorian Christmas and Memory Tree

The Church of the Nazarene is again pleased to host a Victorian Christmas and Memory Tree. The church will be decorated to reflect the era in which it was built, and members of the community are welcome to walk through or even sit and relax in the peaceful atmosphere for a while. Also, anyone is welcome to add the name of a lost loved one to the Memory Tree. The tree will remain lighted in the front window of the church throughout the holidays.

The church will be open Saturday, December 5th, from 10am to 7pm. The church is located at the corner of School and Main Streets.

Light Decorating Contest

Join us in decorating for our Holiday Lights Contest! While many of our usual

festivals and fairs have been canceled for this year, it's a perfect year to go look at holiday lights. We'll be offering prizes for: best decorations, best lights, most creative, best traditional and facebook favorite.

To register to join, please email Nicole Briand at nbriand@bowdoinham.com by November 20th and have decorations up by December 1st.

Voting will take place for the month of December; winners will be announced in January. To vote, you can: get a "ballot" online, or pick one up at the Town Office or Library, or you can vote online.

We hope you will join the fun and help us light up Bowdoinham!

For more information, visit www.bowdoinham.com or contact Nicole Briand at nbriand@bowdoinham.com.

Heating Assistance

Winter is right around the corner and the heating assistance program needs your help. This program is funded entirely from private and business donations as well as fundraising efforts, since it began in 2008. Please consider making a donation, to help your neighbors stay warm this winter. Donations can be dropped off or mailed to the Town Office at 13 School Street. For more information, please contact the Town Office at 666-5531.

Tidewater Tree Care

- Winter Removal Rates
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- Winter Safety Pruning
- Shoreland Removals
- Apple tree pruning
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Thank you,

Bowdoinham Post Office

Arts Center News

By Laleah Parker

Holiday Pop-Up 2020 is right around the corner and MAC is finalizing plans to open at the Town Hall on Thursday, Nov. 19th. The “store” will be open Thursdays to Sunday through December 20th. Last year over 30 vendors – artist, artisans and businesses – participated in this highly successful event. We know that Covid-19 limited opportunities for business this past summer and fall and we hope that creating an inviting and safe shopping experience will benefit shoppers and businesses alike.

Want to participate (artists, artisans and businesses)? Please contact Susan Brown brown_531@myfairpoint.net or 207-837-0401 for more information. Willing to help? Please contact Lee Parker laleah.a.parker@gmail.com or 207-841-5914 (please text or leave a message).

Buy Local! Buy Bowdoinham!

Zucchini Car Races

MAC held its 2nd Annual Zucchini Car Races on Saturday, September 12 at the skate park behind the Studio from 11-12. This year's event featured 7 contestants with their hand-assembled and decorated zucchini cars. Categories were Under 14", 14" or Larger, Jumbo and Best Decorated. Thank you to everyone in the community who came out to support the race and volunteered at the event. Thank you especially to the following racers: Amelie Vonderweid, Sophie Vonderweid, Sophia Shannon, Malcolm Grogan, Eleanor Prescott, Benjamin Prescott and Dave Asmussen of Bluebell Farm in Bowdoinham. Highlights from the race are posted on our Facebook site! We are already looking forward to next year's race!

Classes

We follow current Covid-19 guidelines. Classes are limited to 4 people; social distancing, hand sanitizing and face masks are required. To register email [merrymeeting-](mailto:merrymeetingartscenter@gmail.com)



ingartstudio@gmail.com or go online to Eventbrite.

Pottery classes in the Studio continue with Melissa Bardley Tuesday and Thursdays 12-2 pm

and the second and fourth Saturday of the month from 10-12. \$5.00 drop-in fee and registration is required.

Saturday, Nov. 7, 11:00 – 12:00 pm: Kids Felted Acorn Necklace and felted stone making class. Join Isabel Stearns for this fun, easy class to make a felted acorn necklace! Kids ages 8+. Instruction and materials \$5 per person. (Please note, kids 8 and over do not need to be accompanied by a parent for this class).

Sunday, Nov. 15, 1-3 pm: Join us for an uplifting Aromatherapy class with Nanette Giacom. Essential oils have been used for thousands of years to influence feelings and uplift mood. Science now shows that the scent of essential oils trigger brain sensors that help manage emotions and create a positive effect on the mind. In this 2 hour class you will have the chance to experience the power of aromatherapy on your body, mind and emotions. You will learn which essential oils will help with specific issues and why they work. Each person will leave with 3 samples of essential oils and make a roller bottle of their own unique blend. A downloadable Aromatherapy ebook will also be emailed to you after the class. Cost of the workshop is a \$5 donation to the Merrymeeting Arts Center. All proceeds will benefit our programs for the community and Nanette is donating her time for the class. December:

Saturday, Dec. 5, 10:00 am – 1:00 pm Join us for this beginner's workshop in writing to discover the pillars of memoir writing! The First Slice (FS) is a workshop designed expressly for the reticent writer. If you're a beginner who struggles putting pen to paper or fingertips to keys, this workshop is for you. We will mine for

where we should begin and tackle three pillars of memoir—character, time and place. At the end of this workshop you'll have discovered the organizing point(s) of tension that propels your character to move toward what she wants. Ideally, you'll be primed to soldier on in your endeavor to tell your story. This workshop will be taught by Shellie Leger, a native Mainer who returned to Oxford Hills in 2013. 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, is completing her third and teaches at Feathered Ink.

Sunday, December 6, 11:00 am -12:30 pm make your very own Snow globe! This class will include everything you need to make a sparkling holiday snow globe. Materials fee is just \$5.00 and is limited to 4 participants.

Sunday, December 13, 11:00 am -12:00 pm come make a felted gingerbread man. Felting is easy and fun and great for all ages. Isabel Stearns will teach you to felt a little ornamental gingerbread man to decorate your tree or home. Cost is just \$8.

MAC Ice and Smelt Exhibit and Event...

We are looking for your ideas! We are planning a safe and fun event for early February. Please contact Mark Dube Mad4purple@yahoo.com or text 207-228-3230.

Advertise in The Bowdoinham News

The Bowdoinham News is published six times per year (January, March, May, July, September and November) by the Bowdoinham Department of Community and Economic Development. It is mailed directly to the all households in Bowdoinham and placed on our website. For more information, contact Nicole Briand, Director of Planning & Development at nbriand@bowdoinham.com.

Guild of Artisans News

By Lynn Sternfels

For sixteen years, the Bowdoinham Guild of Artisans welcomed folks into the Town Hall on the first Friday of December for the opening of their annual show and sale. People who attended that night walked into a decorated hall full of fine arts and craft items made by local artisans. Live music and an offering of snacks and beverages made it a special night to visit with friends and to shop locally. The show continued the following Saturday and Sunday and became a cornerstone of the Bowdoinham Holiday Weekend that developed around it.

2020 has proven to be a different and challenging year for all of us. After much deliberation and a lot of sadness, the Guild of Artisans decided it could not offer their traditional show in a safe way. However, like so many businesses and schools, we would like to offer some alternatives.

Hopefully, some of you were able to join us for our October Artisans market on the waterfront. Shopping early and locally for the holidays in a safe outside venue seemed to make sense. Thank you

to the members of the Farmer's Market who lent us the signage and hand sanitizer stations and thank you to the town for supporting its artists.

For those of you who missed the fall opportunity, the Guild will launch a website the first of December. This is a first for us and we are excited about it. We will not be offering online shopping, but will offer information about each artist and ways to contact them if you are interested in purchasing items from them. Our new website is Bowdoinhamartisans.com. Please check it out starting in December.

In addition, some members hope to join the Merrymeeting Arts Center who will be hosting a holiday pop-up show.



Virtual Tours

See the Virtual Tours created by Rebecca Conley of Bocca Video Productions for Bowdoinham's Virtual Open Farm Day & Art Trail at www.bowdoinham.com/2020-virtual-open-farm-studio-tours.

Peary's Garden

By Lily Montgomery

Another successful season at Peary's garden is coming to a close. We expanded last spring to accommodate new members and had a total of 27 plots this year cared for by 17 gardeners and their families. Our members grew an abundance of tomatoes, flowers, cucumbers, squash, dry beans, and much more – as well as a gorgeous crop of organic corn for the group to share thanks to Brian Smith.

We've spent the fall spreading our gigantic pile of compost (thanks, BCDI!) and several loads of horse manure (thank you, Jim Finucane!), cleaning out garden beds, caring for tools and fencing and prepping the garden for winter. If you are interested in joining for the 2021 season, please reach out and reserve your spot! We are so grateful to all our members for everything they've done to keep this garden dream a reality. Thank you especially to Brian Smith for continuing to share his land for this project and for everything you do to keep the garden running smoothly.

Garden plots are \$25, 10'x25', tools, seeds, water, organic fertilizer and compost included, for more information email lilypmontgomery@gmail.com.

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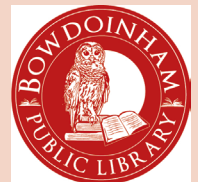
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Thank you!

The Board of the Bowdoinham Public Library, together with its staff would like to thank all of you who



responded to our recent appeal with a donation. We have been touched with the generosity of Bowdoinham's people as we try to make up for our lost fundraisers this year. So many of you responded who are not even patrons or regular users of the library. It shows the strength of this community and shows your belief in the importance of public libraries and the resources they provide. We thank you!

Food Pantry News

By Sally Cluchey

It has been a whirlwind of a summer and fall. Since our last update, we've made some significant changes at the pantry. For starters, we transitioned to a drive-up system where we hand out pre-packed bags. Each client that comes is given one big bag of shelf-stable items, and another (typically overflowing) of fresh eggs, milk, butter, cheese, meat, fruits, and veggies (usually beautiful organic produce grown right here in Bowdoinham). We are so grateful to the members of this community for their ongoing generosity toward their neighbors.

Increased demand, increased donations, and the need to pre-pack bags created an interesting set of tetris-related challenges in our small space. When the opportunity came to move the pantry into a new, larger space in the same building, we jumped at it. We are still at 9 Main Street, but our entrance is now at the end of the parking lot closest to the stream.

This transition has been so important to the Food Pantry, and there are several wonderful people who made it possible:

- Fred Haer: for his endless generosity in donating/leasing us space to run the pantry, and for financing the beautiful renovation of our new space.
- Mark Favreau: for donating many



hours of his time as a skilled contractor/carpenter to improve our space, and guiding our board through the renovation

process.

- Linda Jariz: for donating her stellar project management skills, which resulted in getting us into the new space very quickly.

- Dean Beckwith: for graciously agreeing to move his pottery studio (Clayworks) so that the Food Pantry could have the space we needed to operate in this new and challenging time.

While many clients have reported that they're enjoying our new drive through pre-packed bag system, some have expressed a desire to return to shopping. While we're going to continue offering pre-packed bags, after a successful test run in early October we're very pleased to announce that we're now offering clients an opportunity to return to shopping by appointment. Appointments are given between 5 - 6 pm on Wednesdays and can be made by calling or texting 207-751-7779, or emailing bowdoinhamfoodpantry@gmail.com.

Thanksgiving is coming right up, too. Please note that meal boxes will be handed out on Wednesday, November 18th. Fresh pies and veggies to round out the meal will be provided the day before Thanksgiving (Nov 25).

If you're interested in getting involved as a Food Pantry volunteer, let us know! The exciting developments I described above require more hands, and we are currently at risk of burning out our existing pool of volunteers. We are particularly in need of volunteers on Wednesdays to help with set up (2:30-4pm) and distribution and closing (3:45-6:15pm). We also have a number of activities that can be done by yourself to reduce health risks. Please check our website to see all our volunteering activities: www.bowdoinhamfoodpantry.org/volunteer.

You can learn more about the Food Pantry by tuning into our Annual Meeting, which is open to the public and will be happening via Zoom on Tuesday, November, 17th at 6pm. Please visit www.bowdoinhamfoodpantry.org or check our Facebook Page for the meeting link. Being a part of the Bowdoinham Food Pantry is truly an honor. The board and I are grateful to our clients for trusting us to assist them. It truly takes a village, and we're glad that ours is Bowdoinham.

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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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Historical Society News

By Betsy Steen

This year's Yard Sale— Bread and Hyacinths – our 10th sale – was definitely different and very successful. Many folks said they preferred this ongoing sale, and we have made (as of October 4th when I am writing this) over \$5000. We have used this money to bring the MMH Utilities Fund to the needed \$6500. Yea!

Thanks to all who donated, worked on the sale, and came to browse and buy things. It was great seeing people, even at a distance! The sale continues online.

The rest of this money will go to building a new, ground level and easily accessible Bowdoinham Historical Society Office and Research Room. Tom and Dave have begun work on this project.

Meanwhile, the Friday Morning Ladies have been picking away at moving the research materials from the 3rd floor of Coombs Municipal Building to the main floor of Merrymeeting Hall, so that we can continue BHS work and accommodate folks who have questions about their genealogy, homes, or other aspects of Bowdoinham History. Email bayviewess@comcast.net.

BHS is BLESSED with a wonderful "Strong Backs Brigade"!! Recently 5 people answered the call and met Sunday to transport the Spinnet Piano (the weight of a Baby Grand in a small package) to its new home. Then they picked up a 3-piece desk and another donor's file cabinet and unloaded that and some furniture I had picked up into Merrymeeting Hall.

Many people are using this more home-bound time to clean out. If you find photos or papers relating to Bowdoinham please give them to BHS or allow us to copy them. Similarly, we may be able to use any vintage items you no longer want, for future displays or for the BHS Yard Sale.

Our next theme of study will be Bowdoinham in the 1930s, 1940s, and 1950s, so we will be looking especially for vintage objects, clothing, photos, and stories from that period.

Elaine Diaz has been continuing her research and work on Bowdoinham's Cemeteries. She can be reached at 666-8255.

SUPER NEWS!! The little blue double-dormer cape on Spring Street has been adopted by folks in town who will give it the love and attention it needs to become a beautiful, charming, and functional part of Bowdoinham's historic village. YeeHa!!



Cathy Reynolds, Betsy Steen, Stuart Reynolds, David Grogan, Mike Ebert, Jeremy Cluchey in front of Nora's new-to-her piano.



BHS Strong Back Brigade moving Piano up the stairs into Nora's house.

Bowdoinham Historical Society

Keep your BHS Membership up to date, it's not too late to pay for 2020 (Individual - \$10 Family - \$15)

PO Box 101, Bowdoinham
www.bowdoinhamhistoricalsociety.org

Like us on Facebook:
www.facebook.com/thebowdoinhamhistoricalsociety

Merrymeeting Hall News

By Betsy Steen

Merrymeeting Hall and BHS thank you for your generous donations of money, materials, experience, time, and yard sale items. This ongoing project to create a Community Center for Bowdoinham out of the former Merrymeeting Grange Hall has once again demonstrated how truly magical a place Bowdoinham is!

Out of an abundance of caution, the Merrymeeting Hall Steering Committee has decided to keep the building closed to public gatherings until January when we will reassess. It saddens us, but we think it is safest. When the front foyer is open, most weekday mornings, you are welcome to borrow or return puzzles. Please wear a mask. Returning puzzles go into the IN BIN.

Work, however, has resumed at MMH. Brett Thomson, working on Tuesday and Thursday mornings continues his fine woodworking to create two of the hand-somest ADA bathrooms in the state. Tom DeForest and Dave Piccuito are working on Monday and Wednesday mornings to build BHS's new office on the ground level. The Friday Morning Ladies clean, paint, and organize. They are creating a temporary main floor BHS Research Area with the materials they have brought from BHS's Coombs Municipal Building space.

Sarah Stapler has been weeding the future gardens and Cathy Curtis and her family have been keeping the lawn neat. MMH Thanks them ALL!!

Merrymeeting Hall Contacts

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

Betsy Steen - 737-9460
bayviewess@comcast.net

Lara Ashouwak - 666-8161
lashouwak1@gmail.com

Tom DeForest - 666-3061
tdeforest@comcast.net

Invitation to Bid

By Darren Carey

The Town of Bowdoinham will receive sealed bids marked “Higgins Replacement System” on the bid proposal form, at the Bowdoinham Town Office, 13 School Street, Bowdoinham Maine 04008 until 2:00 p.m. on Wednesday, November 4, 2020 at which time bids will be opened and read. There will be a scheduled site visit on October 29, 2020 at 10:00 a.m. This is to ensure there is a full understanding of project.

The Town is seeking bids for the replacement of a subsurface wastewater system located at 86 South Pleasant Street in Bowdoinham. The project is partially or wholly funded by the Maine Department of Environmental Protection through a small community grant.

Questions regarding this Request for Proposals should be directed toward Darren Carey, Deputy Local Plumbing Inspector at dcarey@bowdoinham.com.

Winter Tips

Although the month of October provided some nice weather, the inevitable will happen and we will soon have freezing temperatures and snow. Here are a few winter tips for you to consider:

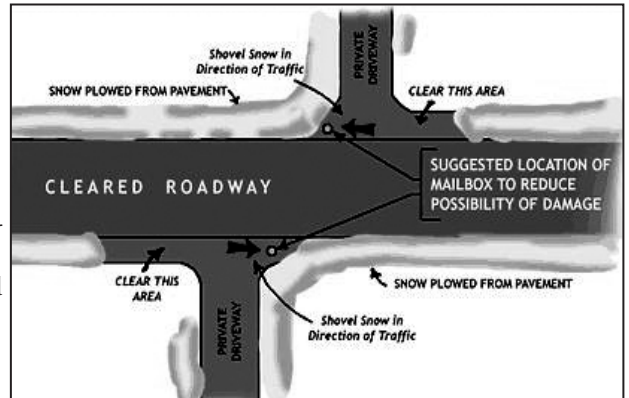
Who plows what roads?

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.

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Comprehensive Planning Committee News

By Joanne Joy, Committee Chair

The committee met in September after taking August off. We briefly returned to the Waterfront Plan as the next phase of the Waterfront Plan needs oversight. Bowdoinham has released an RFP for the next phase of the Waterfront plan to be submitted by mid-October and a joint committee of members from the Comprehensive Planning Committee (CPC) and the Community Development Advisory Committee (CDAC) will provide oversight.

The topic of vehicles increasingly going very fast on Main Street was again brought to the attention of this group. The options for slowing traffic, however, are primarily in the hands of the Maine Department of Transportation (MDOT). However, by our raising the question of ways to slow traffic, the issue will be sent along to MDOT.

The CPC schedule continues to be:

- Regular CPC meetings the second Tuesday of each month, 6:30-8:00. The Zoom link is on the town website.
- Review issues related to cluster housing – on-going fall 2020
- Ongoing updates of comprehensive plan on conservation of agricultural land/soils as well as view shed preservation.
- Spring – watch for dates and opportunities to provide input/update the Comprehensive Plan Vision Statement and hopefully to gather together to learn more about the topics the committee has been discussing.

The vision statement is part of the Comprehensive Plan that was adopted in 2014. A copy can be found under the Document Library tab at the top. It is toward the bottom of the list of documents. The Vision Statement (shown here) is on page 4 of the Comprehensive Plan.

Committee Members: David Asmussen, Peggy Christian, Tom Deforest, Richard Morin, Patrick Thompson, Kevin Twine, Bill Stanton, Reeve Wood and Joanne Joy

VISION STATEMENT

In the year 2024 Bowdoinham is pretty much the same as it is today, only better.

The town's rural character, rich history, and natural beauty are preserved. The people here are peaceful, supportive, and tolerant as they have been for generations. The local economy is strong and relatively self-sufficient.

The village is ever more attractive and lively. There are more businesses, another restaurant or two, and sidewalks. New development in the village is in character with the historic buildings and served by enhanced infrastructure.

More of the land is in agricultural use and the food produced is healthy and safe. Bowdoinham farms supply an impressive proportion of local food needs and bring significant money into the community from away. Woods, wetlands, and waterfronts are highly valued as in the past. Continuing a tradition of thoughtful management, Bowdoinham's wildlife habitat and outdoor recreation areas, including Merrymeeting Bay, are treasured by locals and visitors alike. Bowdoinham's country roads continue to be lined with scattered houses, fields, forests and small businesses. New development and stores are in keeping with local and historic character.

We are a hugely diverse mix of blue collar and white collar, young and old, liberal and conservative, from here and from away, and are proud to support each other and our community in the face of challenges. Artists, musicians, and craftspeople are abundant and appreciated. Small businesses and entrepreneurship are encouraged. Though proud to be local, Bowdoinham people are connected to the region and to the world. There is high quality cell phone connectivity and internet access throughout the town.

Bowdoinham is a great place to live, work, play, raise kids and grow old. Specific initiatives are targeted to help youth love, appreciate and engage with their community, and to help elderly live here comfortably and securely. Affordable housing, among a diversity of housing options, is available for young and old.

Specific institutions, central to the appeal of community, are maintained and nurtured; for instance, Town Meeting, Bowdoinham Community School, the Library, the Recycling Barn and Program, the Waterfront Park, the Farmers Market, and the Town Hall.

In the year 2024, Bowdoinham has adapted to global change yet retained its human scale and historic values.

Cemetery Committee News

By Elaine Diaz

Our last B.C.A.C. report was in the March-April News and was submitted in early February. As we all know, much has changed since then. We did not have another meeting from March until September 21st this year (and that was on-line). We also did not post cemetery clean-up days at the Village Burying Ground, across from the school due to social distancing issues. No one signed up for the M.O.C.A. 4-day Cemetery Training Workshop in Lubec this summer. There will be two sites for this event next summer, I will keep you posted regarding sites.

We, that is, the keepers and volunteers have been busy in the smaller cemeteries and family plots. Susan Tuttle has

become the keeper for the Browne Cemetery, and has done much with other volunteers to clean it up. She is concerned that the stone for Bainbridge Porter Browne has fallen, and we still have no one to do the work of stone raising and repairing.

Gordon Curtis has been clearing brush and trees at the Curtis-Jennings-Aderton Cemetery on the Dingley Road. He says that there is a need for professional (licensed arborist) removal of additional trees. This is also needed in the Village Burying Ground. Tony Lewis, Linda Temple, and I recently visited the Thomas and Siegars Plots on the North end of the Carding Machine Road. We found the Siegars Plot cared for by John Murphy and family to be in great condition. Unfortunately, the Thomas plot is a wreck with the 4 visible stones down and one broken in two. With probing, there seemed to be several more underground. This plot will require very careful profes-

sional restoration to avoid further destruction of stones. A death date on one of the visible stones was 1870, which qualifies this plot for protection and access under the state statute for Historic Family Burial Grounds. There are four more small plots within about a mile or less of these two, they are: the Elliot, Hunter, Brooks, and McFadden Plots, and possibly a couple more to be searched for on the East side of the Abagadasset Stream. Several people in that neighborhood, Dave Asmussen, Matt Kegerreis, Will Zell, and John Murphy have expressed interest in volunteering and looking after these plots. Great!

I know more is going on, all over town, but this report has become long, so I will try to catch-up with the rest of them next time. The meetings continue to be on-line on the 1st Monday of each month at 4:30pm, please visit the calendar on the website for meeting details. For supplies, information, and general encouragement, continue to call Elaine at 666-8255.

Morning Jo

By Jo Werther

Are you feeling stressed? Fatigued, frustrated, fearful? You're not alone.

As we enter the ninth month of Covid-related disruption in almost every aspect of daily life, there is a cumulative build-up of hard-to-bear feelings for everyone I know. And on top of it all, here come the holidays.

"We practice social distancing so that when we return to the table, no one is missing."

The summer months made it easier to visit with our friends and families. We're so grateful for the beautiful surround of our Maine community, aren't we? But now, the added isolation of winter is looming. As long as we cannot gather safely, how shall we handle the holidays? Feelings can often cloud good decision-making.

Feelings are not good or bad, right or wrong.

Feelings are hard-wired into our brains

to give us information. If you boil down the countless words we use to describe them, they're really pretty basic: happy, sad, mad, scared. Once you simplify what you're feeling, it becomes a little easier to know what you need. But to do that, you have to take a moment to slow down, settle down, and just breathe.

Don't just do something, stand there.

We are trained from an early age to do rather than to be. And while there is nothing wrong with doing, the truth is that we will be more effective with whatever course of action we choose if we act from a place of clarity. All that's called for is some inner calm. And to get there, all that's required is the breath.

Just breathe.

Try this: stop whatever you're doing right now and imagine a balloon, uninflated, lying flat upon your table. Pretend, for just a moment, that you are the balloon. Now, fill it up with air (by breathing in slowly through your nose). When it's full, hold your breath momentarily. And then, let all the air out of it (by breathing out slowly through your mouth). Squeeze all

of the air out of the balloon. And then do it again once or twice.

"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor." Thich Naht Hanh.

As you do this, allow thoughts and feelings to pass through your mind. Resist the temptation to follow them and instead keep returning your focus to your breath, to the rhythm and the sensation of it, just as it is, with no need and no effort to change it. After a moment or two, see if you notice a shift in your state of mind.

Necessity is the Mother of Invention

As you soften your resistance to difficult feelings, see if you can notice a tiny bit of inner spaciousness that wasn't there before. From this place, consider your options for creatively navigating the holidays. Expand your sense of possibilities for connecting and celebrating with loved ones near and far. Remind yourself that you can walk through this season one breath, one step, and one day at a time. Remember that better days lie ahead.

Questions/Comments/Requests? Email me at jo@jowertherlcs@gmail.com.

Notice to Voters

By Pam Ross, Town Clerk

The State Referendum and Municipal Election will be on Tuesday, November 3, 2020 from 8am to 8pm at Bowdoinham Community School, 23 Cemetery Street.

Specimen Ballot Town of Bowdoinham Municipal Annual Town Meeting Election November 3, 2020

Instructions to Voters

- ◆ To vote for the candidate(s) of your choice, fill in the oval to the left, like this: ●
- ◆ To vote for a write-in candidate, fill in the oval to the left of the write-in space and write in the person's name.
- ◆ To have your vote count, do not erase or cross out your choice.
- ◆ If you make a mistake, ask for a new ballot.

**FOR SELECTMAN, ASSESSOR
AND OVERSEER OF THE POOR
3-YEAR TERM
VOTE FOR TWO**

Favreau, Mark J
Bowdoinham, ME

Feeney, Peter J
Bowdoinham, ME

Gray, Judith B
Bowdoinham, ME

Lewis, Peter A
Bowdoinham, ME

Turgeon, M Theresa
Bowdoinham, ME

SS District 23

SR District 55

Style No. 57

State of Maine Sample Ballot General Election, November 3, 2020 for Bowdoinham

Instructions to Voters

To vote for the candidate of your choice, fill in the oval to the right, like this:

To vote for a Write-in candidate, fill in the oval to the right of the Write-in space and write in the person's name.

To have your vote count, do not erase or cross out your choice.

If you make a mistake, ask for a new ballot.

State Senator
District 23
Vote for One

Kopp, Holly J.P.
Topsham
Republican

Vitelli, Eloise A.
Arrowsic
Democratic

Write-in

Rep. to the Legislature
District 55
Vote for One

Berry, Seth A.
Bowdoinham
Democratic

Lewis, Peter A.
Bowdoinham
Republican

Write-in

Judge of Probate
Sagadahoc County
Vote for One

Chipman, Richard R.
Bath
Republican

Paris, David
Bowdoinham
Democratic

Write-in

Register of Probate
Sagadahoc County
Vote for One

Bird, Carolyn A.
Bath
Democratic

Write-in

Sheriff
Sagadahoc County
Vote for One

Merry, Joel A.
West Bath
Democratic

Write-in

**State of Maine
General Election**

Instructions to Voters

To vote, fill in the oval like this ○

To rank your candidate choices, fill in the oval:

- In the 1st column for your 1st choice candidate.
- In the 2nd column for your 2nd choice candidate, and so on.

Continue until you have ranked as many or as few candidates as you like.

Fill in no more than one oval for each candidate or column.

To rank a Write-in candidate, write the person's name in the write-in space and fill in the oval for the ranking of your choice.

President Vice President	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice	6th Choice
Biden, Joseph R. Harris, Kamala D. Democratic	○	○	○	○	○	○
De La Fuente, Roque "Rocky" Richardson, Darcy G. Alliance Party	○	○	○	○	○	○
Hawkins, Howard Walker, Angela Nicole Green Independent	○	○	○	○	○	○
Jorgensen, Jo Cohen, Jeremy Libertarian	○	○	○	○	○	○
Trump, Donald J. Pence, Michael R. Republican	○	○	○	○	○	○
Write-in	○	○	○	○	○	○

**Maine Sample Ballot
Election, November 3, 2020**

U.S. Senator	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice
Collins, Susan Margaret Bangor Republican	○	○	○	○	○
Gideon, Sara I. Freeport Democratic	○	○	○	○	○
Linn, Max Patrick Bar Harbor Independent	○	○	○	○	○
Savage, Lisa Solon Independent	○	○	○	○	○
Write-in	○	○	○	○	○

Rep. to Congress District 1	1st Choice	2nd Choice	3rd Choice
Allen, Jay T. Bristol Republican	○	○	○
Pingree, Chellie M. North Haven Democratic	○	○	○
Write-in	○	○	○

THE BOWDOINHAM NEWS

Community Calendar

November

3rd

Elections, 8am-8pm
Town Hall

11th

Town Office Closed

17th

Food Pantry Annual Meeting, 6pm
Online via Zoom

19th

Pop-up Sale Begins
Town Hall

21st

Special Farmers' Market
Town Hall

26th & 27th

Town Office Closed

December

1st

Holiday Lights Contest Begins

19th

Special Farmers' Market
Town Hall

20th

Pop-up Sale - Last Day
Town Hall

24th & 25th

Town Office Closed

January

1st

Town Office Closed

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

3rd Wednesday of Month at 7:00pm

Comprehensive Planning Committee

2nd Tuesday 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 4pm

Solid Waste Committee

Every other Wednesday at 5:30pm

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

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