



# THE BOWDOINHAM NEWS

Volume 23, Issue 1

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

January - February 2024

## What is Age Friendly Bowdoinham?

By Ann Hartzler & Maureen Booth

Since 2012, the Committee for Age Friendly Bowdoinham has focused on making the Town a safe, enjoyable and inclusive place to live for people of all ages, especially older residents and those living with disabilities. Despite this long history, what we do and why we do it is not always broadly understood.

### Why does the Town need an Age Friendly Committee?

One-third of Bowdoinham residents are over the age of 60. Encouraging people to stay in Bowdoinham as they age brings many benefits to Town: economic benefits through an experienced workforce, contributions to our tax base, volunteering, civic engagement and cross generational learning. But the increasing number of older residents also requires investments from the Town, which can help people of all ages. Buildings and public spaces may have physical barriers that limit access for some, affordable and accessible housing options may not be available as individuals want to downsize, participation in social and civic events may be limited without easy parking, use of mikes, and transportation.

Bowdoinham's Age Friendly Committee looks at the economic, physical and social life of Town through the lens of its older residents. We make recommendations to town officials, offer programs, and provide supports to enrich the health, safety and engagement of residents. The goal of our work is to assure that all residents, young and old, can contribute to and enjoy the life of the community.

### What does Age Friendly do?

- We sponsor social events through monthly luncheons, speakers, bridge, cribbage, line dancing and yoga.
- We advocate for support services to make life easier for our older residents such as Rides in Neighbors' Cars, Sand Bucket Brigade, a medical equipment exchange program, and the newly

formed Twin Town Handy Brigade to offer help with small repairs. We developed an online directory of free and low-cost services in the area for older adults, [www.bowdoinham.com/projectresource-directory-older-adults-bowdoinham](http://www.bowdoinham.com/projectresource-directory-older-adults-bowdoinham).

- We work with others to get donations and grant funds to support digital literacy programs at the Library, a crosswalk to provide safe access to Waterfront activities, the installation of accessible parking and improved access to the Library, the development of guidance (universal design) to make our homes safer and easier to use; and the distribution of winter safety kits.
- We seek partnerships with area programs to expand resources to residents such as with the Richmond Senior Center, Midcoast Hospital, Sagadahoc Sheriff's Office, Maine AARP, Maine Center on Aging, CAM Maine to assist in the preparation of state and federal tax returns, and Merrymeeting Trails.
- We work with individuals to help them find information or resources to improve their lives. Responding to calls and requests is becoming an ever larger part of Age Friendly Bowdoinham. Life can become very complicated when there is a change in health or someone returns home from the hospital. We don't know all the answers either, but we work hard to find someone who does.

### How Can Residents Get Involved in the Work of Age Friendly?

We welcome others to join us in our efforts. Whether big or small, temporary or ongoing, there are ways you can contribute.

- Share an idea for a project or comment on an issue that you or others face.
- Volunteer to cook, set up or clean up at the monthly luncheon.
- Help on a project. Do research on models we can replicate, help write a grant, or get involved in working on a portion of a project of particular interest.
- Build partnerships. Introduce us to others who can provide resources to advance our work.
- Become a member of the Committee. We meet monthly on the second Monday of each month from 1:30-3:30 pm in the Kendall Room of the Coombs Building.

### Why Does This Work Matter?

Older adults make significant contributions to the social and civic life of Bowdoinham through their leadership, skills, mentorship, volunteerism and willingness to play vital roles in sustaining programs, events, and opportunities for residents of all ages. An Age-Friendly Bowdoinham makes us a Town of choice for all generations - a great place to live, raise a family and stay as you age.

If you have interest or want to learn more about our work, please visit our website, [www.bowdoinham.com/ACOA](http://www.bowdoinham.com/ACOA) or contact Jason Lamoreau, Older Adults' Services Coordinator, at [age-friendly@bowdoinham.com](mailto:age-friendly@bowdoinham.com) or call 207-666-3351.

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# THE BOWDOINHAM NEWS

## Bowdoinham Community Development Initiative

By Mary Mayo

Sometimes it's easy to lose sight of what a lovely community we live in. We moved here 14 years ago from Peaks Island where we'd lived for 13 years. That experience was like a flashback to my childhood in Manset on Mount Desert Island. If you don't know where that is you're not alone. It's much like Peaks Island but on a much smaller scale, it's a village within a larger community.

Bowdoinham offered us an old house with land around it, relief from garage and ferry costs, and the hassle of coordinating transportation. My husband Pete took on updating the house and reclaiming the farmland around it and I commuted to Portland until I retired. I wasn't sure about retirement, I'd worked my whole life and was accustomed to a scheduled routine. I took some proffered advice and made no commitments for six months.

### Sand Bucket Brigade

As an activity in conjunction with Age-Friendly Bowdoinham, the Bowdoinham Fire and Rescue Department will be distributing 5-gallon buckets of winter sand this winter. This program is designed for those residents that cannot pick up their own winter sand from the courtesy sand pile located at the Waterfront Park.

If you would like a bucket of sand dropped at your residence, please contact the Adult Services Coordinator: **Jason Lamoreau at the Town Office 666-5531**, or [age-friendly@bowdoinham.com](mailto:age-friendly@bowdoinham.com).

After you received your first bucket, please contact Jason for a refill at 666-5531 and leave a message.

*\*\*\*\* Please leave your empty bucket (with cover) out to be picked up and exchanged for a full one.*



I think David Whittlesey must have known my calendar because he reached out to me at just about the end of those six months and asked if I would consider being a BCDI Board member. I had participated in the original meeting from which BCDI grew and was curious. He gave me an overview of the organization and it seemed like a good way to learn more about and contribute to the community.

This December marked the end of my second three year term, the maximum allowed by BCDI bylaws. It has been such a rewarding experience. I have thoroughly enjoyed participating in an organization that offers so much to the community.

Through Neighbors Investing in Neighbors BCDI's members have invested over \$140,000 in Bowdoinham businesses, providing needed capital to our small businesses and strengthening connections between neighbors. The Farmland Inventory provides local landowners and land seekers a tool to explore mutually beneficial partnerships. Our Community Conversations program has brought townspeople together to discuss matters of interest and concern, spurring groups to form and craft solutions.

The last Community Conversations revolved around the issue of housing in Bowdoinham, a problem being universally felt. Outside professionals who attended to offer their expertise on funding, land use ordinances, and to share what other

communities are doing couldn't say enough about how cordial and productive the conversation was, much different than many other communities they visit. These two Community Conversations, co-hosted by the Comprehensive Planning Committee, have been followed by a CPC ad hoc committee to explore ways to guide Bowdoinham's growth as expressed in the Community Conversations.

I think of the term "small but mighty" when I think of BCDI. When I review what's been accomplished in my six years on the Board I'm impressed. Besides our programs, we've hosted well-attended dinners at the Summer Concerts, provided COVID grants to businesses adapting to the pandemic, and supported municipal and community events.

The WE of BCDI are the volunteers and most importantly the loyal membership, also small but mighty, who donate generously by renewing their memberships and opening their wallets for special needs. I've found the experience of being a member, being a loan investor, and contributing my time as a Board member a thoroughly rewarding and enriching experience.

If you'd like more information about BCDI please check our website [www.bcdimaine.org](http://www.bcdimaine.org). If you have more questions or would like to become more involved, speak to any Board member or Ingrid, our amazing Program Director.

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## The Cookbooks of Bowdoinham

By Betsy Steen

The oldest cookbooks in the world are the *Yale Culinary Tablets*. These three stone slabs dating back to Mesopotamia c. 1700 B.C. represent the oldest known recipe-making in world history. They show in detail how these ancient people ate bread, soups, roasts, and even cake.

The first printed cookbook is Bartolomeo Platina's (Italy) *De honesta voluptate et valetudine* ("On Right Pleasure and Good Health"). Written in Latin, it appeared in 1474, just 19 years after the Gutenberg Bible, the first mechanically printed book.

*American Cookery*, by Amelia Simmons, is the first known cookbook written by an American, published in Hartford, Connecticut, 1796. Until then, the cookbooks printed and used in the Thirteen Colonies were British.

In time, families, social groups, communities, organizations, and churches all created cookbooks to preserve and share the knowledge of how to prepare foods important to their culture or group. For instance, there are many, many State of Maine cookbooks, even more grew out of her towns and villages. Bowdoinham is no exception!

*The Cathance Cook Book: A Collection of Thoroughly Tested and Approved Recipes*. Gathered and arranged by The Doughnut Club, Bowdoinham, Maine, 1901.

"We send to you this little book,  
To teach you, Sister, how to cook  
If when you start to get a meal  
A poor fire you have to deal

You must be sure and not complain  
Think what you'd do with a pot and crane"

*Cathance Cake*, Alice Fulton: One egg, a small cup of sugar, one cup and a little more than an half of another flour. Butter one half the size of a small egg, a little over half a cup of sweet milk, one teaspoon of cream of tartar, half teaspoon full of soda, beat ten minutes.

Mrs. T.W. Fogg, Alma Kendall, and Ella Kendall were among those contributing recipes.

Soon after, but probably before 1904 came the tiny *Sweet Memories of Bowdoinham*. It contains eight recipes, all handwritten in the hand of the contributing woman. Their names included many of old Bowdoinham's

families: Denham, Small, Adams, Fowle, Cornish, Irish, Jack, Given. I can picture this little group, each writing out multiple copies of the recipe they were contributing.

Bowdoinham's next cookbook was *Recipes for Housekeeping* by the Pupils of the Bishop School, Bowdoinham, Maine, 1949.

It starts with a list of former Bishop School teachers, lists and photos of the first and current (1949) pupils, and a picture and history of Bishop School. The book is undoubtedly one which was offered complete to schools and other organizations as a fund raiser. The recipes have no attribution. The ads for local businesses interspersed among the recipes show some establishments in Bowdoinham, Richmond and Topsham in 1949.

In 1951, The Ladies' Auxiliary Volunteer Fire Department Sponsored a helpful book called *Your Household Guide*. This is another pre-published fundraising booklet. It is full of charts and tables useful to a housekeeper. It is home to numerous ads which help us picture Bowdoinham in the early 1950s. Pictured were LE Hacket Lumber, Rowe's Store, Curtis Lunch, Sagadahoc Fertilizer, Moody's Rest Home, E. Andrew Peterson, Co., D.E. Curtis General Store.

A tip: "Do not grease the sides of cake pans. How would you like to climb a greased pole?"

Another: "Plant parsley in small pots on your windowsill. These pots of green keep spring in your kitchen all winter, will be an ever-ready garnish for meats, and you can sell the surplus at your annual church bazaar."

*Bicentennial Cookbook*, Bowdoinham, Maine, 1962, by The Bicentennial Committee.

This cookbook is full of recipes actually from the cooks of Bowdoinham: Judy Hinkley's Graham Bread, for which she was famous; Mrs. Robert Cummins' Cold Asparagus Soup; Mary [Molly] T. Nealey's Never Fail Doughnuts; Olive Frizzle's Chicken Croquettes.

*Flames in the Kitchen A Book of Favorite Recipes*, compiled by B.F. D's Ladies Auxiliary of Bowdoinham, Maine, 1976. Another fundraising cookbook full of Bowdoinham recipes. Betty DeForeest's Cinnamon Swirl Orange Bread; Dorothy Dickenson's Molasses Cookies; Ruby Hussy's

Cheese Twists. It also has pages of interesting tips and tables.

*Flames in the Kitchen II* by B.F.D.S.'s Ladies Auxiliary of Bowdoinham, Maine, 1984. Pop Frizzle's Microwave Harvard Beets; Frances Pauling's Cheri-Pineapple Torte; Mel Banton's recipe for Super Clay.

*Flames in the Kitchen III*, by The Bowdoinham Fire Department's Auxiliary, Bowdoinham, Maine, not dated, probably from the 1990s. Marian Bagley's Finnish Coffee Cake; Ann Davis' Polka Dot Shortcake; Sarah Findley's Aunt Marie Jack's Blueberry Muffins.

*250 Years of Treasured Recipes*, 1762-2012 Bowdoinham, Maine, compiled by Bowdoinham EMS. This is a full 140 pages of delicious sounding recipes!! Georgianna Cote's Crab Stuffed Avocado; Kate Cutco's Graham Cracker Toffee Bars; Nina Jewell Mendall's Old Fashioned Sugar Cookies.

I think I've put on pounds just reading through these mouthwatering cookbooks!! Three cheers for Bowdoinham cooks, past and present.

If you know of other Bowdoinham cookbooks, please let us know.

If you'd enjoy visiting these Bowdoinham cookbooks, Bowdoinham Historical Society has them in their research room on the lower level of Merrymeeting Hall and the Bowdoinham Public Library has most of them.



## Cathance Fitness Center

By Lisa West



**Happy 2024!** In 2022 we created a new website. We are excited to give you this opportunity to create & maintain your account, payment information & membership with *CathanceFitness.com*.

**Where:** Cathance Fitness Center is located at 1201 Main St. Bowdoin, Maine. This route 125 address is the old Bowdoin Elementary School.

Please notice the *links across the top* to help you with membership choices & classes. **Zumba Gold, Zumba Gold Toning, Silver Sneakers.** All class descriptions & contact information is on the website.

**Sign up tip:** After each family member digitally signs a membership waiver, click on "memberships" to add your membership choice to the cart. **Note:** We CAN reactivate your old cards!

Please note, since re-opening in 2022, we are no longer allowing members to bring guests - everyone must sign up for a membership to use the facility. One-month memberships are available!

**Friendly reminder:** If your keycard doesn't work and you checked that your membership is up-to-date, please call 666-5651 ext 1000 8-5pm M-F. Scanning the card is important as we have a locked facility. For the safety of everyone in the building, including daycare, we are able track those coming into the building when necessary. Examples include fires or lockdowns. Thank you!

**Community Health Message: Reset & Revitalize in the New Year!**

• **Ways to find nutritional balance & lasting healthy weight.**

1. Avoid (or significantly reduce) foods that cause inflammation which is the root cause of many diseases.

This included processed & refined foods & trans fats.

2. Eat Anti-inflammatory foods to replace those causing inflammation. Fruits, veggies, whole grains, beans, nuts, seeds & omega-3 fats to name a few. More specific examples being cranberries, ginger in recipes, fresh pineapple, blueberries, salmon, cabbage family foods, herbs, spices & teas! These will increase your fiber intake which is important for weight loss among many other benefits.
3. Don't "Save" your calories for later in the day or evening: A common tactic for losing weight is skipping breakfast or other meals. Later, the signal will be "I Am Starving!" \*Eat during the day when you are actively burning calories & you will naturally eat less in the evening.



### Happy New Year !!!!

We had a lot of fun this past year celebrating Bowdoinham, supporting our many local farms and artist, listening to great music and hanging out with and getting to know our neighbors. Bowdoinham is truly a wonderful place to live. But just because 2023 ended doesn't mean the magic stops, there are a lot of great times ahead in 2024.

### Save the Dates

**Ice & Smelt Festival:**

Fri, Sat & Sun. Feb. 2-4, 2024

**Open Farm & Studio Day:**

Sunday, July 28, 2024

**Sunday Summer Concert Series:**

Starting in June 2024

**Le Tour de Bowdoinham Food Pantry Charity Bike Ride:**

Saturday, August 17, 2024

**Celebrate Bowdoinham:**

Saturday, September 14, rain date 9/15, 2024

**Holiday Festival:**

2 Weekends: December 1, 2, 3, & 9, 10, 2024

Visit for more info:

<https://www.bowdoinham.com/page/events>

**Considering starting a commercial project?** Come talk to your Town Planner and Code Enforcement officer (CEO). Your project may require Site Plan or other review. Staff workshops are free, and sometimes required prior to submitting an application. We'll listen to your vision, talk through the project constraints and opportunities, make recommendations, answer questions, and explain the review and approval process. We take pride in demystifying the review process and helping applicants navigate it.

### NOT ALL WRAPPING IS RECYCLABLE!

If you choose single-use wrapping materials, please do not add any paper with foil, glitter, or coatings to recycling as well as foil and mylar wrapping. Bows and ribbons can either be REUSED or added to household trash.

**The Solid Waste and Recycling Department will continue to provide opportunities to positively impact waste efficiency and Bowdoinham's 38-year recycling tradition.**



FMI visit:  
[www.bowdoinham.com/SWR](http://www.bowdoinham.com/SWR)

## Merrymeeting Arts Center

By Jen Kelley

**H**appy New Year! We hope you all enjoyed a lovely holiday season. This past year was one of our busiest and most ambitious in recent memory. That said, it's time to turn our focus forward as we plan our spectacular 2024 Season. Our season will kick-off in February with an Ice & Smelt Exhibit to coincide with the festival and will end in December with our 3rd Annual Arts Festival. In between, we'll be hosting workshops, gallery exhibits, and more! Sign up for our mailing list on our website to stay informed on exciting upcoming events.

### NEWS

Please join us in welcoming our new board member, Katie Hudak. You may recognize her from Kids Night Out or from Art Camp. If you haven't met her yet, you'll be seeing much more of her in 2024.

Katie Hudak moved to Bowdoin from Topsham in 2020. She also started taking art classes to work towards her art education degree. Katie has worked in the field of education for many years, many of them in special education, and is currently running kids programs at Merrymeeting Arts Center, with the help of some other people. Katie loves pretty much anything art/craft related and can't wait to see the programs at MAC continue to blossom! In addition to being on the board, Katie has also grabbed the reins as our new Volunteer Coordinator. Welcome aboard! We're thrilled to work with you!

### Upcoming Events:

#### ICE & SMELT EXHIBIT: ODE TO ICE AND SMELT

Friday, February 2 - Opening Night Gala  
(6:00 PM–8:00 PM)  
Saturdays: February 3, 10 & 17  
(10:00 AM–2:00 PM)

MAC is excited to participate in the

2024 Ice and Smelt Festival with an Ice and Smelt Exhibit! This multimedia exhibit will showcase smelt fishing and how it's been a part of our community over the years.

#### OPEN MIC NIGHT

Sunday, February 11  
(4:00 PM–6:00 PM)

Musicians, poets, comedians, oh my! Introducing the Second Sunday Series. On the second Sunday of every month, MAC will host a special event from 4:00 PM–6:00 PM. We'll kick off the 2024 series on February 11th with an Open Mic Night! Dust off your guitar! We're ready to hear what you've got. It's a great place to try a new work on a friendly audience. The event is free. More details coming soon!

#### THE VALENTINE BANDIT

Wednesday, February 14

The elusive Valentine Bandit of Portland was revealed this past year with the untimely passing of Kevin Fahrman. He coordinated leaving hundreds of red hearts in downtown Portland for more than four decades. We felt moved to continue the loving legacy in our own town with far less mystery because life is too short not to share our hearts with those around us. Included in this newsletter we've sponsored a Valentine heart for each household to add to your own door on Valentine's Day, share on the door of a friend or neighbor, or at a business or organization you support and appreciate to share as much love as our small town can hold."

Having hearts EVERYWHERE is more important that only having it as a homework assignment to put somewhere else.

#### ART CAMP

Monday, February 19 - Friday, February 23  
(9:00 AM–12:00 PM)

Back by popular demand! Katie Hudak will host the program and together, they'll be

creating a winter-themed art piece, enjoying free art time, playing games, and simply having lots of fun! Bring a snack and even a friend! Registration will open soon. COST: \$110

Interested in booking the gallery for a show in 2024? We'd love to talk. Please go to our website and send us a message detailing your event, [www.merrymeetingartscenter.org](http://www.merrymeetingartscenter.org).

### Removal of Roadside Vegetation

Many of you may have noticed our Public Work crews diligently working along Bowdoinham's many roadsides cutting trees and removing vegetation.

The removal of vegetation growing along the sides of the roads is a vital part of maintaining our roads. Vegetation not only blocks driver's views of oncoming traffic, street signs as well as wildlife and individuals on the side of the road it also hinders proper drainage, roots a can break up and cause damage to the tar. In the colder months vegetation can shade parts of the road which can cause ice to form, making it hard for crews to keep roads clear. Bottom line clearing away vegetation helps keep our roads safer and healthier.

Crews are currently working on the most problematic areas and then will begin systematically clearing road by road as long as the weather permits.

FYI: Public Road right of ways normally average 50 feet, this means the right of way could extend 10 to 15 feet from the edge of the road. Crews will be clearing within this right of way.



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## Mongol Derby

By Kate Cutko

Bowdoinham Public Library is excited to host Jessie Dowling who will share an evening of stories and photos of the Mongol Derby.

The Mongol Derby is the dubbed, “the longest and toughest horse race in the world”. It is an endurance race which follows the messenger system created by Ghengis Khan. Riders cover 1000km of the Mongolian steppe riding 30 different semi-wild horses, changing horses every 40km. Jessie and others navigated the routes and survived on their wits and skills, while living amongst the local Mongolian herders. Jessie trained for a year, raised funds, travelled to Mongolia, and finished 13th in the Derby, held in August 2023.



Jessie Dowling is a cheesemaker and sheep and goat farmer from Whitefield, Maine. She owns and operates Fuzzy Udder Creamery LLC. Her passion for growing a local business, centers on putting the welfare of animals and people first. Another passion of hers is working with horses, which has come to the forefront as her business has become sustainable, not requiring her constant attention. Her passion for horsemanship led Jessie to compete in the Mongol Derby.

The afternoon program at the library is free but seats in the Kendall Room are limited. If you would like to access Jessie’s talk online, we will also be streaming the program live via Zoom. Go to the library’s webpage (BowdoinhamLibrary.org) or the library’s Facebook page before the event to find the Zoom link to access the program. There is no rain date. If weather is bad, the program will take place solely online. Beginning at 3:00pm, Jessie will share an hour’s worth of photos and then answer questions from the audience.

We will be collecting donations to support Jessie’s chosen charity: BraveHeart Therapeutic Riding. She heard about BraveHearts’ Veteran Program, and connected with BraveHearts’ mission of aiding mental health issues through equine-assisted horsemanship.

Saturday, January 13, 3:00-4:30pm

Kendall Room,  
Coombs Municipal Building

Free admission

Zoom link available online at  
[BowdoinhamLibrary.org](https://www.bowdoinhamlibrary.org)



## Election Workers Needed

REPUBLICANS MOSTLY

For the upcoming 2024 Elections  
June and November  
Training is available.

Please contact:  
Tina Magno  
207-666-5531

[townclerk@bowdoinham.com](mailto:townclerk@bowdoinham.com)

## Elections and Voting

### Upcoming elections:

- March 5, 2024 - Primary Election

### Where/when do I vote?

All Bowdoinham residents vote at the Bowdoinham Community School, 23 Cemetery Road. The polls are open at 8:00 AM and close at 8:00 PM.

If you choose to vote absentee, you may pick up your ballots at Town Office, up to 30 days before any election. The last day to pick up absentee ballots is always close of business on the 5th day before the election (per State law).

### Absentee Voting

Absentee ballots are available approximately 30 days before each election (Title 21-A Sec. 753). There are three ways to request ballots:

- Stop by the Town Clerk’s Office during regular business hours to pick up your ballots;
- Call the Town Clerk (666-5531) to request that ballots be mailed to you; or
- Use the following link to electronically request that ballots be mailed to you (only if there is a State of Maine election)
- <https://apps.web.maine.gov/cgi-bin/online/absenteeballot/index.pl>

Per State Statute (Title 21-A Sec. 753-B.2), the last day to request absentee ballots is 5. days before any election. Absentee ballots must be received by **8 PM on election day** in order to be counted (Title 21-A Sec. 755). Please plan accordingly!

## Morning Jo

By Jo Werther

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

For lots of us, there is something irresistible about the prospect of turning over a new leaf on January 1st. If we didn't make the changes we'd hoped for last year, the new year re-energizes our intentions. We make our list. And sometimes, the changes we want start sticking to our ribs! But sometimes, they don't.

### The more things change, the more they stay the same.

Human beings are creatures of habit. We have habits of mind (what's the first thing you think when you can't find your car keys?) and of body (which arm do you put into your coat first?). Habits can be hard to break. But they can also be surprisingly easy to make.

### If nothing changes, nothing changes.

To make new habits, we have to raise our awareness of the ways we perpetuate our old habits and then "up the ante" on our willingness to interrupt them whenever we catch ourselves repeating them and then do the new one instead. Easy, right? Yes and no.

### A little practice can go a long way.

It's simple in essence. But it's not always easy. Raising our awareness can be



unexpectedly challenging! No one bats a thousand. It's all about progress (not perfection). And practice is the key.

### The Radio Dial

There is a running commentary in the back of most people's minds. It's like a radio playing in the other room. Often, we're not listening to it, but we can still hear it, and it affects our mood and overall wellbeing. If your self-talk is unkind, it will impede rather than facilitate the changes you're trying to make. Try "changing the channel." Instead of: "I'll never change! Why bother even

trying?" say this: "Small changes will lead to bigger changes!"

### Turn it up! Turn it down! Turn it over.

Start over as many times as you need to. Keep your nose to the grindstone. And be gentle with yourself. Because you're only human, right? As always, remember to breathe.

Happy New Year!

Questions/Comments? Anything particular you'd like me to address next time? Email me at [jowertherlcs@gmail.com](mailto:jowertherlcs@gmail.com).

## Winter is Coming!

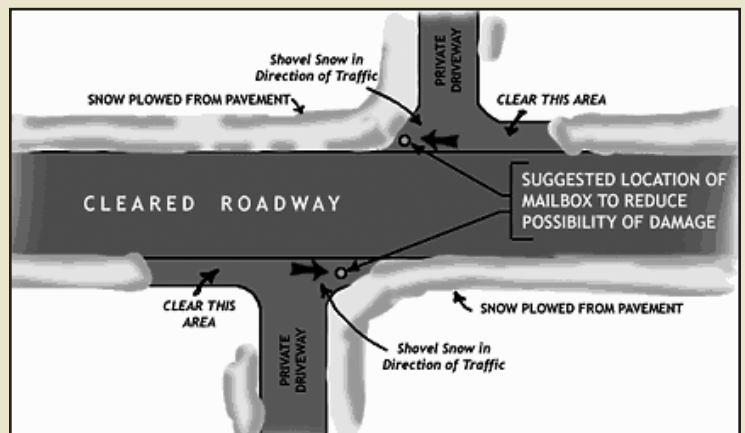
Winter is upon us here are a few winter tips for you to consider:

### 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).

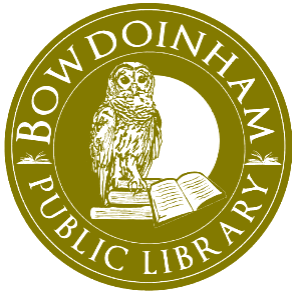
### Snow in your Driveway

The Town's crew is not done clearing the roads of snow, slush, and ice until well after storms have stopped. 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 Maily Waterfront Park, next to the bathroom. 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.



## “Fish Tales”

By Kate Cutco,

Bowdoinham Public Library Director

On Saturday February 3, the Bowdoinham Public Library is partnering with a non-profit called “Community Plate” to bring you Story Sharing Pot Luck Supper followed by a “FishTales” Storytelling event. It’ll be another great community event as part of the Ice and Smelt Festival 2024. This year’s format will be slightly different than last year’s but the goal is the same- to gather in community, celebrate our shared experiences, facilitate conversation among neighbors, eat good food and hear good stories.

We will start with a Story Sharing Supper at 5:30 on the main floor of Merrymeeting Hall. Diners are asked to bring a food item (true “pot luck” style) along with the recipe and perhaps a story to accompany that recipe. Event hosts will provide prompts so we will share our meal while sharing stories around the table.

At 7pm, following the supper, we will offer a live storytelling performance upstairs in the theater of Merrymeeting Hall. The theme of the event is “Fish Tales” so maybe we will hear stories about the one that got away, or perhaps a tale of winter adventure. If you are interested in telling a 5-to-10-minute story, please contact the library. Storytellers will be finalized before the event. Stories must be appropriate for all ages.

The pot luck supper and the “FishTales” Storytelling event are both free of charge, but seats are limited and reservations are required. Reservations are available for the supper and storytelling event, and also for JUST the storytelling event. To find out more about our co-hosts, go to [www.CommunityPlate.me](http://www.CommunityPlate.me). For reservations for the pot luck supper and/or the Story Telling event, please visit: <https://bowdoinham-fishtales-2024.eventbrite.com>.

## At Merrymeeting Hall in 2023

By Betsy Steen

Merrymeeting Hall was the site of many events in 2023. They included 2 Celebrations of Life, a Passover Seder, 4 Birthday Parties, 2 Baby Showers, 1 Wedding Celebration, 2 Dinner Parties, 2 Luncheons, 2 Listening Sessions, 9 Garden Club Meetings, 2 Merryreading Books organizational meetings, and 2 meetings of the Merrymeeting Food Council.

The Rapid Response Team of Artists meet monthly to create timely banners and signs. There are weekly meditation sessions, line dancing, and yoga at the Hall, and a knitting group met weekly for part of the year.

There also were 11 regular book discussion meetings of the Loose Ladies Book Club, plus 2 special public events with speakers they sponsored: Boys in the Boat and author Ruth Moore. The Bowdoinham Historical

Society sponsored an Apron Tea, and the Bowdoinham Public Library put on a Story Telling Evening. An Art for Toddlers course was held for a week in the summer. The Hall was also used extensively by various groups during Town Celebrations such as the Ice and Smelt Days, Open Farm and Studio Day, and Celebrate Bowdoinham. The Ziggurat Theater held rehearsals in the theater for 2 weeks in June-July. Also, Merrymeeting Music held 3 Band Concerts in 2023, and the Bowdoinham Guild of Artisans used Merrymeeting Hall over 2 weeks for its Holiday Festival sale.

Merrymeeting Hall can be used for town events and town non-profit activities with no fee. Private parties may use the hall for \$100 per event. Contact Betsy Steen [bayviewess@comcast.net](mailto:bayviewess@comcast.net) or 207-737-9460. We hope to have an online calendar soon.



## Friends of Merrymeeting Bay 2024 Zoom Speaker Series

7:00pm: Log in link posted at [www.fomb.org](http://www.fomb.org) prior to each program.

JANUARY 10 Archaeology from Swamps & Caves!  
*Becca Peixotto, Field Archaeologist*

FEBRUARY 14 Dam Removals on the Kennebec River  
*John Burrows, Exec. Dir.-US Operations, Atlantic Salmon Federation*

MARCH 13 Biocontrol Research in Merrymeeting Bay  
*Hillary Peterson, Integrated Pest Management Specialist, MDACF*

APRIL 10 Bald Eagles: Recovery, Research & Conservation  
*Chris DeSorbo, Director, Raptor Program, Biodiversity Research Institute*

MAY 08 Fort Western on the Kennebec, 1628-1919  
*Linda Novak, Director, Old Fort Western*

FREE • OPEN TO THE PUBLIC • FREE

Sponsored by Friends of Merrymeeting Bay

Contact Ed Friedman, 666-3372 or [edfomb@comcast.net](mailto:edfomb@comcast.net) for more information.

[www.fomb.org](http://www.fomb.org)





## Town Hall Preservation

By *Rachelle Tome*

It is often said that Bowdoinham has a unique spirit. There are countless examples of how community members rallied together to support each other and projects, such as the Food Pantry or the restoration of Merrymeeting Hall. The Town Hall is no exception and has benefitted from many generous businesses and individuals who have helped with improvement projects over the years and have also contributed to the Silent Auction during the Celebrate Bowdoinham. This year, fundraising for the Town Hall included a beautiful afghan, which provides an excellent example of Bowdoinham's unique spirit. The origins of this stunning piece begin with Pam Glass, an amazing knitter who also happens to be the mother of beloved Bryce Muir. Bryce, family and friends were frequently the recipients of beautiful intricate sweaters, including some very warm Irish Fishermen knit sweaters that kept Bryce and his friends warm while stationed in Argentia Newfoundland. Peggy Muir shared fond memories of patterned sweaters with "Maine-ish" scenes, and a warm afghan filled with pine trees that still gets plenty of use. Pam always had a knitting project underway and while cleaning through Pam's home, a basket filled with knitted squares was discovered. The green and white squares featured pine trees. Peggy wanted to see the project completed, with hopes of donating it for a worthwhile town project. She turned to her friend, Joanne Savoie, who was also a talented knitter. After looking at the project pieces, Joanne contacted her friend Betsy Steen to offer advice and assistance



with bringing the project to completion. They determined that more yarn would be needed and those who work frequently with yarn know that similar colors don't always match exactly. This required careful planning and a dose of creativity. Working together, the two were able to complete the 35 squares needed to complete the afghan. The completed project was donated to the Town for a raffle, with proceeds benefiting the Town Hall restoration project. What a wonderful and special way for Pam's initial efforts to live on! (Many thanks to Peggy Muir, Joanne Savoie and Betsy Steen for their contributions to this account.)

Interested in what's happening with the Town Hall? Consider joining the committee or attending our next meeting, scheduled for January 9th at 4:30 pm in the Kimball Room of the Coombs Building. We usually meet on the last Tuesday of the month. Meeting times can be found on the Town's website.

## News from the Bowdoinham Guild of Artisans

By *Lynn Sternfels*

After eighteen years of holding our annual holiday show in the Bowdoinham Town Hall, we were so very fortunate to be able to move to Merrymeeting Hall when the Town Hall was closed to the public. We weren't sure how we would make the new space work—it had two floors, was full of furniture and was used by other groups.

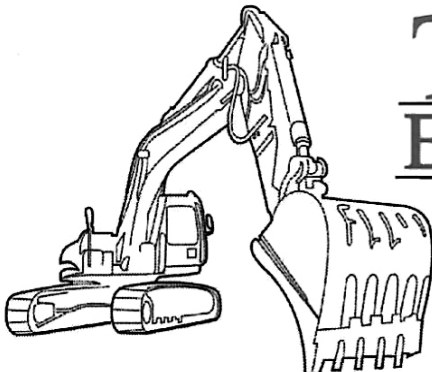
We opened on December 1st and were thrilled to see the first customers walk through the doors. Not only did we have twenty three local artisans in MMH, but we had several members diagonally across the street at the Cathance River Gallery.

The show this year was indeed a community effort and could not have happened without the support and help from so many. Thanks so much to the historical society who were so welcoming and were invaluable in helping with logistics. Betsy Steen and Brett Thompson answered question after question! Thank you to the town for coordinating all of the other groups in town participating in the holiday weekend, for advertising and for helping with some new signs. Thanks to the team that helped move the furniture (I wish there was a video) and to David Berry who stored it in his barn. A huge thanks to Singing Bowls, Yoga, Line Dancing, and AART for changing your schedules to accommodate us. Thank you to all of the other artists located all over town at Merrymeeting Arts, the Community School, and Kathy Goddu in her own studio. Every one passed on information and cooperated to make the first two weekends in December a special place in Bowdoinham.

Finally, the artisans in the Guild reinvented themselves in a different space to bring you the best of local art and craft. We are so thankful to be in town that supports the arts.

### Save The Date

**Town Meeting**  
**Saturday, June 1, 2024**  
**Starting at 9am**



**Tourtelotte**  
**EXCAVATING**

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

**Excavation - Road Work - Land Management**

# THE BOWDOINHAM NEWS

## Holiday Bakeoff Winners Are...

Thank you for the entries in this new Family Holiday Goodies Bakeoff event. Everything was delicious. We look forward to partnering with the Bowdoinham Food Pantry on this event next year.

### Rosemary and Toasted-Caraway Shortbread - Meg Zellinger

1 teaspoon caraway seeds  
1 cup (2 sticks) chilled unsalted butter, cut into ½” pieces  
½ cup granulated sugar  
¼ cup powdered sugar  
½ teaspoon kosher salt  
2 ½ cups all-purpose flour  
2 teaspoons finely chopped fresh rosemary, plus whole leaves  
1 large egg, beaten to blend  
Coarse sanding sugar (for sprinkling)

Preheat oven to 350°. Toast caraway seeds in a small dry skillet over medium-high heat, tossing occasionally, until fragrant, about 2 minutes. Coarsely chop; set aside.

Using an electric mixer on medium-high speed, beat butter, granulated sugar, powdered sugar, and salt until very light and fluffy, 7–10 minutes (beating air into butter makes for tender shortbread). Reduce speed to low and add flour, caraway, and 2

tsp. chopped rosemary; mix just to combine. Dough will look shaggy and a little dry (it's not!).

Press dough into two 8” diameter cake pans. Brush with egg, sprinkle with sanding sugar, and top with rosemary leaves.

Bake until shortbread is golden brown and sides pull away from pan, 20–25 minutes. Transfer pan to a wire rack; let cool in pan before turning out and cutting into wedges or bars.

**DO AHEAD:** Shortbread dough can be made 1 month ahead; wrap tightly and freeze. Shortbread can be baked 1 week ahead; store wrapped tightly at room temperature.

### Gramma Gordon's Raspberry Ribbons - Erin Blocher

Cookies:

1 8 ounce can almond paste (Solo brand)  
3 egg yolks  
1 ½ cups butter  
1 ½ cups sugar  
1 ¾ cups flour

1 jar seedless red raspberry jam  
Break the almond paste into small pieces and cream it with egg yolks.  
Add butter, then sugar, and cream well.  
Add flour and mix.

Roll 2 tsp dough into small ball, place on cookie sheet and flatten with a fork.

Bake at 350 for 10-12 minutes, until edges are lightly brown.

Cool completely.

Spread a little jam into the indentations and let dry overnight.

Drizzle with Powder Sugar Glaze

Powder Sugar Glaze:

1 cup powder sugar  
½ tsp. vanilla or rum extract  
2-3 tsp whole milk

Mix sifted powder sugar with milk and vanilla until it is drizzling consistency (on the thicker side). Should be opaque but still fall off the spoon in a thin ribbon.

Yields about 7 ½ dozen cookies.

### Cookie Dough Truffles - Anonymous

½ cup softened butter  
¾ cup packed brown sugar (I prefer dark brown sugar)  
2 cups all-purpose flour  
1 can (14 oz) sweetened condensed milk  
½ cup miniature chocolate chips  
½ cup chopped walnuts  
1 ½ dark chocolate candy coating or chocolate chips

In a large bowl, cream the butter and brown sugar until light and fluffy. Beat in vanilla. Gradually add flour, alternately with milk, beating well after each addition. Stir in chocolate chips and walnuts.

Shape into 1-inch balls; place on waxed paper-lined baking sheets. Loosely cover and refrigerate for 1-2 hours or until firm.

In a microwave, melt candy coating; stir until smooth. Dip balls in coating; allow excess to drip off. Place on waxed paper-lined baking sheets. Refrigerate until firm, about 15 minutes. If desired, remelt the remaining candy coating and drizzle over candies. Store in the refrigerator.

## Tax Year 2022 – Foreclosures & 30-Day Notices

30 - Day Notices are being mailed out in January for unpaid property taxes for Tax Year 2022. These



properties will automatically foreclose as of the date stated on the 30-day notice unless they are paid prior to the foreclosure date. If you intend to pay your account, please contact our office to get the correct amount owed. **Only GUARANTEED FUNDS will be accepted (i.e., cash, money order, pre-paid Treasurer's Check).**

If you have any questions or concerns, please call the office at 666-5531 to make appointment to see the Town Manager, Nicole Briand.

## TIDEWATER TREE CARE



- Tree removals
- Tree and shrub pruning
- Tree preservation
- Free estimates and Insured

tidewatertreeservice@gmail.com

207 613-5458

## Ice and Smelt Festival - Schedule of Events

Recreation Department is offering ice skating at our skating rink at the Recreation Fields on Ridge Road and sledding on the hill between the ballfields near the school. Sunday February 4th starting at 1pm the Age-Friendly Bowdoinham Committee will be offering hot cocoa and snacks at the Snack Shack. There will be ice skates and cross-country skis available at the Town Office to borrow. We will also be hosting our first Ice & Smelt indoor Cornhole Tournament Sunday February 4th at 1pm in the Bowdoinham Community School. Friday night, February 2nd will be Bowdoinham Recreation Night at the Maine Celtics home basketball game. We will also be hosting a snowshoe story walk all weekend at the recreation fields for all ages. Snowshoes will be available to borrow.

Bowdoinham Snowbirds will once again be hosting their amazing sledding event located at the top of the hill by the tunnels off of Dingley Road, on Saturday, February 3 starting at 11am.

Bowdoinham Public Library is co-sponsoring alongside Community Plate a story telling and dinner event that they are calling "Fish Tales" held at Merrymeeting Hall on Saturday, February 3rd at 5:30pm. Reservations are required.

### Merrymeeting Arts Center

Ice & Smelt Exhibit: "Ode to Ice & Smelt"

You smelt it? We dealt it! MAC is excited to participate in the 2024 Ice and Smelt Festival with an Ice and Smelt Exhibit! This multimedia exhibit will showcase smelt fishing and how it's been a part of our community over the years.

February 2nd - Opening Night Gala (6-8pm), Saturdays 2/3, 2/10 & 2/17 (10am-2pm)

### Bowdoinham Food Pantry

A take-out Soup Supper to benefit the Food Pantry. Sunday, February 4th from 4 – 6pm at the Bowdoinham Food Pantry (9 Main St). Celebrate Ice & Smelt Fest with a to-go quart of homemade soup, chowder, or chili with Counterpoint Bread! By donation.

### Cathance River Art Gallery

Open Art Gallery & Hot Beverage Warming Station: Saturday, February 3 (10am – 4pm)

### Watersong Music

Saturday February 3, Watersong Music will host a dance party to celebrate the smelt festival. It will feature the Blues Buzzards and other musical guests. There will be a potluck supper served at 6pm, followed by music and dancing. Bring your favorite dish for sharing with friends and neighbors. Crock pots welcome. 9 Main Street.

## Comprehensive Plan

Ten years ago, citizens of Bowdoinham adopted The Comprehensive Plan to record our community's values, goals, and aspirations for 2024. Some of those goals are complete, or moving forward, like the new public works building and redevelopment of the waterfront. Now that the plan is 10 years old, we are required to update it by the state, but it's also a really good idea because a lot can change in 10 years. Back when the plan was written, remote work was not really a thing, the idea of a pandemic felt like it was from a science fiction novel, solar energy was just starting to take off, there were fewer residents and (at least anecdotally) there were more nights you could get a smelt shack on the ice. For the update to the plan the committee has tried to address changes like these, how we can keep everything you love about Bowdoinham and plan for what might come next. All your comments in our public forums, surveys and workshops are part of the creation of the updated plan. Look for all this in the draft Comprehensive Plan for 2034 which will be ready for your review and feedback in a public hearing the evening of Wednesday, February 28th at the Bowdoinham community school at 6:00 PM. Once again, the committee will be bringing back Craig Freshley of Good Group Decisions to facilitate the public hearing. We encourage everyone to get involved to help us make another Comprehensive Plan that Bowdoinham can be proud of.

## Holiday Recycling

### Wrapping paper

Wrapping paper is a mixed paper product. Paper can be torn and leaves rough edges. Wrapping paper can be balled up in your hands and remains balled up. Wrapping paper with foil or plastic coatings are not recyclable and should be placed in your trash.

### Gift boxes

Gift boxes such as an article of clothing would come in are mixed paper and should be recycled as you would with any other paper product.

### Christmas trees

Christmas trees after all decorations have been removed can be brought to Solid Waste/Recycling for disposal.

### Food Waste

You can bring any leftover food to our recycling facility and place it in our food waste barrel. Please remove any plastic wrap or bags from the waste as it will not compost.

## Richard A. Ferrier Scholarship Fund

This fund was established by the estate of Richard Ferrier to encourage students to explore the less traditional pathways to an education. Assistance will be provided to students between the ages of 13 and 18 by April 1 of the application year who are residents of Bowdoinham to pursue their artistic, academic, athletic and vocational or life's passion outside of the traditional school environment (i.e., experiential education, summer programs or studies, or special athletic instruction). Eligible applicants must be residents of Bowdoinham who clearly demonstrate a need for financial assistance. Preference is for applicants who have resided in Bowdoinham for at least one full year.

**Contact:** Maine Community Foundation

**Application Deadline:** June 1

**FMI:** [www.mainecef.org/find-a-scholarship/available-scholarships/aspirational-nontraditionalcamp/](http://www.mainecef.org/find-a-scholarship/available-scholarships/aspirational-nontraditionalcamp/)

## On Sale Now Bowdoinham 2024 Historical Home Calendar



This calendar was put together with help from the Bowdoinham Historical Society and the carefully preserved archive of photos they have from days gone by. The calendars are only \$10 and can be purchased at the Town Office and the Country Store. Funds raised from the sale of these beautiful calendars go directly to the Town Hall Fund. This fund helps pay for the restoration of this beloved town landmark.

## Peary's Garden

Lily Montgomery

We just finished our 6th season growing at Peary's and despite challenging weather, our members grew an abundance of tomatoes, flowers, cucumbers, squash, and so much more! A gorgeous plot of carrots was grown

by Chris Cavendish and his family that were harvested and shared by all, with the surplus going to the Bowdoinham Food Pantry.

We had a total of 24 plots this year cared for by 16 gardeners and their families, four of which have been converted to no-till. This is an exciting experiment that has proven successful so far! We've spent the fall creating solutions to some tricky drainage solutions thanks to Brian's ingenuity and the hard work of our volunteers. Thank you so much to Jim Finucane for the crushed stone, and to everyone who donated to our Seed Money Campaign. These funds will allow us to continue fixing the various issues that arise each season as well as provide us with a

fresh load of organic compost in the spring.

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 he does to keep the garden running smoothly.

If you are interested in joining for the 2024 season, please reach out and reserve your spot!

*Garden plots are \$25, 10'x25'*

*Tools, seeds, water, organic fertilizer and compost included.*

Email [lilypmontgomery@gmail.com](mailto:lilypmontgomery@gmail.com) for more info.

### HELP STARTS HERE: 2-1-1 MAINE



Get connected to resources in your area. It's free, easy & confidential.

- Dial 2-1-1 or go online at [www.211maine.org](http://www.211maine.org)

**General Assistance** provides immediate help to eligible people who do not have enough money for basic needs, such as rent/mortgage, food, heating fuel, and other items that are essential to maintain themselves or their families.

Bowdoinham also has a **Town Heat Fund** that is made available through generous donations from our community.

An application is required to apply for either of these programs. For an application, you may call for an appointment for General Assistance – 207-666-3504.

For additional resources, you may also call:

- KVCAP  
800-542-8227
- LiHeap  
800-452-4668
- Warm They Neighbor  
207-729-1161
- DHS Emergency Assistance  
800-442-6003
- Bowdoinham Food Pantry  
207-751-7779
- Maine Abuse Hotline  
1-866-834-HELP (4357)
- Mental Health Crisis Hotline  
888-568-1112



Or visit:

- [www.sagema@sagocounty.com](http://www.sagema@sagocounty.com)
- [www.maine.gov/dhhs/ofl/programs-services/general-assistance](http://www.maine.gov/dhhs/ofl/programs-services/general-assistance)
- [www.mainehousing.org](http://www.mainehousing.org)
- Your utility company may also provide programs to defer utility payments.
  - o CMP 800-686-4004
  - o Citizens Energy 877-563-4645

# Save the Date! Saturday, July 13



## Bowdoinham Garden Tour

to benefit the Bowdoinham  
Public Library

Lots of  
volunteers will  
be needed.  
Please call the  
library to join  
the fun.  
666-8405



## Thank you to our youth basketball sponsors for the 2023-24 season!



3-4 Grade Boys McConnell  
Five County Credit Union



3-4 Grade Boys Taylor  
Acker's Acres Disc Golf



5-6 Grade Girls  
Main Street Fuel



5-6 Grade Boys  
O'Farrell Energy

## Recreation & Adult Services News

*By Jason Lamoreau*

**Website:** We are officially one full year into the Rec website and it is working great! If you haven't already, simply create your "household" at [www.BowdoinhamRec.com](http://www.BowdoinhamRec.com), fill in all the info for your family members, and anyone in your household can register for any of our programs, kids and adults alike, with the click of a button. Securely store medical information and sign waivers one time to cover any program anyone in your family wants to participate in. Registration fees can be paid online with a credit/debit card. Or, print off an "invoice" to pay by card, check or cash at the Town Office. Registrations, team rosters, schedule of event/games, communication with coaches/instructors, photos of events, cancellations or changes can all be found online....24 hours a day! You can even add funds to your family account to use to purchase food in the snack shack or Recreation gear from our teams store!

**Village Seniors:** Most of the activities happen on Wednesdays and Thursdays throughout each month including bridge, cribbage and yoga. The 2nd Thursday of every month there is a luncheon at the Bowdoinham Fire Station. Social time begins at 11:30 and lunch is usually served around noon. A speaker or fun activity follows lunch and dessert every other month.

We are also bringing back MidCoast Maine CASH again this winter for **Tax Preparation Clinics!** Two clinics will be held this year at the Fire Department on Tuesday, March 19th from 9am – 2pm as well as Saturday, April 6th from 9am – 2pm with both Federal and State tax returns being accepted.

**Youth Basketball:** We have 4 teams in the Ararat Youth Basketball League this season. This program is for 3rd through 6th grades.

There are a total of 34 players and 8 volunteer coaches. Huge thank you to Ackers Acres, O'Farrell Energy, Five County Credit Union and Main Street Fuel for sponsoring each of our teams as well as Counter Point Bread for (once again!!) donating 40 basketballs for the athletes to use and keep at the end of the season! Registration is open for our K-2 "Little Dribblers" program which will start after February break.

**Adult Activities:** Modern Line Dancing takes place at 5:30 pm each Tuesday at Merrymeeting Hall and is open to all ages. Plans have started to develop a Couples Dancing Class as well as Adult Basketball. Anyone wishing to help organize these activities should please reach out. Adult Volleyball takes place on Friday nights at Bowdoinham Community School.

*Continued next page*

# THE BOWDOINHAM NEWS

Continued from page 13

**Ice Skating and Cross Country Skiing:** Skating is open at the Recreation Fields Rink weather permitting. See the Recreation website [www.bowdoinhamrec.com](http://www.bowdoinhamrec.com) for organized skating times for "Learn to Skate". Skates and Cross Country Skis are available to "check out" at the Town Office.

**Baseball, Softball, T-Ball:** Please be watching for these registrations to come out mid-February and will be due on or before March 10th. **Please register on time** as teams need to be formed and uniforms need to be ordered; late registrations will be accepted only if space is available. You can register online at [www.bowdoinhamrec.com](http://www.bowdoinhamrec.com).

**Cross Country Running:** We will be running this year as part of the Coastal Runners League for students in grades 1st through 6th. Meets take place throughout Southern Maine in May with a Championship in June. Register at [www.bowdoinhamrec.com](http://www.bowdoinhamrec.com) by March 8th. We are looking for coaching volunteers for this program as well.

Are you a new business in Town or have you been here for years? We are looking for Sponsors for our Baseball/Softball teams this year. Forms can be found online. We would love to show off your company on the back of our shirts or maybe even make a wonderful sign for the homerun fence.

**Volunteer Opportunities in the Recreation Department:** Currently, I am looking for someone who is willing to take the role of the **Snack Shack Coordinator**. This person would be responsible for opening the snack shack and locking it up for home baseball/softball games. They would work with me to set the schedule of the volunteers in the snack shack.

**Grounds Maintenance:** Are you handy with dirt and grass and want to help out your community? Keeping our ballfields in beautiful, playing condition throughout the year takes a great crew of volunteers. Our fields were mostly constructed by volunteers and some of those same amazing folks have put in hundreds of hours to keep them looking great through the years. We want to continue this tradition with the help of more volunteers. Infields need to be dragged very regularly, and throughout the year. Not just in the early summer during the games. And, there is always some mowing/trimming that needs to be done. If you'd love to get outside this summer and help, please reach out!

**Umpires:** We need volunteers for Minor and Major baseball and softball games. This is a wonderful opportunity for kids in high school who are looking for volunteer opportunities. Please let me know if any of these things are of interest to you.

**Coaches:** We will be looking for coaches for T-ball, Baseball and Softball as well as the Cross Country Running program. Please reach out if you are interested!

Please refer to the Recreation website [www.bowdoinhamrec.com](http://www.bowdoinhamrec.com) for the programs above and please check it periodically for updates! If you have any questions, please do not hesitate to call or email Jason at [recreation@bowdoinham.com](mailto:recreation@bowdoinham.com) and follow the Bowdoinham Recreation Facebook page for updates and photos!

**Donation of a basketball to every athlete courtesy of: Counterpoint Bread**



## Midcoast CASH

An Initiative of United Way of Mid Coast Maine

# FILE YOUR TAXES FOR FREE!


Households earning up to **\$64,000 annually** can likely receive **FREE** tax preparation by an IRS-certified volunteer tax preparer.

**Scheduling opens January 15th!**

Location: Bowdoinham Fire Department  
Address: 57 Post Rd, Bowdoinham

**Dates:**  
**Tuesday, March 19, 2024:** 9:00 a.m. to 2:00 p.m.  
**Saturday, April 6, 2024:** 9:00 a.m. to 2:00 p.m.

Call 207-295-6340 or 207-751-3756  
Email [midcoastcash@uwmcm.org](mailto:midcoastcash@uwmcm.org)  
Visit [www.eznetscheduler.com/Calendar/MidcoastMaineCASH](http://www.eznetscheduler.com/Calendar/MidcoastMaineCASH)




SCAN ME


For more information, visit [uwmcm.org/midcoastcash](http://uwmcm.org/midcoastcash)

Generously sponsored by

Internal Revenue Service/VITA, Lincoln County Regional Planning Commission, Midcoast Maine Community Action, New Ventures Maine, United Way of Mid Coast Maine, Town of Boothbay, Age-Friendly Bowdoinham, Community Resource Council Boothbay Region, John T. Gorman Foundation



Creating Assets, Savings & Hope



United Way of Mid Coast Maine

## Snowbirds

Paul Denis, President

With the success of last year's sledding event we hosted last year, we're doing it again. This year, we're partnering up with the Town's Ice & Smelt Festival. This year's sledding event will be on Saturday February 3rd, 2024 starting at 11am located at the top of the hill by the tunnels off of Dingley Road. A big thank you to George Christopher for allowing us to do this. We'll have some food and drink, and will be pulling as many people up the hill as we possibly can! Look for additional details as the date approaches.

Over the past few months, we've made quite a bit of progress getting the trails ready for this winter. Due to the rain, we didn't quite make as much progress as we would have liked. I'd like to encourage everyone to be careful as they use the trails, especially the first few snows. If you see something that needs to get cleaned up, please reach

out to us. If you find some smaller branches, if you could clean those up, everyone would greatly appreciate it.

As another reminder, we're guests on people's property. Please be respectful using the trails. We all get a little excited when we see first snow, but we want to make sure that there is sufficient snow cover, and the ground has firmed up.



## Tax Programs

As many residents have heard, in July of 2023 the State of Maine repealed the Property Tax Stabilization program. This program allowed many of our citizens 65 and older to freeze their property taxes for FY2024. Town Office has received a lot of questions about this program and including what can residents do now to help with their property taxes?

First, some clarification. This was a State of Maine program not a Town program.

Second, though the State did away with the Property Tax Stabilization program they did not leave taxpayers without options. They expanded two preexisting programs to help eligible residence with property taxes.

- 1. The Property Tax Fairness Credit:** Eligible Maine taxpayers may receive a portion of the property tax or rent paid during the tax year on the Maine individual income tax return whether they owe Maine income tax or not. If the credit exceeds the amount of an individual's income tax due for the tax year, the excess amount of credit will be refunded. The state increased the maximum benefit from \$1500 to \$2000.

To claim this credit, you must file a State of Maine income tax form 1040ME with a Schedule PFTC/STFC form. Need help filing taxes? See the 2024 Mid Coast CA\$H notice in this newsletter.

- 2. The State Property Tax Deferral Program:** This is a lifeline loan program that covers the annual property tax bills of Maine seniors 65 and older, or those who are permanently disabled and cannot afford to pay the taxes on their own. The loan program allows Maine's most vulnerable community members to age in place and ensures that property taxes are still delivered to municipalities, requiring repayment of the loan once the property is sold or becomes part of an estate.

This program has been expanded. It doubles the income limit on that program to \$80,000 and raises asset limits.

More information on tax relief programs offered by the State of Maine can be found at [www.maine.gov/revenue/taxes/tax-relief-credits-programs](http://www.maine.gov/revenue/taxes/tax-relief-credits-programs). If you still have questions, you can contact Maine Revenue Services, Property Tax Division, at 207-624-5600 or email them at [prop.tax@maine.gov](mailto:prop.tax@maine.gov).

## Bowdoinham Municipal Directory

### Town Office

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

Monday: 8:30am-4:00pm  
Tuesday: 8:30am-4:00pm  
Wednesday: 11:00am-6:00pm  
Thursday: 8:30am-4:00pm  
Friday: 8:30am-4:00pm

### Recycling

121 Pond Rd  
666-3228

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

Recycling Hours:

Tuesday: Noon-6:00pm  
Thursday: 8:00am-4:00pm  
Saturday: 8:00am-4:00pm  
Trash Pick Up: Thursday Mornings  
(or the following Saturday morning  
when Thursday is a Holiday)  
Town Office sells Trash Bags

### Bowdoinham Public Library

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

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

### AnimalControl

522-8816

### Fire & Rescue

666-3505 (non-emergencies)

### Public Works

666-3505

### Sagadahoc Sheriff Dept.

443-8201

### Water District

(Payments Due Quarterly)  
737-4721

# THE BOWDOINHAM NEWS

## Community Calendar

### January

- 1 New Year: Town Office Closed
- 10 FOMB: Archaeology from Swamp to Cave - Zoom **7:00 pm**
- 13 BPL: Stories & Photos of Mongol Derby  
Kendall Room/Zoom **3 - 4:30 pm**
- 15 Martin Luther King Day:  
Town Office Closed

### February

- 2 Rec Night at The Maine Celtics
- 2 MAC: 'Ode to Ice & Smelt'  
Opening Gala **6 - 8:00 pm**
- 3 MAC: 'Ode to Ice & Smelt'  
**10 am - 2:00 pm**
- 3 Snowbirds: Sledding by the tunnels  
off Dingley Rd. **11:00 am**
- 3 Library & Community Plate:  
Dinner & Story Telling  
Merrymeeting Hall  
*(reservations required)* **5:30 pm**

- 3 Art & Hot Beverage  
Warming Station  
Cathance River Art Gallery  
**10 am - 4:00 pm**
- 3 Watersong Music Dance Party  
and Potluck Supper **6:00 pm**
- 4 Cornhole Tournament **1:00 pm**
- 4 Food Pantry: Take-out Soup Supper  
**4 - 6:00 pm**
- 4 Age Friendly: Snacks & Cocoa  
at the Snack Shack **1:00 pm**
- 10 MAC: 'Ode to Ice & Smelt'  
**10 am - 2:00 pm**
- 14 FOMB: Dam Removal on the  
Kennebec River - Zoom **7:00 pm**
- 17 MAC: 'Ode to Ice & Smelt'  
**10 am - 2:00 pm**

## Town Board and Committee Meetings

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

### Select Board

2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of Month at 6:30pm

### Planning Board

4<sup>th</sup> Thursday of Month at 6:00pm  
*(November will be on the 3<sup>rd</sup> Thursday)*

### Advisory Committee on Age Friendly Bowdoinham

2<sup>nd</sup> Monday of Month at 1:30pm

### Community Development Advisory Committee

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

### Comprehensive Planning Committee

2<sup>nd</sup> Tuesday of Month at 6:00pm

### Cemetery Advisory Committee

1<sup>st</sup> Thursday of Month at 4:00pm

### Town Hall Committee

Last Tuesday of Month at 6:30pm

### Solid Waste Committee

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

**Town Office Hours: Mon, Tues, Thurs & Fri 8:30am - 4pm • Wed 11am - 6pm**

Town of Bowdoinham  
13 School Street  
Bowdoinham, ME 04008

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