



THE BOWDOINHAM NEWS

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July - Aug 2023

Marcus White A-1 Superior Cleaning Services

A-1 Superior Cleaning Services, established in 2017, has opened a new branch office in Bowdoinham. Located at Robert's Auto Center (561 Bay Road), A-1 offers a wide array of cleaning services including auto detailing, pressure washing, rug and upholstery cleaning, floor stripping and waxing, and tile and grout cleaning—all by appointment. “We would like to reach out to residential customers to expand our service area and to supplement our commercial contracts,” says Marcus White, the owner of the company.

Marcus has a team of approximately 13 employees who are trained to do meticulous cleaning work. This is especially important at his largest customer—Central Maine Medical Center. A-1’s specialty is a thorough treatment of CMMC’s discharge rooms. Their quick and detailed handling of this specialized job has saved tens of thousands of dollars for the hospital. Seeing this track record, other hospitals are in the process of hiring A-1 to handle this job for them. “I am really looking forward to bringing the same quality to our residential work,” Marcus says.

It all started for Marcus when he worked for All Clean Carpet Care. “I enjoyed the work,” he says, and he was able to learn business basics during the years he worked there. He saw how he could take this experience and start his own business, so he set goals and developed a business plan. Working with one other person from 2017-2021, Marcus was able to grow the business and develop some larger contracts.

Marcus has been helped along the way by two business mentors, the owner of Yummies in York, and a restaurant owner in Lewiston. Staff at Norway Savings Bank have given him great financial support and advice which has enabled his expansion.

In addition to this network, Marcus especially values the opportunities he has



been able to give to the network of employees he has trained. “I am grateful to have helped out folks in Lewiston through employment,” he says. He looks forward to hiring others in the area as the business expands.

With three young sons, a wife who is fully engaged in the business, and demanding work, Marcus tries to keep a balance of work, fitness, and family. He is an avid sports fan and loves to find time to get away for Celtics games with his family.

“This is a family business,” says Marcus. “We take our work very seriously and look forward to bringing quality services to the community.”

The best way to reach Marcus and to schedule an appointment is to call 207-330-8516. You can also email him at superiorcleaning0445@gmail.com. Pictures of the work A-1 does are posted on Facebook under A-1 Superior Cleaning.

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THE BOWDOINHAM NEWS

A Midsummer Night's Dream



Shakespeare's most
MAGICAL comedy!

Camden Shakespeare Festival will present a FREE performance of A MIDSUMMER NIGHT'S DREAM on Saturday, July 8 at 5pm. The show is suitable for all ages.

Perhaps Shakespeare's most popular comedy, the remarkable A MIDSUMMER NIGHT'S DREAM is a dream come true. When four lovers flee to the forest to sort out their romantic problems, they accidentally get mixed up in a feud between the King and Queen of the fairies. Fantastical love potions abound, making hilarious chaos of their amorous intentions. Add to this a man

magically turned into a donkey, who becomes beloved of the Fairy Queen, and you have a midsummer night you will never forget.

MIDSUMMER NIGHT'S DREAM will be performed outside at Bowdoinham's Mially Waterfront on Saturday, July 8 at 5pm. Please bring your own chairs. The running time is about two hours with a short intermission. In case of rain, it will be upstairs at Merrymeeting Hall at the same time. Please check the Camden Shakespeare Festival Facebook page or our website CamdenShakespeare.org for updates if rain is forecast. If you have questions, please call 207-854-8882.

Help Save Our Town Hall



As many people in town have now heard there are several structural issues, some critical, that need to be addressed with our beloved Town Hall. The bond presented at the Town Meeting did not pass so in order to save this majestic historical building we need community members to step up and take action.

The Town is looking for people who are interested in lending their talents and ideas to this preservation project to contact Nicole Briand, Town Manager at townmanager@bowdoinham.com.

For more information about the condition of the Town Hall you can view a recording of Preservation Timber Farming, Inc presenting their finds to the committee on April 25, 2023 and read the reports on the Town Hall Committee page on the Town website.

Bowdoinham's
Open Farm & Studio Day!
Sunday, July 23
Download the event map:




- 9 am—4 pm: Explore farms and studios
- 3 pm—6pm: Head to Mially Waterfront Park for a BBQ, serving up fresh, local foods, and live music.
- Passport challenge with prizes, live demonstrations, bike tours, and more!

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Age Friendly Bowdoinham

by Peggy Muir

African Proverb: A village without the elderly is like a well without water.

UPCOMING EVENTS - On August 13 the Age Friendly Bowdoinham committee will be hosting the Sunday preconcert dinner at the Bowdoinham waterfront. George Oliver will be the chef. Contributions will help us continue our work.

LUNCHEONS - Our second Thursday luncheons have continued with wonderful food and interesting speakers as well as a great chance to socialize. The April 2023 speaker was Grace McCarthy and the May 2023 speaker was Monica Hawk of Spectrum generations. Watch for future speaker announcements.

WE NEED VOLUNTEERS TO CONTINUE THESE WONDERFUL GET-TOGETHERS - Please consider volunteering for our regular luncheons, we have tasks ranging from big and small either before or on the day of an event. Contact Barbara Cree Rollins bjeancree@comcast.net or Peggy Muir pegbryce@comcast.net to get involved.

FELLOW'S GRANT WORK ENDING - Kathryn Harnish a Lifetime Communities Fellow of the Maine Center on Aging is ending her year of work with us made possible with grant funding. The work began with the organization of a listening session with representatives of area organizations and programs which serve older adults, especially those at risk or socially isolated (Food Pantry, churches, fire and rescue, select board, sheriff's office). They were asked what they perceive as the needs and strategies to better connect with older adults and work together.

Kathryn wrote a report on the listening sessions (now available on the town's committee website) which identified community assets and resources, partnerships, strategies, and needs. These conclusions served as the basis for our past year's work: the creation of winter kits which were distributed late last fall, a resource directory to be published soon, and greater collaboration with the Bowdoinham Food Pantry. The Committee Co-Chairs had weekly zoom meetings with Jason Lamoreau, Bowdoinham's Older Adults Services Coordinator and Kathryn Harnish to check on the projects. Kathryn has assessed these projects and she and Jason will share this report with other Lifetime Communities Fellows. We will remain in touch with Kathryn as issues emerge or when an outside perspective

is needed. THANK YOU, KATHRYN, FOR YOUR WORK!

Jason attended a meeting with the group of Lifelong Community Fellows to share experiences in their assigned communities and network on issues. Jason, has to deal with a huge number of age related town issues. He indicated that there was a lot of interest in Bowdoinham's winter kit project. Jason continues to be extremely busy with tasks for the committee. He responds to many individual calls about community resources, organizes committee events, networks with many local groups and agencies. THANK YOU, JASON, FOR ALL YOU DO!

UNIVERSAL DESIGN - Bowdoinham has received a Flagship Grant of \$8,240 through the AARP Community Challenge to develop a handbook on Universal Design. This strategy is intended to help residents and contractors involved with new construction or renovation projects make buildings more accessible to everyone of any ability. It suggests both large and small steps in building design to improve accessibility.

This grant coincides with town initiatives to expand Bowdoinham's housing supply for two growing markets: young families and older residents. Our housing committee has hosted 2 forums concerning community housing needs. Age Friendly Bowdoinham Committee member Grace McCarthy is Co-Chair of the Housing Committee.

TRAILS EXPERT - We continue our work to make every Bowdoinham activity and place accessible for anyone with movement challenges. To this end we hired well-known trail evaluator Enoch Glidden of Community Geographics to advise the Community Development Advisory Committee, Recreation Department, and Age Friendly Bowdoinham Committee on improving accessibility of its waterfront trails. He visited Bowdoinham and followed the existing trails on June 5th for a formal assessment. This was made possible thanks to an anonymous gift and a grant from UNE & Maine Center on Aging that paid him for this professional assessment. We should note Enoch is well known in this field and has been featured on NPR describing his work on making trails accessible.

GORGEOUS ACCESSIBLE TRAIL - With regard to accessibility, I was lucky enough to

visit The Boothbay Land Trust's Oak Point Farm which has beautiful accessible trails - a 0.6 mile loop to the rocky shore, along the shoreline, and around the fresh water pond which is suitable for wheelchairs and strollers. There are benches in lovely spots and lots of birds and wildflowers to admire. There is a longer loop as well and a delightful ecofriendly playground. It is near the Coastal Botanical Gardens.

VIDEO RELEASE - Please revisit www.bowdoinham.com/ACOA to see the video of "Stories from the Quilt" in which Bowdoinham town elders recounted real stories of elder abuse and scams reported/shared by Sheriff Joel Merry. Thanks to everyone who participated!

WITH GRATITUDE - What a wonderful last/50th plant sale and celebration!! Beautiful evening event to honor everyone involved. Kudos to Leslie Anderson and Betsy Steen and so very many others of the older cohort here in town who've dug, potted, lugged, watered, priced, counted, arranged plants and bushes and trees for decades. Well done, everyone!

WANTED: BOWDOINHAM HISTORICAL HOMES

We will be featuring Bowdoinham's Historical Homes in the 2024 Town Calendar, along with historical facts and stories about the buildings and the families who lived in them. To accomplish this project, we need your help!

Who knows more about these homes than the people who live in them, their neighbors, our wonderful town elders, and the many historical enthusiasts that reside in town. If you have any information or old photos of one of these homes, or if you now own one of these homes, we would love to meet and talk with you. Homeowners we would like to arrange a time to come out and photograph your home or use one of your favorite photos.

If you have info or photos, please contact Lisa-Marie Curtis at the Town Office (207) 666-5531 or email adminassistant@bowdoinham.com.

We would like to say Thank you in advance for all your help making our 2024 Calendar one to remember.

Merrymeeting Arts Center

The school vacation art kits were a great success, supporting local artists as well as providing a shared artistic experience for every student at Bowdoinham Community School. Please support and follow Bowdoinham Sprouts for future free art kits! Our Little Free Craft Library will continue to be a community resource for art materials to drop off and pick up!

The Gallery for Everyone series is back this summer to pair your weekly trip to the Bowdoinham Farmers' Market with a new gallery exhibit each Saturday! We feature artists of all ages and experience and hope this is another bustling summer of gallery visits. The exhibit list includes a diverse range of arts including painting, collage, pottery, and it was kicked off with the fine art of... ice cream. We have teamed up with Bowdoinham Public Library to bring Michael Albert to Bowdoinham, the gallery, AND the studio together for an early August exhibit and workshop weekend. The Gallery for Everyone series runs through August with a fresh extended exhibit on the horizon for September and a new collaboration with Merrymeeting Adult Education in the fall.

Summer is a busy time at MAC: gallery exhibits, workshops, Summer Concert Series meal on July 2nd, Open Farm and Studio Day July 23rd, pottery studios, plus the Art Camps are off and running with the enthusiastic leadership of Katie Hudak. Her spirit is the perfect complement to MAC's goals as an organization to provide opportunities for both artists and instructors. To keep that vision alive, Merrymeeting Arts Center needs additional board members to help plan programming, connect with the community, and seek funding to maintain this valuable community resource! If you would like to put your passion for MAC and Bowdoinham into action, please reach out: merrymeetingartscenter@gmail.com.

We would very much like to express our deep appreciation to Melissa Bardsley as she sets off on new adventures. Melissa served as Pottery Manager through the pandemic years, and we could not have stayed as vibrant without her dedication and diligence. We look forward to her visits in the studio as a guest and wish her nothing but great success in all her pursuits.

Zachary Fields has stepped into the role of Pottery Manager through the transitional month of May thanks to Laurel Lopez and Jen Kelley who volunteered to keep our studio evenings open as substitute hosts. He has been teaching ceramics for 30 years and is passionate about sharing his love and knowledge of clay. A professional ceramic artist himself, he specializes in wheel throwing and raku firings: two things he's excited to share with the MAC community. As a recent transplant to Bowdoinham with his wife and son, he is looking forward to being a part of the creative community.

The Heron Fund is our scholarship fund

for all MAC organized studio programs and events. It is made possible by the generosity of the Muir Family and donations from MAC friends and supporters like you. Donations can be made on our website and allow us to remove financial barriers for program participation and ensure art for everyone!



Merrymeeting Arts Center presents:

Gallery FOR EVERYONE

Weekend pop-up gallery exhibits showcasing artists of all ages to celebrate the value of a gallery experience for everyone.

June 24 - August 26
Saturdays, 8:30-1:00
9 Main Street, Bowdoinham
Our gallery is free to the public; donations welcome

Visit our website and Facebook page for information on the exhibit of the week as well as future artistic opportunities.

/MerrymeetingArtsCenter
www.merrymeetingartscenter.org

Bowdoinham Historical Society - The Bowdoinham Library Plant Sale

In 1974, Bowdoinham's School and Public Library was a small building with big glass windows between the brick former hardware store and 26 Main Street, the house across from Merrymeeting Hall. The building has had a number of persona- a pool hall, a candy store, perhaps other sorts of shops. Inside, it had been painted, at some point, battleship gray, likely paint someone had on hand. At her oak desk in the light of the back window sat Bowdoinham's librarian, Eva Palmer.

The late 1960s and early 1970s had seen an influx of new young families to town. Several of the young wives decided that the library could use a sprucing up! But what to do for money? One of them had the idea of selling extras of their house plants and maybe even a few perennials they had found growing in the gardens of the old homes they had bought. So on May 18th, 1974, they assembled their wares and set them out behind Dot Dickinson's store (now the Three Robbers). Enough of them sold to bring in \$131.00 which purchased enough paint-grapefruit and tangerine- to brighten things up a good deal. In fact, the tangerine is still with us. It is the back of the wooden shelves that form the hall in Merryreading Books. We conserve, preserve, and make use of what we have.

The sale had grown and evolved by 1977 so that we decided to move it into the Town Hall. The next year, our 5th sale, Frank Beckwith of North Yarmouth delivered flats of annual and vegetable seedlings for us to add to the sale; and the Fire Auxiliary held a snack bar and back sale in the parking lot.

In 1981 we began keeping track of what we had and what we sold on index cards in order to help us gauge what we needed for the next year's sale. This record keeping continued for nearly 40 years until 2020 when the pandemic forced the sale to retreat to a few plants lined up on the Steen's lawn.

In 1982 part of the proceeds in the amount of \$1,513 was set aside to help fund the 1984 move into the Coombs School. The Coombs School Thrift Shop, dedicated to renovating the Coombs Building, opened on Plant Sale Day. We also began creating the 2" x 7" plant signs with picture, Latin name and information on each plant.

In 1983, our 10th sale made \$2,008. In 1986 Frank Beckwith delivered 2 trucks (736 packs) of seedlings for the sale. (Up from 214 in 1981)

The Burroughs gave the first of many crabapples, purchased to raffle at the sale. To celebrate our 15th year, we sold our first t-shirts. In 1989, we had expanded to the point where the trees and shrubs had to be moved outdoors, and Cathy Reynolds became our Tree Lady.

Lots happened in 1992: Strings were strung for the hanging of plant signs, Frank Connors sold Town Hall bat guano. Sarah Stapler open her garden for tours, and for the first time, Mike Patterson piped the line of customers into the hall.

In 1993, our 20th sale, we stopped collecting and potting in styrofoam cups. We created the first Plant Sale Gift Certificates, and \$300 dollars was set aside to buy tables for the town hall.



In 1996, Brent Zacheau and Josephine Mussomeli built the wonderful tulip signs to advertise the sale. In late 1990s tables and sawhorses were built for the sale and

Cathy Reynolds took over as our undaunted Chairperson in 1999. For 2003, our 30th year, Sarah Stapler designed canvas tote bags to sell. And we were recognized by the State Legislature as the Longest Running Plant Sale in the State of Maine.

2007 saw Chuck Kincer begin playing the bagpipes to open the sale. In 2009 we shifted from wooden tongue depressor plant labels to printed plastic sticks, all under the supervision of Kate Brinsmade, our 'label Queen.' In 2010 we made the most money for the library of any previous sale: \$14,598. 2013 was our 40th sale. It rained hard all day- the worst weather in 40 years - but the sale went on and we added a cake decorating contest; "40 Years and Still Growing Strong" was the theme.

Little did we know that 2019 would be our last in the Town Hall. In pandemic years, 2020, 2021, 2022, the annuals were sold online, and there were some plants for sale at Steen's. This year -2023- we had hoped to return to the Town Hall, but recent strong weather events precluded that, so we held our 50th and final sale in a huge tent at the waterfront. Cathy Reynolds and Jen Foley, back from plant sale retirement, watched over it in strong winds, and the sale was a huge success. We had sold out of nearly everything by 2:00 pm. The new tote bags also sold out but Kate Cutko has ordered more! We raised over \$16,000, a record breaking amount. A HUGE thank you to all who have helped with this special Bowdoinham event over the years.



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THE BOWDOINHAM NEWS

Celebrate Save the Date

SAVE THE DATE: This year Celebrate Bowdoinham will actually be the third weekend SEPTEMBER 15-16, 2023! A detailed timeline will be released once the official lineup of events is finalized, but here are some activities to look forward to!

Friday, September 15th:

Bowdoinham Food Pantry will once again host the pie contest! Drop off will be in the afternoon on September 15 with judging to follow and slices sold the next day to benefit the Pantry. Prizes will be awarded for the best baker in town, but with delicious pies, we all win. Also, Bowdoinham Community School's Parent Partnership is hosting the annual CHICKEN RUN!! The Children's 1- mile Fun Run will begin at 5:30PM in front of the school, with the 5K to follow! It's a great way to start the weekend running and support our amazing school! Follow @bowdoinhamchickenrun on Facebook for updates and register at www.runinarace.com/BowdoinhamCommunitySchool

Saturday, September 16th:

Our day will start bright and early with our Bowdoinham Farmers' Market at 8:30AM. Stock up on healthy snacks for the day and enjoy the beautiful morning by the river.

The Celebrate Bowdoinham Parade will kick off the festivities at 10:00AM and follow the traditional route: Fire Station (Post Rd) to Main St; down Main St to River Rd; then River Rd to Ridge Rd to Cemetery Rd to Center St; back to Fire Station. \$100 donation will be awarded to the first 10 Bowdoinham-based community group and non-profit organization float entries to help support your enrichment of our town! A grand prize of \$250 will be awarded to the

best decorated float overall. Floats to be considered are intentionally decorated and either driven or towed behind a vehicle or person. **We'd also love to see some vintage cars and tractors join in!** For more info and to register your entry email planning@bowdoinham.com.

Down at the waterfront the festivities will begin with music at the gazebo, refreshments, vendors, and an exhibit at the Merrymeeting Arts Center gallery. To help mingle and move you through all the event has to offer, the "Community Built Passport" will be returning at the Information Tent: collect stamps by visiting all the groups and organizations that have been created by the community, for the community for a chance to win the most Bowdoinham prize of all: a year's supply of trash tickets! Contact planning@bowdoinham.com to increase your visitors by adding your group to the passport!

Activities for all ages include the Merrymeeting Arts Center Zucchini Races at the Matthew Townsend Parker Memorial Skatepark in the morning, Lobster crate races in the afternoon, and plenty of other games and amusements for all ages. If your community group would like to reserve and supervise an activity for an hour, to raise awareness, engage with the crowd, and creatively raise money please contact planning@bowdoinham.com.

Be sure to visit the BIG DUCK at the Town Information Tent and purchase your lucky duck for the KenDUCKY Derby that ends the day at 3:30. All prizes for the day including the parade float grand prize, the pie contest winner, and the "Community

Built Passport" drawing, and the Citizen of the Year will be announced before the rubber ducks run in the river. The Citizen of the Year award recipient shall be an outstanding individual recognized for their impact on the lives of Bowdoinham citizens, a special individual who shows dedication and spirit beyond what is considered regular duty.

As the day winds down, Party Palooza will offer face painting and balloon tying from 4:30-6:30 while you enjoy a little more music and a breezy picnic or food truck dinner before the Celebrate Bowdoinham ends with the bang of FIREWORKS!

For more information and to volunteer scan here:




Merrymeeting Hall

Bowdoinham Historical Society was able to purchase Merrymeeting Grange Hall in May of 2018. In the five years we have owned it, many have volunteered their time and money to make it into a building of many uses. Town and Bowdoinham Non-Profits may use the space at no fee. The Theater has excellent acoustics. It has hosted concerts, recitals, rehearsals, fashion shows, Artist Rapid Response Team, line dancing, yoga, meditation, music lessons, and more. The main floor has seen showers and birthday parties, and celebrations of life. If you would like to use this space, please contact Betsy Steen (bayviewess@comcast.net). In the lower level are The Bowdoinham Historical Society's Research Rooms and Bowdoinham Public Library's pre-read bookstore Merryreading Books. Since its dedication in 1904, it has been a building in service to the Town of Bowdoinham.

CELEBRATE

PARADE!
MUSIC!
FIREWORKS!
KENDUCKY DERBY!!!!



ART!
FOOD!
GAMES!
LOBSTER CRATE RACE!

BOWDOINHAM
Sept. 16, 2023
GUARANTEED FUN FOR THE WHOLE FAMILY!!!



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Happy Summer from the Bowdoinham Food Pantry!

BFP Director Jenn Stonebreaker

Ten years ago on May 18th, 2013 the Bowdoinham Food Pantry opened its doors for the very first time. Out of a small basement room no bigger than a large closet, the Pantry's very first client, a woman shopping on behalf of a young mother too embarrassed to be seen at a food pantry, was assisted. Ten years later, the Pantry operates out of its current location at 9 Main Street serving well over 180 families, close to 330 adults and over 180 children each year.

The idea for the Pantry was born from the experiences Kathy Tome had while volunteering at the Bowdoinham Community School. Kathy, a resident of the town, Selectboard member, and active community volunteer noticed the need and organized a meeting to gauge interest in a pantry. On January 17th, 2013, twenty community members assembled at the Community School and it was quickly determined that yes, Bowdoinham needed and wanted a food pantry.



On May 4th, 2013, a food drive was hosted in front of the Bowdoinham Fire Station. Volunteers fired up a grill and cooked for folks as they dropped off non-perishable items that would soon stock the newly built shelves in the Pantry's first home located in the basement of the First Baptist Church. Floors had been replaced and walls repainted by enthusiastic community members. The Pantry, in its first iteration, was ready to serve the folks of Bowdoin and Bowdoinham. At the beginning, a few shoppers, mostly folks

who were older and on fixed incomes, utilized the Pantry each week. Volunteers recognized the need to get food into the tummies of kiddos, and our beloved Backpack Program started quickly thereafter. Volunteers often made homemade soups and bread to serve to folks who shopped each week, filling the small space with warm delicious smells and a sense of community.

As months passed, business picked up. It quickly became evident that the basement room would soon be outgrown. The search began for a new home. Determined to stay independent and not be under the regulation of the town or state, Pantry organizers were particular about where the Pantry would move. In 2014, Kathy approached Fred Haer, CEO of FHC, Inc. and secured a space at 9 Main Street. This location was a room that sits next to Merrymeeting Art Center's gallery. The space was a significant improvement allowing for larger quantities of stock, a centralized location and increased visibility.

When COVID hit the scene, demand increased dramatically. For the safety of all, the Pantry shifted from in-person shopping to a drive-thru model. Volunteers 65+ were sent home and the Pantry faced the task of feeding more with less hands, in an entirely new way. During this time a larger space opened up at 9 Main Street and the Pantry moved to its current home. Through a grant from Good Shepherd Food Bank, the Pantry purchased a large walk-in refrigerator. This allowed us to expand the quantity and quality of fresh foods we were able to store and distribute. After the COVID vaccine became widely available we began offering a combination of drive-thru and in-person shopping options. In mid-2021, in-person shopping fully resumed.

Jennifer Stonebreaker was hired as Executive Director in the fall of 2021. Jennifer has made it her mission to reduce the stigma around shopping at the Pantry, increasing the numbers of folks utilizing our services, and fostering an atmosphere of inclusion, compassion and community. Over the past year, raised garden beds have been planted in front of the Pantry: open 24/7 to all members of the community. We have worked with SNAP-Ed hosting elementary aged kiddos for a six-week Cooking Matters class held right



here at the Pantry. In the summer of 2022 the Pantry began staffing the Info Booth/SNAP table at the Bowdoinham Farmers' Market - our presence there doubled the amount of SNAP purchases in just one summer. Recently, we have partnered with Mid Coast Hunger Prevention Program out of Brunswick renting their Community Kitchen once a month to hold classes and cook ready-made meals to offer during pantry distribution.

As we celebrate our 10th birthday, the Pantry has never been busier.

The Pantry is abuzz and we are so grateful to our Pantry Family - volunteers, donors, and clients alike.

We're open for in-person shopping each Wednesday from 4-6PM. Come shop with us!

Here are some volunteer opportunities If you'd like to get involved:

WEDNESDAY - *Pack Deliveries/Deliver*

WEDNESDAY - *Distribution Prep, Donation Processing & Distribution*

TUESDAY, THURSDAY or SATURDAY - *Recycling Help*

Wishlist

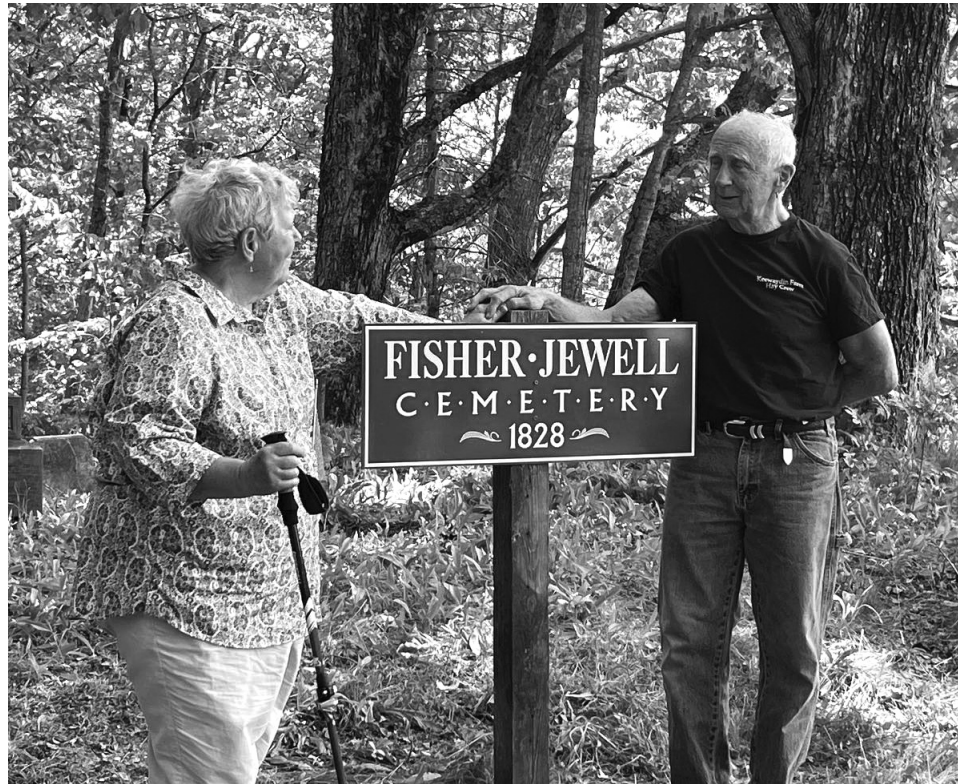
- Granola Bars
- Low Sugar Cereal
- Individually packaged nuts
- Bugspray
- SPF Chapstick

Cemetery News

Hello Bowdoinham Cemetery volunteers, Keepers, and friends. We, the Cemetery Advisory Committee are working on organizing Cemetery data to make it more readily accessible to the community.

We also are working on prioritizing our main project for this summer, as reported in the last News, is the Village Burying Ground located across from Community School. We scheduled a stone cleaning and teaching day for Saturday June 3, but sadly had to cancel due to heavy rains. We plan to continue on July 15, August 12, and September 9. We have heard of much interest, so hope to see many of you there. We will begin at 9 AM and end in early afternoon. There will be stone cleaning kits, plenty of water for cleaning and drinking, and people to teach and assist. We advise you to bring sunscreen, bug spray, hats, gloves, etc. Once people have learned safe cleaning techniques they can come back to work on a stone on their own.

We are hearing from Keepers who want assistance such as fencing and tree removal and are referring these requests to Public Works and the Town. Again, we ask any Keepers or anyone interested in a Cemetery who has not heard from a BCAC member to please call or email one of the members listed below, and leave your phone and email.



Nina Mendall, Chair, njmendall@comcast.com (207) 666-8838

Linda Temple, Volunteer Coordinator, uwells9@myfairpoint.net (207) 666-3343

Peter Mendall, Acting Secretary, pjmendall@comcast.com (207) 666-8838

Elaine Lamoreau Diaz, Volunteer Coordinator, elainediazhome@gmail.com (207) 666-9255

Patrick O'Hanlon, pjo'hanlon@hotmail.com (207) 666-1069, (603) 986-8124

6|25 **Blues Buzzards**
Food Benefit: Bowdoinham Historical Society

7|2 **Watersong's Best**
Food Benefit: Merrymeeting Arts

7|9 **Novel Jazz**
Food Benefit: Girl Scouts

7|16 **Pretty Girls Sing Soprano**
Food Benefit: Bowdoinham Public Library

7|23 **Double Header!**
4 pm **Shindig**
Food Benefit: Bowdoinham Food Pantry

7|30 **Country Night Gala**
Food Benefit: Maine-ly Harmony

8|6 **Maine Marimba Ensemble**
Food Benefit: Sunflower Fields Preschool

8|13 **Jazz Alchemy**
Food Benefit: Bowdoinham Age Friendly Committee

8|20 **Mt. Ararat Capstones of Artisans**
Food Benefit: Bowdoinham Guild of Artisans

8|27 **Stringtide**
Food Benefit: Bowdoinham Community Development Initiative

2023 **SUMMER SUNDAYS CONCERT SERIES**
Maily Waterfront Park
Downtown Bowdoinham
June 25 to Aug 27 • 6 - 8 pm
Free & Family Friendly

Presented by the Town of Bowdoinham and Watersong Music



Novel Jazz



Peter Galloway



Maine Marimba Ensemble

Morning Jo

Sharing stories around summer campfires.

Campfire flames dance, sparks drifting to the sky, as twilight gives way to velvety darkness...

A dog barks in the distance...

The stillness unique to summer evenings envelops the landscape...

Luscious night sounds fill the air...

Ahhhh. The perfect time for telling stories.

“What’s your story?”

Some years ago, I took a walk with a new friend. At the top of a hill we had just climbed, she turned to me and said, “So, what’s your story?” I’ve never forgotten it. It has become a question I ask myself (and others) often.

Harbor News

What Boaters Need to Know About the New Engine Cut-Off Switch Law

A law which took effect in 2021 requires boaters to use an engine cut-off switch on all personal watercraft (PWCs) and most powerboats less than 26 feet in length except those whose main helms are inside an enclosed cabin. The law aims to reduce the problem of runaway boats and propeller strikes.

Also called a “safety lanyard” or “engine kill switch,” an engine cut-off switch is designed to stop a boat’s engine if the operator is thrown from the helm. The system typically consists of a switch mounted to the boat’s console (or the engine itself in the case of tiller-style outboards) and a clip that must be inserted into it for the engine to run. The clip is attached to the operator’s life jacket, clothing, or wrist with a flexible lanyard, ensuring that when the driver leaves the helm for any reason the clip pulls out and immediately stops the engine. Wireless versions are also available, doing away with the physical tether and allowing the operator a little more flexibility to roam.

The law doesn’t require you to have the lanyard attached when the vessel is idling or performing docking maneuvers. The rule takes effect when the boat reaches planing speed, which means you’ll need to have your cut-off switch and lanyard attached before you push the throttle forward. Best practice is to use the switch at all speeds. Any questions, contact me. John McMullen, Harbor Master: jmcmullen@bowdoinham.com or 207-607-0687.



The stories of our lives: never changing, ever-changing.

In answering my friend’s question, I realized that the story I tell myself is always the same and it is never the same; it seems to have myriad iterations; and it changes according to the lens I look through yet also contains recurring themes, like the refrain of a song.

News from the Bowdoinham Guild of Artisans

Lynn Sternfels

Over this past winter, six Bowdoinham artists joined the guild which brings our total to twenty-seven artists. We are so pleased to welcome Cara Tagersell and RJ Graef from Stone Coast studio. Look for their blown glass items at one of the upcoming farmer’s markets this summer. Zoe Howell-Martin crafts beautiful original jewelry. Penny Hartwell and Amy Wagner both work magic with glass. Mark Donovan was a founding member of the guild, and his remarkable wood crafted pieces are on display at the Cathance River Gallery.

In May, seven members participated in the Maine Pottery tour. For two beautiful days, people had the opportunity to visit studios, meet potters and to purchase original work. Perhaps you caught the Channel 8 news interview with Brooke Knippa who makes intricate pieces that often incorporate tiny animals. If you missed the pottery tour this year, put it on your calendar for next May!

We’re excited about and hope to see you at the upcoming Open Farm & Studio Day on July 23rd. People will have the chance

When you change the way you look at things, the things you look at change.

A woman I know told me a story about how a car accident changed her life for the better. Not right away, of course. At first, it completely upended her plans. But eventually it turned out to be the very thing that led to her best life. She came to think of the accident as a kind of gift.

Have you experienced something like that?

If so, I’ll bet you’re not the only one. Consider sharing your story around a cozy campfire and see what happens! Of course you don’t have to share if you don’t want to. But with the right people and the right moment, I think you’ll be glad you did.

Emotional connection is soul food.

Whenever we share our stories, we give permission to others to do the same. Everyone ends up feeling more seen, known, and loved. So delish! Enjoy!

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

to visit many of the local farms and to see a number of artists either at the farms or at in-town venues. The following artists will be participating: Meg Zellinger and Amy Wagner will be doing glass project demos, Wes Baden will feature his leatherwork, Jane Page Conway will be showing her encaustics, Manon Whittlesey is opening her studio to show her most recent work, Wendy Rose will be at Dandelion Farms with her unique quilts and quilted items, Joanie Mitchell will have her wonderfully warm felted mittens at Six River Farm, and Lynn Sternfels will be at the Fiori nursery with her botanically printed silk scarves. In addition, the Cathance River Gallery will be open for people to tour. The Town will be offering a flyer and map with more details about farms, artists, and the venues. It will be a wonderful family day and we hope to see you.

For more information about the guild, please visit our website bowdoinhamartisans.com. We are currently not taking any new members but feel free to make inquiries or to ask questions.

The Comprehensive Planning Committee (CPC)

The Comprehensive Plan update process takes a long time! Although it's almost a year before the 2024 Town Meeting, when community members will vote on the 2024-2034 Comprehensive Plan, the committee members are already holding additional meetings to review and update each Goals and Recommendations section. We are discussing and approving several sections and finalizing our recommendations at every meeting.

We completed the Vision about a year ago. Since then, we have had many discussions and presentations by community members. At the May meeting we approved Goals and Recommendations for the two existing sections of Recreation and Water Resources as well as two new sections on Age Friendly and Public Health.

I've included the Goals of those four sections below. If you would like to see the recommendation details, please let me know. All of our materials are public records – just too long for a newsletter!

Recreation: Recreation is an important aspect of life in Bowdoinham that greatly adds to Bowdoinham's quality of place.

Goals

1. To promote, protect, and improve the availability and accessibility of outdoor recreational opportunities.
2. To plan for, develop, promote, and encourage recreational opportunities for all ages.
3. To plan for and develop regional recreational opportunities and facilities.
4. To expand on the list of current recreational offerings.

Water Resources: Bowdoinham prides itself on its location on Merrymeeting Bay, Kennebec River, Abagadasset River, Cathance River, West Branch and many streams; all of which have played an integral role in Bowdoinham's history.

Goal

1. To manage and protect our water resources, including aquifers, wetlands, ponds, streams, rivers and Merrymeeting Bay.

Age Friendly: The vision of Age Friendly Bowdoinham is to foster changes in the physical and social environment to make Bowdoinham a better place to live for people of all ages and physical abilities.

Goals

1. To expand and promote services and supports to assist individuals to remain in Bowdoinham as they age.
2. To enhance the accessibility of services, buildings, events, and the physical environment.
3. To enhance programs to reduce social isolation and build social connections.
4. To develop accessible and affordable housing that promotes independent living.
5. To expand transportation options.
6. To develop, support, and promote recreational programs and facilities appropriate for all ages and abilities.

Public Health: Over the past 10 plus years there have been several public health/health-related events related to increasing extremes in weather, pest-borne diseases, and the Covid-19 pandemic. Emergency response services have also emerged as an issue. It is anticipated that between 2024 and 2034 additional health-related concerns will continue to emerge.

There are existing resources to inform community members and address these and other health-related issues that exist in Sagadahoc County, the Mid Coast Public Health District, and the State of Maine that are currently not readily available or known about among Bowdoinham community members. These resources include information about health care, mental health resources, prevention of disease, and other support services to help all to thrive.

The population of Bowdoinham residents reveals higher percentages of individuals ages 0-9 and over 60. Both age groups tend to require more prevention and treatment resources than other age cohorts.

The duties of the Local Health Officer (LHO) of Bowdoinham are to deal with environmental health protection and nuisance control, and other duties as needed. The needs stated above are beyond the scope of that position.

Goals

1. Maintain adequate access to reliable emergency response services.
2. Increase community member awareness and knowledge of available county, public health district, and state level health/public health resources.
3. Increase preparedness for emerging health and public health conditions.

Future newsletter articles will continue to include the sections and goals. You are always invited to comment and add your thoughts by coming to a meeting or letting Yvette know at planning@bowdoinham.com or share your thoughts with any CPC member.

Housing and Land Use will be the final sections that we address. Even though it may be early to think about September, the Comprehensive Planning Committee members are already planning ways to gain more input on those issues at Celebrate Bowdoinham and at one or more public forums.

There is still time to join the Comprehensive Planning Committee. You can sit in on a couple of meetings without making a long-term commitment, or just stop in when we are discussing topics to interest to you. We want to include more perspectives and voices.

Meetings are the second Tuesday of each month, 6:30-8:15 in the Graduates Room of the Coombs building. Yvette Meunier, Director of Planning and Development, staffs this process; her email is planning@bowdoinham.com. We can have up to 17 members and more perspectives are always welcome.

Committee Members: Joanne Joy, Chair; David Asmussen, Co-Chair; Laura Arnold, Peggy Christian, Fred King, Jason Lamorreay, Jan Marks, Robert Schott, and William Stanton. Fred King and Jason Lamoreau have recently joined the committee. If you are interested, send an email to planning@bowdoinham.com or call the town office.

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

Merrymeeting Dance Alignment

Line Dancing, sponsored by the Merrymeeting Dance Alinement, will continue this summer at the Bowdoinham Farmers' Market on the 1st and 3rd Saturdays of the month from 9-10 a.m. Grab a snack and come watch, or join in! We do easy dances to various musical styles that most people can learn quickly. All ages and skills welcome. Help make your Farmers' Market a festive gathering! For more information, email George at golivergo5@gmail.com.

Dandelion Spring Farm Happenings

July 15th 9am-3pm: Landscape & Color

Landscape & Color with Amanda Hawkins explores abstraction, color, and mark through the lens of landscape painting at Dandelion Spring Farm. This workshop is designed to provide the structure necessary to enter an abstract painting language with intention and ease, while still providing space for freedom and intuition. The morning will be spent exploring a few sequential exercises both onsite and in the studio. There will be a one hour lunch with vegetables and herbs sourced from the farm. The afternoon will be painting plein air, outside. Hawkins will demonstrate all exercises before artists embark on their own work. Artists will leave the class with preparatory composition and value studies and a miniature series of color study paintings.

Providing a farm to table experience in between creating provides nourishment in so many ways. At Dandelion Spring Farm we believe that by engaging all of our senses through sharing nutritious food, we are setting a table for conversations about larger cultural and environmental issues related to our communities. We look forward to welcoming you to our working farm as a grounding point to nurture all of our skill sets and community.

Artist Bio: Amanda K. Hawkins is an award winning painter living and working in Beverly, MA. She received her Bachelor of Fine Arts from Montserrat College of Art in 2014 and Masters in Fine Arts in Painting at Boston University in 2021. She is on the Board of Trustees at Rocky Neck Art Colony and shows her work in gallery shows across New England. Amanda teaches painting workshops across North America, including in British Columbia and Arizona, in addition to virtual workshops which have an international draw. Her work



can be found in private art collections across the globe. Amanda maintains an active studio blog and shares her creative practice with over 25K people worldwide. If Amanda isn't in the studio, she's exploring New England and gaining inspiration for her next painting.

June through September 5-7pm: Farm to Taco Night

Join us the last Thursday of the month from 5-7, June through September, for Farm-to-Taco Night at Dandelion Spring Farm. Our farm-to-taco bar menu features local meats and veggies with inspired flavors of Mexico. Dessert features a tres leches and fruit cake, that will change based on local summer fruit variety. Maine brews and margaritas.

July 23rd 10am-3pm: Open Farm Day

Meet the farmers that make it happen and the land that nourishes your body. Join us rain or shine. Grab a picnic blanket and enjoy some tasty treats, art, and beverages by some of our favorite local businesses.

- Allison McKeen
- Slow Grits Studio
- Winding Rose Studio
- Connolly Wood & Craft
- Molten Ceramics
- Inciardi Prints
- Oxbow Beer Co.
- Food by us!

We ask no dogs, but the rest of the family is more than welcome! Parking on the farm will be limited, but there will be space down the street. Five dollar donations welcomed.

August 19th 1-3pm: Mushroom Foraging & Cooking Demo

Immerse yourself in the wonderful wild offerings of Maine's mycological universe. Join Colin Kennedy, a chef and forager from southern Maine for an afternoon of learning about choice edible mushrooms and how to prepare them. This workshop will delve into how to correctly identify a variety of different mushrooms, how to preserve and prepare them and finally, how to enjoy them. During the workshop, Colin will demonstrate how to cook and prepare at least two different dishes featuring wild mushrooms. Weather permitting, a portion of the class will set out onto the grounds of Dandelion Spring Farm to potentially harvest our own foraged finds.

Colin Kennedy has spent the last 12 years cooking professionally, and the last 7 years in some of the finest restaurants in Maine, including: Hugo's, Tandem Bakery, Leeward and currently Goodfire Tasting Room and Kitchen in Freeport. He spends his free time fly fishing the many wild rivers of Maine and foraging the woods surrounding Portland for both personal use and for the restaurants in which he has worked.

TAX CLUB PLAN – PROPERTY TAXES

Applications Available July 1, 2023

The Town of Bowdoinham is pleased to continue to offer our popular "Tax Club Plan" which allows property owners to pay their annual property tax bill in monthly installments without incurring interest. This plan was first authorized by a vote at the Town Meeting in June 2014 and is expected to be offered again this July after Town Meeting approval.

To be eligible to participate in this plan the property owner must be current with their property taxes, must complete and return an enrollment application no later

than July 31, 2023, and must abide by the requirements of the plan. Applications will be available beginning July 1st.

Automatic electronic payments are not offered under this plan, however, property owners can schedule payments online through the Town's online payment system (<https://bowdoinham.androgov.com>).

For more information on the 2023/24 Tax Club Plan, please contact the Town Office at 666-5531, or email our Assistant Clerk at Assistantclerk@bowdoinham.com.

THE BOWDOINHAM NEWS

Cathance Fitness Center

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



Create your memberships and handle payment information on our newest website: CathanceFitness.com We are excited to bring you this new site with links across the top to help you with membership and class information. Scroll down to the gallery to see photos of the three-room facility.

Getting Started with the Indoor Rower: You will find a flyer near the rower to help guide you with the physical technique as you move through the motions. To start, use a damper

setting of 1-3. As the wheel spins faster, the resistance will rise. Your first few workouts on the machine should be 3-5 minutes intervals keeping your strokes per minute displayed around 20-22 strokes per minute (SPM). Try using the rower within your continuous cardio workout, alternating with other equipment.

One suggestion is to do up to 4 of these short intervals if you feel good. Gradually increase your SPM to 22-24, then 24-26.

Solid Waste Committee

The Select Board is looking to reinstate the Solid Waste Committee with the goal of updating the Solid Waste Ordinance which was last updated in 1994. If you are interested in giving some of your time and serving on this committee, please email and application to the Town Clerk @ townclerk@bowdoinham.com. Applications are available on the Town website at the bottom of the Town Clerk page.

Bowdoinham Public Library

Summer Reading is in full swing at the library. If you haven't registered yet, don't fret. Kids of all ages can still come to the library and register to read for prizes. We know that reading over the summer prevents the dreaded "Summer Slide", where students' reading proficiency slips when not in school.

Don't let it happen. Come to the library and we will help make reading even more fun that it already is.

Don't miss the 3rd annual "Stuffie Sleepover"! Drop off your Stuffies between 4 and 6 on Friday July 7, and we will treat them to a long night of fun at the library! Pick them up Saturday morning at the Farmer's Market. What will those stuffies get to do this year? Follow the fun on the library's Facebook Page.

No matter your age, there is something happening this summer that will be of interest. Join the Library Board and volunteers at the Summer Concert on Sunday night, July 16th. The library will be serving a chili supper to go along with the great music by "Pretty Girls Sing Soprano" with all proceeds going to support library programs. We always sell out of dinners so get there early. Food service begins at 5:30pm, music at 6:00pm.

On Saturday, the library (together with the Merrymeeting Arts Center) is pleased to welcome Michael Albert, a collage artist from NYC. He will be spending a special

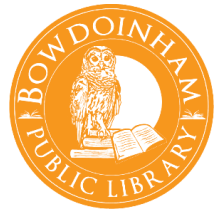
day in Bowdoinham on Saturday, August 5th. First, he'll be spending the morning selling his Homemade Sir Real Jam & giving out his Modern Pop Art posters at the Farmers Market & then he'll be running a long session of his famous art program & collage workshop at Merrymeeting Arts Studio from noon-4:00pm. Bring the whole family.

To close out the Summer Reading program, families are invited to a travelling natural history talk by naturalists from Chewonki who will bring their "Bugmobile" to Bowdoinham! Is a bug an insect? Is a spider a bug? Chewonki's "Bugmobile" transports the world of arthropods - insects

and their relatives - into the Kendall Room of the Coombs Municipal Building, on Friday, August 25 at 3:00pm. We will celebrate afterwards with popsicles for everyone (except the bugs).

We continue to offer free day passes to the Coastal Maine Botanical Gardens as well as Maine State Parks and the Children's Museum in Portland.

And don't forget books. Lots of books for summer reading. We have those too.



LET ME INTRODUCE MYSELF...

I'm originally from Maine and have **loved living in Bowdoinham** for the past seven years. I am proud to be part of such a **vibrant and caring community**, and I'm happy to be your real estate resource!

Reach out any time!



CARA TAGGERSSELL

(C) 207.251.8835

carataggersell@portsidereg.com

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59 PLEASANT STREET,
BRUNSWICK, ME
www.portsidereg.com
207.607.5965

Le Tour de Bowdoinham

Saturday, August 19, 2023 – 9:00am

Start and finish at Bowdoinham Food Pantry at Mailly Park in downtown Bowdoinham!

Search “Le Tour de Bowdoinham 2023” on Ride with GPS or Strava to get the map.

Come ride the scenic rolling hills, see the farmland and forests, and enjoy the views along Merrymeeting Bay. The registration fee for this ride is a donation of non-perishable food items or a monetary donation, via personal check, to support the Bowdoinham Food Pantry!

Please pre-register before or the day of on www.Bikereg.com. By participating in this event, Riders assume all liability during this ride.

When it's over...it ain't over.

Join in the fun at Three Robbers Pub, Bub.

Gather for a post ride beer, conversation, beer, food, and beer!

\$1 off beers and a special menu item (nachos) for riders will be available.

Just so ya know...

This is mostly a self-supported 34-mile ride that includes a rest stop at mile 24. There are turnback options at mile 10 and mile 24. The ride will be held rain or shine unless there is severe weather. There are a couple of store options on the route in case you need a boost.

Bring your wallet cause you gotta pay for your grub and suds post ride.

With the event coinciding with the Farmers' Market, parking across from the Bowdoinham Country Store is advised. Overflow parking is at the Bowdoinham Community School.

**LE TOUR DE BOWDOINHAM
2023 CHARITY RIDE**

**10, 24, & 34
MILE ROUTES**

**REST STOP
@ MILE 24**

**POST RIDE
GATHERING
@ 3 ROBBERS**

**FIND ROUTES
ON STRAVA
& RIDE W GPS**

**REGISTRATION FEE:
FOOD PANTRY DONATIONS**

SAT. 19 AUGUST - 9 AM SPONSORED BY:

**BOWDOINHAM FOOD PANTRY
9 MAIN ST. BOWDOINHAM
REGISTER @ WWW.BIKEREG.COM**

THREE ROBBERS PUB

**BOWDOINHAM
FOOD PANTRY**

Remember Project Gymnasium??

IF you were living in Bowdoinham in 1963 (I'm sure there are a "few" of us left,) you might remember "Project Gymnasium."

PG'ers we were called, a bunch of teenaged tuition students frustrated by the lack of recreation facilities in our great little town. Some of us appealed to the local School Board for a proper gymnasium, "just a round top Quonset hut," we suggested, "like they have in Wiscasset" and we were told if we wanted one, we should build our own! Remember?

Project Gymnasium was born that summer. We paid dollar annual dues, we had holiday parties, dances, raffles, bake sales, and benefit basketball games. The money went to the Bowdoinham Credit Union and accumulated simple interest. Along the way, a bunch of kids created great times for each other.

60 years later, I'm here to tell you Project Gymnasium STILL has some \$3,000 in the Credit Union, and I think we should spend it! Join me, please, PG'ers, on Friday, September 15, the night before "Bowdoinham Days"

for an evening party - food, music, reunions - and a chance to help us find a way to spend this money! What's left of your "Board" has decided to spend it "in a way most suited for its original goals," none of us know what that means!

If you were a member, we'd love to hear from you. If you have a novel use for \$3,000, let it be known! Contact me directly, e-mail is Frank@peopleplusmaine.org, or phone is (207) 735-4043, OR leave a name and note in the little box marked "Project Gymnasium" on the counter at the town office.

Stones that tell stories:

United Above, United Below

First pass, the twin gravestones of Galen & Sarah Gray look pretty much like a hundred other monuments in Bowdoinham's Ridge Cemetery. Both are soft graying marble, standing side by each and facing the street. One stands erect, the other bends at a near 45 degree angle. You need to drop to your knees to read the second one.

"Galen Gray, died Oct 18, 1832, aged 47." Your first thought may be sadness for Galen, until you read the word directly above his name: "United Above, United Below!" Look next to the stone of Sarah H. Gray, and you'll read: "Sarah H., Wife of Deacon Gray, died Feb. 1, 1875, age 79." We deduce Sarah died 43 years after her husband, never remarried, staying widowed on Bowdoinham Ridge.

A quick check of our Adams history tells us the Grays were of note locally. The pair were among only two dozen charter members of the Free Baptist Church on the Ridge. They were early advocates to build the little brick church that still stands today, Adams tells of the fledgling society meeting in the Ridge School, in private homes, even sharing space on occasion with Baptist groups in the Village. What a shame it is that Galen died six years before their church opened.



Look at these two stones, go find them and share their history. Two proud pioneers of our Town buried near their church, near their farm, near their friends.

Find the graves. Drive Ridge Road past the Community School. The Cemetery is on

your left, nearly four miles from town. Enter the Cemetery using the second lane, you'll see the two stones on your left. The Ridge is one of our Town's "best" Cemeteries, take time to wander. (Frank Connors, Cemetery Sexton. Photo credit to Silas A. Morin)

Recreation News

Update on Spring Activities – It was an exciting spring for Bowdoinham Recreation with the addition of two new youth activities to our traditional programs. First, Bowdoinham created their first youth cross country running team as part of the Coastal Running League. We had 20 runners this spring who competed in meets across southern coastal Maine throughout the month of May and ended with a Championship meet in Cumberland on June 3rd competing in front of 1,800+ runners and spectators! Plans are in the works for Bowdoinham to host one of the Fall session meets.

We also saw the introduction of Quickball, which replaced traditional T-ball. Quickball is 6U baseball training program owned by major league baseball that teaches the fundamentals of the game in a fast-paced but safe environment. This program utilizes specialty equipment designed for younger children to use safely and teaches in a fun

manner with entertaining accessories and exciting characters. Our season saw the Orioles, A's, Dodgers, and Pirates teams practice and compete in games on Saturdays throughout May and June. Thank you to all the coaches, parents, and siblings who made this a successful introduction of a new program that was exciting and is certain to grow in future years!

Our adult walking group, Silver Striders Walking Club, met each Wednesday from 4:30 – 7:00pm at the Community School through the end of the school year in mid-June. This group will re-convene in the fall when school is back in session.

Plans are in place (and construction is likely underway as you read this!) to repair both the tennis and basketball courts that the Town shares with the Community School. Groundwork includes repairing the "shoulders" of the courts as well as installing a new perimeter drainage system around both courts. This drainage system will connect to

new drainage systems on both Pertel softball and Middle baseball fields and everything will discharge to the gully on the northwest corner of the property. After the roundwork is completed, Beaverbrook Tennis, LLC will clean the courts, repair the large cracks on both courts, and install new paint surfaces. Also, the lines will be re-painted which will include lines for two pickleball courts on the basketball court and two on the tennis court as well. We are excited to get these courts back into great condition and even more excited to provide an area for a highly anticipated Pickleball program. We do ask for your patience this summer as the work is underway and the courts are temporarily unavailable.

Lastly, as we begin anticipating the fall recreation season, we will be looking for sponsors for our Fall Cross Country running team as well as the upcoming basketball teams. Please reach out anytime to recreation@bowdoinham.com!

Open Farm Day

Farm & Studio Tours, 9am-5pm • Barbeque and Music, 3pm - 6pm at Maily Waterfront Park

Join us on Sunday, July 23rd for Bowdoinham's 11th Annual Open Farm & Studio Day (OFSD). The day will begin with farm tours at: Apple Creek Farm, Blue Bell Farm, Campo di Fiori, Dandelion Spring Farm, Enterprise Farm, Harvest Tide Organics, Peary's Garden, Six River Farm, and Stonecipher Farm. Come explore our local farms and see how our food is made! And because Bowdoinham is a "Very Crafty Town" we'll have LaPointe Antiques & Restoration and Morphee Creations, and Watersong Music opening their studios to showcase their fine crafts and artists. You'll also find local artists Jane Page Conway, Mark Donovan, Howard Solomon, Wayne Sanford, and Bill Stanton's work at Cathance River Gallery. As well as Fiddlehead Leatherwork and others at the Merrymeeting Arts Center.

In the spirit of collaboration several farms will also be hosting artists including Allison McKeen, Connolly Wood & Craft, Inciardi, Merrymeeting Mittens, Molten Ceramics, Slow Grits Studio, Starrock Designs, and Windy Rose Studio along the way. Just Playing With Glass and Merrymeeting Stained Glass will be demonstrating their glass craft at Merrymeeting Hall. Bowdoinham Historical Society will also have the Meeting House and Jellerson School & Merrymeeting Bay Museum open for tours.

New for this year we are introducing a Passport Challenge. Get your passport initialed at participating farms and studios and win prizes! The first 20 passports turned into the town office between July 23-27 will receive a signed print of this year's brochure

cover art and grand prize winner(s) will be drawn for a gift basket filled with local farm offerings and small pieces of art from our local vendors. Passports can be found within the event brochure available later this July at the Town Office and at local farms and businesses. Passports can be left in our drop box after hours at 13 School Street. We would like to thank the following businesses for their generous prize donations: Blue Bell Farm, Dandelion Spring Farm, Harvest Time Organics, Just Playing With Glass, Fiddlehead Leatherworks, Merrymeeting Stained Glass, Morphee Creations, Stonecipher Farm, Winding Rose Studio, and Bowdoinham's Town Clerk: Tina Magno.

The celebration will continue at Maily Waterfront Park for a barbeque featuring fresh foods from local farms and enjoy live music by Shindig and Peter Gallway starting at 3pm the gazebo. Western Massachusetts fiddler David Breguet, Scottish-born guitarist John Kinnear, and multi-talented bassist Rick Ottman form Shindig; a musical trio celebrating foot-stomping Celtic tunes. Peter Gallway has been called "a master of free verse" in the Boston Globe. His albums have spanned styles from '60's rock and roll, to "jazzy folk", to atmospheric Americana. A fundraiser barbeque will be catered by the Bowdoinham Food Pantry and start at 4pm.

Merrymeeting Trailblazers and Maine Kennebec Estuary Land Trust are hosting the Explore Merrymeeting Bay Bike Tour, visiting the farms, and exploring the scenes of Open Farm Day. The ride will include up to five farms and studios covering 25 miles total.

The ride will leave from Maily Waterfront Park at 10 am. We'll start along the shores of Merrymeeting bay to Richmond's waterfront park, visiting two farms along the way. There is a turn-back option at the second farm for a 12-mile ride. We'll then continue to one of Bowdoin's newest farms and finish by visiting a diversified livestock farm. Or you can create your own ride and explore the farms and studios at your own pace. Join us to explore the Bay and learn about Merrymeeting Trail!

Come celebrate our farming and arts community!

Scan to learn more:



RECYCLING DO'S AND DON'TS

Just a friendly reminder about items that are not recyclable at the Bowdoinham Recycling Plaza. Even though some of these items may have a recycling symbol they cannot be recycled here and most of this list isn't recyclable anywhere.

- Pizza boxes with food or grease on them
 - Plastic bags/wrappers
 - Padded envelopes
 - Plastic coated paper, such as ice cream, milk, or broth cartons
 - Used tissues, napkins, and paper towels
 - Used paper cups and paper plates
 - Plastic forks, spoons, and knives
 - Straws of any kind
 - Silicone plastic
 - ABS plastic
 - Spray nozzles
 - Pumps on lotion and soap bottles
 - Plastic, shrink wrapped labels, such as on yogurt, creamer, and lemon juice containers
 - Pringles, nut, and paper coffee "cans"
 - Coffee bags
 - Candy/food wrappers
 - Pet Food bags, Feed/Seed bags
 - Plastic clothes hangers
 - Glass
 - All styrofoam
 - Any container with soap, grease, or food in it
- Thank you!

COBB'S REPAIR SERVICE



AUTOMOTIVE REPAIR & DIESEL SPECIALIST

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THE BOWDOINHAM NEWS

Community Calendar

JULY

- 4 Independence Day
Town Office is Closed
- 8 Ziggurat Theaters Presents:
A Midsummer Night's Dream
5:00pm
- 15 Land Scape to Color Workshop
Dandelion Spring Farm
9:00am - 3:30pm
- 22 Watercolors in the Wild Class
Centers Point Bowdoinham
3:00 - 10:00pm
- 23 Open Farm & Studio Day
- 27 Farm-To-Taco Taco Night
Dandelion Spring Farm
5:00 - 7:00pm

AUGUST

- 19 Le Tour de Bowdoinham
2023 Charity Ride
9:00am
- 19 Mushroom Foraging &
Cooking Demo
Dandelion Spring Farm
1:00 - 3:00pm
- 31 Farm-To-Taco Taco Night
Dandelion Spring Farm
5:00 - 7:00pm

SEPTEMBER

- 4 Labor Day
Town Office is Closed
- 16 Celebrate Bowdoinham
- 28 Farm-To-Taco Taco Night
Dandelion Spring Farm
5:00 - 7:00pm

Town Board and Committee Meetings

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

Select Board

2nd & 4th Tuesdays of Month at 6:30pm

Planning Board

4th Thursday of Month at 6:00pm
(November will be on the 3rd Thursday)

Advisory Committee on Age Friendly Bowdoinham

2nd Monday of Month at 1:30pm

Community Development Advisory Committee

1st Tuesday of Month at 6:30pm

Comprehensive Planning Committee

2nd Tuesday of Month at 6:30pm

Cemetery Advisory Committee

1st Thursday of Month at 4:00pm

Town Hall Committee

Last Tuesday of month at 6:30pm

Town of Bowdoinham
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