



THE BOWDOINHAM NEWS

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May - June 2024

Five County Credit Union

by Wendy Rose

When Bowdoinham lost its one banking service provider, several citizens approached Five County Credit Union (FCCU) about opening a branch office in town. FCCU responded to the need and worked out a creative solution using video technology in a small office at the FHC building in the village. Since November 2013, FCCU has been able to locally offer its whole range of banking services with easy access to the staff through the use of the video technology.

Fortunately, the banking services are available to anyone in the community, not just FCCU members. The extended hours of 8:30 a.m. to 7 p.m. make it convenient to do your banking close to home.

When you walk in the door and turn to the left, the screen/machine to the left operates like an ATM machine or video teller. Members of FCCU can make deposits, get cash, and do their regular banking. If you are a member of another credit union, you can access your account and do your normal banking. Anyone can use the machine to get cash using their own ATM card. If you walk straight ahead to the screen/machine facing you, there are retail banking services anyone can use such as opening a new account or applying for any type of loan like a home, car, boat, or energy efficiency upgrade to your home. The video teller that is easily accessed is more than happy to help with any question.



“Fortunately, people have gotten used to using video contacts, like Zoom, so our set up is able to handle the needs in Bowdoinham for now,” says Cassie Tarbox who is the Branch Manager of the Topsham and Bowdoinham offices. She adds “this is working well for everyone, so we don’t plan to expand the Bowdoinham branch at this point.”

Cassie explained some of the reasons someone might choose a credit union over a bank. “A Credit Union is a not-for-profit, member-owned institution, that can usually offer slightly higher dividend rates on your deposits and slightly lower interest rates on your loans. Each member (or depositor) has a vote at our annual meeting. A bank, on the other hand, is a for-profit institution that tries to make money for its shareholders.”

Besides the personal banking services at FCCU, there is also a full-array of business banking and loan services available. Especially pertinent for farms are the new services their

Maine Harvest Solutions program offers. Joanna McCormick coordinates targeted products for the farming community including MOFGA members and aquaculture ventures. You can reach her at 800-750-0959 ext. 2903. Another staff person is acquainted with the cannabis industry and is available to help with their needs which can be complex.

“Our philosophy for community service is people helping people,” Cassie says. FCCU puts that philosophy into action through supporting the Special Olympics and food security initiatives. Cassie has been in touch with Jenn Stonebreaker at the Bowdoinham Food Pantry and has coordinated food drives to help stock the shelves. They also give accommodation to staff who volunteer for local programs.

“We are very happy to be in Bowdoinham,” Cassie says. “Please know that we are there as a convenient, easy resource for your banking needs. If you have questions or concerns, feel free to pop in.”



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Town Hall Curtain

By Betsy Steen



This article is about the Town Hall stage curtain. On Friday 3/29 the Merrymeeting Hall/BHS Friday Ladies removed the curtain from the stage and carried it to the BHS Office on the lower level of Merrymeeting Hall for safe keeping. We plan to collect its history, research the safest way to clean/have it cleaned, make repairs if necessary, and store it safely until the Town Hall is ready to receive it to again grace its stage.

I thought it would be easy to remind myself of its origins and history. I was here when it was created and hung. We arrive in Bowdoinham in 1974, so I assumed it was done after that. I searched through Town Reports from 1974 through the 1980s. I knew that there had been a Town Hall Preservation Committee. I did find its reports from 1988-89 through 1992-93, and again in 1988 & 89, but none of them mentioned the curtain. I had looked through all the many articles in the Town Hall binder. Again, I drew a blank. There was nothing in Frank Connors' *Atop That Hill*, either.

Bowdoinham women, under the auspices of Bowdoinham Historical Society, had been in the commemorative quilt mode since 1976 when the BHS Quilt honoring the US Bicentennial was stitched and then raffled at the Bowdoinham Barbecue that year:

1977 Contra Dance to TH restoration. (Town Hall)

Eureka! Finally in *Bowdoinham: The Land, the Bay, the People* on page 79. I found "The Town Hall." "From 1982 - 1984 a quilted curtain for the stage was crafted by contra dancers and towns people on the theme of Bowdoinham and farming."

And again, on page 99, there was "In 1982, the Maine Country Dance Orchestra and Bowdoinham Town Hall Renovation Committee made a curtain for the Town Hall stage with blocks depicting farming and the history of Bowdoinham."

We would like to know more about Bowdoinham's unique stage curtain so that its history can be written, framed, and hung beside it when it is hung again. Please, if you worked on the curtains, send what you remember about those who helped stitch blocks, who/ where it was assembled, and your experience creating it. Photos would also be treasured. Email Betsy Steen bayviewess@comcast.net, or PO Box 101, or stop by Merrymeeting Hall on a Friday morning.

Bo has joined the fun. Can you find them in the newsletter?



Town Hall Preservation

By Rachelle Tome

Baby steps. That's the operative word for the Town Hall. It was just about a year ago that we were rocked by the news that structural damage required the Town Hall to be closed. Attempts to acquire funding for repairs via Town Meeting were unsuccessful. However, many community members sent a strong message to continue exploring ways to repair and restore this treasured, historic building. The committee pressed forward with small fund raisers, including a silent auction at last year's Celebrate Bowdoinham. More recently, Doug Tourtelotte presented a proposal to the committee for \$350,000 which would stabilize the building, pulling out the stone foundation and replacing it with cement and a new floor. The committee agreed to forward the proposal to the Selectboard. Town Manager Nicole Briand will work with Doug to finalize a formal proposal. The Community Development Advisory Committee is also exploring the potential of adding the Town Hall to the current CMP Tax Increment Financing (TIF) Fund. This would allow critical funding to be directed to the Town Hall to prepare for future economic development projects.



While we wait for these proposals to work their way through appropriate channels, the Committee is moving forward with a special project. The Town Hall curtains are in desperate need of cleaning and repair. Committee members have removed the curtains and in coordination with the Bowdoinham Historical Society, will determine the next steps for cleaning and repairs. We'll keep you posted. If you're interested in helping with this project, please contact the Town Office or the Historical Society.

Do you have ideas for fundraising or are you interested in helping with Town Hall projects? Consider joining the committee or attending our next meeting. We usually meet on the last Tuesday of the month at 4:30 pm in the Kendall Room of the Coombs Building. Meeting times can be found on the Town's website.

Tax Increment Financing (TIF)

On the June 1st warrant, you will see a proposed amendment to the CMP Tax Increment Finance District to include making improvements to the Town Office and Old Town Hall.

So what is a TIF District? A Tax Increment Financing (TIF) is a public economic development financing program, funded by the property taxes generated by the incremental new value from a development project, in this case CMP's corridor project on Brown's Point Road. Thus, TIF economic development projects are not funded by property tax revenue from residents but rather just from the CMP parcels.

Why create a TIF District? Creating a TIF District provides funding that is dedicated to economic development. The increased assessed value within the TIF District is "sheltered" from the Town's overall valuation, which is how the Town's share of county taxes, state revenue sharing and school budget are determined. Creating a TIF District allows the Town to capture up to 100% of the tax revenue on the increased assessed value. Whereas, if a TIF District wasn't created the Town would lose about 40% of that tax revenue to higher county and school bills and lower state revenue sharing. Further, we can use TIF revenues as matching funds for grants to stretch this resource even further.

What can we use TIF funds for? The State determines what the funds can be used for which includes transportation and housing projects, economic development, town events, marketing, skills development, and training. The Town must submit an economic development program identifying projects within these areas to the State for approval and any subsequent change or additions to the program must also be

approved. So far Bowdoinham has used the program to fund:

- Village Development - public infrastructure improvements (e.g. sidewalks, crosswalk study)
- Operating budget of the Town's Economic and Community Development Department
- Events & Marketing (e.g. Celebrate, Open Farm & Studio Day, Bowdoinham News)
- Merrymeeting Trail - design, development and maintenance
- Village wastewater system feasibility study
- New Waterfront Park development

See the 2023-2024 Annual Town Report for details on the \$1.5+ million in grant funds the Economic and Community Development Department has leveraged over the last year for economic development thanks to the TIF.

Periodically the State expands the program coverage. A recent change includes allowing a limited amount of funds to be used on renovating administrative offices which support economic development. The proposed amendment before you at Town Meeting would allow us to use TIF funds to make improvements to the Town Office and the Old Town Hall wherein these buildings serve the purpose of supporting economic development.

If you have an idea to use the TIF, please let us know.

For more information, please contact Yvette Meunier, Director of Planning & Development at 666-5531 or planning@bowdoinham.com.

Tax Club Plan – Property Taxes

Applications Available July 1, 2024



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, 2024, 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 at bowdoinham.androgov.com.

For more information on the 2024/25 Tax Club Plan, please contact the Town Office at 666-5531, or email our Assistant Clerk at assistantclerk@bowdoinham.com.

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'Grow a Row' for the Bowdoinham Food Pantry!

By BFP Director, Jenn Stonebraker

Living in Maine, we are all familiar with the short but delightful growing season. As we put the cold weather behind us and the days lengthen, thoughts of tending to the soil, planning the garden, and ordering seeds start to fill my mind. I have a feeling I'm not the only one with these daydreams.



Our friend and neighbor Camilla dedicated a HUGE amount of her garden to us during the 2023 growing season. Not only did she grow veggies, but gorgeous cut flowers!



Lily of Annandale Flower Farm was the first to make a pledge for the 2024 growing season! She'll be growing tomatoes for us!

Throughout the summer at the Pantry, we are fortunate to savor the generosity of our community - from surplus squash and tomatoes to sun-ripened berries. As we expand our kitchen facilities and processing capabilities, we aim to encourage more people to share their excess produce or perhaps even commit to growing a little extra. I envision our freezers filled with homemade tomato sauce, soups, and pestos, while our shelves are stocked with snacking peppers, snap peas, berries, and

husk cherries, all ready to nourish our community.

Our initiative involves asking neighbors to "grow a row" for the Pantry. In essence, you pledge to cultivate a row of produce to donate. You can drop off the produce at the Pantry on Wednesdays, or if that doesn't suit your schedule, we can arrange for pick-up. We will then organize, distribute, and process this wonderful bounty to benefit our neighbors.



"Grow a Row" for the Bowdoinham Food Pantry

How to participate?

1. **Make a pledge to 'grow a row'.** Use the QR code to access our online pledge form.
2. **Start planning.** Order those seeds; map out that garden.
3. **PLANT!**
4. **Tend.**
5. **Harvest.**
6. **Share!** Produce can be dropped off at the Pantry any Wednesday between 10-3:30 or ask about our pick-up program.
7. **Celebrate!** Your generosity made a HUGE impact in your community.

Suggested Produce

- snacking peppers
- cherry tomatoes
- roma tomatoes
- snap peas
- string beans
- carrots
- cucumbers
- squash
- cabbage
- cauliflower
- melon
- husk cherries
- berries of any kind



Join or renew! May Is Membership Month. It's our fifth annual Membership Month this May! If you are not a member please consider joining us. If you have been a member in the past, then this is the month to renew your dues and continue your support of our work! Each membership matters!

Your membership does two important things for BCDI. First, your dues fund a significant part of our work, which includes our Neighbors Investing In Neighbors Loan Program, our Farmland Inventory, and various town-wide Community Conversations, among many other initiatives that BCDI may be working on at any given time. Second, your membership is a vote of confidence, support of our mission, and a seat at the table for BCDI's projects. Your involvement in our unique organization enables BCDI to support the kind of community we are proud to call home.

Membership Month is also a great time to make an additional gift to BCDI. We're increasingly engaged with the town community: our schools, the Food Pantry, Age Friendly Bowdoinham committee, and the Recreation Department to name a few. Your increased support helps us strengthen our existing community organization's activities that serve our town.

Membership dues begin at only \$10, but there are additional levels of support available. The easiest way to renew is to visit www.bcdimaine.org/membership where

BOWDOINHAM COMMUNITY
DEVELOPMENT INITIATIVE

MAY MEMBERSHIP MONTH

YOU are BCDI.
Join us at www.bcdimaine.org

you can renew online. If you'd rather send a check, please send it to BCDI, PO Box 343, Bowdoinham, ME 04008.

Make your business a BCDI member!

Your business doesn't have to be located in Bowdoinham. BCDI Business Members

hail from here in town, as well as further afield. They are carpenters, auto mechanics, authors, farmers, artists, sailors, beer brewers, and musicians, just to name a few. Their commonality? Through their BCDI membership, they help support programs and initiatives designed to strengthen Bowdoinham's economy.

If you have a business or customers in Bowdoinham, please consider becoming a BCDI Business Member. We support our Business Members by sharing news and information about your business, as well as new information as it comes, updates, promotional materials, sales, conferences, newsletters, or anything else you would like BCDI to help promote. We are happy to support your work, as you do ours!

Visit the "Business Members" page (www.bcdimaine.org/business-members) of our website to learn more about how to become a BCDI Business Member!

Thank you! Your support helps make Bowdoinham an even stronger community!

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THE BOWDOINHAM NEWS

Second Baptist Church

The Second Baptist Church of Bowdoinham continues our mission to bring the Truth and Love of God into our community and the world through the lives of committed and growing Followers of Jesus Christ.

We celebrated our annual Easter sunrise service on March 31st at the waterfront with a beautiful sunrise and then enjoyed Easter breakfast at the church. Pastor David Clark shared an uplifting message about the meaning of Easter.

Please check out our Sunday sermons, posted to our Facebook page-link below

We extend an open invitation to the community to come and hear God's word.

Curious about our services?

Here is an overview:

Musical Prelude by our pianist, Ryan Sweet

Welcome and Announcements

Call to Worship - a short reading from the Bible

Song of Praise

Invocation and the Lord's Prayer

Hymn

Tithes and Offerings

Singing of the Doxology

Sharing of Praises and Prayer Requests by the Congregation

A musical Prayer Response

Reading of God's Word

Sermon

Invitational Hymn

Closing Prayer



1 Samuel 25:6 ESV And thus you shall greet him: 'Peace be to you, and peace be to your house, and peace be to all that you have.'

- Worship Service at 10:00 AM on Sunday
- Communion is held on the first Sunday of the month.
- A free potluck church luncheon is held after the service on the third Sunday of the month.
- Midweek Prayer and Bible study at 6:30 PM on Wednesdays
- Men's Breakfast at 7:00 AM on Saturdays
- Women's Bible study at 9:00 AM on Sundays
- Also, AA Meetings are held each Monday and Thursday evening at 7 PM.

For more information, you can go to the church's website at: www.bowdoinhamsecondbaptistchurch.org or visit our Facebook Page www.facebook.com/bowdoinhamsecondbaptist.

Nazarene News

The Clothes Closet at the Bowdoinham Nazarene Church is changing its hours to Wednesdays from 2:30-5pm. We are also open by appointment. Call or text Christina at 207-351-0289. We are accepting donations of clean clothes in good condition during open hours or by special arrangement. We are thankful for the generosity of the community, and we were pleased to send four bags and several boxes of surplus winter wear to the clothes closet at the South Portland Nazarene Church, which works with the unhoused in Portland. Thank you!

We are pleased to announce that we have been approved to apply for a grant from Maine Steeple Fund to paint and reroof the steeple. If we receive the grant, the Maine Steeple Fund will pay up to half the cost to have the work done. The church will fundraise for the other half. If you wish to donate to the steeple project fund, you may send a check to the church at 7 School Street, designated "steeple," or contact Christina to make other arrangements.

Mooring Applications Are Due

Mooring applications are due May 1st. If you have not submitted your application, please do so now. You can obtain a copy of the application on the Town Website under Harbor Master or pick one up at the Town Office.

Inner Harbor: A registration fee of \$50 for residents and \$100 for non-residents shall be submitted with each application annually.

Outer Harbor: A registration fee of \$100 for any mooring on Merrymeeting Bay or adjacent to Brick Island and \$10 for resident shorefront owners (U.S. Army Corps of Engineers permit is required for a rental mooring) shall be submitted with each application annually.

For more information about mooring rules and applications see 'Harbor and Waterfront Rules & Regulations' located under Documents on the Harbor Master Page on the Town website. <https://www.bowdoinham.com/harbor-master>



Easter Breakfast at the Church, March 31, 2024.

Merrymeeting Arts Center

By Jen Kelley



Did you know...

That Merrymeeting Arts Center runs on small grants and donations from people like you? Yes, you! So far this year the Heron fund has paid for \$2,480 worth of artistic opportunities for our community. In only three months, that is absolutely incredible! You might ask, what is the Heron Fund? Well, the Heron fund is funded by donations from our community, donations great and small are used to pay for artistic opportunities that people may not of had the ability to pay for otherwise. Merrymeeting Arts Center believes that everyone should have the ability to access free or low-cost artistic opportunities. In order to keep doing that, we need your help to keep the Heron Fund, funded. If you've been to one of our classes or open studios you can see and feel the magic that takes place in the studio.

So how can you help? Donate! If your unable to donate, Volunteer! If you don't have time, Spread the Word! Be a part of something good! We all know the world needs more good.

You can make a donation on our website, www.merrymeetingartscenter.org or by mailing a check to Merrymeeting Arts Center, 9 Main St, Bowdoinham ME 04008 or you can pop into the studio or gallery and see the magic for yourself. We'd love to see you! Want to volunteer? Send us an email at merrymeetingartscenter@gmail.com.

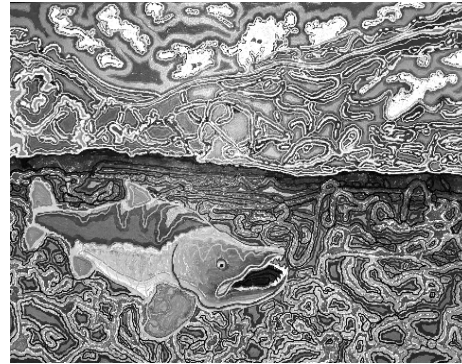
COMING UP...

We've got some great exhibits and programs coming in May and June!

Entangled Rights - Sophia Shannon exhibit
May 4th & 5th (10am-2pm)

Sophia Shannon, a senior at Mt. Ararat High School has created a whale sculpture made from recycled fishing gear called Entangled Rights . The sculpture was inspired by Sophia's passion for the environment and local marine life. Using her art abilities, she is able to represent current issues surrounding the dwindling Right Whale population due to lobster traps along the East Coast. After learning about the problems that were happening in the Gulf of Maine, she found someone giving away their collection of used fishing

rope and went through many phases of sculptures. She ended up with a design that took a more 2-D approach and gathered a variety of multicolored fishing ropes from the knotted pile to better emphasize the piece's expression and deeper meaning. The finished piece will be displayed in the Merrymeeting Arts Center Gallery.



"Good Bones" - Tyler Schoen exhibit
Opening reception: Friday May 17th (6-8pm)
Saturdays May 18th & 25th (10am-2pm)

Drawing from his time in energy retrofit and green building, Tyler utilizes a mixed media foam mask process to create his work. By adding and removing layers the artist creates a controlled chaos from which to build his final product. Like the "good bones" of an old house, the work is an exercise in problem solving, allowing for a loosening of control. Tyler's first show is an experiment of process, color, psychedelia, and the themes found in the cycles of natural life.

Knotted Rug Making Workshop with Nan Cumming

May 14th and May 28th, from 6-8pm. \$25

Learn the fun and addictive art of making knotted rag rugs (also known as "toothbrush" rugs.) Making rag rugs is a wonderful way to let your creativity run wild with combinations of color and pattern. No sewing skills are required.

If you have a large stash of fabrics you want to use, please bring them along! Rag rugs are also a great way to reuse textiles—old sheets are ideal. If needed, grab bags enough for one small rug can be purchased from the instructor for \$10 each.

Contact programs@merrymeetingartscenter.org with questions. Bring your own fabric scissors if you have them. (Week two is optional - an opportunity to ask questions and learn how to finish your piece.)

JUNE

Art in the Age of Fatalism -

Jose Rodriguez, Jr exhibit

Opening reception: Friday May 31st (5-7pm)
Saturday April 1st (10-2pm)

A debut solo exhibition by installation artist, Jose Rodriguez Jr, *Art in the Age of Fatalism (Part I)* will be the first of a two-part art show. The work as a whole asks participants: With our planet in chaos, what's the point of anything, including art? The work attempts to confront the climate crisis and the fading hope of leaving a lasting legacy to explore the purpose of art in a world facing extinction. What is the role of art in a world on the brink?

"Nets, Lines, and other Entanglements"

- Martha Ferguson exhibit



Opening reception: Friday June 7th (6-8pm)
Saturdays June 8th & 15th (10am-2pm)

"The vast beauty of the ocean is a compelling source of my artistic inspiration. My exhibition, "Nets, Lines, and Other Entanglements", presents paintings and sculptures that call attention to an under water world and my connection to the sea. Questions I ask myself with this work are, "What holds us here?" and "What ties us together?"

I began this series of artworks by learning how to hand tie fishing nets. The craft of

continued next page

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MAC

continued from previous

knot tying is an old nautical tradition of working with ropes and fibers to tie knots, splice lines and create “fancy work”. Knot tying is a labor intensive process; a single thread grows into an expansive fabric through the process of wrapping and tying sheet bend knots. The subtle variation of each individual knot reflects the energy of the hand. For me, the slow process of knot tying marks the passage of time and reinforces a connection with artisans of the past. While weaving these nets I felt a deep connection to my ancestors who lived and worked by the sea as sailors, lobstermen and boat builders. This connection to my family heritage helped to ground me and offered me an appreciation of the fleeting presence of this particular moment.

My nets aren't functional; I think of them as abstract sculptures that hold ideas and thoughts for contemplation. Taking the net out of the sea allows me to instill them with a new purpose. I see these sculptures as Figures, reminiscent of static parts of myself which have been reimagined and instilled with new life. These ephemeral vessels become thought catchers to hold memories and ideas that soon drift away. It is my intention to use humor and humble materials to express joy in the simple act of creativity and transformation.”

Second Sunday Series – MAC's Open Mic Sunday

May 12th & June 9th (4-6pm)

You asked for it, you got it! We're back at Watersong Music for our third Open Mic Sunday. Got a song, poem, stand up routine you'd like to dust off in front of a live audience? Or perhaps a story to share? All the world is a stage. Come join us!

OPEN STUDIO - ON GOING

Mondays + Wednesdays (6pm - 8pm)

with Zachary Fields

Saturdays (9 - 11am)

with Catherine Scanlon

\$10 suggested donation covers studio use, clay, kiln firing, and glazes. Open to the public, no experience necessary! Bring your ideas and we can help make them a reality. There is no traditional instruction offered during this time, only an attendant available for suggestions and answering questions.

We hope to see you in the studio or at the gallery!

Citizen of The Year Nominations



The Town is taking nominations for this year's Citizen of the Year award.

This award recognizes members of our community who have a heart for the Town of Bowdoinham and its people.

Nominees must demonstrate initiative to improve the community, display a spirit of giving and a heart for the people in our town. These are the people who give generously of themselves to help others. They could be the behind-the-scenes hands that without their support and hard work many other programs

would not happen, or the ones we all see day to day working to make life a little better for others. You are the eyes and ears of our town, so let us know who these incredible people are and nominate them for this award.

Nominations must include your name and contact information, the name of the person you are nominating and a paragraph of why you feel they should receive this award. Submission must be received by June 15, 2024.

Submit nominations to Nicole Briand, Town Manager by mail, in person at the Town Office or email them to townmanager@bowdoinham.com.

Comprehensive Plan

by Dave Asmussen

After three years, forty-four meetings, an array of public forums, surveys and events, the update to the comprehensive plan is ready! Most recently we heard from you at the public hearing on February 28th and have discussed the plan with the Selectboard on March 26th. The Comprehensive Plan charts a direction for Bowdoinham for the next ten years and will provide guidance for municipal decisions. Spoiler alert: people like Bowdoinham pretty much the way it is! The updated vision statement reflects this desire: “In 2034, Bowdoinham is a quiet rural Maine community defined visually by agricultural landscapes, abundant woods and wetlands, a commercial village center, and historic buildings.” While nothing ever stays exactly the same, we can manage the change that

happens, rather than be changed from the outside. Want to learn more about the plan? Come to an educational meeting about the plan on May 22nd at 6pm at the Community School to learn more. Next after that is Town Meeting on June 1st where we hope you will join us in supporting this plan to take Bowdoinham to 2034! The draft plan can be found at: <https://bit.ly/3INX7y5> or use the QR code.



Interest rates are at a recent record high...

Where can I get a business loan for 3% APR?



BCDI's Neighbors Investing in Neighbors loan program has been helping fund local businesses since 2011. With interest rates approaching double digits, our 3% rate is unbeatable.

Our application process is simple and straightforward, plus we can offer professional guidance regarding business plans, budgets and tools to help manage and grow your business.

Loan amounts range from \$500 up to \$25,000. To find out more about applying for a loan, or becoming an investor, contact BCDI online or by email.

**www.bcdimaine.org
bcdi.maine@gmail.com**

Morning Jo

By Jo Werther

What Can You Do When There's Nothing You Can Do?

I was a Philosophy major in college. One year, my friends and I had t-shirts made. On the front they said, "The back of this t-shirt is true." On the back they said, "The front of this t-shirt is false." Clever, right?

But paradoxes, contradictions, "Catch-22" kinds of circumstances... they can be pretty stressful. The horns of a dilemma are uncomfortable. Thus most of us tend to push for change even harder when we find ourselves there. But what if accepting things as they are is actually the quicker path to change?

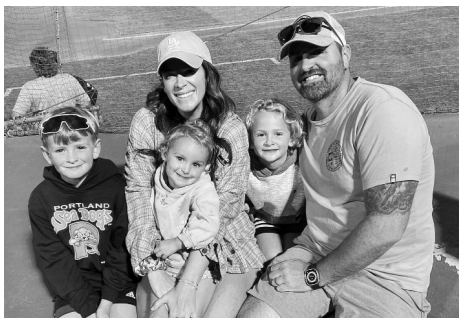
The Serenity Prayer

"God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." My grandmother had it framed on top of her refrigerator. As a child I understood it abstractly. But I had no idea it would be so difficult in practice.

The Serenity Prayer makes it sound like the solution to a dilemma is to either accept things or to change things. But what if the real wisdom is that it's *both*?

Bowdoinham has a new Harbor Master

Meet our new Harbor Master, Dan Sylvain. Dan has served 20+ years as police officer, for the last six years he has served as the Marine Warden / Harbor Master in Brunswick, Maine. Dan likes to keep busy, when he is not detailing vehicles, he is coaching his kids sport teams and driving from ice rink to ice rink for travel Hockey. Dan said he is looking forward to what positive changes he can make for the Town of Bowdoinham.



You can reach the Harbor Master via email harbormaster@bowdoinham.com or leave a message in his voice mail. (207) 666-5531 ext. 116.

Acceptance and change: two sides of the same coin.

To the degree that we don't accept reality as it is, we are in resistance to it. Resistance is highly correlated with both emotional and physical symptoms of stress. Acceptance, on the other hand, is highly correlated with improved emotional well-being, even when what's happening is not easy for us.

Acceptance: it's not exactly what we think it is.

To accept something is simply to acknowledge the fact of it, just as it is right now. Ask yourself "Who? What? Where? When? How?" Answer those questions. And that's it.

Most of us learned to equate acceptance with agreeing, condoning, being passive or complacent or apathetic, or even giving up. But the essence of acceptance does not include any of these.

Does it really matter that much? Yes.

It matters a lot. Because this kind of acceptance is actually the quickest path to change. Strange but true.

So the next time you find yourself on the horns of a dilemma, see if you can embody this kind of acceptance. Do it one breath and one moment at a time. And watch what happens...

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

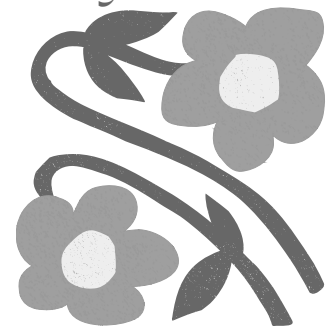
Save the Date! Saturday, July 13



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



THE BOWDOINHAM NEWS

Bowdoinham Recreation Department

By Jason Lamoreau

Update from Winter Activities – Our basketball programs wrapped up in March and early April. Our Kindergarten, 1st and 2nd graders participated in Little Dribblers again this year during the month of March. We were up to 30 participants this year. The future looks promising for Basketball! Each Little Dribbler athlete received a free basketball to keep and continue practicing at home. The 3rd-4th and 5th-6th grade groups had Bowdoinham representatives competing in travel-team tournaments throughout March and into April around central and southern Maine, with our teams consistently making it to the championship rounds. Silver striders walking group and Pickleball both continued this winter in the gym. And, we were able to revitalize the “Open Gym” activity inside of the Community School gym on Fridays for kids and Sundays for adults.

Spring/Summer Activities are underway, and competitions begin this month. Quickball, Baseball and Softball all begin games in May in Bowdoinham as well as surrounding communities. Cross country runners have meets in area towns each Wednesday in May, culminating with a

Championship meet in Cumberland on June 3rd. Bowdoinham will be hosting our very first home meet on May 22nd with multiple other communities coming here to compete. Hopefully, when you are reading this, our Pickleball activities are back outside on the new courts!!

Bowdoinham will again be hosting the 10U Cal Ripken Baseball district tournament June 20th – 23rd. This is a great fundraising opportunity for the recreation program and brings additional business to the town!

Speaking of business, we have opportunities for local organizations to advertise, and support our teams, with the purchase of a banner for our home run fence on Middle Field. These banners are prominently displayed along our outfield fence where they are visible throughout the Spring, Summer and Fall, including during at the State tournament the end of June which attracts hundreds of people.

We are still in need of Snack Shack Volunteers to help with fundraising for our youth sports activities. Reach out to Jason at recreation@bowdoinham.com or 666-3101 if you are able to help!

BEST OF BOWDOINHAM PHOTO CONTEST

In case you haven't heard, the town of Bowdoinham is having a photo contest!!!

May 15th is the deadline to submit your photos of Bowdoinham.

These beautiful photos will decorate the 2025 Town Calendar.

Photos will be printed in June for members of the town to pick their favorites.

For more information or to submit photos, email adminassistant@bowdoinham.com

Or call Lisa directly at (207) 666-3099

Help support our youth league sports with a little advertising. From reaching all 1,400 homes in Bowdoinham, to regional exposure with our traveling teams, your funding will grow your business and our home teams! To score one of these deals respond by December 1st!

2025 Rec/News Sponsorship Packages

Platinum: 40% savings, \$755 value
 Gold: 35% savings, \$530 value
 Silver: 30% savings, \$405 value
 Bronze: 25% savings, \$305 value

Platinum \$455 Gold \$350 Silver \$285 Bronze \$225 Basic \$180

	Platinum	Gold	Silver	Bronze	Basic
1 year (6 issues) of business card size ads in Bowdoinham News. Reaches 1,400 homes. - \$180 value	✓	✓	✓	✓	✓
Spring team sponsorship, business name on back of jersey. - \$225 value	✓	✓	✗	✗	✗
Fall team sponsorship, business name on back of jersey. - \$225 value	✓	✗	✓	✗	✗
3' x 5' vinyl homerun fence banner displayed throughout the year, incl. State Championship - \$125 value	✓	✓	✗	✓	✗

Sponsorship packaged available until: **December 2, 2024**. Regular print advertising is available: Business card sized ads can be purchased for \$30/issue, 1/4 page ads for \$75/issue, 1/2 page ads for \$125 and other sizes are available. Inquires can be sent to planning@bowdoinham.com

State of Maine NOTICE OF ELECTION

Tuesday
 June 11, 2024

Primary Election/
 Municipal Referendum

Municipality BOWDOINHAM
 Voting District 1-1

Voting Place Name:
 Bowdoinham Community School

Voting Place Location:
 23 Cemetery Road, Bowdoinham

Polls Open at **8:00 A.M.**

Polls Close at **8:00 P.M.**

Arts Update!

Chris Lajoie, Principal, Bowdoinham Community School

No small community supports the arts like Bowdoinham, and nowhere is richer in artists and art opportunities. This Spring, students in our school theatre program will be working on stagecraft, movement and acting leading up to a couple of performances in May. That same month we will also host our annual Spring Arts Symposium, featuring student

artwork and music performances. We are also thrilled to welcome Katie Hudak into the school this summer to lead four weeks of Art Camp!

Congratulations to Bowdoinham Community School students whose artwork was selected for inclusion in the MSAD 75 district art show, which opened on April 2nd.

Gavin Babcock
Byrd Montgomery Bullock
Holden Curtis
Hunter Dubois
Jordan Glover
Astrid Hayward
Felix Hayward
Anna Hopkins

Aubrey Pullen
Beatrix Royle
Josie Royle
Emmalin Sewall
Carter Stonebraker
Sophie Vonderweidt
Elizabeth Whittaker



Art Camp Announcement!

SUMMER ART CAMP WITH KATIE

Now in partnership with the Bowdoinham Recreation Department

SESSION 1 6/24 - 6/28 *K-2	SESSION 2 7/22 - 7/26 *3-5
SESSION 3 7/29 - 8/2 *3-5	SESSION 4 8/12 - 8/16 *K-2

Bowdoinham Community School

*rising grade level

With support from

\$225 9-3

Katie Hudak is excited to announce a new partnership with Bowdoinham Recreation Department. This program was previously located at Merrymeeting Arts Center. Partnering with Bowdoinham Recreation Department allows for a full day of summer camp and increases the number of campers that can be accommodated.

Katie would like to thank the board at Merrymeeting Arts Center, Chris Lajoie and Heidi O'Leary, Jason Lamoreau and the Bowdoinham Recreation Department, and the selectboard for their support of this program.

Finally, please consider donating to the Merrymeeting Arts Center's Scholarship Program, The Heron Fund. Your important contribution will help ensure that we are able to provide continued funding for these kinds of programs in the future.

To register please visit: bowdoinhamme.myrec.com/infolactivities/default.aspx.

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HATCH POINT

WEDDING & EVENTS VENUE

THE BOWDOINHAM NEWS

A LA CARTE

Thoughts on Food and Cooking “Chowder Hounds”

by George Oliver

We have a Portland friend who’s a pescatarian - that is, the only animal protein he eats is fish and shellfish. So for a recent lunch visit last March, I figured I’d make a chowder. As a person-from-away, I had to learn to make chowder when I moved to Bowdoinham 15 years ago. I’m a good cook, but cooking local dishes for locals raises the bar, and Mainers are chowder experts, whether fish, crustacean, or bivalve. I found some cod half-priced, so that settled the protein choice.

I asked Bowdoinhamers what makes a

Bowdoinham Farmers Market



The Bowdoinham Farmers Market returns to the waterfront Saturday June 8th from 8:30 - 12:00. This summer, ask yourself one question: “Is it a Saturday morning between June and October?” If the answer is yes, get yourself to the waterfront park for a galaxy of delicious and beautiful provisions right close to home! Let us tempt you with fresh baked bread, crisp organic veggies, grass fed meat, milk and cheese, tasty snacks, beautiful flowers, vivacious seedlings, fresh fruit, and a rotating selection of incredible creativity.

The usual cast of characters will be there to start your weekend, right after you get that cup of coffee at the info booth. Email bhamfarmersmarket@gmail.com to subscribe to our weekly preview of the market (no spam!) and be sure to check our Facebook page for the latest news. See you Saturdays 8:30 - 12:00 down at the waterfront!

basic fish chowder. I got much agreement, and of course disagreements. Haddock is the preferred fish; cod’s fine. Bacon? OK, but fatback’s better. Onions? Check. Potatoes? Check. Dairy? Evaporated milk when I was a kid. Herbs? Salt and pepper. Chopped celery? Hmm. Carrots, peas, corn? Nope. It’s not a vegetable soup. Just no. Green garnish? This ain’t Portland.

I found a simple recipe online for “Maine fish chowder” that had just four steps: soften onions in fat, add diced potatoes and enough water to cover, lay fillets on top, add some half and half and briefly simmer on low. Perfect, I thought, a simple Maine fish chowder for a pescatarian Mainer. That settled the recipe choice.

Unfortunately, being the New Orleans cook that I am, I couldn’t leave well enough alone, so I added some celery flakes, a pinch of thyme, and a bay leaf. (Mainers, cover your ears.) And a bit of tiny diced carrot for color. Then a couple of chopped shrimp for extra flavor. And some hot pepper flakes for some spice. Garnish with chopped parsley and scallions. I just can’t leave well enough alone.

Voila! Pretty good “Maine” fish chowder (à la Georges). I felt good about serving it to a local guy, who seemed happy with it. Being the guest, he was polite about the carrots, herbs, and the other non-Maine stuff I added.

A couple of weeks later, I made a fish

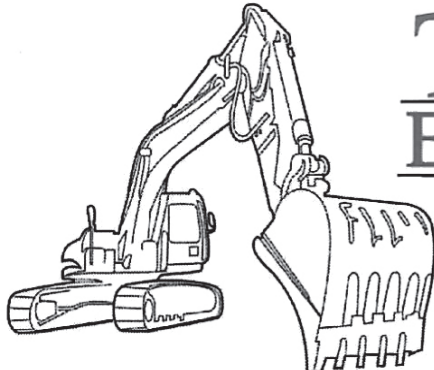
chowder for the food pantry using what they had on site. Jenn Stonebraker, the director, had said there was some whole flounder in the freezer they wanted to use, so I suggested a flounder chowder (locals are rolling their eyes at this ridiculous idea). On the morning they were going to serve it, Jenn and I started the preparation of the thawed fish.

There’s a reason no one sells flounder fillets or flounder chowder.

We bravely scraped as much flesh as we could off the boney fish and used the carcasses for stock. Jenn wisely had a giant cod fillet in the fridge to add to pot, just in case. The fish stock was the key to what turned out to be a really first-rate chowder. In fact, if I had a cooking tip for the year, it would be to make your own stock when you need some.

Here’s an easy non-seafood stock hack: put fresh veggie trimmings (carrots, onions, celery, parsnips, mushroom stems, etc.) and optional meat scraps into a gallon zip bag and into the freezer. Keep adding to the bag, and when it’s filled, empty into a pot, add some herbs, cover with water, slow simmer an hour, strain. Now you’ve got a better and healthier baseline for soup, stew, and sauce.

Homemade stock is the difference between an average soup and a great soup, fish chowder included. Mainers will keep the celery, carrots, thyme, and pepper flakes out of their chowder on principle. I can’t help myself.



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Power Outrage Safety Tips

Arthur Frizzle, Bowdoinham Fire Chief

We have had more than a couple of experiences with power outages over the last several months. Since we are hardy Mainers we take this in stride, for the most part, but it bears being reminded of a few safety precautions to make sure you keep you and your family safe.

Carbon monoxide (CO) is referred to as a “silent killer” for a reason. It is a colorless, odorless, tasteless and non-irritating gas that is a by-product in the combustion of wood, propane, natural gas, kerosene and other fossil fuels. The most common symptoms include headache, dizziness and nausea, like the flu. Carbon monoxide can affect people differently where even low levels are a significant cause of concern in infants, the elderly, those with anemia or those with heart or breathing problems. If you believe you are suffering from the effects of carbon monoxide get outside into fresh air immediately and call 911.

When the power goes out many will reach for the Coleman lantern or an old oil lamp that was passed down from parents or grandparents. These are effective but they produce CO and as such make sure to use them in a well-ventilated area. This isn't always practical when it's 20 degrees outside and the wind is howling so battery powered lighting is always a safe alternative. NEVER use a gas oven or stovetop to heat your home this goes for gas and charcoal grills as well.

Since we are in Maine, woodstoves are used in many residences throughout the

area. Older stoves are much less efficient usually because they are not as airtight as newer appliances but there are a few things to remember. Make sure your stove is installed properly based on the manufacturer's recommendations or if absent those the Maine Fire Marshalls Office has produced a document showing minimum standards. Inspect your stove and chimney regularly and only burn seasoned firewood. Green or wet wood produces more smoke and increases the chances of producing large amounts of CO.

If you are on the next level and have a generator to help you through the outage these too produce a large amount of CO and ventilation is also key. Run the generator outside in the open air especially if you have an attached garage. If you have a detached garage and must run your generator inside make sure it is well clear of any combustibles and leave the doors/windows open. There have been many times the fire department has responded to an incident to find a generator running inside or just outside of an attached garage or even outside of a house window that is opened just a crack. This provides more than enough of a pathway for CO to enter the residence and build up over a period of time.

There are many options on the market for CO detection in your home. They all function similarly and although having one is a huge benefit having multiple throughout your residence provides the greatest benefit.

To be most effective they should be mounted roughly 5 feet from the floor or at the height specified by the manufacturer. There should be one on each floor with a concentration in close proximity to sleeping areas and fuel burning appliances (do not place the detector immediately above the appliance).

Power outages are rarely convenient and sometimes we hurry to make provisions and overlook some key safety factors. There is a lot more to be said about carbon monoxide however this will hopefully get you in the right mindset and help keep you and your family safe in the future. If you have any questions or concerns with CO please feel free to contact the fire department anytime or email me at firechief@bowdoinham.com – remember the fire station is not staffed so if you have an emergency always call 911.

Recycling Do's and Don'ts



Don't: Don't put your food waste in the trash. The Bowdoinham Recycling Plaza has a food waste bin from a local composter. The composter asks that only food waste be put in the container.

Do: Do remove shrink wrap and plastic labels from your recycling. Items such as creamer bottles, single serving yogurt cups, kitty litter jugs, lemon juice bottles, and some cleaning products have a non-sticky, plastic label that needs to be cut off before the container is ready for recycling.

Stay tuned for more recycling Do's and Don'ts.

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Cemetery News

By Elaine Diaz

Greetings, the Cemetery Committee has been busy updating and visiting the many cemeteries here in town. Below is a report of some of our findings.

Before we start on the updates we would like to address two corrections that were printed in the Nov – Dec Newsletter: Joan Snowdeal's name was incorrectly given as Joanne Fearday. Mrs. Snowdeal is a frequent volunteer and supporter of Bowdoinham cemeteries, especially the Pratt Cemetery (Gr 1) on the Wildes Road and the Village Burying Ground (Gr 36). Also, regarding the Booker Road Plot (Gr 68). Nina and Peter Mendall visited it with Clint Cote in the fall, and think it is in Bowdoin. It consisted of some hard-to-find field stones with a low rock fence, near what Nina thought was the old Merriman homestead. Other information was that this was a Chadwick place and the childhood home of Mrs. Bill Maloon (research needed).

Linda Temple and Elaine Diaz spent a weekend in October looking for the 15 known or heard of cemeteries along the River Road (Route 24, from the village to the Richmond line). They visited and assessed the following six cemeteries:

- Gr 46 Coombs (Coombs-Buker) Cemetery. Is well maintained by Keeper, Daniel Smaha, but urgently needs tree removal.
- Gr 50 Campbell (Campbell-Cheney) Cemetery. Located on the side of a gravel row, needs a wall or fence to protect from row debris. This one needs stone raising, resetting and probing for possible other interments, possibly 6 but only 4 visible stones. We need the Keeper identification. It also needs tree and sapling removal. No apparent care in past 5 years.
- Gr 18 Hall Cemetery. On West Bank of the Abagadasset River, just past the Carding Machine Road. No recent care, needs removal of a fallen tree, repair of damaged fence and stone cleaning. Beautiful site and very visible from the road. Needs keeper verification. Frank Connors recommends this site for a spring cleanup.
- Gr 17 Maxwell Cemetery. On a hill on

west side of the road. This large and beautiful cemetery is well maintained by the Town and supported by the interest from a very large trust fund. In fact, the annual interest monies not needed for this Cemetery are used for upkeep of other cemeteries.

- Gr 19 Hill (Hill-Getchell-Hatch) Cemetery. On the line between 2 properties overlooking the Kennebec River. The abutters have cared for this cemetery in the past and 6 years ago a Scout troop, under the leadership of Jacob Ross and Albert Stehle did a beautiful job of cleaning up and restoring stones there. However, the abutters are no longer able to care for it, and so many saplings have grown up, that we could not even get in to do a proper assessment. So, this lovely and historic cemetery needs a keeper and much work. Access and a work staging area is available through one of the abutters.
- Gr 21 Whitmore Cemetery. On east side and right up against the road. This cemetery is well maintained by the Babb family. The main need is to replace fencing, which has been approved and funded by the town. The Babbs have volunteered to install it. This is an urgent need due to proximity to the road: and one headstone and 2 small footstones need to be reset.

We have reasonably recent updates by keepers on the following 4 cemeteries:

- GR74 Nicoles Weymouth Stone. Near the home of and cared for by Todd Woofenden. There are no needs to report. Gr 39 Hackett Plot. This is the Nicoles Weymouth stone and N. W. footstone on Todd's property. After several emails and calls with him it was determined that the stones seen by Henry Lamoreau and Steve Hackett in the early '70's were the same as those found by Todd when he bought the property 20 years later. He never moved the stones, only stood them upright in place. BCAC will recommend to the Select Board that the number Gr 74 be retired. The name of the family who lived there before the Hacketts was

Weymouth, and the man buried there was Nicholas Weymouth according to Town records. The stone engraver apparently spelled phonetically.

- Gr 71 Durgin -Ayer Plot. About a half mile down the gravel row by the Campbell Cemetery (Gr 50). The Keepers are Kiersten and Jason Carlsen, who maintain it well; but a couple of years ago a windstorm and falling limbs toppled 2 of the tree stones, so this is a need.
- Gr 65 Beal Plot. Two stones in a field, maintained by landowner Max Zachau. There are no needs to be reported.
- Gr 47 Preble Grant Cemetery. Keeper, Carrissa Jefferson, has reported serious threats from dead trees and falling branches, which have resulted in some stone damage and prevented them from getting in to do cleanup. This need is urgent and has been referred to Public Works for evaluation. If professional tree service is needed it will be referred to the Town.

We were unable to locate the following cemeteries:

- Gr 48 Pratt Cemetery. On East side, before White Road, down a long drive.
- Gr 77 Whitmore Plot.
- Gr 49 Purington Cemetery. Described in earlier reports as having old slate stones, some piled against a fence.
- Gr 36 Thomas Cemetery. On East side, down a long field road, toward the Kennebec River.

Except for Gr 39, these have all been seen and documented at one time. We will try to get more precise locations and go see them! All of them need Keepers. We have included this rather lengthy report on the River Road Cemeteries to encourage interest and generate Keepers and volunteers for them.

KEEPER'S NEEDED For the following cemeteries.

We are urgently requesting volunteers and Keepers, especially young and recently retired people.

continued next page

Cemetery *continued from previous*

River Road:

- Gr 48 Pratt Cemetery
- Gr 50 Campbell Cemetery
- Gr 18 Hall Cemetery
- Gr 77 Whitmore Plot
- Gr 19 Hill (Hill-Getchell-Hatch) Cemetery
- Gr 49 Purington Cemetery

Carding Machine Road:

- Gr. 29 Maxwell Family Plot
- Gr 38 McFadden Yard (end of old Dump Road)
- Gr 30 Elliot Plot (end of Batchelder Drive)
- Gr 81 Thomas Plot

Other:

- Gr 68 Booker Road Plot
- Gr 23 Densmore Cemetery, White Road
- Gr 44 Work (Stuart-Work) Plot, Temple's Way
- Gr 27 Harward Cemetery, Pork Point Road
- Gr 42 Jack Plot, Elliot Lane, off Post Road

Presently, we are focused on catching up with our documentation. Peter Mendall is working on getting a Bowdoinham Cemetery Website coordinated with the Historical Society's Cemetery Website. Patricia and William Oh, the Keepers of the Purington Cemetery on Brown's Point Road, are now members of the BCAC. In April, we will start planning our spring and summer schedule of stone cleaning workshops and reporting needs for tree removal and stone repair and resetting to the Town. We will also specify the smaller cemeteries we want to assist with and will ask for volunteers.

Please contact these people for any reports, concerns, or questions regarding the Bowdoinham cemeteries, or to volunteer.

Nina Jewell Mendall, BCAC Chair, 207-666-8838, njmendall@comcast.net

Peter Mendall, BCAC Secretary, 207-666-8838, pjmendall@comcast.net

Elaine Lamoreau Diaz, Vol. Coordinator, 207-666-8255, elainediazhome@gmail.com

Frank Connors, Sexton, 207-725-4043

Peary's Garden

Lily Montgomery

Lots of exciting things are happening at Peary's this spring as we prepare for our seventh season of gardening! We've got a great group of gardeners again this year and can't wait to see everyone's plots fill again with beautiful flowers, vegetables and fruits. We still have space for a few more - please reach out if you're interested!

Two of the most exciting changes this year at Peary's are a beautiful new privy and the drainage system we dug last fall to help with the heavy wet springs we've had in recent years. We're hoping that both of these developments will make for a more comfortable season for all- thank you Brian Smith for making it all happen!

Be sure to save the date for the Not Your Mother's Garden Tour to benefit the library on Saturday, July 13th- we'll be the final stop on the tour and will welcome all to enjoy a pizza buffet and sweet treat while they stroll

through the garden and admire all of our hard work! Stay tuned for ticketing information.

Peary's garden is open to any and all who are interested in growing their own food. Plots are 10' x 25' and cost \$25 for the season. Half plots are available as well (\$15), and we are happy to waive the fee if cost is an issue.

Membership includes water access, seeds, tools, organic fertilizer, manure, compost and advice if needed. We also have a beautiful brick pizza oven at Peary's where we host several potlucks for our gardeners each season. It is available for use by our members once they've been trained!

Peary's is a family friendly place and we welcome gardeners of all ages and abilities. Please get in touch if you have any questions at all or are interested in gardening with us! Contact Lily Montgomery at pearysgarden@gmail.com.

2024 Dates to Remember

Property/Personal Taxes Due:

Wednesday, May 1, 2024

Photo Contest Entry Deadline:

Wednesday, May 15, 2024

Town Meeting:

Saturday, June 1, 2024 @ 9 am

Sunday Summer Concert Series:

Sunday, June 23, 2024

Library Garden Tour:

Saturday, July 13, 2024

Open Farm & Studio Day:

Sunday, July 28, 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 6, 7, 8 & 13, 14, 15, 2024

Visit for more info: www.bowdoinham.com/page/events

Stone Stories

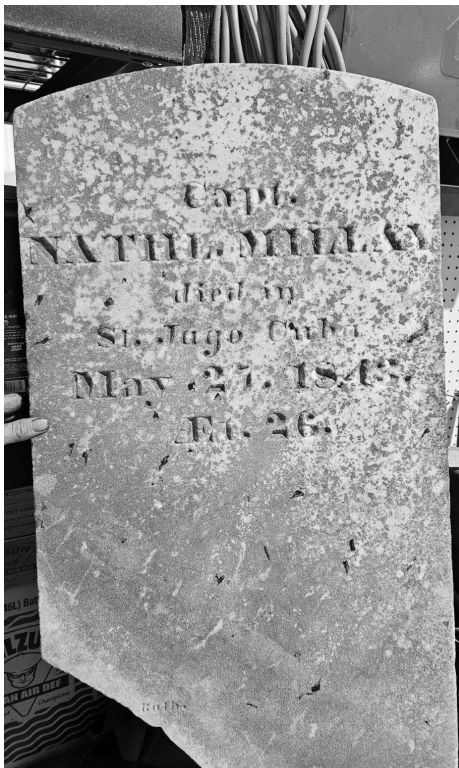
by Frank Connors, Cemetery Sexton

Captain Millay is almost home

Almost 181 years after his untimely death, Bowdoinham sea captain Nathaniel Millay's grave marker is about to come to rest. Again. "I can't be happier," offered Linda Temple, member of Bowdoinham's Cemetery Advisory Committee (CAC), and a cemetery evaluator, "this has been a long time coming."

The story opened nearly 60 years ago, when Interstate 295 was being constructed through Bowdoinham. An old house on Millay Road was being razed, and workmen happened to find an old Marble gravestone being used as a stepping stone in the basement of the place. Saved from the wreckage, the stone was picked up, carried to safety free of the right-of-way, and leaned against a tree for safe keeping. There the stone rested for a decade or three, until our Linda Temple happened along on a horse ride and noticed it. She went home, reported it to "someone," and waited for something to happen. Nothing did.

But Linda is nothing if not determined. She retold the story over several decades more, taking anyone who seemed interested to visit the stone.



Last fall, Toby Frizzle and Thomas Egan in the town's Public Works department went and got it, and carried it to their garage, where it has spent the winter, patiently awaiting spring. Frizzle has spent some time trying to clean it. Last fall, the CAC identified a Jeremiah Millay stone in the Village Burying Ground (a father?, a brother?) and has decided to return the stone to what is believed to be his family site. If all things happen "just so," the stone celebrating the life of Captain Nathaniel Millay, aged 26, who died in St. Jago,

Cuba, on May 27, 1843, will be set on the family site in the Village Cemetery, just 181 years after his death. You know Linda Temple in pleased.

***Edit note:** Bowdoinham is home to some 60 cemeteries, of all shapes and sizes. If you have questions about cemeteries, contact your CAC or Sexton, and any information available will be provided. We're pleased to use this space to provide interest tidbits of local stones and graveyards, in this and in future editions of the Bowdoinham News.*

Things Found on The Bay

C	A	T	T	H	E	C	H	O	P	S	O	N	G	H	O	M	E	W	G	O	N
A	D	R	O	S	S	I	G	R	I	V	O	R	E	G	O	R	G	E	B	A	A
R	O	P	D	F	R	I	E	N	D	S	C	O	E	E	F	R	O	D	Z	M	N
D	R	A	P	H	O	P	E	J	O	Y	A	C	S	E	F	A	R	M	S	P	D
I	S	B	R	I	C	K	I	S	L	A	N	D	E	S	M	I	L	T	E	V	R
G	C	A	L	I	F	O	R	N	Z	K	O	A	T	O	S	P	R	Y	D	L	O
Z	I	G	B	U	P	P	E	R	O	O	E	M	A	Y	B	I	E	V	I	K	S
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A	T	I	F	A	R	M	B	O	E	P	T	Y	O	R	A	K	L	V	E	E	S
R	H	K	L	E	G	D	E	A	P	C	N	A	D	O	U	O	P	L	O	M	N
N	L	L	E	D	G	E	S	D	T	I	O	K	A	A	Q	A	B	I	N	S	O
P	I	C	Z	O	L	O	T	R	P	A	I	L	Y	X	E	K	I	L	L	G	M
I	N	K	W	Y	L	I	L	R	E	T	A	W	I	D	U	C	K	S	I	S	L
E	L	L	O	V	E	P	F	I	K	E	N	N	E	B	A	C	J	O	Y	A	A
S	H	R	I	R	E	S	A	E	K	A	Y	M	A	R	S	H	E	S	Q	S	S

- | | | | | |
|------------|--------------|------------|----------|----------------|
| BLUE HERON | BRICK ISLAND | CANOE | DUCKS | EAGLE |
| FARMS | FRIENDS | GEESE | KAYAK | LEDGES |
| MARSHES | MOORINGS | OSPREY | PINES | PLEASANT POINT |
| SAIL BOAT | SALMON | SMELTS | STURGEON | THE CHOPS |
| TIDES | TROUT | WATER LILY | WILDLIFE | |

Bonus words: The six rivers that make up Merrymeeting Bay

- | | | |
|--------------|--------------|----------|
| ANDROSGOGGIN | ABAGADASSETT | CATHANCE |
| EASTERN | KENNEBEC | MUDDY |

Dahlia Day

SATURDAY MAY 18, 9-4

COOMBS MUNICIPAL BUILDING

13 SCHOOL ST, BOWDOINHAM



800 TUBERS \$5 EACH



OVER 50 VARIETIES



LABELED & READY TO PLANT



THANK YOU, LINDA LABBE!

TO BENEFIT BOWDOINHAM PUBLIC LIBRARY

WWW.BOWDOINHAMLIBRARY.ORG

THE BOWDOINHAM NEWS

Bowdoinham Summertime Fun

Many of us may recall that catchy little song that was popular in the early 70s "Hot Fun in the Summertime" by Sly & the Family Stone.

A couple of the verses with the catchy chorus.

End of the spring

And here she comes back

Hi, hi, hi, hi there

Them summer days

Those summer days

That's when I had

Most of my fun, back

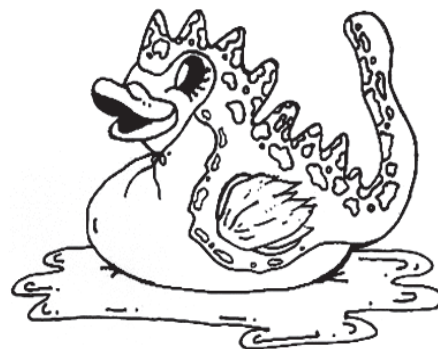
Hi, hi, hi, hi there

Them summer days

Those summer days

Hot fun in the summertime

Hot fun in the summertime



Hot fun in the summertime

Hot fun in the summertime

Here in Bowdoinham, we have our own kettle full of home town summer fun brewing.

From community gardens to garden walks, art camps to kids baseball tournaments, strawberry picking, farm stands and farmers' markets, hiking the trails, kayaking along the Cathance and boating on the bay, as well as bike tours, concerts and community celebrations. Whatever your flavor of summer fun Bowdoinham has something for you.

Below are a few Bowdoinham Annual Favorites:

Farmers' Market: Maily Waterfront Park

Every Saturday morning from 8:30 to noon beginning June 8th you can pick up fresh produce, homemade goodies, fresh baked bread, seasonal flowers, and grass-fed meats.

Summer Sundays Concert Series: Maily Waterfront Park

What better way to end your weekend than visiting with friends and family while listening to live music and enjoying some cuisine sold by local non-profit groups along the beautiful Cathance River at the Gazebo in Maily Waterfront Park. The concerts start at 6 pm on June 23. (See flyer insert for dates, bands and food host)

Open Farm & Studio Day

Sunday, July 28, 2024 is our annual Open Farm & Studio Day. Visit local farms, take part in art exhibits, enjoy local produce, products, and events. A complete listing of events will be available in July.

Farmers and Artist planning to participate please contact Yvette Meunier at planning@bowdoinham.com by May 15th.

Celebrate Bowdoinham!!!

Saturday September 14, 2024 will round off this summers fun and activities. This year's theme is Monsters of the Bay! The ducks are in training, anxiously awaiting the big race and counting on your participation to make the 2024 celebration a year to remember. Ways you can help with this year's event: build a float and enter the parade, donate to the silent auction, sign up as a vendor, or become a sponsor of the event.

FMI please use the QR code or visit www.bowdoinham.com/event/celebrate-bowdoinham-2024 or contact Yvette Meunier at planning@bowdoinham.com.



Cathance Fitness Center



Community Health

Message: May is Mental health Awareness & June is Alzheimer's & Brain Awareness Month.

The fitness center will have pamphlets available for you to take through both months. ~10 warning signs of Alzheimer's. ~Take care of yourself, how to manage caregiver stress. ~Dementia care resources. ~ Around-The-clock Alzheimer's disease information & support. 24/7 Helpline: 1-800-272-3900

Brain health foods include:

- Broccoli for cognitive function. A source of vitamin K.
- Carrots for your eyes and to fuel your brain. Contains a compound that reduces age-related memory deficits & inflammation in the brain.
- Avocado, a great source of healthy fats & known to increase blood flow to the brain.
- Blueberries may improve cognition & promote memory.
- Walnuts for brain power vitamin B12 & B6. Healthy fats are shown to improve memory function.
- Dark chocolate is known to boost mood & ease pain but also shown to improve blood vessel function which improves brain function & memory.

CathanceFitness.com

This month's friendly reminder: Individuals need to be 18yrs old in order to hold an "individual membership". Members younger than 18yrs must fall under a family or couples' membership with a parent. **Members under 16yrs** must have a parent in the building while using the fitness center or gymnasium. Please see this portion of the website FMI: cathancefitness.com/membership-information/

1201 Main St. Bowdoin, Maine. This route 125 address is the old Bowdoin Elementary School.

Thank you for using the Cathance Fitness Center.



Tips to care for your MENTAL HEALTH

 Talk to someone you trust	 Take care of your physical health
 Do activities you enjoy	 Focus on your surroundings for two minutes
 Don't be afraid to say "No"	 Tell yourself that everything will be fine

#YouMatterMN

More free Computer Classes at the Library

by *Kate Cutko*

The Bowdoinham Public Library in conjunction with the National Digital Equity Center (NDEC) will again be offering free computer classes at the library. The instructor will be on a screen, while you and a class hostess will be together in the Kendall Room. You have to register online at digitalequitycenter.org/classes/onsite-class-catalog/. If this is your first class, they ask that you enroll by clicking on the enroll form on the "dashboard" of the NDEC website. If you need assistance, please stop in to the library.

Telehealth - Connecting with Your Healthcare Provider at Home - May 1, 10 - 11 AM

In this class we will look at how you can connect with your healthcare provider from the comfort of your own home. Telehealth is the new Home Visit, allowing healthcare

providers to evaluate, diagnose, and treat patients, whether it's for check-ups, consultations, or a follow-up appointment. We will discuss the process; from setting up your initial appointment, what to expect, insurance and patient portals to community resources. No devices are required; just bring yourself.

"Cutting the Cord" - Getting TV & Phone Services Over the Internet - May 20, 4 - 5PM

What does it mean to "Cut the Cord"? It's about canceling cable or satellite services and being able to watch television shows online, as well as options that would allow you to get rid of your landline. This class will not only show you the wide variety of options out there, but also teach you some tools to decide if cutting the cord is right for you." No devices are required; just bring yourself.

Bowdoinham Municipal Directory

Town Office

13 School Street
Phone: 666-5531
Fax: 666-5532
Website: 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 Road
666-3228

Website: 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 Street
Bowdoinham, ME 04008
Phone: 666-8405
Website: 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

Animal Control

522-8816

Fire & Rescue

666-3505 (non-emergencies)

Public Works

666-3503

Sagadahoc Sheriff Dept.

443-8201

Water District

(Payments Due Quarterly)
737-4721

THE BOWDOINHAM NEWS

Community Calendar

May

- 1 Tax Payments Due
- 1 Mooring Applications Due
- 4 Cathance River Trails Volunteer
Workday 10:00 AM
(*Raindate: May 11th*)
- 15 Photo Contest Entry Deadline
- 22 Comprehensive Plan Informational
Meeting 6 - 8 PM @ Bowdoinham
Community School
- 27 Town Office Closed

June

- 1 Town Meeting 9:00 AM
- 8 Farmers Market Returns
8:30 AM - 12 PM
- 19 Town Office Closed
- 23 Concerts In The Park Returns
6:00 PM
- 20-23 10U Cal Ripken
Baseball District Tournament

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 6:00pm

Cemetery Advisory Committee

1st Thursday of Month at 4:00pm

Town Hall Committee

Last Tuesday of Month at 6:30pm

Solid Waste Committee

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

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

**Town of Bowdoinham
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Bowdoinham, ME 04008**

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