



# THE BOWDOINHAM NEWS

Volume 12, Issue 4

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July & August 2014

## BUSINESS SPOTLIGHT

### Bowdoinham Farms

By Wendy Rose

**A**griculture is Bowdoinham's largest business sector and many of our farms are certified organic. It is impressive to see how many of them provide a living income to the families who run them and how many people they employ.

#### Blue Bell Farm

David Asmusen

Join us welcoming Blue Bell Farm to Bowdoinham! While Dave Asmusen is the new farmer in Bowdoinham, his preparation for his farming career has been long and intensive. An early clue to his farming path was a radish project that he did in fourth grade. In the years since, he has gotten a biology degree at Dartmouth, a Master's degree in plant and soil science, has worked at greenhouses, and has been involved with many kitchens and restaurants. Dave has also been working through the Maine Organic Farmers and Gardeners Association (MOFGA) in their Journey person program. This has given him valuable experience on two different Maine farms which also serve as mentors to him.

When Dave and his wife, Meredith decided to move to this area, they worked with the Maine FarmLink Program (a Maine Farmland Trust initiative) to find the right spot. The FarmLink Program helped them find their location at the Richmond end of the Carding Machine Road. Dave's research has uncovered an interesting history for this land going back to the Thomas family in the 1830's.

Since moving to Bowdoinham in October 2013, Dave has been able to establish several greenhouses as well as

prepare the fields for production. He currently raises a variety of vegetables including Brussels sprouts, lettuce, herbs, snap peas, cucumbers, and peppers.



He is working toward full organic

certification and currently uses organic methods. He is finding a good market with local area restaurants who want to offer fresh, local produce to their customers.

"I love the variety of things I need to do," Dave comments. "There is always something interesting. The challenges include the weather, and trying to think a year ahead to what people are going to buy and then hoping that what you plant will hit the mark." Since Meredith works full-time as a lawyer in Portland, the child care duties for their daughter

Eleanor, a very lively 14 month old, fall to Dave during the week. Balancing this responsibility with the demands of the farm makes for very full days.

Dave has a lot of goals he wants to achieve including full organic certification, an eventual farm stand, and providing a substantial share of the household budget through farm income. He's happy to be underway on his own land and looks forward to seeing how far the spark from that radish project will take him.

You can contact Dave at [www.bluebellfarm.com](http://www.bluebellfarm.com) or [bluebellfarmmaine@gmail.com](mailto:bluebellfarmmaine@gmail.com) or 653-8300.

#### Fairwinds Farm

Pete & Cathy Karonis

Fairwinds Farm has been a highly visible presence in Bowdoinham for over 10 years. As one of the anchor farms for the Bowdoinham Farmer's market and their u-pick strawberry fields near Merrymeeting Bay, Fairwinds has contributed to the eating enjoyment of our community.

Before the current operation, Cathy and Pete both had their own farms and

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## Bowdoinham Farms

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kept crossing paths at farmer's markets. Pete had started his farm after retiring from the Marines and Cathy, a Bowdoinham native, had been selling produce since 1998. They combined their farms (and lives) in 2005 and have been happily developing it ever since.

Cathy and Pete grow a wide array of vegetables on 40 acres and sell them at the Bowdoinham Farmer's Market, several small stores, the Brunswick market on Tuesdays and Fridays, the Crystal Spring market on Saturday, and some wholesale accounts such as the Portland Public Schools. They also offer a Community Supported Agriculture share for the public that has an interesting twist. Customers can purchase a \$200 or \$250 "line of credit" and then draw that down by shopping at the farmer's markets where they have a booth.

A favorite of customers is, of course, the luscious strawberries that become available in July at the Bowdoinham fields on Brown's Point Road. Pete and Cathy are adding blueberries and raspberries to the twelve acres of strawberries and hope to have those available for u-pick in a couple of years. During their busy time, they employ 8 field workers, 3 market staff and as many as 40 strawberry pickers.

One of the most recent developments for Fairwinds is the expansion of winter farmer's markets such as the one at Ft. Andross in Brunswick. This has led Cathy and Pete to develop new product lines by processing the grains they grow at their property in Topsham. Oat flour, rolled oats, 10 varieties of dried beans, corn meal, and popcorn have now joined all the other products and enable Fairwinds to be a year-around operation. Cathy and Pete can now spend full-time on the farm without supplementing their income from off-farm jobs.

The slogan for the farm, "Fairwinds Farm—top quality produce, responsibly grown, reasonably priced," expresses their mission. "We want strawberries to be a staple for families rather than a luxury,"

Pete says. "We do everything in our power to keep prices down so that people can afford it." Cathy adds, "Sometimes we think we're crazy, but we love what we do and where we're doing it."

You can reach Cathy and Pete through the farm's website at [www.fairwindsfarm-maine.com](http://www.fairwindsfarm-maine.com) or at 729-1872. Their email address is [fairwindsfarm08@gmail.com](mailto:fairwindsfarm08@gmail.com).

### Lalibela Farm

*Jaime and Andy Berhanu*

It has taken several attempts in different locations for Jaime and Andy to find the right spot for their farming operation. The one thing they really knew, however, was that Bowdoinham was a great place to be. "Bowdoinham has a community feel," Andy says. "It has a nice balance of youthfulness and tradition." When the property that used to house Mother Oven Baking Company on the Carding Machine Road became available, they were able to move there with their two daughters in 2012 and set down roots.

In addition to growing a variety of certified organic produce, Jaime and Andy have found a niche product that really works for them. It happened serendipitously. Since they are vegetarians, they made their own tempeh (an Indonesian bean dish) as a protein substitute in their diet. When they had extra, they brought it to their booth at the Portland Farmer's market and discovered that it was hugely popular. Many area chefs would come to buy it. Fortunately, their new Bowdoinham home has a building that was easily converted to a commercial kitchen where the soy beans and black beans can be processed, fermented, and packaged into tempeh. Because tempeh is so versatile—it can be grilled, crumbled, and treated like meat—it is a popular vegetarian option. It helps that beans do really well in the Maine climate, and Lalibela Farm is able to lease some good growing land on the Brown's Point Road so they can raise their own as well as buy from other farmers.



Besides selling their produce and tempeh at the Portland Farmer's Market, Jaime and Andy take tempeh orders from restaurants and other markets over the internet on Monday which are then produced and delivered on Friday. Many local markets carry the product including Morning Glory in Brunswick. Others are listed on Lalibela Farm's website (see below). They also sell wholesale to Crown of Maine which markets the tempeh to 50 stores in the more northern part of the state.

Future plans for the farm include increasing tempeh production and developing a couple of other product ideas. Right now, the couple is

able to devote full-time to the farm operation and to work at it year-around. They believe that they can increase sales to the point where the farm will support the

family comfortably.

"One of the best things about our business is that it gives us a chance to be together," Jaime says. Even after 13 years, the couple enjoys working together every day and having the flexibility to be with their daughters and participate in their activities. "You have to have a passion for farming," Andy cautions. "You don't really have a day off, and the 'to do' list is always long." "We're really grateful to be in Bowdoinham and to be doing this work," Jaime adds.

You can reach Jaime and Andy at 751-0288 and at their website [www.lalibelafarmmaine.com](http://www.lalibelafarmmaine.com) where there are also recipes for tempeh. Their email address is [lalibelafarm@gmail.com](mailto:lalibelafarm@gmail.com).

### Life Force Farm

*Ben Dearnley*

In seven years, Ben has developed a thriving farm operation off the White Road at Carlson Crossroad. He has 3 greenhouses, a walk-in cooler, 7 fields, and a full complement of Community

Supported Agriculture (CSA) customers. The path to this accomplishment began after he quit his desk job at the Maine Department of Environmental Protection



in 2004. He interned on a small farm in California and got involved in the Mendocino County effort



to ban Monsanto products—a winning effort. Maine was pulling him back east, however, so he returned and apprenticed on 2 farms in Maine and Massachusetts. When he heard about the availability of the farm in Bowdoinham, he jumped at the opportunity.

Ben has 2 different CSA seasons—one in the winter and one in the spring. The Oct-Feb. share is \$400 and the March-May share (6 weeks) is \$200. Customers come on Sunday to pick up their harvest for the week. By keeping each of these seasons to 30 shares, Ben is able to handle the work by himself for the most part. He grows onions, leeks, garlic, broccoli, kohlrabi, cauliflower, Brussels sprouts, and squash along with spinach, mixed greens, cucumbers, collard greens, and Swiss chard. Whatever is left over, he sells to the Crown of Maine, a wholesale produce buyer based in Vassalboro that markets to outlets throughout Maine. Even his summer job at a special needs school complements his farming operation since he manages a 10,000 square foot garden that supplies the food for the school.

Word of mouth about his CSA usually means that he is able to sell all his shares without having to market the business. When a few customers drop out, others hear about the opportunity and sign up.

As a certified organic grower, Ben says that keeping everything weed and pest free is a major challenge. "I need to make sure that I'm doing a good rotation among my seven fields in order to create long-term productivity," he comments. Gratification with all his work happens around harvest time. "Looking at the

fields in the fall and seeing a large amount of food is so satisfying."

Right now the farm supplies 50% of his budgetary needs. "Because I'm renting right now, I'm not sure what will develop in the future. I'd like to work at it until I can't do it anymore," he says.

Life Force Farm is participating in the Open Farm day this year. You can also reach Ben at [lifeforcefarm@gmail.com](mailto:lifeforcefarm@gmail.com) or call him at 215-6773.

### Additional Farms that will be participating in Open Farm Day

#### Apple Creek Farm

Apple Creek Farm is a second generation family farm. Established in 1985, Pete and Janet Galle moved from Brunswick to Bowdoinham. Over the years more land was cleared for pastures and hayfields, the sheep flock increased, and eventually beef cows were introduced to the farm. Apple Creek Farm is currently managed by Jake Galle and Abby Sadauckas along with Pete and Janet Galle. All the land used by the farm is certified organic including leased hayfields and pastures. The products from beef cows, sheep, goats, laying hens, broilers, geese and turkeys are certified organic.

#### Campo di Fiori

Campo Di Fiori is a specialty nursery growing hardy wildflowers, ornamental grasses, and select cultivars. Andrew Fiori's goal is to inspire and encourage imagination in the art of garden creating with respect to the dynamic beauty and emotion of nature. In creating the plant palette particular attention has been given to plants that are hardy, robust-growing, and low-maintenance while embodying a more natural or wild aesthetic. The majority of these plants have a long season of interest, and for that reason are particularly useful in keeping our gardens attractive from spring into winter.

#### Fishbowl Farm

Chris Cavendish and Gallit Sammon grow organic vegetables on 18 acres on Merrymeeting Bay. They are committed to

producing healthful, nutritious and safe food of the highest quality while protecting the integrity of our environment. Their produce can be found year-round at farmers markets, local restaurants and markets.

#### Gruff Acres Farm

Diana and Dale Mosher started Gruff Acres Farm as a hobby when they entered retirement. Now they have goats, hens, alpacas and several gardens. They raise both meat goats and dairy goats. Dale makes goat milk soap, which is so good for your skin! Diana makes cheeses, which she also teaches at the Long Branch School and Gardiner Adult Education. Diana also creates greeting cards and does decorative tole painting.

#### Six River Farm

Nate Drummond and Gabrielle Gosselin started Six River Farm in 2007. It is a diverse organic vegetable farm located on the shores of Merrymeeting Bay. Nate and Gabrielle own seven acres of fields and lease and additional eighteen. They, along with their employees, grow twelve acres of vegetables, berries, herbs, and cut flowers and manage the remainder of their fields in cover crops for crop rotation. Their produce is sold at the Brunswick farmers markets, as well as to restaurants and natural food stores in the area.

#### Stonecipher Farm

Stonecipher Farm is a small diversified organic vegetable farm, purchased by Ian Jerolmack in 2009. Ian's love of farming began at a young age, despite the limitations of his suburban Pennsylvania setting; keeping chickens ducks and geese, and growing all sorts of vegetables and fruit. After several years of apprenticeship and employment at various farms, Ian endeavored into the adventure of starting his own farm from scratch. Ian loves growing food is proud to be a member of it of Maine's agricultural community.

## Open Farm Day

By Nicole Briand

Join us in celebrating Open Farm Day on Sunday, July 20th. The day will begin with farm tours including six of which have been preserved as "Forever Farms". Several farms will have displays, farm-raised products for sale, fun activities to enjoy and tasty samples to try. So come explore our local farms!

## Farm Tours, 9am-4pm

Times vary, please see below.

### (1) Campo di Fiori

212 Fisher Rd

9am-4pm. Come explore Andrew's naturalistic gardens, an experimental hybrid hazelnut orchard and new nursery.

### (2) Apple Creek Farm

448 Millay Rd

9:30am-12pm. Come enjoy pasture walks and meeting the livestock. Products will be available for sale including: beef, lamb, goat, chicken, eggs, sheep & goat skins as well as pre-orders for geese and turkeys.

### (3) Gruff Acres Farm

919 Post Rd

9am-3pm. Come see the beautiful gardens, meet the goats, alpacas & hens, and try goat meat and homemade cheese samples.

### (4) Life Force Farm

71 Carlson Cross Road

1-4pm. Come meet farmer Ben and tour his organic vegetable farm located in the heart of Bowdoinham.

### (5) Blue Bell Farm

767 Carding Machine Rd

12-4pm. Join us in welcoming David & Meredith to Bowdoinham! Come tour the hoop-houses, feed the chickens, and take a stroll through the fields.

### (6) Stonecipher Farm

1186 River Rd

12-3pm. Come visit Ian and his 65-acre Forever Farm, dig up some carrots and cool off in the giant sprinkler.

### (7) Fairwinds Farm

554 Browns Point Rd

9am-12pm. Come tour Pete & Cathy's Bowdoinham fields and enjoy some samples of fruit shortcake.



### (8) Fishbowl Farm

497 Browns Point Rd

9am-12pm. Come experience one of Maine Farmland Trust's Forever Farms on beautiful Merrymeeting Bay. Please park along Browns Point Road and walk to fields as signage directs.

### (9) Six River Farm

513 Browns Point Rd

9am-12pm. Come discover a diverse array of vegetables, berries, herbs, and cut flowers along Merrymeeting Bay. Please park by the greenhouses.

## Barbecue, 3-6pm

at Maily Waterfront Park

New to this year's event will be a Barbecue featuring fresh foods from Bowdoinham Farms and live music by Steamboat Gypsy, a dynamic folk trio featuring crisp songwriting, driving fiddle tunes, traditional songs, and subtle vocal harmony.

The Barbecue will be catered by

A'muse Catering. Chef Bryan Leary's love of cooking began as a teenager. Now, having worked formally in the hospitality industry for 18 years, Bryan is still passionate for the art of cooking and the wonderful way good food can bring people together. So come join us for some great local food!

### Menu

(Items subject to change)

- Lemon Honey Parsley Chicken
- Teriyake Tempah with Asian Slaw
- Kid's Hamburger
- Garden Salad with heirloom tomatoes radishes and cucumbers
- Goat cheese & Beet Salad
- Vegetable Crudites with Yogurt Honey Dipping Sauce
- Strawberry-Raspberry Shortcake

### Cost

- \$10 for adults
- \$8 for kids/seniors
- \$7 for kids hamburger meal

### Fresh, Local Ingredients provided by:

- Apple Creek Farm- chicken & hamburger
- Fairwinds Farm- strawberries & raspberries
- Fishbowl Farm- salad greens & herbs
- Gruff Acres Farm- lamb & goat cheese
- Left Field Farm- squash, zucchini & parsley
- Life Force Farm- broccoli, cauliflower & peas
- Six River Farm- tomatoes, cucumbers, onions, peppers & scallions
- Stonecipher Farm- beets, carrots, celery, radishes, cabbage & goat yogurt

**Pre-registration for the Barbecue is appreciated, please contact Nicole at [nbriand@bowdoinham.com](mailto:nbriand@bowdoinham.com) or 666-5531. Or you can buy your tickets in advance at the Town Office.**

## Thank you to our Sponsors!

### Gold Level Sponsors

#### Local Farms - Local Food

Local Farms-Local Food is a collaborative project between the Brunswick-Topsham Land Trust and the Kennebec Estuary Land Trust to support local, working farms, increase access to healthy local food, and improve the sustainability of local agriculture through conservation, education, and outreach. The Local Farms-Local Food project is generously supported by the Elmina B. Sewall Foundation.

#### Maine Farmland Trust

Maine Farmland Trust works to protect farmland, support farmers, and grow the future of farming in Maine. Maine Farmland Trust has worked with many of the farms on the Open Farm Day tour, and is thrilled to see such a vibrant agricultural community continue to grow in Bowdoinham.

#### Boco Video Productions

Rebecca Conley has over 20 years of experience in creating successful video advertising campaigns, commercials, documentaries, digital, web & social media content. She is passionate about video storytelling and proud to live in Bowdoinham.

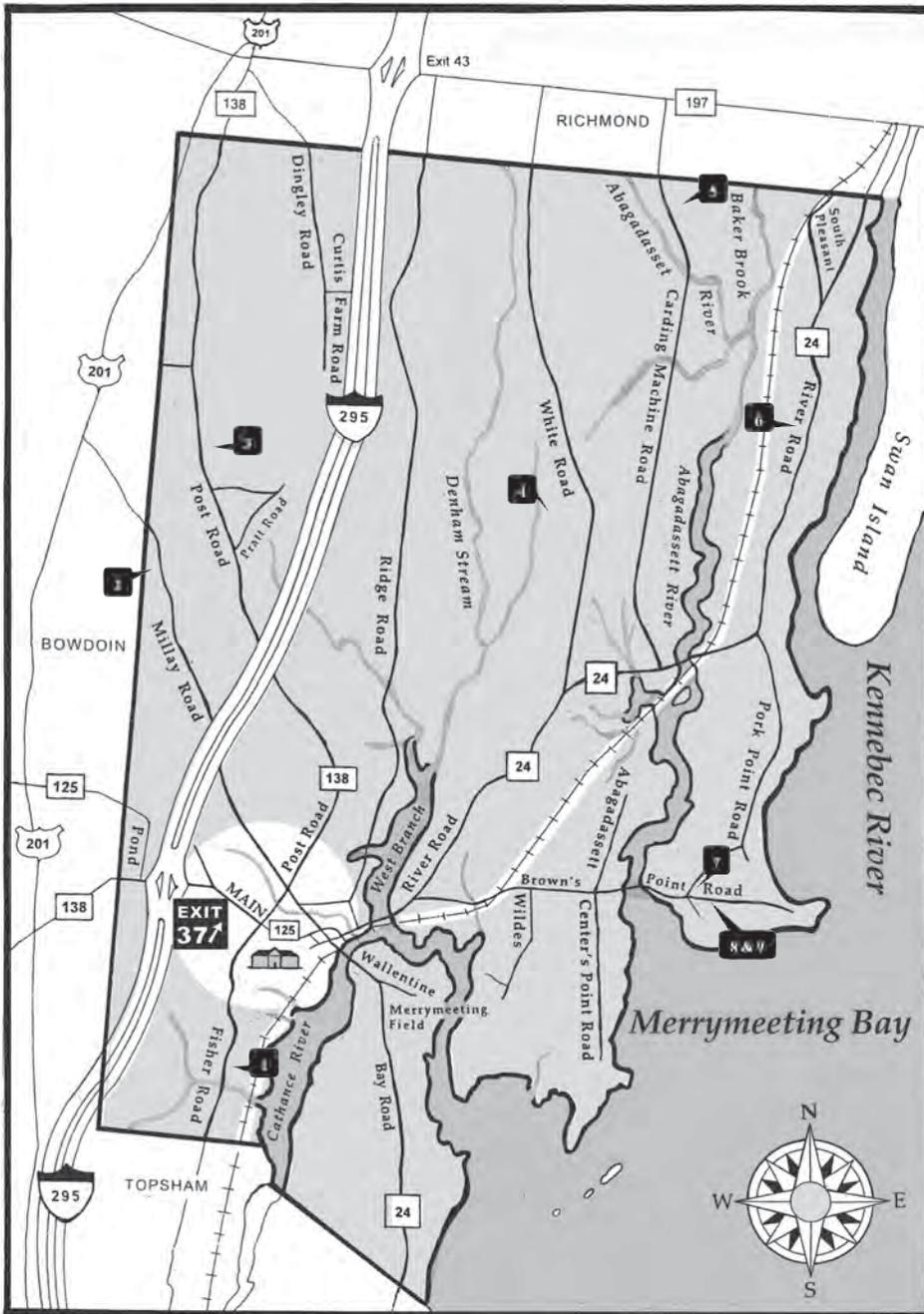
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## News from Merrymeeting Arts Center

By Peggy Muir

**A** lot is happening this summer down at the Arts Center and at the new Pottery Project!

### “Out There In America”

The Upright Citizens Brigade and Todd Bieber are bringing their hit show “Out There In America” to Bowdoinham on Friday, July 11<sup>th</sup> at 7pm! “Out There In America” is a fun, unforgettable, 90-minute show featuring scintillating videos and stories about the distinct “out there” characters Todd has encountered in his work as a filmmaker. It’s a feast of eccentricities that revels in the odd and quirky people who make life interesting.

Todd is looking to add Bowdoinhamers to their show! They are searching for interesting and eclectic people in Bowdoinham to film. If you qualify and want to be filmed, please get in touch with the Arts Center at [merrymeetingartscenter@gmail.com](mailto:merrymeetingartscenter@gmail.com) or 370-5002.

Then on Saturday, July 12<sup>th</sup> Todd will teach a class on filmmaking with emphasis on low level technology and the good films that can be produced using hand devices and common apps (on your cell phone for example). Space is limited, so please contact the Arts Center to register for the class.

### Summer Photography Classes

Two summer photography classes, taught by Jane Page-Conway, will be offered in July and August. One is a six sessions class over two weeks in July and the second is a one day workshop in August. Jane Page-Conway has extensive experience teaching photography and graphic arts classes to students of all ages. Class space in both classes is limited. People with all ranges of experience are welcome.

“*Seeing through: Sun Print Photography*” is six sessions, July 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup> & 18<sup>th</sup> that will run from 10am to 12pm each day. Students will make transparencies for cyanotype, working with positive

and negative shapes, reproducing shapes on a transparencies. The six session class fee is \$60 (financial assistance available) and the class is limited to 6 students of all ages.

“*One Day Encaustic Photography Workshop*” will take place on Saturday, August 23<sup>rd</sup> from 10am-4pm. In this class students will work with wax to enhance photographs with overlays. Class is limited to six adults. No experience is necessary. The workshop is \$60 (financial assistance available).

### Pottery Workshops

The Pottery Project of the Merrymeeting Arts Center, housed in the renovated little green building, will be launched with a two workshops taught by Matt Ahlers. These workshops will be held on Saturday, July 19<sup>th</sup> and 26<sup>th</sup> from 12pm to 3pm. Tool kits for pottery work will be available at \$11 apiece but purchase is not necessary to participate. The cost is \$10 for adults or \$15 for an adult with child pair. Financial aid available. Space is limited, so reserve a place soon!

### Summer Drop-In Art

Once again the popular Drop-In Art will be held on Monday and Thursday mornings, 10-12am at the waterfront from July 14<sup>th</sup> to the 31<sup>st</sup>. No signup, no fee (though donations welcome). Just arrive and stay as long as you want!

### Wonderland Tea Party & Doll Sale

On Sunday, August 3<sup>rd</sup>, 12-4pm, the Merrymeeting Arts Center will host a doll sale and its second Wonderland themed Tea Party. This year we invite guests to bring their favorite dolls or stuffed animal to enjoy an afternoon of games and food.

Our tea party will feature light refreshments. There will once again be Wonderland themed games (i.e. Down the Rabbit Hole, Paste the Smile on the Cheshire cat). We will be making whimsical hats for our guests and for their dolls or stuffed animals. We will also hold some of your favorite and traditional outdoor games: a sack race, a three-legged race, an egg carry

race.

Once again our huge chessboard will be in use for a game by serious chessplayers with children as pieces wearing the correct chess piece hats. And Bryce Muir’s Alice in Wonderland croquet set (with five foot high figures and flamingo mallets) will be in use out on the lawn. A donation of \$5 apiece is requested for the afternoon’s fun.

A large collection of dolls, doll furniture and doll accessories will also be sold to benefit the Merrymeeting Arts Center.

### Summer Art Exhibits

Our main gallery is hosting a show “Celebrating Bay Boats: Jane Page-Conway and Friends” of work in all genres about boats and the boating experience on Merrymeeting Bay.

The bryceworks gallery will have new sculptures on view by Bryce Muir in an exhibit titled “The Artist’s Family: What They Keep.”

The Merrymeeting Arts Center is open Saturdays from 10am to 1pm and Sundays from 1pm to 4pm.

For more information or to register for a class/workshop, please contact the Arts Center at [merrymeetingartscenter@gmail.com](mailto:merrymeetingartscenter@gmail.com) or 207-370-5002.

### Needed: Eclectic Bowdoinhamers

If you are eclectic and want to be filmed for Todd Bieber’s “Out There In America” Show, please contact the Arts Center!

### Photographs of Bowdoinham Needed

Reminder to submit all you photographs by July 30<sup>th</sup>! You can email your photo to [merrymeetingartscenter@gmail.com](mailto:merrymeetingartscenter@gmail.com), please include in your email: where the photo was taken and why you took it.

Don’t forget to come see the display at Celebrate Bowdoinham, it will amaze you!

## 2014 Swan Island Events

By John Pratte

All events occurring on the Island require a reservation, please call 207-547-5322 to reserve your spot.

### July 12<sup>th</sup> - Wind Over Wings

Time: 9am – 11am (*Space Limited*)

Come meet a golden eagle, kestrel, saw-whet owl and great horned owl with Wind Over Wings from Dresden, a nonprofit educational service featuring magnificent birds who are unable to survive in their natural environment and who have overcome extraordinary obstacles in their lives. Their goal in education is to provide a personal connection with wildlife that will lead to responsible stewardship of the environment.

### July 19<sup>th</sup> - Living History Reenactment

Time: All Day

Ferry Schedule: 9am, 10am, 11am, 3pm & 5pm

Step back in time to the 18<sup>th</sup> century and interact with Fletcher's Company on a scouting mission to Swan Island. Historically, the soldiers of Fletcher's Scouting Company patrolled the Maine woods to protect the settlements from attack by Native Americans and their French allies. Visitors will have a chance to observe and interact as they practice drill and patrol throughout the day. Come see history in the present. Explore the island and meet this group to learn about local history and life in Central Maine during the mid-1700s.

Make sure to be on the island before 1:15pm for a discussion of the Native American raid against the Whiddon and Nobel families who were living on the island and taken in 1750. And for the first time due to extensive rehab work by the Friends of Swan Island group, the Tubbs-Reed house will be open to the public!

### July 26<sup>th</sup> - Richmond Days Celebration

Tours at 9am, 11am, 1pm and 3pm

Fee: \$5 per person. 3yrs & under are free.

Never been to Swan Island!? This is a great way to see all of Swan Island! Each tour will leave the Swan Island



landing in the island ferry and travel across the river for a 2 hour tour and then return directly to the dock. Space is limited so make sure you put your name on the list at the Friends of Swan island booth located in the Island parking lot on July 26th. For more information on Richmond Days visit [www.richmondmaine.com](http://www.richmondmaine.com). This is a great time to enjoy some local fun and get a tour of the Island.



### July 31<sup>st</sup> - Landscaping for Wildlife

Time: 6:30-7:30pm

Where: The Old Goat, Richmond

Fee: Free!

Any backyard, large or small, can be made into an excellent wildlife area for the enjoyment of the owners and their visitors. In creating such an area you first need to keep in mind the needs of wildlife. All living things need food, water, cover and space to survive. All participants will receive the FREE IFW guide to Managing your Backyard for Wildlife. August

### August 9<sup>th</sup> - Nature Walk

Time: 9:00am ferry (*Space Limited*)

Please join the Swan Island staff on a guided nature walk exploring the trails on Swan Island. The island has a variety of habitats that support an abundance of wildlife and native plants. Our guided nature walk promises to be a great way to learn about these natural environments straight from an expert Biologist who can answer questions and provide rich information. Feel free to bring a lunch and explore the island on your own afterwards and leave on a later ferry.

### August 30<sup>th</sup> - Morning Wildlife Tour

Time: 7:00-8:30am (*Space Limited*)

Join the Swan Island staff for a morning sightseeing wildlife tour to observe the abundant wildlife when they are more visible. Little to no walking as you ride in our tour truck the length of the island through a variety of habitats. Dress for the weather and don't forget your camera. Participants will also receive a coupon for Annabella's Bakery & Café right across the street!

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# THE BOWDOINHAM NEWS

## News from Bowdoinham Historical Society

By Betsy Steen

The Historical Society is busy, busy, busy!

### BHS Meeting House

(corner of Rt 24 & Browns Point Rd.)

A sturdy crew of Tom DeForeest, Karen Tilbor, Leslie Anderson, and Steve Bunn has striped the old plaster in preparation for sheet rocking. The building will also be fully electrified. Once that is completed we will be painting. Help is always welcome.

### Lancaster-Bishop Archive & Research Room

(3rd floor of John C. Coombs Building)

We hope by the middle of June, to have this room open on Tuesdays 10am-12pm & 2-5pm (Library Hours). We will be sorting, cataloguing, etc. Come join us or research your own topic.

### Jellerson School

During 2013-14 school year, we welcomed ten classes of second or fourth graders plus a group from the Midcoast Maine Homeschool Co-op for a 1910 school day!! They came from Bowdoinham, Bowdoin, Durham, and Woodside in Topsham. It has been very rewarding and we look forward to next year. We also hosted a lovely memorial reception for Erla Browne Kelley, Jellerson student and teacher.

### Shipbuilding at the Landing Event

What a wonderful two days. 130+

vessels were built at the landing between 1804 & 1912. On June 7 & 8, 2014, you could stand in the stern of four of them and look forward to the flag marking the bow over 150 feet away. You could see pictures of each



and learn it's fate. Then you could look at the tools used to build

them. Over 100 people came and did



just that. And 30+ youngsters built their own model ship or schooner.

### Bowdoinham Community School

Twelve Bowdoinhamers and one Californian spent the day June 6<sup>th</sup> with the BCS 4th grade manning 'History Stations' on School, Home Life, Wood Working, Braiding, Knitting and Sewing, Old Fashioned Games, Ice Harvesting, and Shipbuilding. It was a very rewarding day for all concerned! Thank you to our presenters: Leslie Anderson, Lara Ashouwak, Pam Belknap, Steve Bunn, Heather Cox, Marilyn Darnell, Sylvia Edmundson, Cathy Reynolds, Joanne Savoie, Sarah Schofield, Betsy Steen and Daphne White.

### Seeking

- 1962 float model of the Sea King
- Any seafaring or shipbuilding artifacts (tools, a small barrel or nail keg, etc) photos or paintings, accounts, log books, etc. We will copy, scan or photograph if you don't wish to donate them.
- Other items with historic interest "If in doubt, please ask."

### Mark Your Calendars

#### September 7<sup>th</sup>

#### BHS 4<sup>th</sup> Annual Super Yard Sale

Reserve a space to set up your table to sell your treasures or donate items to BHS to sell. This is our major fundraiser. contact Jeanne Gillis 666-3203 shouldabet@comcast.net

#### September 13<sup>th</sup>

#### Celebrate Bowdoinham

BHS Tent will feature more on Bowdoinham shipbuilding and seafaring as well as an area of nautical activities for children.

### BHS Memberships

Please consider joining to support the preservation and presentation of Bowdoinham's history!

\$5.00 for an individual  
\$10.00 for a family

Please send to:

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

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## FOMB Outside Calendar!

By Dup Crosson

**M**ake the most of these summer months and explore the beautiful landscapes that the Merrymeeting Bay area has to offer. Join Friends of Merrymeeting Bay (FOMB) for our Outside! 2014 series, featuring paddles, hikes, and other fun outdoor events that run through September. Families are encouraged to participate, especially for our first-ever Turkey Hunt on July 26<sup>th</sup>. Equal parts nature walk and scavenger hunt, this event was a neighborhood tradition by Pleasant Point resident Colleen Moore for many years. This year it's being sponsored by FOMB and Merrymeeting Arts Center to include more community members. And, don't forget, for a terrific and unforgettable experience, please register for our Thwings Point archaeology dig.

Most of our remaining events are free and all are open to the public, but pre-registration is required.

### July 7-18<sup>th</sup> - Thwing's Point Dig

Time: 8:00am-12:00pm & 12:30-4:30pm  
Location: Woolwich  
Fee: \$20 suggested donation  
Contact: Sarah Cowperthwaite, 449-1450

### July 16<sup>th</sup> - Little Swan Island Paddle

Time: 5:00-7:30pm  
Location: Richmond  
Contact: Warren Whitney, 666-3376

### July 26<sup>th</sup> - Turkey Hunt

A family-oriented eco-scavenger hunt, co-sponsored by Merrymeeting Arts Center  
Time: 9:00am-11:00pm  
Location: Topsham  
Contact: Colleen Moore, 720-0541



### August 23<sup>rd</sup> - Invasive Plants

Walk with Nancy Sferra, TNC  
Time: 9:00-11:00am  
Location: Bowdoinham  
Contact: Dup Crosson, 666-1118

To register for a program or for questions, please call the contact number for each individual trip, or contact Dup Crosson, FOMB Coordinator/Organizer, at 666-1118 or fomb@comcast.net. Participants must bring own boat and possess at least intermediate paddling skills. PFDs required. Participants attend at their own risk. See you out on the water!

## Guitars Wanted

By Sarah Stratton

**D**o you have an unused guitar stashed away in a closet or attic somewhere? Want to let those strings once again be put to good use and make beautiful music while supporting the music education of kids in our great town? Well, you're in luck! The Bowdoinham Community School Music Department is looking for donations of kindly used guitars for our 5<sup>th</sup> Grade Guitar Program! We're looking for as many 3/4 and full-size guitars in usable condition as we can find to put into the hands of our young musicians. Thanks for your support!

Please contact Cathy Curtis at 666-8434.

## Local Farms-Local Food

By Carrie Kinne

**T**he Local Farm Local Food program, a collaboration of the Kennebec Estuary Land Trust (KELT) and Brunswick Topsham Land Trust (BTLT), presented two programs in April at the Bowdoinham Public Library. Over seventeen children, ages four years and older, joined Becky Kolak of KELT to make smoothies from local ingredients and learned about goats from Apple Creek Farm. This initiative was very successful so look for future children's programs.



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## Tonka Truck Restoration Challenge

By Kate Cutko

Have a well-loved, or neglected toy that could use a makeover? Take part in our challenge to restore those trucks to a new shine. We will offer several summer workdays to disassemble the trucks, and get the parts ready for sandblasting. The folks



at Roberts Auto will help blast away rust and paint. Merrymeeting Arts Center will help with new paint. Enter your restored vehicle in the challenge to be displayed at the "Cruise-In on the Cathance" on Saturday, August 30<sup>th</sup>.

Don't have a truck to restore, but want to participate? Call the library to reserve a donated truck.

For details of workdays, times and locations, please call the library at 666-8405 or the Town Landing Restaurant at 666-3872.

Want to keep up with news on the Challenge? Join our Facebook Group "Tonka Truck Restoration Challenge" for all the details, dates and times.



## Boy Scout News

By Athena Mann

The new Troop is officially registered! Troop 699 has six boys ranging in age from 11-15 yrs, and eight adult volunteers. Four of the Scouts along with three adults attended Abnaki District's Spring Camporee, at Camp Gustin in Sabattus, and competed in "Scout Games". We also attended the Topsham-Brunswick Memorial Day Parade. The boys are working to plan out their calendar of adventure for the coming months. The end of June we'll be hiking Tumbledown Mountain, near Weld, Maine and camping at Mount Blue State Park. Their goal is to keep outdoor activities continuing throughout the summer, which will give them opportunity to advance in rank and gain Scout knowledge.

There has not been a Troop in Bowdoinham for close to seven years. The previous Troop supplies were donated to other active Scout units. So, we are working to gather all necessary supplies for camping, cooking, and outdoor activities. For now we are all pitching in with family camping gear. We are planning to earn money to purchase Troop supplies, ie. materials to build and stock a Patrol box, (used for food preparation at camp), as well as shelter supplies. The Troop is consider-

ing a, "Troop for Hire" fundraiser where we will answer the call for yard work and other outdoor projects, in exchange for a donation. Other ideas for service related fundraising are being discussed. We have been asking around trying to locate the old Troop 699 flag, so far having no luck. If you have seen it please contact us.

The Troop is on the look out for service

projects which will benefit our local community. Please contact us if you have a project that a patrol of Scouts may be of assistance with.

If you are an adult, interested in sharing your knowledge and love of the

outdoors with a new Scout unit, you're welcome! We look forward to learning from our local community members, as guest presenters or unit leaders, about great places to camp, hike, practice wilderness survival, etc. There's much to do in Maine, right in our own backyard. The Scouts aim to be good citizens, be physically and mentally fit, and gain leadership skills through experience and knowledge. You are invited to get involved in the Scouting adventure.

We have 6 boys, and look forward to many more joining the Troop. Boys are welcome to join Boy Scouts at any time! If you are interested in learning more about Troop 699 please contact David or Athena Mann 737-4641, or email, amannspack699@yahoo.com.



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## Cub Scout News

By Cathy Curtis

The Cub Scout Pack 699 has been busy the last few months. In April, our scouts traveled by train to Boston and spent the night at the Museum of Science. We slept in the exhibit area called "Take a Closer Look" with live snakes, frogs and turtles. The boys were able to see a planetarium presentation, watch an Omni movie on caves and tour the museum. Maine scouts were complimented on being on time for scheduled events and leaving the museum cleaner than they found it. In May, two of our Webelos scouts, Austin Berry and Michael Czerwinski, earned their Arrow of Light Award-the highest rank in Cub Scouting and bridged into our reactivated Boy Scout Troop 699. The rest of our scouts have been completing their ranks and earning arrow points and belt loops.

Scouts earning the

Tiger rank include: Ethan Berry, Lucas Pinkham, Aiden Tremain and Colby Bleau.

Scouts earning their Wolf rank: George Czerwinski, Alex Skolfield and Jackson Poirier.

Scouts earning their Bear

rank: Jacob Haskell, Damien Hale, Tyler Berry, Kyle Siebert, Alex Martinez, Caleb Cosand, Dash O'Hanlon, and Christopher Mann.

Scouts earning their Webelos Rank: Owen Silsby-Belknap, Nathaniel Skolfield, Angel Ortiz III, Grady Satterfield, and Christopher Stevens.

We look forward to Cub Scout Day Camp and Webelos Resident Camp this summer. Thank you to our Bowdoinham Community for your continued support.

Any boys interested in joining our Pack going into grades 1-5, please contact Cathy Curtis at 666-8434 or [curtisc@link75.org](mailto:curtisc@link75.org) or Athena Mann at 737-4641 or [amanncspack699@yahoo.com](mailto:amanncspack699@yahoo.com).



## What is Pickleball?

By Kate Cutko

No, it isn't a new menu item at the Town Landing, it is what's being called the "fastest growing sport in America". One part tennis, one part badminton, one part paddle tennis; Pickleball is fun and easy to learn. The court is similar to a tennis court but much smaller, so Brandi Lohr, Recreation Director gave the OK to paint the lines on the outdoor basketball court at the Community School. The department ordered a portable net, four paddles and four balls, that are similar to whiffle balls. So far, we have introduced it to a group of school kids in an after school club, and to a small group of seniors. Any town resident can sign out the equipment for 24 hours by coming to the town office and filling out a form. No charge.

Anyone who would like some instruction is invited to an evening Pickleball clinic, offered at the school court, on July ---, from 6-8 pm. The clinic will be taught by Rocky Clark, who is an ambassador for the Atlantic Pickleball Association. A fee of \$5 per person will be charged. Call the recreation department to sign-up. 666-5531.

Give Pickleball a try. You just might find a new sport to love!

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## Bowdoinham Named Age-Friendly Community

By William Post

The Town of Bowdoinham was recently named the first town in Maine to be included in the WHO Global Network of Age-friendly Cities and Communities. According to the World Health Organization (WHO), the Network is a growing number of cities and communities worldwide that are striving to better meet the needs of their older residents. The WHO Global Network of Age-friendly Cities and Communities was established in 2010 to foster the exchange of experience and mutual learning between cities and communities worldwide.

Currently membership spans across 26 countries with a total of 209 cities and communities signed up so far and many more enrolled in the process through the Network's affiliated programs and networks. Together they cover a total population of over 88 million people worldwide.

Bowdoinham has been addressing issues and concerns of older adults through its Select Board appointed Advisory Committee on Aging. Since its creation in November 2012, this committee has developed many programs for older adults including exercise classes, walking groups, a senior center, informational speakers, and a bridge club among others. There are many other issues that will be reviewed and addressed by the committee and Town in the next several years. The goal is to make Bowdoinham one of the best age-friendly communities in the state.

For more information on the WHO Global Network of Age-friendly Cities and Communities, please visit this website: [www.who.int/ageing/age\\_friendly\\_cities\\_network](http://www.who.int/ageing/age_friendly_cities_network).

## BCDI News

By David Whittlesey

At the Town Meeting on June 11<sup>th</sup>, the warrant article to appropriate \$5000 for BCDI was passed by the Town. While there was some debate as to the channel through which funding should come, the solid support is a vote of confidence that BCDI is serving a useful and valued purpose that is appreciated by the community. With this support, along with grants awarded by the New England Grassroots Environmental Fund, a Common Good grant awarded by Bowdoin College, Memberships and a small service contract with the Local Farms - Local Food program we are very close to having a fully funded budget for the first time. Thank you Bowdoinham for engaging in this community-wide program!

As foreseen when it was formed two years ago, BCDI will hold its first annual Membership Meeting on Wednesday, August 27<sup>th</sup> at 6:30pm in the Merrymeeting Grange Hall on Main Street. This will be the first official gathering of the Membership since the organization's inception. The Members will hear a report on BCDI's activities, accomplishments and challenges to date, and elect new Board

Members to lead the organization going forward. In order to provide continuity and preserve institutional memory, a number of the current Board will remain as active Board Members. If you have not yet joined BCDI for 2014, please join before August 1<sup>st</sup> to be able to participate in the meeting. You can do so online at: [www.bcdi.us/membership](http://www.bcdi.us/membership).



Annual membership goes toward covering the operational costs of the programs and projects that BCDI carries out. The aim is to keep these costs to a minimum, but at a level where the process itself is sustainable. The overall budget for 2014 is less than \$15,000. This includes engaging a part-time manager, the cost of registering with the State and the IRS, communications, bank fees, and other administrative costs.

Bringing BCDI to life and helping it become a viable community resource has been exciting and challenging. It could not have happened with the broad support of the community – Members, Screening Committee Members, Investors, the Select Board, the Town Office – but most particularly the initiating Board: Tony Cox, Kathy Gallant, George Christopher, Laurel Waterman-Lopez, Brian Smith, Jan Hayward and Harriet Van Vleck. Special thanks to them for all their time, energy and good sense!

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## Long Branch News

By Nanette Giacoma

There's lots happening at Long Branch this summer!

### Long Branch Summer Day Camp

Just when other camps are winding down, we will be winding up at Long Branch. We are now accepting registrations for our week-long summer day camps. The first week will run from August 11<sup>th</sup> through August 15<sup>th</sup>, and the second will run from August 18<sup>th</sup> through August 22<sup>nd</sup>. The camp is for girls and boys entering grades 6 through 9. The maximum number of students for each week is 12. Activities for the week include:

- Canoeing and Kayaking
- Blacksmithing
- Traditional Archery
- Felting
- Crafts
- Woodworking
- Farming and Animal Husbandry
- Team Building Games

The camp will run from 9am to 3pm Monday through Friday. Snacks will be provided, however, students should bring a lunch each day. Cost for each week is

\$305, and discounts apply for both weeks and for more than one child. Please don't delay in getting your child's spot secured.

Further information and registration can be found at [www.longbranchschool.com](http://www.longbranchschool.com). Questions can be directed to John Favreau at 751-8760.



### Home Suite Home Project

On May 22<sup>nd</sup>, through the Long Branch non-profit arm, we were awarded a \$10K grant from the Maine Community Foundation for our Home Suite Home Project. The funds, combined with the Stepping Stones pledge put us close to eighty percent funding for the project. We will be building the tiny house to become part of the homeless shelter in Damariscotta, replacing worn-out mobile homes.

Our tiny home project is the result of combining our desire for an energy and shelter program with the desire to have a product-centered curriculum. We plan to build these tiny homes for the common good and also use them as teaching platforms for classes dealing with the building trade skills.

We are still need 10K additional funding to reach our 40K mark to build the first home. If you would like to make a tax deductible contribution to this project, please send your check to: Long

Branch Community, Inc. 20 Maine Street, Bowdoinham, ME 04008.

### Summer Classes

We've had a tremendous response to many of our classes. Some of our top classes are: Mushroom Walk, Cheese Making, and Food Foraging. Blacksmithing is popular with the teen set and our Holistic Wellness classes are gaining recognition. All very exciting! Upcoming classes include:

- Law of Attraction- July 11<sup>th</sup>
- Intro to Traditional Archery- July 17<sup>th</sup>
- Expanded Timber Framing- July 17<sup>th</sup>
- Into to The Paleo Diet- July 19<sup>th</sup>
- Finding Your Inner Shaman- July 19<sup>th</sup>
- Edible Mushroom Walk-July 20<sup>th</sup>, Aug 24<sup>th</sup>, Sep 14<sup>th</sup> & Oct 19<sup>th</sup>
- Intro to Shamanism- Aug 17<sup>th</sup>

### Long Branch Holistic Wellness Center

Long Branch is all about sustainability and that not only applies to taking care of Mother Earth, but also taking care of YOU. Schedule a sustainability session for yourself with one of our local practitioners: Massage-LaVonne Rhodes, Nutritional Coaching-Mary Stride, Energy Healing and Life Coaching-Nanette Giacoma & Marie Tucker. Call 666-8900 to sign-up.

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## New Town Tax Club Plan

By William Post

The Town of Bowdoinham is now offering a “Tax Club Plan” that allows property owners to pay their annual property tax bill in monthly installments without incurring interest. This plan was recently authorized by a vote at the annual town meeting.

To be eligible to participate in this plan, the property owner must be current with their property taxes, must enroll no later than July 31, 2014 and must abide by the requirements of the plan. Automatic electronic payments are not offered under this plan, but property owners can schedule payments online through the Town’s online payment system. For more information on the 2015 Tax Club Plan, please contact the Town Office at 666-5531, or email the Town Manager at wpost@bowdoinham.com.

## Open Burn Permits

By Fudd Frizzle

Residential use of outdoor grills and fireplaces for recreational purposes, recreational campfires when the ground is covered by snow or on a frozen body of water, or use of outdoor grills and fireplaces for recreational purposes at a licensed campground are the only times that it is permissible to have an open burn without a permit. All other open burning requires you to obtain a permit.

The fire department issues these in person most every Saturday and Sunday from 7:30 to 8:30am. or for a \$7.00 fee the State of Maine will issue one through their website. This is not always convenient or timely especially for those days mid-week when the chores around the yard start piling up. Bowdoinham residents now have a third option that is free of charge. If you have internet access and

a printer you can go to [www.wardensreport.com](http://www.wardensreport.com) and get a burn permit immediately.

The process is quite simple, click “obtain a permit”, choose Bowdoinham from the drop down menu and click “check fire classification”. As long as permits are authorized for the day you will be presented with the permit form to fill in, once completed submit the request and you will receive your permit to print out. Make sure to sign and keep the permit with you while conducting your burn. That is all there is to it.

Permits through the site are not available until after 9am, which allows time for the State of Maine to publish the fire danger or “class day” which among other things determines whether permits will be issued or not.

If you have any questions or problems please feel free to contact me anytime at [afizzle@gmail.com](mailto:afizzle@gmail.com) or leave a message at the fire station 666-3505.

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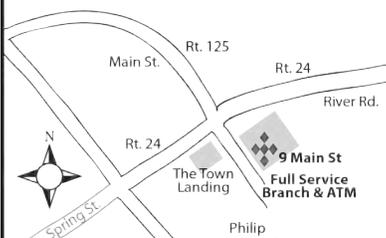
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-Lynn Spiro, Owner, The Town Landing



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## Bowdoinham EMS

By Ann Davis

**B**owdoinham EMS is a first responder service that responds to medical calls for the townspeople and visitors as long as someone is available to respond. We will always have someone on call from 6pm to 6am seven days a week. Most of our responders have full time jobs so our daytime coverage is hard to fill.

When you call 911 for an ambulance the Sagadahoc County Communications Center in Bath will then take your emergency and then dispatch Bowdoinham EMS and Northeast Ambulance out of Topsham or Dresden depending your location. The Bowdoinham EMS responders will usually be on scene first and do what they can to make the person stable within our scope of practice which among many things we can do here are a

few...administering oxygen, taking vital signs, giving low dose aspirin, bandaging, hot or cold compresses, CPR and many other skills. Then once the ambulance arrives on scene patient care is turned over to them. We will then still assist them until the patient is loaded in to the ambulance and sometimes we even ride with them to give them an extra set of hands or we drive. If anyone has any questions or concerns please feel free to call Ann Davis or I am willing to meet with you at your convenience.

Right now we have a total of seven licensed responders, There are also seven going through the class that will be done in June. Out of those seven, five of them are members of the fire dept so that will give them EMS coverage on an accident scene should none of us be available to go and they will also be covering shifts with EMS.



Mark your calendars, this year Celebrate Bowdoinham will be on **Saturday, September 13<sup>th</sup>**.

Participant Applications are now available and are due back by July 25<sup>th</sup>.

We are once again be looking for sponsors for a fireworks show and donations for the Silent Auction. If you are interested in donating or becoming a sponsor, please contact Nicole Briand at nbriand@bowdoinham.com or 666-5531.

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### **Strategic Planning Questionnaire – for the Merrymeeting Arts Center**

Please help us better serve you. Completed questionnaires can be left at the Bowdoinham Country Store, Town Office, Town Landing Restaurant & Long Branch School. *Thank you for participating!*

What events have you attended at the Arts Center (*exhibits, classes, workshops, fundraisers, etc*)?

What do you think are the Arts Center's best features?

What challenges-needs do you see at the Arts Center?

What programs, classes and/or events would you like to have offered by the arts center? Would you be willing to pay for these?

# THE BOWDOINHAM NEWS

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## Community Calendar

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### July

**3rd**

Summer Concert, 6-8pm  
Maily Waterfront Park

**10th**

Summer Concert, 6-8pm  
Maily Waterfront Park

**11th**

“Out There in America” Show, 7pm  
Merrymeeting Arts Center

**17th**

Summer Concert, 6-8pm  
Maily Waterfront Park

**20th**

**Open Farm Day**

**24th**

Summer Concert, 6-8pm  
Maily Waterfront Park

**26th**

Cruise-in on Cathance, 4-6:30pm  
Town Landing Restaurant

Summer Concert, 6-8pm  
Maily Waterfront Park

**31st**

Summer Concert, 6-8pm  
Maily Waterfront Park

### August

**3rd**

Wonderland Tea Party, 12-4pm  
Merrymeeting Arts Center

**7th**

Summer Concert, 6-8pm  
Maily Waterfront Park

**14th**

Summer Concert, 6-8pm  
Maily Waterfront Park

**21st**

Summer Concert, 6-8pm  
Maily Waterfront Park

**28th**

Summer Concert, 6-8pm  
Maily Waterfront Park

**30th**

Cruise-in on Cathance, 4-6:30pm  
Town Landing Restaurant

Summer Concert, 6-8pm  
Maily Waterfront Park

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For a complete listing of events, please visit the Town's Calendar at [www.bowdoinham.com/calendar](http://www.bowdoinham.com/calendar).

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