



THE BOWDOINHAM NEWS

Volume 18, Issue 1

www.bowdoinham.com

January-February 2020

Clothing Exchange

By Lisa Wesel

There's a lot happening upstairs at the Recycling Barn!

This fall, a group of volunteers transformed part of the second floor into the Clothing Exchange, where residents can "shop" for free clothing, footwear and fabric scraps that were dropped off at the Barn for reuse.

The Barn amasses two pallets of clothing each week. It's hard to rifle through the piles to find what you need, and a lot of the good stuff gets buried. Each week, those boxes are transferred upstairs so that empty ones can take their place on the first floor. Because there is limited space at the Barn, they were forced to eventually throw most of that clothing away, which costs the town money and wastes a valuable resource. Not anymore.

Volunteers took over a space upstairs, installed a series of racks along the wall and started sorting. Each week, they sift through the donations and hang the best items, making it easier for people to find what they're looking for. Some clothing is delivered to the Nazarene Church for their Clothes Closet, and excess cloth-



ing and household items are donated to Goodwill and the Salvation Army. Bedding that is torn or stained goes to the Coastal Humane Society, and damaged clothing and towels are bundled for use as shop rags and delivered to local mechanics.

A bin of fabric scraps is available for anyone with a craft project in mind, and another bin contains items that would be good enough for reuse with a little TLC—if you like sitting by the fire and sewing, please pick up a few things to

mend, either for yourself or to return to the barn for someone else to use.

This a community effort. Anyone wishing to help, please contact Lisa Wesel at lwesel@signallightbooks.com. We're always looking for an extra set of hands on Thursdays and Saturdays to help sort and hang the clothes, and we

welcome ideas for ways to make this a more useful resource for Bowdoinham. There is a sign posted near the clothes rack that explains how things are sorted for the various destinations, in case you have a few minutes to spare and no one else is working up there at the time.

At the moment, our greatest need is for pants hangers and small hangers for baby clothes, so if you have any extras, please drop them off. We'll put them to good use.

Dog Licenses Due

State Law requires all dogs six months and older to be licensed by January 1st, however there is a grace period of January 31st before a late fee is incurred.

Neutered/Spayed Dog - \$6.00
Not Neutered Dog - \$11.00

After January 31st there is a \$25.00 late fee.

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Assessor's Alley - Homestead Exemptions

By Darren Carey

Are you a permanent resident of the Town of Bowdoinham? Have you owned your home in Bowdoinham for 12 months as of April 1, 2020? If you answered yes to both of these questions you may be entitled to a homestead exemption.

The Homestead Exemption amount will increase to \$25,000 from \$20,000 of assessed value for residential property owned by Maine residents that permanently reside in Bowdoinham. Applications are available at www.bowdoinham.com/tax-assessor and are due before April 1, 2020.

The exemption is not a true exemption because the cost is split between the State of Maine and the municipality, this is outlined in Title 36 §683 of the Maine Revised State Statute.

It should also be noted that there are exemptions for veterans and veterans' families.

If you are unsure if you have the homestead exemption and believe you are entitled to it, please email me at dcarey@bowdoinham.com or call 666-5531 and ask for Darren.

March Elections

On Tuesday, March 3, 2020 there is going to be a Presidential Primary & Referendum Election.

The voting place is the Bowdoinham Town Hall from 8:00am to 8:00pm

Absentee ballots will be available 30 days before the election.

Please keep checking the Bowdoinham website for sample ballots and an application for absentee voting.

Internet Project Update

By Alan Hinsey

Work continues to bring fiber optic internet to over 200 homes in the most rural portions of Bowdoinham that currently do not have access to high speed broadband. The Town of Bowdoinham and LCI Fiber Optic Network, with the assistance of a ConnectME grant, have partnered to tackle this large infrastructure project that will require that 25 miles of fiber optic cabling to be installed on over 700 telephone poles on the following roads: Batchelder Rd., Cranberry Way, Hatch Point Lane, River Rd., Beechnut Ridge, Dingley Rd., Hunter Lane, S. Pleasant St., Carding Machine Rd., Eagle Wing Lane, Island View Lane, Wallace Way, Carlson Cross Rd., Fiddlehead Lane, Pioneer Rd., and White Rd.

Work Completed to Date

- Detailed design work has now been completed by LCI engineers.
- All 700+ telephone poles have been permitted through the Maine PUC.
- 25 miles of pole "make ready" work is underway.
- A network equipment hub and office space has been secured in the Ames Mill Building in Richmond.

- Network distribution equipment has been ordered.

Next Steps

- In January-
 - o Complete network hub equipment installation in Richmond office.
 - o Begin installing fiber optic cabling on 700+ poles.
 - o LCI Customer Service Reps will contact all Bowdoinham residents who have applied for service.
- In February/March/April-
 - o Complete the remaining 25 miles of fiber optic cabling build out.
 - o Complete the first round of fiber optic internet service installations at approx. 125 homes.

There is still time to be included in the first round of installations that will take place in February, March and April. If you live on one of the roads listed above, but have not yet applied for service – please go to www.lciber.net to apply on line.

Any questions about the project can be sent to Alan Hinsey at alanh@lciber.net.

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Talking Math

By Chris Lajoie, Principal,
Bowdoinham Community School

Last month, based on an idea from the book, *The School Leader's Guide to Building and Sustaining Math Success* (Small and Duff), we put up an Interactive Math Bulletin Board in the main hallway of the school. If you found yourself in the school in November or December, you couldn't have missed it. On the board we posed a math scenario:

"12 is the answer. What is the question?"

Over the course of the week students, staff, parents, and community visitors grabbed a marker and wrote in a response. Many responded with math equations, such as $6 + 6 = 12$, or $144 / 12 =$, or $10 \times 10 - 88 =$. Others created visual representations of twelve, such as an array of dots, four by three. Still others made a real-world connection to the number twelve, ("Number of days of Christmas," and "Months in a year.") As the board filled up with an incredible range of responses, students would stop at the board and chat about some of the new and interesting entries. Teachers on their way to lunch would linger for a moment and appreciate students' math thinking, or evidence of something they had recently taught.

People were actually smiling, laughing, and bonding over math – can you believe it!

If you looked closely, you would have seen that not every response was technically "correct." But with an activity like this the goal is not 100% accuracy. Instead, we were striving to grow our conversations about mathematics in a low-impact, fun way, that built community. The ability to talk easily about math, and having people provide varied responses to a math prompt, are signs of a healthy math culture in a school.

Research has shown that in places where students have higher math anxiety, performance on standardized tests is lower. How many times have you heard a fellow citizen say, "I'm not a math person"? At our school, we no longer accept that! The truth is that everyone uses math every day – time, finances, travel, cooking – mathematics are integrated into our lives. This year our school adults are committed to changing our own mindsets, so that we can empower our children to embrace math. What impact might we have if every student heard their parents and teachers say, "I am a math person, and so are you!"

Do you have a good idea for the next Interactive Math Bulletin Board at the Community School? Email Principal Lajoie at lajoiec@link75.org

Food Pantry News

By Lily Montgomery

Happy New Year from the Bowdoinham Food Pantry! We are so grateful to all of our volunteers and donors who made it possible to give out so much food during this busy holiday season. We've received dozens of food and financial donations during recent months from the local Masons, Topsham Hannaford, Midcoast Hunger Prevention Program, and many, many individual donors—THANK YOU! Our organization would not be possible without you!

The pantry continues to offer weekly food distributions each Wednesday for any Bowdoin or Bowdoinham resident in need, as well as backpacks full of food at the community school for roughly 30 students each week, a weekly sharing table at Bowdoinham Estates and a Little Free Pantry at Greenleaf Apartments. We run entirely off of your donations and continue to be humbled by the generosity of this community. Our most needed food items:

- Peanut Butter/Jelly
- Pasta/sauce
- Canned Tuna/Chicken
- Granola Bars
- Macaroni & Cheese
- Canned Soup
- Cereal (low sugar)
- Meat (hamburger/chicken)
- Eggs

We're open each Wednesday from 4-6pm, and all Bowdoin & Bowdoinham residents are welcome with no income verification required. We're always looking for new volunteers to help with distribution at the pantry, food shopping and donation pickups, the backpack program and more! If you are interested in volunteering, donating or if you have any questions at all about our services, please get in touch with us at bowdoinhamfoodpantry@gmail.com. You can also call at 751-7779, or find us on Facebook. We're also happy to announce that we are now able to accept donations on our website at www.bowdoinhamfoodpantry.org.

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Peary's Community Garden News

By Lily Montgomery

The garden is resting for the winter after a busy second season- thank you to all who participated! Due to increased demand, we expanded Peary's in 2019, almost doubling available space and making room for 18 garden plots. We were proud to host 14 families and saw gorgeous vegetables and flowers coming out of the garden each week. Brian took down a number of large pine trees, and Doug Tourtelotte volunteered his time and equipment to remove stumps so we could grow in the new-found sunlight. Brian also installed an 8-foot electric fence around the entire perimeter to help keep critters out, and we had generous donations again from Harvest Tide Organics in the form of seed potatoes for all our gardeners- THANK YOU to everyone who helped make last season so successful!

We were slow to start last spring due to the wet conditions, but finally got the whole area tilled and ready for planting soon after Memorial Day - thank you to our gardeners for being so patient, and let's hope for an earlier start this year!

If you are interested in joining Peary's Community Garden for the 2020 growing season, please get in touch. We'll have 18 full-sized plots available (\$25 for a 10 x 25' space, with a sliding pay scale if needed) or if that's too big, half plots are available as well. Your membership fee provides access to running water, a push rototiller, compost + manure, tools, seeds and organic fertilizer. We also have plenty of advice to share, so don't be shy if you're new to gardening!

Peary's is a family-friendly place and we welcome gardeners of all abilities to join in the fun! Please contact Lily Montgomery (lilypmontgomery@gmail.com) or Brian Smith (brian.luana@gmail.com) for more information.

Community Brunch

By George Oliver

The third monthly free Bowdoinham Community Brunch Social took place on Sunday, December 1st from 10:30am to 12:30pm at Merrymeeting Hall. An estimated 80–90 people enjoyed a variety of foods, including seasoned scrambled eggs with spinach; sausages simmered in cider and herbs; paprika-spiked homefries, baked beans, fresh applesauce, and a variety of homemade baked goods and breads. Jenn Stonebraker



The brunches are scheduled for the first Sunday of the month. Please note that the next one will be Sunday, January 5th at the Bowdoinham Fire Station. The following one will be Sunday, February 2nd back at Merrymeeting Hall. Although the time of the brunch runs from 10:30–12:30, we generally wind

down from cooking and serving around noon, with people socializing with drink coffee, tea, and baked goods until 12:30. It's free to everyone—optional donations are accepted.

Join your neighbors at the next one! We're always looking for volunteers to help with set up and prep. It's delicious and fun, and great way to get our monthly measure of community spirit to get us through the winter. If you'd like to help email Linda Jariz at ljjariz@comcast.net.

donated a Stonewall Kitchen basket, which was raffled off and won by Jon Beede. Jo Werther was the photographer.

Thanks to everyone who helped plan, shop, cook, serve, carry, and clean: Steve and Lisa Shannon, Linda Jariz and Mark Favreau, Jay Conway and Jane Page-Conway, Lara Ashouwak, Betsy Steen, Carol Lenna, George Oliver, Harriet Van Vleck, Frank Drummond, Regine Whittlesey, Susie Reinheimer, Jennifer and Trey Tankersley, Julie Rea, Jacinta Blodgett, Leslie Anderson and Howard Solomon.

Thanks to everyone who provided raw materials, cooked food, and baked goods: Carol Lenna, Joanne Savoie, Lara Ashouwak, Priscilla Brown, RachelleTome, Elaine Diaz, Frank Drummond, Susie Reinheimer, Betsy Steen, Elaine Diaz, Cindy Lamoreau, Atlee Reilly and Deb Butler.

Scout Troop 699 News

By Cathy Curtis

Adam Dustin earned his Eagle Scout Rank in the last year, the highest award in Scouting. His Eagle project consisted of improving parking lot safety at the Bowdoinham Second Baptist Church. Adam is now attending his freshman year at the University of Maine in Orono studying engineering.



Adam Dustin Eagle Rank

In May, the Troop had a successful spring Camporee in Auburn with an Oregon Trail theme, coming in 2nd overall for the weekend competition. The highlight was winning the chili cooking competition, with credit going to Marshall Cumback for his recipe that used no canned items, complimented by dutch oven cornbread. The Troop was awarded a new camp stove.



Jake and Chase Arrow of Light Cake

scouts, Jacob Morrell and Chase Hardee. Both boys completed their Arrow Light, the highest award in Cub scouting and crossed over to the Troop in June. Four of our scouts attend-

ed resident camp at Camp Hinds in Raymond: Nate Skolfield, George Czerwinski, Jake Morrell and Chase Hardee and one worked as a dishwasher for the summer, Fred Czerwinski. Chris Mann was able to attend the National Jamboree in West Virginia.

The scouts have volunteered in the community by marching in the Topsham/Brunswick Memorial Day and Celebrate Bowdoinham parades, helping with the Library book sale and raking the church lawn at the Bowdoinham Second Baptist Church.



Court of Honor

A Court of Honor was recently held awarding merit badges earned at summer camp and new ranks: Chase Hardee and Jake Morrell earned both their Scout and Seconds Class ranks.

The Troop wants to wish both Athena and Dave Mann well and thank them for their years of leadership for both Cub Scout Pack 699 and Scout Troop 699. Thank you to Heather Magaw for her time as assistant Scoutmaster, Stephanie Dustin for serving on the Troop Committee, Jacinta Blodgett for her time as Treasurer and Brian Blodgett for his time as assistant Scoutmaster.

Thank you to the community for continuing to support the Troop with your ongoing bottle donations. Students ages 11-17 are welcome to join scouting at any time. Contact Scout Master Fred Czerwinski or Cathy Curtis at curtisc@link75.org or 207-666-8434.

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Merrymeeting Hall News

By Betsy Steen

FIRST a heartfelt thanks to all who have given time, expertise, materials, needed items, and of course money. I am just looking at last year's December for January newsletter. The building had been raised and a new foundation poured and the ground floor closed in. We had two Rennai Heaters. Billie Oakes had started her successful memorial window campaign, and we had just picked up all the very useful items Lynn Spiro gave us from the Town Landing. Sarah Matari and her crew had stripped the ruined sections of plaster from the theater walls. The first Library Wreath Making was followed by the BHS Holiday Party, introducing the building to all who attended.

It's a year later. And WOW! The old wiring has been replaced and the system extended. There are a deck and stairs at the side door. The bad half of the roof has been replaced. Joe Hanson has repaired, re-glazed, and repainted every window so now they are tight and beautiful. The front steps have been rebuilt and an ADA ramp has been added. (Brett Thompson's beautiful ramp rails are nearly finished). Doug T. worked his magic to create the driveway and parking area on the church side of the building so that folks can ac-

cess the ramp. The wooden parts of the lower level foundation have been sided. Two more Rennai have been added. An ADA bathroom just needs its grab bars installed, and the theater floor ADA bathroom is awaiting installation of its toilet. The theater walls were drywalled by Brendan Bullock and crew. I repaired the plaster that remained and Una Cheney painted the walls. Last week Andy Desjardins scraped, primed and painted the theater ceiling, Oh MY!

In the kitchen, we have the new (to us) Hayward's Garland commercial 6 burner stove to augment our new home kitchen stove. Bethany's 3-basin sink is in place and the cast iron sink (Pre-1888) has been turned and leveled. Sarah Stapler built two handsome and useful cupboards. The new kitchen floor is beautiful and brightened the room, and the insulator is adding a warm "under-coat" to the roof and walls. Indeed Merrymeeting Hall is smiling like a Cheshire Cat!!

From April to the end of December we have hosted: 1 supper, 2 bridal showers, 3 baby showers, 3 birthday parties, and a celebration of life.

There have also been a number of town and other group meetings, a recital, weekly Sound Meditation, a twice a month knitting group, 2 BHS Programs, a state-wide Senior Seminar, weekly cribbage, many days of Welcome Mornings

with Theresa, the 3rd Sunday Brunch, a Cookie Swap, Loose Ladies' Holiday Gathering and of course BHS's Holiday Open House. Artists for Open Farm Day, Bowdoinham's Best for Celebrate, and BPL's second wreath making.

Already on our calendar for 2020 are a baby shower and a graduation party. Email or call Betsy Steen to inquire about using MMH at bayviewess@comcast.net or 737-9460.

Hopes and plans for 2020 include continuing to tighten the building and to make it even more accessible. We would like to begin to invite teens after school. And ideas such as a movie night, a board game night, classes, a sewing area, a measured indoor walking path including stairs or not, and more. Please consider organizing or helping with any of these ventures.

The Gentlemen of the Lower Level work Monday, Wednesday, and Friday mornings. They are always appreciative of food to give them the energy to carry on. Friday Workers (formerly Monday Workers) meet Friday mornings to continue to paint, clean, restore, prepare for scheduled events, etc. More help is always welcome.

Combat Cabin Fever! The main floor is open for drop-ins for conversation, games and puzzles on Tuesday, Wednesday & Thursday mornings.

We hope to see you this winter!

Contact BHS

Mail:

PO Box 101, Bowdoinham

Email:

info@bowdoinhamhistoricalsociety.org

Website:

www.bowdoinhamhistoricalsociety.org

Facebook:

www.facebook.com/thebowdoinham-historical-society

Office Hours:

in the Lancaster-Bishop Archive & Research Room, 13 School Street on Tuesdays, 10am-12pm & 2-5pm

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Age-Friendly News

By Peggy Muir

As the new year approached, the Advisory Committee on Age-Friendly Bowdoinham considered its achievements for 2019 and its plans and hopes for 2020. Our October meeting was a time for a general discussion of the history of the committee, its achievements and possible goals (meeting minutes are available online). Then in November we had more focused discussions.

We have had two elder conferences a year in the past, but think we should put our energy into one.

We are planning special monthly events for the deep winter months (February and March) that will bring folks out and together in the cold times. We recognize that regular dates help people plan so watch the newsletter. And give us ideas for activities – movies? talks?

We are seeking new committee members! If you are interested in the being on the Advisory Committee on Age-Friendly Bowdoinham, please contact Melissa Halsey at 666-5531 or assistantclerk@bowdoinham.com. Meetings are the 2nd Monday of the month at 2:30pm – the public is always welcome!

We continue to discuss developments in town that affect elders: the new waterfront plan, pedestrian crossings, walk-

ing. We are especially concerned that the intersection of River Road/Route 24 and Main Street get new vivid markings to make it safer, especially for young people and families going to the parks.

In an effort to help the Recycling Barn work efficiently for elders, we are planning a fieldtrip to the facility. Changes in recycling categories and access to the barn are challenging for elders and we hope to work with the barn staff to make things work more smoothly. Let us know if you have ideas about this.

2020 is a year with important national events. It is the time of the official US census, a count of our population mandated every ten years by the Constitution. Accurate statistics are crucial as they can determine everything from a state's representation in the House of Representatives to funding based on population. Every person counts and needs to be counted. With much of the census process now on line, we want to be sure that our elders will fully participate in the process.

2020 is also a year for three elections, March, June and November. We want to be sure that elders can get to the voting places so we will be providing rides to the polls, as needed.

KUDOS GOES TO Three Robbers Pub for a new and efficient ramp for its customers and Merrymeeting Hall for its new driveway and ramp. Thank you for improving access for elders!

Historical Society News

By Betsy Steen

Join Bowdoinham Historical Society today, membership is Open to All! Memberships are \$10.00 for Individuals or \$15.00 for the Family. For those who already members (thank you), reminder it's time to renew your membership.

We've had a BUSY year in 2019 focusing on Bowdoinham and Beyond -1880-1930: 50 years of Change.

- In March, we hosted 1880-1930 - Introduction, Overview, and Discussion.
- In June was Medical Education 1880-1930 - Denham Ward and The Life and Practice of Bowdoinham's Dr. Irish.
- In August, we had a display at the Meeting House & Carriage Shed.
- In October, the discussion was - What Every Happened to Columbus Day? Immigration and Race in America, 1880-1930 by Howard Solomon.
- In November, Kathy Savoie presented Cookbooks and Kitchen Lore.

We also did alot of fundraising for Merrymeeting Hall:

- two waterfront concert suppers,
- Strawberry Shortcake Dessert for the Open Farm Day BBQ,
- Celebrate Bowdoinham,
- 9th Annual Stuff and Treasure Sale,
- sales of books & bread bags, and
- vendor at MAC's Holiday Pop-Up Market.

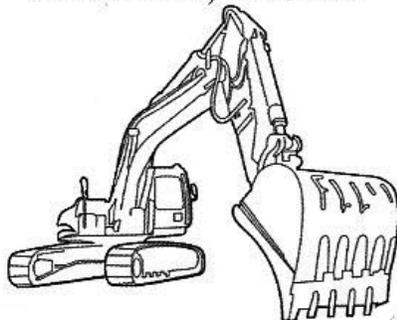
We have two events in the works (so far) for 2020:

- Fashion Show 1880-1930 - We are looking for more manikins and clothes trees to borrow; and
 - Musical Event and an Art Show.
- Then for the remainder of 2020, we will celebrate Maine and Bowdoinham in 1820.

Happy 200th Birthday Maine!!!

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Merrymeeting Arts News

By Jan Marks

Happy New Year! There's lots going on at Merrymeeting Arts Center in the coming year; exhibits, festivals and events, classes and workshops. Here's what's up for this winter.

Ice & Smelt Festival

The Ice & Smelt Festival will take place on January 24-25th this year. The festivities will kick off with a puppet show at Watersong Music on Friday, January 24th, at 5pm. Renowned puppeteer Bridget McAlonan of Inventing Trees will direct members of the community in performing a this unique shadow puppet show based on Bryce Muir's Local Myth "Smelt Makes the Ice". Laughs and fun guaranteed for children and adults alike.

The opening of Matt Barter's exhibit, "Winter River Life", will take place in the gallery following the puppet show (see below for more details about Matt Barter's exhibit).

The Saturday schedule will include ice carving, frozen globe painting, smelt puppet making, line dancing, smelt fishing, fat tire biking. Outdoor recreation activities will be included as weather permits. What better way to spend a late January winter's day.

Saturday evening will kick off, 4:30-6:30pm with a Soup Supper at the Masonic Lodge, hosted by the Bowdoinham Food Pantry, followed by dessert, beer tasting, live music and snacks at Watersong Music from 4-7pm. The festival will

wrap up with Storytelling from 7-9pm.

At the Gallery

An exhibit of Matt Barter's work entitled "Winter River Life" will open at the gallery on Friday, January 24th, in conjunction with the Ice & Smelt Festival.

A resident of Brunswick, Maine, Matt paints and sculpts in the upstairs studio of the carriage house that he and his wife reclaimed and updated. The downstairs is a gallery where he exhibits new works.

As a teenager, Matt studied with his father, learning the mechanics of oil painting. He also worked with his father on various commercial fishing boats, lobstering, mussel harvesting, and the like, which shaped his style and focus on the working harbors of Maine. His work boldly and beautifully captures the essence, heart and soul of Maine's fishing industry, including our local tradition of smelt fishing on the Cathance River.

The exhibit will open with a reception on Friday, January 24, 6-8pm. The exhibit will run through February 29, 2020, during regular gallery hours, on Saturdays from 10-1.

Equinauxion 2020

MAC's annual fundraising event, Equinauxion, will take place on March 21st. Equinauxion is an art auction which



takes place on or about the spring equinox. There will be a silent auction, as well as a live auction, music and refreshments.

The pieces to be auctioned are provided by local artists and donations of works of art from members of the community. All artists, or art lovers, are encouraged to donate a piece of art to be auctioned off. MAC will honor its commitment to supporting local artists, both emerging and established, by splitting the final sale price of each piece of original art 50/50% with the donating artist. Artists who wish to do so may donate the entire final sale price of their piece to MAC. Donations of art are due no later than March 7, 2020. To make arrangements to donate a piece of art, or for more information about the event, please contact the Merrymeeting Arts Center at merrymeetingartscenter@gmail.com or (207) 370-5002.

MAC depends on the money raised at this event to support our programming, pay the rent and keep the utilities running. Last year's auction was lots of fun and a big success. With your help this year's Equinauxion will be even more successful.

At the Studio

Several new classes and workshops are scheduled for the winter session.

- Dream Catcher Workshop with Kathy Goddu, January 18th from 10am to 1pm. Hoops made from beech branches, stones and feathers will be provided. Bring your

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- Crafts and Puppet Making with Sally Kent and Bridget McAlonan, January 25th, 2-5pm.

- Japanese Rice Bag Pouch (Komebukuro) with Kathy Goddu, February 29th & March 7th, 10am -1pm. A modern take on a traditional pouch used in Japan to carry rice offerings to the temple for religious ceremonies. Finished pouch measures 6" square x 6" tall. Cost: \$50 (includes materials fee). Maximum number of students is 8, so sign-up early.

Pre-registration is required for the Dream Catcher and Japanese Rice Bag Pouch workshops. Register at Eventbrite, or by email at merrymeetingartstudio@gmail.com. As always, the Heron Fund is available to assist with the cost of the workshop for those who cannot afford the full fee.

- Open Pottery with Melissa Bardsley is February 8th, 10am-12pm. Suggested \$5 drop in fee.

There will be no open pottery studio in January, due to insufficient heat in the studio building.

- January Open Jam Music from 6:30-8:30pm on January 14th.

Due to the cold, workshops will not be held at the Studio during the winter months. Check out our website, merrymeetingartscenter.org for up-to-date listings of locations for classes and workshops, or contact us at merrymeetingartstudio@gmail.com for more information on classes and workshops.

Annual Meeting

The annual meeting of the Merrymeeting Arts Center will take place on February 5, 2020, 5-7pm at the MAC gallery, 9 Main Street, Bowdoinham. The past year's activities, income and expenditures will be reviewed, along with our plans for events, exhibits and classes/workshops for the coming year. The Myth of the Year for 2020, which will be the focus of programming and the theme for this year's Community Art Show, will be revealed!

Everyone is invited to attend and offer suggestions on what you would like to see happening at the Merrymeeting Arts Center.

Safety Reminders

By Arthur "Fudd" Frizzle, Fire Chief

We are in the midst of Eastern Standard time with the clocks "falling back" in November. That is typically the time to test and change the batteries in your carbon monoxide and smoke alarms. If you forgot, PLEASE, take the time to make sure your alarms are working properly and have fresh batteries, it only takes a moment and is a simple step in the safety of you and your family.

While you have that safety mindset going, it is also a good time to remember to check your chimney. If you burn wood, you should have already cleaned it at the beginning of the heating season, but make sure you conduct regular visual inspections throughout the winter. The firefighters are always eager to respond when the need arises, but we are much happier staying home knowing you are safe.

Finally, members of public safety have always said, "if we can't find you, we can't help you." This time of year with the snowbanks starting to pile up and mailboxes become covered, when seconds matter, we want to get you the help you need, as soon as possible. PLEASE make sure your house number is fully visible from both directions on your road.

Bowdoinham Fire Rescue provides fire and EMS services to Bowdoinham. If you or anybody you know is interested in joining, we meet every Monday evening beginning at 6:30pm at the Fire Station.

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BCDI News

By Ingrid Leschefske

Thank you to those who made it to the Town Hall for our Annual Meeting in December! During our meeting BCDI Board Chair, Kathy Montejo, and Treasurer, Rachel Murphy, reviewed the organization's year of successes,



informed attendees on recent BCDI goings-on, and discussed the organization's future next steps and projects. Thank you, all, for your input! We look forward to sharing our upcoming projects with you. Town Manager, Tom Woodin, was also at the meeting to introduce himself and present brief updates on some town activities. Thanks for making time to join us, Tom!

Two of BCDI's Board members, Kathy Montejo (five years of service) and David Engler (six years of service), move off the board with the closing of 2019. Kathy and David have been invaluable members of the BCDI Board of Directors and to the whole of the organization over the years. We are grateful for their excellent service and dedication to the mission of BCDI, and wish them the best! We are pleased to welcome three new members to the Board, Sam Berry, Graham Buck, and Shay Ruggles. We look forward to the fresh ideas and perspectives of these new board members!

Thank you, generous Bowdoinham residents (and beyond!), for another great year for BCDI! There are lots of opportunities for involvement and we are a member-driven organization, so please consider joining us! For more information on BCDI please do not hesitate to contact us at bcdi.maine@gmail.com. Be sure to check out our website (www.bcdimaine.org) and follow us on Facebook and Instagram.

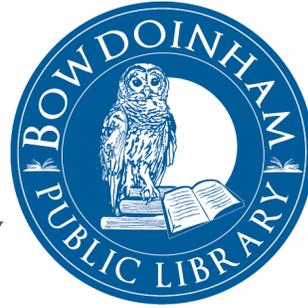
Book Discussions

By Kate Cutko

Over the past few months, many of you have been reading the book *White Fragility: Why It's So Hard for White People to Talk about Racism* by Robin Diangelo, and we are happy to invite you to take part in a book discussion.

As Maine diversifies, Bowdoinham will undoubtedly welcome more people of color to this historically white town. Many white Bowdoinhamers celebrate racial diversity as a value, but may lack significant experience interacting with people of different backgrounds and may lack perspective on their own white identity and white privilege. In *White Fragility*, Diangelo seeks to redefine how we white people conceive of racism and to help us identify our own behaviors that mask racial inequality. The author also presents suggestions of ways to actively combat racial inequality and engage more constructively.

Using curriculum guides and seasoned facilitators, library director Kate Cutko and John Engler are organizing book discussions for January and February. Three different dates and times are being offered to discuss the book. Please come to any of the dates that work best for you. All are invited to attend the gatherings but we ask that only those who have



read the book take part in the discussions. All discussions are held in the Kendall Room of the Coombs Municipal Building.

- Wednesday, January 22, 7-9 pm (Snow date January 29)
- Sunday February 2, 2-3pm *child care provided! (Snow date February 9)
- Wednesday, February 26, 10-11:30am (snow date March 4)

Stuck inside due to bad weather? Don't forget that anyone with a valid library card can take advantage of the hundreds of free audiobooks and ebooks offered through our state collaborative program called CloudLibrary. Find out more by contacting the library.

Snow closures will be listed on the library's facebook page and also on the library's phone answering machine.

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Ho Ho Ho... Harrumph

By Jo Werther

Another holiday season in the books. For some, a wonderful time of celebrations with family and friends. For others, a dismal time of sadness and stress. For many, a mix. Holidays are often fraught with unpleasant memories, and that's hard enough to bear without the added burden of believing we're supposed to feel jolly all the time. If you or someone you know has felt this way, it can help to know you (or they) are not the only one. And whether your holidays were happy or horrible, now it's January.

Short Days. Long Nights. Brrrrr.

January can be tough. If you're feeling challenged by the cold and the dark, you're not alone. A challenged state of being is inherently more tense. If you'd like to feel more relaxed, it's back to the breath we go.

Just breathe.

Stop whatever you're doing right now and imagine a balloon, uninflated, lying flat upon your table. Pretend, for just a moment, that you are the balloon. Now,

fill it up with air (by breathing in slowly through your nose). When it's full, hold your breath momentarily. And then, let all the air out of it (by breathing out slowly through your mouth). Be sure to squeeze all of the air out of the balloon. And then do it again once or twice.



For this one moment...

As you continue breathing this way, try to say "okay" to the weather by allowing a more accepting attitude to come into your mind and your body (they really are connected!). The less you resist the simple fact of the season as it is right now, the more relaxed you will become. It doesn't mean you still won't jump for joy when the days start getting longer and warmer! But it does mean you'll suffer less in the meantime. Try it and see what you think.

Questions/Comments?

Let me know how it went! Email me at jo@jowerther.com.

Thank you!!!

Thank you to the Bowdoinham Country Store, Three Robbers Pub and the Bowdoinham Hardware Store for hosting the giving tree this year. This community helped 15 families! Thank you to all the wonderful and giving people that contributed this year. A special thanks to Sue Hill for her donation to the giving tree.

Thank you to FHC for providing turkey dinners for Thanksgiving and for their gifts for the Bowdoinham giving tree.

Thank you all, Everything was very much appreciated!

Reminder - Sand Bucket Brigade

The Bowdoinham Fire and Rescue Department will be distributing 5-gallon buckets of winter sand this winter. This program is designed for those residents that cannot pick up their own winter sand from the courtesy sand pile located by the yellow building at the old Public Works Facility.

If you would like a bucket of sand dropped at your residence, please contact Missy Halsey at the Town Office, 666-5531, or assistantclerk@bowdoinham.com. Missy will then forward your information to the Fire & Rescue Department. After you have received your first bucket, please contact the Fire & Rescue Department for a refill at 666-3505 and leave a message.

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THE BOWDOINHAM NEWS

Community Calendar

January

5th
Community Brunch, 10:30am-12:30pm
Bowdoinham Fire Station

20th
Town Office Closed

24-25th
Ice & Smelt Festival

February

2nd
Community Brunch, 10:30am-12:30pm
Merrymeeting Hall

5th
Merrymeeting Arts Center's
Annual Meeting, 5-7pm
Merrymeeting Arts Center Gallery

17th
Town Office Closed

March

1st
Community Brunch, 10:30am-12:30pm
Bowdoinham Fire Station

3rd
Presidential Primary & Referendum
Election, Town Hall, 8am-8pm

21st
Equinauxion
Merrymeeting Arts Center

Town Board & Committee Meetings

All meetings are open to the public and held in 2nd Floor Meeting Room at John C. Coombs Municipal Building, 13 School Street.

Select Board
2nd & 4th Tuesdays of Month at 5:30pm

Planning Board
4th Thursday of Month at 7:00pm

Committee on Aging
2nd Monday of Month at 2:30pm

Community Development Advisory Committee
1st Tuesday of Month at 6:30pm

Comprehensive Planning Committee
2nd Tuesday of Month at 6:30pm

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

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