



# THE BOWDOINHAM NEWS

Volume 11, Issue 4

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July/August 2013

## BUSINESS SPOTLIGHT

### Bowdoinham Farms

By Wendy Rose

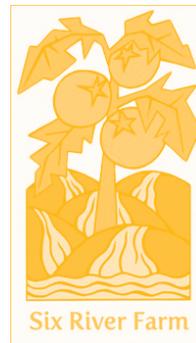
**B**owdoinham has a number of farms, many of which are certified organic. It is impressive to see how many of them provide a living income to the families who run them and how many people they employ. It is a tremendously important business sector in our community! The following Farms are participating in Open Farm Day on Sunday, July 21<sup>st</sup>.

#### Apple Creek Farm

Jake Galle

Jake is an incredibly busy man! He is currently managing the family farm in Bowdoinham, helps his partner with her farm in Unity, and works full-time as a farm inspector for MOFGA certification. It's a good thing he has his cell phone with him at all times since one might find him inspecting an organic farm in Berwick, feeding the goats in Unity, or doing farm chores in Bowdoinham.

This all started when the Galle family moved from Brunswick to Bowdoinham when Jake was 5. They found their acreage on the Millay Road and their farm got underway. Jake grew up surrounded by sheep, a huge produce garden that fed the family and a farming lifestyle. While he later pursued a Master's Degree in Fine Arts that concentrated on film, video, and sound installation, Jake was never far away from working on local farms while doing internships. In May, 2009, he decided to do farming full-time and moved back to Bowdoinham. Jake has continued the family tradition of raising sheep and currently has about 35 breeding ewes along with 5 breeding cows.



Things got busier when Jake met Abby who had her own farm in Unity, which raises cashmere goats, broiler chickens and geese as well as laying hens. Their goal is to combine their farming operations in Bowdoinham this year and to get their organic certification by the end of the year.

Jake's job is a perfect complement to his farming activities. As a full-time employee of MOFGA Certification, he travels the whole state to inspect farms to ensure they are on track with their organic system plan (farm plan) and are meeting the requirements of organic

certification. You will even find Jake up on the Canadian border in Somerset County where he spends up to a week visiting all the organic maple syrup producers and sugaring sites. Out of the approximately 450 organic operations in the state, Jake will have gone on-site to at least 150. The others are covered by independent contractors. His partner, Abby, works at a job as well, but as Jake says, "Our long-term goal is to wean ourselves from our jobs and work full-time on the farm."

Apple Creek Farm "concentrates on

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# THE BOWDOINHAM NEWS

## Bowdoinham Farms

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protein,” says Jake. They sell their beef and lamb through the Brunswick Farmer’s Market in the winter and the Bowdoinham Farmer’s Market in the summer. Jake’s dad, Pete, handles a lot of the sales and his mom is also seen at the market. They sell their wool to major customers and at the Common Ground Fair.



*Jake Galle with Carlo*

It’s not surprising that, according to Jake, “We really enjoy raising animals.” He admits, “It’s hard work and a lifestyle choice. We really want to provide the best quality product we can.”

### Fishbowl Farm

Chris Cavendish

Chris is a native Mainer from the town of Readfield. He initially pursued a career as an architect, but after a few years felt like it was not the right fit, so he took a summer off to re-assess his direction. A neighbor, Russell Libbey, persuaded him to consider a career as a farmer. Russell was the former director of Maine Organic Farmers and Gardeners (MOFGA) and was a persuasive advocate of organic farming. Fortunately, a position opened up on the MOFGA campus in Unity for a Farmer-in-Residence and Chris was chosen for this 2 year position. It gave him an opportunity to experiment with farming techniques and to be at the center of the organic farming movement in Maine. A previous MOFGA employee commented that the position was like living in a fishbowl, hence giving Chris the idea for a name of his eventual farm.

When the time came to find his own land, he found out about a farming opportunity in Bowdoinham on acreage leased by George Christopher. As

he drove along Brown’s Point Road and rounded a curve that revealed a beautiful expanse of Merrymeeting Bay, “I found myself saying ‘Yes! This is where I want to be,’” says Chris. This was in the year 2005. He also liked the other things Bowdoinham had to offer—contra-dancing, the artist community and a progressive culture.

Chris started out as a diverse vegetable farmer with everything that one would find in “a monster kitchen garden,” as he puts it. As time went by, however, he met his wife, had a daughter, and found that his first farming



*Chris Cavendish*

model was too demanding. He is now retooling his farm so he can concentrate on baby salad greens, which really helps him to be efficient and proficient in a niche market. He currently leases 22 acres and has about 7 acres under production.

At this point, Chris is only selling his organic produce through wholesale outlets, a number of restaurants as well as 4 Rosemont Markets in Portland and Yarmouth. This keeps both him and his wife busy along with 1 full-time employee and 2 part-time employees. Their sales are currently supporting the family so that neither Chris nor his wife has to work off the farm. Chris is hoping to expand his markets to institutions and perhaps the Whole Foods Market, so he is working hard on the food safety program and processes that are required from these outlets.

Chris loves his work. As he says, “I am doing good work which gives my life a meaning and purpose.” It was very satisfying for him to share this career direction

with his former high school classmates when he attended a recent reunion.

If anyone is interested in working part-time, please contact Chris at 208-9699 [www.fishbowlfarmmaine.com](http://www.fishbowlfarmmaine.com).

### Gruff Acres Farm

Diana and Dale Mosher

Farming has “crept up” on Diana and Dale in their retirement, but it has been so satisfying that Dale has claimed that “if I had known about this, we would have been doing it years ago.” They moved to Bowdoinham from Gray 7 years ago and built their house on land on the Post Road that their daughter set aside for them. Their retirement was initially filled with responsibilities for aging parents, so they didn’t have time for much else; however, Dean Beckwith, a local goat farmer, suggested that they might like to have some goats “to help clear the brush” on their acreage.

Starting with 6 loaned goats, they found the goats’ antics ever-entertaining



*Diana Mosher*

and their brush-clearing talents hard to beat (they can clear 1 acre in a month). They ended up buying

4 goats and had as many as 17 goats last year. Diana also liked the idea of having fresh eggs available, so they started a flock of chickens and now have 34 birds.

As their herd and flock have grown, Diana and Dale have enthusiastically learned many new skills. Diana has been making cheese. Dale has learned basic veterinarian tasks to keep all the critters healthy and is always interested in finding other uses for the raw products. Diana is also experimenting with goat milk soap, and bath scrubs. “As a teacher, I am really interested in learning, so I have enjoyed finding out about a whole new field that

is different from my teaching and music," Diana says. "Goats have wonderful personalities, and we enjoy having them," Dale adds.

At this point, they have several customers who buy eggs and they plan to sell goat meat as soon as they get that license. Diana is also working on her license to sell cheese, and hopes to make several varieties available later this summer. What started out as an experimental activity is now growing into a business endeavor. Contact: Diana at 666-8102.

### **Left Field Farm** Sean Hagan

There is so much about the name, Left Field Farm, that is perfect for describing Sean and his enterprise. First, he grew up in the San Francisco area, "the left coast." He is also a huge baseball fan, the Giants are his favorite team. Finally, Sean is using organic farming methods for his business operation, something that used to be seen as coming from left field, so to speak.

Sean is one of the newest farming operations in Bowdoinham. He came here a year ago to apprentice on Six River Farm. He really enjoyed this area so he decided to start his own operation and has leased 7 acres with about 2 and a half acres in production. Before coming to Bowdoinham, Sean gained excellent farming experience on a non-profit, educational farm in Sacramento, California. He started out as an apprentice and worked his way to Farm Manager after 5 years. "I really

liked the combination of urban and rural living that this afforded me," Sean says. The other satisfying aspect of farming for Sean is that it is a tangible, hands-on way for bringing about positive change. By growing good, healthy food, and helping people to eat in a healthy way, one can make a positive impact on a community. This has proved to be more gratifying to Shawn than the career he thought he would pursue in international relations with its more macro perspective and lack of measurable, local change.



*Sean Hagan*

Right now, Shawn is feeling out his niche market. This year, he is doing a CSA operation with local and Portland-based customers. He is also going to the farmer's markets closer to Portland. He really likes to interact directly with his customers and appreciates their feedback. To meet their needs, he is growing a wide array of produce which could be considered as staples, the things that folks use every day. By next year, he would like to have laying hens and broilers. Down the road, he would like to own his own land and be able to support himself from his farming operation.

Shawn especially appreciates the support and encouragement from his farming neighbors—Six River Farm and Fishbowl Farm. He also has enjoyed hooking up with 2 local artists who work with him on a letter press in his home. They are collaborating on designs and markets. "It's a real bonus to have found these other artists since I minored in art in college," Sean says. Contact: 207-607-0400 or [www.leftfieldmaine.com](http://www.leftfieldmaine.com).

*Continued on pg 4.*

## **Celebrate Bowdoinham**

### **Mark your calendars for September 14th!**

We are busy planning for Celebrate and in preparation for Bowdoinham's big day, we are reaching out to the community to help with the following:

#### **Volunteers Needed**

We need volunteers to help run some of the kids activities, such as the boucy house and slide. Just one hour of your time would be greatly appreciated.

#### **Vendors & Crafters Wanted**

Vendor Participant Applications for artists, food vendors, sales, and other interested parties are now available on the Town's website or at the Town Office.

#### **Parade**

Join in the celebration by entering a float into parade. Down East Magazine said we are a "Very Crafty Town" so lets show it at Celebrate!

#### **Silent Auction**

The Silent Auction is the major fundraiser that supports Celebrate. Please consider donating an item in support of this fun-filled community day.

#### **Fireworks - Sponsors Needed**

We want fireworks again! Please help us make it happen by becoming a sponsor (\$300) or a Friends of Celebrate (\$50). All we need is ten sponsors to have fireworks. Let's display what the Bowdoinham Community can do!

For more information, please contact Nicole Briand at 666-5531 or [nbriand@bowdoinham.com](mailto:nbriand@bowdoinham.com) or visit the Town's website at [www.bowdoinham.com/celebrate](http://www.bowdoinham.com/celebrate).



**Open on Saturdays  
8:30am to 12:30pm**

**Located at  
Merrymeeting Grange  
27 Main Street**

## Bowdoinham Farms

Continued from page 3.

### Six River Farm

Gabrielle Gosline & Nate Drummond

Gabrielle and Nate met as Freshmen at Brown University and seemed to be headed for academic and organizational careers. However, things slowly took a turn as they explored their interest in food, healthy food sources, and tried their hand working at an apple orchard. Gabrielle took a further step out of the office when they were living in New York City. Realizing that the corporate environment wasn't a happy place for her, she took the leap and worked at farmer's markets in Union Square and Brooklyn where she got great experience with marketing fresh produce and got a taste for the long hours. "I would work from 6am to 8pm, a really long day! I got Nate to help out on Saturdays and we both enjoyed the work," Gabrielle says. Their growing interest in healthy food led them to apprentice on a farm in upstate New York. Since this farm concentrated on selling produce at farmer's markets, the couple got more experience with that type of sales outlet.

The goal to own a farm took shape, and Gabrielle and Nate started to actively look for a place. Through the Maine Farm Link, an online guide to available farming opportunities, they learned about farms throughout Maine. After visiting 6 properties, the farm on Brown's Point Road in Bowdoinham best fit their idea of the direction they wanted to head. Being close to an active farmer's market in Brunswick was a big plus for them.

Having worked hard at building their business since 2007, Gabrielle and Nate have now reached a good level of production that they are trying to maintain. As a certified, organic farm, they grow about 45 varieties of produce and make sure that they always have spinach and carrots available. "We try to have as much of everything we can at all times," Gabrielle says. About 75% of what they produce is sold at the Farmer's Market in Brunswick including the winter market. The rest is sold to restaurants in Brunswick and Free-

port. To keep all this going, they have 7 full-time employees at the height of the growing season with 2 remaining with them through the winter.

Nate and Gabrielle have been able to achieve their goal of having the farm support both of them and their staff year around. The 11 acres of vegetables, the active markets, and the growing desire of the public for locally produced, healthy food have all worked together to make their dream a reality. Their vision is to have the farm support their family in the future and to continue to



Nate Drummond & Gabrielle Gosline

ductive. "We feel really lucky to be here. It is a beautiful place to live and work. The customers are so supportive and encouraging, and we loving getting direct feedback from them. We are so indebted to the folks who work with us and who help to make it all possible," comments Gabrielle. Contact: [www.sixriverfarm.com](http://www.sixriverfarm.com) or 666-8135.

### Stonecipher Farm

Ian Jerolmack

Ian came to Bowdoinham 6 years ago to fulfill his dream of living a land-based, self-sufficient lifestyle. The Maine Farmland Trust was advertising a farm in Bowdoinham that met his needs, so he moved to the 55 acre piece of land along the Abagadasset River. This was only the second farm that the MFT had actually bought with the intention of finding someone to maintain it as a farm. It is part of their buy, protect, sell philosophy for saving farming acres.

Ian has now established 6 acres in production with the possibility of developing 4 more acres. Its location along the river means that Ian often sees wonderful wildlife such as eagles, muskrats, kingfishers, and snappers.

Ian raises as many as 40-50 items and tries to experiment with unique items that will appeal to Portland restaurants. Besides the usual produce, he raises cabbage, broccoli, brussel sprouts, and beets, along with nasturtiums and fennel. As he experiments with unusual varieties (nettle!), he rejects the ones that don't work out and keeps those that pique an interest. Having tried several strategies for



Ian Jerolmack

learn how to be more efficient and productive.

marketing, he has found most success with Portland restaurants and currently sells to approximately 30 of them. He can offer them a wide array of typical produce along with the specialty items. By persistently calling on the restaurants during the 2 days a week he is in town, he has developed a reputation for good service. "Portland is exceptional in its willingness to purchase from local farmers," Ian commented. In addition to the restaurants, Ian sells at the 2 Portland Farmer's Markets each week and continues through the winter with the Portland winter market. These sales outlets have enabled Ian to attain a living income from the farm alone. He is even able to employ 4 others.

While Ian has experimented with a Community Supported Agriculture (CSA) model for selling his produce, he found it didn't work out economically. The restaurants and Farmer's Markets keep him fully occupied without selling to individuals. He hopes it might be possible to set up a collaborative CSA model in the future where several farms can market their produce collectively with the help of a paid coordinator. He has seen an excellent model for this in the Unity area and thinks it might be worth pursuing. It lifts the burden on individual farmers to market to individual families and enables a wider array of items to get to more folks. Contact: 737-4124.

## Open Farm Day

By Nicole Briand

**J**oin our Bowdoinham farms in celebrating Open Farm Day on **Sunday, July 21st.**

### 9:00-11:00am - Left Field Farm

496 Browns Point Road, please park along Browns Point Road and walk to fields as signage directs.

Come see Left Field Farm in its first full year of production. Farmer Sean Hagan grows organic produce and cut flowers on 7-acres on one of Maine Farmland Trust's Forever Farms on beautiful Merrymeeting Bay.

### 10:00am-12:00pm- Apple Creek Farm

446 Millay Road

Apple Creek Farm has been operating in Bowdoinham & Bowdoin since 1985. The Galles primarily focus is on pasture-based and grass-fed sheep and beef cows. Additionally, they have free-range chickens, organic broilers, organic geese and cashmere goats, and sell hay and firewood. Come and meet the cows, sheep and chickens.

### 10:00am-3:00pm - Gruff Acres Farm

919 Post Road

Meet the chickens & goats and sample some goat meat & homemade cheeses. Diana and Dale Mosher started Gruff Acres Farm as a hobby when they entered retirement.

### 11:00am-1:00pm- Fishbowl Farm

496 Browns Point Road, please park along Browns Point Road and walk to fields as signage directs.

Tour one of Maine Farmland Trust's Forever Farms on Merrymeeting Bay. Chris Cavendish and Gallit Sammon grow organic vegetables on 18 acres. They are committed to producing healthful, nutritious and safe food of the highest quality while protecting the integrity of our environment.

### 1:00-3:00pm - Six River Farm

513 Browns Point Road, please park by the greenhouses as signage directs.

Showcasing a diverse array of vegetables, berries, herbs, and cut flowers on one of Maine Farmland Trust's Forever Farms. Nate Drummond and Gabrielle Gosselin grow on 11-acres, along the shores of Merrymeeting Bay.

### 2:00-4:00pm- Stonecipher Farm

1186 River Road (Route 24)

Stonecipher Farm is an organic farm located on 55-acre property that has been preserved as a Forever Farm. Ian Jerolmack grows vegetables and herbs, raises chickens and recently added 10 goats. Come see the farm, dig some carrots and cool off in the giant sprinkler.

Please visit the Town's website to download the event brochure or stop by the Bowdoinham Farmers' Market to pick one up.

## Thank You Volunteers

By Bill Post

**T**his is the time of year when the Town staff contact the many volunteers that serve on board and committees to determine if these individuals are interested in continuing to serve. While reviewing this list, I was reminded of how many volunteers that this community has, and not just for the Town boards and committees. The library, BCDI, the Merrymeeting Arts Center, the Long Branch School and General Store, the Community School, the EMS and Fire Departments, the Historical Society, the new Senior Center, the new Food Pantry, the churches, the youth sports programs, and many more organizations and efforts are staffed or assisted by volunteers throughout the year.

These volunteers greatly help make this community not a place to live, but a true community. I have served in local government for 17 years and in five different communities, most larger than Bowdoinham, but I have not had the pleasure of witnessing the large volunteer effort that takes place here. When a project needs to be completed, or when your fellow residents need help, someone always steps up to the challenge to make this community better.

**To all of you, I say thank you!**

## Bowdoinham Food Pantry Now Open

Thursdays 2-4pm  
Saturdays 10:30am-12:30pm

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Second Baptist Church

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## Merrymeeting Arts Center

By Laleah Parker

**M**errymeeting Arts Center opened its doors in September 2007. The Center - with the support of Jill & Fred Haer who have graciously provided free space - has survived in a time of declining income for non profits by running on a shoestring budget with only one part-time paid staff. MAC has received donations from a wide group of donors and was awarded two Quimby Foundation grants. In spite of limited funding MAC has mounted 25 art shows, held 2 Ice & Smelt festivals, operated a Place Based Preschool, supported the Ziggurat Theatre Ensemble, and offered a variety of classes, workshops and free art activities at Celebrate Bowdoinham.

Merrymeeting Arts Center (MAC) is very excited to have received a \$5,000 Community Building Grant in May 2013 from the Maine Community Foundation to be used to fund a Strategic Long Range Planning Process. The Long Range Plan will be developed with the active participation of a broad range of stakeholders in the Bowdoinham Community. Planning for the future of MAC will help to build community support for the center as well as strengthen the organization. MAC is a benefit to the Town of Bowdoinham – “Merrymeeting Arts Center the jewel in the crown of Bowdoinham’s creative

economy” (Down East Magazine, November 2008) - as it enhances the quality of place through its programs and bolsters the creative economy by attracting visitors to the town. The Bowdoinham Community and its creative economy will be improved and strengthened by a vibrant, all accessible, sustainable art center that fulfills the vision: “Art for Everyone”. Developing a long-term plan will allow MAC to develop goals, objectives and activities that are consistent with its mission and vision, that are supported by the community and that align with sources of potential funding.

### Exhibits

The major summer exhibit “Every Maine Lighthouse”- 65 paintings by Ernest DeRaps of Richmond is on display through September 22. Mr. DeRaps is a former lighthouse keeper, as well as a photographer and Coast Guardsman. After his retirement from the Coast Guard he painted all of the Maine Lighthouses. This is the first exhibit of the entire body of his work. The center is open on Saturdays from 10am-1pm, Sundays from 1-4pm and by appointment.

### Education

Art at the Gazebo (drop in art) will be held this July on Mondays and Thursdays from 10am-12pm. A \$2 per person donation is requested. Jane Page-Conway will teach a photography course using pinhole cameras. Matt Ahlers will be holding a workshop this summer to build kick-wheels for use in pottery classes this fall.

Corie Scribner will continue Place-based Preschool in the fall. Sign up and pay for classes at Celebrate Bowdoinham and get 10% off fees.

### Events

MAC will focus on the SPOKEN ARTS this fall. There will be a recitation contest, poetry readings to accompany the fall exhibit “Lincoln and the Gettysburg Address” featuring Lincoln portraits by the late Carlo Pittore to celebrate the 150th anniversary of the Battle of Gettysburg and the address. Kim Kalesti will return to perform at Town Hall for a Veteran’s Day Review.

Check our website for information on all exhibits, education and events at [www.merrymeetingartscenter.org](http://www.merrymeetingartscenter.org).



Art For Everyone

## Hobart Farm

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## Salamanticus

By Stephen Legawiec

Ziggurat Theatre Ensemble presents “Salamanticus,” take an astonishing journey to the ends of the earth, July 26<sup>th</sup>-August 11<sup>th</sup>.

Enter the world of Salamanticus: a stunning fantasy set in a strange and wonderful realm of corrupt empires, giant insects, amazing contraptions, and living statues; as well as malevolent queens, eccentric alchemists, evil astrologers, and beautiful princesses.

Salamanticus is about three misfits who go off in search of a book that is said to contain all the secrets of the universe, which they hope will mend their ailing homeland. But what does the book really contain? The Los Angeles Times called Salamanticus “a richly comic fantasy.” Salamanticus plays July 26 – August 11, 2013 at the Bowdoinham Town Hall. This play is presented with support from the Merrymeeting Arts Center.

The award-winning Ziggurat Theatre



Ensemble imagines worlds of powerful, beautiful movement, breathtaking spectacle and unforgettable characters. Inspired by world myths, Ziggurat is known for creating shows that reach for the high notes. Last year’s Aquitania was honored as one of the top ten productions in Maine for 2012 by the Portland Phoenix.

“For me,” says director and playwright Stephen Legawiec, “theatre is about creating an experience that is like no other. I love the idea we can always surprise the audience, always shatter and exceed their expectations.”

The cast features Lily Ali-Oshatz, Anne Beal, Patrick Brady, Laura Collard, Chris Douglass, Jacob W. de Heer Erpelding, Xander Johnson, Tom Marion, Kathleen Nation, Kerry Ipema, and Dana Wieluns. The artistic personnel is as follows: Direction by Stephen Legawiec; Movement by Dana Wieluns Legawiec; Technical Direction by Stacia Saniuk; Lighting Design by JP Gagnon. The Stage Manager is Hannah Brooks. For show information please go to ZigguratTheatre.org or call 854-8882.

## Merrymeeting Trail

By Nicole Briand



Kennebec Estuary Land Trust (KELT) just received a \$33,000 grant from the Elmina B. Sewall Foundation to assist with the project coordination and project outreach for the Merrymeeting Trail and A2K Trail. These two proposed trails create a 43-mile transportation corridor from Augusta to Bath that is car free and safe for bicyclists and pedestrians.

The Merrymeeting Trail is approximately 25-miles and will connect the Kennebec River Rail Trail in Gardiner to Brunswick and Topsham’s Androscoggin River Bicycle Path. It will connect two major rivers and provide impressive views of Merrymeeting Bay; a 20,000 acre tidal estuary with significant wildlife habitat and popular for recreation. The trail will be an economic engine to strengthen and improve communities by bringing consumers, tourists, businesses and jobs to our historic downtowns and villages.

The A2K Trail will extend the Androscoggin River Bike-Ped Path seven miles to downtown Bath, paralleling Route 1.

For more information, please visit our website [www.merrymeetingtrail.org](http://www.merrymeetingtrail.org) or “Like” us on Facebook.

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# THE BOWDOINHAM NEWS

## News from BCDI

By David Whittlesey

**B**owdoinham Community Development Initiative continues to be able to respond quickly and efficiently to the needs of Bowdoinham residents working to develop businesses in town. After fulfilling three Loan/Investment Opportunities simultaneously earlier in the Spring, BCDI responded in May to a loan request from Mary Stride to support two start-up projects with an on-line marketing focus: StrideWear and Happy Healthy Dancer.

StrideWear is unique custom made dancewear designed by Mary and tested for over a decade with excellent reviews on fit, durability, and customer happiness.

Health coaching will be developed in parallel and synergy with dance, through “Happy Healthy Dancer” and eventually “To Your Health” expanding beyond the dance world through speaking engagements and workshops.

These businesses are very much in a direction that may well be an expanding part of Bowdoinham’s business community: home-based and on-line. BCDI also appreciates the focus on both good health and the arts represented in Mary’s new businesses. Check out Mary’s current website at: [www.marystride.com](http://www.marystride.com).

Bob Kane’s wood milling operation, supported through a BCDI Investment, is up and running. If you need rough-cut lumber, give Bob a call at 666-3668

In June, BCDI hosted a Fundraising House Concert with the Bowdoinham band “Steamboat Gypsy” entertaining a healthy crowd of supporters. The funds raised will help



to cover some of the administrative and operational costs of BCDI. If you would like further information on how you can participate and support BCDI, please go to: [www.bcdi.us](http://www.bcdi.us).

## News from Long Branch

By Pete Feeney

**W**e had a successful outdoor wood oven class on the first weekend in June. The second class for building outdoor ovens is scheduled for August 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup>.

We will be building an oven at a local residence whose owners have agreed to host the course. Also, our timber framing class is now scheduled for August 15<sup>th</sup>, 16<sup>th</sup> and 17<sup>th</sup>. If you sign up for either of these classes, you may bring a family member for free.

We want to make our curriculum more family-friendly so you will be seeing more

classes offered with family discounts or programming specifically geared toward tweens and teens.

The Long Branch Veterans Workshop is the business incubator portion of our operation and is continuing to mature. The “old fire station” keeps getting closer to being a fully functional workshop. The veterans program is not limited to woodshop activity. We have several projects we are incubating. The largest project is building tiny homes through the Homes for Disabled Veterans Organization. However, we also have a veteran developing composters and rain barrels from used barrels provided by the

Building Materials Exchange. Yet another project is creating a mobile oven business, centered on the trailer-mounted wood oven we have built.

Through the veterans program, we have been working with a group that is starting the Maine chapter of the National Veteran-To-Farmer coalition. The president of this organization has been working with us and is setting her base of operation at 20 Main Street. We feel having a veteran-focused operation like this on campus will broaden the services we can provide to veterans within our program. The fall curriculum for our course work will be coming out soon. Some of the courses will be listed through Merrymeeting Adult Ed. However, for a complete listing, please see our web site at [www.longbranchschool.com](http://www.longbranchschool.com).



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## News from Bowdoinham Historical Society

By Betsy Steen

**BHS Super Yard Sale:** Will be on Saturday, September 7<sup>th</sup> (rain day Sept. 8<sup>th</sup>) and benefits Meeting House restoration. Donations of items to sell gratefully accepted or your bring Your Own Table to set up outside to sell yourself (\$10.00 to BHS). Please contact Jeanne Gillis at 666-3203.

**Bowdoinham History Day** at Bowdoinham Community School was held June 7<sup>th</sup>. Forty fourth graders each attended four sessions at stations which included Old Fashioned Games – Laurie Peavey-Ross, Rug Braiding, Knotted Trim, & Rope Making – Cathy Reynolds School Life – Leslie Anderson & Sylvia Edmundson; Ship Building, Coastal Trade, & Life Aboard – Betsy Steen; Ice Harvesting – Sarah Skolfield and Daphne White; Knitting and Sewing – Nan Curtis; Life at Home – Joanne Savoie; Woodworking & Tools – Steve Bunn

**BHS Meeting House:** (Corner Browns Point Road and Rt. 24) We have a WORK DAY planned for Tuesday, July 9<sup>th</sup>, 8:30am-12pm. We will be cleaning and organizing. We now have electricity in the building and Bob Stetson has built a new set of steps.

**Monthly Business Meetings:** We continue to hold these the second Thursday of the month at 7:00pm in Jellerson School (corner Browns Point and Centers Point Roads). All interested folks are welcome.

**Jellerson School:** Our outhouse is at last under construction. Once that is completed we hope to have several classes this fall. We have received a generous donation from Marilyn Darnell of San Luis Obispo, CA in memory of Robert Edgar Jack (1841- 1916) son of Captain Robert Jack & Nancy Maxwell Brown Jack born & raised on Abagadasset Point. He went West in 1863 and became a successful sheep rancher and influential citizen of San Luis Obispo. This money is to be used for school materials for Jellerson.

**Century Box:** Time is running out! The 2012 Century Box is under construction and will be filled and sealed in September at Celebrate Bowdoinham. The materials from the past will be put back in, and we are assembling items and messages representing 2012 to add. Please consider writing something for the folks of Bowdoinham in 2062 and 2112. It can be long or short, a message, a history, business information, genealogy or whatever you would like. Leave it at the Town Office or the Library.

**Where Are We?** We understand that some people in town have asked, “But where is the Historical Society?” We own two buildings: The Meeting House and Jellerson School & Merrymeeting Bay Museum. We also have a storage area in the third floor of the Coombs Municipal Building. But we don’t have an “office” with regular hours. The best way to get in touch with BHS is by coming to one of the monthly meetings or through our website:

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

## TEENS - Help us Build a Better Library for You

By Jill Hopper



**T**he Bowdoinham Public Library is seeking the thoughts and advice of teens in our community regarding teen services

at our library. We need your feedback and help to create teen programming.

All Bowdoinham teens are asked to complete a short survey at [www.bowdoinhamlibrary.org](http://www.bowdoinhamlibrary.org). Never use the library? This is your chance to anonymously tell us why. Use it all the time? Tell us what you do or don't like.

You are welcomed to join us on July 16<sup>th</sup> at the Library, 6:30-8:30pm as we explore what more the library can do for teens and enjoy some ice cream. For more information, contact Jill at [hoopersj@comcast.net](mailto:hoopersj@comcast.net) or 666-8405.

## Bowdoinham EMS EMTs Needed

We will pay for half of your class up front. Then, once you pass your class and all your tests, we will reimburse you for the second half. Classes run two nights a week with some Saturdays for about 4 months. We will supply all gear and equipment. We ask our EMTs to commit to at least one night a week. If you are interested, please call Ann Davis at 751-4238 or email at [annied59@comcast.net](mailto:annied59@comcast.net).

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## Free Little Libraries

By Kate Cutko

**B**owdoinham Library was pleased to have the assistance of master carpenter Robert Betjemann, in building the first of 3 "Free Little Libraries". Robert guided library director Kate Cutko in the construction, following plans she found on a website. The Free Little Library is a movement started by a gentleman in Wisconsin who built and



Robert Betjemann with the Little Library

placed this type of box in his neighborhood, as a place for neighbors to take a book and leave a book. For people who can't get to a public library,

this can be a fun way to circulate books and spread the love of reading. Robert Betjemann is the founder of *Creative Flow Foundation*, a non-profit founded on the belief that creativity can heal. Robert is seeking a veteran returning from service who would like to learn boatbuilding or woodworking skills of any type. For more information on both *Creative Flow* or how you can help with the Free Little Libraries project, please call the Bowdoinham Public Library at 666-8405.

## Committee on Aging

By Linda Jarvis

**D**uring its first six months of operation, the Committee on Aging has sponsored many programs and events designed specifically for older residents. The most successful program is Exercise Plus. There are 22 participants of this program in total and on any program day, there is an average of 11 people attending. In June, another day was added, due to demand. Residents are welcome to join Exercise Plus on Tuesdays and Thursdays, at 9:00am at the Fire Station.

Walking Group meets on Mondays at 9:00am at the Fire Station. This group walks for approximately an hour with several walking paces. Walkers go at their own pace, however, we encourage participants to challenge themselves. The group has from 3-7 walkers. Not only is it great exercise, it is a wonderful way to meet new and old friends, chat and enjoy the outdoors.

In June, a nationally recognized program "Matter of Balance" was held. This program focuses on fall prevention. Participants met twice a week for 4 weeks to work on balance and learn techniques to help prevent falls. It turns out that being assertive about asking for help is just as important as getting rid of slippery scatter rugs.

On May 23rd, Patricia Oh, an expert in the field of aging and the author of the Report on Aging for Bowdoinham, discussed home modifications. The Bowdoinham Library has an extensive booklet on home assessment and modification. There is also a book for older drivers and several books on vision loss. Since our life span often exceeds our ability to drive by 10 years, the Committee has begun forming a group of volunteer drivers. Additionally, the Second Baptist Church operates a van service that operates every other Monday and provides transportation to the Topsham Fair Mall.

The Committee encouraged Voc 10 to use the growing population of seniors as opportunity for job creation for Voc 10 graduates. Beginning in September 2013, Voc 10 is adding curriculum focused on issues related to seniors so that graduates are better prepared to address those needs.

The Senior Drop-in Center will be closed for July and August. However, some activities will continue. The Committee publishes a monthly activity and resource list that are available on the town's website. The town calendar also lists activities.

The Committee on Aging will meet on the 4<sup>th</sup> Friday of the month in July and August at 3:00pm in the Coombs Municipal Building. The Committee welcomes your participation.

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## Local Singer Wows

By Amy Saxton

Representative Seth Berry welcomed fellow Bowdoinham resident and Recreation Director, Brandi Lohr to the State House recently to sing the National Anthem in opening ceremonies in the House of Representatives.

Lohr earned an appreciative and sustained standing ovation for her beautiful rendition.



Berry was able to thank her again at the baseball diamond later that week and present Lohr with a program from her visit.

*Picture taken by Nick Dyer, Immaculate Design.*

## Call for Members

Community Development Advisory Committee - 1 opening

Biking, Walking, Paddling Committee - 3 openings

## Recreation News

By Brandi Lohr

Do you need something to do during these summer months? Funtown/Splashtown and Aquaboggan tickets are now available at the Town Office at a discounted price! Come in and take advantage of the savings.

- Funtown/Splashtown USA Combo Pass (48 inches & taller) for \$27

- Aquaboggan Super Pass for \$22

These are \$9.00 and \$8.00 savings!

July 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> are the kindergarten “meet and greets,” for the upcoming 2013-2014 school year. This is a great opportunity for the kindergarten class to get acquainted with their future classmates. We will be doing different activities such as kickball, soccer, t-ball and playground time.

July 6<sup>th</sup>-July 9<sup>th</sup> Bowdoinham is hosting the 2013 Maine State Cal Ripken Baseball Tournament. Youth from all over the State of Maine will be coming with their families in hopes of winning the State Title.

Soccer registrations are due by July 15<sup>th</sup>. Forms can be downloaded at [www.topshammaine.com](http://www.topshammaine.com). This program is for kids ages 5-14.

The Recreation Department has created a Facebook page, please visit us at Bowdoinham Recreation.

## Thank you to our Skatepark Sponsors

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Sponsors will be recognized at the park, in this newsletter and on the Town's website.

For more information, contact Nicole Briand at 666-5531 or [nbriand@bowdoinham.com](mailto:nbriand@bowdoinham.com) or visit the Town's website.

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### Plumbing Tip

#### *Mayhem in your water heater?*

Yes, the TV ad with the actor playing a water heater exploding through the roof is based on fact. Not very likely, but it can happen. The Maine Plumbing Code requires that every water heater have a Temperature and Pressure Relief Valve installed. The purpose is to safely relieve pressure in the tank should the thermostats fail and too much pressure builds. This could cause the tank to explode. To ensure that your T&P Valve is working properly, you should lift up the silver lever on the valve about every six months and water should pour out of the attached drain pipe, if it doesn't you need to have it replaced. For safety reasons the drain pipe should terminate near the floor.

# THE BOWDOINHAM NEWS

## Community Calendar

### July

#### 9th

Summer Reading Program  
Bowdoinham Public Library, 10am

#### 11th

Summer Concert - Peterson Project  
Maily Waterfront Park, 6-8pm

#### 16th

Lighthouse Story Time  
Bowdoinham Public Library, 10am-12pm

#### 18th

The Long Branch Boys Concert  
Maily Waterfront Park, 6-8pm

#### 21st

##### Open Farm Day

*Schedule on page 5.*

“Every Maine Lighthouse” Slideshow  
Merrymeeting Arts Center, 3pm

#### 23rd

Summer Reading Program  
Bowdoinham Public Library, 10am

#### 25th

The Mighty Nat Hussey Band Concert  
Maily Waterfront Park, 6-8pm

#### 26th

Salamanticus  
Town Hall, 7:30pm

#### 27th

Cruise ‘In on the Cathance’  
Town Landing Restaurant, 4-6:30pm

Merrymeeting Band Concert  
Maily Waterfront Park, 6-8pm

#### 28th

Salamanticus  
Town Hall, 1pm

### August

#### 1st

Maybe Utah Concert  
Maily Waterfront Park, 6-8pm

Salamanticus  
Town Hall, 7:30pm

#### 2nd

Salamanticus  
Town Hall, 7:30pm

#### 4th

Salamanticus  
Town Hall, 1pm

#### 6th

Summer Reading Program  
Bowdoinham Public Library, 10am

#### 8th

Out of Nowhere Concert  
Maily Waterfront Park, 6-8pm

Salamanticus  
Town Hall, 7:30pm

#### 9th

Salamanticus  
Town Hall, 7:30pm

#### 10th

“Kennebec Lights & the Men  
Who Served Them” Lecture  
Merrymeeting Arts Center, 2pm

Salamanticus  
Town Hall, 7:30pm

#### 11th

Salamanticus  
Town Hall, 1pm

#### 15th

Cilantro Concert  
Maily Waterfront Park, 6-8pm

#### 22nd

Three Point Jazz Group Concert  
Maily Waterfront Park, 6-8pm

#### 29th

Jimmy Midnight and the Down & Going  
with Jay Conway Concert  
Maily Waterfront Park, 6-8pm

#### 31st

Cruise ‘In on the Cathance’  
Town Landing Restaurant, 4-6:30pm

“Hubcap Art” Workshop  
Merrymeeting Arts Center, 2-4pm

#### September 14th

**Celebrate Bowdoinham**

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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