



# THE BOWDOINHAM NEWS

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November & December 2019

## BUSINESS SPOTLIGHT

### Young Entrepreneurs

By Wendy Rose

All of these young people participated in Bowdoinham's Farmer's Market during the 2019 season, but their sales and activities go far beyond that particular venue. Many thanks to David Asmussen for his encouragement by providing booth space and marketing assistance throughout the summer. Several plan to be at the Holiday Craft Fair at the Bowdoinham School, so look for them there.

#### Trevor Brown

Jupiter Farm

Trevor Brown's love of baking has taken him down some interesting paths in the last several years. He has experimented with different recipes and has entered pies into Celebrate Bowdoinham's pie baking contest. He was even talking with Luke MacFadyen, Bowdoinham's baker extraordinaire, about apprenticing with him before Luke's untimely death this year. Camilla, Luke's sister, has stepped in to help out by sharing Luke's recipes and letting Trevor use Luke's licensed kitchen to prepare baked goods for sale.

All of these steps led to a full summer of selling baked goods at the Bowdo-

inham Farmer's Market on Saturdays at Maily Park. Trevor has been able to offer many of Luke's most

popular items and has been learning what buyers like best. All of his preparation for the market was done on Thursday or Friday at Luke's kitchen so the products could be fresh and appealing. "I have sold out a couple of times at the market and am getting a sense of how much product is enough," Trevor says.

One of the other things Trevor has been learning is the whole process of baking while maintaining strict food safety practices. He likes to continually improve his products and to gain new cooking knowledge.

When it comes to the "business" side of baking, Trevor says, "Baking is the easy part—the important part—of doing this business." He confesses that the hard part is the selling part. "I've always felt kind of shy," he says, "so putting myself out there is a bit of a challenge."



He has been keeping a weekly log of his sales and plans to look at the big picture of the business at the end of the season. "I feel like it has been successful," he says.

Doing the business has taught Trevor some great lessons and he has some advice for other young entrepreneurs based on his experience: "You have to be confident that you can pull it off.

Take feedback from your customers, and be willing to take advice." He is very grateful for the help he's received from his mom, Susan Brown, and from Luke's sister, Camilla. The Coordinator of the Farmer's Market, David Asmussen, also deserves a lot of credit for encouraging the young entrepreneurs at the Market.

While the Market is the only place Trevor offers his products right now, he is interested in exploring other possible venues through the winter. His schedule will be pretty busy during his Senior year in High School, but he is open to opportunities should they come up. If you want to be in touch with Trevor about buying some of his delicious items, you can email him at [20brownt@link75.org](mailto:20brownt@link75.org) or call him at 208-6540.

*Continues on page 2.*

### 2019 Dog Licenses

The 2019 dog licenses are now available at the Town Office. Fees are \$6.00 for a neutered/spayed dog and \$11.00 for a "fully equipped" dog. Please license your dog(s) annually on or before January 1<sup>st</sup>. A \$25 late fee will be charged after the grace period.

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## Young Entrepreneurs

*Continued from page 1.*

### Camilla Ciembroniewicz *Marigold Ink*

Camilla Ciembroniewicz's deep love for drawing has led her into a self-employment venture that makes use of her talents in a practical way. She translates her nature images onto clothing items, such as T-shirts, giving them a unique, individual look. She has found that her images work well on other items as well—note cards, napkins, dish cloths, and patches. "I really love to make art and to see my progress," she says.

The business has come a long way since Camilla started at the Holiday Sale at the Bowdoinham School in 2018. That experience encouraged her to try out the Bowdoinham Farmer's Market through 2019. From there, she would like to experiment with more sales outlets and has been talking with a family friend about selling some items at their store in Freeport. In the meantime, friends and family have been placing custom orders with her, and she enjoys working with them to choose images they would like. Through all of this, she has been expanding her line of products and has experimented with a lot of new techniques.

"I have been keeping a chart of my sales," Camilla says, "and I like what I have been making. So far, I have used the money for the business." She keeps her eye out for sales at Goodwill where she often finds quality, used items for her

images. "This keeps my costs down," Camilla says. "I'd like to look at my pricing to be sure I'm charging enough," she adds.



There have been a number of people who have helped Camilla along the way. Manon Whittlesey of Morphee Creative, taught Camilla the technique of carving linoleum blocks with her drawings, inking them, and then transferring the images onto different surfaces. Camilla's dad

built her display table which works very well at the Bowdoinham Farmer's Market. Finally, David Asmussen, the Manager of the Market, has encouraged her and handled all the marketing for the Market through the 2019 season.

Because she has worked hard to keep her costs down and her prices in the right place, Camilla would recommend that any young entrepreneur make sure they pick a good price. "They should not be afraid to ask for help," she advises. Most importantly, she feels young entrepreneurs should really zero in on what they would like to pursue.

Camilla entered her Junior year in High School this fall. You can reach her at [xcountrytrackgirl@gmail.com](mailto:xcountrytrackgirl@gmail.com)

### Olena Cutko *Spice Girl*

Even though Olena Cutko is only in her Junior year of High School, she is already an experienced entrepreneur. She has been offering her special spice mix at



markets ever since she was in fourth grade. Her first

foray into selling was at the Holiday Fair at the Bowdoinham School, but in recent years, she has also had a day of selling at Bowdoinham's Farmer's Market at the Mailyly Park.

Olena went through an interesting process in creating her product. She developed a combination of spices that she thought went especially well with vegetables, and then had her family try it out. They found they could use it on a variety of food items including scrambled eggs. Once Olena had her mix of spices, she shared it with others and found she had a market. Now she buys all her spices in bulk, hand grinds the seeds, and does the mix herself. She sells it in 2 different sizes of glass jars. She is always looking for ways to do it better and faster.

Selling her spice mix enables Olena to make money for special trips or projects. She sets a financial goal for what she needs to earn and then finds ways to sell her mix so she can reach her goal. She is happy with what she has been earning so far. The next step she would like to take is to look at her costs and figure out if she is pricing her product at the right amount.

Olena enjoys all the aspects of doing her business. Her advice to other young entrepreneurs is to give their idea a try. "It's a good way to meet people, and it

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helps you to be less shy,” she says.

You can buy some of Olena’s mix at the upcoming Holiday Fair at the Bowdoinham School or you can get in touch with her at [otcutko@gmail.com](mailto:otcutko@gmail.com). She encourages everyone to, “Just try it!”

### Celeste Gray

*Poppy Co.: Breads and Threads*

Celeste Gray has been experimenting with an interesting array of products at the Bowdoinham Farmer’s Market through the 2019 season. She has been following what she loves—both baking and clothing—to offer unique items.

Her booth often includes brownies, lemon squares, and cookies along with hand embroidered clothing, jeans, and vintage treasures she has altered and improved. Doing this venture means that she gets to explore new recipes and to find interesting sources for clothing. Seeing what the customers buy helps her to expand her offerings.

“I really like making money at something I enjoy,” Celeste says. She looks at the net profit each week and has been happy with what she has made so far. The extra money helps her buy clothing and other extras. “It’s also nice to be at the market with a friend, Camilla Ciembroniewicz. We keep each other company and can catch up with each other in between customers.”

Besides Camilla, Celeste has appreciated getting help from her mom, Kate Gray. While Celeste does all the actual baking, Kate helps with some advice and getting the ingredients. Another big help has been David Asmussen, the Manager of the Farmer’s Market, who has encouraged all the young entrepreneurs. He handles most of the marketing for the Market. Having a central place with a number of vendors and a good flow of customers means that Celeste can concentrate on her booth and the selling.

Looking towards the future, Celeste would like to explore possibilities for her venture. The Farmer’s Market, Holiday Sale at the Bowdoinham School, and

individual orders are all things she might do in this year, her 8<sup>th</sup> grade year. She would also like to learn more about how the finances work and would like to find recipes and baked goods that people like to buy. All of this can build a good foundation for her next steps.

Her recommendation for other young entrepreneurs is to try out the Farmer’s Market as a place to sell what you make. “Don’t expect too much but have fun with it,” she says. “It really isn’t hard, you can make

money, and it is a lot of fun.

If you would like to contact Celeste to order any items you can email her at [sarah7775lee@gmail.com](mailto:sarah7775lee@gmail.com).

### Maggie Shourds

*Maggie’s Goats at Mulberry Creek*

Maggie’s family has a long history of farming. Their farm in Indiana, however, was getting surrounded by industrial farming operations and it was getting harder to do the sustainable agriculture approach they preferred. After making a couple of trips to Maine (where some family live), they were able to purchase the farm at 589 White Road, moved in August 2018, and have been transferring equipment and livestock ever since. They currently have cows, goats, chickens, and sheep and are working hard to bring the farm buildings and fencing into operating order.

Through this past year, Maggie has experimented with turning the milk they were getting from the cows and goats into cheese. Her father, Glenn, built a cheese room in the farmhouse basement, and it took two months for them to get a license. Starting with a basic chevre cheese, Maggie has now expanded into herbed chevre and a vache (cow) cheese. “I currently have 15 goats and would like to have twice as many,” Maggie says. They are milking 8 of the goats and two of the cows at the present time. The plan is

to eventually set up a larger cheese room in the barn.

Maggie has found a number of outlets for selling her cheese including the Bowdoinham Farmer’s Market, Celebrate Bowdoinham, and a farm stand at their home. In the future, she’d like to look into the Gardiner’s Farmer’s Market or any winter market that might develop in Bowdoinham.

There are a couple of things that the business has helped Maggie develop. “It really helps with time management,” she says. “I have to be up at 5:30 to care for the animals and then in the evening I spend time making the cheese.” Doing the selling has been fun and has helped her with her marketing skills.

“I love spending time with the animals,” Maggie says. “I can tell the goats by their voices and love their personalities.” She has seen how personable and friendly they can be so has developed a



unique idea for expanding her business to do “goat therapy.” This

year, her Junior year in High School, she hopes to develop a plan for this idea as a part of her Senior Capstone project. While Maine doesn’t currently have a way to license goats for official therapy visits, Maggie would like to see if that could be developed. “I’d like to take them to nursing homes, hospitals, and schools.” She has found an animal therapy place that is willing to work with her, and she hopes she can add this service.

If you would like to be in touch with Maggie about obtaining some of her cheese, you can email her at [kittyanna5809@gmail.com](mailto:kittyanna5809@gmail.com). She also has a Facebook Page, just search for Maggie’s Farm at Mulberry Creek. Her folks, Glenn and Gail, are working on updating their website, [www.mulberrycreekcsa.com](http://www.mulberrycreekcsa.com).

## Celebrate Bowdoinham

By Nicole Briand, Planning & Development

I have a lot of people to thank for helping to make Celebrate Bowdoinham such a wonderful community event, so please join me in thanking the following:

- Bowdoinham Fire Department - Setting-up, Running and Cleaning-up the event!
- Adelaida Gaviria & Carmen Serier- Bowdoinham's Best
- Susan Brown- Pie Contest
- Missy Halsey- Parade
- Wayne Dorr- KenDucky Derby
- Five County Credit Union- Face Painting & Balloon Twisting Sponsor
- Jay Read- Strolling Magician
- Merrymeeting Arts Center- Kids Art Activities & Zucchini Races
- Mount Ararat Cheerleaders- Running Kids Activities
- Earl Bigelow- Music
- George Oliver- Flash Mob
- Cliff Daigle - Security
- Ali Hooper- Awesome Summer Intern
- Town Staff - For all their help!
- Firework Sponsors - AV Systems of Maine, Temple Well Service, Baker Design Consultants, Tourtelotte Excavating, Pine Tree Engineering, Sitelines, Ray's Electrical Service, Androscoggin Bank, LCI, Cobb's Repair, Crooker, Bilodeau Insurance Agency, Three Robbers Pub, Village Lodge #26, Cote's Hardware, Labbe & Sons, Bowdoinham Gas & Diesel, HP Fairfield, Bergen & Parkinson, Burgess Technology Services, and Richmond-Bowdoinham Republican Committees.

## Citizen of the Year

By Jeremy Cluchey, Select Board  
Remarks delivered at Celebrate Bowdoinham.

This year's Citizen of the Year has had, and continues to have, a storied career in Bowdoinham. That's a pun you'll appreciate in a minute.

This person is a prominent, creative member of our community, always working to promote knowledge, art, and understanding. She is herself an artist, an organizer, a curator, a convener, a connector, and a booster of all things Bowdoinham.

In describing this year's Citizen of the Year, one person wrote that she "does her job as town librarian with grace and enthusiasm." They went on to tell of how, when she learned that another town resident no longer drives, she made a point to learn that person's taste in books, and often picks out selections to be delivered to them at home.

Others mentioned the wide and rich events and programs this year's recipient has hosted through the library -- from a hairstyling training for fathers, to a review of antisemitism through the ages. One of my personal favorites was her acquisition of a tree pruner for the library, which residents seeking to rid their branches of browntail moth nests can sign out along with the latest novel. And of course she holds the wildly popular Annual Luke MacFayden Edible Book competition, where people create dishes with names like "Mr. Pepper Popper's Penguins" and "Grape Expectations."

As one person wrote of the recipient,

"She has enlarged the meaning of what it is to be a librarian." A common theme focuses on how her dedication to Bowdoinham spills well beyond the walls of the library. Some comments include:

- "She shares her enthusiasm for making objects out of reclaimed items, teaching others to make flowers and wreaths out of the pages of discarded books and selling them at the Artist Guild's annual winter sale."

- "Her work building a traveling 'Welcoming Library' of books for children that address issues of the immigrant experience and belonging has served as a model for communities around the state."

- "Whether it's the waterfront park or an idea for a new business, she always has a creative angle that opens up new possibilities."

- "Her talent for just about any form of artistic or craft endeavor will get a new outlet when she finishes refurbishing an Airstream trailer into a traveling studio for art classes."

In appreciation of her many years of dedication to the people of our community, the Select Board of Bowdoinham recognizes Kate Cutko as the 2019 Bowdoinham Citizen of the Year!



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## Holiday News

### Thanksgiving Pie Sale

Tuesday, November 26<sup>th</sup>, 8am-6pm  
*(or until pies are gone)*

Why spend hours in the kitchen when you can get homemade pies for Thanksgiving and support the Fire Department at the same time?!?! Only \$8 per pie.

To donate a pie, please contact Fire-fighter Ken Chase at 666-3505.

### Thanksgiving Dinners

Annie's Community Thanksgiving Dinner will be at noon at the Fire Station. All are welcome, come on your own or bring your family! Please call 837-2577 to let us know you are coming or to sign-up to help.

Thanksgiving Dinners - If you or someone you know is in need of a dinner to cook this Thanksgiving, please call Pam at the Town Office, 666-5531.

### Holiday Giving Tree

The giving season is coming quickly and we have already started preparations here at the Town Office. There will be two different businesses hosting our giving tree: Three Robbers Pub and Cote's Bowdoinham Hardware Store.

If you would like to help bring some holiday cheer to our fellow residents go to Three Robbers or Cote's Hardware Store starting November 22<sup>nd</sup> and choose a gift tag from the tree. The gift tags will have all the pertinent information that is needed. We ask that you bring the unwrapped gift (along with the gift tag attached) back to the Town Office by December 18<sup>th</sup>.

The purpose of this tree is to help any Bowdoinham Family who may be in need this time of year. Please know that the name(s) are kept strictly confidential. If you know someone who may need help this season, please call Pam at the Town Office at 666-5531.

This holiday season we will also be collecting hats, mittens, scarves, gloves, blankets, puzzles, books, cards, and word searches, for our elderly residents. If you know anyone in need, please let us know.



### SCHEDULE OF EVENTS

**Santa Comes to Town & Tree Lighting**  
Friday, December 6<sup>th</sup>, 5:30pm  
at Bowdoinham Fire Station

After a short ride around the village, the Fire Department will be bringing Santa to the Fire Station at 6pm to light the Christmas Tree and sing holiday carols.

**Bowdoinham Guild of Artisans Show & Sale**

Friday, December 6<sup>th</sup>, 6-8pm  
Saturday, December 7<sup>th</sup>, 10am-5pm  
Sunday, December 8<sup>th</sup>, 10am-1pm  
at Town Hall, 13 School Street

Top quality fine arts including jewelry, pottery, fiber art, photography, prints and paintings all crafted by the members of the Bowdoinham Guild of Artisans will be on sale. Come enjoy the delicious food and great live music by some of Bowdoinham's best while you shop.

**Victorian Christmas Open House**

Friday, December 6<sup>th</sup>, 6-8pm  
Saturday, December 7<sup>th</sup>, 9am-2pm  
Sunday, December 8<sup>th</sup>, 12-3pm  
at Nazarene Church, 7 School St

With Victorian-style decorations, refreshments, and a craft for kids, it will be a little more like 1890 when the building was built.

**Holiday Wreath Workshop**

Saturday, December 7<sup>th</sup>, 11am-5pm  
at Merrymeeting Hall, 27 Main St

Come & make your own Balsam wreath, for \$12-\$15, supplies and instruction included.

**Holiday Craft Fair**

Saturday, December 7<sup>th</sup>, 10am-2pm  
at Bowdoinham Community School

Come snap a few pictures with Santa and then peruse over 25 vendors. The school gym will be filled with all sorts of gorgeous crafts to get your holiday shopping off on the right foot.

**Merrymeeting Arts Center Open House**

Saturday, December 7<sup>th</sup>, 10am-1pm  
at 9 Main Street

The Gallery will feature its new Shop Local Pop-up Exhibit featuring local businesses and services.

**Arts Studio Open House**

Saturday, December 7<sup>th</sup>, 10am-1pm  
at 6 Main Street

Come MAKE a special holiday gift to TAKE with you! All ages welcome.

**Horse Wagon Rides**

Saturday, December 7<sup>th</sup>, 10am-5pm

Rides will be available between the following locations: Bowdoinham Community School, Town Hall, Nazarene Church, Merrymeeting Hall and Merrymeeting Arts Center.

**Dance Party**

Saturday, December 7<sup>th</sup>, 6pm  
at Watersong Music, 9 Main St

Come dance the night away with Hal Ahlers for Jazz and Swing night! Pot luck dinner starts at 6pm and dancing starts at 7pm. Dish and donation appreciated.

## Arts Center News

By Jan Marks

The 1<sup>st</sup> Annual Zucchini Car Races, which took place during Celebrate Bowdoinham were, by all accounts, a huge success! 24 zucchini race cars were entered in the event, and were cheered on by the large crowd as they made their way (or not) down the ramp at the Matthew Townsend Parker Skate Park. After several heats, the final winners were as follows: Best Decorated - Alice Drummond; Winners of 14" and under - Lyndon Cloukey & Elenna Precott; Winners of over 14" - Merlin Schlawin & Amelie Vonderweidt.

MAC extends a special and heart-felt thank you to Peggy Muir for suggesting the idea for the event, our race announcers, Tony Cox and Jo Werther for their hilarious blow by blow of each race, Watersong Music for helping set-up the sound system, volunteers Steve and Sophie Shannon for their fabulous decorations of the raceway, Jan DeBlieu for helping register the participants and generally keeping things running smoothly, and the entire community for coming out and making the event such a success.

We also thank Wibur's Chocolate, Smitty's Movies, The Bowdoinham Country Store and Three Robbers Pub for donating the prizes for each category. Thank you, Bowdoinham....we had a blast! See you at the races next year!

### Community Art Show - The Heron

Each year the Merrymeeting Arts Center will sponsor a community art show featuring one of Bryce Muir's Local Myths. This year's show was dedicated to The Heron, and opened at the MAC gallery during Celebrate Bowdoinham. The show is open to all members of the community, young or old, professional or amateur, including those who have never exhibited their art before. Several members of the Merrymeeting Bay community submitted their work, which included photography, paintings, collages, sculptures and taxidermy and more. A special thanks to Atlantic Federal Credit Union for generously sponsoring the exhibit.



### Anthology: Books in Art

We've all done it - judged a book by its cover. As this show will illustrate (no pun intended) that's not always a bad thing. Debut-

ing November 2<sup>nd</sup>, Merrymeeting Arts Center, in cooperation with the Bowdoinham Public Library, will be hosting a show all about books.

From the artistry of book making to the beauty of book covers, illustrations and fonts, to the telling of a story, books enrich our lives in many ways. This show will encourage you to stretch your mind and consider forms and uses for books other than simply reading them.

Anthology: Books in Art will open on Saturday, November 2<sup>nd</sup>, with a reception including music, refreshments and a kaleidoscope art project for all ages. The show may be seen on Saturdays, 10am-1pm, through November 30, 2019.

### Shop Local Pop-Up

MAC is encouraging everyone to consider doing their holiday shopping right here in Bowdoinham this year. Give mindfully and with practicality by thinking outside the (gift) box. Our December Exhibit will showcase local businesses, small in-home businesses, entrepreneurs and services. A variety of gifts, goods and services, as well as gift certificates will be available for purchase. We will also have a table of new and gently used gift items for pay-what-you-can.

The exhibit opens at the MAC gallery on December 7<sup>th</sup>, and will be open Tuesday and Thursday evenings 6:00-8:30pm, Wednesday mornings 9:00-11:00am and Saturdays 10:00am-1:00pm through December 24<sup>th</sup>. You can also shop on-line at our website: [merrymeetingartscenter.org](http://merrymeetingartscenter.org), or by appointment for times other than those listed.

Help make this a happy holiday season for everyone by shopping local in Bowdoinham!

*The Merrymeeting Arts Center wishes everyone a joyous & healthy holiday season!*



#### CALL FOR VENDORS

Merry Meeting Arts Center is hosting a **Shop Local Pop-up** in the Gallery, 9 Main Street Bowdoinham December 7-24, 2019. This is an opportunity for local businesses, artists and crafts people to **sell their goods** as well as provide the community with a one stop shop for the holiday gift giving season.

## SHOP LOCAL

#### IDEAS for PARTICIPATING:

Gift certificates for local businesses, hair care, massages, CSAs, lawn and yard services, snow plowing, babysitting, pet sitting, yoga, smelt fishing, classes, etc. Local artists, crafters and bakers. And, in the spirit of reduce, reuse and recycle we will have an inventory of gently used or new gift items offered for pay-what-if-you-can.

**COST:** The table fee for vendors/exhibitors is \$10. Entrance to the gallery is free. The exhibit opens on December 7th and will be open on Tuesday/Thursday evenings, Wednesday mornings and Saturday mornings, or by appointment. We will also post items on our website for easier shopping. Vendors do not need to be at the Gallery to sell their items.

Contact Susan Brown, [merrymeetingartscenter@gmail.com](mailto:merrymeetingartscenter@gmail.com) or call/text to 207-837-0401.

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## Guild of Artisans News

By Wendy Rose

Starting Friday, December 6<sup>th</sup>, The Bowdoinham Guild of Artisans will once again transform the Bowdoinham Town Hall into a magical space filled with lights, fragrant evergreens, music, and wonderful artisan creations. Now in its 15<sup>th</sup> year, the show serves as an anchor to a full weekend of fun activities throughout Bowdoinham.

This year there will be 18 artisans showing and selling their work. Several new artisans are joining past favorites which will make the event a fresh experience. A sample of the items for sale include: pottery, jewelry, woodworking, stained glass, paintings, fine art photos, and fiber arts such as clothing, scarves, corded bowls, felting, and woolen mittens. Kay Ahlers will also be on hand with her whimsical “fascinators.” The popular Bowdoinham Public Library booth will have “book arts”

available such as tree ornaments and blank notebooks/journals. There will be many gift items that are affordably priced as well as more expensive fine art objects that might be the perfect addition to your own collection. A special feature this year will be a gift wrapping service for a small fee that will benefit the Library.

The event is on Friday, December 6<sup>th</sup>, 6-8 pm, Saturday, December 7<sup>th</sup>, 10am-3pm and Sunday, December 8<sup>th</sup> from 10am-1pm. Local musicians will be providing background music throughout the weekend. A feast of light snacks and drinks will be on hand.

“The guild event has a homey, intimate feel where area neighbors can gather, enjoy the food, and view or purchase lovely items,” says Lynn Sternfels, BGA President. “We are grateful to the musicians who join us every year and the local businesses that support us.”

All are welcome to come join in the holiday festivities and spirit.

## Bowdoinham Community School Craft Fair

Once again the school gym will be filled with all sorts of gorgeous crafts to get your holiday shopping off on the right foot. Come snap a few pictures with Santa and then peruse over 25 vendors. There will be Site Gift Wrapping to benefit the Bowdoinham Public Library.

Take a horse wagon ride from the school to the Town Hall for the Guild of Artisans sale, then down to the Waterfront to make some art of your own at the Merrymeeting Arts Center. Plan your day around grabbing lunch and supporting the Fifth Grade trip to Boston.

Doors will be open December 7<sup>th</sup> from 10am to 2pm. The raffle will be drawn at 1:30 for both beautiful craft prizes as well as the Giant Whoopie Pie.

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## Victorian Christmas & Memory Tree

By Christina Couch, Pastor

The Church of the Nazarene wishes to welcome everyone to a Victorian Christmas Open House which will take place December 6<sup>th</sup> from 6-8pm, December 7<sup>th</sup> from 9am-2pm, and December 8<sup>th</sup> from 12-3pm following the 11am service, to which all are invited as well. With Victorian-style decorations, refreshments, and a craft for kids, it will be a little more like 1890 when the building was built.

The church will also have a Memory Tree. Anyone who wishes to “light” a candle in memory of a lost loved one is welcome to do so during the Open House hours. The tree will remain lit in the window of the church throughout the holidays.

The church is located at the corner of School and Main Streets. For more information, contact Christina Couch at 351-0289 or followingtheson@hotmail.com.

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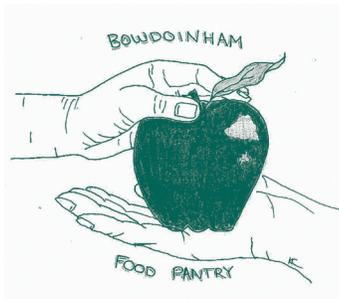
## Food Pantry News

By Lily Montgomery, Program Coordinator

The Food Pantry continues to be a busy place, with new clients and volunteers joining us each month. We're also thrilled to welcome George Oliver as our newest board member—we're so lucky to have you!

The pantry has continued to see beautiful produce coming in from the Merymeeting Gleaners each week, as well as regular and generous donations from Hannaford, Midcoast Hunger Prevention Program, Dogwill and many, many individuals. THANK YOU all for making it possible for our clients to have access to healthy, local produce – and so much more!

Celebrate Bowdoinham was a huge success for the pantry – we sold over a dozen pies and were able to collect many donations from all of you. Because of your generosity at events like this, we're able to keep all of our programs running! A huge thank you to Susan Brown for donating all sales from the Pie Contest to the pantry, and to our hard working volunteers for working all day to make it happen! The backpack program is off to a strong start again this fall at the Bowdoinham Community School, and we've welcomed a whole team of new volunteers—thank you all for your willingness to participate



in this important program! Each week during the school year, these volunteers pack bags full of nutritious and easy-to-prepare foods for elementary students in need. Thank you so much to Caitlin Johnson for leading this effort, and to everyone who contributes their time and energy!

Curious how much this program costs the pantry?

- \$5 feeds a student for one day
- \$15 feeds a student for one weekend
- \$60 provides a month of weekend backpacks for a student
- \$600 provides weekend backpacks for a student for a whole school year

Thank you to our ever-growing team of pantry volunteers who keep our shelves stocked, our paperwork organized, and our doors open each week. We really couldn't do it without you!! If you are interested in volunteering at the pantry, please get in touch!

The holidays are fast approaching, as are cold winter months and higher bills for many of our neighbors. If you are interested in donating to the pantry, we have collection boxes available at the town

hall, the post office, or you can drop off at the pantry! We are also just starting a fundraising effort specifically for the backpack program, and all donations are greatly appreciated!!

### Most Needed Items:

- Peanut Butter/Jelly
- Pasta & Sauce
- Canned Soup
- Granola Bars & Healthy Snacks
- Low-sugar Cereal
- Mac & Cheese
- Canned Tuna/Chicken
- Eggs/Meat

Questions? Interested in donating, or volunteering? Get in touch!

All Bowdoin + Bowdoinham residents are welcome at the pantry, no income verification required!!! **Open every Wednesday from 4-6 pm.**

### Contact us:

Email: [bowdoinhamfoodpantry@gmail.com](mailto:bowdoinhamfoodpantry@gmail.com)

Call: 751-7779

Website: [thebowdoinhamfoodpantry.org](http://thebowdoinhamfoodpantry.org)

Facebook: Bowdoinham Food Pantry

Located at: 9 Main Street, Bowdoinham

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## Got stress?

By Jo Werther

**S**tress: it's everywhere. From our personal lives to the world around us, we are relentlessly confronted with the challenge to maintain (or regain) a sense of balance, equanimity, inner peace, and even joy in the face of difficult situations and circumstances. Stress management is certainly a lot easier said than done! And talking about it won't really resolve your stress anyway; that's a little bit like discussing why your tooth hurts. It's still going to hurt until you do something to make it stop. It's the same thing with relaxing. You've got to do something, or stop doing something, to get more relaxed. And there are some simple things you can do that will make a surprisingly big difference.

### Just breathe.

No matter what you've already heard (or tried) about breathing practices, 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...

Have this be the only thing you are doing. Don't hurry. And don't worry. There's no right or wrong way to do it. If you do it at all, you're doing great! "Be a Balloon" three times in a row and see what you notice about how it felt. How did you feel before and after?

### Questions/Comments?

Let me know how it went! Email me at [jowtherlcs@gmail.com](mailto:jowtherlcs@gmail.com)

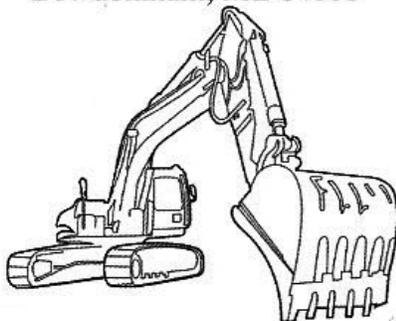
## Bowdoinham's Best Pie Contest

By Susan Brown

**B**right orange carrots, deep blue blackberries, juicy sweet apples, tart lemons, spicy pumpkins, gingery pecans and drizzles of caramel all featured in this year's Bowdoinham's Best Pie Contest. The judges sampled all 10 pies (submitted by bakers aged 5 to 75), deliberated carefully and awarded 1st prize to Meg Zellinger's Lemon Chess Pie, 2nd prize to Barbara O'Hare's Bowdoinham Blueberry Apple Pie, and 3rd prize to Gallit Sammon's Fishbowl Farms Carrot Pie with Pecan Honeycomb and Candied Carrots. All pies were sold by the slice courtesy of the Bowdoinham Food Pantry, with all donations going to the Backpack Program directly benefiting youngsters at the Bowdoinham Community School. Other pies were donated specifically for the sale, and the winners of this year's contest all graciously donated their prize money to this program. I would like to thank all of our bakers, including Camilla MacFadyen, Jennifer Stonebraker, Laurel Streeter, Richard Othuse, Caitlin Johnson, Avery, Cam and Brooke Johnson, Linda Jariz and Carol Lenna.

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## Special Market Hours - Bowdoinham Farmers' Market

Join us for two special Bowdoinham Farmer's Markets for the Holiday Season!

November 24<sup>th</sup>, 9:00am-12:00pm  
at Merrymeeting Hall

December 21<sup>st</sup>, 10:00am-2:00pm  
at Town Hall (*tentative schedule*)

We hope to see you there!

## Age-Friendly News

By *Rachelle Tome, Committee Chair*

The Advisory Committee on Age-Friendly Bowdoinham welcomes our new Town Manager, Thomas Woodin. New leadership provides our committee with an opportunity to review past achievements while also determining new priorities. When ACOA was formed, the goal was to create a community that provides a place where our older citizens could live and thrive. Over the years, the Committee has worked to provide services and advocacy designed to enable our older residents to live in their homes for as long as possible while also providing programs geared to keeping older adults active and engaged in the community. As we continue to move toward an Age-Friendly community, we want to develop goals designed to make Bowdoinham a great place to live for all ages. In the coming months we will be asking for your input and invite you to share your ideas, or better yet, join one of our committees. Membership on ACOA committees includes community members as well as Advisory Committee representatives. Current committees include Programs and Activities, Public

Relations, Celebrate Bowdoinham and Wellness.

ACOA is fortunate to work with 50+ volunteers and many local partners to coordinate a variety of activities and offerings to support community needs. This fall,



*Senior Summit*

Richmond, Litchfield, Wiscasset, Bath, Brunswick and Oakland, met to discuss issues important to our older adults, while also sharing creative ideas for collaboration and partnerships. Our own Patricia Oh presented information related to the eight domains for



*Flu Shot Clinic*

we provided a flu shot clinic at the Fire Station, with over 20 people taking advantage of this opportunity. Many thanks to Laura Labbe from Mid Coast Parkview

Health in conjunction with CHANS Home Health & Hospice for her time and assistance at the clinic.

In coordination with the Bowdoinham Historical Society, ACOA also hosted a Senior Summit at Merrymeeting Hall. Many thanks to Betsy Steen, Patty Melander and Laurie Saunders for their help making this gathering a success. Over 30 participants from Bowdoinham and neighboring communities, including

creating Age-Friendly communities and outlined ways AARP is helping through various avenues, including legislation and grants. Bowdoinham has been a past recipient of grants to support our Age-Friendly goals.

There are many regular monthly activities available. For more information about upcoming events follow us on Facebook at <https://www.facebook.com/AgeFriendly-Bowdoinham/>. You can also call Missy at the Town Office to be added to our mailing list: 207-666-5531. If you are interested in the Committee's work or have an idea for an activity or presentation, please consider attending our monthly meeting. Meeting details as well as a hard copy calendar of the many activities offered each month are available at Bowdoinham Public Library, and at the Town Office.



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## Community Brunch

By George Oliver

The very first monthly Bowdoinham Community Brunch was held on Sunday, October 6<sup>th</sup> from 10:30am to 1:00pm at the Bowdoinham Fire Station. There were eaters of all ages interacting, and the brunch seemed to make everyone happy.

Through a combination of donations and bought goods, the menu included fruit and yogurt, fresh breads, muffins and sweet rolls, baked beans, scrambled eggs, and home fries. Coffee was abundant, as well as tea and hot chocolate.

The brunch required 10 dozen eggs, which were donated by Mitch Mitchell and Penny Savage, and 20 lbs of potatoes,

donated by Six Rivers Farm, which also provided some watermelons and cante-  
lopes. David Asmussen of Blue Bell Farm donated bell peppers and onions for the cook eggs. The many muffins and sweet breads were baked by Betsy Steen, Joanne Savoie, Sally Cluchey, Carol Lenna, Lily Montgomery, Lara Ashouwak and Linda Jariz. Counterpoint Bread provided loaves of French peasant bread.

George Oliver was the cook for the seasoned scrambled eggs and his sous-chef Jan Marks was the preparer of the paprika-enhanced home fries. The crew served over 60 people. As successful as the food was, it was secondary to the community fellowship that was created—it was a chance to meet neighbors in a pleasant breakfast setting that the old Town Landing used to provide for many. Most people

hoped it would become a tradition.

The brunch committee that organized it was headed by Harriet Van Vleck, and it included the efforts of Linda Jariz, Betsy Steen, Laura Ashouwak, Sally Cluchey, Leslie Anderson, and George Oliver.

The planning group would like to hold a brunch on the first Sunday of every month through the winter and spring. The next two will be on Sunday, November 3<sup>rd</sup> at the Fire Station and Sunday, December 1<sup>st</sup> at Merrymeeting Hall.

Look for more announcements toward the end of the month, especially on Bowdoinham Friends & Family. Requests will go out for kitchen help and for donations of various kinds.

While there was no fee for the event, optional donations were gladly accepted to help offset costs for the next brunch.

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## Cemetery Advisory Committee News

By Elaine Diaz

I am sorry we missed the September - October Bowdoinham News; this update covers July through October 2019. We did “cleanup” in the Village Burying Ground in July and August gaining new regular volunteers Joanne Snowdeal and Sam Tome and welcomed new committee members Cassie Hensley, Amanda Patterson and Sam Tome. Instead of scheduling additional clean-ups in the “Village” during September and October, we focused on supporting the keepers and volunteers of some of the smaller plots by delivering supply kits and providing, items such as paint and fence boards.

In July and August we welcomed keepers Darcy Thirlwall and Ray Hall of the Preble Plot on Pork Point Road and provided supplies to keepers of the Pratt Cemetery on the Wildes Road. In September, Sylvia Edmondson identified the unmarked grave of a Pratt ancestor also related to Sam Tome. Also in September, we received a request from Scout Carson Taylor to work on

a cemetery for his Eagle Badge. Pending permission, we hope to designate the Verrill-Small plot at the end of the Ridge Road for his work.

We now have a full committee of seven members as well as a dozen or so regular volunteers and keepers tending about 40 of our small plots. Keepers include couples and families. This is a slow, but effective and ongoing means of restoring and preserving the grave sites of those who have gone before us. Unfortunately, we no longer have a capable person to restore fallen and broken stones since Albert Stehle resigned from the committee in April. Volunteers, keepers and the broader community have been asking, “what are you going to do without Albert?” He is greatly missed not only as the “fixer” of stones, but for his vast knowledge of the burial grounds in Bowdoinham and for his leadership in developing community interest in their preservation.

To help fill this void, we are looking into options for training individuals and businesses interested in stone restoration. George Christopher has suggested that stone restoration might be a specialty for a lawn service company to develop. Those interested are encouraged to contact Elaine (666-8255) or Pam (666-5531).

The committee received a citizen’s concern that the bright orange maple sap buckets in the Village Burying Ground appeared “disrespectful”; the concern was referred to the Select Board.

We welcome new volunteers and other interests. Contact Elaine Diaz, Volunteer Coordinator, (666-8255); Pam Ross, Town Clerk (666-5531 & [pross@bowdoinham.com](mailto:pross@bowdoinham.com)); or Tony Lewis, BCAC Chair ([tony.lewis@taknology.net](mailto:tony.lewis@taknology.net))

## Heating Assistance

Winter is right around the corner and the heating assistance program needs your help. This program is funded entirely from private and business donations as well as fundraising efforts, since it began in 2008. Please consider making a donation, to help your neighbors stay warm this winter. Donations can be dropped off or mailed to the Town Office at 13 School Street. For more information, please contact the Town Office at 666-5531.

## Historical Society News

By Betsy Steen

I was sad to have to close our Summer 1880-1930 Show in the Meeting House, but we needed to start preparing for the Yard Sale. We loved seeing all of you who came to enjoy it, probably our best show ever.

September has been a busy month! We enjoyed seeing many of you at our tent at Celebrate Bowdoinham, where we displayed more on our 2019 theme.

Then the 9<sup>th</sup> Annual BHS Yard-Treasure Sale was a success. As of the end of the day we had made \$4,040, all earmarked for continued work on Merrymeeting Hall. Lara is putting many items online, and we plan to open the Meeting House to shoppers again occasionally as fall progresses and the holidays approach. There may even be some new items added. Thanks to all who donated, all who shopped, and all who worked to make the sale possible!

By the time you read this Howard Solomon will have presented his talk "Whatever Happened to Columbus Day? Immigration and Race in America, 1880-1930" in our ongoing 1880-1930 series.

On Sunday, November 10<sup>th</sup>, 2:00-3:00pm, Kathy Savoie will talk on "Cookbooks and Kitchen Lore 1880-1930." We will hold this event in Merrymeeting

Hall so we can also display our collection of changing kitchen equipment of the period. Kathy says, "Tell folks to bring their favorite kitchen gadget for storytelling and guessing."

BHS's Annual Holiday Open House/Party will be held at Merrymeeting Hall on Sunday, December 15<sup>th</sup>, from 1:00 to 4:00pm. Everyone is welcome to stop by and share some cheer!

We are planning a Fashion Show 1880-1930 in January. Anyone who would like to join this adventure will be sure to have a good time. We also hope to have an 1880-1930 musical event and an art show/talk covering that period. Help with these would be much appreciated.

Elaine Diaz has been researching the Graduating Classes from Bowdoinham High School (1875-1911) and Coombs High School (1912-1946). She notes that we are missing graduating class photos from the following years: Bowdoinham High School- 1900, 1903, 1906, 1911. Coombs High School- 1913, 1914, 1915, 1917, 1919, 1921, 1924, 1925, 1926, 1927, 1929, 1932, 1934, 1935, 1938, 1939, 1940, 1941, 1942, 1943, 1944, 1946. We would like to complete this collection. If you have any of these graduation photos, please let us borrow and scan them. We are, of course, interested in any other school photos you have.

Please do think of BHS when you are going through old papers, photos, and

possessions. What may seem trivial may be the very piece we are looking for in completing the fascinating puzzle that is Bowdoinham. History. Bowdoinham Historical Society: Another way to Recycle! Of course, we also appreciate your monetary donations.

Tuesdays 10am-2pm (Library Hours) is when the 'office' at the top of the stairs to the 3rd floor in Coombs is open. Come to ask question, research, drop off donations, or just visit. If you have an interest in history, we have lots of research projects and tasks you might enjoy. The history of this special little town we call home is everyone's treasure and responsibility!

### Contact BHS

Mail: PO Box 101, Bowdoinham

Email:  
info@bowdoinhamhistoricalsociety.org

Website:  
www.bowdoinhamhistoricalsociety.org

Office Hours:  
in the Lancaster-Bishop Archive & Research Room, 13 School Street  
on Tuesdays, 10am-2pm

Membership:  
\$15 Family, \$10 individual.

### Help Wanted

The Town of Bowdoinham is currently seeking qualified applicants for the part-time position of Recycling Facility Attendant. The Town offers a competitive wage based on qualifications and experience. For a complete job description and application, please visit [www.bowdoinham.com](http://www.bowdoinham.com) or contact the Tom Woodin, Town Manager at 666-5531 or [twoodin@bowdoinham.com](mailto:twoodin@bowdoinham.com). Review of applications will begin immediately and continue until a suitable candidate is found. The Town of Bowdoinham is an Equal Opportunity Employer.



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## Merrymeeting Hall News

By Betsy Steen

Linda Jariz and Martha Cushing wrote an AARP grant to obtain \$5,000 for an ADA Bathroom on the Main Floor. It was initially rejected, but then AARP offered us \$2,500 if we could match that amount. A generous citizen came forward with the matching money, and now work is underway on the bathroom.

Our insurance company decreed that we must have a set of stairs from the door on the church side sooner rather than later. It is now done and a beauty with a deck! The electrical upgrade is close to being finished.

In early August Doug Tourtelotte came with his equipment and created a driveway from the back parking lot up to where the ADA ramp leading to the front door will be. The ramp may even be finished by the time you read this. Doug also built a beautiful stone wall on the southeast face of the building. It will eventually be filled with flowers. Happiness!

Our Certified Kitchen awaits plumbing to be completed. This is another "Top-of-the-List project." We can't wait to lose the hose, joint cement buckets, and having to boil water on the stove, which is our system as of early August.

The Hall is getting busy! Since the town voted to help with the utilities for the year 2019-2020, any use by a town-related or Bowdoinham non-profit group is free of charge. And we continue to host private parties at a reasonable fee. We've hosted several events and our list of ongoing activities is growing:

- Sound Meditation - Monday evenings
- Line Dancing (Upstairs)
- Welcome! - Tuesdays & Wednesdays, 10am-1pm (Main Floor)
- Knitting Group - 1<sup>st</sup> & 3<sup>rd</sup> Thursday evenings (Main Floor)
- Cribbage (and conversation) - Thursdays 10am-12pm (Main Floor)

A special THREE CHEERS for the 'Gentlemen of the Lower Level' aka 'Downstairs Dudes' for all the work they are accomplishing!! And another round of applause for the Merrymeeting Monday Ladies; Theater Painter, Una Cheney; and all who helped with Concert Suppers, Strawberry Shortcake, and the House Tour!

By the way, thanks to all of you who have kept our gentlemen happy with snacks; it is a never-ending need. If you love to bake but don't want to eat it yourself, MMH is the perfect outlet.

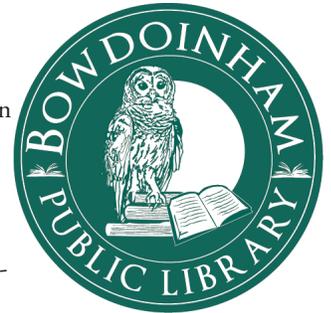
Merrymeeting Hall is open every weekday morning. Stop by and see what's happening!

## Library News

By Kate Cutko, Library Director

The Bowdoinham Public Library invites residents to take part in a community read of "White Fragility: Why It's So Hard for White People to Talk About Racism" by Robin DiAngelo.

The book is a New York Times best seller, written for white people who wish to gain a more nuanced understanding of racism, their own racial identities, and how to be better allies (and neighbors, co-workers, etc.) to People of Color.



In White Fragility, DiAngelo points out that many white Americans do not want to acknowledge or speak about their whiteness and its advantages, or to examine their own racist behaviors and beliefs. As a result, many deny racism and its negative impacts. Following last winter's presentation on the History of anti-Semitism by Howard Solomon, there was interest in continuing discussions of oppression and racial justice issues.

In January, Library Director, Kate Cutko, together with Bowdoinham native John Engler and outside facilitators, will lead a discussion (or several discussions) about the book and create an opportunity where white people can learn collectively the language, ideologies, and conversations around race and becoming accountable to the racism in their everyday lives.

Come to the library for more information, or to borrow one of the ten copies of the book.

### Library Hours:

Tuesday: 10am-2pm  
Wednesday: 2-6pm  
Thursday: 10am-2pm  
Friday: 2-6pm  
Saturday: 10am-2pm

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The Bowdoinham News is published six times per year in January, March, May, July, September and November by the Bowdoinham Department of Community and Economic Development. It is mailed directly to the all households in Bowdoinham (approximately 1,400) and placed on our website. For more information, please contact Nicole Briand, Director of Planning & Development at 666-5531 or nbriand@bowdoinham.com.

## Music News

By Earl Bigelow

This summer we had a successful, well attended concert series. The good weather and great food helped fill Maily Waterfront Park with a collective sense of love and appreciation for all kinds of live music.

In recognition of this response, Watersong Music is testing the waters for interest in a series of classes/seminars in music appreciation and introduction to playing, for those who have never played an instrument, but wanted to try. These classes would explore the basic function of tone and rhythm and what pleases us about melody and harmony. Please call or email Earl at 607-9027 or earlspad@gmail.com.

## Solid Waste and Recycling Barn

### Barn Hours:

Thursday & Saturday: 8am-4pm

### Trash & Recycling Pick-up:

Thursdays

### Contact Information:

Phone:

Barn - 666-3228

Bryan Benson, Director - 751-2809

Email: bbenson@bowdoinham.com

## Recycling Barn Reminders

By Bryan Benson, Solid Waste Director

Here is a reminder of the materials accepted at the Recycling Barn.

**Items picked up curbside or delivered to the Recycling Barn (must be clean, dry and separated into the following categories):**

- Corrugated Cardboard – includes brown kraft (grocery) bags. Please break down boxes.
- Newsprint – includes anything that comes with the newspaper
- Magazines – including catalogues and other similar glossy print
- Mixed paper – any and all clean paper not included in previous categories including cereal and soap boxes, pasteboard containers, tissues, toweling, window envelopes, paper plates, cups, etc.

### NO PLASTIC PLEASE!

- Comingled Containers – any clean household containers of glass or metal. Any plastic marked #1 - #7. #2 oil bottles must be completely drained. CAPS MUST BE REMOVED FROM ALL CONTAINERS.
- Styrofoam and packing peanuts are not picked up curbside but may be brought to the recycling barn (please bag peanuts separately).

**Items that can be delivered to Barn only (no curbside pickup):**

- Food waste – all kitchen and sink waste, including bones, and meat scraps. Please deliver food waste in your pail or bucket which can be dumped and taken home. Please do not bring food waste in plastic bags (NO PLASTIC).
- Oversize Bulky Waste (OBW) – mattresses, chairs, couches, TV sets, etc. A disposal fee based on item's size and weight is required.
- Waste Oil and Antifreeze – deliver in 1 or 2 gallon capped containers. No oil filters or quart containers please.
- Waste Wood – used to heat Recycling

Barn. Please deliver in lengths 48" or less, under 15" width. *No chipboard or pressure treated lumber.*

- Leaves and Grass Clippings – may be left on pile next to Post Road. No brush please.
- Tires – car tires 16" or smaller \$3.00 each; Pro rata fees for larger tires.
- Scrap Metal and White Goods – (appliances, etc.) \$14.00 processing fee for appliances utilizing Freon coolant. 20# propane tanks (valve must be removed). No charge for scrap metal.
- Household Hazardous Waste -Architectural paints and stains at no charge. lawn and garden chemicals, insecticides, pesticides, marine and automotive paints and other household chemicals have a fee.
- Asphalt shingles – small amounts of asphalt shingles (less than a 5 gallon bucket load) can be received at the Barn. For larger amounts, please call 666-3228 for further information.

## Curbside Pick-up Reminders

- Trash and recyclable material are picked up at curbside on Thursdays.
- Trash must be in securely tied bags no larger than 30 gallon capacity, weighing no more than 25 pounds and must have a trash tag attached.
- Recyclable materials, **properly separated and bagged**, are picked up at no extra charge.
- Corrugated cardboard must be securely tied in bundles no larger than 2' x 3'.
- Recyclable materials must be in clear plastic bags for curbside pickup. Bags must be securely tied and set out by 6am Thursday mornings.
- Tags and recycling bags are available at the Town Office, the Bowdoinham Hardware Store and the Recycling Barn.

## Thanksgiving - Change of Schedule

The Recycling Barn will not be open on Thanksgiving, but we will be open on Saturday. Curbside pick-up will happen on Saturday after Thanksgiving (instead of Thursday) as well.

## Sand Bucket Brigade

**A**ge-Friendly Bowdoinham in conjunction with 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 Town's courtesy sand pile located at the entrance to the old Public Works property at the waterfront.

If you would like a bucket of sand dropped at your residence, please contact Missy Halsey at the Town Office, 666-5531, or assistant-clerk@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.

Special thanks to Bowdoinham Hardware for providing the 5-gallon buckets to the Town for this program.

## Winter Tips

**A**lthough the month of October provided some nice weather, the inevitable will happen and we will soon have freezing temperatures and snow. Here are a few winter tips for you to consider:

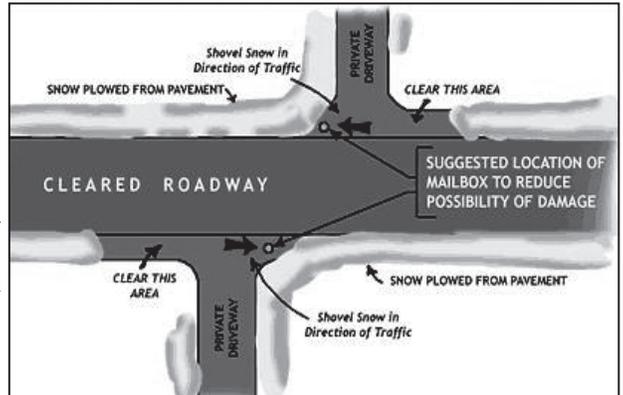
### Who plows what roads?

The Town is responsible for plowing, sanding and treating most streets and roads in Bowdoinham. The exceptions are Main Street (from Fisher Road to Bowdoin) and Post Road. These two roads are NOT plowed, sanded or treated by the Town – in fact, Main Street from Fisher Road to the Bowdoin town line and the entire length of Post Road are plowed, sanded and treated by the Maine Department of Transportation (MDOT) or their contractor.

### Snow in your Driveway

The Town's crew is not done clearing the roads of snow, slush and ice until well after storms have stopped. In order to get to clear pavement, the plow trucks scrape the roads after the storm. This results in snow and slush being pushed back into

driveways after they have been cleared. One way to help eliminate this issue for your driveway is to clear an area on the right side of your driveway (the right side if you are entering your driveway). If this is done, the snow and slush being scraped off the road will be deposited in this area



and not into your driveway entrance. See the illustration below:

### Courtesy sand pile

The Town maintains a courtesy sand pile for residents at the entrance to the old Public Works property at the waterfront. Please keep to the two five-gallon bucket limit per visit. It is very important that we stay within this limit to assure there is sand for everyone. No pickup truck loads or commercial haulers.

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## BCDI News

By Ingrid Leschefske, BCDI Program Manager

**T**hank you to those that made it to our Bowdoinham Landowner Meeting earlier this fall. After a welcome and introduction to the new community center, Merrymeeting Hall attendees heard from Carrie Kinne, Executive Director of Kennebec Estuary Land Trust about the multitude of reasons for keeping Bowdoinham's working land in agriculture. Abby Sadauckas, Land For Good's Maine field agent presented on the practical steps that landowners can take as they consider making their land available for agriculture. This included examples of the types of farming enterprises, aspects of land use agreements, and considerations for good communication for landowners and farmers. The evening concluded with a panel discussion moderated by BCDI board member and owner of Left Field Farm, Sean Hagan. The panelists, Tony Cox, and Eric Ferguson of Harvest Tide Organics talked from their perspectives as landowner and farmer respectively. Both emphasized the need for good communication, shared values, and understanding to make a relationship work.

If you missed the meeting and are interested in BCDI's Farmland Inventory project please check out our website [www.bcdimaine.org](http://www.bcdimaine.org) or email [bcdi.maine@gmail.com](mailto:bcdi.maine@gmail.com) for copies of the presentation slides and resources. If you own farmland in Bowdoinham and have not completed a farmland inventory please visit the "Farmland Inventory Project" page of our website or contact BCDI Programs Manager, Ingrid Leschefske, to get a paper copy sent to you.

BCDI continues to follow-up on the "Action Items" generated from our 2017 Community Conversations. One of the final items attendees requested was the hope to see the installation of "more benches/seating in the Village in public places". In an effort to shepherd this important idea along, BCDI has purchased two benches, custom-made by Bowdoinham contractor Mark Favreau, to be placed on the Village walking loop. The



first bench has found a home under the maple tree near the sidewalk at Merrymeeting Hall. The second bench was placed on the outskirts of the Village sidewalk, by the Fire Station on Center Street, with the idea that placing a bench here will increase the

walkability of the Village loop. BCDI feels this aligns with the Town's mission to be an "Age-Friendly Bowdoinham", as well as to support all residents and visitors to push yourselves a bit further on your next walk knowing there is a nice place to sit and rest on the outskirts of the Village!

In other news, we will be holding our BCDI Annual Meeting at the beginning of December. ALL ARE WELCOME!! Keep an eye on our website and social media accounts for the soon-to-be-determined date and location of the meeting!



## Friends of Merrymeeting Bay 2019 – 2020 Speaker Series

ALL TALKS 7:00 PM AT CURTIS MEMORIAL LIBRARY, BRUNSWICK, UNLESS NOTED

- NOVEMBER 13 **"Bugs" of the Bay**  
*Hamish Greig, Asst. Professor of Stream Ecology, UMO*
- DECEMBER 11 **Meet Your District Forester**  
*Shane Duigan, District Forester, ME Forest Service*
- JANUARY 08 **"Let There Be Dark" – Preserving our Night Skies**  
*Rob Burgess, President, Southern ME Astronomers & NASA Solar System Ambassador*  
**FOMB Annual Meeting & Potluck: 6:00pm, Public Welcome**  
**•Cram Alumni House, Bowdoin College•**  
**83 Federal St., Brunswick**
- FEBRUARY 12 **George Sproule's Mapping of the Mid-Coast, 1770**  
*Matthew Edney, Osher Prof. in History of Cartography at USM*
- MARCH 11 **Redfin Pickerel, Endangered, Elusive, & Here!**  
*Merry Gallagher, Fisheries Biologist, MDIF&W*
- APRIL 08 **Seabrook Nuclear Plant – Still Operating, More Perilous**  
*Doug Bogen, Executive Director, Seacoast Antipollution League*
- MAY 13 **The Sonic Sea – Voices of the Deep**  
*Chris Clark, Sr. Scientist & Researcher, Dept. of Neurobiology & Behavior, Cornell University*

**FREE • OPEN TO THE PUBLIC • FREE**

**Sponsored by: Friends of Merrymeeting Bay**  
**With support & door prizes from: Patagonia, Inc.-Freeport**

Contact Ed Friedman, 666-3372 or [edfomb@comcast.net](mailto:edfomb@comcast.net) for more information.

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

## Comprehensive Planning News

By Joanne Joy, Committee Chair

A lot has happened over the summer and fall. The public works department is happily in their new location, the Waterfront Master Site Plan was accepted at Town Meeting, MaineDEP completed testing and found no contaminants that need to be cleaned up, and our consultants held the first workshop on the non-motorized boat put-in and shoreline stabilization; all moving Bowdoinham closer to the first stages of making the improvements at the waterfront.

The focus of the Comprehensive Planning Committee has turned to two other issues, supporting the creation of Merry-meeting Trail that would use the existing railroad corridor owned by the Maine Department of Transportation to create a 25-mile regional rail-with-trail from Topsham through Bowdoinham and Rich-

mond to Gardiner because there is a bill in the legislature that would support this trail. To find out more check out the website at <http://www.merrymeetingtrail.org/>. And moving back to the Comprehensive Plan; the CPC members determined at the September regular meeting that they will begin the review and updating of the Land Use section of the Comprehensive Plan. The Land Use Goal in the 2014 plan was to encourage orderly growth and development in appropriate areas, while protecting the towns' rural character, and making efficient use of public services.

Please reach out to Nicole Briand, Director of Planning & Development at [nbriand@bowdoinham.com](mailto:nbriand@bowdoinham.com) or 666-5531 if you would like more information on any of these topics.

As always, the CPC meetings are open to the public and are held on the second Tuesday of each month in the Coombs Building at 6:30pm. Please feel free to join us, we welcome your perspectives and insights.

## Recreation News

By Allen Acker, Recreation Director

The Recreation Department has been busy during the fall. While our Friends at Topsham Recreation have been running Topsham Youth soccer and have been in the heart of the season, planning for recreation basketball and travel basketball among the A.Y.B.L. board has been in full effect.

Our district Travel basketball program for 5th and 6th grade Boys and Girls will be playing in a new league based in Saco, due to the disbanding of our prior long-time league known as the Cape League. This travel basketball program is totally funded by the parents of the children participating.

We are always in need of volunteer coaches and officials. Please contact me at [recreation@bowdoinham.com](mailto:recreation@bowdoinham.com) for more information.

As the winter season approaches we will again be working with Bowdoinham Community School on the Winter Kids Event hoping the snow and ice cooperates.

We will again have ice skates and cross country skis for loan with a small deposit that is returned when equipment is returned. This can be done at the Town Office on a first come, first served basis.

While all of this is happening we are working in conjunction with planners on citizen workshops on specific design elements of the waterfront recreation area. The next Design Workshop is scheduled for November 20<sup>th</sup> at 7pm at in the Kendall Meeting Room at 13 School Street. I encourage any and all to attend no matter what your views or opinions these workshops are being held to ensure all residents have a chance to have their ideas heard.

We will again be doing a Gardens Aglow bus trip to Boothbay Botanical Gardens for friends and families of Bowdoinham residents, more information to come.

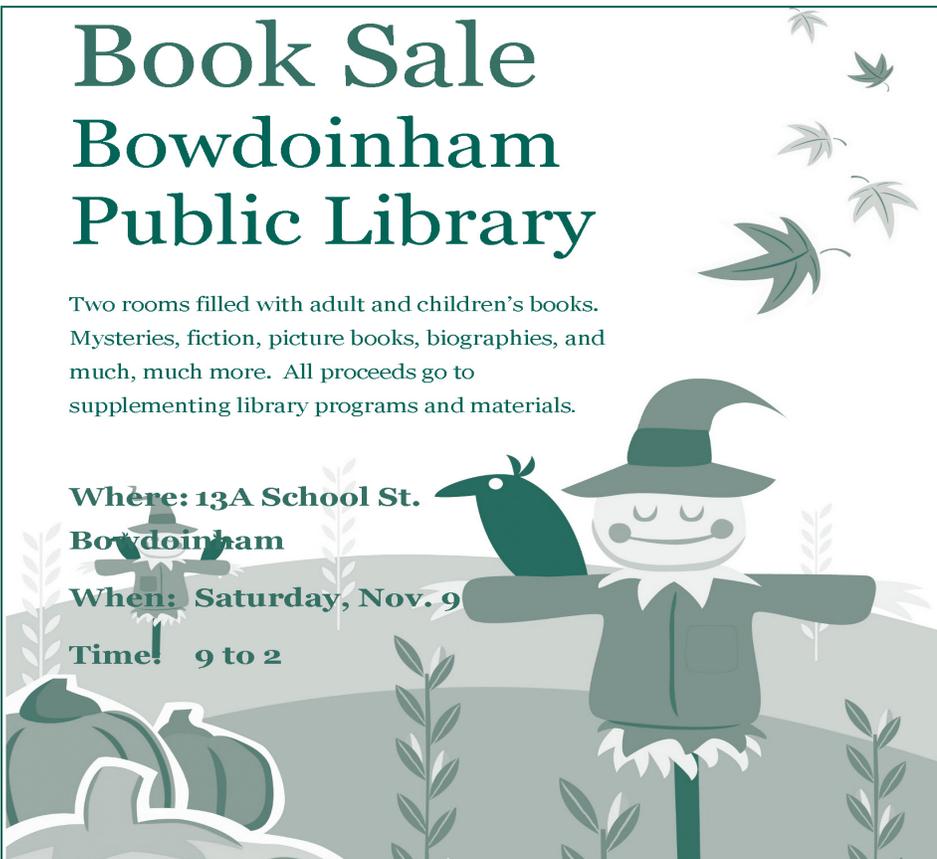
# Book Sale Bowdoinham Public Library

Two rooms filled with adult and children's books. Mysteries, fiction, picture books, biographies, and much, much more. All proceeds go to supplementing library programs and materials.

**Where:** 13A School St.  
Bowdoinham

**When:** Saturday, Nov. 9

**Time:** 9 to 2



## Notice to Voters

By Pam Ross, Town Clerk

The State Referendum and Municipal Election will be on Tuesday, November 5, 2019 from 8am to 8pm at Town Hall, 13 School Street.

Style No. 1		
<b>State of Maine Sample Ballot Referendum Election, November 5, 2019</b>		
<p><b>Instructions to Voters</b></p> <p>To vote for a question, fill in the oval to the right of the "Yes" or "No" choice, like this: ●</p> <p>To have your vote count, do not erase or cross out your choice.</p> <p>If you make a mistake, ask for a new ballot.</p>	<p><b>Question 1: Bond Issue</b></p> <p>Do you favor a \$105,000,000 bond issue to build or improve roads, bridges, railroads, airports, transit and ports and make other transportation investments, to be used to match an estimated \$137,000,000 in federal and other funds?</p> <p>Total estimated life time cost is \$133,875,000 representing \$105,000,000 in principal and \$28,875,000 in interest (assuming interest at 5.0% over 10 years).</p> <p>A "Yes" vote <u>approves</u> the issuance of up to one hundred and five million dollars (\$105,000,000) in general obligation bonds to finance transportation-related activities.</p> <p>A "No" vote <u>opposes</u> the bond issue in its entirety.</p> <p style="text-align: right;">Yes <input type="radio"/> No <input type="radio"/></p>	<p><b>Question 2: Constitutional Amendment</b></p> <p>Do you favor amending the Constitution of Maine to allow persons with disabilities to sign petitions in an alternative manner as authorized by the Legislature?</p> <p>A "Yes" vote <u>approves</u> adoption of the constitutional amendment.</p> <p>A "No" vote <u>opposes</u> adoption of the constitutional amendment.</p> <p style="text-align: right;">Yes <input type="radio"/> No <input type="radio"/></p>
<p><b>Specimen Ballot Town of Bowdoinham Municipal Referendum Election November 5, 2019</b></p>		
<p>Instructions to Voters</p> <p>◆ Fill in the oval next to your Yes or No choice, like this: ●</p> <p>◆ To have your vote count, do not erase or cross out your choice.</p> <p>◆ If you make a mistake, ask for a new ballot.</p>		
<p><b>QUESTION 1:</b></p> <p>"Shall this municipality authorize the State to issue licenses for the sale of liquor to be consumed on the premises of licensed establishments on Sundays?"</p> <p><input type="radio"/> Yes <input type="radio"/> No</p>		
<p><b>Specimen Ballot Town of Bowdoinham Municipal Annual Election November 5, 2019</b></p>		
<p>Instructions to Voters</p> <p>◆ To vote for the candidate(s) of your choice, fill in the oval to the left, like this: ●</p> <p>◆ To vote for a write-in candidate, fill in the oval to the left of the write-in space and write in the person's name.</p> <p>◆ To have your vote count, do not erase or cross out your choice.</p> <p>◆ If you make a mistake, ask for a new ballot.</p>		
<p><b>FOR SELECTMAN, ASSESSOR AND OVERSEER OF THE POOR 3-YEAR TERM VOTE FOR TWO</b></p> <p><input type="radio"/> Beckwith, Dean O Bowdoinham, ME</p> <p><input type="radio"/> Cluchey, Jeremy H Bowdoinham, ME</p> <p><input type="radio"/> Engler, David L Bowdoinham, ME</p> <p><input type="radio"/> .....Write-in</p> <p><input type="radio"/> .....Write-in</p>	<p><b>FOR SCHOOL ADMINISTRATIVE DISTRICT NO. 75 SCHOOL BOARD MEMBER 3-YEAR TERM VOTE FOR ONE</b></p> <p><input type="radio"/> Montejo, Kathleen M Bowdoinham, ME</p> <p><input type="radio"/> .....Write-in</p>	

## Message from Post Office

Do you have your street number on your mailbox or house?

If not, please display the street number on the mailbox in a size and color visible from the road in either direction as an aside to Emergency 911 Responders, as well as mail and parcel delivery people.

Thank you,

Bowdoinham Post Office

## Internet Project Update

By Nicole Briand, Planning & Development

**L**incolnville Communications, Inc. (LCI) is in the process of securing all pole permits (over 700 poles!) and completing their final fiber build out design. They are planning on completing the fiber build out by the end of this year. LCI Customer Service Unit will begin contacting applicants in December to go over all details, discuss any additional cost (i.e., if fiber drop from pole to house is beyond the first 250 ft included in the \$100 install fee) – and start setting up installs for January, February and March. We've not heard which roads they are planning on starting with, but understand that they will start where the sign-ups are. Of course, all fiber construction and individual home installs are subject to winter weather constraints. They do install all year round – but severe winter weather conditions may require some rescheduling.

It's not too late to sign-up for service, just fill out the simple on-line application (it only takes 2 minutes) at <https://www.cognitofirms.com/TidewaterTelecom1/LCIOPENAppOctober2018Pricing>.

For more information, please contact LCI at (207) 763-9911 or toll free: (844) 763-9900 or [info@lcifiber.net](mailto:info@lcifiber.net).

## Waterfront Project Update

By Nicole Briand, Planning & Development

**W**e had our first Design Workshop for the Non-Motorized Boat Launch and Shoreline Stabilization with our consultants, Richardson & Associates and Baker Design Consultants on September 17<sup>th</sup>. At that meeting, our consultants presented design options for both elements. For the non-motorized boat launch (aka paddle put-in), the public was in agreement, that they wanted a launch similar to the boat launch at Mailly Waterfront Park: a hard bottom access ramp, floats with the rail and ADA float access. For the Shoreline Stabilization, the public was in agreement of which treatment options should be placed along the different areas of the shoreline and where overlooks and pathways should be located.

Our next Design Workshop is scheduled for Wednesday, November 20<sup>th</sup> at 7pm at the Coombs Municipal Building, 13 School St. At this meeting, attendees will have the opportunity to view and provide feedback on these designs, so please be sure to attend! After this meeting the consultants will finalize the design to begin the permitting process.

Please contact me with questions, 666-5531 or [nbriand@bowdoinham.com](mailto:nbriand@bowdoinham.com).

## Annual Bowdoinham Businesses' Meeting

By Nicole Briand, Planning & Development

**T**he Bowdoinham Community Development Advisory Committee (CDAC) would like to extend an invitation to our local business owners and residents to participate in our Annual Business Meeting. This year the meeting will be held at the Bowdoinham Historical Society's Merrymeeting Hall, 27 Main Street on Tuesday, November 5<sup>th</sup> at 6:30pm. The CDAC will provide you with an overview of the projects we have completed, and updates on ongoing projects. The Committee would like to hear from you about what you would like to see them work on next. This is an opportunity to for both business owners and residents to weigh in on the economic and community issues that affect our Town.

For more information or questions, please contact Nicole Briand, Director of Planning & Development at 666-5531 or [nbriand@bowdoinham.com](mailto:nbriand@bowdoinham.com). Or join us at our monthly meetings, which are held on the 1<sup>st</sup> Tuesday of the Month at 6:30pm in the Graduates Meeting Room at the John C. Coombs Municipal Building.

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# THE BOWDOINHAM NEWS

## Community Calendar

### November

#### 2nd

Anthology: Books in Art Opening  
Merrymeeting Arts Center, 10am-1pm

#### 3rd

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

#### 5th

Elections, 8am-8pm  
Town Hall

Annual Bowdoinham Businesses' Meeting  
Merrymeeting Hall, 6:30pm

#### 11th

Town Office Closed

#### 9th

Book Sale, 9am-2pm  
Coombs Municipal Building

#### 20th

Waterfront Re-Development Meeting  
Coombs Municipal Building, 7pm

#### 26th

Pie Sale, 8am-6pm  
Bowdoinham Fire Station

#### 28th

Annie's Community Thanksgiving Dinner  
Bowdoinham Fire Station, Noon

#### 28th & 29th

Town Office Closed

### December

#### 1st

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

#### 6th, 7th & 8th Holiday Festival

#### 15th

BHS Annual Holiday Party, 1-4pm  
Merrymeeting Hall

#### 24th & 25th

Town Office Closed

### Town Board & Committee Meetings

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

#### Select Board

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

#### Planning Board

3rd Thursday of Month at 7:00pm

#### Comprehensive Planning Committee\*

2nd Tuesday of Month at 6:30pm

#### Age Friendly Bowdoinham\*

3rd Monday of Month at 2:30pm

#### Community Development Advisory Committee\*

1st Tuesday of Month at 6:30pm

#### Cemetery Advisory Committee

1st Monday of Month at 4pm

\*Committee has openings

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

**Town of Bowdoinham  
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