



THE BOWDOINHAM NEWS

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September/October 2013

BUSINESS SPOTLIGHT

New Businesses

By Wendy Rose

Please join us in welcoming the following new businesses to Bowdoinham.

Home by the Bay

Penny Norris & John Cote

It was the “space available” that sparked the launch of Home by the Bay Consignment Shop in May of this year at 18 Main Street. The opportunity inspired business partners, Penny Norris and John Cote, to create a place for selling secondhand and antique items, both their own things as well as treasures that others might want to market. It was perfect timing since Penny’s part-time job as a drafter had waned a bit and she could devote time to the project. John’s other entrepreneurial ventures gave him the time flexibility to renovate the space at the Knights of Pythias Hall and be involved in the business operation. In a surprisingly large space of five rooms, the partners have created an attractive area where consigners can display their items and “renters” can lease shelf or floor space for three month time periods. The shop holds everything from smaller knickknacks, tea sets, and books to larger furniture and home décor items. It’s hard to browse the displays without wanting to pick up an item that calls out for a new home. At this point, there are 48 consigners and 10 tenants who have items for sale.

Even though Bowdoinham has a small village and not a lot of commercial ventures, “it has a wonderful character,” according to Penny. The shop has been getting some good press, and customers have been coming from towns throughout the area. “Being next to the Long

Branch General Store and having the antique car shows, plant sale, and art & theatre events in town all help to bring in customers,” she says. In just two months of operation, the business is paying for itself and is starting to grow.

For Penny, the shop is a great outlet for several things she loves to do. At the top of the list is her



love for old or vintage items and houses and the stories they could tell. “As an aspiring genealogist, I see them as a connection to the past and wonder about the lives of their former owners. That, along with my background in design, and the enjoyment of meeting people all come together in this opportunity.”



John, a native of the area, has always been involved in self-employment ventures such as lawn care, snow plowing, property management and furniture repair, so this is a natural outgrowth of his interests.

The business is located at 18 Main

Street in the Knights of Pythias hall. Parking is available beside the building, on the street, or in the small parking lot across the street. The hours of operation are Tues-Fri. from 10-5, Sat. 9-5, and Sun. 11-4. If anyone is interested in offering items for sale in the shop, they can do this through a 3 month rent of floor space or shelving unit or by consigning specific items. New opportunities for renting will be coming up on September 1st since that is the end of the initial 3 month rental period.

Contact Penny at 666-3600 or at homebythebay@myfairpoint.net for more information. You can also visit the business on Facebook by typing in “Home by the Bay Consignment Shop” in the search bar. The best thing, however, is to stop in and check it out!

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New Businesses

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New Moon Rising Arts

Nanette Giacomia

Nanette is very excited that the work in her business, New Moon Rising Arts, “enables me to help people to become aware and make personal shifts for their highest good.” All her work is aimed at helping her clients to find their path forward from a deep, heart place. In personal life coaching sessions and group workshops, Nanette uses the IN-Vizion® and the transformative art process to open up new insights.

Individual life coaching sessions can happen in person or through Skype, emails, and phone. This gives Nanette a national reach, and she has developed clientele across the U.S. through word of mouth. She plans to expand her group workshop offerings in the coming year and is thinking of focusing on topics such as women’s wealth issues, relationships, body image, intuitive wisdom, and topics for girls. While Nanette shares studio space at Ft. Andross, she also has a home office, and would like to offer some of her workshops through other venues in Brunswick such as the C.G Jung Center.

Many of her clients are at a transition point in their life or feel stuck and are looking to make a shift. When we come to these junctions, “Often we do our problem-solving with our left brain (or logical) skills,” she comments. This can limit all the creative options available. At other times, “We’re told we aren’t good with money or we can’t do something well.” If we don’t want to stay caught up in these self-sabotaging stories, then the

individual sessions or group trainings can help to access a more creative process to solve problems.

Nanette has a Master’s Degree in Business Administration and another Master’s Degree in Transformative Art. These two



threads have led to work as an administrator in the health care field, a business coach, and a strategic planning facilitator.

Her real passion, however, has been to work on a deeper, more personal level. Her new certification as an Intuitive Life Coach and the development of New Moon Rising Arts is giving her the opportunity to take all her skills to a new level.

“Bowdoinham is a great place for me,” Nanette comments. “It keeps my head clear and focused so I can do

my work.” Nanette appreciates the eclectic nature of the community and loves its rural nature. She can be easily reached by email (truebalance@comcast.net) or by phone (319-6325). More information about her business can be found at www.newmoonrisingarts.com.

The development of this business has been very satisfying for Nanette. “I feel very privileged to be a part of my clients’ process. When I see them grow, it’s beautiful, and I grow too!”

Third Chapter Films

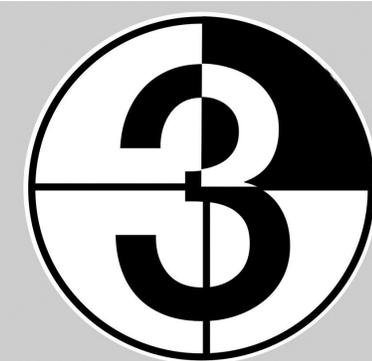
Jeff Fischer

Many people in Bowdoinham know Jeff as the creator of the wonderful film,

“Growing Up Bowdoinham” which was shown at the Bowdoinham town hall during the celebration of the town’s 250th anniversary. The film was later shown on Maine Public Broadcasting and received wonderful reviews and feedback. It was the perfect project for Jeff who had newly retired and who had taught film for many years at Mt. Ararat High School.

He was subsequently contacted by a family who wanted him to film their parents who were a treasure trove of family stories and Bowdoinham life. As Jeff says, “It made me think I could really do this kind of work” and sparked the beginnings of his business, Third Chapter Films. By June of 2013, he had his business card, brochure, and a website. Word of mouth has brought 3 other projects, and Jeff is enjoying the opportunity to document events, family history, and notable community projects.

Jeff discovered what a wonderful tool film was during his career as an English and film teacher at Mt. Ararat High School. “Teaching film was revelatory,” he says. Students who struggled with the written text and reading would open up in film class and share profound insights. “In class we would talk about the world



Third Chapter Films

and the human experience. Film enabled many students to contribute. It broke the barrier of the struggle to read

a book.” Jeff especially appreciates the year he co-taught film with Mary Lampson, a well-known film editor who spent some years in Maine raising her family in between stints with big-name projects such as Harland County U.S.A. (Some of Mary’s short films are still shown on Sesame Street.) The experience taught Jeff a lot, and he went on from there to offer a film class as a regular offering.

New technology makes video or film making much more feasible today. With a DSLR camera and a laptop, Jeff can produce a video that is acceptable for T.V. broadcast. He enjoys incorporating still photographs into the filmed interviews and finding the key ideas or threads of the story behind all the memories that people share.

As for Jeff's goals for his business, "I hope to have a small but steady flow of projects," he says. The business fits in very well with his retirement and brings him a lot of satisfaction. He especially enjoys documenting peoples' stories and then using the creative process to craft a finished product. "It's fun to have



different kinds of film assignments and to be able to bring joy into others' lives," he said in conclusion.

For more information, contact Jeff Fischer at 666-5676, jeff@thirdchapterfilms.com or visit his Facebook page or website at www.thirdchapterfilms.com. Jeff is located at 269 White Road.

To Your Health
Mary Stride

Mary is passionate about helping people to find gentle but effective, long lasting changes for healthy living. She is a Certified Holistic Health Counselor and has been offering her services since October 2012.

Her aim is to educate individuals about how to eat for optimal health and wellness.

This can include boosting energy or mood, establishing a stable weight, and



finding strategies for long-term health. She tailors her counseling to the particular needs of her clients whether it is establishing a whole foods diet, stabilizing blood sugar or inflammation reduction. She has a lovely home office in her renovated barn, but can also meet

with people through email or Skype. A free, initial consultation introduces potential clients to the features and benefits of her service. From there, counseling sessions can be structured for a 6 month period, meeting two times per month with email support between sessions or for a 3 month or 6 week program.

Workshops, group classes, and public speaking events have been a helpful way for Mary to acquaint people with her work. She even does Wellness Parties at guest homes where she offers a Smoothie demonstration in the kitchen and acquaints people with healthy living approaches.

Mary grew up in Bowdoinham, and after a time away, came back and bought her family home at 248 Main St. about 13 years ago. It has proved to be a great place to raise her two children and to

have a thriving business. About 10 years ago, she started her first business, Cottage Threads, which has provided support for



the family. She continues to do this service, mostly focused on sewing slip covers for furniture, while she

starts her new venture. Mary is also a dedicated dancer. Her experience in this field has provided the insights she needs for tailoring her To Your Health business techniques to the special needs of young and professional dancers. Mary has called this aspect of her practice, "Happy Healthy Dancer." It helps young dancers to establish good habits of healthy body image, balance, time management, along with a holistic approach. For professionals, it helps them find healthy choices for their bodies and minds so their work can be balanced and joyful.

In the coming year, Mary will be working to establish all the electronic tools

needed for outreach and growth. Besides her website, Skype capacity, Facebook business page (To Your Health), and website, Mary is also developing on-line information products for clients across the country.



"I am passionate about being of service," Mary says. "With this work, I get to do what I love and also help someone at the same time. Seeing someone learn something new and then apply it to their own health is so satisfying."

For more information, contact Mary at 607-3473 or mary@marystride.com.

**CELEBRATE
BOWDOINHAM!
Along the
Cathance
River**

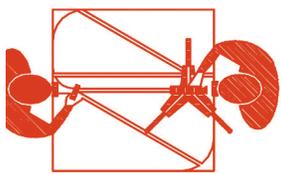
1st Annual Celebrate Bike Ride!
 Enjoy a 10-mile bike ride out Browns Point & Pork Point to start off the day.
 \$10 (FREE for kids 16 and under) All funds to support the Bowdoinham Recreation Dept.
 Registrations will be taken at the Recreation Fields starting at 7:30-8:15 am. The Ride will begin at 8:30 am.

**Chuck Carter
Caricature Artist**
None pen and paper - will travel
 Get your portrait done by Chuck the Caricature Artist for only \$10.

**Bowdoinham Community School
Kids Fun Run & 5K Chicken Run/
Walk**
 Pre-Registration by September 12th:
 Adults: \$15.00
 18 & under \$10.00.
 Race Day Registration:
 Adults: \$18.00
 18 & under \$12.00
 For more information, please visit,
www.bowdoinham.com

River Run Tours will be offering boat tours down the beautiful Cathance River to Merrymeeting Bay. \$15 per adult & \$10 per child.

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Celebrate Bowdoinham

By Nicole Briand

On Saturday, September 14th, the Bowdoinham waterfront will be full of action! Favorite events from the past and new attractions are all part of a great day's schedule.

The festivities start off with a bang at 7:45am with the Chicken Run 5K Road Race and Kids Race beginning at the Community School. Followed by 1st Annual Bike Ride beginning at the recreation fields at 8:30am.

Then the Celebrate Bowdoinham Parade kicks off at 10am from the Fire Station, a long procession of floats, personalities, organizations, horseback riders, fire trucks, the ever popular Kora cars, Veterans, Drum and Bugle Corps. The parade travels from Post Road to Main Street, then down Main Street to River Road and up Ridge Road.

After the Parade, the activities start at the waterfront – rides, exhibits, contests and great food and music- something for everyone!! There will be music all day in the gazebo with a wide range of local musicians and performers showing their talents. Local food vendors will provide a variety of tasty treats and delectable delights available throughout the day. The many farmers will sell you their fresh produce and compete to be titled one of

Bowdoinham's Best.

The Flea Market will be back with ever popular the Silent Auction. The Silent Auction is a great opportunity to bid on a wide range of goods and services from around the area and support Celebrate Bowdoinham. The Bowdoinham Historical Society will be collecting your notes to add to the Century Box for our future generations to share. While you're there you can view notes left by our ancestors and grab a book from the Bowdoinham Public Library's annual Book Sale. Non-profits, area organizations, area merchants and artists will display and sell their wares as testament to the "Buy Local, Buy Bowdoinham" opportunities in town.

All the kids' favorites will be back. The kids can enjoy the bouncy house, super slide and obstacle course (only \$5). They can test their strength and skills on the games. At 12:30pm we will see who has the skills and grace with the Lobster Crate Race. Other children's activities will include, a Coin Scramble and art activities at Cathance Place.

The infamous KenDucky Derby will begin at 3:30pm. Whose rubber ducky will win the race on the Cathance River for the \$400 cash prize and whose will lose for the \$100 last duck prize?!?! Then the Fire Station will host a wonderful Bean Supper from 4-6pm. The favorite, Blues Buzzards will play their horn driven blue, rock with their motown grove until

the day's festivities will come to an end with Fireworks at 8:30pm!

For more information, please visit the Town's Facebook page or website at www.bowdoinham.com/celebrate-bowdoinham. To join the festivities, please contact Nicole Briand at 666-5531 or nbriand@bowdoinham.com.

*** BOATERS: Maily Waterfront Park will be closed to boat traffic on Saturday. Sorry for any inconvenience and thank you for helping make Celebrate Bowdoinham a success!!*

Celebrate Bowdoinham Needs You!

This is a community event and we need your help to make it happen. We need volunteers to help run some of the kids activities. Below is a list of some opportunities to help:

- Bouncy House Attendants
- Bouncy Slide Attendants
- Obstacle Course Attendants
- Game Attendants

Please contact Nicole Briand at 666-5531 or nbriand@bowdoinham.com, as soon as possible!

Celebrate Scavenger Hunt

Celebrate Bowdoinham activities will be enlivened by a new feature: a scavenger hunt! Four person teams (any age) will register to take pictures of up to 117 specific places and activities in town just before and during the September 14, 2013 event. Each item is assigned a point value and the winning team with the most points will get \$100 sponsored by The Town Landing.

Scavenger Hunt topics range from "Entire Team Wearing Sombreros" to "A Dog in a Tutu." Many items require teams to go to specific places in town (for example "Entire team having a picnic at the Recycling Barn". Proof of accomplishment is the submission of one clear picture for EACH item.

Teams can register and get their list of item and rules of the game at the Town Landing Restaurant in Bowdoinham on Wednesday September 11th beginning at 5pm. The hunt must be completed and all the pictures submitted together by 2pm Saturday September 14th during Celebrate Bowdoinham.

Watch for teams of four doing silly things around town! For more information, please contact Lynn Spiro at The Town Landing Restaurant at 666-3872.

Long Branch Harvest Festival

Saturday, October 26th

Come join us at the Maily Waterfront Park where we will be unveiling The Long Branch Veterans Workshop, a business incubation center in our community.

Part of the celebration will be hot sauce competition. If you have a hot sauce recipe (ketchup excluded), bring it to this event. The winning hot sauce could potentially become one of our first incubated businesses.

Connecting Bowdoinham's Vision for 2023 With Future Land Use Strategies for the Comprehensive Plan

The Comprehensive Planning Committee (CPC) is striving to create a Comprehensive Plan that supports the Vision to:

- Allow for more housing and business development in the growth area/village.
- Protect and expand agricultural use: protect wetlands, wildlife corridors and the like.
- Continue to allow for the land uses most community members value.

Please join us to discuss these options on September 10th at 6:30pm at the Town Hall.

We want all residents will consider the options, and provide us with their feedback (whether they agree or not)!!!

Following the September 10th Public Forum, the Committee will create a survey to gain input on all the possible strategies that are discussed at the Forum. The Future Land Use Survey will be available on the Town's website from September 14th to the 30th and at Celebrate Bowdoinham. Based on the survey results and the September 10th Public Forum, the Comprehensive Planning Committee will be creating a proposed list of Future Land Use Strategies for discussion at the October 22nd Public Forum at 6:30pm at the Town Hall. Refreshments and childcare will be provided for both Public Forums.

The HIGHLIGHTED BOXES below contain points from the Bowdoinham's Vision.
Then on the right are possible strategies that the Town could use to implement the vision.
The Possible Strategies listed below are NOT an approved list, they are simply a list of possible options.

<u>The Vision</u>	<u>Possible Strategies</u>
<p>The village is ever more attractive and lively.</p> <ul style="list-style-type: none"> • There are more businesses, another restaurant or two, and sidewalks. • New development in the village is in character with the historic buildings, and • Served by enhanced infrastructure. 	<p><i>Can Bowdoinham do things a little differently in the village to promote this part of the vision?</i></p> <ol style="list-style-type: none"> 1. Zoning. Allow for smaller lot sizes, lot frontage and setbacks and for higher densities to create conditions that support the village in becoming a growth area. 2. Encourage new development to be in character with the historic buildings. 3. Investigate ways in which to handle wastewater in the village. 4. Implement the Walkable Village Plan. 5. Establish efficient permitting procedures, so developers know what to expect and plan for. 6. Encourage energy efficient construction. 7. Create a transfer of development rights program which would allow for greater development densities in the village. 8. Allow for cluster housing developments. 9. Invest town money in the growth area.
<p>More land is in agricultural use:</p> <ul style="list-style-type: none"> • The food is healthy and safe. • Farms supply an impressive proportion of local food needs. • And bring significant money into the community from away. 	<p><i>How can Bowdoinham support and grow agriculture?</i></p> <ol style="list-style-type: none"> 1. Recognize farmland based on current use and prime farmland soils, not just farmland enrolled in the Farmland Tax Program. 2. Review the Farmland Taxation Program to ensure program is beneficial to farmers. 3. Adopt and encourage participation in the voluntary Municipal Farm Support Program. 4. Encourage and support the preservation of prime farmland. 5. Allow for smaller lot sizes, but limit the residential density and allow for cluster housing. 6. Minimize non-agricultural development on prime farmland soils. 7. Protect active agricultural activities from new development by requiring buffers & setbacks. 8. Encourage agricultural businesses and productive agriculture operations. 9. Encourage and support the preservation of prime farmland. 10. Create a transfer of development rights program to support the preservation of agricultural land.

<p style="text-align: center;"><u>The Vision</u></p> <p>Woods, wetlands, and water-fronts are highly valued as in the past.</p> <ul style="list-style-type: none"> Continuing a tradition of thoughtful management. Bowdoinham's wildlife habitat and outdoor recreation areas, including Merrymeeting Bay are treasured by locals and visitors alike. 	<p style="text-align: center;">Possible Strategies</p> <p><i>How should the Town of Bowdoinham support its vision?</i></p> <ol style="list-style-type: none"> Limit residential development in and around high valued areas. Require buffers to high those valued areas. Identify and protect scenic vistas. Encourage the preservation of open space. Encourage the preservation access to land and water resources. Review and update Shoreland Zoning rules. Implement the Waterfront Plan. Coordinate and partner with other municipalities, Friends of Merrymeeting Bay, and other organizations to protect natural resources. <ul style="list-style-type: none"> Consider hiring a Merrymeeting Bay Code Enforcement Officer. Ensure that the Town's Land Use Ordinance is consistent with applicable State laws and rules regarding critical natural resources.
<p style="text-align: center;"><u>The Vision</u></p> <p>The town's rural character, rich history, and natural beauty are preserved.</p> <ul style="list-style-type: none"> Country roads continue to be lined with scattered houses, fields, forests and small businesses. 	<p style="text-align: center;">Possible Strategies</p> <ol style="list-style-type: none"> Zoning. <ol style="list-style-type: none"> Allow for mixed use development with buffering to different uses. Regulate residential density instead of minimum lot sizes. Limit the number of entrances (curb cuts) into public roads instead of frontage requirements. Identify and protect scenic vistas. Encourage the preservation of Open Space and the creation of greenspace. Encourage and support the preservation of prime farmland. Create a transfer of development rights program. Encourage new development to be in character with the historic buildings.
<p style="text-align: center;"><u>The Vision</u></p> <p>Affordable housing, among a diversity of housing options, is available for young and old.</p>	<p style="text-align: center;">Possible Strategies</p> <ol style="list-style-type: none"> Allow diverse housing types within the Towns ordinances including cluster and co-housing. Support efforts to develop affordable, seasonal and workforce housing. Support the development of housing opportunities for elderly and assisted living. Be clear about the rules so land developers know what to expect and how to plan. Encourage energy efficiency in all housing.
<p style="text-align: center;"><u>Other</u></p> <p>Future Land Use Strategies from the State's Guidelines</p>	<p style="text-align: center;">Possible Strategies</p> <ol style="list-style-type: none"> Maintain, enact or amend local ordinances as appropriate to: <ol style="list-style-type: none"> Clearly define the desired scale, intensity, and location of future development; Establish or maintain fair and efficient permitting procedures, and explore streamlining permitting procedures in growth areas; and Clearly define protective measures for critical (and important) natural resources; Clearly define protective measures for any proposed critical rural areas. Provide the code enforcement officer with the tools, training, and support necessary to enforce land use regulations. Assign responsibility for implementing the Future Land Use Plan to the appropriate committee, board or municipal official.

These are the strategies we have heard about so far. What strategies would you like (or not like) to see the Town implement? Can you suggest any additional strategies for consideration?

THE BOWDOINHAM NEWS

News from CDAC

By Nicole Briand

The Bowdoinham Community Development Advisory Committee (CDAC) would like to extend an invitation to our local business owners and residents to participate in our "Business Open House" meeting on Tuesday, October 15th at 6:30pm. The meeting will be hosted by Steven Thomas Bunn Furnituremaker at 22 Center Street. Scott Benson the Senior Program Director at Midcoast Economic Development District (MCEDD) will be joining us to discuss creating a TIF District along part of CMP's corridor. We want to hear your thoughts regarding creating another TIF District and what you think those possible TIF funds should be used for. Please join us to weigh in on the economic and community issues that affect our Town.

Over the summer Wright-Pierce has been researching possible designs for a restroom facility and pump-out station for Maily Waterfront Park. Our next step is to get your feedback on the various options. Where should it be located? Should it be a seasonal or year-round facility? Should there be hours of operation or fees? To answer these questions we need to hear for you. Please join us for a meeting to discuss these issues and more on Wednesday, October 9th at 6:30pm in the 2nd Floor Meeting Room at the John C. Coombs Municipal Building, 13 School Street.

For more information or questions, please contact Nicole Briand, Director of Planning & Development at 666-5531 or nbriand@bowdoinham.com.

Recreation News

By Brandi Lohr

What a busy summer for the Bowdoinham Recreation Department. Bowdoinham hosted the

12U Maine State Cal Ripken Baseball Tournament this year. So many people couldn't believe how beautiful and inviting our town was. Volunteers from our several neighboring towns also came to

help to make this Tournament an absolute success. The team representing us, Ararat managed by resident Jerry Merrill and coached by Jeff Kelly and John Grant, won the State tournament with a record of 4-0. On Wednesday July 17th our Town Manager, Bill Post, presented the boys with a State of Maine Flag and encouraging words to take with them to their Regional Tournament in Marlborough, Massachusetts. Twelve young men from Bowdoinham, Topsham, Bowdoin, Harpswell and Richmond went with high hopes to Marlborough Massachusetts for the regional

finals. They were proud to represent the State of Maine. They went on a mission, they wanted to come back and show their home towns that they were the right team to be there. These young men certainly proved that by placing second in the in the New England Regionals. They made



history while they were there by being the first team from Maine to make it to the Championship game for the 12U division. I would like to thank all

of the Bowdoinham residents that came and volunteered their time at our State Tournament, because without your help it wouldn't have been such a success. It



is nice to know that our town understands the concept that "it takes a village." We all work hand in hand.

Upcoming events to be looking for in the months of September and October:

- Kickball for 2nd -5th grades will be out early September
- Basketball Registrations will be out in mid-October

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News from Committee on Aging

By Linda Jaris

Welcome back to the fall schedule! With fall just around the corner, the Committee on Aging is resuming activities.

We look forward to seeing you at the Exercise Plus program, the Senior Center and Walking Group. These programs are offered at no cost to participants. The Tuesday morning Exercise Plus will begin on September 17th. The Thursday morning class will begin on September 26th. These programs are held from 9:00 to 10:00am at the Fire Station. Please arrive prior to 9:00 and bring water. If you haven't tried this exercise program, please come check it out.

The Monday morning walking group will resume on September 23rd at 9:00am. This program has been revamped to include a short route and a longer route. All walkers are welcome!

The Senior Center at the Second Baptist Church will open on Thursdays beginning on September 19th. Senior Center hours will be from 10am to 3pm except on the 4th Thursday of the month when the Committee will provide a speaker at 1:00pm, after the Village Seniors luncheon. In addition to speakers, activities include movies on the first Thursday of the month at 1:00 pm, crafts and games (pastimes) on the second Thursday and sharing stories and interests on the third Thursday. On the 19th at 1:00pm, we will visit Merrymeeting Arts Center for a lighthouse art discussion with artist

Ernest DeRaps. Additionally you can get some assistance with computer program issues such as e-mail, Facebook, Skype, web surfing and more. Utilizing these features allows for greater family contact and updates, especially helpful for those with families in other parts of the country/world. A more detailed schedule is available in the monthly Senior Activities flyer.

Introduction to Bridge will be offered. If you'd like to learn or need a refresher, this is the perfect opportunity for you. Taught by experienced Bridge players, this program will have you up to speed in no time. There are Bridge Clubs operating already – so you can join one of the existing ones or we can start a new one. Preregistration is required as at least 4 people are needed to hold the class. Once we have sufficient interest, classes will be scheduled. Please call the Senior Help line to indicate your interest.

The Committee on Aging has also started a volunteer driver program. If you need a ride, please contact the Senior Help line and someone will get back to you to see if transportation can be arranged. To reach the Senior Help line, please call 666-5531 and ask for the Senior Center voice mail. Please call a few days in advance of your need!

The Committee has also been looking at accessibility to public spaces and events for seniors. If you know of issues related to safety and accessibility, please contact the Committee through the Senior Help line or by attending a Committee meeting. The Committee meets on the 2nd and 4th Friday of the month at 4:00 in the meeting room across from the library.

Letter to Citizens of Bowdoinham

Bowdoinham Select Board

Any of you who attended the Town Meeting on June 12th heard thoughtful discussion and debate of several warrant articles. Among those articles was a proposal to ban the use of fireworks in town. The article was defeated, and therefore the citizens of the town are free to use fireworks in accordance with existing state laws.

It was obvious to us in listening to the debate, that while folks may be using fireworks in accordance with state laws, they may not always be using them in accordance with laws of common sense and laws of common courtesy. We heard stories of fireworks being set off late at night, within close range of neighbor's homes, and scaring young children and pets. A request was made at the meeting to send a letter to the town's people to express concern over the stories we heard at that meeting.

This letter is not intended to extend the debate over this issue, nor to get into a fact-finding mission, but simply a request to all people in our town who choose to use fireworks. Please enjoy the freedom to use the fireworks in a spirit of celebration and recreation, and do so safely. Beyond that, we ask you to always be mindful of your neighbors, and the effects that your fireworks might have on others.

Many of us choose to live in a small town because of the relative freedoms we are afforded. Most times we feel lucky to live in a rural community which can operate without a police force and without many restrictions on what we can do on our property. However, there are occasional drawbacks to rural small town living. We must be reminded of the closeness of our town, and its people. We care for and about one another, and we hope that the spirit of Bowdoinham shows itself clearly in how we move forward.

Sincerely,

Brian Hobart, Theresa Turgeon, Doug Tourtelotte, Kathy Tome & Kathy Gallant



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

**Located at
Merrymeeting Grange
27 Main Street**

Bowdoinham Historical Society News

By Betsy Steen

Our Strawberry Shortcake was a hit at the Chicken BBQ again this year. We cleared over \$500! Thanks to all helped make this a successful fundraiser!

Last call for the Century Box!

This is your opportunity to write something for the folks of Bowdoinham in 2062 and 2112. It can be long or short, a message, a history, business information, genealogy... whatever you would like. Leave it at the Town Office or the Library. Then stop by the BHS Area at Celebrate Bowdoinham to see what Bowdoinham will be putting into OUR



Digging the Hole for the outhouse at Jellerson!

Century Box time capsule.

Annual BHS Display

Our annual display will be at the Jellerson School on the first weekend in November. The Theme will be "Childhood Past" In the school room will be displays on school life of the past. In the museum we will

display children's clothes, toys, storybooks, games, etc of yesteryear. If you'd like to help with this project or have something to loan for display contact Betsy Steen (bayview-ess@comcast.net) or Glenna Morin (666-3462). Plan to bring your kids or grandkids to see what childhood used to be like.

For more information, visit us at www.bowdoinhamhistoricalsociety.com

DON'T MISS the BHS SUPER YARD SALE

Saturday September 7th, 9am-4pm
(rain day Sept. 8th)



at the BHS Meeting House
Corner of River Rd (Rt 24) &
Browns Point Rd

Donations of items to sell gratefully accepted or bring Your Own Table to set up outside, and sell your items yourself for \$10.00. All proceeds to benefit the Meeting House restoration!

For more information, please contact Jeanne Gillis at 666-3203 or shouldabet@comcast.net.

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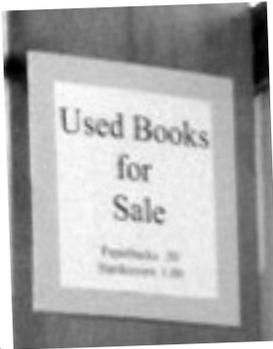
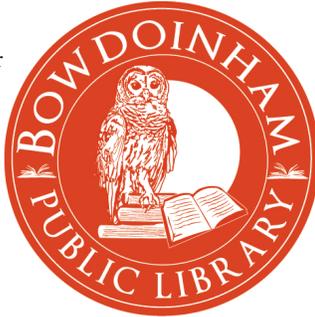
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New Site Prep, Driveways,
Septic Systems, Gravel,
Land Clearing, Treework

More Space for Book Bargains

By Kate Cutko

The Bowdoinham Public Library is pleased to offer an expanded area for the sale of used books in the second floor hallway of the Coombs Municipal Building. Hardcover books are sold for \$1 and paperbacks for 50 cents. The book sale area is self-serve and open whenever there is access to the building. Two of the hand-me-down shelving units were donated and installed by Steve Balboni. The third was donated by Claire Howell, of "Old Books", a used book store in Brunswick. Ms. Howell needed to vacate the retail space in Maine Street where she and her husband sold used books for decades. She was thrilled



to donate the last cases of books to the Bowdoinham Public Library's book sale. With the chance to install three new shelves in the second floor hallway, and with the support of Town Manager Bill Post, the library is now able to sell many more used books year round, bringing income for the library budget. We will still host two used book "events"; a used-book tent at Celebrate Bowdoinham on



September 14th, and the annual Book Sale on November 9th. Please stop in and see the hundreds of titles now on sale.

2012 Century Box

By Cathy Curtis

The 2012 Century Box is being assembled and will be closed up for another 100 years after Celebrate Bowdoinham 2013. There are only 2 weeks left to submit your reflections on living in Bowdoinham for the folks 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 Town Library.

Here are two samples from the Bowdoinham Community School:

- Hi. A normal day in Bowdoinham looks like this: We take the bus to school; we have school and we go home on the bus and do homework. Today is June 17th 2013. The fifth grade class is having their graduation. We sing this song Reach for the Stars! I hope you still do the same song when you are in fifth grade.
- I feel there is something special about the train tracks by the Bay. Whenever I go near them I feel like I'm going back in time on an exciting adventure. Me and my family love to take walks on the winding tracks. Sometimes I see crystals or some of that red moss. At the team party at the waterfront even my friends seem drawn to the tracks like something magic was there.

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Plumbing Tip *Slow Draining Tub*

If baking soda and vinegar hasn't been enough to keep your tub draining, there are two other procedures you can try. If you have a plate with a lever that controls drainage you can unscrew the plate and carefully pull out the apparatus. It's possible it will be full of hair and you have found the problem. If no hair is found, you should plunge the drain. You will need to cover the overflow so pressure from plunging goes to the clog. You will also need some water in the tub. Use a large good plunger – push down and pull up fast.

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Merrymeeting Arts Center News

By Peggy Muir

The Merrymeeting Arts Center received a Maine Community Foundation Grant for strategic planning. Craig Freshley, Good Group Decisions, Inc. will lead us through an assessment of the work we have done over the past six years and help us create plans for a sustainable future. We will be inviting participation from residents of Bowdoinham and other communities around the bay. Details will be on the website.

The Merrymeeting Arts Center has a number of exciting events, classes and exhibits planned for this fall.

On September 7th, as part of the show "Every Maine Lighthouse: 65 Paintings by Ernest DeRaps," Duane Prugh will lead a guided tour to one of the lighthouse sites on the Kennebec River.

Art activities will be offered on September 14th during Celebrate Bowdoinham in the little green building and the Lighthouse Show will be open in the large gallery at 9 Main St. from 10am-4pm. The show will close September 21st.

Afterschool art classes and Place-Based Pre School will be offered this fall. Look for a full schedule of classes at www.merrymeetingartscenter.org and sign up for

classes at Celebrate Bowdoinham.

The Annual Meeting of the arts center will be held from 4:30 to 5:30 pm on October 4th. Please join us for a report on this past year and future plans. Your input and feedback is important. Then stay for the opening of "Lincoln and the Gettysburg Address," our major fall exhibit.

This exhibit centers on the black and white oil portraits of Abraham Lincoln by the late Bowdoinham artist Carlo Pittore, and interpretations of Lincoln and the Gettysburg Address by other artists. The show

will run through December 14th.

The 150th anniversary of the Gettysburg Address will be honored with a Speaking Contest for participants 18 or under. Participants must memorize the Gettysburg Address and recite it in front of our judges on November 3rd from 1-4 pm. The winner will receive a \$100 prize and a book from the Pejepscot Historical Society. The winner must perform as part of our Second Veterans Day Show on November 11th at 1pm in the Town Hall.

We are grateful to all our volunteers, visitors, artists, teachers, students, donors for their support. Our thanks go to the artists who created lighthouse lawn ornaments for our August 4th auction: Robin Brooks, Angela Kimberk, Julia MacDonald, Matt O'Donnell, Sara Cox, Georgia Ahlers, Kay Ahlers, Gracia Woodward, Ernest DeRaps, Jo Mussomeli.

Fall Events at Merrymeeting Arts Center

The Arts Center returns to off season hours: Saturdays 10-1 and by appointment in September.

September 7th- 9am Guided Tour to Kennebec Light House Site with Duane Prugh

Sept 21st- "Every Maine Light House" Show closes

October 4th-

- Annual Meeting 4:30pm

- Opening of "Lincoln & the Gettysburg Address" Show 5:30-8pm

November 3rd- Gettysburg Address Contest, 1-4pm

November 11th- Veterans Day Concert at Town Hall, 1pm

**Start growing your beards for the Best Beard Contest at the Ice & Smelt Festival, February 1, 2014.*

Gettysburg Address Speaking Contest

\$100 First Prize

Open to anyone 18 or under who will memorize & recite the Gettysburg Address before our judges on November 3rd from 1-4pm. Winner must perform at the Veterans Day Concert on November 11th. Please visit www.merrymeetingartscenter.org for more information.

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Long Branch School

Fall Classes:

Introduction to Traditional Archery,
September 7th

Knife & Tool Sharpening,
September 7th

Edible Mushroom Collecting Walk,
September 8th

Woodcarving – the Complete Series,
September 8th

Intro to Thermal Solar Energy,
September 13th

Using Low Tunnels to Extend
Garden Season, September 14th

Beginning Knitting,
September 18th

Wild Food Foraging Walk,
September 22nd

Bread Baking Class,
September 29th

Learn to Make Sauerkraut,
October 2nd

Introduction to Beekeeping,
October 12th

Thermal Window Inserts,
October 12th

Fundamentals of Cheese Making,
October 19th

Living Simply Off the Grid,
October 19th

Introduction to Chair Caning,
October 26th

Long Branch News

By John Favreau

There are a great many exciting things happening at Long Branch this year. Our woodshop is very nearly complete and open for classes as well as for use by new entrepreneurs as an incubation center for your business ideas. The new mobile clay oven will also be ready for cooking classes and to rent for your events with a trained crew to do the cooking headed up by Dean Zoulamis, formerly of Mother Oven Bakery. Our village blacksmith shop continues to draw both young and “older” to learn this classic old-world skill. To get more details about these classes and to register, please visit www.longbranchschool.com.

Our general store is pleased to be offering fresh local produce from Whatley Farm in Topsham and Left Field Farm in Bowdoinham. Cucumbers, lettuce, beet greens, tomatoes, kale, swiss chard, zucchini, and more come in on a weekly basis. We have increased our Black Crow bread orders for the weekend due to popular demand. Another new product to the store comes from Little “G” Canning in Bowdoinham – pickles and pickled beets.

The buying club continues to add products including fresh live Maine lobsters! Sign up at our website today and earn discounts with the more you buy.

Go Local, Go Long Branch.



Cub Scouts News

By Cathy Curtis

The Bowdoinham Cub Scouts invaded Lake Pemaquid. During the week of July 15th, fifteen scouts from Pack 699 attended Medieval Day Camp at Lake Pemaquid in Damariscotta. The scouts participated in sports, outdoor cooking, crafts, swimming, scout skills, archery and barbecue.

Thank you to Athena Mann, Ricky Mann, Luis Martinez, Bridgette Ortiz, Zack Ortiz, Cathy Curtis, Jodi Haskell and Jim Belknap for volunteering their time to help run day camp this summer.



If your son (ages 6-10) would like to join Cub Scouts, please contact Athena Mann at 737-4641.

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News from Around Town

We would like to serve your Town?

We have two Select Board Member positions open for a three year term each, and one School Board Member position open for three years. Nomination Papers are available at the Town Office. The nomination papers are due back at the Town Office filed with the Town Clerk on or before Monday, September 23, 2013 at 4:00pm for the Municipal Election to be held on Tuesday, November 5, 2013.

If you would like to work on the November election on Tuesday, November 5, 2013 please contact Pam Ross, 666-5531 or email at pross@bowdoinham.com.

Bowdoinham Food Pantry

Open to all, no eligibility requirements!

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

In the Basement of the
Second Baptist Church
(until September 14th)

The Food Pantry will be moving to its new home at 9 Main St (same entrance as Merrymeeting Arts Center). The Grand Re-Opening will be at Celebrate Bowdo-

inham. Thank you to the Second Baptist Church for letting us use their basement to get the food pantry going!!!

Donations are Needed! We are low on peanut butter, spaghetti sauce, canned meats of any kind, tuna, chicken noodle soup, low sugar cereals, canned veges and canned fruit. Donations can be dropped off at the Food Pantry or Town Office. Cash donations can be mailed to:
P.O. Box 246, Bowdoinham

*Just Neighbors Helping Neighbors,
you don't have to go to bed hungry tonight!*

Bowdoinham Community School

If you are ever curious about what's happening at the community school please go to our website: <http://bhm.msad75.schoolfusion.us/> and click on our weekly school year newsletter called the Falcon Flash. The Bowdoinham Parent Group is planning on having the traditional costume parade in October as well as the craft fair in December. Please e-mail JessicaMaySullivan@gmail.com to get an application if you are interested in being a vendor this year.

Heating Assistance Program

Fall is here, winter is right around the corner and the heating assistance program is running low on funds. 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.

Rabies Clinic

We will be holding a Rabies Clinic on Saturday, October 26, 2013 from 9:00-11:00am at the Bowdoinham Town Hall. You will also be able to register your dog(s) for the 2014 year at the Bowdoinham Town Office.

Rabies - \$10.00
Nails - \$10.00
Ear cleaning - \$10.00
Micro chipping - \$25.00

Bowdoinham Church of the Nazarene

Bowdoinham Church of the Nazarene is pleased to offer "Worship on Wednesday" at 6pm every week for people with busy weekends. The service style is a contemporary/traditional mix and the attire is casual with a relaxed atmosphere. The church is located on the corner of School and Main. For more information, please contact Pastor Christina Couch at pastor@bowdoinham-nazarene.com or 351-0289.

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“Circuit Breaker” Broken, Smaller Refund Enacted

By State Representative Seth Berry

The recently enacted compromise budget helped our towns, schools and property taxpayers. It restored help to seniors so they can afford their medications, and took steps to help our workforce compete globally. However, this budget also eliminated the so-called Circuit Breaker program. This program, also known as the Maine Residents Property Tax and Rent Refund, provided for a rent or property tax refund of up to \$1,600 for low income residents. While no refund will be available this fall for rent or property taxes paid in 2012, a new program, called the Property Tax Fairness Credit will be available beginning January 1, 2014 for tax year 2013. This credit is part of your State Of Maine income tax filing and may provide a credit of up to \$300 for those under the age of 70 or \$400 for those 70 and older.

If you do qualify, you will receive no refund this fall for rent or property taxes paid in 2012. Your refund for 2013 rent or property taxes will come earlier, but will be smaller than they were with the Circuit Breaker.

Beginning in January, the 2013 Maine Individual Income Tax Form 1040ME will include a worksheet to calculate the

Property Tax Fairness Credit. To receive the credit, you must meet all of the following requirements:

1. Were Maine residents during any part of the tax year;
2. Owned or rented a home in Maine during any part of the tax year and lived in that home during the year;
3. Had Maine adjusted gross income of not more than \$40,000; and
4. Paid property tax on a home in Maine during the tax year that was more than 10% of Maine adjusted gross income, or paid rent to live in a home or apartment in Maine during the tax year that was more than 40% of Maine adjusted gross income.

For more information about the new Property Tax Fairness Credit, please visit maine.gov/revenue/taxrelief.

The Property Tax Fairness Credit is weak but it makes good sense to integrate Circuit Breaker into the tax return. As the economy rebuilds, I hope we can strengthen it, simplifying and rebalancing Maine's tax code.

For some this change is a real hardship. If for you it will mean missed property tax or other regular payments, please call me at 522-1609. I want to hear your story and may be able to suggest options. You might also want to call the Governor's office at 287-3531.

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For more information, contact Nicole Briand at 666-5531 or nbriand@bowdoinham.com or visit the Town's website.

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THE BOWDOINHAM NEWS

Community Calendar

September

2nd

Town Office Closed
In observance of Labor Day

7th

Guided Tour to Kennebec Light House
Site with Duane Prugh, 9am
Merrymeeting Arts Center

10th

Future Land Use Public Forum, 6:30pm
Town Hall

14th

Celebrate Bowdoinham

18th

Homeschoolers Storytime, 2:30pm
Bowdoinham Public Library

October

4th

Merrymeeting Arts Center
Annual Meeting, 4:30pm

“Lincoln & the Gettysburg Address”
Show, Opens 5:30-8pm
Merrymeeting Arts Center

9th

Maily Waterfront Park Facilities Meeting
Town Hall, 6:30pm

15th

Bowdoinham Businesses Meeting, 6:30pm
Steven Thomas Bunn Furnituremaker
22 Center Street

22nd

Future Land Use Public Forum, 6:30pm
Town Hall

26th

Harvest Festival
Maily Waterfront Park

November

3rd

Gettysburg Address Contest, 1-4pm

5th

Elections, 8am-8pm
Town Hall

11th

Veterans Day Concert, 1pm
Town Hall

Town Board & Committee Meetings

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

Select Board Meetings

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

Planning Board

4th Thursday of Month at 7:00pm

Biking, Walking, Paddling

4th Monday of Month at 6:30pm

Committee on Aging

2nd & 4th Fridays of Month at 4:00pm

Community Development Advisory Committee

3rd Tuesday of Month at 6:30pm

Comprehensive Planning Committee

1st Tuesday of Month at 6:30pm

Solid Waste Committee

To Be Announced

Energy Committee

To Be Announced

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

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