



THE BOWDOINHAM NEWS

Volume 24, Issue 1

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January - February 2026

Bowdoinham Community Development Initiative

BCDI was fortunate to host a Bowdoin College student intern for the fall semester of 2025. We are pleased to share words reflecting on her experience of working with BCDI and in the Town of Bowdoinham.

I am a student studying Government and Legal Studies at Bowdoin College. I am curious about how nonprofits work, what it takes to run them, and how to maximize an organization’s capacity and impact. This semester, I applied for the Student Community Action Network (SCAN), a program offered through Bowdoin College’s McKeen Center, and was fortunate to be matched with the Bowdoinham Community Development Initiative (BCDI). My main project has been to create a reference manual for BCDI’s Neighbors Investing in Neighbors (NIN) Loan Program. My internship has allowed me to gain a deeper understanding of the town of Bowdoinham as I frequently visited it, met with BCDI board members, the NIN Screening Committee, and past and present loan recipients.

NIN, BCDI’s cornerstone project, is a program which provides low-interest loans to help local businesses and initiatives thrive while promoting and supporting sustainability in Maine. I held one-on-one interviews with past loan recipients, gathering information about their relationships with BCDI, their experiences with the NIN loan application process, and the impacts of this BCDI funding on their businesses and livelihoods. During my interviews, every loan recipient shared that their business would not have been able to grow without the support of BCDI and its NIN program. Annandale Flower Co., a woman-owned flower farm in Bowdoinham, is an example of this growth made possible through a NIN loan. Lily Montgomery, the owner, used the loan to purchase reliable refrigeration equipment. Ever since, Lily has been able to grow and safely store more than 10,000 tulips each spring, which has been transformative



to her business. Another example is the business of Dominique Ostuni, who works out of an art studio on Carding Machine Road. A NIN loan enabled her to purchase a larger kiln, which significantly expanded her production capacity. Now Dominique does not have to fire ceramics every day to keep up with demand, but can instead focus on other aspects of her work.

Interning with BCDI has been a unique and valuable experience. It has helped me learn more about Maine, specifically the hardworking people running their own small businesses. Many of BCDI’s loan recipients are organic farmers, who provide fresh food statewide. In meeting with some of these business owners, I have been able to better understand and appreciate farming and food distribution within the state. Bowdoinham is

not a large Maine town; however, its family-run farms, such as Harvest Tide Organics, supply restaurants, markets, and food banks from Bowdoinham to Portland and beyond.

What I learned from BCDI and the people residing in the town of Bowdoinham this semester has truly changed my perspective on non-governmental work. The BCDI organization is almost entirely run by volunteers, yet has enabled countless small businesses and initiatives to thrive. The organization originated from a community conversation that still continues, where neighbors came together to discuss the needs of their town and then designed action plans. David Whittlesey, the co-founder of the non-profit, believes “great initiatives start with conversations, which could be about making something better, responding to it, or building upon it.”

Working with BCDI taught me about the importance of conversation and collaboration in turning ideas and needs into action. I finish my internship with an immense appreciation for the opportunity to learn from BCDI and the town of Bowdoinham, and with the belief that BCDI’s approach to development could benefit any town and community. Whether it is helping a farmer extend their growing season, a ceramicist producing more to keep up with demand, or a food business reaching a little farther, small, genuine support can change lives and empower a whole community. I have learned that impact may not always require large institutions or investments. It can start with the people who know their own community’s needs, trust their neighbors, and are willing to support one another.

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Success: Grand Re-Opening of the Historical Town Hall

By Lisa-Marie Curtis

On Friday, November 14th, the Town of Bowdoinham proudly unveiled the newly restored Historical Town Hall. During the three-hour Open House, more than 100 residents came through the doors, marveling at the transformation and reminiscing about past events held in the beloved building. Stories flowed freely—one recalled how a shy young woman once hid behind the refreshment table, only to be discovered by the man who would become her husband. That romance blossomed into one of Bowdoinham's longest-standing marriages, a testament to the Hall's place in the community's history.

Two years ago, an inspection revealed serious structural failures that forced the closure of the Town Hall. Faced with the painful choice of raising over a million dollars for repairs or tearing it down, residents voiced their desire to save the building but worried about the burden of higher taxes. Determined to find a solution, Town staff, the Town Hall Committee, and community members worked tirelessly to secure funding. Hope arrived when changes to the CMP TIF rules allowed funds to be allocated to the project. Combined with a \$75,000 grant and money from the Town Hall reserve, the restoration effort began. Thanks to countless hours of hard work and dedication, the Town Hall now stands once again as the pride of Bowdoinham.

What's Next

Although the building has reopened, several finishing touches remain:

- Painting the tower steeple
- Acoustic enhancements for the Hall
- Landscaping around the building

To complete these improvements, the Town must raise approximately \$25,000 from citizens and local businesses. Donations can be delivered or mailed to the Bowdoinham Town Office, Attn: Admin Assistant, 13 School Street, Bowdoinham. Contributions can also be made online through the Town of Bowdoinham website.

Recognition for Donors

- Contributions of \$500 or more will be honored on The Legacy Wall, a permanent display of plaques inside the Town Hall.



A Journey of Restoration

For a visual look at the Town Hall's transformation from fading relic to restored treasure visit the Town of Bowdoinham

YouTube channel. Watch the video *Town Hall – A Journey of Restoration* at www.youtube.com/watch?v=NNO11ufr8rc.

Bowdoinham Town Hall The Legacy Wall

Patrick McDonough, Colonial Hardwoods, Inc.

Sarah Findley

Robert and Nancy Curtis

James and Barbara O'Hare

Rachelle Tome

Thomas Cary

Robert and Julia Serman



Join the Legacy Wall

Donors contributing \$500 or more will be honored on The Legacy Wall, a permanent plaque in the Town Hall recognizing those whose generosity made its restoration possible.

Your name will become part of the Hall's story - a lasting tribute to those who helped keep our history alive.

Fire Dept Update:

By Arthur Frizzle, Fire Chief

A quick update on the new truck. The truck is currently in Georgia where the pump and body have been mounted on the chassis, and they are finishing up the wiring for the body. Once this step is complete the truck will move to Pennsylvania where the upfitting will continue with additional add-on components being mounted (light tower, ladder racks, hose mounts etc.) The final phase will move the truck to Connecticut where we will be able to do an inspection and indicate the final location mounting for small hand tools and other items such as spare SCBA packs. We do not have a delivery date right now, but the initial timeline is still pretty much on track.

Grant funds combined with a very generous contribution from the Bowdoinham Fire Department Association has allowed us to purchase 2 new pieces of equipment. The first is a Lucas device. This is a CPR assistance device that performs compressions which essentially adds another set of hands on what is already a chaotic scene and frees up responders to concentrate on other life saving measures. The second item is a LifePak 15 cardiac monitor. This is a device that measures



vital signs including cardiac rhythms and also acts as a defibrillator. Our intention is to upgrade our EMS service license from the Emergency Medical Technician (EMT) level to the Advanced Emergency Technician (AEMT) level, and this is a required piece of specialty equipment to make that happen.

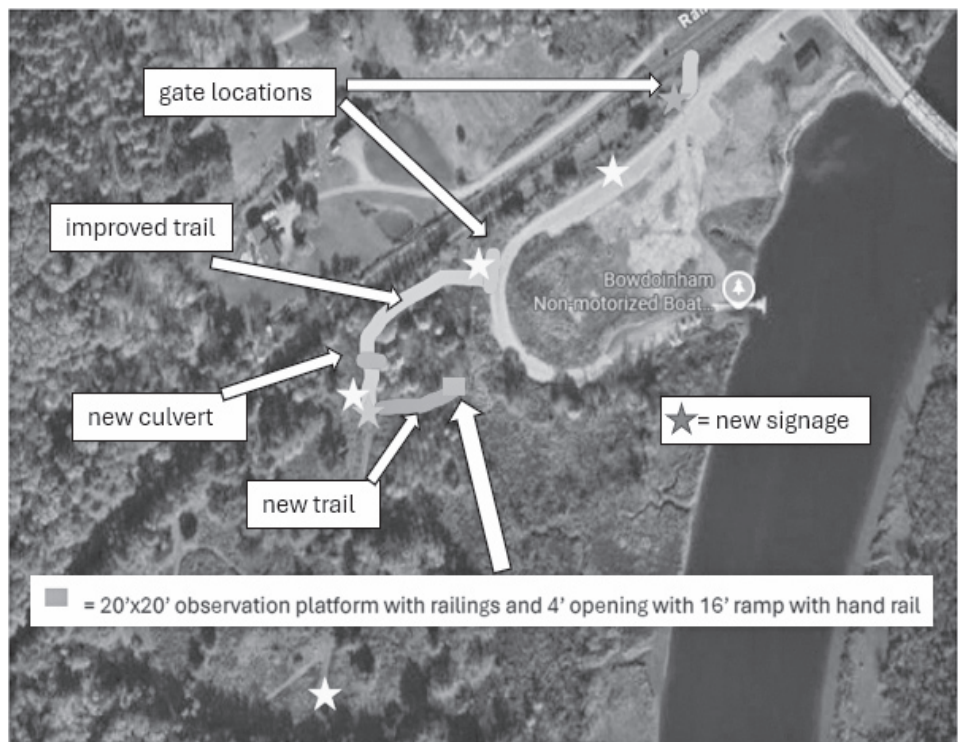
Our recruiting efforts have brought us several new volunteers including an EMT, 2 new AEMT's (one is currently a medical student) as well as several firefighter candidates. We will have much more information as these items and others are put into active service and we are very excited for what our future holds.

Bowdoinham Awarded Maine Trails Grant for Accessible Trail Project

The Town is excited to announce that it has been awarded \$62,820.97 through the Maine Trails Program to design and construct an accessible trail at the new Bowdoinham Riverfront Park in the Cathance Meadow Trail system.

The project will create a 0.15-mile accessible trail connecting the new parking area and railroad track entrance to the concrete observation platform east of the existing "blue" trail. Improvements will include a new walking surface, safety handrails, and a ramp to the observation platform, ensuring the trail is usable by residents of all ages and abilities. It will also include two new trail access gates, a culvert replacement, and updated trail signage. The design will follow recommendations from the Community Geographics 2023 Trail Assessment Report prepared for the Age-Friendly Committee.

To meet the required 10% match, the Town will allocate \$6,982 in TIF funds.



BCC Engages Sweetser to Learn How to Better Support Our Neighbors

By Sally Cluchey, Outreach Coordinator

The Bowdoinham Community Connections (BCC) team recently participated in an excellent training session led by Dr. Marc Kaplan from Sweetser. The session provided valuable insights that will strengthen our efforts to support residents throughout the community.

Dr. Kaplan walked us through a range of behaviors we may encounter in future interactions with neighbors and helped us think more deeply about what we observe and why. His reminder that people are always doing the best they can with the tools they have resonated strongly with our team.

He also offered practical guidance on how to engage with individuals in ways that are supportive, respectful, and grounded in healthy boundaries. His combination of warmth, humor, and deep expertise made the training both engaging and highly informative. Our team left the session feeling more confident and better equipped to assist community members.

We were also grateful for the opportunity to learn more about Sweetser's current



services, which will help us better connect Bowdoinham residents with resources that may benefit them.

BCC extends sincere thanks to Dr. Kaplan and to Sweetser for their partnership and leadership. We look forward to future opportunities to learn together and to continue building a strong network of support for our neighbors.

Dandelion Spring Farm

We are home to a certified organic vegetable production farm, Dandelion Spring, and a gathering space, The Hive, on Ridge Rd, just two miles from exit 43.

Thank you to everyone who came to a Taco Night, the Holiday Market, or another event held at the farm during the past season. Collective conversations around a table with long known neighbors, or someone you've just met, truly is part of the life force of both this space and our community.

You can mark your calendars for a return of Taco night on the 3rd Thursdays of the month, May-September.

Events for 2026 are still in the works as of this newsletter submission (at the end of November!). Please keep your eyes open for what's ahead, and never hesitate to reach out if you've public or private event dreams you need a space for.



Peary's Garden

By Lily Montgomery

We've just finished our 8th season growing at Peary's, and despite the drought and an abundance of hungry and persistent garden critters, our members were still able to maintain lush and prolific garden plots. We grew gorgeous tomatoes, garlic, flowers, cucumbers, squash, and so much more! Brain spent much of the past season battling water issues and we're happy to now have a deep, reliable well. We'll all be spending the winter coming up with solutions to keep deer, woodchucks, and other animals out of the garden.

We had a total of 23 plots in 2025 that were cared for by 16 gardeners and their families. We donated one plot to volunteers from the Bowdoinham Library for growing out dahlias that were left over from their annual sale in the spring, and it was stunning! Our gardeners and their families were able to gather several times around our beautiful brick pizza oven for potlucks, and hope to do this more with each passing season. We also plan to offer pizza for sale during the library's garden tour this summer- stay tuned!

In November we again ran a SeedMoney crowdfunding campaign to raise money for garden supplies- a huge thank you to all who donated! These funds will allow us to continue fixing the various issues that arise each season as well as provide us with a fresh load of organic compost in the spring while keeping our plot fee reasonable.

Peary's offers individual plots for Bowdoinham residents to grow whatever they desire- for themselves, their neighbors or to donate to the pantry. We are so grateful to all our members for everything they've done to keep this garden dream a reality. Thank you also to Jim Finucan for the generous donations of horse manure each season! And thank you especially to Brian Smith for continuing to share his land for this project and for everything he does to keep the garden running smoothly.

If you are interested in joining for the 2026 season, please reach out soon and reserve your spot!

Garden plots are \$25, 10'x25'

Tools, seeds, water, composted horse manure, organic fertilizer and compost included.

Email pearysgarden@gmail.com for more info.

Thank you from the Bowdoinham Guild of Artisans

by Lynn Sternfels

When we were told that the Town Hall would be finished by December, it was hard to believe, but the Bowdoinham Guild of Artisans 22nd annual show opened on December 5th in a beautifully renovated building that just glowed.

We are so thankful to the many people from the town who came out to support us and see the building. We had record breaking attendance on Friday night—110 people visited. It felt like a big town party.

For years, Bowdoinham has been known for their arts and music community. A big shout out to the musicians who volunteered to play during the show hours. Ben Hunsberger, Dan Coker and Hal Ahlers and friends made things extra special.

Thank you to those who supported the nonprofits who partnered with us this year.

The Bowdoinham Food Pantry provided coffee and donuts Saturday morning and the Bowdoinham Fire Department, who brought homemade breakfast treats and made hot coffee on Sunday morning. Age Friendly Bowdoinham had folks on hand to explain their important role in the community.

The Spindleworks artists had a vendor table full of their vibrant art and of course the well-loved book art from our own library would have sold out had it not been for the library elves who stayed up at night working their craft. If you missed the chance to support them this weekend, you can still help! Consider donating or volunteering your time with these organizations.

Thanks to those who stopped by the Cathance River Gallery, our other location.

And a big thank you to the town staff for their support with planning advertising, organizing, and helping with details.

We live in a very special community!!!!



ReCycle Your Bicycle!

Did you know that Bowdoinham residents can bring your old bicycle and bike parts to the Recycling Facility?

Just drop it off at the solid waste facility and a local volunteer will deliver these old bikes and bike parts to the Portland Gear Hub (PGH) to be refurbished and sold or donated to those in need.

PGH is a non-profit community bike and outdoor gear shop. They refurbish, sell and donate bikes, run a full service bike shop, offer educational programming, hold community events, and bike rides.

Check out their Bike for Mainers program. www.portlandgearhub.org

Please recycle your old bicycle today!

Commercial Projects

Considering starting a commercial project? Come talk to your Code Enforcement officer (CEO). Your project may require Site Plan or other review. Staff workshops are free, and sometimes required prior to submitting an application. We'll listen to your vision, talk through the project constraints and opportunities, make recommendations, answer questions, and explain the review and approval process. We take pride in demystifying the review process and helping applicants navigate it.

FMI contact Jason Lorrain, Code Enforcement Officer/LPI: 666-5531 or ceo@bowdoinham.com



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Bowdoinham Food Pantry: A Year of Living Thankfully

By John Treat, Director

As I write this in early December, reflecting on the approaching end of another year, I can't help but be aware of how much we at the Bowdoinham Food Pantry have to be thankful for.

Our donors, volunteers and other supporters continue to show up in ways that leave us profoundly grateful to be part of such a generous and caring community. Thanks to this generosity, we've been able to provide crucial food support this year to roughly 250 households throughout Bowdoinham and Bowdoin. That support spans nearly 2,500 unique household visits to the pantry, as well as weekly deliveries to many of our homebound neighbors, and to dozens of families with school-aged children. We've also been able to increase what's available at our free "Falcon Market" at Bowdoinham Community School, which serves the entire school community.

The response to our end-of-year financial appeal has been outstanding — despite the fact that even many of our better-off neighbors are feeling the pinch of higher prices this year. Similarly, our special requests for holiday food donations resulted in literal truckloads, and we ended up with enough turkeys, hams, side dishes, and home-made desserts that nobody who came to us for help in celebrating the holidays went without.

The Continuing Challenge — And What We're Doing About It

Still, too many of our friends and neighbors continue to face real food insecurity, as well as ongoing uncertainty about how rising prices and new policy changes in the months ahead might affect them.

Most of Maine's SNAP participants eventually received their full monthly disbursements for November; most should also continue to receive that support through at least September 2026. But impending changes in benefit levels and eligibility requirements are likely to mean lower monthly assistance amounts for many households. Older adults, people in unstable employment, and families living close to the income threshold may feel these shifts first, but these changes will also indirectly affect local food pantries, schools, and the many small businesses and local farms that depend on consistent SNAP-driven spending.

To help keep the whole BFP extended family aware of these developments, we've launched a new page on our website, where we'll provide updates on what's happening, what it means for our communities, and what people affected by these changes can do. The new page is "Policy News"; <https://bowdoinhamfoodpantry.org/policynews/>

We Still Need Your Help

We can't do any of this without your support. No contribution is too small, and we appreciate every dollar and every can of food we receive. Please visit our website for more specific guidance on how to support our work, and follow us on Facebook for updates on special events and more. If you need food assistance, please get in touch; if you know someone else who does, and who isn't receiving it, please encourage them to reach out.

As always, thank you for helping us take care of our friends and neighbors. Together, we're stronger.

Notice: Upcoming Select Board Meeting

Select Board Meeting - January 13, 2026, at 5:30 PM. This meeting is an excellent opportunity to stay informed and engaged with the town's priorities and progress.

Agenda Highlights:

- Updates on ongoing and upcoming projects.
- Discussion of budget goals for FY2027.
- Committee presentations to the Select Board on current and future projects.

All members of the public are invited to attend.

DOG LICENSES



**LATE FEE ACCESSED
AFTER JANUARY 31ST
\$25.00**

All dogs are to be registered with the Town Office, please, have new updated proof of immunization against Rabies in accordance with the rules adopted by the Commissioner of Health and Human Services.

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Age Friendly – Staying Social and Safe in Winter

This is a reminder that Age Friendly does not hibernate in the winter. Come join us for scheduled events and to access resources that make winter living easier.

If you are interested in any of the following, please contact Jason Lamoreau, Community Services Coordinator, at 207-666-3101

Social Services

Bridge Club – meets every Wednesday at the Fire Station from 9:30a – noon. Players at all levels are welcomed.

Cribbage - experienced and new players are welcomed every Thursday at the Fire Station from 9:30a – noon.

Needlecraft Circle - beginning January 9, crafters who love to knit, crochet, quilt, embroider, hand sew or anything fiber related are welcomed to gather together on the second and fourth Friday of each month from 1:30p – 3p at Merrymeeting Hall.

Age Friendly Luncheon – come to eat or to volunteer at our luncheons on the second Thursday of each month at the Fire Station. Doors open at 11:30a; lunch served at noon. Donations welcomed.

Support Services

Winter brings special challenges, especially to older residents. Assistance is close by:

Sand Bucket Brigade – Community Sand Pile is available for residents to access for free, any time, day or night next to the restroom building at Maily Waterfront Park. Please limit to 2 five-gallon buckets per storm to make sure there is enough available for everyone! If you are unable to retrieve the sand, let us know and Fire Station volunteers will deliver to you.

Fire Wood – emergency firewood is available to residents outside of the garage behind the Fire Station.

Winter Home Safety – supplies of electric lanterns, blankets, short wave radios, first aid kits and other key essentials are available in limited supplies to help you prepare for winter emergencies.

Bowdoinham Community Connections – a volunteer-led initiative to assist residents access services and assistance to improve their health and wellbeing.

Volunteer Opportunities

Our need for volunteers does not stop in the winter. If you have a spare hour or more, we can use your help in driving residents to medical appointments, setting up and cleaning up for our monthly luncheons, providing assistance to residents in accessing services, or helping to launch a new activity or program in Town. No minimum time commitments required.

AGE FRIENDLY BOWDOINHAM

Sand Buckets

**CALL JASON AT
TOWN OFFICE
666-3101**

Holiday Recycling

Wrapping paper

Wrapping paper is a mixed paper product. Paper can be torn and leaves rough edges. Wrapping paper can be balled up in your hands and remains balled up. Wrapping paper with foil or plastic coatings are not recyclable and should be placed in your trash.

Gift boxes

Gift boxes such as an article of clothing would come in are mixed paper and should be recycled as you would with any other paper product.

Christmas trees

Christmas trees after all decorations have been removed can be brought to Solid Waste/Recycling for disposal.

BOWDOINHAM'S 2026 ICE & SMELT FEST

Friday, Feb. 27

5PM: Owl Prowl All ages! Led by KELT & Maine Master Naturalists at Cathance Meadow Trails. Bring headlamps & traction gear!

Saturday, Feb. 28

10AM - 2PM: Bryce Muir Exhibit Merrymeeting Arts Center

10AM - 2PM: Ice Harvesting Exhibit Merrymeeting Hall

10AM - 4PM: Hot Beverages & Art Cathance River Gallery

3 - 5PM: Movie Night *The Secret of NIMH*, Old Town Hall

6PM: Potluck & 7PM: Dance Party Watersong Music

Sunday, Mar. 1

10AM - 2PM: Bryce Muir Exhibit Merrymeeting Arts Center

10AM - 2PM: Bham Fire Dept. Ice Rescue Demos Maily Park

10AM - 4PM: Hot Beverages & Art Cathance River Gallery

12:15 - 2PM: Chocolate Inspired Lunch Nazarene Church

1- 3PM: Snack Shack Open Rec fields, by Age Friendly

4 - 6PM: Take-Out Soup Supper Bowdoinham Food Pantry

All Weekend Long:

Smelt Fishing D's Camps FMI: (666-3049) *Weather dependent

Ice Skating, Sledding, Snowshoeing Recreation Fields

Cocoa Ice Story Walk Cathance Meadows Trail System

Smelt On the Menu Three Robbers Pub *While supplies last!



**Borrow Showshoes, Ice Skates & XC Skis from the
Town Office! Contact Jason for details: 666-3101**



Merrymeeting Arts Center

By Jen Kelley

Happy New Year! Welcome to Merrymeeting Arts Center's brand-new season – a time with fresh ideas, bold voices, and unexpected perspectives begin to bloom. As the year turns, our walls will once again showcase stories told through color, texture and imagination. We're thrilled to share what's ahead and to welcome you back into a space where community and creativity meet.

But first, let's meet the 2026 Board!

Lisa Shannon (President) Lisa takes the helm! She's looking forward to using her previous experience to enhance MAC's 2026 Season.

Jen Kelley (Vice President) Jen passes the President's baton to Lisa Shannon and is thrilled to be her trusty right-hand woman for the year ahead.

Leah Dence (Secretary) Leah looks forward to her second year as the Board's

secretary and is grateful to be apart of something that's so positive for our community.

Nan Cumming (Treasurer) After two fun years managing our programs, Nan has shifted to managing MAC's money as our new board treasurer.

Ashley West (Program Manager) Ashley is side-stepping into the studio as Program Manager. Reach out to her if you'd like to teach a class at programs@merrymeetingartscenter.org.

Ruthanne Harrison (Gallery Coordinator) Ruthanne maintains her role as the Gallery Coordinator. She's been busy lining up an exciting season.

Katie Hudak (Volunteer coordinator) Katie Hudak is excited to be on the board for another year. Katie will be the volunteer coordinator for the MAC gallery and other events.

Paul Mueller - Paul is new to the Board, learning the ropes and offering advice or assistance as needed. Looking forward to more involvement.

*If you're interested in being a part of the 2026 MAC Team, reach out at MAC@merrymeetingartscenter.org

EXHIBITS/WORKSHOPS

Ice and Smelt Festival Exhibit:

The Bryce Muir Legacy

Saturday 2/28 (10am - 2pm) &

Sunday 3/1 (10am - 2pm)

It's that time of the year again! February brings another chance to see the Bryce Muir exhibit. We're sticking with

tradition by kicking off our 2026 season honoring Bryce Muir and his legacy. Bryce was a prolific Bowdoinham artist specializing in animated wooden portraits, mythic sculptures, local paintings, and thematic lawn ornaments like his Alice in Wonderland croquet set. He published two books: Local Myths and Lawn Wars. Bryce was an avid outdoorsman and music lover who built his own wooden sailboat and played in the local "Blues Buzzards" band.

Peggy Muir, Bryce's wife of 36 years, created Merrymeeting Arts Center in his memory as a center dedicated to offering art for everyone.

Art on Fire Workshop

February 28th (4pm - 6pm)

Join Carlene Hill Byron for an Ink on Fire workshop. Each participant will create two abstract pieces with ink and fire. Sign up today at www.merrymeetingartscenter.org. \$30 registration fee or pay what you can.

Pottery Open Studio (ON-GOING)

Mondays & Wednesdays (6pm - 8pm)

with Zachary Fields

Saturdays (9am - 11am)

with Catherine Scanlon

\$10 suggested donation covers studio use, clay, kiln firing, and glazes. Open to the public, no experience necessary! Bring your ideas and we can help make them a reality. There is no traditional instruction offered during this time, only an attendant available for suggestions and answering questions

We hope to see you in February!

On SALE NOW!

Bowdoinham 2026 Calendar

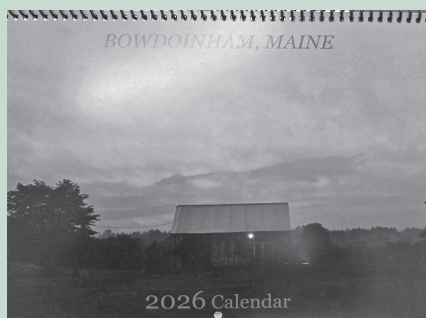
Featuring "Agriculture in Bowdoinham"

This year's calendar showcases stunning photos submitted by Bowdoinham's own farmers, celebrating the rich agricultural heritage of our town.

Your purchase will support Great Cause: All proceeds from calendar sales will go toward completing the restoration work on the Historical Town Hall.

Get Yours Today! Available now at the Town Office for just \$10.

Don't miss out—pick up your copy and help preserve Bowdoinham's history while enjoying a year of beautiful local photography!



Tax Year 2024 – Foreclosures & 30-Day Notices



30-Day Notices are being mailed out in January for unpaid property taxes for **Tax Year 2024**. These properties will automatically foreclose as of the date stated on the 30-day notice unless they are paid prior to the foreclosure date. If you intend to pay your account, please contact our office to get the correct amount owed. **Only GUARANTEED FUNDS will be accepted (i.e., cash, money order, pre-paid Treasurer's Check).**

If you have any questions or concerns, please call the office at 666-5531 to make appointment to see the Town Manager, Nicole Briand.

Cemetery News

The Bowdoinham Cemetery Advisory Committee (BCAC) has been busy for the past two months developing comprehensive lists and spreadsheets of cemetery needs, costs, and proposed plans to present to the Town. We will be meeting with the Select Board on Jan. 13 to discuss our activities and plans.

In keeping with this effort, Linda Temple and Joanne Joy have started remapping the Village Burying Ground Gr 36. They made a good start in November and will continue in spring. This was last done in 2017, and is needed due to many burials and damaged, fallen, and misplaced stones. The Town has provided a special summer crew for the past few years for ground maintenance; and the overall appearance has much improved, but this has also made more apparent the unmet needs of the cemetery. The south border on the edge of a ravine with Sampson Brook at the bottom needs major work to shore it up, and there may be stones and (hopefully not) bones in the debris. This will be a very costly project and may require State involvement. Some of the threatening trees have been removed and more will need to be, and the plan is to replace them with more manageable shrubs and plants. Steve Ceimbronowicz has agreed to work with the Community School to facilitate a stronger relationship between the school and the cemetery across the street.

We did not do any organized stone cleaning sessions in November (hunting season) or December (snow); but the Volunteer Coordinators will continue to contact Keepers and make plans for spring and summer. We are seeking volunteers with specific skills such as tax map and ownership research, as we need to find contacts for some landowners to get permission for right of ways. We also invite any Mt. Ararat student who would like to do volunteer work under BCAC guidance to contact one of us and the committee will provide Mt. Ararat with all the information needed to grant the student credits for required community service hours. Call any of the names listed below if you know one of us. Otherwise contact the Chair, Nina Mendall.

Lastly, some corrections to prior Cemetery News columns. In Nov.-Dec. Linda Willams was incorrectly listed as an honoree at the October 18th event. However, Linda deserves much credit and appreciation for all the work and research she did with the Historical Society related to the Bowdoinham Cemeteries. In the Sept.-Oct. News the Hatch Stone Gr60 was incorrectly given as Gr66 which is the Interstate 295 Plot. Have a good winter and stay warm and healthy.

Contacts:

Nina Mendall, Chair: 207-666-8838; njmendall@comcast.net

Linda Temple, Volunteer Coordinator: 207-666-3343; wwwells9@myfairpoint.net

Elaine Diaz, Volunteer Coordinator: 207-666-8255; elainediazhome@gmail.com

William Oh, Volunteer Coordinator: 207-798-2316, hieyoung.oh@gmail.com

Merrymeeting Food Council's Farm Skills Training Program

By Kate Wallace

Merrymeeting Food Council's Farm Skills Training Program will run this spring for its 5th year. The paid job training, which is held from late-March through early June, is a combination of virtual workshops (like resume writing and communication skills) and in-person training (planting, soil management, tool care, and produce washing). The majority of the program takes place at Growing to Give in Brunswick with specific workshops held at other farms in the Brunswick-Topsham-Bowdoinham region.

After convening a diverse group of farmers, agricultural service providers and other stakeholders in 2019 to focus on the longstanding farm labor shortage in Maine, the seed for the Farm Skills Program was planted. The program is part-time and paid, and provides participants with an opportunity to develop farm skills needed for jobs while

growing food for the community. A network of collaborating organizations assists participants in accessing food, childcare, transportation, and career support.

The program supports the Food Council's mission to connect different parts of the food system, foster sustainable partnerships, and create a community that together can help build a vibrant and resilient local food system. Partners include Goodwill Workforce Solutions, Growing to Give, Brunswick-Topsham Land Trust, Kennebec Estuary Land Trust, Maine Organic Farmers and Gardeners Association (MOFGA), Mid Coast Hunger Prevention Program, and the University of Maine Cooperative Extension.

If you are interested in learning more or participating in the program, please reach out to us farmskills@merrymeetingfc.org.

WANTED!

To trade our Bowdoinham house for a smaller house in Brunswick

We want to swap ownership of our large historic house in Bowdoinham Village for ownership of a smaller house in Brunswick.

Our House:

- 2850 sq. ft. on 0.9 acres in the town's center
 - Kitchen-living area with wood stove
 - 3-4 bedrooms, 2 full baths
 - Office/studio with separate entrance
- 5-minute walk from the parks on the Cathance River
- Lovingly landscaped with 3 decks, and a garage

We're looking for a house in Brunswick in walking distance of Bowdoin and downtown. We're eager to make this unconventional, owner-to-owner, permanent swap work: our goal is summer 2026.

Contact: howardsolomon642@gmail.com

Morning Jo

By Jo Werther

The Double-Edged Sword of New Year's Resolutions.

There can be something irresistible about the prospect of turning over a new leaf on January 1st. If we didn't make the changes we'd hoped to make last year, the new year re-energizes our intentions. We make our list. Sometimes the changes we want actually start sticking to our ribs! But sometimes they don't.

The More Things Change, The More They Stay The Same.

Human beings are creatures of habit. A habit is just something we've done enough times to have it be automatic. We have habits of mind (what's your first thought when you can't find your car keys?) and of body (which arm do you put into your coat first?). Habits can be hard to break. But they can also be surprisingly easy to make.

If Nothing Changes, Nothing Changes.

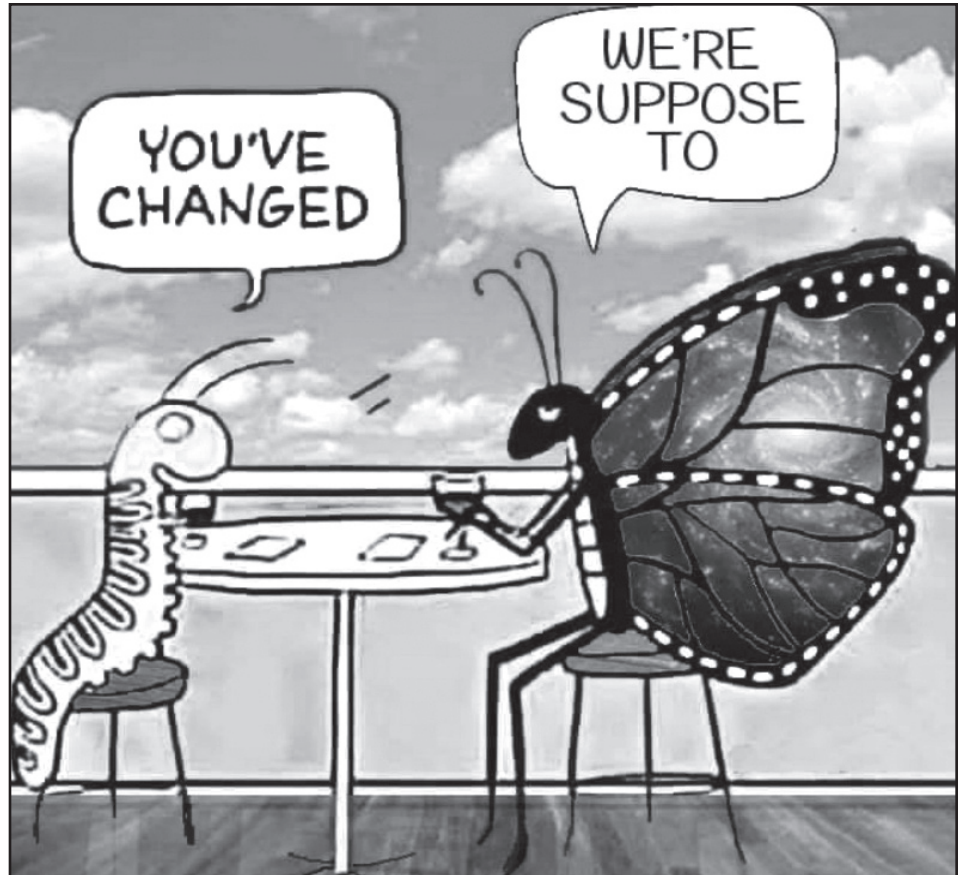
If we want to break old habits and make new ones, the first thing we have to do is to raise our awareness of our "default" patterns. Once we interrupt them, we have an opportunity to do something different.

A Little Practice Can Go A Long Way.

Raising our awareness can be unexpectedly challenging! But a little practice can make an amazing difference.

Try this.

Close your eyes and take three "Be a Balloon" (deep) breaths. Make your exhales as long as you can. Next, with your eyes still closed, take an "inventory" of your mind (what thoughts are you thinking?)



and of your body (what sensations are you feeling?). Pretend you're a scientist, just observing (with non-judgmental curiosity) whatever comes into your awareness. If you observe self-talk that is unkind, make it a little more supportive. For example, instead of: "I'll never change! Why bother even trying?" say this: "Small changes will lead to bigger changes!" Last, take three

more "Be a Balloon" breaths. And that's it. **Progress, Not Perfection.**

There's no way to get it wrong. If you do it at all, you're doing it perfectly. Keep your nose to the grindstone. But cut yourself some slack too. Because you're only human! Turn over a new leaf as many times as you need to. As always, remember to breathe.

Happy New Year!

Questions/Comments? Anything particular you'd like me to address next time? Email me at jowertherlcs@gmail.com.

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Thank You!!

Thank you to everyone who helped make the 2025 Giving Tree a success. Through your generosity we were able to help 11 families and bring a little joy to 11 elders this holiday season.

-Tina Magno, Town Clerk

Midcoast CASH

An Initiative of United Way of Mid Coast Maine

FILE YOUR TAXES FOR FREE!

Households earning up to **\$69,000 annually** can likely receive **FREE** tax preparation by an IRS-certified volunteer tax preparer.

Scheduling begins mid January!

BOWDOINHAM TAX SESSIONS

Bowdoinham Fire Department | 57 Post Road

February 28 9:00 am - 2:00 pm & March 17 9:00 am - 2:00 pm

Other dates and locations available. By appointment only.

Call 207-295-6340 or 207-751-3756

Email midcoastcash@uwmcm.org

Visit www.eznetscheduler.com/Calendar/MidcoastMaineCASH



SCAN ME

For more information, visit uwmcm.org/midcoastcash

Generously supported by:

Internal Revenue Service/VITA, Lincoln County Regional Planning Commission, Midcoast Maine Community Action, New Ventures Maine, United Way of Mid Coast Maine, Town of Boothbay, Age-Friendly Bowdoinham, Community Resource Council Boothbay Region, Harpswell Aging at Home, and Coastal Enterprises, Inc.



Cathance Fitness Center

By Lisa West, Bowdoinham Community & Health Coach

FHC, Inc., Cathance Children's Center & the Cathance Fitness Center is located at 1201 Main St. Bowdoin, Maine. This route 125 address is the old Bowdoin elementary school.

~Create your memberships and handle payment information right on our website: CathanceFitness.com

***Please note, as of 2022** we are no longer allow members to bring guests. Everyone must have an active membership to use the facility. One-month memberships are available!

~Even if you come in with a group, scanning the card is important as we have a locked facility. For the safety of everyone in the building, including daycare, we have the ability to track those coming into the building or look back on video surveillance when necessary.

If your keycard doesn't work, but checked that your membership is up-to-date, please call 666-5651 ext. 1000, 8-5pm M-F. We are happy to help you with questions and concerns.

Thank you!

Community Health Message:

Metabolism is the way our body converts

food for energy - measured in calories.

~ **Things that slow down our metabolism.**

~ **Not enough sleep** changes our hormonal balance which can leave us feeling hungrier. Calories are not burned as efficiently. If cortisol gets produced, we increase our cravings for sugary, fatty, starchy foods.

The Fix: Aim for 7.5-9hours of sleep each night.

~ **Sitting too much**, longer than 20min, can put our body into a more relaxed, non-energy-burning state.

The Fix: This is a tough one with many jobs but try to move around every 1-2hours. This has been shown to help decrease triglycerides, blood sugar, cholesterol and cause a small spike in metabolism.

~ **Drinking too little water** leads to dehydration and can cause us to burn 2% fewer calories!

The Fix: Water intake is a personalized goal depending on factors like medications or activity. Try for at least 64oz while determining your goal with your Doctor, Coach or Trainer. This can include milk and tea. Cold water can increase your metabolism by a few calories as your body heats the water to your body temp!

Nazarene News

The steeple is on the list to be done in the spring.

Many thanks to all who made the pie sale a great success by donating money, ingredients, and already made homemade pies! And thank you to everyone who came out to buy them. It was wonderful to send people home for the holidays with such quality treats for their tables.

Fall and winter clothes are out at the Clothes Closet. The Clothes Closet is open on Wednesdays from 2:30-5pm and by appointment. The clothes are free and anyone is welcome. Donations of clean clothes in good condition can also be dropped off during open hours and by appointment. Call or text the church at 207-751-6888 to make arrangements or for more information. Thank you for all your great donations! So many grateful people go home with quality clothes for themselves and their families.

Our annual Chili and Chowder Fellowship Lunch will be on Sunday, January 11, at about 12:15pm at the fire station. Join us for some good food and great company to keep us warm through the cold winter. The lunch is free, but if you wish to leave a donation for the church, you are welcome to.

Our annual God Invented Chocolate Celebration has been moved to Sunday, March 1, at about 12:15pm also at the fire station. God has the best ideas, and chocolate was one of them! There will be "meal"-type items, but the lunch will mostly feature chocolate in many shapes and forms. Please come and enjoy some food and fellowship. The lunch is free, but if you wish to leave a donation for the church, you are welcome to.

Interested in learning more about the Bible but don't know where to start? That is not uncommon. We offer Bible studies for beginners. Call or text the church at 207-751-6888 for more information or to sign up.

Can't get out to the service? We are live streaming on Facebook at Bowdoinham Church of the Nazarene.

Our church prays for our community regularly, but if you desire prayer specifically, please feel free to call or text the church at 207-751-6888. Let us be a blessing to you.

NOT ALL WRAPPING IS RECYCLABLE!

If you choose single-use wrapping materials, please do not add any paper with foil, glitter, or coatings to recycling as well as foil and mylar wrapping. Bows and ribbons can either be REUSED or added to household trash.

The Solid Waste and Recycling Department will continue to provide opportunities to positively impact waste efficiency and Bowdoinham's 38-year recycling tradition.

FMI visit:
www.bowdoinham.com/SWR



THE BOWDOINHAM NEWS

WINTER WORD SEARCH



S	N	O	W	F	L	A	K	E	T	U	N	D	R	A	X	C
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ARCTIC
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 SNOWBOUND
 SNOWFALL
 SNOWFLAKE
 SNOWFLURRIES
 SNOWMAN
 SNOWPACK
 SNOWSHOE
 SNOWY
 STORM
 SUBZERO
 TUNDRA
 WINDCHILL



Community Feedback Needed: Riverview House Redevelopment



The Town of Bowdoinham invites you to a public meeting on Wednesday, January 8, from 6–8pm at the Town Office (or via Zoom) to discuss the future of the Riverview House at Bowdoinham Riverfront Park.

In October, the Town hired Acorn Engineering to assess the Riverview House and to develop conceptual designs for potential future uses. This work builds on the Town's 2019 Master Site Plan and is guided by a stakeholder process to ensure community voices are central.

At the meeting Acorn Engineering will present:

- Findings from civil and structural engineering assessments of the building
- Recommendations for hazard mitigation strategies (such as elevation,

dry-proofing, or reconstruction)

- A supplemental septic system design to expand capacity for park facilities
- Conceptual plans and renderings of possible future uses of the Riverview House

Community input will be gathered to help shape preliminary design plans.

This project is supported by a Building Resilient Infrastructure and Communities FEMA grant (75%) and the Town's CMP TIF (25%).

You can find the conceptual designs and assessment reports to be discussed here: www.bowdoinham.com/event/riverview-house-1st-public-meeting Or scan the code.



Bowdoinham Second Baptist Church

The Second Baptist Church of Bowdoinham, celebrating 206 years in Bowdoinham, continues our mission to bring the Truth and Love of God into our community and world through the lives of committed and growing followers of Jesus Christ.

Our pastor, Ken Smith, preached a series of sermons on Abraham in the fall. In November we were able to host Voices Rising, a Women's acapella quartet, including the worship team from the Apostolic Faith Ministry of Gardiner followed by a potluck Thanksgiving dinner. December focused on Advent and Christ's birth including two Christmas Eve services.

The church is blessed with the musical talents of Ashby Hayward who plays the piano on Sundays. We cordially invite you to attend a service and hear the good news. Our sermons are live streamed on Facebook on Sundays between 10:00 and 10:30: www.facebook.com/bowdoinhamsecondbaptist and are also posted to YouTube: www.youtube.com/channel/UCs5iwnUANMu4HthRYzkJVCw

Philippians 4:8 *"From now on, brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise."*

Scheduled Events:

Special New Year's Concert on Sunday 1/4/25 at 4PM featuring local talent - See our Facebook page for details.

Worship Service at 9:30 AM on Sunday. Communion is held on the first Sunday of the month.

Potluck luncheon on the third Sunday of the month after the service.

Men's Breakfast at 7:00 AM on Saturdays.

Bible Study Tuesday at 9:30 AM.

Prayer and Bible Study Wednesday at 6:30 PM.

Also, AA Meetings are held each Monday and Thursday evening at 7 PM.

For more information, you can go to the church's website at: www.bowdoinhamsecondbaptistchurch.org or visit our Facebook Page.

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Call today to schedule your delivery (207)-844-7800 www.ofarrellenergy.com

Winter has Arrived!!

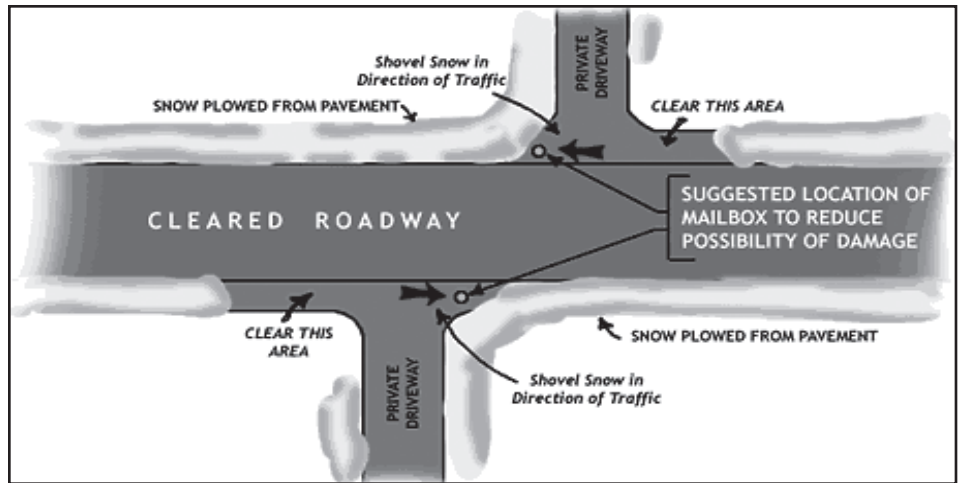
Temperatures have dropped, and the first snow has fallen. Here are a few important things to keep in mind this season:

Courtesy Sand Pile

The Town provides a courtesy sand pile for residents at Maily Waterfront Park, located next to the restroom. Please limit yourself to two five-gallon buckets per visit. This ensures there is enough sand available for everyone. Pickup truck loads and commercial hauling are not permitted.

Culverts:

Clogged culverts can cause flooding or even road collapse. Please do not shovel snow or deposit yard trimmings or other debris that may obstruct water flow. When culverts are blocked, water is redirected and can erode nearby structures such as roads and driveways, eventually leading to collapse. Keeping culverts clear of snow and debris helps prevent flooding and allows Public Works to focus on clearing roadways and other priority maintenance during weather events. If a drain remains clogged after surface debris is removed, or if you have questions about a culvert near your property, please contact Public Works at (207) 666-3503 or pworks@bowdoinham.com.



Snow in your Driveway

The Town's crew continues clearing snow, slush, and ice well after storms have ended. To reach bare pavement, plow trucks scrape the roads, which can push snow and slush back into driveways that have already been cleared.

You can help reduce this issue by clearing a space on the right side of your driveway (the right side as you enter). This allows the plowed snow and slush to be deposited in that area instead of at your driveway entrance. See the illustration above.

Bowdoinham Emergency Alert Text System

Sagadahoc County RAVE Alert system. This is a free service provided by Sagadahoc County Emergency Management Agency and our partners. You can sign up for the RAVE/Smart911 System by visiting: www.smart911.com/smart911/ref/reg.action?pa=SCEMA.

In the event of an emergency or severe weather, an alert will be sent to the phone number and/or email address provided by voice call, text and/or email. You choose which notifications are important for you to receive.

SIGN UP TODAY
FOR
SAGADAHOC COUNTY EMERGENCY ALERTS

For more information, contact Sagadahoc County EMA at scema@sagadahoccountymaine.gov or call (207) 843-5210



Got Wheels?

Make a difference by helping a neighbor get to appointments, grocery stores, and social events.

Be a Volunteer Driver for
Rides in Neighbors Cars

Scheduling is flexible.
To get started, call 837-9577.

A volunteer-led program of **Age Friendly Bowdoinham**



Recreation News

Website: We are officially **THREE full years into the Rec website** and it is working great! If you haven't already, simply create your "household" at www.BowdoinhamRec.com, fill in all the info for your family members, and anyone in your household can register for any of our programs, kids and adults alike, with the click of a button. Securely store medical information and sign waivers one time to cover any program anyone in your family wants to participate in. Registration fees can be paid online with a credit/debit card. Or, print off an "invoice" to pay by card, check or cash at the Town Office. Registrations, team rosters, schedule of event/games, communication with coaches/instructors, photos of events, cancellations or changes can all be found online ... 24 hours a day!

Village Seniors: Most of the activities happen on Wednesdays and Thursdays throughout each month including bridge, cribbage and Pickleball. The 2nd Thursday of every month there is a luncheon at the Bowdoinham Fire Station. Social time begins at 11:30 and lunch is usually served around noon. A speaker or fun activity follows lunch and dessert every other month. Keep an eye on the Age Friendly Facebook page for information on our various mini-classes such as Needham making, flower arrangements, wicker basket weaving and wreath making. Also, drop in and socialize with the needle point group who meet regularly. Check out the Rec website www.BowdoinhamRec.com for updates. Or call Jason at 207-666-3101.

We are also bringing back MidCoast Maine CASH again this winter for **Tax Preparation Clinics!** Two clinics will be held this year at the Fire Department on Saturday, February 28th from 9am - 2pm as well as Tuesday, March 17th from 9am - 2pm with both Federal and State tax returns being accepted.

Age Friendly Bowdoinham Committee meetings are the second Monday of each month at 1:30pm, the public is always welcome!

Youth Basketball: We have 5 teams from Bowdoinham in the Ararat Youth Basketball League this season. This program is for 3rd through 6th grades. There are a total of 49 players and 10 volunteer coaches. HUGE

THANK YOU to **Colonial Hardwoods, O'Farrell Energy, Ancorum Credit Union, Harvest Tide Organics** and **Stonecipher Farm** for sponsoring each of our teams!!

Registration is open for our K-2 "Little Dribblers" program which will start after February break.

Ice-Skating, Cross-Country Skiing & Snowshoeing: Skating is always open at the Recreation Fields Rink weather permitting. See the Recreation website www.BowdoinhamRec.com for organized skating times for "Learn to Skate". Cathance Meadow Trails (behind the new Riverfront Park) is a great spot for cross-country skiing and snowshoeing. Skates, Snowshoes and Cross-Country Skis are available to borrow at the Town Office. Call Jason 666-3101 or email recreation@bowdoinham.com.

Baseball, Softball, T-Ball: Please be watching for these registrations to come out mid-February and will be due on or before March 13th. Please register on time as teams need to be formed and uniforms need to be ordered; late registrations will be accepted only if space is available. You can register online at www.BowdoinhamRec.com.

Cross Country Running: We will be running again this year as part of the Coastal Runners League for students in grades 1st through 6th. Meets take place throughout Southern Maine in May with a Championship in June. Register at www.BowdoinhamRec.com by March 13th. We are looking for more coaching volunteers for this program as well.

Are you a new business in Town or have you been here for years? We are looking for **Sponsors** for our Baseball/Softball teams this year. Forms can be found online. We would love to show off your company on the back of our shirts or maybe even make a wonderful sign for the homerun fence.

Volunteer Opportunities in the Recreation Department: Currently, we are looking for someone who is willing to take the role of the **Snack Shack Coordinator**. This person would be responsible for opening the snack shack and locking it up for home baseball/softball games. They would work with the Recreation Director to set the schedule of the volunteers in the snack shack.

Grounds Maintenance: Are you handy with dirt and grass and want to help out your community? Keeping our ballfields in beautiful playing condition throughout the year takes a great crew of volunteers. Our fields were mostly constructed by volunteers and some of those same amazing folks have put in hundreds of hours to keep them looking great through the years. We want to continue this tradition with the help of more volunteers. Infields need to be dragged very regularly, and throughout the year. Not just in the early summer during the games. And, there is always some mowing/trimming that needs to be done. If you'd love to get outside this summer and help, please reach out!

Umpires: We need volunteers for Minor and Major baseball and softball games. This is a wonderful opportunity for kids in high school who are looking for volunteer opportunities. Please let Jason know if any of these things are of interest to you.

Coaches: We will be looking for coaches for Quickball, Baseball and Softball as well as the Cross Country Running program. Please reach out if you are interested!

Richard Ferrier Scholarship: This fund was established by the estate of Richard Ferrier to encourage students to explore the less traditional pathways to an education. **New this year:** Assistance will be provided to students **between the ages of 8 and 18** by April 1 of the application year who are residents of Bowdoinham to pursue their artistic, academic, athletic and vocational or life's passion outside of the traditional school environment (i.e., experiential education, summer programs or studies, or special athletic instruction). Eligible applicants must be residents of Bowdoinham who clearly demonstrate a need for financial assistance. **This is a great opportunity to fund Summer Camps!!** Application opens January 2026, see the website for the full application.

Please refer to the Recreation website www.BowdoinhamRec.com for the programs above and please check it periodically for updates! If you have any questions, please do not hesitate to call 207-666-3101 or email Jason at recreation@bowdoinham.com and follow the Bowdoinham Recreation Facebook page for updates and photos!

How You Can Avoid Fraud: Simple Steps to Stay Safe

By Lisa-Marie Curtis

Fraud has evolved into a multibillion-dollar industry, depriving individuals across all demographics of their financial resources, personal identities, and sense of security. While seniors are often singled out, the truth is that anyone can fall victim. Scammers may pose as government officials, bank representatives, charitable organizations, or even trusted family members. The encouraging news is that by taking a few simple precautions, you can significantly lower your risk and protect yourself.

Some Common Scams:

- 1. Phone Scams** - A caller may claim you owe money, your account is in danger, or you've won a prize. They often pressure you to act quickly.
- 2. Email and Text Scams (Phishing)** - Messages may look official but ask you to click a link, typically include an urgent need to reset a password or share personal information or Social Security numbers.
- 3. Impersonation Scams** - Scammers may pretend to be a grandchild, government agent, bank employee, or utility company representative.
- 4. Investment and Lottery Scams** - Promises of "guaranteed returns" or surprise winnings are major red flags—especially if payment is required upfront.

Be cautious if someone pressures you to act immediately, threatens arrest, fines, or loss of benefits or requests personal information unexpectedly. Another common scam includes someone asking for payment using gift cards, wire transfers, or cryptocurrency or tells you to keep the request a secret.

To Protect Yourself:

- 1. Slow Down** - Scammers rely on urgency. Take your time and think before responding.
- 2. Do Not Share Personal Information** - Never give out your Social Security number, bank details, or passwords unless you are certain who you're dealing with.
- 3. Hang Up or Delete** - It's okay to hang up on suspicious calls or delete suspicious messages. Legitimate

organizations will not pressure you.

- 4. Verify Independently** - If a caller claims to be from a bank or government agency, contact that organization directly using a trusted phone number
- 5. Talk to Someone You Trust** - Before sending money or information, check with a family member, friend, or financial advisor.

If you think you've been scammed, stop communication immediately and tell a trusted family member or caregiver. Contact your bank or credit card company. Report the scam to local authorities or a consumer protection agency.

Remember, scams can happen to anyone. Being cautious is not being rude, it's being smart. Staying informed and speaking up are your best defenses.

Bowdoinham Events

Fri-Sun
2/27-28
& 3/1

Ice & Smelt Festival
Febuary - March 2026



Sundays
6pm

Summer Concert Series
July - August, 2026



Saturday
15

Tour de Bowdoinham
August 2026



Sunday
26

Open Farm & Studio Day
July 2026



Saturday
12

Celebrate Bowdoinham!
September 2026



Fri-Sun
4-6

Holiday Festival
December 2026



More info here:



Thoughts on Food and Cooking

By George Oliver

“Food Fears?”

Cooking at home can be a chore, but we still often aspire to prepare and present food in a way that is more than just satisfying our hunger. But are food fears preventing us from moving past chicken wings, mashed potatoes, and pizza?



excited about the meal, so there must be something to like.

It was, in fact, delicious, and putting a piece of octopus tentacle with suckers attached into your mouth is both a scary and liberating act that breaks through “cuisine-ophobia” and brings us into a larger cultural community.

Here are three resolutions for a new culinary year to expand your taste buds:

1. Resolve to eat an occasional new dish when you eat out. If you like going to a Chinese restaurant, order something you have never ordered before. Skip the fried rice and go directly to the fried sea cucumber and spicy tofu. The worst thing that can happen is you send it back and order the fried rice.

2. Resolve to open a cookbook, especially one you rarely look at, and try a recipe you have never tried before. Get the family involved in preparing it, and it will be a family adventure. If it turns out horrible, it will at least be a bonding experience, one you can talk about over the next fast-food meal, where you will go for comfort.

3. Resolve to get acquainted with a fruit or vegetable you have never met. Scan the fresh produce aisle at the supermarket and let your eyes spy something you have to look up on your smart phone.

Mashed potatoes may be as comfortable as a couch, but what about mashed rutabagas? (When is the last time you said rutabaga?) If nothing else, you will get a chuckle serving it.

As Maine’s population becomes more diverse, the food that is offered is changing and expanding. There is nothing wrong with a burger and fries, but you do not have to give them up for lunch to reach for a piece of octopus at dinner.

OK, start with something less scary, like mashed rutabagas. Your friends and family might even be envious of your fearless eating.

Send comments to George Oliver at golivergo5@gmail.com.

It can be a challenge to develop a wide taste in food, especially if it means letting go of worries about tastes that you did not grow up with. An acquaintance once said to me, “I don’t see the point in having to learn to like a dish.”

That is OK if we rarely leave the place where we grew up and everyone eats the way we do. But as we expand our contacts with people in other states and countries, adjusting to other tastes makes it easier to make new friends and relations. An open palate can open up new doors.

When I first came to Maine, I never had lobster. I grew up in New Orleans with crawfish, but they are similar only in biology, not in eating practices (mine, not theirs).

After all, not many foods we eat take up the whole plate while they stare at you—shrimp are small and oysters do not have eyes. Cracking open a pound-and-a-half lobster on a plate for the first time is a formidable and hand-damaging task. It helped that I liked shellfish, so I was eager to dig in.

Luckily, a friend from Maine gave me good instructions. I watched her and followed her steps, and before long I felt like a pro (with bloody fingers as evidence).

I have often told the story of a supper I had outside Athens, Greece decades ago at a friend’s family’s house. It was my first time out of the US. I knew little about Greek food, but I was excited to try something authentic.

My friend’s mother brought to the table a whole baked octopus in a richly spiced tomato sauce. I panicked. What if I gagged and embarrassed myself? Then I remembered that everyone else was

Bowdoinham Municipal Directory

Town Office

13 School St.
Phone: 666-5531
Fax: 666-5532
Website: bowdoinham.com
Hours:

Monday: 8:30am-4:00pm
Tuesday: 8:30am-4:00pm
Wednesday: 11:00am-6:00pm
Thursday: 8:30am-4:00pm
Friday: 8:30am-4:00pm

Recycling

121 Pond Rd.
Phone: 666-3228
Website: bowdoinham.com/SWR
Hours:

Tuesday: Noon-6:00pm
Thursday: 8:00am-4:00pm
Saturday: 8:00am-4:00pm
Trash Pick Up: Thursday Mornings
(or the following Saturday morning
when Thursday is a Holiday)
Town Office sells Trash Bags

Bowdoinham Public Library

13a School St.
Phone: 666-8405
Website: bowdoinhamlibrary.org
Hours:

Tuesday: 10:00am-2:00pm
Wednesday: 2:00pm-6:00pm
Thursday: 10:00am-2:00pm
Friday: 2:00pm-6:00pm
Saturday: 10:00am-2:00pm

Animal Control

666-3127

Fire and Rescue

666-3505 (non-emergencies)

Public Works

666-3503

Sagadahoc Sheriff Dept.

443-8201

Water District

(Payments Due Quarterly)
737-4721

THE BOWDOINHAM NEWS

Community Calendar

January

- 1 New Year: Town Office Closed
- 8 Riverview House Meeting 6pm - 8pm
- 19 Martin Luther King Day: Town Office Closed
- 1/31-2/2 Ice & Smelt Festival

February

- 16 Presidents day: Town Office Closed
- 2/27-3/1 Ice & Smelt Festival
- 28 Tax preparation clinic 9am -2pm

Town Board and Committee Meetings

All meetings are open to the public. For more information visit: bowdoinham.com/calendar

Select Board

2nd and 4th Tuesday of month

Planning Board

4th Thursday of month at 6:00pm

Advisory Committee on Age Friendly Bowdoinham

2nd Monday of month at 1:30pm

Cemetery Advisory Committee

1st Thursday of month at 4:00pm

Comprehensive Planning Committee

2nd Wednesday of month at 6:00pm

Community Development Advisory Committee

1st Tuesday of month at 6:30pm

Solid Waste Advisory Committee

TBA

Town Hall Committee

4th Wednesday of month at 2:30pm

Emergency Medical Services

TBA

Town Office Hours: Mon, Tues, Thurs and Fri 8:30am - 4pm • Wed 11am - 6pm

Town of Bowdoinham
13 School Street
Bowdoinham, ME 04008

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