



THE BOWDOINHAM NEWS

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January - February 2025

Bowdoinham Rowing – Come Out And Join Us

By Pete Feeney

Bowdoinham Rowing completed its eighth season this last November. The club started back in 2016 with one boat and a half a dozen rowers. This last season we had over forty active rowers and seventy on the roster. There were often three boats on the water for our 7am rows Monday, Wednesday, and Friday. When people ask me about the “rowing club,” I describe Bowdoinham Rowing as a community building organization that rows. Our primary mission is to connect people together as well as to the Cathance and Merrymeeting Bay.

We are still a work in progress but the club has grown beyond my expectations. 2024 was in particular a year of development. A steering committee was formed that has directed operations. Its formation brought a set of skills and additional energy into the mix. Examples of the work done by the committee are that we now have a website, www.bowdoinhamrowing.com, and club insurance courtesy of being a new chapter of the Traditional Small Craft Association (TSCA). The steering committee also allowed us to do some fundraising by hosting a rowing event for other clubs and providing an evening meal at one of the Sunday concerts.

The growth of the club presents its own set of challenges for both logistics and programming. To help with managing the daily operations, we have rowing coordinators to manage the routine rows making sure there are people to trailer the boats, seats are filled, boats are baled of water, etc. In 2024, we introduced some late afternoon rows to accommodate people that couldn't make the morning rows. Looking out into 2025, I foresee us continuing to offer more rows to more people while also organizing rows to better accommodate all skill and intensity levels. The nice thing about fixed seat rowing is that you do not have to be an experienced rower. You can take years to further develop your skills, but within an hour you can be



enjoying yourself behind an oar. You should not be intimidated about the prospect of joining us. Our rowers range in age from their early twenties to their eighties. If you want to just check it out by riding in the bow (aka “the princess seat”), you are very welcome to join us. We start our regular rowing season once the ramp dock enters the water at the waterfront park.

Community rowing on our river is the main focus, but a smaller group of us attend fixed seat rowing races around New England. If you want to leave it all in the boat, it is great fun in terms of conditioning and attendance to the events. If this is

something that interests you beyond the community rowing aspect, this may be yet another reason to check us out. Bowdoinham Rowing has been doing well at these races so we are getting a bit of reputation of being the ones to beat.

We also have embarked on building another Chesapeake Light Craft Whitby rowing gig in the shop. This boat is for a Portland-based rowing initiative, but Bowdoinham Rowing will have first refusal rights to use it for events and expedition rows. If the rowing and boatbuilding is something that interests you, please reach out via our web site.

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Age Friendly Bowdoinham

The Age Friendly Bowdoinham committee is offering a variety of programs this winter.

Winter Safety

1. Winter Safety Kits - Age Friendly Bowdoinham (AFB) has put together winter safety kits which include first aid kits, solar lanterns, flashlights, handwarmers and more! This year's kits are available by emailing or calling Jason Lamoreau (email: age-friendly@bowdoinham.com) Phone: 666-3101. We have also distributed winter safety kits to the Bowdoinham Food Pantry, Emergency Medical Services responders and Solid Waste.
2. Sand Pile - The sand pile for residents is located at Maily Waterfront Park. If you need help getting a bucket of sand, contact Jason Lamoreau.

Winter Fun

1. Pickleball - Pickleball is up and running again at the Bowdoinham Community School gym on Wednesdays from 5 to 8 pm. Beginners are encouraged and are welcome.
2. Bridge - Bridge is held every Wednesday at the Fire Station from 9:30 am to noon.
3. Cribbage - Cribbage games are on Thursday mornings from 9:30 also at the Fire Station.
4. Swimming - Free recreational swimming is offered at the Bowdoin College swimming pool on Sundays from 4:30 to 5:30 p.m. This free swim is open to all MSAD 75 residents of all ages.
5. Ice and Smelt Festival - The Age Friendly Bowdoinham committee will offer cocoa and cookies at the snack shack by the sledding hill and skating rink on Ridge Road on Sunday, February 2nd. We hope to see good sledding and ice-skating weather.

Tax Preparation

Age Friendly Bowdoinham and CASH Maine have scheduled two sessions for tax return preparation at the Bowdoinham Fire House. They will be February 18th from 9 am to 2 pm and March 8th from 9 am to 2 pm. CASH Maine, which is a branch of the United Way, offers free tax return preparation to those with limited means. For more information, please contact Jason Lamoreau.

CDAC Updates



Bathroom Mural

The Community Development Advisory Committee (CDAC) is preparing a Call to Artists for the commissioning of a mural this summer on the west wall of the bathroom, facing Route 24. We seek the community's input on the theme for this body of work. Please cast your ballot on the theme here: <https://bit.ly/4fYYgC4>

Interpretive Signage at the Waterfront Parks - Public Meeting 1/7 @ 6:30PM

CDAC was awarded a Community Outdoor Recreation Assistance Recovery Grant to fund the design and installation of new interpretive signage at the new waterfront park and to replace the existing

interpretive sign at the Maily boat launch. Help us tell the story of what is special about the place we call home. Join us for a community conversation on Tuesday, January 7th at 6:30 PM at the Town Office.

And if you are interested in vetting mural submissions and/or joining CDAC to work on these projects please contact Yvette at Planning@Bowdoinham.com or call 666-5531. CDAC meets the first Tuesday of each month at 6:30 in Kendall and/or via Zoom. Local artists, farmers, business owners and advisors are especially encouraged to join!





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Bowdoinham Food Pantry

By Jennifer Stonebraker

As the holiday season wraps up, we're reminded of the warmth and generosity that make our town so special. This year, your contributions of time, food, and financial support made a tremendous impact on our neighbors in need.

Thanks to your kindness, countless families enjoyed nourishing meals and moments of joy that would not have been possible without your support. Monetary donations helped us purchase fresh produce, pantry staples, and other essentials, while your generous food contributions filled our shelves and our neighbor's bellies.

We also want to extend our deepest gratitude to the volunteers who gave their time and energy. Whether you packed boxes, delivered meals, lent a helping hand, or cooked for us, your efforts made the season brighter for so many.

It's this spirit of giving that defines our community. We're honored to be part of such a caring and compassionate town. Thank you for helping us make a difference — this season and beyond.

Here's to carrying this sense of generosity into the year ahead!

News from the Bowdoinham Guild of Artisans

By Lynn Sternfels

On the first weekend of December, the guild was one of the participants in the Bowdoinham Holiday Festival. This was actually our twentieth year celebrating local artisans with a show and sale. For the second year, we opened in two venues — Merrymeeting Hall and the Cathance River Gallery.

Thanks to the work of the Town in advertising, the Bowdoinham Historical Society who supported us and all the local folks from Bowdoinham who attended, the weekend was a great success.

We also want to thank the musicians who came to play every day and who made the event even more festive and special and to all the volunteers who helped in a myriad of ways. We are grateful to the Food Pantry who hosted a pop up cafe and turned Saturday morning into a lovely community gathering.

See you next year!

Bowdoinham Food Pantry
Upcoming Events
JAN. & FEB. **2025**

FEB 2	Take Out Soup Supper 4-6PM at The Pantry, 9 Main Street (look for the red awning)
FEB 7	Breaking Bread in Bowdoinham A BOWDOINHAM FOOD PANTRY POP-UP CAFE, 8-10AM FIND US BEHIND THE BLUE DOOR AT WATERSONG - 9 MAIN ST
FEB 21	Breaking Bread in Bowdoinham A BOWDOINHAM FOOD PANTRY POP-UP CAFE, 8-10AM FIND US BEHIND THE BLUE DOOR AT WATERSONG - 9 MAIN ST

Wish List:
 CANNED CHICKEN AND TUNA
 CANNED SOUP
 PEANUT BUTTER
 TISSUES

More Info!

Tax Year 2023 – Foreclosures & 30-Day Notices

30 - Day Notices are being mailed out in January for unpaid property taxes for Tax



Year 2023. 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.

THE BOWDOINHAM NEWS

Bowdoinham Community Connections

By Bowdoinham Community Connections Team

Bowdoinham Community Connections: Supporting Neighbors and Building Community

The Bowdoinham Community Connections (BCC) program is dedicated to fostering neighborly support, forging friendships, and connecting residents to resources that enhance health and well-being. As a free pilot program, BCC serves Bowdoinham residents by helping them navigate community-based services rather than providing direct personal care.

What We Do

BCC works one-on-one with participants to identify their needs and connect them with resources that can make a difference in their lives.

Volunteer Training and Role

Volunteers are the heart of BCC. Each volunteer undergoes a background check through the University of Maine and completes specialized training to ensure they work professionally and confidentially with participants. With six active volunteers, the program continues to expand its capacity to serve the community.

Who We Serve and How to Get Involved

BCC is open to all Bowdoinham residents. Participants can self-refer or be referred by someone they trust. If you or someone you know could benefit from this program,

contact the Outreach Coordinator at (207) 814-8879 or outreach@bowdoinham.com. BCC only reaches out to individuals who have consented to a referral.

Current Progress

This fall, BCC has been actively working with several participants, assisting with applications for programs such as SNAP, HEAP, the Medicare Savings Program, and Property and Sales Tax Fairness Credits. Volunteers have also sourced winter clothing for participants, connected participants to local activities like the Loose Ladies Book Club, and referred participants to local resources like the Handy Brigade and Rides In Neighbors Cars. Most importantly, we've established trusted relationships and made critical connections with neighbors.

Building Partnerships

Strong community partnerships are essential to BCC's success. We are collaborating with organizations like Spectrum Generations, Healthy Communities at MaineHealth Mid Coast Hospital, and Mt. Ararat High School. Future plans include intergenerational workshops, "Community Helper Days", and innovative collaborations with local high school students to build meaningful

community relationships. We're also excited to announce that we are partnering with *Bowdoinhammer.com* to revive their weekly newsletter, highlighting social opportunities and community and state resources.

Documenting Challenges for Systemic Change

As part of its mission, BCC is documenting the barriers participants face when accessing state programs and services. Challenges like navigating state systems for SNAP or Medicare Savings Programs are shared with state agencies to advocate for improvements. These efforts aim to create a more efficient and accessible support system for all residents.

Get Involved

BCC represents the best of Bowdoinham: neighbors helping neighbors. Whether you're looking for support, know someone who could benefit, or are interested in volunteering, Bowdoinham Community Connections is here for you.

For more information or to get involved, contact us at (207) 814-8879 or outreach@bowdoinham.com. Together, we can strengthen our community and enhance the well-being of all who call Bowdoinham home.


Community Sand Pile

The Town will be putting sand at the waterfront for Bowdoinham residents again this winter. This pile is for Bowdoinham residents only and not commercial use. To allow as many residents as needed to partake of this pile there is a 2-bucket limit.

Bowdoinham Switches to new Emergency Alert Text System

If you have signed up for the Town's emergency alert system, please note that we have discontinued this service and have adopted the 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.



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Seeing the Forest and the Trees Hosted by the Comprehensive Planning Committee

You live in Maine... I'll bet you have trees just outside your window.

- Do you know what kind of trees they are?
- What do those trees do for you every day?
- Want to know more about how to care for your trees; what are community trees, trees in the forests?
- Interested in threats to those trees, their benefits to us, and ways we can support the trees we value?

If you're *intreegued* by these questions, or just want to talk trees on a cold winter eve, come to **Seeing the Forest and the Trees**, a three-part seminar series hosted by the Comprehensive Planning Committee.

Each session is 6:30-8:00 at the cozy Merrymeeting Haall.

#1 Trees in your Backyard -
Wednesday, January 29, 2025
Tree ID, Pest ID, What trees do for you;
What you can do for your trees

#2 Trees in your Community -
Wednesday, February 5, 2025
Trees on public land, utility pruning,
tree laws, historic trees

#3 Trees in your Forest -
Wednesday, February 12, 2025

The Big Picture: Balancing recreation and enjoyment of trees with habitat and economics
Snow date Wednesday, Feb 26th.

There's something for everyone in each of these sessions. Drop in to any session for an interesting talk, or come to all three, we'll cover new topics each time! Hear from experts in the field and from the community to talk about what these stately specimens are doing for us, how to keep them happy and healthy, and how to even save some money. If you still want to do more with trees, consider joining the CPC to develop Bowdoinham's Municipal Tree Care Plan and/or an Open Space Plan.

Trees impact many aspects in your life; providing cooling, heating, food, building materials, habitat, privacy, recreation and give you fresh oxygen to breathe! Oh hey, is this paper? Came from trees. Whoa! Mind blown.

Have you wondered how the Comprehensive Plan is Implemented? This is one example - planning for trees is one small but important part of the 2024-2034 Comprehensive Plan

Join us in celebrating our trees this winter!

AGE FRIENDLY BOWDOINHAM

Sand Buckets

**CALL
JASON LAMOREAU
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.

Food Waste

You can bring any leftover food to our recycling facility and place it in our food waste barrel. Please remove any plastic wrap or bags from the waste as it will not compost.

Recreation News

Website: We are officially TWO 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! You can even add funds to your family account to use to purchase food in the snack shack or Recreation gear from our teams store!

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.

We are also bringing back MidCoast Maine Ca\$h again this winter for **Tax Preparation Clinics!** Two clinics will be held this year at the Fire Department on Tuesday, February 18th from 9am – 2pm as well as Saturday, March 8th 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 in the Ararat Youth Basketball League this season. This program is for 3rd through 6th grades. There are a total of 53 players and 8 volunteer coaches. Huge *thank you* to **Holloway Concrete Construction, Colonial Hardwoods, Williams Construction, Five County Credit Union** and **Main Street Fuel** for sponsoring each of our teams!!

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

Adult Activities: Modern Line Dancing takes place at 5:30 pm each Tuesday at Merrymeeting Hall and is open to all ages. Adult Basketball is in the school gym on Sunday mornings. Adult Pickleball takes place in the gym on Wednesdays from 5 – 8 pm. Adult Volleyball takes place on Friday nights at Bowdoinham Community School.

Ice Skating and Cross Country Skiing: Skating is open at the Recreation Fields Rink weather permitting. See the Recreation website www.bowdoinhamrec.com for organized skating times for "Learn to Skate". Skates and Cross Country Skis are available to "check out" at the Town Office.

Baseball, Softball, T-Ball: Please be watching for these registrations to come out mid-February and will be due on or before March 14th. **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 14th. 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!

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!

Please Keep Our Parks Clean

Sadly, the dog feces issue and trashing the restrooms has continued. Dog poop is being left on the trails, in the bathrooms, at the parks, and in the skatepark. One day in November, Public Works removed an entire trash bag worth of dog feces from the waterfront.

There are a few things we can all do to keep our parks enjoyable for everyone.

Carry in, Carry out: this means if you bring food, beverage or trash into the park take it with you.

Pick up after your pets. Bring a bag with you and dispose of it properly, not in the bathroom trash cans or in the bushes.

If you see any vandalism report it to the Town Office so it can be addressed.

Be respectful, the waterfront parks belong to you, would you want someone littering your front yard?



**TICKET
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BOWDOINHAM

RECREATION NIGHT
FRIDAY, JANUARY 31ST, 2025



VS



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Gate 6:00pm / Game 7:00pm

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TICKETS**



More Information:

www.BowdoinhamRec.com

Jason : 207-666-3101

Merrymeeting Arts Center

By Jen Kelley

2025 brings a changing of the guard at Merrymeeting Arts Center. As roles shift and terms come to an end, we're excited to see what the new year has in store. 2024 was a building block year. This year, we intend to make our foundation even stronger while continuing our "Art for Everyone" mission. Ashley West's productive term as President has ended. She has handed over the reins to Jen Kelley, the former Gallery Coordinator. Fortunately, Ashley isn't going anywhere. She will remain on the board as the Treasurer and will ensure for a seamless hand-off. Ashley has worked hard to lay the groundwork for all the wonderful things we hope to accomplish in 2025. While the titles may change, the teamwork stays nearly the same. At the same time, Ruthanne Harrison will be assuming the role of Gallery Coordinator. With Ruthanne's connections in the artistic community, we can't wait to see what she brings in for the new season! And sadly, it's time to say goodbye to Laura Brennan, who has served on the board for the past three years as Secretary. She has left an indelible mark on the board by leading with kindness, patience and reliability. She will be sorely missed but we're grateful for the time she gave us. She will be passing the baton to Leah Dence, our newest board member.

If you're interested in joining the team, we'd love to chat. We have a couple roles and committees where we could use a few more hands. Simply email us at merrymeetingartscenter@gmail.org.

Upcoming Events:

We kick off the 2025 season with a special exhibit and some new and returning workshops.

Ice and Smelt Festival Exhibit:

Bryce Muir - Local Myths

Saturday 2/1 & Sunday 12/2 (10am-2pm)

Merrymeeting Arts Center will be displaying Bryce Muir's Local Myth Collection along with various other Bryce materials collected over the years.

Gemstone Hoop Earrings

with Elise Marie DeSigns

Saturday, January 11 (Noon to 2:00pm)

Join us for a fun afternoon learning to



make your very own gemstone hoop earrings. It's a great opportunity to unleash your inner artist and create unique jewelry that you can wear or gift to loved ones. No experience or tools are necessary - Elise will guide you through the process step by step and provide all materials. You'll get to choose from a variety of gemstone, glass, and metal beads and leave with one complete pair of earrings! All materials are hypoallergenic. Cost: \$65

Card Making workshop with Dawn Stevens

Saturday, February 8 (1:00 to 3:00pm)

Join Dawn Stevens for an afternoon making greeting cards. You will leave with two cards and envelopes. All materials will be supplied. Cost: \$20

For details and registration visit: www.merrymeetingartscenter.org/classes--workshops.html#/

Pottery Open Studio (ON-GOING) Mondays & Wednesdays (6pm - 8pm) with Zachary Fields Saturdays (9 - 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're also rolling out an Open Pottery Studio Punch Card! Just in time for the holidays! The perfect gift for yourself or your favorite potter. More details coming soon.

MAC Open Mic Night (ON-GOING) Sundays 1/5 & 1/2 (4pm-6pm) @ Watersong Music

We're back! The first Sunday of each month, MAC will host an Open Mic Night. Musicians, storytellers, poets, comedians and audience members - come one, come all. It's a great time to practice new material, dust off some old classics, or simply enjoy some community.

ANNOUNCEMENTS:

MAC is offering pottery classes for homeschoolers in 2025! Classes will be held every other week on Tuesday mornings between January and May. Ten classes total, \$100 includes instruction with MAC's own Pottery Manager Zachary Fields plus all materials, supplies, and firing.

Two sessions are available:

- 10:00 - 11:00am. Ages 4 to 6. 10 openings - all students must be accompanied by a parent.
- 11:00 - Noon. Ages 7 and up. Only 2 openings left!

For details and to reserve your child's place contact Nan Cumming at programs@merrymeetingartscenter.org.

MAC will not be offering a February Art Camp this year but look for summer programming announcements in the spring.

Pottery Open Studio Punch Cards are on sale on our website! Go to www.merrymeetingartscenter.org and buy them online. Or you can come by the studio during open pottery hours.

We hope to see you all soon!

Dog Licenses



**LATE FEE ASSESSED
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.

Winter is Coming!

Winter is upon us here are a few winter tips for you to consider:

Who plows what roads?

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

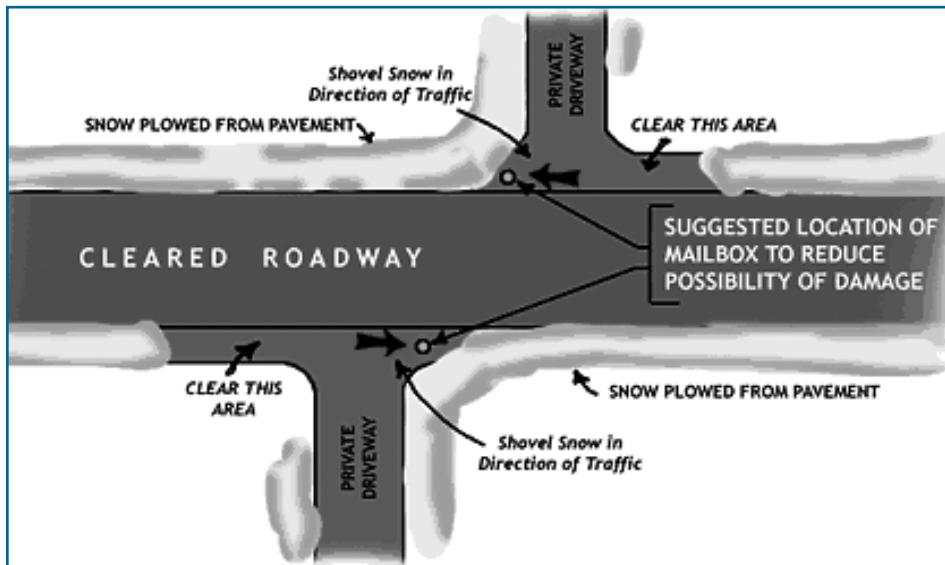
Snow in your Driveway

The Town's crew is not done clearing the roads of snow, slush, and ice until well after storms have stopped. To get to clear pavement, the plow trucks scrape the roads

after the storm. This results in snow and slush being pushed back into driveways after they have been cleared. One way to help eliminate this issue for your driveway is to clear an area on the right side of your driveway (the right side if you are entering your driveway). If this is done, the snow and slush being scraped off the road will be deposited in this area and not into your driveway entrance. See the illustration above right:

Courtesy sand pile

The Town maintains a courtesy sand pile for residents at the Maily Waterfront Park, next to the bathroom. Please keep to the two five-gallon bucket limit per visit. It is very important that we stay within this limit to assure there is sand for everyone. No pickup truck loads or commercial haulers.



Nazarene News

We will be hosting our annual Chili and Chowder Lunch on January 12 from 12:15 to 2pm, or until the food runs out. The meal is free, but anyone who wishes is welcome to donate to our steeple fund. Location to be announced. Watch on Facebook or call or text the church at 207-751-6888 for more information.

We will also be hosting our annual God Invented Chocolate Celebration on February 2 from 12:15 to 2pm or until the food runs out. This is a lunch featuring all things chocolate - homemade pies, cakes, candies, cookies and other treats! Eat in or take out. The meal is free, but anyone who wishes is welcome to donate to our steeple fund. Location to be announced. Watch on

Facebook or call or text the church at 207-751-6888 for more information.

The Clothes Closet at the Nazarene Church 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.

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.

Morning Jo

By Jo Werther

New Year's Resolutions: A double-edged sword if ever there was one.

There is something irresistible about the prospect of turning over a new leaf on January 1st, isn't there? If we didn't make the changes we'd hoped for last year, the new year re-energizes us. Sometimes, the changes we want to make finally start sticking to our ribs! But sometimes, they don't.

And speaking of things that stick to our ribs...

How much exercise will it take to burn off those holiday calories? Let's veto this question! Why? Because eating is not a crime. And exercise is not a punishment. Does that mean we might not want to make some changes? Not at all.

The trouble is... we are creatures of habit.

Habits of mind (what's the first thing you think when you can't find your car keys?), of body (which arm do you put into your coat first?), even of "spirit" (which emotional states are most common for you?)... we all have them. And they can be hard to break.

What's playing on your radio?

We all have a running commentary playing in the back of our minds. We might think we're not really listening to it. But, like muzak in the grocery store, we still hear it. And it affects our mood.

Don't like what you're hearing? Change the station.

If your self-talk is unkind, it will impede the changes you're trying to make. So, for example, instead of this: "I'll never change!" Try this: "I'm doing the best I can. Small changes will lead to bigger changes!"

Making new habits is easier than you think.

Whatever habits we're hoping will start (or stop) sticking to our ribs, interrupting old habits and beginning to make new ones can be challenging. No one bats a thousand. And that's okay. It's all about progress. And, practice is the key: one moment, one step, and one day at a time.

Compassion: a surprising superpower.

Fact: compassion (in this case, for ourselves) is highly correlated with making the changes we want. Plus, it helps us feel better in the process. So, as the signs around town remind us, "Just be nice."

As always, remember to breathe. Happy New Year!

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

FHC Communities Education Foundation



Neural microTargeting™ Worldwide

Founded in 2010, the FHC Communities Education Foundation was created to foster and encourage members of FHC's surrounding communities to seek post-high school educational opportunities. This includes 2- or 4-year undergraduate degrees, vocational programs and graduate studies. Applications will be accepted from any member of FHC's communities, including: FHC employees and their families, immediate family members of FHC customers, vendors, and industry partners, and residents of communities in and surrounding Bowdoin among others.

The twelve awards of \$500 or \$1,000 for the 2025 Spring will be based on academic progress and financial need, as well as content and presentation of the required short essays. Of the scholarship money, one third is awarded to applicants who are not affiliated with FHC. Funds will be awarded directly to the student, ensuring that they will be tax-free and can be excluded from calculations involving any other student scholarship awards. Funds may be used for school expenses such as books, housing, travel, etc.

In addition to the traditional CEF grant awards, the Scholarship Committee will also be selecting a recipient for the Brian Carter Memorial Scholarship. This \$500 grant was donated by an FHCer and is intended to be presented to a deserving student pursuing post high school studies in at least one of the following areas: photography, machine tool techniques, conservation/wildlife studies, music, or aviation. The scholarship honors the memory and life interests of longtime FHCer, Brian Carter.

For more information on the scholarship requirements, necessary documents, and application form, please visit, www.fh-co.com/community-involvement. **Completed Applications can be emailed to hr@fh-co.com.** Applications are due no later than January 30th.

Medicare Program

The Legislature recently expanded eligibility for the Medicare Savings Program (MSP), which helps older adults pay for some or all their out-of-pocket Medicare premiums, deductibles, and copayments. This expansion is expected to affect more than 45,000 Mainers. While the amount of the benefit varies depending on the individual, it typically averages around \$7,300/year. The minimum benefit pays for your Medicare Part B premium, which is a savings of \$175 per month (\$2,100/year).

If your **monthly income as an individual is less than \$3,138, or as a couple less than \$4,259**, you are likely qualified for some level of benefit. You could still qualify even if you make more than this but have significant medical expenses. To get help applying, you can email outreach@bowdoinham.com or call one (207) 814-

8879. **There is no asset test and no estate recovery to participate in this program.**

You can also apply online (www.maine.gov/dbhs/ofil/applications-forms)

1. Create an account
2. Choose to apply for Health Assistance
3. Indicate that you want to apply for MaineCare (Health Assistance).
4. **Note – you are applying for the Medicare Savings Program (Buy-In) Only, but you won't be able to specify that until further into the application.**
5. From this point forward the application ***should*** be relatively straightforward

Representative Sally Cluchey
(207) 373-8213
Bowdoinham, ME

Snowy Word Scramble

Snow	oilebm	___	___	___	___	___	___
Snow	nma	___	___	___	___	___	___
Snow	rfto	___	___	___	___	___	___
Snow	lbal	___	___	___	___	___	___
Snow	nelag	___	___	___	___	___	___
Snow	kfllea	___	___	___	___	___	___
Snow	rmtos	___	___	___	___	___	___
Snow	rdib	___	___	___	___	___	___
Snow	lpwo	___	___	___	___	___	___
Snow	obrad	___	___	___	___	___	___
Snow	kbna	___	___	___	___	___	___
Snow	ehoss	___	___	___	___	___	___
Snow	ewrlob	___	___	___	___	___	___
Snow	fditr	___	___	___	___	___	___
Snow	pca	___	___	___	___	___	___
Snow	kmrea	___	___	___	___	___	___
Snow	isut	___	___	___	___	___	___
Snow	tca	___	___	___	___	___	___
Snow	pscea	___	___	___	___	___	___
Snow	tboos	___	___	___	___	___	___



See page 13 for answers

ICE & SMELT FESTIVAL

Jan 31-FEB 2

All Weekend!

Enjoy quality time at the Rec Fields (Ridge Rd) Ice Skating, Sledding, or Snowshowing a Story Walk.

Friday, January 31

Bowdoinham Recreation Night at the Maine Celtics

Bowdoinham Public Library's Potluck Supper & Storytelling Potluck Supper starts at 5:30 PM followed by stories told by Veterans of the Vietnam War at 7:30 PM. *Parental discretion is advised* (Merrymeeting Hall, 27 Main St.)

Saturday, February 1

Cathance River Art Gallery, Warming Station – Stop in for a hot beverage and enjoy the art. 10:00 AM – 4:00 PM (18 Main St.)

Merrymeeting Arts Center, Bryce Muir- Local Myths on display. Free and open to the public thanks to our generous donors. 10:00 AM – 4:00 PM (9 Main St.)

Watersong Potluck & Dance Party starts at 6:00 PM with music at 7:00 PM (9 Main St.)

Sunday, February 2

Merrymeeting Arts Center, Bryce Muir- Local Myths on display 10:00 AM – 4:00 PM (9 Main St.)

Church of the Nazarene -God Invented Chocolate Celebration 12:15 PM – 2:00 PM (7 School St.)

Age Friendly Snacks & Cocoa, Snack Shack 1:00 PM – 3:00 PM (Rec Fields)

Bowdoinham Food Pantry – Take Out Soup Supper 4:00 PM – 6:00 PM (9 Main St.)



THE BOWDOINHAM NEWS

Cemetery News

First a few notices:

There will not be Cemetery Committee meetings in January & February. Meetings will resume in March.

In the spring there will be vacancies on the committee, if you are interested fill out a Committee-Board Application which can be found at the very bottom of the Town Clerk page on the Bowdoinham website and return to the Town Manager.

News:

It is with heavy hearts we report that Dan Small passed away on October 4th. Dan faithfully cared for the Coombs-Buker Cemetery (GR46) for the past 30 years. This little cemetery sits on a hill on the east side of River Road just a little past Browns Point Road. It is marked with a green sign. It is one of the prettiest and best kept small cemeteries. Dan will be missed.



Coombs-Buker Cemetery

The Whitmore Cemetery (GR21) on River Road closer to the Richmond Town line is another lovely small cemetery. This cemetery has been graciously cared for by the Babb family. James Babb took care of the cemetery for 40 years and now his son Ron and his daughter-in-law Amy take care of it. Ron has done a lot of work including recently rebuilding the fence. His wife Amy does a lot of research for the committee.

In the spring, when weather permits Whitmore will be scheduled for stone cleaning.

The Mustard Cemetery (GR) is one of the Town's most picturesque family cemeteries. Public Works put in lot of work cleaning up this cemetery. The Committee would like to thank them for all they have done to maintain the Town's cemeteries.

The Committee diligently is working to get green signs like the one at Mustard Cemetery for all the Town's cemeteries. These signs not only feature the name of the cemetery but the year it was incorporated. If there is no documentation on when a cemetery was incorporated the Committee uses the year of the oldest date on a burial stone.



Mustard Cemetery

On November 5th, the Select Board held a public meeting at the Village Cemetery (GR35) so that members of the community could view the four purposed trees for removal. These trees were near the end of their life, dead limbs and internal rot made them a hazard. Breaking limbs and falling trees damage monuments that the Town then needs to repair or replace. Members of the community and the Board discussed options they could do in the future to help extend the life of the older legacy trees.



Whitmore Cemetery

HATCH POINT
WEDDING & EVENTS VENUE

COLONIAL HARDWOODS

PATRICK MCDONOUGH
WOOD FLOORING CONTRACTOR

666-3069 OFFICE

831-5718 CELL

EXPERT INSTALLATIONS, SANDING, FINISHING,
AND CUSTOM WORK

HEADQUARTERED IN BOWDOINHAM FOR OVER 25 YEARS

Stones Telling Stories:

Card stone restoration completed

By Frank Connors, Cemetery Sexton

Joel Card (1824-1911) was at the center of the farming community on Bowdoinham Ridge for nearly a century. He was an original member of the Free Will Baptist Society when the old brick church was erected in 1838, and he was an incorporator of the Ridge Cemetery Association, when it formally organized in 1888. We know he was a dairy farmer, a partner in the Bowdoinham Ridge Cheese Factory, and, when he died in 1911, his monument in marble was one of the tallest, and most elaborate, stones yet erected in that yard.

Perhaps as late as 1975, the stone was struck by a falling tree, its graceful, rounded main riser was shattered in two pieces when it hit the ground, its urn topper broken in several pieces. From that date to this, the Card stone remained rolled into a pile against what was left of its base. It's interesting to note that the base is marked with the signature of its original engraver, one F.D. March, of Newcastle, Maine.

Al Stehle, of Ridge Preservation, with help from members of the Town's Public Works crew, took on the Card stone restoration project this past summer. The rounded riser was mended, the urn rebuilt, the entire stone was cleaned, set on its refurbished base and re-erected. The monument is once again

a tribute to one of Bowdoinham's earlier farmers.

Find the grave: Ridge Cemetery is four miles from Bowdoinham village on Ridge Road, on your left as you drive toward Richmond. Enter the first lane, drive forward perhaps 50 yards, and the stone is on your left. The recently restored Harvey Gould monument is 50 feet away, directly in front of a large Maple tree. Both stones have those distinctive urn toppers.



Word Scramble Answers

Snow mobile
Snow man
Snow fort
Snow ball
Snow angel
Snow flake
Snow storm
Snow bird
Snow plow
Snow board
Snow bank
Snow shoes
Snow blower
Snow drift
Snow cap
Snow maker
Snow suit
Snow cat
Snow scape
Snow boots

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.



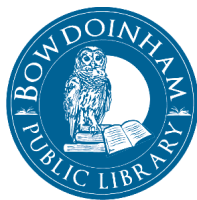
FMI visit:

www.bowdoinham.com/SWR

Bowdoinham Public Library



It's exciting to watch the progress of the new entrance to the Library and improved parking for the entire Coombs Municipal Building. In a survey conducted years ago, we learned that there were citizens who were not using the library because of the exterior and interior staircases required to reach our main entrance inside Coombs. Since that day we searched for the funding and the design to complete the project. The Maine State Library and the Department of Economic Development granted us the \$100,000 through the "Remote work in Libraries" initiative to make it a reality. By the time this article is published we hope the project will be complete. Thank you to local builder Hal Ahlers for constructing our new access porch and ramp and to all of the volunteers who helped Kate with the interior work. Stay tuned for a ribbon cutting ceremony!



Commercial Projects

Considering starting a commercial project? Come talk to your Town Planner and 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 ceo@bowdoinham.com

Looking To List Local Vietnam Veterans

By Frank Connors

Frank Connors, long a resident of Bowdoinham, Bowdoinham's Sexton and himself a Vietnam war veteran, is seeking to list local men and women who served

In the United States military during the Vietnam war era. He promised, "there is nothing mysterious afoot here, I'm a guy who is proud of my service, and likes to compile lists in my old age!" He said he believes it will be important, "in the future," for people in Bowdoinham to know how many local folks served, "and it will feed my curiosity."

Connors, who for years has each spring placed memorial flags on local veteran graves, said there are very few lists available from other wars, and such a list would be useful.

He expects the Town, the Bowdoinham Library and the historical society, "would each welcome such a list." He recalls that his sister, Glenna Connors Morin, (married to a Vietnam veteran) compiled a list of World War II veterans from Bowdoinham. "I guess it's a family thing," Connors said.

Connors asks local veterans, or their families, to contact him with what he calls, "pertinent information." He emphasizes this is NOT an attempt to collect and reuse personal information, he would "be satisfied" with the veteran's name, birthdate, and unit served with during the Vietnam era. Frank can be reached at 725-4043 (or e-mail: Frank@peopleplusmaine.org.) And yes, "we thank you for your service!"



Happy New Year !!!!

We had a lot of fun this past year celebrating Bowdoinham, supporting our many local farms and artist, listening to great music and hanging out with and getting to know our neighbors. Bowdoinham is truly a wonderful place to live. We are looking forward to making new making memories as we have more fun events to come in 2025!

Save the Dates

Ice & Smelt Festival:

Friday, Saturday & Sunday, January 31 - February 2

Open Farm & Studio Day:

Sunday, July 27

Sunday Summer Concert Series:

Starting in June

Le Tour de Bowdoinham Food Pantry Charity Bike Ride:

Saturday, August 16

Celebrate Bowdoinham:

Saturday, September 13

Rain date: Sunday, September 14

Visit for more info:

www.bowdoinham.com/page/events

Thoughts About Food

By George Oliver



THOUGHTS ABOUT FOOD

“Food Resolutions for 2025”

It’s a rite of passage for the new year to make up lists of things you’ll improve for the next few months (notice I didn’t say “for the rest of the year”). Usually this takes the form of resolving to lose weight, or to eat less sugar or more vegetables, or to do more exercise. Check, check, and check.

But here’s another culinary improvement you can try that might be easier and longer lasting: getting out of a food rut. It’s healthier to include a larger variety of food in your diet, and it’s socially useful to develop a broader palate in food — hey, what if your child marries someone from India or Columbia?

Culinary expansion requires letting go of fears about tastes you didn’t grow up with.

I like to tell the story of a dinner I had in Greece in my younger days. I was visiting an old girlfriend who had married a Greek man, and we were at her in-laws’ house outside of Athens. It was my second day in Greece (and my first trip abroad) and the lady of the house was cooking something special to welcome me. I was excited to eat a real Greek meal.

With much oohing and aahing, they brought to the table a baked whole octopus in a spicy tomato sauce. I panicked. I had never seen such an intimidating dish. What if I gagged and embarrassed myself? Then I remembered that everyone was excited about the meal, so there must be something to like.

It was, in fact, delicious. The moral? Putting a piece of baked octopus tentacle with suckers into our mouths is both a scary and liberating act that breaks through our culinophobia and brings us into the larger cultural world.

So here are four resolutions for the culinary new year to expand your palate and broaden your food horizons.

1. Resolve to first expand your at-home eating habits. For example, it’s easy to get stuck eating the same things for breakfast — an egg and toast, a bowl of cereal, a frozen waffle...

...so add one thing to your plate or bowl that will up your eating game: microwave fresh spinach for a minute and put it under your fried egg; top your two Eggo waffles with a chicken tender and sauteed onions and peppers; add chopped mixed nuts to your shredded wheat. See? That was easy.

2. Resolve next to get acquainted with a fruit or vegetable you’ve never met: artichoke, kohlrabi, spaghetti squash, celery root, purple potato, papaya. Mashed potatoes are as comfortable as a couch, but when’s the last time you had mashed rutabagas? (When’s the last time you even said “rutabaga”?) Ask a cook you trust what they do with your new vegetable friend, or use the internet for help with preparing it.

If you just buy one of something, you won’t lose a lot of investment if you hate it, and at least you have the smug satisfaction of saying you tried it and didn’t like it.

3. Resolve to cook something really new. If you have a cookbook on your shelf you use often, open it to a recipe you’ve always wanted to try; if you have a cookbook you don’t use, open it to a random page, and try that!

Less scary, take a recipe you know, and mess with it — substitute parsnips for some of the potatoes in your fish chowder, top a hamburger patty with some shredded pickled beets. Don’t be afraid to play with your food.

4. Eat out somewhere you’ve never been — a new diner or restaurant for lunch or dinner, even a new fast food chain. It should be some place that stretches your taste and piques your curiosity. Try a new cuisine while you’re at it — Japanese, Cuban, Vietnamese.

There will always be something on the menu you’ll want to eat, and at least you’re in an adventurous food environment. Tip: go with a friend or family member so you can try different things and have someone to panic with over the baked octopus.

Ultimately if you follow these resolutions, your gut microbiome will thank you, that budding chef in your brain will thank you, your family will eventually humor you, and you’ll be able to better negotiate our country’s wonderfully diverse food cultures. And no, you really don’t have to eat baked octopus tentacles to do it.

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.
666-3228

Website: bowdoinham.com/SWR

Recycling 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.
Bowdoinham, ME 04008
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 & Rescue

666-3505 (non-emergencies)

Public Works

666-3505

Sagadahoc Sheriff Dept.

443-8201

Water District

(Payments Due Quarterly)
737-4721

THE BOWDOINHAM NEWS

Community Calendar

January

- 1 New Year: Town Office Closed
- 7 Waterfront Interpretative Signage Public Meeting
- 20 Martin Luther King Day: Town Office Closed
- 29 Trees in your backyard: Merrymeeting Hall
- 31 Celtics Night
- 31 Ice & Smelt Festival

February

- 1 - 2 Ice & Smelt Festival
- 5 Trees in your community: Merrymeeting Hall
- 12 Trees in your forest: Merrymeeting Hall
- 17 Presidents day: Town Office Closed

Town Board and Committee Meetings

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

Select Board

2nd & 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 Monday of month at 4:00pm

Comprehensive Planning Committee

2nd Tuesday of month at 6:00pm

Community Development Advisory Committee

1st Tuesday of month at 6:30pm

Solid Waste Advisory Committee

2nd & 4th Wednesday of month at 6:00pm

Town Hall Committee

4th Wednesday of month at 3:00pm

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

Town of Bowdoinham
13 School Street
Bowdoinham, ME 04008

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