



THE BOWDOINHAM NEWS

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July - August 2024

Dominique Ostuni of An Archive of Pleasure

By Wendy Rose

On most days, you will find Dominique Ostuni hard at work at her shared pottery studio (with Sara Cox) on Carding Machine Road in Bowdoinham. This quiet, remote sanctuary is where Dominique creates both her practical and sculptural ceramic pieces. It belies, however, the huge reach of her business. With 25,000 Instagram followers (and growing), Dominique’s market stretches across the country and deep into New York City networks. She has found a sweet spot for her inspiring products together with a marketplace beyond Maine that is eager to acquire her unique items.

Dominique’s journey started in Syracuse, New York. Her studies in the art therapy field gave her an introduction to a wide array of mediums. Working with ceramics proved to be what most captured her imagination. “I think of myself as a painter who happens to use ceramics as my means of expression,” she says. After attending Maine College of Art, Dominique did residencies in Italy and Philadelphia, but her fascination with Maine lingered. As the pandemic hit, she was looking for a place to settle and found an opportunity in Bowdoinham. “We tumbled into a wonderful community when we found this house,” she says. A chance encounter with Sara Cox led to the shared studio space and an introduction into the active arts community in town.

A visit to Dominique’s website at dominiqueostuni.club will introduce you to her wide array of utilitarian products such as cups, candlestick holders, plates, and bowls. Each item is alive with whimsical images and words. By using translucent, frost porcelain, her colors and 22 carat gold highlights glow when hit by the light. With the help of a new kiln acquired through a Bowdoinham Community Development Initiative loan, Dominique is now able to create larger, sculptural works such as lamps and chandeliers. The lamps were inspired by

pastry towers she once saw. The chandeliers are 7 feet tall with 4 levels of hanging porcelain tiles - each with unique designs. These sculptural items will be on display at the Dowling Walsh Gallery in Rockland during the month of August. Being able to offer both large and smaller items is very satisfying for Dominique. “Art should be accessible to all,” she says, “so I try to offer a broad spectrum of items and prices.”

Finding the markets that will sell her items has been one of the most successful aspects of Dominique’s business. Her online strategy has greatly extended her reach. Through the last several years, she has built up 25,000 followers on Instagram. About once a month, when she has enough inventory, she announces to her followers that she will be doing a “drop” of new items at a certain time on her website. For the last 2 years, each drop has sold out in under 3 minutes. Besides her online presence, she has also been invited to show her items in galleries at such places as The Lost Kitchen in Maine and in New York. Open studio days in Bowdoinham also bring customers to her door.

With so many elements falling into place, Dominique has been looking to the future. “I have a dream to open a residency program in Bowdoinham that would provide a place for artists and artisans to come and work for an extended stay,” she says. Artists would attend or give workshops and have the freedom to try new creative outlets. Dominique is actively saving up to make this dream a reality.



“Finding a place in Bowdoinham has been one of the best things that has ever happened,” Dominique says. “There is a plethora of resources, and it feels so much like home.” Dominique is especially grateful for all the support she has found here from her studio partner, Sara, and the other artisans in town. “I have never felt any sense of judgment or competition - only support,” she says.

The best way to contact Dominique is through email: droseostuni@gmail.com. You can also find her on Instagram or at her website, www.dominiqueostuni.club. If you see her walking her greyhound in the village, feel free to give her a wave and hello.

Inside this Issue

Lily Montgomery2	Bowdoinham Food Pantry8	Age Friendly13
Nazarene News2	Morning Jo9	A La Carte15
Town Hall Preservation3	“Crafting Comfort”9	Community School16
Dandelion Spring Farm4	Merrymeeting Arts Center.10-11	Second Baptist Church17
Open Farm Day5	Morning Jo12	Public Library18
Le Tour De Bowdoinham7	Recreation Department13	Stone Stories20

THE BOWDOINHAM NEWS

Lily Montgomery of Annandale Flower Company

By Wendy Rose

Late spring is a perfect time to visit with Lily Montgomery at her farm on the Abagadasset Road in Bowdoinham. Her lupins are in full flower, the seedlings are showing promise, and the birds filling the air with song. It is Lily's sixth summer of growing the Annandale Flower Company, and the season promises to be her best yet.

Given the 22 years that Lily has worked on farms, it seems natural that she would one day have her own enterprise. Her experiences of managing farms in Freeport, blueberry fields in Gouldsboro, the flower portion of a farm in Yarmouth, and working for a high-end wedding florist has given her practical skills and knowledge for creating her own mix of product and services. The farm now produces over 10,000 tulips, several hundred peonies, zinnias, vermiculites, a mix of native flowers, and herbs. She has recently added new fields and enclosed structures for added inventory. A loan from the Bowdoinham Community Development Initiative enabled Lily to purchase a cooler adding longer shelf-life for her blooms and bulbs.

Much of the business' growth has happened through word of mouth and a steady addition of new markets. Sales now happen through 40 Community Supported Agriculture shares, weddings and special events, and wholesale markets such as Betsy's Farm Goods in Freeport. Lily's website, Instagram account, and periodic newsletter keep her customers up-to-date with the latest happenings.

Lily has almost reached her economic goal of bringing in 50% of the family income through her farm activity. "Early on, I was just hoping to bring in enough money to



support my hobby," Lily says. Each year, sales have grown, and she doubled her gross sales between 2022-2023. So far, she has managed all the work herself with some help from her parents and husband, Brendon. By next season, she anticipates she will need more assistance from an apprentice or part-time worker since the farm is poised to have another season of increased sales.

"I feel so lucky to be here in Bowdoinham," Lily says. "The farming community is so supportive."

The best way to reach Lily is through her email at annandaleflowerco@gmail.com. You can sign up for her newsletter at her website, www.annandaleflowerco.com.

Nazarene News

The church is saddened by the death of Myrtle Brady, a long-time resident of Bowdoinham and member of our denomination. Her obituary can be found at www.dignitymemorial.com/obituaries/lisbon-falls-mel/myrtle-brady-11832464. We will miss her - and her interesting life stories!

Do you want to understand the Bible better, but don't know where to start? "Walking with Jesus: The Gospel of Mark for Beginners" will start on June 26 and is being offered at 10am and at 6pm (7 School Street, corner of School and Main). A zoom edition may also be an option, depending on interest. This is designed for people who know nothing about the Bible or who would like a refresher on the basics. For more information, call or text Christina at 207-751-6888 or email pastor@bowdoinham-nazarene.com. Can't make it every week? Come when you can. Walk-ins welcome!

The church is having a fellowship lunch after church on the following Sundays: July 21, August 18, and September 22 from 12:15pm until 2pm or until the food is gone. This lunch is open to anyone who would like to enjoy a meal and/or a chat. Donations will be accepted to help restore the church steeple, but are not required.

The Clothes Closet continues to operate on Wednesdays from 2:30-5pm, and by appointment. Spring and summer clothes are out. The clothes are free and anyone is welcome to come. We accept donations of clean clothes in good condition during our open hours and by arrangement. Call or text Christina at 207-751-6888 or email pastor@bowdoinham-nazarene.com.

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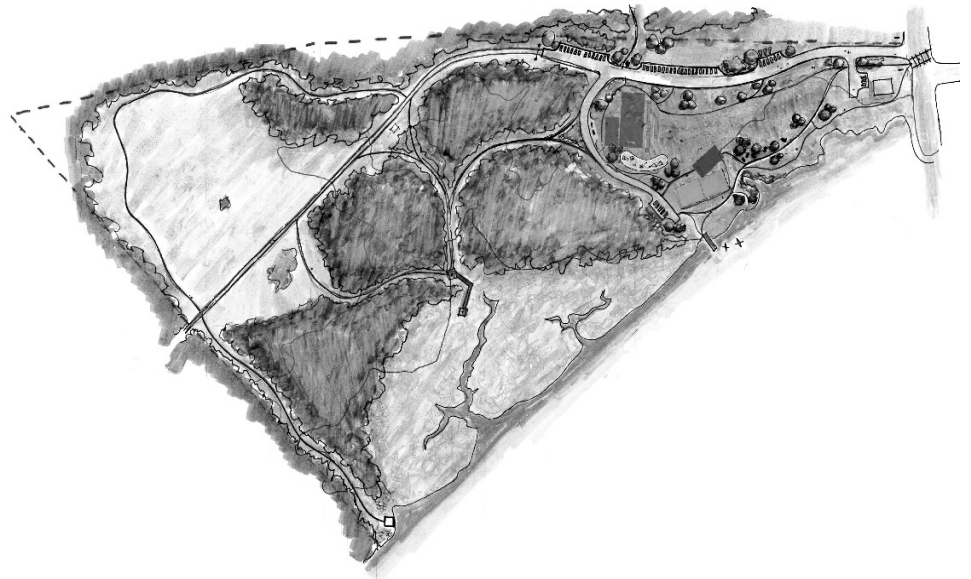
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New Waterfront Park Needs a Name

The hand carry boat launch is now open, construction is underway on the remainder of the park, so now the big question on everyone's mind is: "What will we call this new park?"

We need your help naming our new park. If you have an idea for a name to be considered submit it along with a brief explanation as to why you think this will be a good name for the park. Email your nomination to adminassistant@bowdoinham.com. You can also mail your nomination to or drop it off at the Town Office and please mark your nomination 'Attn: Lisa: Park Name Nomination'.



Town Hall Preservation

By *Rachelle Tome*

The Town Hall Committee is pleased to share some positive developments regarding the renovation and repair of the Town Hall. On Saturday, residents met for Town Meeting. Article 3 on the warrant was a motion to amend Bowdoinham's TIF application. This amendment would expand the footprint of the district to include the Town Office and Town Hall. The article passed, which may now allow funding to be directed to critical Town Hall projects, including the repair of the building's foundation and roof. Article 9, which also passed, included funding in the Capital Reserve budget that could support improvements. Changes won't happen overnight, but this is definitely a step in the right direction.

While town officials determine the next best steps, the Committee will continue to move forward with ideas for our next major fundraiser and projects where the community can be involved. One idea being considered is to raise money for a new floor. That way, once repairs on the foundation and roof have been completed, we can once again use the building for projects that can support economic development, such as pop-up craft fairs or art shows, or for entertainment. Maybe we'll see the return of contra dances or a line dance extravaganza! Your input is welcome, and we'd love to hear your thoughts, either through attendance at our committee meetings or by contacting committee members.

If you are interested in serving on a group to help with the naming selection process, please email your name and contact information to adminassist@bowdoinham.com or call and ask to speak to Lisa. Ext 109

Hand Carry Boat Launch and Kayak Racks are installed. Shoreline stabilization is currently under construction. Phase 1 is scheduled to be completed in Summer 2025. This includes General Site Restoration, Limited Trails, Picnic Area, Access Road, Signage and Landscaping.

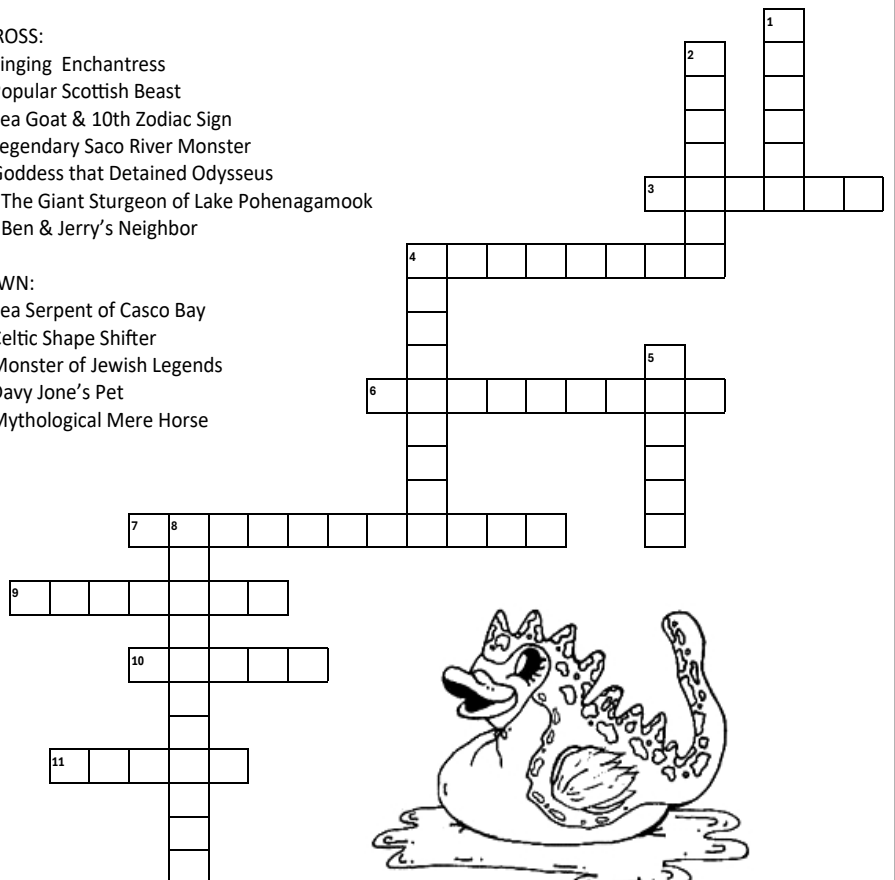
MONSTERS OF THE DEEP

ACROSS:

- 3. Singing Enchantress
- 4. Popular Scottish Beast
- 6. Sea Goat & 10th Zodiac Sign
- 7. Legendary Saco River Monster
- 9. Goddess that Detained Odysseus
- 10. The Giant Sturgeon of Lake Pohenagamook
- 11. Ben & Jerry's Neighbor

DOWN:

- 1. Sea Serpent of Casco Bay
- 2. Celtic Shape Shifter
- 4. Monster of Jewish Legends
- 5. Davy Jone's Pet
- 8. Mythological Mere Horse



Dandelion Spring Farm Happenings

The Hive at Dandelion Spring Farm is a newly built timber-framed barn and community space situated on a working organic farm in Southern Maine. The handicap-accessible space is available for year-round use, designed to uniquely unite organic agriculture and community gathering together on the same land to demonstrate how farming and community are mutually supportive. Just as pollinator hives center nutrition and community, we hope the Hive can provide a space for meaningful experiences that enrich our guests' lives, from out-of-the-box corporate retreats to one-of-a-kind wedding celebrations, memorable birthday and holiday parties to farm-to-table dinners with friends and strangers.

Easily accessible in Bowdoinham, we are also just 40 minutes from Portland, an hour from the Midcoast, and two miles from the Rt. 295 corridor. An aerial view of Dandelion Spring shows 75 acres of mixed forest and active agricultural fields. There are remnants of an apple orchard from the 40's and a dairy farm in transition that is next door. This land is quintessentially rural, accessible, and open to all.

The following events will be held at The Hive located at 961 Ridge Road, Bowdoinham, ME 04008. For tickets and more info please visit: www.dandelionspringfarm.com/shop/workshops.

Taco Nights at The Hive will be hosted on the third Thursday of each month this summer including:

Thursday, July 18th, 6pm

Thursday, August 15th, 6pm

All are welcome to enjoy creative takes on tacos from local guest chef pop-ups and beer from *Oxbow Brewing*. Each casual gathering will feature music from local artists and celebrate the bounty of this land and the beauty of summer in Southern Maine. Tickets can be purchased here:

**Saturday, July 20th 9am – 4pm:
Landscape & Color Workshop**

Landscape & Color with Amanda Hawkins explores abstraction, color and mark through the lens of landscape painting. This workshop will briefly look at the traditional elements and principles of landscape painting, and use these tools to inform and create compelling abstract



work of art. This workshop is designed to provide the structure necessary to enter an abstract painting language with intention and ease, while still providing space for freedom and intuition. Landscape & Color is designed to help the artist better understand composition, value, color, and most importantly, how to become a looser and more expressive painter.

What to expect: The morning will be spent exploring a few sequential exercises both onsite and in the studio and the afternoon will be painting plein air, outside. Amanda will demonstrate all exercises before artists embark on their own work. Artists will leave the class with preparatory composition and value studies and a miniature series of color study paintings.

**Saturday, July 27th 10am – Noon:
Flower-Hammering: An Introduction to Tatakizome, the Art of Capturing Flowers, Leaves, and More on Fabric Workshop**

Enjoy and capture the beauty of summer, by learning how to “flower-pound” the traditional art of Tatakizome

- printing flowers and leaves onto fabric by hammering them with Emily Bell-Hoerth. During the workshop, participants will gather flowers on the farm, and use them to create gorgeous and one of a kind designs on cotton bandanas. You will learn how to pretreat fabric to get these prints to last, and which plants can be printed with. This workshop is suitable for families and is a fun way to engage both the creative and the physical parts of ourselves!

**Saturday, August 10th 9:30am -11am:
Summer Mushroom Hunt Workshop**

Join Denise Bluhm for a presentation for new mycophiles on common, edible Maine mushrooms! Learn about the features for identification and habitats they are likely found.

We will have a one hour PowerPoint presentation with years of Denise's mushroom photography to help with identification. This will be followed by a one hour walk around the Dandelion Spring Farm grounds searching for mushrooms.

Open Farm Day

Sunday, July 28th

Farm & Studio Tours, 9am - 5pm • Food Pantry Barbeque, 4pm - 6pm

Live Music by Rough Sawn, 4pm - 7pm at Maily Waterfront Park

Join us on Sunday, July 28th for Bowdoinham's 12th Annual Open Farm & Studio Day. The day will begin with farm tours at: Apple Creek Farm, Blue Bell Farm, Campo di Fiori, Dandelion Spring Farm, East of Eden Flower Farm, Enterprise Farm, Harvest Tide Organics, Peary's Garden, and Stonecipher Farm. Come explore our local farms and see how our food is made! And because Bowdoinham is a "Very Crafty Town" we'll also have the studios of Inside Firewood, LaPointe Antiques & Restoration, and Morphee Creations, who will also be featuring artist Sara Cox of Delilah Pottery open for visitors to learn more about their crafts. Watersong Music will be opening their studio too. You'll also find local artists Jane Page Conway, Mark Donovan, Wayne Sanford, and Bill Stanton's work at Cathance River Gallery.

In the spirit of collaboration several farms will also be hosting artists including Janna DeWan Pottery, Just Playing With Glass, and Zachary Fields Ceramics who will be showcasing their work and demonstrating pottery at Apple Creek Farm. Bowdoinham Historical Society will also have the Jellerson School & Merrymeeting Bay Museum open for tours.

Other things not to miss include grabbing a wood fired pizza at Peary's Garden, scheduling a massage at Dandelion Spring Farm, and dropping into the Merrymeeting Arts Center to partake in a Block Printing Workshop where you can make a quilt square to become part of a community quilt to be auctioned off.

New this year are walking and biking self-guided tours. Thanks to Merrymeeting Trailblazers and Maine Kennebec Estuary Land Trust they have developed multiple self-guided bike tours for the event from 5-30+ miles starting from the Maily Waterfront Park. Or create your own ride and explore the farms and studios at your own pace. There is also 1 mile self-guided walking tour starting at the Bowdoinham Community School.

The celebration will continue at Maily Waterfront Park for a Food Pantry benefit

chicken barbeque featuring fresh foods from local farms from 4-6 pm. Close the night out enjoying live music by Rough Sawn, a primarily acoustic band playing folk, American, and classic country from 4-7pm.

Come celebrate our farming and arts community! FMI including a download of

the event map and walking and biking routes please visit www.bowdoinham.com/page/2024-open-farm-studio-day or scan the code.

A stylized event poster with a light gray background and a decorative border. At the top, a banner reads "JOIN US FOR OUR". Below it is a central illustration of a charcoal grill with flames and a pizza cooking on top. The text "THIRD ANNUAL" is above "BLOCK PARTY AND CHICKEN BBQ". A dark banner below that says "SUNDAY, JULY 28". The main event title "CHICKEN BBQ - MUSIC - SILENT AUCTION" is in large, bold letters. Below that, it says "BBQ BY DONATION - 100% OF PROCEEDS BENEFIT THE BOWDOINHAM FOOD PANTRY". At the bottom, it lists the schedule: "11AM-3PM OPEN FARM DAY TOUR STOP", "11AM-6PM SILENT AUCTION", and "4PM-7PM CHICKEN BBQ", followed by "4PM-7PM MUSIC BY ROUGH SAWN". The location "MILLAY WATERFRONT PART 9 MAIN STREET, BOWDOINHAM" is at the very bottom.

JOIN US FOR OUR

THIRD ANNUAL
BLOCK PARTY
AND CHICKEN BBQ

SUNDAY, JULY 28

CHICKEN BBQ - MUSIC - SILENT AUCTION

BBQ BY DONATION - 100% OF PROCEEDS
BENEFIT THE BOWDOINHAM FOOD PANTRY

11AM-3PM OPEN FARM DAY TOUR STOP
11AM-6PM SILENT AUCTION
4PM-7PM CHICKEN BBQ
4PM-7PM MUSIC BY ROUGH SAWN

MILLAY WATERFRONT PART
9 MAIN STREET, BOWDOINHAM

Bowdoinham's Open Farm & Studio Day July 28



Open Farm & Studio Day on Sunday, July 28 celebrates Bowdoinham's strong farming and arts community.

Follow the red signs throughout town to visit dozens of local farms and art studios showcasing the best of Bowdoinham!

9am-5pm: Explore farms and studios for live demonstrations, farm tours, and fresh food. Shop farm stores, pop-up markets, and more!

4pm-7pm: Head to Maily Waterfront Park (1 Main St.) for a Food Pantry benefit BBQ, serving up fresh, locally grown foods, and live music by Rough Sawn at the gazebo.

Download the event map for more details!



Le Tour de Bowdoinham

Saturday, August 17, 2024 – 9:00am

Start and finish at Bowdoinham Food Pantry at Mailly Park in downtown Bowdoinham!

Search “Le Tour de Bowdoinham 2024” on Ride with GPS or Strava to get the map.

Come ride the scenic rolling hills, see the farmland and forests, and enjoy the views along Merrymeeting Bay.

The registration fee for this ride is a donation of non-perishable food items or a monetary donation to support the Bowdoinham Food Pantry. Donations can be made via the Bowdoinham Food Pantry website www.bowdoinhamfoodpantry.org/donations/or bring a personal check. Please drop off donations before the ride start and grab your collectable keepsakes for the ride donated by Merrymeeting Arts Center.

Please pre-register for the ride at www.bikereg.com/le-tour-de-bowdoinham. By participating in this event, Riders assume all liability during this ride.

When it's over... it ain't over.

Join in the fun at Three Robbers Pub, Bub. Gather for a post ride food, beer, conversation. A special menu for participants will be available or order off the regular menu.

Just so ya know...

This is mostly a self-supported 34-mile ride that includes a Food Pantry sponsored rest stop at mile 24 with drinks, snacks, and shade. There are turnback options at mile 10 and mile 24. The ride will be held rain or shine unless there is severe weather. There are a couple of store options on the route in case you need a boost. Bring your wallet cause you gotta pay for your grub and suds post ride.

With the event coinciding with the Farmers' Market, parking across from the Bowdoinham Country Store may be available, if not, overflow parking is at the Bowdoinham Community School.

LE TOUR DE BOWDOINHAM
FOOD PANTRY CHARITY RIDE

2024

10, 24, & 34 mile routes

Rest stop @ mile 24

Post ride gathering @3 Robbers

Find Routes on strava & ride w GPS

SAT. 17 AUG
09:00 AM

Registration fee:
Food pantry donations

Sponsored by:

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THE BOWDOINHAM NEWS

Bowdoinham Food Pantry

By Jennifer Stonebraker, Executive Director

Each spring seniors at Mt. Ararat High School are asked to complete the Eagle Legacy Project: an independent project that pushes students beyond their comfort zone, while engaging in independent and self-directed learning. Students must develop their project based on desired personal growth, community service and/or career exploration. Minna Pratte-Chase of the graduating class of 2024 chose a project that not only involved personal growth, but benefited her community in a remarkable and incredibly impactful way: Minna raised a steer to donate to the Pantry.

The steer arrived in Bowdoinham in May of 2023 and kept Minna busy through the summer, fall and winter months. In March of 2024 Minna and I met to discuss cuts of meat and what would benefit the most people. We decided on 1lb packages of individually wrapped ground beef. The school was able to pay for butchering and packaging through a grant, and Bissons Meat Market in Topsham butchered the steer. At the end of March over 400 pounds of high quality, locally raised beef was delivered to the Pantry, along with bones to be made into hearty broth.

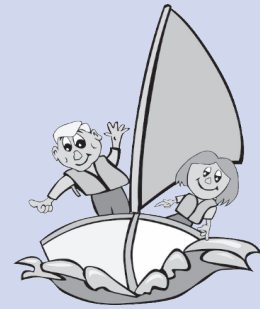
When I asked Minna if raising the steer for beef was a challenge (it doesn't take long to see her compassionate and loving nature), she said, "of course". She was heartbroken the day he was taken to the butcher, but she kept the promise

she made to her community in her thoughts: she had given this animal a wonderful, happy life and now she was providing her neighbors with locally raised, nutritious protein - over 800 servings of it!

Minna's donation had a myriad of impacts on our shoppers - of course, folks were thrilled to have access to high quality protein, and the fact that it was locally raised was a bonus. But what really struck me was the reaction folks had when I explained what Minna had done. They were blown away that someone would do that intentionally for them, they are used to receiving cast-offs, the "lower quality" items. People were excited to share with me what they had made with the ground beef: some made their mom's special meatloaf recipe, others used it in juicy hamburgers, and one shopper raved about an uncle's meatball recipe.

Minna, and her steer, got me thinking about the importance of knowing where our food comes from and acknowledging the privilege associated with access to quality, locally grown and nutritious food. Many low-income families do the majority of their shopping at convenience and bargain stores, trading (out of necessity) quality for low cost and easy access. I am honored to say that we are able to offer high quality options at the Pantry, and the reason we are able to do so is because of our incredible donors, donors like Minna.

Boating Safety Tips



Warm weather is upon us, many will be spending time on our beautiful rivers and Merrymeeting Bay. Bowdoinham is home to many flavors of boating enjoyment, whether you like to gently glide across the water in your kayak, row with a group of friends, harvest the wind in your sails, motor into your favorite fishing spot or spend the day with family and friends whizzing around the bay, safety and awareness are key to having a fun and memorable day on the water.

- Always wear a life jacket. If you think you will have time to put it on after you are in the water, think again.
- Stay alert and be aware of others on the water.
- Always operate your boat at a safe and reasonable speed for your surroundings.
- Never drink and drive!
- Check the weather before leaving shore and carefully watch for weather changes.
- Always wear an engine cutoff switch.
- Watch out for wildlife.
- Be familiar with the body of water. Look at a map for depths and any potential hazards. Lake associations, Maine guides, and local wardens can be a great resource.
- Check tide charts. Our rivers and bay are tidal waters.
- Bring plenty of water to stay hydrated and wear a hat and sunscreen to avoid overexposure to the sun.
- Always tell someone where you are going, and when you will be back.

FHC, Inc.

We welcome you to the Community Involvement link which includes the 2024 Fall CEF Scholarship Application. This

blue button on the website will be updated each semester, spring and fall.



Community Education Foundation Scholarship

FHC's Community Education Foundation (CEF) Scholarship reflects our commitment to students enrolled in graduate, undergraduate, and certificate programs. Each academic semester the CEF board members invite employees, customers, vendors, and neighbors of FHC to participate in a blind review of scholarship application material. Upon completion of this review awards are made to successful applicants. The CEF is intended as unrestricted support.

The 12 awards of \$500 or \$1000 will be based on academic progress and financial need, and content and presentation of the required short essays. Scan the QR code or visit the link below for the application.



www.fh-co.com/community-involvement

“Crafting Comfort: Handmade Jersey Quilt Supports Bowdoinham Recreation”

Are you ready to cozy up with a one-of-a-kind quilt while supporting Bowdoinham Recreation? Look no further! Our talented local artisan, Nancy Curtis, has stitched together a beautiful handmade jersey quilt that's both functional and heartwarming. Here's why you'll want to snag this unique piece:

1. Craftsmanship and Care:

- o Crafted with love, this quilt features soft, repurposed jersey fabric from old T-shirts and jerseys from past and present Bowdoinham youth sports.
- o Each square tells a story, making it a true community creation.

2. Warmth for a Cause:

- o All proceeds from the quilt sale directly benefit Bowdoinham Recreation programs and activities.
- o By purchasing tickets, you're not only getting a chance at a cozy addition to your home but also supporting local sports, arts, and community events.

3. Versatile Design:

- o The quilt's patchwork design blends various colors, patterns, and memories. It can be laundered just like a t-shirt.
- o Use it as a bedspread, a picnic blanket, or even hang it as a decorative wall piece.

4. How to Get Yours:

- o Tickets available at the Bowdoinham Library, Town Office, Celebrate Bowdoinham or call Jason Lamoreau at 666-3101
- o Limited availability, so act fast!
- o Winner will be drawn at Celebrate Bowdoinham prior to the Kentucky Derby Race!

5. Community Connection:

- o Join us in celebrating Bowdoinham's creativity, artisans and youth sports programming.
- o Remember, this quilt was made by local hands, and its warmth extends beyond its fabric.

Don't miss out on this cozy masterpiece! Wrap yourself in comfort and support Bowdoinham Recreation!



Merrymeeting Arts Center

By Jen Kelley



"If you're brave enough to say goodbye, life will reward you with a new hello" -

Paulo Coelho

We'd like to take a moment to honor and thank our Merrymeeting Arts Center founding member, Peggy Muir, before she moves across country to start her new chapter. We wouldn't be here without her and we'll do our best to continue MAC in years to come. From the bottom of our hearts, thank you for all you've done for our community. MAC and Bowdoinham will miss you dearly.



Peggy, for those of us who don't know, tell us a little about yourself.

We moved to Bowdoinham in 1984; we moved here from the east (Jonesport Maine) and moved there from the east (Newfoundland, Canada). A long story. We had been attending the Maine Festival at Bowdoin College where my husband would exhibit his wooden sculptures. A Festival friend, Steve O'Donnell who lived in Bowdoinham, said he had the town for us and he took Bryce visiting ("Everyone was named David and everyone offered me a"). Then I was hired as a social studies teacher at Freeport High School where I spent 24 wonderful years. We found our house in "Brooklyn." Bryce built his workshop in the front room. Our son entered the community school. Bryce built us a sloop-scow named Toad that enabled people to see a craft from an earlier century on the Bay. We joined the art circle of Carlo Pittore, and in the summer of 2000 we began hosting weekly Yarting – sail, draw, eat, swim on the Bay. We met more and more wonderful people, many artists.

Could you share with us the Merrymeeting Arts Center Origin story?

My husband died while skating on the Cathance River in 2005. I wanted to honor him and the incredibly rich art scene in this area. I had the idea of an arts center. Tony Cox, then in the Town Office, jumped in to action. Fred and Jill Haer have been incredibly supportive in terms of the spaces

we still occupy. Wonderful volunteers donated time, expertise, material and money. Friends and townspeople rallied to make the magic happen : Lee Parker gets special mention for over 15 years of devoted work, Lynn Spiro, Jim Torbert, Jane Page-Conway, Gracia Woodward, Susan Brown, Mark Ireland, Corie Scribner, Jan Werther, Darcie Weisenbeyk, Forrest Lowe, Carter Smith, Kathleen Kenny, Nanette Giacom, Patty Melander, David Hunt, Mark Dube – forgive me, everyone I haven't mentioned!

What are some of your favorite memories/ proudest moments?

Opening the Merrymeeting Arts Center in 2007 (just two years after Bryce died) was a proud moment. His high school class raised \$7,000 to get us going. I am incredibly proud and grateful that the Merrymeeting Arts Center was a line item in the Bowdoinham Town Budget for 3 years. I think this is unique to Maine and it astounded people at a meeting of Maine arts organizations that Lee Parker and I attended. Realizing that any fee for art activities is too much for some interested people, we have created the Heron Fund to cover expenses for anyone. We have created many wonderful events: The Ice and Smelt Festival, the Alice in Wonderland Tea party, over 60 art exhibits, lectures by artists, archaeologists, photographers and historians (Frank Burroughs included), workshops galore, art at the gazebo for five summers.

We have added a fabulous pottery studio in the building across the street. We collaborated (and still do) with a huge number of town and state organizations. We have exhibited the work of probably five hundred artists, professionals and emerging artists, people who've never shown their work before, artists who work in every medium from crochet to oil to clay, aged from 2 to 81. We have collaborated with teachers from Freeport, Brunswick, Topsham, Bowdoin, Bowdoinham, Richmond, Dresden, Bath, Brunswick. We have successfully applied for many many grants – one year we won the only major grant given by the Maine Humanities Council.

Where are you moving to and what are you looking forward to?

I am moving to Bainbridge Island, Washington State, where my son Seth (who

continued next page

COBB'S REPAIR SERVICE



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MAC

continued from previous

grew up here in town) and his family have lived for 12 years. I have spent chunks of each year out there. The “why now” is two things that happened in March – a perfect apartment became available there (walking possible to everything for when I have to stop driving). And the two ice storms here. I realized – yet again – how vulnerable I am as a solo elder in the country. Also, my support network of friends and neighbors is aging too.

I am looking forward to more time with my wonderful son, daughter-in-law and two grandboys. Bainbridge is an island and I have a kayak and my son has a sailboat to enjoy. I have become part of the senior center (some killer table tennis) and a weekly Urban Sketcher group.

I will miss Bowdoinham incredibly. And I will, surprisingly, miss Maine winters. Winters on Bainbridge are cold and dark and WET – none of the crystal clear, deep cold winter days with the bare trees and purple shadows in the woods. Summers in both places are great.

If you could leave us with one piece of advice, what would it be?

Accept/respect our differences in art and in life. I asked the Merrymeeting Arts Center to meet one condition and that was to have no juries for art shows/exhibits. Bryce felt strongly, and I agree, that art is for everybody and everyone can make art and every kind of art is appreciated by someone. Bowdoinham is changing and I think we need to be more respectful of people with different ideas, old-timers and newcomers.

I am so thankful for forty years in Bowdoinham.

COMING UP... This Summer we're pulling out all the stops! We've got some fantastic workshops, exhibits and community events coming up.

Art in the Park begins on June 8th!

Exciting news! Merrymeeting Arts Center will be hosting a table at this year's Bowdoinham Farmers Market! We will be at the Farmers Market Bi-Weekly starting **June 8th from 10am to 12pm** to offer quick art opportunities. Come on down to the waterfront, create a little art and support our local farmers and other non-profits. What a wonderful way to spend a Saturday morning!

Keep an eye on our Facebook and Instagram for up-to-date information and cancellations. All Art in the Park Activities are free however donations are happily accepted to help us keep offering Art for Everyone.

MAC Open Mic returns on July 7th & August 4th

Join in the fun with a song, story, poem, or stand-up routine! Or just come and be an audience member. The more the merrier. Don't be shy. Shine on, you crazy diamond!

A 40-year Retrospective by William Stanton

**July 12th, Opening Reception (6pm-8pm)
Saturdays, July 13th, 20th, 27th
(10am-2pm)**

Merrymeeting Art Center (MAC) and the Cathance River Gallery (CRG) have begun coordinating shows to bolster Bowdoinham's presence in the Maine art scene. For example, last fall Katie Hudek's Summer Art Camp students exhibited at the Cathance River Gallery, and in December, several artists from CRG exhibited work at MAC during the Ice and Smelt Festival. This summer from July 12 to July 27, William Stanton has been invited to have a retrospective exhibit at MAC. It will consist of little seen work that he has done over the past 40 years and include landscapes, still lifes, and portraits in several different medium. Below is a self portrait that he did in 1984 at Penn State University, when he was there getting a masters degree in Civil Engineering.

**Foundations of Drawing with Arlene Kelley: A three-session class focused on the basics of drawing from life
Saturdays, July 13th, 20th and 27th
(1:00pm-2:30pm) \$75 for 3 classes**

Still-life subject matter will be used to work on drawing skills for realistic rendering. Learn the secrets of composition, line and tone, 3-D form, light and shadow, and perspective. Drawing is the basis of many kinds of work, this class will focus on drawing for fine art. If you want to learn to draw or to improve your drawing skills, please join us! Sign up information will be posted on our website: www.merrymeetingartscenter.org.

About the instructor: Arlene Kelley is an artist and designer with many years' experience. She studied art and received her BFA degree at Laguna College of Art and Design in Laguna Beach, CA. She lives in Pittston, ME and her work can be viewed at artistinmaine.com.

Open Farm and Studio day July 27th (11am-4pm)

Merrymeeting Arts Center will hold a drop-in “Block Printing Workshop”, where you can make a quilt square to become part of a community quilt to be auctioned off at a later date. The Gallery will be featuring the works of local artist William Stanton. The Gallery and the Studio will also be open! These events are free to the public. Donations welcome.

The Lost Homes of Swan Island” Exhibit by T. Blen Parker

**August 2nd, Opening Reception (6-8pm)
August 3rd, 10th, 17th (10am-2pm)**

The artist spent several years living with grandparents, caretakers of the island, Parker and Marion Blen. Family photographs from the 1940's-1960's, black & white postcards discovered at the Richmond Historical & Cultural Society were also brought into color by the artist.

Hands-On Collage Workshop with Michael Albert

Saturday, August 13th (Noon-3:00pm)

American pop artist Michael Albert returns to Bowdoinham to run his hands-on collage workshop for all ages (school age & up). All participants will be able to create their own collage using the same materials Albert uses to create his serious masterpieces! That means cereal boxes and other printed cardboard consumer packages including cookies, crackers, tea boxes, soda cartons & the like. Bring some boxes to add to the pile (not mandatory - we'll have plenty to share) and Albert will show you how to turn it into a work of art! Sign up information will be posted on our website: www.merrymeetingartscenter.org.

Free poster giveaway & Signing for all participants! The class will be run as an open house between Noon and 3:00pm - come when you want and stay as long as you like!

As always, Merrymeeting Arts Center offers our classes on a “pay what you can” basis. Visit our website to learn more!

Summer Concert Series - August 25th (6pm-8pm)

We're thrilled to be paired up with String Tide this year! Bring your dancing shoes, your appetite (we'll have a food truck) and some cash for our raffle! Come out and celebrate with us as we close out the Summer Concert Series.

Hope to see you all out there!

THE BOWDOINHAM NEWS

Morning Jo

By Jo Werther

Do You Have a Habit You'd Like To Change?

Most of us have tried to break a habit. Sometimes we actually succeed! I used to bite my nails (up to my elbows, my mom would say) but stopped when I was in high school and have never done it since. But sometimes we don't succeed. And the more we try and fail, the more discouraged we feel.

"Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times." - Mark Twain

A habit is simply something we've done enough times to have it be automatic. We have habits of mind (what's the first thing you think when you can't find your keys?). And of body (which arm do you put into your coat first?). We don't think about it; we just do it that way. And every time we do it that way, we increase the likelihood that we'll do it that way the next time. That's why habits can be hard to break.

Time to Mow the Grass.

If you've ever used a lawn mower, think about that feeling of getting underway. At first, there's just the tall grass. But as you make your first pass, you start creating a path. Habits form pathways in the brain the same way. That's why habits can be easy to make.

If Nothing Changes, Nothing Changes.

The trouble is, the old pathways in the brain are well-worn. They're easy to fall into. So that's the bad news. But if we want



to make a new habit, all we have to do is mow a new path (and keep mowing it). The old path will slowly overgrow and, with time and repetition, the brain will begin defaulting to the new one.

Progress, Not Perfection.

Nobody bats .1000, right? But your "batting average" will improve every time you do succeed. So think of it like batting practice. Swing and a miss? Take another swing. And as always, remember to breathe.

Happy summer!

Questions/Comments? Email me at joertherlcs@gmail.com.

Silent Auction Donations

Summer is upon us and Celebrate is closer than you think. As in the past we will be hosting a Silent Auction to raise funds for the repairs needed for the Town Hall. We are currently collecting items for this event.

Donations for the Silent Auction must be received by Friday August 30th. On September 3rd we will be cataloging the items received and creating a post for potential bidders to get a sneak peek at the items being auctioned at Celebrate.

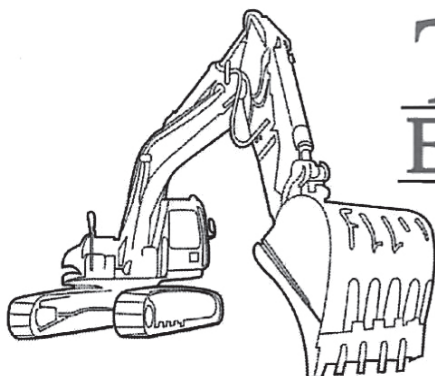
This is a wonderful opportunity for local businesses, artisans, and farms to showcase a sample of your product or services with a donation. Your donations will be displayed with your business information.

If you would like to donate new marketable item or service, please contact Lisa Curtis at the Town Office. She can be reached either by phone at (207) 666-3099 or email at adminassistant@bowdoinham.com.

Update from the Emergency Medical Services Committee:

The Bowdoinham Emergency Medical Services Committee is looking for feedback from citizens regarding the future of the Emergency Medical Services. We ask that you take a few minutes to complete our survey. You can either access the survey on your phone by using the QR code below or at our website <https://bit.ly/4c2dBiA> where you can print it out and return to the Bowdoinham Town Office by July 31, 2024. Thank you for your feedback!

Bowdoinham Emergency Medical Services Survey



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Bowdoinham Recreation Department

By Jason Lamoreau, Recreation Director



Update on Spring Activities - it was an exciting spring for Bowdoinham Recreation as we hosted our first Home Cross Country Run Club meet as part of the Coastal Running League. The meet was held at the "New" Waterfront Park on the Cathance Meadow Trail. We hosted over 175 youth runners from 8 different communities plus their spectators, coaches and volunteers. It was a large event, with a lot of effort from our local volunteers. Thank you to all who helped make this first meet a huge success, especially our Public Works team and Fire Department! Our Bowdoinham team had 20 runners this spring who competed in meets across southern coastal Maine throughout the month of May and ended with a Championship meet in Cumberland on June 1st competing in front of 1,800+ runners and spectators! Plans are in the works for Bowdoinham to host one of the Fall session meets.

Quickball (formally Tee Ball) ran for a second season this Spring. This program utilizes specialty equipment designed for younger children to use safely and teaches in a fun manner with entertaining accessories and exciting characters. This season saw the Orioles, A's, Dodgers, and Pirates teams practice and compete in games on Saturdays throughout May and June. Thank you to all the coaches, parents, and siblings who made this a successful introduction of a new

program that was exciting and is certain to grow in future years!

Our adult walking group, Silver Striders Walking Club, met each Wednesday from 4:30 - 7:00pm at the Community School through the end of the school year in mid-June. This group will re-convene in the fall when school is back in session.

Pickleball, which ran the entire winter inside the elementary school gym, was able to move back outdoors. As of this writing, the group is playing on Monday evenings, Wednesday mornings and Friday mornings. Other, less formal gatherings also happen occasionally throughout the week and weekends. For more updates on Pickleball, join the "Bowdoinham Pickleball" group on Facebook or reach out to the Recreation Director at 666-3101.

A new activity was developed this spring and is happening this summer. Summer Art Camp is being held at the elementary school art room and lead by experienced camp director Katie Hudak. This is an amazing opportunity that the Recreation Department is very excited to be able to offer!

Lastly, as we begin anticipating the fall recreation season, we will be looking for sponsors for our Fall Cross Country running team as well as the upcoming basketball teams. Please reach out anytime to recreation@bowdoinham.com!

Age Friendly Bowdoinham

By Maureen Booth

We are sad to bid farewell to two members of Bowdoinham's Age Friendly Committee. Grace McCarthy brought her can-do attitude to the Committee in so many ways. Most recently, Grace organized our Trifecta event for document shredding, medication takeback, and tax assistance at the Fire House. Grace also brought her analytic skills to our work on the Comprehensive Plan by diving into census data to understand changes in how older residents live, work, and feel about their health. Although resigning from the Committee, Grace has generously offered to continue to publish our monthly email updates. If you would like to be on our email list, please contact Jason Lamoreau at 207-666-3101 or age-friendly@bowdoinham.com.

After serving as co-chair of the Age Friendly Committee for many years, Peggy Muir is taking up roots and moving to Bainbridge Island, WA to be close to family. Aside from her contributions to the Arts in Bowdoinham, Peggy has been a staunch advocate for making Bowdoinham a better place to live as we age. While fighting for sidewalks, seating, transportation, microphones, chore service or accessibility, Peggy also reminded us of the many ways that older residents contribute to the social, civil and economic life of our community. Peggy taught us the importance of anticipating the changes needed as we age and the value of community as a source of support and engagement. We will miss her wisdom.

This is a good time to make a pitch for others in the community to step up and join us on the committee or to work on a special project. Maybe you would like to go on a field trip to Boston or teach a class? Maybe you want to attend a class. Tell us about your interests and the time you have available and we guarantee that we can make a match. The place to start is a call to Jason Lamoreau at 207-666-3101 or age-friendly@bowdoinham.com.

Bertha has joined the fun. Can you find them in the newsletter?



THE BOWDOINHAM NEWS

Save the Date

SAVE THE DATE: This year Celebrate Bowdoinham will be the second weekend SEPTEMBER 13-14, 2023! Detailed times will be released once the official lineup of events is finalized, but here are some activities to look forward to!

Friday, September 13th:

Bowdoinham Food Pantry will once again host the pie contest! Drop off will be in the afternoon on September 13 with judging to follow and slices sold the next day to benefit the Pantry.

Prizes will be awarded for the best baker in town, but with delicious pies, we all win. Also, Bowdoinham Community School's Parent Partnership is hosting the annual CHICKEN RUN!!

The Children's 1-mile Fun Run will begin at 5:30PM in front of the school, with the 5K to follow! It's a great way to start the weekend running and support our amazing school! Follow @bowdoinhamchickenrun on Facebook for updates and register at www.runinarace.com/BowdoinhamCommunitySchool.

Saturday, September 14th:

Our day will start bright and early with our Bowdoinham Farmers' Market at 8:30AM. Stock up on healthy snacks for the day and enjoy the beautiful morning by the river.

The Celebrate Bowdoinham Parade's theme is "Monster of the Bay"! We will kick off the festivities at 10:00AM and follow the traditional route: Fire Station (Post Road) to Main Street; down Main Street to River Road; then River Road to Ridge Road to Cemetery Road to Center Street; back to Fire Station. **We are still looking for parade entries so please apply by emailing Yvette Meunier at planning@bowdoinham.com.** And to sweeten the pot a grand prize of \$250 will be awarded to the best decorated float!

Down at the waterfront the festivities will begin with music at the gazebo, refreshments, vendors, and an exhibit at the Merrymeeting Arts Center gallery. To help mingle and move you through all the event has to offer, the "Community Built Passport" will be returning at the Information Tent. Collect stamps by visiting all the community organizations and enter a chance to win a year's supply of trash tickets! **Contact planning@bowdoinham.com to sign up to be a vendor!**

Activities for all ages include the Merrymeeting Arts Center Zucchini Races at the Matthew

Townsend Parker Memorial Skatepark in the morning, followed by facepainting, and lobster crate races in the afternoon, and plenty of other games and amusements for all ages. Live music and demonstrations will

be taking place at the gazebo all day long too.

Be sure to visit the BIG DUCK at the Town Information Tent and purchase your lucky duck for the KenDUCKY Derby that afternoon. Cash prizes give to the fastest and slowest ducks! All prizes for the day including the Recreation Jersey Quilt winner, the parade float grand prize, the pie contest winner, the "Community Built Passport" drawing, and the Citizen of the Year will be announced before the rubber ducks run in the river.

As the day winds down, enjoy a little more music and a breezy picnic or food truck dinner before Celebrate Bowdoinham ends with the bang of FIREWORKS at 8:00PM!

For more information and to volunteer scan or visit www.bowdoinham.com/event/celebrate-bowdoinham-2024.



Celebrate Bowdoinham 2023

2024 Dates to Remember

Sunday Summer Concert Series:

Sunday Evenings @ 6 pm

Farmers Markets

Saturday Mornings @ 8:30 am

Library Garden Tour

Saturday, July 13, 2024

Open Farm & Studio Day:

Sunday, July 28, 2024

Le Tour de Bowdoinham Food Pantry Charity Bike Ride:

Saturday, August 17, 2024

Celebrate Bowdoinham:

Saturday, September 14

(Rain date Sunday, Sept. 15)

Holiday Festival:

Two Weekends: December 6, 7, 8
& 13, 14, 15, 2024

Visit for more info:

www.bowdoinham.com/page/events

À LA CARTE

Thoughts on Food and Cooking

By George Oliver



THOUGHTS ABOUT FOOD

“Farmers Market Dollars and Sense”

Food costs are high these days, but we still need to eat. What’s a hungry stomach to do if it wants fresh food?

Bowdoinhammers have varied stomachs, and varied answers. Some people go directly to local farms and buy in bulk or even barter for produce. Because we live in a rich farming area, there are a number of farm stands and kiosks around to pick up the potatoes you need for breakfast. Many people try to grow as much produce as they can and perhaps raise a few chickens for eggs.

But even if we can grow or produce some of what we want, we have to shop for the rest of it. Summer is peak produce season, and our beloved Bowdoinham Farmers’ Market will be in top form in the next couple of months. But is the farmers market the best place to buy fresh food?

In earlier times (pre-Elvis for us oldsters), you got summer tomatoes and squash from corner grocery stores, food stands or traveling trucks (or boats!). In the 1970s, the Farmer-to-Consumer Direct Marketing Act was passed, which set in motion the momentum for farmers and growers markets, still going strong today.

Of course, the other main choice is a corporate supermarket. Which choice is better for our pocketbooks, better on our health, and better for our community?

If we’re being honest with ourselves, critical considerations for our grocery shopping and food preparation are usually time/convenience and cost. On these two considerations, farmers markets fail.

One complaint: farmers markets are not always open when I need an onion, and they don’t have, say, jars of spaghetti sauce for a quick meal.

Another complaint: sometimes farmers market prices are higher. Why should I pay another dollar or two for a pound of carrots?...

...Because local farmers’ prices reflect their investment of labor and materials, the

“real” cost of real food. If you’re a gardener, you certainly know all the problems of growing good food. For farmers, multiply those problems by 10.

And corporate produce may be “lost leaders,” meaning stores make up their cheap carrots with something else you’re buying.

David Asmussen, the director of the Bowdoinham Farmers’ Market and owner of Blue Bell Farm, says honestly “if I consider my ‘hourly wage’ working at the market versus delivering produce to Portland, my wage goes way down at the market.”

Ian Jerolmack, owner of Stonecipher Farm, agrees. Wide distribution is critical for his financial success. He could not sell enough produce directly at farmers markets to make up his lost time farming and running his business.

As for health, US and overseas farms that supply corporations are only focused on long haul shipping and storage. Local farms can focus on local seeds, good farming practices, quality, flavor, and limiting pesticides.

Unfortunately, our frequent desire for ease, speed, and savings may leave local farmers markets low on our list of ways we could spend time and money. And the farmers at local markets can’t survive by being the cheapest food around; their prices are exactly what they need to be.

I would go so far as to say that even though farms are the foundation of the food chain, we sometimes treat them like the lowly bottom of the food chain - and farm workers even lower than that. As Ian says of their status, “picking produce is just above coal mining.”

So for all the time, effort, and cost it takes us to shop and purchase goods at farmers markets, why should we bother to go to our local Bowdoinham Saturday market?

Well, in addition to getting fresher, healthier raw materials (and some prepared foods) for eating and cooking, our farmers market is a community gathering, a place to meet and chat with neighbors, and see the folks who grow and produce your sustenance.

You can enjoy all the sights and sounds of a market that’s not about “grab and run” shopping for over-processed products that have no connection to anything but your bank account.

David says that shopping at a farmers market anywhere lets you “sample the terroir [micro-environment] of both the tomatoes and the town.”

So make an effort to spend part of your time and money supporting our local farms. Our Bowdoinham farmers market has friendly, smiling farmers, excellent products for every meal, our library’s StoryDory filled with free books, kids’ activities, local crafts, local musicians, even line dancing.

On a hot Saturday before the market, you can crew with Bowdoinham Rowing (or sail your own boat) on Merrymeeting Bay, and after the market, dangle your bare feet off the Cathance River docks to cool off. You don’t get that at Hannaford.

Cathance Fitness Center



Community Health Message:

Tips to help your walking form. Good posture will make it easier to go the distance and strengthen your stride.

1. Stand up tall: Try to keep your ears in line with your shoulders, chest open and shoulders down.
2. Keep your eyes on the horizon. This will help you to stand taller and avoid stress on your neck & low back.
3. Bend your arms. This prevents swelling caused from blood pooling in your hands as you walk longer distances. If speed is an interest, you’ll be able to swing your arms faster to help increase your speed.
4. Aim your knees & toes forward. Proper alignment will reduce your chances of injury.
5. Land on your heel. Heel-to-toe walking motion will carry you farther than if your foot slaps the ground with each step.

CathanceFitness.com

Our Learning Achievements

Chris Lajoie, Principal, Bowdoinham Community School

What a ride this school year was! From heat advisories in September to snowstorms in April, our students and staff persevered through many challenges. And our learning achievements have been impressive! Once again our students' achievement paced the district, surpassing state and national norms. Based on preliminary data from the state testing program, 79% of our third-through-fifth graders met grade level expectations for Reading, and 69% of students for Math. While these indicators give a sense that we are preparing our students quite well for Middle School and beyond, there is still plenty of work to do to ensure all students build the foundational skills they need. We'll keep at it.



Fifth Grade - Our fifth graders wrapped up their Bowdoinham school experience with lots of meaningful "lasts," culminating in our graduation ceremony on June 12th. Much of the spring was spent researching the causes of the American Revolution, with students creating war propaganda projects and final research papers to pull all of their learning together.

In addition, many students spent time in our newly expanded natural playground, made possible through a lot of volunteer support. Some also worked in our school gardens, learning about and planting flowers, and understanding how worms benefit the garden ecosystem. As we continue forward, we have almost endless opportunities to help kids know and understand this very special place, Bowdoinham, where they are lucky to grow up. Happy summer!



First Grade - Students worked hard on their handwriting, with many of them earning the distinction of Knight of the Golden Pencil! Some first graders worked on praying mantis research: reading decodable books about the life cycle, observing a praying mantis ootheca, and writing their own books.

Second Grade - Students studied the natural habitats that surround them at the school. They collected plant specimens to compare field and forest habitats, and also studied salmon and chicken life cycles, even hatching their own chicks.

Third Grade - Students worked in groups to conduct animal research, choosing subtopics such as diet or life cycle. They read and took notes, later meeting as a group to share and synthesize their learning. This culminated by working together with their notes to write an in-depth book on their shared topic.

Fourth Grade - Students were fully immersed in the topic of immigration, specifically the experience of immigrants to the United States from the late-1800s to the mid-1900s.

Through a mock Ellis Island simulation students created characters and acted out various aspects of the immigration process: disembarking, "undergoing" medical and legal inspections, and finally feasting on beans, prunes on toast, and tapioca pudding.

The students also heard immigrant stories from two of our Bowdoinham staff members, from Colombia and Italy.

But as I have shared before in this publication, much of the important and exciting learning happening at our school is not measured by high-level state tests. Here are some snapshots of learning from around the school this spring:

Kindergarten - Students learned to independently write sentences of up to eight words, with spelling patterns like digraphs and blends. They also spent most Wednesdays observing how their outdoor classrooms and surround areas changed throughout the year, and finding critters like salamanders, roly polies and worms.

Merrymeeting Dance Alignment

Line Dancing, sponsored by the Merrymeeting Dance Alinement, will continue this summer at the Bowdoinham Farmers' Market 9-10 a.m. beginning with the opening market on Saturday, June 8 and continuing on alternate Saturdays through September.

Grab a snack and come watch or join in! We do easy dances to various musical styles that most people can learn quickly. All ages and skills welcome. Help make your Farmers' Market a festive gathering! For more information, email George at golivergo5@gmail.com.

The Second Baptist Church

The Second Baptist Church of 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.

In June, the church hosted a talk with missionaries Dr. Bill and Ann Clemmer. They serve in the Democratic Republic of the Congo (DRC) as regional consultants working with International Ministries partners: HEAL Africa and IMA World Health.

Bill provides support to health care workers, hospitals, and clinics that provide life-saving maternal and child health services, while Ann supports educational and relief assistance to widows, orphans and vulnerable children. The Clemmers were commissioned in 1992 and have served in DRC, South Sudan, and Haiti with interim assignments in Somalia, Yemen, Burundi, and other countries to meet urgent and short-term needs.



Special Summer events:

- Sunday, July 28, 10:00 AM Service followed by a potluck BBQ at the church
- Sunday August 18th, 4:00 PM Music concert by pianist, Ryan Sweet
- Sunday, August 25, 10:00 AM Service at Maily Waterfront Park followed by a potluck BBQ

- Worship Service at 10:00 AM on Sunday
- Communion is held on the first Sunday of the month
- Midweek Prayer and Bible study at 6:30 PM on Wednesdays
- Men's Breakfast at 7:00 AM on Saturdays
- Women's Bible study at 9:00 on Sundays
- Also, AA Meetings are held each Monday and Thursday evening at 7 PM

Please check out our Sunday sermons, posted to our Facebook page-link below.

We extend an open invitation to the community to come and hear God's word.

Matthew 18:20, Jesus says, 'For where two or three gather in my name, there am I with them.' Today, we gather in the great name of Jesus and know that He is here with us.



Dr. Bill and Ann Clemmer

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

Committee Openings

Do you have an interest in supporting community and economic development in Bowdoinham? Would you like to have your voice heard? The Community Development Advisory Committee (CDAC) seeks up to 3 new members.

CDAC handles advising the Selectboard about developing plans designed to support and enhance economic development efforts. The Committee also implements the economic development recommendations of the Comprehensive Plan and assists Bowdoinham Businesses.

Currently, the committee is working on public art installations, the new waterfront park development, implementing the Walkable Village Plan, and developing plans to support the local arts community. CDAC meets at the Town Office and via Zoom on the 1st Tuesday of the month from 6:30 - 7:30 pm. If this is of interest to you, call Yvette Meunier, Director of Planning and Development at 666-5531 for more information. Download the application here: bit.ly/3R8aQnZ



www.3bs-bowdoinham.me

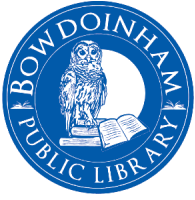
We focus on wood fired catering. Any and all; smoked, grilled, roasted or baked. With our mobile wood oven we can set up an event just about anywhere. Although our most common events revolve around wood fired pizza, our former clients have done everything from lobster bakes and wood roasted prime rib, to raw bars, barbecues and brunch buffets. Reach out anytime, we can plan a menu to compliment your event.

Cheers from Dylan & Tessa

✉ kickshaws@3bs-bowdoinham.me

Bowdoinham Public Library

By Kate Cutko



The Bowdoinham Public Library has been partnering with the National Digital Equity Center to provide interactive computer, smartphone and tablet related classes. Classes are free to Maine residents. Our aim is to offer one free class every month in the Kendall Room at the Coombs Municipal Building.

Upcoming class:

Tuesday July 9 @ 11:30-12:30 Safely Creating Online Accounts - This class walks you through the process of creating an online account. We also discuss how to recover your password should you forget it, what the potential issues are for privacy and safety, and how to best navigate those issues

Requirements for this class:

No devices are required; just bring yourself.

You will need to enroll with the National Digital Equity Center the first time you take a class. The enrollment form can be found at <https://digitalequitycenter.org/classes/enroll>. You'll also need to register for this particular class on their site at <https://digitalequitycenter.org/classes/>.

If you need help, please stop in the library for assistance. NDEC also offers many free classes to take right at home. Please visit their website for a listing of all the classes they offer. If you would like the library to host one of these classes in person, please let us know.



The Bowdoinham Public Library is happy to be hosting its first ever garden tour, together with "Not your Mother's Garden Club". We welcome you to take a tour of seven Bowdoinham gardens. Several of them are traditional and others... not so much! Your seven-stop tour through Bowdoinham will showcase gorgeous locations, historic homes and fun-loving lawn art. We will treat you to stunning riverside vistas and in-town homes with remarkable hardscaping. Top it off with a community garden and a communal pizza oven. From giant cement dinosaurs, to Hügélkultur Raised beds... it's Not Your Mother's Garden Tour. All proceeds go to support the Bowdoinham Public Library.

Tickets will be sold in advance for \$25 each on the library's website or \$35 on the day of the tour.

This is a rain or shine event.

Come to the waterfront to pick up your ticket, which is your map to all the gardens. The printed tour guide/map will also include all the details about the brick oven pizza lunch available to you along the route. The seven gardens can be toured in any order. There will be parking attendants at each stop as well as master gardeners to answer all your plant questions.

Price: \$25 advance sales via BowdoinhamLibrary.org. Or \$35 on the day of the tour. Tickets/map/guide pick up at the Farmer's Market, Bowdoinham Waterfront, on Saturday, July 13 beginning at 9:30am.

Recycling Do's and Don'ts

Just a friendly reminder about items that are not recyclable at the Bowdoinham Recycling Plaza. Even though some of these items may have a recycling symbol they cannot be recycled here and most of this list isn't recyclable anywhere.

- Pizza boxes with food or grease on them
- Plastic bags/wrappers
- Padded envelopes
- Plastic coated paper, such as ice cream, milk, or broth cartons
- Used tissues, napkins, and paper towels
- Used paper cups and paper plates
- Plastic forks, spoons, and knives
- Straws of any kind
- Spray nozzles
- Pumps on lotion and soap bottles
- Plastic, shrink wrapped labels, such as on yogurt, creamer, and lemon juice containers
- Pringles, nut, and paper coffee "cans"
- Coffee bags
- Candy/food wrappers
- Pet Food bags, Feed/Seed bags
- Plastic clothes hangers
- Glass
- Styrofoam
- Any container with soap, grease, or food in it

Thank you!

TIDEWATER TREE CARE

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- Tree and shrub pruning
- Tree preservation
- Free estimates and Insured

tidewatertreeservice@gmail.com
207 613-5458

Remote Work at the Library

Our library can be your workplace!

Through our Remote Work Through Libraries project, we are making it easier for remote and hybrid workers to do business in Maine.

- ✓ Use our private work spaces for your meetings and business videoconferences
- ✓ Copy and print your work documents
- ✓ Hop onto our free high-speed wireless Internet
- ✓ Research with our online databases ... **And more!**



The **Bowdoinham Public Library** will make accessibility improvements to its building, including a new driveway, parking, and ramp with direct entrance into the library. The project is designed to make the library more accessible to remote workers and older residents, who are two groups that have expressed a need for better access to the library's resources.



#RemoteWorkThroughLibraries



REMOTE WORK THROUGH LIBRARIES



THE BOWDOINHAM NEWS

A stone we've recovered!

By Frank Connors, Cemetery Sexton



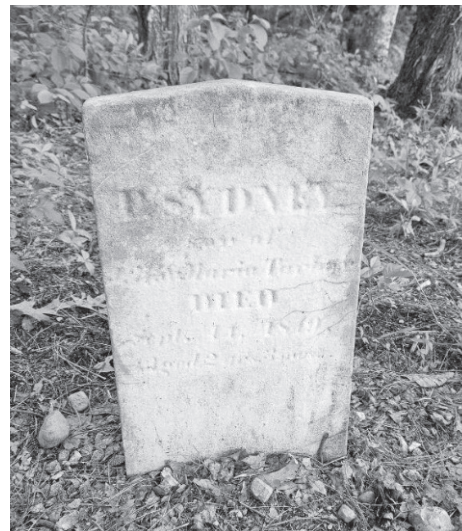
From left to right: Hunter Magno, Linda Temple, and Tobey Frizzle

There's a beautiful field off Route 24 - Bay Road, just before you reach the Bay View Cemetery. If you look along the Topsham-side of that field, and have a pretty good idea here to look, and a pretty good eye (DON'T try this driving!) You will see a solitary marble gravestone freshly bleaching in the afternoon sun.

Last month, Bowdoinham Cemetery Advisory Committee member Linda Temple, with her husband Adelbert, and Public Works Director Tobey Frizzle, "working on a tip and a prayer," probed the site, found the stone (complete with detached base, under some 6-8 inches of dirt, roots, and sods.) "We got lucky," said Linda Temple, as she stepped back and let the guys finish the careful excavation. The two-foot tall stone seemed to come willingly back into the sunlight, after, who knows how many years? The site has been known for many years, first uncovered in the 1970's by Dr. Robert Cummins, who located a tiny, 6 inch tall foot stone with the initials "D.S.T" and reset it. It took 50 years, and a little luck, plus some coaxing by current landowner Jon McGuire to find and match the foot stone with its buried main stone.

"D. Sydney Tarbox," the stone reads, "son of Edward & Maria Tarbox." His death is listed as April 11, 1819, and the stone reports, sadly, that he was two years old when he died. How did this little guy die, and why is he buried alone? Was he buried alone? We know there are/were several Tarbox families

in Topsham but have found no record of Edward & Maria in Bowdoinham. With every discover (recovery) comes a new mystery, it's a piece of what makes Cemetery research interesting and rewarding.



Find the grave. Jon McGuire is the current owner of the Seekins/Riggs farm, that beautiful yellow cape abutting Bay View Cemetery on the Topsham side. The little Tarbox grave site is on the property line opposite the house, and at least 100 yards from the road. The stone may also be accessed from Sara's Way. Drive to the top of the hill, go carefully through the woods and navigate the deep ditch slowly. If you go searching, be kind, be respectful, get permission and do NOT park on the road, that corner is dangerous.

RIDES

By Lynn Sternfels

RIDES, is a unique and important program that matches volunteer drivers with folks in the community who can no longer drive. Many of the Riders have commented about how much the program has meant to them because without transportation, they would have had to leave their home.

The summer months bring challenges to RIDES. Some of the drivers take vacations and the core group of volunteers who are available to drive is reduced. If you have just a little bit of extra time in your week and could volunteer to offer a ride, we welcome you to join our great group of volunteers. You might choose to help someone get to a regularly scheduled weekly appointment or you might only be able to offer rides every now and then. You can choose your availability monthly and typically drivers take 1 to 5 trips per month. Even one trip a month would be greatly appreciated!

Please call 207-837-9577 for information on how to get started with us.

2025 Town Meeting Poll - We want to hear from you!

This year we hosted Town Meeting on a Saturday morning instead of a Wednesday evening. Which do you prefer? Weigh in on scheduling the 2025 Town Meeting here: <https://forms.office.com/r/YpY5V56ETV>.

Scheduling the 2025 Town
Meeting



Summer Road Work



It is that time of year again. No matter where we are traveling, we run into road work of some nature or another. From the trimming of trees, mowing roadsides, replacing of culverts, tearing up and repaving of roads, to the placement of new utility poles. Summer is the peak season for towns, utility companies and the Maine DOT to get this much needed work done.

These areas are set up to keep drivers as well as workers safe so at the end of the day everyone gets to return to their families. The workers do their part, our part begins with patience. Give yourself extra time, drive slowly through work areas, stay alert, follow instructions and when needed move over so you are not passing too close to workers or their equipment. We all want to have a safe and enjoyable Summer.

Summer Road Work in Bowdoinham

Our Public Works Department is working on preparing section 1 of Carding Machine Road and South Pleasant Street for paving this summer. This is in addition to all the regular summer maintenance that is needed around town. For the next several weeks

you will find them grading shoulders and ditches as well as clearing vegetation within the right of way of these two roads. When this project is complete Public Works will continue throughout the winter clearing vegetation within the right of way along the Town's roadways.

FYI: *The right of way on public roads is normally 50 feet, this means the right of way may extend 10-15 feet from the edge of the road. Crews will be clearing within this right of way.*

Planned Road Work for Summer 2024

The following paving will be done by Maine-ly Paving.

Surface Coats on: Abbagadasset Road, Wildes Road, Dingley Road (section 2), Carding Machine Road (section 2), Pork Point Road.

Base Paving on: Carding Machine Road (section 1).

Shimming on: Ridge Road (sections 2 & 3), South Pleasant Road, Millay Road (section 1).

Park News

At last, the new ADA kayak launch has been installed. This launch is for kayak use only. Please follow the instructions for launching posted. Jumping from the kayak launch may damage the dock. Please refrain from jumping, standing, or fishing from the launch. The launch and handrails are to be used by kayaks and canoes only.



Pet owners, please pick up after your dogs. The Town reserves the right to ban pets from the park if the trend continues. Any violators can be reported to Animal Control by calling 666-3127. Thank you for your cooperation.



Tax Year 2024 Property Tax Liens

- **30-Day Tax Lien Notices will be mailed out July 19, 2024**
- **Tax Liens will be applied August 23, 2024**

If you have not paid your property tax, please do so as soon as possible.

The Town offers several payment options. You may pay with cash, check or debit/credit card. You can come to the Town Office, mail your check, or pay online at www.bowdoinham.com/tax-payment.

If you are unsure of the total amount owed, including interest, please contact our office at (207) 666-5531. We will be happy to assist you. (NOTE: Additional charges will be assessed for credit card and online payments.)

LONELY?

Would you or someone you know like to receive some support, a friendly phone call or a visit?



Free services geared towards enhancing the quality of life of seniors and supporting independent living in Sagadahoc County and the Brunswick area!

- Companionship/friendly visiting
- Transportation to appointments
- Help with correspondence/forms
- Help with errands/grocery shopping
- Telephone reassurance
- Referral to other services and programs

Want to make a difference?

Volunteer your time to reach out and touch the life of an isolated senior.

For more information, a referral, or to volunteer your services, please contact:

(207) 837-8810



SEARCH - Greater Bath began in the fall of 2004 as the Greater Bath Elder Outreach Network (GBEON). Recognizing the need to serve vulnerable seniors who are isolated and/or live alone in Sagadahoc County and Brunswick areas, it was a group of committed community volunteers who found a way to meet this need. GBEON became a network of volunteers matched with seniors to provide companionship and support. Our mission remains to create long-term support to meet the needs of all seniors regardless of income.

HELP STARTS HERE: 2-1-1 MAINE



Get connected to resources in your area. It's free, easy & confidential.

- Dial 2-1-1 or go online at www.211maine.org

General Assistance provides immediate help to eligible people who do not have enough money for basic needs, such as rent/mortgage, food, heating fuel, and other items that are essential to maintain themselves or their families.

Bowdoinham also has a **Town Heat Fund** that is made available in the winter months through generous donations from our community. **Donations are always accepted and appreciated.**

An application is required to apply for either of these programs. For an application, you may call for an appointment for General Assistance – 207-666-3504.

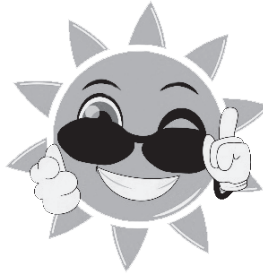
For assistance with CMP bills, you must have a current CMP Disconnect Notice, qualify for General Assistance, and have worked with CMP to set up a payment plan. General Assistance will NOT pay off your CMP bill but may pay enough to keep your power from being disconnected in certain circumstances.

For additional resources, you may also call:

- KVCAP – 800-542-8227
- LiHeap – 800-452-4668
- Warm They Neighbor – 207-729-1161
- DHS Emergency Assistance – 800-442-6003
- Bowdoinham Food Pantry – 207-751-7779
- SEARCH – Maine Senior Services – 207-837-8810 (www.ccmaine.org/SEARCH)
- **Maine Abuse Hotline – 1-866-834-HELP (4357)**
- **Mental Health Crisis Hotline – 888-568-1112**

Or visit:

- www.sagama@sagocounty.com
- www.maine.gov/dhhs/oft/programs-services/general-assistance
- www.mainehousing.org/
- Your utility company may also provide programs to defer utility payments.
 - o CMP 800-686-4004
 - o Citizens Energy 877-563-4645



Bowdoinham Municipal Directory

Town Office

13 School Street
 Phone: (207) 666-5531
 Fax: (207) 666-5532
 Website: www.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 & Solid Waste

121 Pond Road
 Phone: (207) 666-3228
 Website: www.bowdoinham.com/SWR
 Hours:

Tuesday: Noon-6:00pm
 Thursday: 8:00am-4:00pm
 Saturday: 8:00am-4:00pm

Trash Pickup: Thursday Morning
 (or the following Saturday if Thursday is a Holiday)
 Trash Tags can be purchased at the Town Office

Bowdoinham Public Library

13 School Street
 Phone: (207) 666-8405
 Website: www.bowdoinhamlibrary.org
 Hours:

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

Animal Control

(207) 666-3127

Fire & Rescue

(207) 666-3503 (non-emergency)

Public Works

(207) 666-3503

Sagadahoc Sheriff Dept.

(207) 443-8201

Water District

(207) 737-4721

ANSWERS TO MONSTERS OF THE DEEP CROSS WORD PUZZLE

<p>ACROSS:</p> <ol style="list-style-type: none"> Singing Enchantress Popular Scottish Beast Sea Goat & 10th Zodiac Sign Legendary Saco River Monster Goddess that Detained Odysseus The Giant Sturgeon of Lake Pohenagamook Ben & Jerry's Neighbor <p>DOWN:</p> <ol style="list-style-type: none"> Sea Serpent of Casco Bay Celtic Shape Shifter Monster of Jewish Legends Davy Jone's Pet Mythological Mere Horse 	<p>ACROSS:</p> <ol style="list-style-type: none"> SIRENS LOCH NESS CAPRICORN WHITE MONKEY CALYPSO PONIK CHAMP <p>DOWN:</p> <ol style="list-style-type: none"> CASSIE KELPIES LEVIATHAN KRAKEN HIPPOCAMPUS
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THE BOWDOINHAM NEWS

Community Calendar

July

- 4 & 5 Town Office will be Closed
- 6 Shakespear's 'The Comedy of Errors' at the Gazebo
3:00pm
- 13 Raqs by the River at the Gazebo
3:00pm
- 18 Taco Night
@ Dandelion Spring Farm
6:00pm
- 28 Open Farm & Studio Day

August

- 15 Taco Night
@ Dandelion Spring Farm
6:00pm
- 17 2024 Le Tour de Bowdoinham
9:00am

September

- 14 Celebrate Bowdoinham
(Rain date September 15)

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 @ 6 pm

Advisory Committee on Age Friendly Bowdoinham

2nd Monday of month @ 1:30 pm

Cemetery Advisory Committee

1st Monday of month @ 4 pm

Comprehensive Planning Committee

2nd Tuesday of month @ 6 pm

Community Development Advisory Committee

1st Tuesday of month @ 6:30 pm

Solid Waste Advisory Committee

2nd & 4th Wednesday @ 6 pm

Town Hall Committee

4th Wednesday of month @ 3 pm

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

Town of Bowdoinham
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