



THE BOWDOINHAM NEWS

Volume 24, Issue 2

bowdoinham.com

March - April 2026

The Gift Shop is more than a free store ... it's a community

By Lisa Wesel

An observation from a recent shopper perfectly captures the Gift Shop, located at the former Recycling Barn on Post Road. The Gift Shop exists to reduce waste, encourage repurposing, help people who are struggling, and to create a space for people who feel passionately about all three.

That passion has a long history in Bowdoinham. Almost as soon as the Recycling Barn opened decades ago, a space in the back was dedicated to things that still had some life in them—pots and pans, old books, bins of clothes and shoes, and the occasional toaster with a note taped to it that said, “knob broken, still works.” Everything was free.

In late 2019, a group of volunteers decided to make it easier to look through the clothes and shoes. They hung racks on the second floor and collected donations of hangers—The Clothing Exchange was born. That effort was taking off when the pandemic shut everything down in March 2020. When the building reopened in fall 2021, those volunteers decided to create something that looked more like a real store, but where everything would still be given away for free. David Berry, who owns the building, generously donated space (that mysteriously keeps growing!), to create the Gift Shop. In 2023, he received a \$15,000 grant to insulate and renovate the shop, and he recently invested another \$10,000 to install heat pumps.

Racks and shelves of clothes are meticulously organized by size, and rows of shoes and boots line one wall. A children’s room contains baby clothes and toys for kids of all ages. One end of the shop is dedicated to household items, including dishes, pots and pans, glasses, and small appliances. There are also linens and craft materials. The book room is organized by age and subject matter and includes shelves for games and puzzles. Beyond that

is the “annex,” a space for small furniture, hardware, suitcases, sporting goods, and other miscellaneous things that do not seem to fit anywhere else, including seasonal items.

At first, the Gift Shop was limited to Bowdoinham residents, but as our list of volunteers grew (21 volunteers who worked a combined total of 2,468 hours in 2025), so did our capacity for outreach. We now accept donations from anywhere (as long as we can accommodate them in our space), and we welcome everyone to shop there, no matter where they live.

People’s generosity continues to astound us, and we sometimes find our inventory is larger than the need in our local area, so we have found ways to assist the work of other organizations:

- Blankets, sheets, and towels that are worn, torn, or stained are donated to Midcoast Humane Society in Brunswick, and the Minnis Sanctuary and Wilderness Miracles Wildlife Rehab, both in Bowdoin.
- We regularly drive clothing and housewares to Maine Needs in Portland, a statewide organization that helps people who find themselves in emergency need of assistance.
- We have sent 391 pairs of sneakers to Got Sneakers, an organization in Florida that recycles athletic shoes—they pay for the shipping.
- T-shirts that are stained or torn are sent to local mechanics as shop rags.

- Suitcases are donated to foster care organizations.
- Medical equipment goes to Partners for World Health in Portland.
- Textiles that are beyond use are recycled by Apparel Impact (the white bin at the corner of the building).

For the past few years, we have also helped host the annual Halloween Costume Exchange.

As you might imagine, we also have expenses: It costs about \$12,000 a year to keep the lights on, the space heated and insured, and the parking lot plowed and sanded, so we have been experimenting with various fundraising ideas. In May 2024, the year after the library held its last plant sale, The Gift Shop held its first. We followed that with spring and fall sales in 2025, and a holiday decoration sale in December. We also have a box in the Gift Shop where we gladly accept donations, and we collect returnable cans and bottles 24/7 through a window at the end of the building.

Our volunteers currently work a combined total of about 44 hours every week just to keep the shop running. The more help we have, the more good we can do, so if you’d like to join us, please contact the volunteer coordinator, Cyndie Lamoreau, at skelton1905@yahoo.com or 207-208-6133.

The Gift Shop, located at 243 Post Road, is open for shopping and donations on Saturdays from 8-4. Follow us on Facebook to keep up with any changes—we have lots planned for 2026!

Inside this Issue

Dandelion Spring Farm2	Spring Crossword8	Assessor’s Alley12
BCDI3	Library News.....9	Food Pantry.....14
Town Hall4	Nazarene News9	Cathance Fitness.....15
Audubon Camp6	Merrymeeting Arts.....10	Stones Telling Stories16
Second Baptist Church7	Morning Jo11	A La Carte19

Dandelion Spring Farm

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

On April 2nd, join us for a contra dance at the Hive! Contradance is a folk style of dance where two lines of couples move in walking figures up and down the hall to the tune of live music. No partner necessary, all dances are taught by the dance's caller. All welcome, the beginner lesson is at 7:00pm and the dance starts at 7:30! *Keep an eye on our social media and website! As we gauge interest for the contra dance, we may sell tickets in advance.*

We have some new events and what has now become seasonal traditions in the works for the season ahead. We're hosting a plant sale focused on culinary and medicinal herbs (perennials and annuals) on May 30 & 31 from 9-12 each day. Taco Nights will be the 3rd Thursday from June-September.

The month of May will likely be a potluck and spring wilds plant walk. Mark your calendars! Please keep your eyes open for what's ahead, and never hesitate to reach out if you've public or private event dreams you need a space for.

To sign up for our newsletter, go to DandelionSpringFarm.com. Follow along on instagram: [Dandelionspringfarm](https://www.instagram.com/Dandelionspringfarm) for the most immediate news and event listings.



★ **On SALE NOW!** ★

Bowdoinham 2026 Calendar

Featuring "Agriculture in Bowdoinham"

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

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

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

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



BCDI: How It All Began

Bowdoinham has been a long-time loving home for small businesses, farmers, musicians, and artists. The Bowdoinham Community Development Initiative (BCDI) emerged from conversations amidst the 2008 economic crisis, when banks, credit unions, and other businesses left the town. As Bowdoinham residents always do, they came together to discuss how best they could support one another.

Among the committed farmers, one needed a community-based loan to purchase a used tractor for the expansion of their local farm. The neighbors discussed solutions and collectively decided to support the project through fundraising. After supporting multiple businesses, the question for the community was: how could they support everyone in need of a similar loan within Bowdoinham? The search for the answer led to establishing the BCDI, which was officially founded in June of 2012. David Whittlesey, one of the founders, recalls the founding moment.

“Everyone was excited and everyone had different ideas about what to name our organization,” Whittlesey said.

According to Whittlesey, while there were many suggestions, everyone agreed on the “Bowdoinham Community Development” part as it reflected the main mission. During the community brainstorming, a farmer suggested the “Bowdoinham Community Development Initiative”, which resonated as it was their initiative to build upon their town’s assets.

David Whittlesey and other founding members wanted to ensure that BCDI remains a community-based organization rather than a private business. They decided to have a volunteer board of directors made up of community members to oversee BCDI’s work as well as the loan applications.

BCDI has since served as a non-profit Maine corporation with 501(C)(3) status with the Internal Revenue Services. BCDI stimulates and sustains local enterprises, creates resilient jobs, and facilitates “smart growth” collaboration among the for-profit, non-profit, and government

sectors in the local community.

BCDI continues to support the local economy through its Neighbors Investing In Neighbors loan program (NIN), offering loans with just a 3% interest rate, 2% of which goes to investors, and 1% to BCDI’s programming costs. From those early loans made within the farming community, BCDI’s loan program

has broadened its reach. Any type of Bowdoinham business is welcome to apply for a low-interest NIN loan. BCDI has given out over \$190,000 in loans since it was established.

For more information on BCDI, how to support BCDI’s programs, and how to apply for a NIN loan, please visit www.bcdimaine.org.

BOWDOINHAM'S 2026 ICE & SMELT FEST

Friday, Feb. 27
5PM: Owl Prowl All ages! Led by *KELT & Maine Master Naturalists*
at Cathance Meadow Trails. Bring headlamps & traction gear!

Saturday, Feb. 28
10AM - 2PM: Bryce Muir Exhibit *Merrymeeting Arts Center*
10AM - 2PM: Ice Harvesting Exhibit *Merrymeeting Hall*
10AM - 4PM: Hot Beverages & Art *Cathance River Gallery*
11:30AM - 3PM: Snow Globe Making *Merrymeeting Arts Studio*
3PM - 5PM: Movie Night *The Secret of NIMH, Old Town Hall*
6PM: Potluck & 7PM: Dance Party *Watersong Music*

Sunday, Mar. 1
10AM - 2PM: Bryce Muir Exhibit *Merrymeeting Arts Center*
10AM - 2PM: Bham Fire Dept. Ice Rescue Demos *Maily Park*
10AM - 4PM: Hot Beverages & Art *Cathance River Gallery*
12:15 - 2PM: Chocolate Inspired Lunch *Nazarene Church*
1PM - 3PM: Snack Shack Open *Rec fields, by Age Friendly*
4PM - 6PM: Take-Out Soup Supper *Bowdoinham Food Pantry*

All Weekend Long:
Smelt Fishing *D's Camps FMI: (666-3049) *Weather dependent*
Ice Skating, Sledding, Snowshoeing *Recreation Fields*
Cocoa Ice Story Walk *Cathance Meadows Trail System*
Smelt On the Menu *Three Robbers Pub *While supplies last!*

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

Bowdoinham's Historic Town Hall is Now Available for Events

After two years of closure and undergoing an elegant transformation, Bowdoinham's Historical Town Hall is once again open and ready to welcome the community. The beautifully refreshed space is now available for a wide range of private and public events—from classes and meetings to weddings, celebrations, and family gatherings.

Centrally located and easily accessible,

Benefits of Acupuncture

Hello! I'm Abigail Lopez, owner of Healing Rivers Acupuncture located in The Alcove at 43 Main Street. I've been a licensed acupuncturist for more than 16 years and am proud to be celebrating my fourth year of practice here in Bowdoinham.

One of the questions I'm asked most often is whether acupuncture really works. Acupuncture is a form of Eastern medicine that has been practiced for roughly 2,500 years. It's far from a trend. Its purpose is to help restore the body to a balanced, optimal state by looking at how the whole person is functioning. Treatment addresses both the symptoms you're experiencing and the underlying imbalance causing them.

During a session, I insert very thin, single use, sterile needles, about the width of a couple strands of hair, into specific acupuncture points on the body. Every patient is unique, so each treatment is tailored to the individual and their specific needs.

Acupuncture is used to treat a wide range of health issues, including pain, stress management, poor sleep, menstrual related concerns, fertility and more. I work with patients of all ages, and many leave their sessions feeling calm, grounded, and relaxed.

If you are curious about acupuncture or have any questions about how it may support your health, I'd love to talk with you. You can reach me at 207 400 0684. I look forward to connecting with you. My website is healingriversacupuncturemaine.com.

the Town Hall offers a charming historic setting paired with practical amenities, making it an ideal venue for both intimate and large scale functions.

Those interested in renting the Town Hall or learning more about availability are encouraged to contact the Town Office. Staff can provide details on scheduling, guidelines, and fees.

For more information you can call 207 666 5531 ext. 109 or email: adminassistant@bowdoinham.com.

We look forward to helping you make the most of your event.

Venue Features

- 2,200 sq ft of event space
- Kitchenette with small refrigerator, microwave, and sink
- Large pull down screen
- 160 padded folding chairs
- Twenty 8 ft tables and four 6 ft tables



Bowdoinham Town Hall The Legacy Wall

Patrick McDonough, Colonial Hardwoods, Inc.

Sarah Findley

Robert and Nancy Curtis

James and Barbara O'Hare

Rachelle Tome

Thomas Cary

Robert and Julia Serman

Robert and Catherine Gordon

Frank and Jane Connor

William Howard Ellis

Steve and Jeannene Lamoreau



Join the Legacy Wall

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

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

Multifactor Verification and Your Identity

By Lisa-Marie Curtis

Many of us know the frustration of having to grab our cell phone just to get a verification code to check a bank balance. As inconvenient as it may feel, multifactor authentication (MFA) remains one of the most effective tools for protecting your identity. With more services—banking, healthcare, shopping, and email—adopting MFA, this extra step has become essential for keeping accounts secure.

Identity theft is one of the fastest growing crimes in the United States. In 2024, the Federal Trade Commission received more than 1.1 million identity theft complaints. Total fraud reports reached 2.6 million, with losses exceeding \$12.7 billion. Data breaches, online scams, and exposed accounts continue to make identity theft a persistent threat.

What is identity theft?

Identity theft occurs when someone uses your personal or financial information without your permission. This can include details such as your name and address, Social Security number, bank or credit card numbers, or medical insurance information.

Once criminals obtain this information, they can open credit cards or loans in your name, make unauthorized purchases, file fraudulent tax returns, or even obtain medical care or utilities using your identity.

How can you protect yourself?

Use strong passwords. Create passwords that include uppercase and lowercase letters, numbers, and symbols. If you are worried about forgetting them, try using a memorable phrase and substituting

characters creatively. For example, the phrase “Here’s looking at you, kid” could become *Here\$LO0king@UKid* by replacing letters with symbols or numbers.

Enable two factor authentication on every account that offers it. While it may feel like an extra hassle, it significantly strengthens your account security and helps verify that it is really you logging in.

Monitor your financial accounts regularly. Review your bank and credit card statements for unfamiliar transactions and contact your financial institution immediately if you notice anything suspicious.

Notify your bank and credit card companies before traveling. Let them know when you will be out of state or out of the country so they can better identify unusual activities such as a charge for gas in Atlanta weeks after you have returned home.

Check your credit report for unauthorized accounts. Many financial institutions offer free credit scores and access to credit report information. Services like Credit Karma also allow you to monitor your credit and will alert you if a new account appears. You can request a free credit report once a year at *AnnualCreditReport.com*.

If you suspect identity theft, contact your financial, insurance, or utility companies immediately to report any fraudulent activity. For more serious cases, visit *IdentityTheft.gov*, where the Federal Trade Commission provides step by step guidance to limit damage and begin repairing your credit. You can also report identity theft by calling the FTC at 1 877 438 4338.

Stay vigilant. Identity theft and fraud are everywhere, but taking a few extra precautions today can save you from costly damage tomorrow.

Bulky Waste Day April 18th, 2026

We will be holding our Spring Bulky waste day on April 18th from 8am to 2pm at the Public Works facility located at 121 Pond Rd.

The following items will be accepted on this day for a fee.

Box spring/Mattress each piece:

Twin	\$5.00
Full	\$8.00
Queen	\$10.00
King	\$15.00

Carpet:

\$2.00/foot, priced at the lesser of the size i.e., 5’x8’ = \$10.00

Furniture:

Chair	\$5.00
Chair - recliner	\$10.00
Couch - small	\$10.00
Couch - large	\$14.00
Couch - recliner	\$15.00
Couch - pull out	\$15.00

Construction debris including sheetrock, insulation:

¼ yard of debris	\$30.00
½ yard of debris	\$50.00

Large and/or heavy quantities of construction debris should be taken to one of the following locations: Grimm Industries in Topsham, Pine Tree Waste in W. Bath, Maine Waste to Energy in Auburn.



Stonecipher Farm
stonecipherfarm.com
1186 River Road, Bowdoinham

Organic, No-till,
Fruits &
Vegetables

All Year Round!

Farm Store open
7 days a week
8 AM - 6 PM

Organic veggies grown in Bowdoinham



CSA Shares available year-round

**HARVEST TIDE
ORGANICS**

www.harvesttideorganics.com
(207) 666-1156

Hog Island Audubon Camp

I want to tell you about the Hog Island Audubon Camp and all of the great things about it.

Hog Island is in Bremen, Maine and is run by the Audubon Bird Society. There are different camps for all ages. These camps include: Family Camp for adults and their kids, Teen Weeks, and Adult Camp.

They have professional cooks that make delicious fresh meals 3 times per day and desserts during lunch and dinner. There is an artist in residence. When I went there was a painter who could see the tiniest details on a boat he was painting off in the distance. Also, as is Hog Island tradition, they have a lobster bake along with a vegetarian option at the end of the week.

During my experience (which was the Art and Nature for Teens week) there were outings to surrounding islands on a lobster boat, and on our way back we got to haul up a recreational lobster trap.

One of our wonderful counselors, named Santi, also brought us down to the docks one night to see the bioluminescence and different critters in the water. Of course, with Audubon being all about birds, there were bird walks, and you could also see different birds if you were willing to wake up a little before breakfast. Overall, my favorite thing about Hog Island- which even surprised me a little bit- was watching the sunrise and sunset from a rock on the beach that I don't think anyone knew about but me. Maybe if you go, you will find that rock, or your own special spot, on Hog Island.

- Elijah Lopez

Elijah, one of Bowdoinham's remarkable young residents, attended the Hog Island Audubon Camp last summer with support from a partial scholarship. As part of the scholarship, he was asked to reflect on his experience and share his story with the community.

Hog Island Audubon Camp is located in Bremen Maine. The camp has welcomed nature enthusiasts to its shores since 1936. The island hosts programming for adults, teens, and families taught by the world's leading naturalists, ornithologists, and artists. For the 2026 Camp Schedule visit hogisland.audubon.org.

Earth Day 2026: Community Roadside Clean Up

Bowdoinham's annual Earth Day roadside clean up will take place on Saturday, April 18th. Community members are invited to help keep our town beautiful by collecting roadside litter.

All collected trash may be dropped off at the Recycling Facility at 121 Pond Road between 8:00 a.m. and 2:00 p.m. on the day of the event. Bags and gloves will be available that morning for volunteers.

For additional information, contact the Solid Waste Department at 666 3228, or visit the Recycling Facility during its regular hours on Tuesdays, Thursdays, and Saturdays.

Merrymeeting Dance Alinement

The Merrymeeting Dance Alinement will continue its winter-through-spring schedule with open line dancing sessions on the first and third Tuesdays of each month through May: March 7 and March 17 (with special Irish music), April 7 and April 21, May 5 and May 19.

On the off Tuesdays (the second, third, and fifth ones), MDA holds its club sessions.

The summer farmers market schedule will begin in June, TBA.

If you'd like to be on the mailing list, email George at golivergo5@gmail.com.

- George Oliver

Heavy Load Restrictions on Town Roads

The Town of Bowdoinham seasonally posts weight limits on local roads to prevent damage caused by heavy vehicles when road conditions are "soft." This typically occurs during partial thaw periods when the ground beneath the road surface becomes saturated.

For more information about posted road regulations, please visit the Maine Department of Transportation website: www.maine.gov/mdot/postedroads/

Enforcement of these restrictions is handled by the Maine State Police at (207) 624-7076.

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

Wentworth & Sons

Levi Wentworth
Bowdoinham ME
207-751-7446
207-841-5266

leviwentworth@gmail.com



Bowdoinham Second Baptist Church

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

Our pastor, Ken Smith, has been preaching a series of sermons on Abraham, Isaac and Jacob providing an opportunity to reflect on how God uses imperfect people for his plan. He is also facilitating leadership workshops to support members with ways to share their faith in the community.

The church held a New Year's concert put on by Mt. Ararat youth including Ryan Sweet, Ashby Hayward, Wyatt Baade, Madelyn Sweet, Jacob Roughgarden, and Nolan Buck. The concert featured instrumental and vocal talents through selected jazz compositions. Food was collected for the Bowdoinham Food Pantry and an offering was taken for the Bowdoinham Home Heating Fund. The church was able to donate \$900 toward the fund.

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

“When the crowds learned it, they followed him, and he welcomed them and



spoke to them of the kingdom of God and cured those who had need of healing.” Luke 9:11

Scheduled Events:

4/1/26 Celebration of the Lord's Table

4/3/26 Easter Sunday, Sunrise Service at Mailly Park and a 9:30 service at the church

Worship Service at 9:30 AM on Sunday

Communion is held on the first Sunday of the month

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

Men's Breakfast at 7:00 AM on Saturdays

Bible Study Tuesday at 9:30 AM

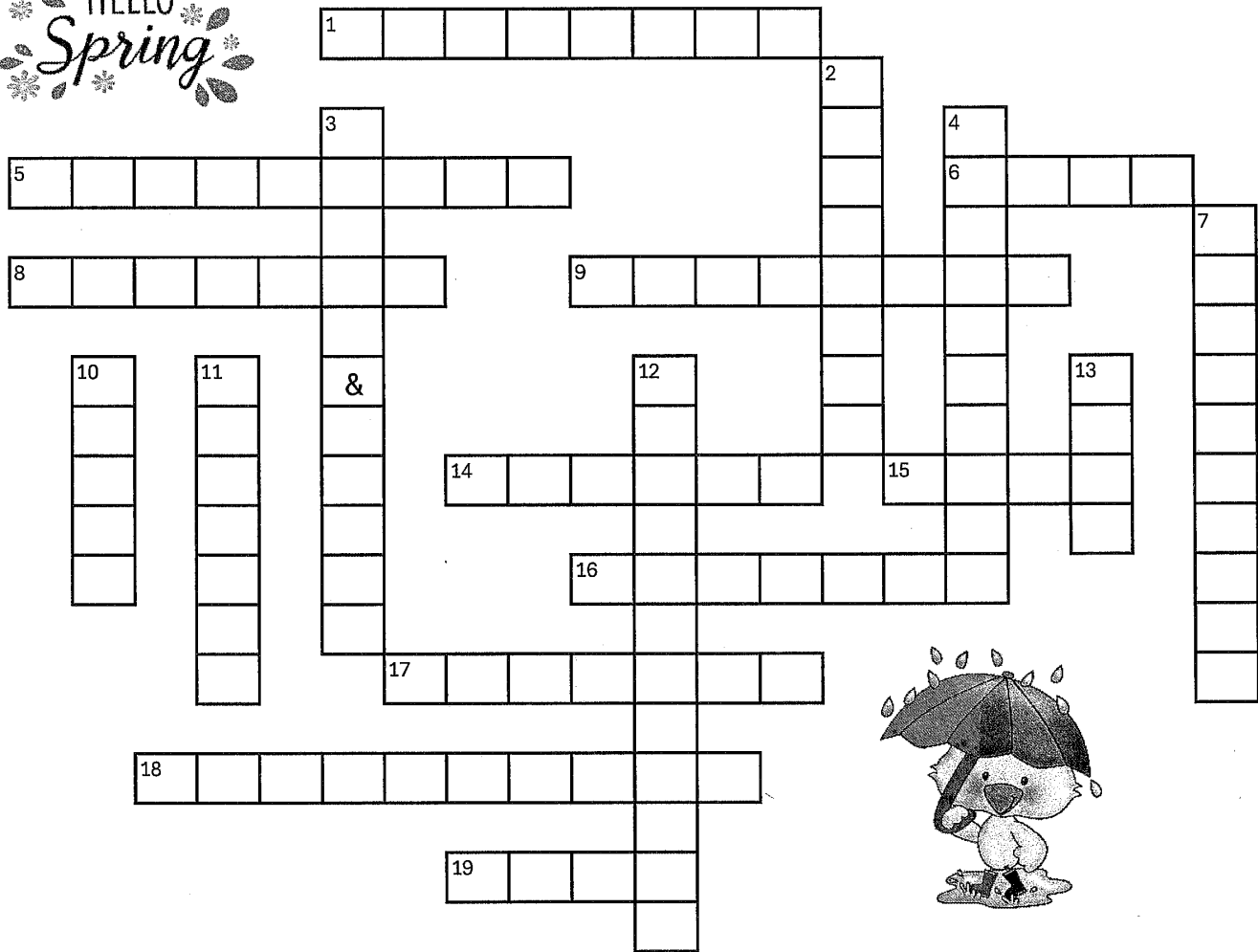
Prayer and Bible Study Wednesday at 6:30 PM

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

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

LAW OFFICES OF ARTHUR J. LAMOTHE

Bowdoinham
666-5713
or
721-9911
www.lamothelaw.com



Across

- 1 An Irish Clover
- 5 What famous holiday is known for "wearing of the green"
- 6 What color is associated with the April full moon
- 8 What celestial event marks the first day of spring
- 9 The official flower of March
- 14 Famous Washington DC bloom
- 15 Name of March's full moon
- 16 "April _____ brings May flowers"
- 17 Famous car Ford unveiled in April 1964
- 18 16 billion of these are eaten in the US during the Easter season
- 19 March was named after this Roman god

Down

- 2 Jewish spring holiday
- 3 These 2 enviromentally conscience days fall in April
- 4 The prankster's holiday
- 7 March's birthstone
- 10 Cadbury commercials feature tryouts for this critter
- 11 April's birthstone
- 12 Famous tournament played in March
- 13 "March comes in like a lion and out like a _____"

WORD KEY ON PAGE 15

Host a Sunday Summer Concert Benefit Dinner

Are you looking to do some fundraising this summer? How about hosting a benefit dinner at one of our Sunday Summer Concerts?

If you are a local non-profit with a physical or personnel representative in Bowdoinham which provides services to our community, please consider applying to our lottery.

To be eligible, submit an application by March 23. This enters your organization into the lottery for a chance to be paired

up with a band during our concert series. All applicants will be notified of the lottery results by April 1.

You can find the application, helpful tips on hosting a meal, and more about the concert series on our website by scanning the QR Code or visit: www.bowdoinham.com/event/2026-sunday-summer-concert-series.



Library News

By Kate Cutko

The Bowdoinham Public Library is pleased to welcome Amy Carole as the Library Board's new President. Amy is fairly new to town and looking for more ways to give back to her community. We are thrilled to have her help. Thank you to Stephanie Hanner who finished up her three-year term as President, during which she made significant improvements to our board functioning and productivity. Board meetings are quarterly and open to the public.

Our Library is offering a new service, beginning March 2026. We will loan a T-Mobile Hotspot to library card holders over 18 for three weeks at a time. The hotspot is a small, portable device able to provide a Wi-Fi Internet connection using the T-Mobile 5G and LTE networks. Devices like laptops, phones and tablets can be connected via the Hotspot to access Internet resources. Going on a business trip and unsure about internet coverage? How about gaps in internet coverage while travelling? Give the Hotspot a try. There is no charge for borrowing the device. This is an experimental program, and we are encouraging patrons to borrow the hotspot and report back to us about how it performs.

Save the date for these upcoming Library Programs:

Monday, March 9, 6:30pm, Kendall Room, Coombs Municipal Building
Dr. Frank Drummond, Professor Emeritus of Insect Ecology "Lessons from the Hive: Honey Bees & Community"

Saturday, April 4, 5pm, Merrymeeting Hall
Edible Book Festival! Enter a cake or simply come to vote and eat.

Saturday, May 2, 10am-3pm, Bowdoinham Town Hall
Dahlia Tuber Sale: Hundreds of varieties at a great price!

Wednesday, May 13, 2pm, Kendall Room, Coombs Municipal Building
Maureen Groden, Hospice Nurse, and Author, "When a Loved One is Dying: Conversations about Care, Connection & Coping"

For any and all event details, please check our website: BowdoinhamLibrary.org, as well as Facebook.

Nazarene News

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

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

Interested in learning more about the Bible but do not 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.

Our Sunday services are at 11am. We have Sunday School for all ages at 10am. Easter is April 5! It is a great day to be in church! Cannot get out to the service? We are livestreaming on Facebook or YouTube at Bowdoinham Church of the Nazarene.

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

2nd Half of Property Taxes Due May 1st

You can pay your Real Estate and Personal Property Taxes three ways: In person, by mail or ONLINE.

- WWW.BOWDOINHAM.COM
- From Online Services
- Select Online Tax Payment
- Scroll down to [Bowdoinham Payment Portal](#) and follow directions.

For current year tax bills we accept three online payment methods:

- **E-Check/Checking Account** - You will need to provide your account number and the bank's routing number to pay by this method. There will be a \$1.00 processing fee assessed.
- **Credit Cards** - We currently accept VISA, MasterCard, American Express, and Discover credit cards. There will be a 2.75% processing fee for each credit card transaction with a minimum charge of \$1.95.
- **Debit Cards** - Tax payments qualify for a discounted flat rate of \$3.95 when using a VISA consumer debit card. All other debit card transactions will be processed as credit.

For prior-year tax bills and liened properties, payments must be made by cash or bank check and cannot be paid online. Checks are accepted via mail, please do not mail cash.

**Please note that an accurate processing fee will not be reflected until all payment information is entered.*

Merrymeeting Arts Center

By Jen Kelley

We've got a lot happening in March and April so I'm not going to wax poetic. Let's get right to it! Dan Warren kicks off the month. Dan is known for figurative work and his interactive "Painting and Prayer" talks. Dan works with various mediums including oil, watercolor, and acrylic.

Exhibits

Beholding in Silence - Paintings by Dan Warren

Opening reception Saturday, March 7
- with Artist's Talk at 12pm.

Additional Showings:

Saturdays, 3/14 + 3/21 (10am-2pm)

Then we partner again with our friends at the Merrymeeting Adult Education Center.

Merrymeeting Adult Education Group Show

Opening Reception: Friday, March 27
(5:30pm-7:30pm)

Additional Viewing Hours:

Saturday, March 28, (10am-2pm)

Presented by Merrymeeting Community & Adult Education, this group exhibition will showcase new work by professional affiliated artists, including staff, instructors and established visual makers

Next up, those that play together, stay together ... right?

Partners in Art

A group show featuring the work of local and regional artist couples.

Opening reception:

Friday, 4/10 (5:30-7:30)

Gallery Hours:

Saturdays 4/11, 4/18, 4/25, (10am-2pm)

WORKSHOPS

Don't miss this opportunity to work with Fred!

Writers Workshop with Fred Cheney

Wednesdays, March 4 - March 25
(1-2 PM)

Join local author Fred Cheney for a free writing workshop focused on the art of revision.

Space is limited and registration is required.

Registration closes March 1st!

She's baaack!

Intro to Digital Photography with Leah Haraden

Saturday, March 28, (1:00- 4:00pm)

For adults and teens!

Join professional photographer Leah Haraden for an engaging and informative basic digital photography class. This course is designed for beginners, providing a supportive and comfortable learning environment for those who have always wanted to learn more about their camera's capabilities. We will cover essential photography principles, including camera settings, composition techniques, and natural lighting.

Participants will learn how to use their digital cameras effectively, understanding features like aperture, shutter speed, and ISO. Through a mix of in-class demos and practical hands-on exercises, you will gain more skill and confidence in capturing stunning images.

By the end of the class, you will have a foundation in photography that will enable you to take beautiful photos, whether for personal enjoyment or to share with friends and family. Bring your camera and a willingness to explore the exciting and limitless world of photography!

COST: \$40

Ruthanne Harrison is the brainchild behind our next community offering -

NEW! MAC Artist Roundtable

Thursday, 3/26 + 4/23 (6:30pm)

**Will recur monthly*

Bring a work to share and talk about, meet other artists, build community. Free! All are welcome!

And as always,

Pottery Open Studio (ON-GOING)

NEW SESSION ADDED!

Mondays, (4pm-6pm) with
Zachary Fields

Mondays, (6-8pm) with
Jen Kelley

Wednesdays, (6pm-8pm) with
Zachary Fields

Saturdays, (9am-11am) with
Catherine Scanlon

\$10 suggested donation covers studio use, clay, kiln firing, and glazes. Open to the public, no experience is 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.

Be on the lookout for these classes in 2026.

continued next page

**2026
CELEBRATE
BOWDOINHAM
Planning Meeting!**

Tuesday, March 10, 2026
10am - 11 am
Town Hall or Zoom

VENDORS
FOOD
PARADE
SILENT AUCTION

Morning Jo

By Jo Werther

A pessimist and an optimist walk into a bar...

The pessimist says, "Things can't possibly get any worse." The optimist replies, "Sure they can!" Haha, groan.

Just about everyone I know is going through something (or more than one thing) right now. If you are too, there can be some comfort in knowing you are not alone.

The "turbo" button on the blender.

I like to bake and often use a hand mixer which has a "turbo" button. The instructions say that this button is intended to be used only sparingly. Why? Because otherwise it will likely fry the motor.

The human nervous system is hard-wired to handle emergencies. We have our very own built-in "turbo button" to get through a crisis. "Crisis mode" is meant to be temporary. We are not wired for emergencies or crises to become chronic.

Merrymeeting Arts Center

continued from previous page

- Book binding for Kids and Adults
- Photography Mini Camp
- Make your own Holiday Cards

** Are you an artist looking for a teaching outlet? Or do you want to share your creative hobby with others? Reach out to Programs@merrymeetingartscenter.org. Ashley would love to talk about the possibilities.*

And finally, it's never too late to pay it forward. Since 2007, MAC has been built around one core belief: art is for everyone. We are a small, volunteer-run nonprofit and we exist to bring art, nature, and community together. **The Heron Fund** was created to ensure that everyone, regardless of economic security, could participate. No questions asked. Pay it forward and donate on our website: www.merrymeetingartscenter.org. Every little bit helps someone.

See you out there!



Feeling a little fried? It's no wonder.

When stress becomes chronic, we begin to burn out. And the thing about stress is that it's a function of two things: what's happening externally (in the world, in our neighborhood, in our home) and what's happening internally (our thoughts and feelings about it and our reactions to it). While we can't always control the former, we can learn how to change the latter.

The Five Ps of Inner Peace.

The Five Ps of Inner Peace are how you do it. Presence (see it, hear it, touch it, smell it, taste it), Perspective (when you change the way you look at things, the things you look at change), Perseverance (keep on keepin'

on), Patience (because Rome wasn't built in a day), and Practice (rinse and repeat the first four Ps).

Short, simple practices are the secret sauce.

Stress can't always be avoided. But we can learn to change the way we respond to it. One breath, one moment, one step, and one day at a time is how. You'll be surprised at what a big difference small changes can make. Got a minute? Give the five Ps a try.

You've got this. Happy Spring!

Questions? Something else you'd like me to address next time? Email me at jowertherlcs@gmail.com.

COBB'S REPAIR SERVICE



AUTOMOTIVE REPAIR & DIESEL SPECIALIST

6 WALLENTINE ROAD – BOWDOINHAM, MAINE 04008

(207) 666-5985

Assessor's Alley:

Businesses

If you own a business in Bowdoinham, you must declare your personal property to the assessor by May 1st, 2026. The business may qualify for the BETR (Business Equipment Tax Reimbursement) or BETE (Business Equipment Tax Exemption) programs. If you have not received a declaration form, visit the Assessor's page on the Town website.

ASSESSOR'S NOTICE - April 1, 2026

Effective Tax Year 7/1/2026-6/30/2027

36 MRSA Sec. 706: TAXPAYERS TO LIST PROPERTY, NOTICE, PENALTY, VERIFICATION. Before making an assessment, the Assessor shall give timely notice in writing to all persons liable to taxation, of property which they were in possession of the first day of April of the same year. If any person after such notice does not furnish such list, that person is barred of the right to make application to the assessor of any appeal from any abatement of taxes, unless the taxpayer furnishes the required list with the application and satisfies the assessor that the list could not be provided at the appointed date and time. Deadline to furnish list is May 1, 2026.

Property Tax Exemptions

All applications for property tax exemptions must be in to the Town's

Assessing Agent no later than April 1, 2026. Please check to make sure that you are receiving the property tax exemption benefits that you qualify for:

Homestead - If you have owned and lived in your home for more than 1 year, you are likely eligible to receive up to a \$25,000 exemption on your property valuation for tax purposes.

Veteran Exemption - A veteran who served in a recognized war period AND is age 62 or older; or, is receiving 100% disability as a veteran; or became 100% disabled while serving, is eligible for a \$6,000 exemption.

Paralegic Veteran Exemption - A veteran who received a federal grant for a specially adapted housing unit may receive up to a \$50,000 exemption.

Property Tax Fairness Credit - This program, for those who qualify, can help offset some of your property taxes or rent payments. This credit is taken when you file your Maine State Income Tax return. For more information, please go to www.ptla.org. There are income guidelines as well as other criteria for using this tax credit.

"Current Use" Programs

The State of Maine has four "current use" programs which allow a property owner a reduction in their property taxes:

Tree Growth, Farmland, Open Space and Working Waterfront. All applications for these programs must be submitted to the Town's Assessing Agent no later than April 1, 2026.

Tree Growth: To qualify you must own 10+ forested acres and have a Forest Management and Harvest Plan.

Farmland: To qualify you must have 5+ contiguous acres that is used for farming and generates \$2000+ in gross income.

Open Space: There is no minimum acreage required to qualify for this program, however the property must be preserved or restricted in use to provide a public benefit.

Working Waterfront: The purpose of this program is to encourage the preservation of working waterfront land.

Revaluation Update

RJD has completed the sales analysis phase of the revaluation project and will begin roadside property reviews in the coming weeks. During this stage, taxpayers can expect to see RJD assessing agents parked along roadsides throughout town as they conduct exterior inspections. These reviews are a routine part of the process and help ensure accurate, up to date property assessments.

Open burning permits

As springtime approaches here is a quick reminder of the requirements for OPEN BURNING in Maine.

You DO NOT need a permit for a recreational campfire. As of October 2023, the State has defined a recreational campfire as an outdoor fire used for cooking, warmth, light, ceremonial, or aesthetic purposes that are not part of debris disposal. These fires must have a base that does not exceed 3 feet in diameter and a flame length that is less than 3 feet in height. All other outside fires require a permit. A permit can be obtained online, for free, at www.maineburnpermit.com. The old Wardensreport.com website shut down completely on December 31, 2025 and is no longer an option.

The Maine Forest Service generates a daily wildfire danger report beginning in

early spring and continuing until the first widespread snow in the fall. This report is typically issued at or before 9:00 AM daily and is based on current/future weather and wind conditions combined with readings from their network of sensors throughout Maine. This allows them to categorize the day based on the National Fire Danger Rating System. This is a color-coded system and what you commonly see on fire stations throughout Maine. Any day coded as a yellow or higher means no burning is allowed and permits will not be issued.

Green = low fire danger

Blue = moderate fire danger

Yellow = high fire danger

Orange = very high fire danger

Red = extreme fire danger

Since the fire danger changes from day-to-day, permits are only issued for the actual day you are burning. If you attempt to access the site and are unable to proceed with obtaining a permit this means that the fire class day has not posted yet or that the State has stopped all permits for our area and burning is not allowed for the day.

Please make sure to read and understand the permit. If you indicate the presence of a certain tool or piece of equipment, then it needs to be on hand and readily available while burning. Also note there are several materials that cannot be burned including household trash and pressure treated lumber.

If you have any questions or concerns, please contact the fire station at 666-3505 or Sagadahoc dispatch at 443-9711.

DANGERS OF LITHIUM-ION BATTERIES

SAFETY TIPS AND PRECAUTIONS

Fires caused by lithium-ion batteries have increased dramatically in New York City with deadly consequences. These rechargeable batteries are found in electric bikes, mopeds, and scooters. Damaged or unstable batteries and improper charging, storage or disposal can cause the batteries to overheat, leading to an explosive, aggressive fire that spreads rapidly, can reignite, and is challenging to extinguish.



Use approved batteries

Only purchase and use devices that have a reputable testing agency mark such as UL. These show that the product has been safety tested.



Use supplied charger

Follow the manufacturer's instructions for charging and storage. Use the correct cord and power adapter made specifically for the device.



Use the wall outlet

Always plug directly into a wall electrical outlet for charging.



Make sure you can get out

Never block your primary way in or out of a room/apartment.



Store in open space

Batteries should be stored away from anything flammable (ex. pillow, bed, or couch).



No overnight charging

Do not leave devices unattended while charging or charge them overnight.



Keep away from heat

Keep batteries and devices at room temperature. Keep away from direct sunlight and any heat source such as a radiator.



Dispose of batteries safely

Do not place lithium-ion batteries in a trash or recycling bin. It is illegal. Bring them to NYC Battery Recycling Centers. Find one at nyc.gov/batteries



FIRES AND EMERGENCIES



If a battery overheats or you notice an odor, change in shape/color, leaking, or odd noises from a device, stop using immediately. If safe to do so, move the device away from anything that can catch fire and call 911.



Lithium-Ion batteries are known to unexpectedly re-ignite minutes, hours, and even days after all visible fire has been put out.



If you observe a lithium-ion battery fire, leave the area, CLOSE the door, and call 911 immediately.



Water and fire extinguishers do not work on lithium-ion battery fires.

Bowdoinham Food Pantry: Still Building Community, Through Food

By John Treat

As we head toward spring after a busy holiday season and a difficult winter, we at the Bowdoinham Food Pantry want to take a moment to reconnect with our friends and neighbors about who we are, what we do, and why we do it.

Since 2013, Bowdoinham Food Pantry has existed for one simple reason: to make sure that no one in our community goes hungry. We believe that everyone deserves access to nutritious food and a place where they are treated with dignity.

We serve all residents of Bowdoinham and Bowdoin; there are no other eligibility requirements. We serve people and families of all ages, backgrounds, and circumstances, and we will always do so with respect, confidentiality, and compassion. If you live in Bowdoinham or Bowdoin and need assistance with food, we are here to help.

In times of uncertainty and instability, strong communities matter more than ever. This winter has reminded us how important it is to look out for one another. Many of our neighbors have faced increased insecurity, fears about their safety and their future, anxiety about the safety of their friends and neighbors, and many other stresses.

We can't replace government assistance programs like SNAP (Supplemental Nutrition Assistance Program) or WIC (Special Supplemental Nutrition Program for Women, Infants, and Children). But we can help people who are eligible for such programs sign up for them — and we aim to help fill the gaps when such assistance isn't enough.

Through it all, our donors, volunteers, and clients alike have offered a living example of what mutual care looks like in practice. We are so deeply grateful for the incredible support we receive from our neighbors as well as local farms and other businesses, through food donations and drives, financial and in-kind contributions, volunteer labor and energy, moral support, and so much more. Even many of our clients look for ways they can support our efforts, and

help us serve our community better by taking only what they need, asking for guidance when they aren't sure, and leaving the rest for others.

We are also grateful to live in a community of people who are so welcoming of people "from away," and so committed to protecting, sustaining and nurturing everyone who calls our community home — no matter where they come from, what they believe, or what struggles they've faced. Life can

be hard, and none of our lives are made better by making others' lives more difficult. Together, we're stronger.

If you or someone you know needs assistance with food, get in touch. Our doors are open, and we want to hear from you. You can contact us by phone, email or social media, or stop by during our normal pantry open hours every Wednesday from 4-6pm. For more information please visit our website: bowdoinhamfoodpantry.org.

2026

NOT YOUR
GARDEN
MOTHER'S
TOUR

JOIN US FOR THE 2ND BIENNIAL
**NOT YOUR MOTHER'S
GARDEN TOUR**
TO BENEFIT THE BOWDOINHAM LIBRARY
SATURDAY, JULY 11, 2026



FUEL Delivery That You Can Count On
O'Farrell Energy Provides the Midcoast Area and Beyond

**HEATING
 DIESEL • PROPANE • K1**

We take the hassle out of ordering, add value, and specialize in a prompt, convenient delivery with Clean reliable trucks. Our dedicated drivers take the extra steps necessary to ensure that your deliveries are safe, efficient and completed in a timely manner.

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

Cathance Fitness Center

By Lisa West,
 Bowdoinham Community & Health Coach

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

- Create your memberships and handle payment information right on our website: CathanceFitness.com. Updated gymnasium schedules continue to be on the gymnasium doors but there is not a schedule located on the website. If/when we do, I will be sure to announce it here. **Classes are listed on the website under the tab "About" then "Classes."**

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

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

Community Health Message: National Sleep Week is in *March*. "If we want to be healthy and at our best, one of the first places to focus is on our sleep." National Sleep Foundation website: www.thensf.org/sleep-health-topics/. *April* is Stress Awareness Month: Stress can leave us feeling breathless. This can make it even more difficult for those with asthma or emphysema. Practice breathing while you are doing everyday tasks, exercises, pushing or pulling. Then when you are under additional physical or emotional stress, continuing to breathe deeper will be more of a habit. Holding your breath increases abdominal pressure which needs to be avoided especially for those with hypertension or an abdominal hernia.

- Breathing deeper uses your diaphragm vs quick chest breaths. When you are focused on your breath, you become more in touch with your mind, body & emotions. Benefits include: increased oxygen within muscles & cells, improved focus & concentration, improved respiratory muscle strength & endurance.

TIDEWATER TREE CARE



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

tidewatertreeservice@gmail.com
207 737-9365

CROSSWORD ANSWER KEY

Across		Down	
1	SHAMROCK	2	PASSOVER
5	ST PATRICK	3	ARBOR & EARTH
6	PINK	4	APRIL FOOLS
8	EQUINOX	7	AQUAMARINE
9	DAFFODIL	10	BUNNY
14	CHERRY	11	DIAMOND
15	WORM	12	MARCH MADNESS
16	SHOWERS	13	LAMB
17	MUSTANG		
18	JELLYBEANS		
19	MARS		

THE BOWDOINHAM NEWS

Stones Telling Stories:

Doctors Tincker, Father & Son.

By Frank Connors, Cemetery Sexton

For half a century, there was a Doctor George Tincker serving Bowdoinham. If you pay attention, if you look very closely, you will see there were two Georges, a father = George W. (1798-1882) and a son, George F. (1832-1907) Both are buried on the same lot in our Town's Village Burying Ground.

George W., moved to Bowdoinham from Ellsworth in 1822. Silas Adams' "History of Bowdoinham" describes him as a "man of fine intellect ... being in the front rank of his profession." We know he was one of the first graduates of the Maine Medical School at Bowdoin College, and he was a "musician" in a local Militia Company during the War of 1812. He served multiple terms as Master of the local Masonic Lodge, sometimes conducting meetings from his office.

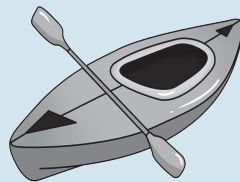
George F. Was a Captain in the Lincoln Guards militia, and the Adams history credits him with rebuilding that local unit in the build up toward The Civil War. Adams says he managed to acquire a pair

of two new, six-pound brass cannons for the Company, and convinced the State to rearm his infantry unit with "new rifles for the men." George F. enlisted with the 11th US Infantry in 1861, served through the Civil War as a surgeon and quartermaster. He was discharged in 1867. George F. was a charter member of Bowdoinham's Post 26, Grand Army of the Republic. He died in 1907 at the age of 77.

Find the Grave: It is easy! Enter the Village Cemetery at the second gate opening, you will see the flagpole right in front of you. The stone for George W. Tincker is right behind the flagpole, the stone marking the grave of George F. Tincker is behind the pole and slightly to your right.



Watercraft Storage Rack Rentals



You can reserve a space for you kayak, canoe or paddle board for the 2026 Season now.

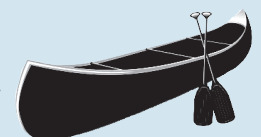
Cost is \$30 for residents and \$100 for non-residents.

Spaces are assigned on a first come first serve basis.

These rental spaces go fast so reserve your spot today.

Terms of Agreement for Watercraft Storage Rental

- Registration decal must be attached by the renter to the port side of the watercraft prior to placement in the assigned space.
- Watercraft must be stored in the assigned space. Failure to do so may result in removal.
- Watercraft must be reasonably secured in its assigned rack space so as not to pose any danger to others. Renter must provide locking mechanism.
- Storage racks are for the registered watercraft only. No other personal property (e.g., paddles, floatation devices or other watercraft) may be stored.
- There will be no alteration of storage rack or fixture without permission of the Town.
- Watercraft left on the rack after November 1 will be removed and reclaimed at the renter's expense.
- Watercraft storage rack rental is at renter's own risk. The Town of Bowdoinham accepts no responsibility for loss of or damage to the watercraft.
- Failure to comply with these terms will result in termination of this agreement with no refund of rental fee.
- Watercraft found not in compliance with these rules will be removed at the owner's expense without prior notice.



Richard A. Ferrier Scholarship Fund

The Maine Community Foundation's Richard Ferrier Scholarship offers financial assistance to Bowdoinham residents between the ages of 8 and 18 as of June 1, 2026, to pursue their artistic, academic, athletic and vocational or life's passion outside of the traditional school environment. Eligible applicants must be residents of Bowdoinham who clearly demonstrate a need for financial assistance. Preference is for applicants who have resided in Bowdoinham for at least one year. Awards are not retroactive; the student's program must start after June 1 of the application year. The fund does not pay for equipment, instruments, transportation, or Drivers' Ed.

Over the years the committee has awarded many scholarships to Bowdoinham Community School and Bowdoinham students who used the funds to participate in activities including sports camps, theater camp, clown camp, dog agility lessons, educational tours, workshops and the Bath Area YMCA trips.

The application deadline for the Ferrier Scholarship is June 1, 2026. Applications can be downloaded on the Bowdoinham Recreation website, www.BowdoinhamRec.com or at the Maine Community Foundation website, www.maineef.org. Please contact committee member Jason Lamoreau (recreation@bowdoinham.com), or MaineCF staff member Brittani Peasley (bpeasley@mainecf.org) if you have any questions.

Mailbox Installation on Maine's State and State-Aid Highways

Mailbox installations are allowed within the right-of-way of Maine's state and state-aid highways. However, there are two very important conditions.

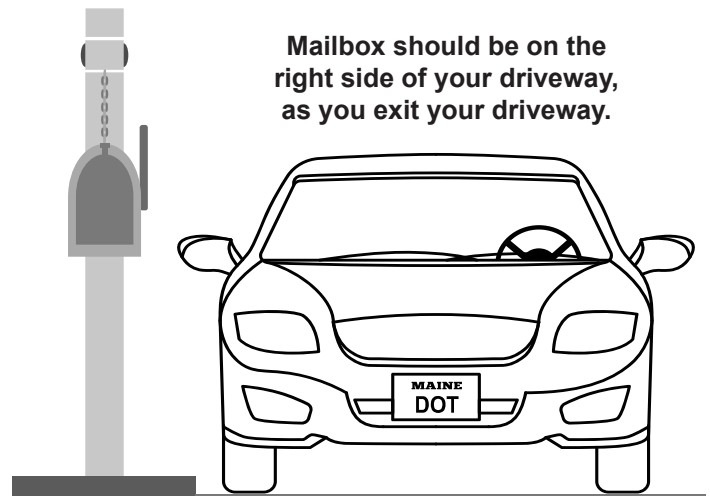
1. The mailbox must be installed in a way that:
 - ensures the mail can be delivered; and
 - doesn't create an obstacle or a safety hazard for those using or maintaining the highway.
2. The mailbox is installed entirely at the owner's risk. If the mailbox is damaged during any MaineDOT operation, including snowplowing, the property owner is not entitled to replacement or compensation. In fact, if the mailbox was not installed according to the standards outlined in the policy, the owner may be held liable for injuries or damages that may be incurred.

Mailbox Installation Standards

Here are some details regarding mailbox height, location, offset, and post type to reduce the chances for damage.

General Location:

Whenever possible, place your mailbox after your driveway opening. This location improves its visibility, minimizes the amount of snow that comes off the plow, and improves the approach for your mail carrier.



(fig. a)

Mailbox Support Design:

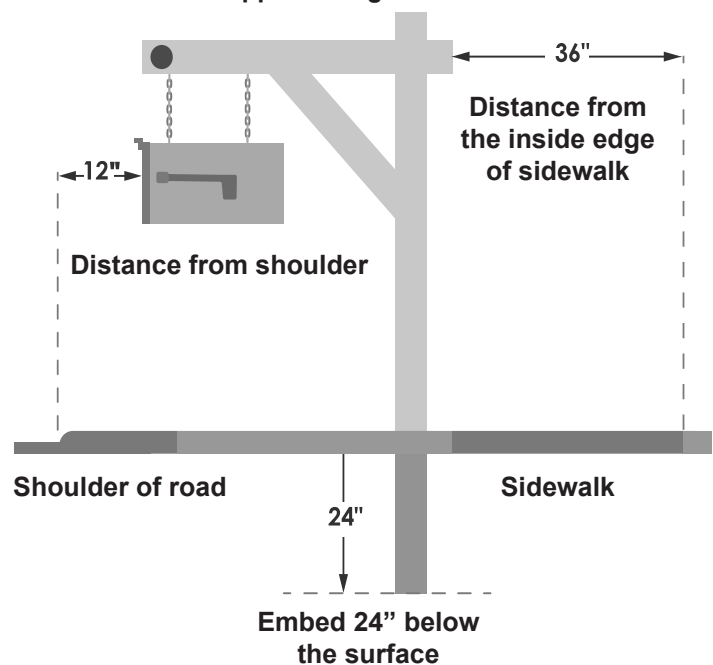
In many cases, it is best to use an extended arm post with a free-swinging suspended mailbox (fig. b). This allows snowplows to sweep near or under the box without damage, and provides easy access for your mail carrier. Place a red reflector on the arm at the point closest to the road. This will help your local snowfighter see and avoid your mailbox during winter storms.

Offsets from Roads:

Mailboxes should be set back from the edge of the shoulder, regardless of whether the shoulder is gravel or paved. In other words, the face of the mailbox should be at least one foot back from the edge of the normally plowed surface of the highway or the face of curb (fig. b). Greater offset distances are encouraged so the mail carrier can move out of traffic and to minimize potential damage to your mailbox.

A mailbox in a sidewalk should leave at least 36 inches behind the back of the box or the post, whichever is located the furthest from the road (fig. b).

Mailbox Support Design and Road Offsets



(fig. b)

THE BOWDOINHAM NEWS

Post Size, Type, and Embedment:

Mailbox posts must be sturdy enough to hold up the mailbox in all types of weather. However, they can't be so rugged that they present a hazard to vehicles that leave the road. **If a mailbox support is struck by a vehicle, it must easily break away.** Therefore, the following types of posts are recommended:

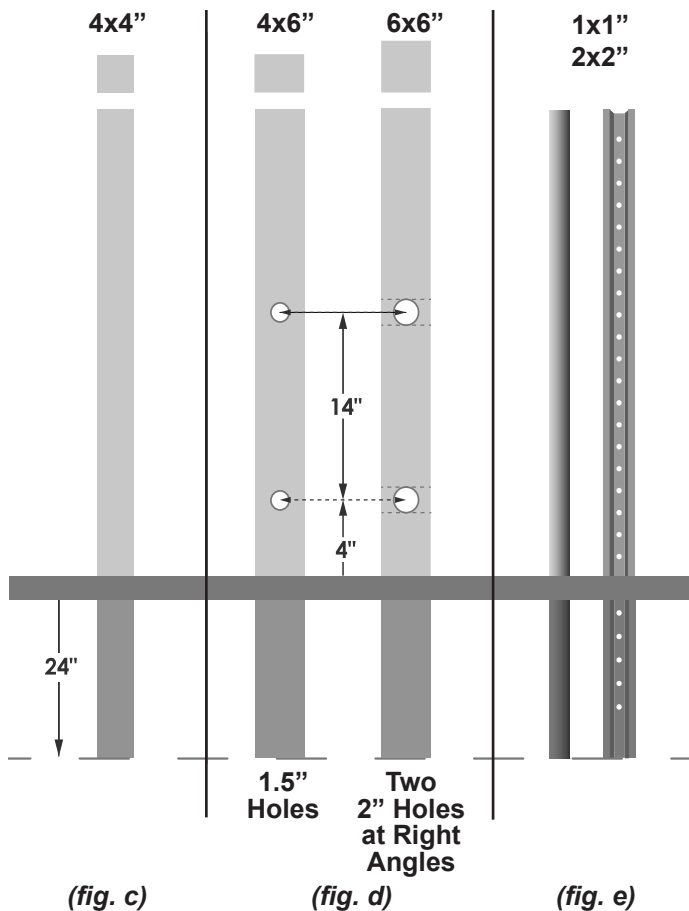
- 4"x4" wooden posts embedded two feet into the ground (**fig. c**). Larger wooden posts (4"x6" or 6"x6") may be used only if the post is drilled through with an appropriate spade bit to create a shear plane (**fig. d**).
- One-inch to two-inch round diameter steel or aluminum pipe, or standard U-channel post embedded two feet into the ground (**fig. e**).

Unacceptable Mailbox Supports Include:

- anything filled with concrete,
- masonry and stone structures,
- heavy steel structures, and
- most objects that were intended for other uses (e.g., antique plows, I-beams, etc).

Mailboxes, attachments or support systems not consistent with this policy are considered **deadly fixed objects** and are in violation of Maine Law (23 MRSA § 1401-A). When MaineDOT sees this type of installation, the owner will be informed and immediate removal will be requested. If the property owner doesn't comply with this request, MaineDOT may remove the installation and seek reimbursement from the property owner for all costs.

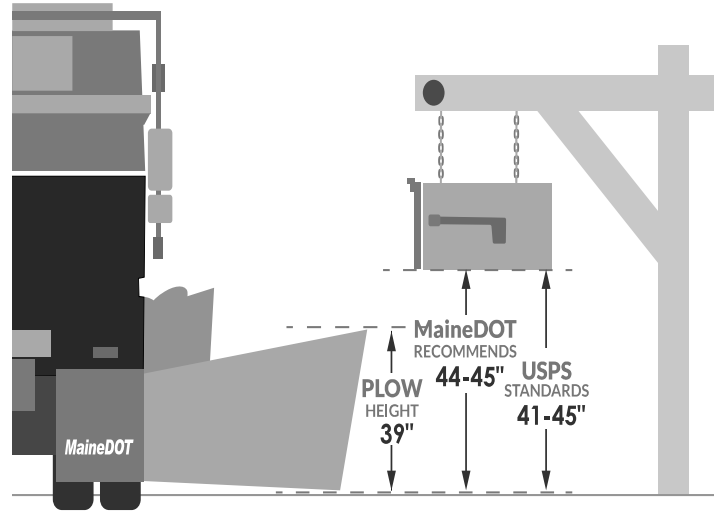
Acceptable Mailbox Supports



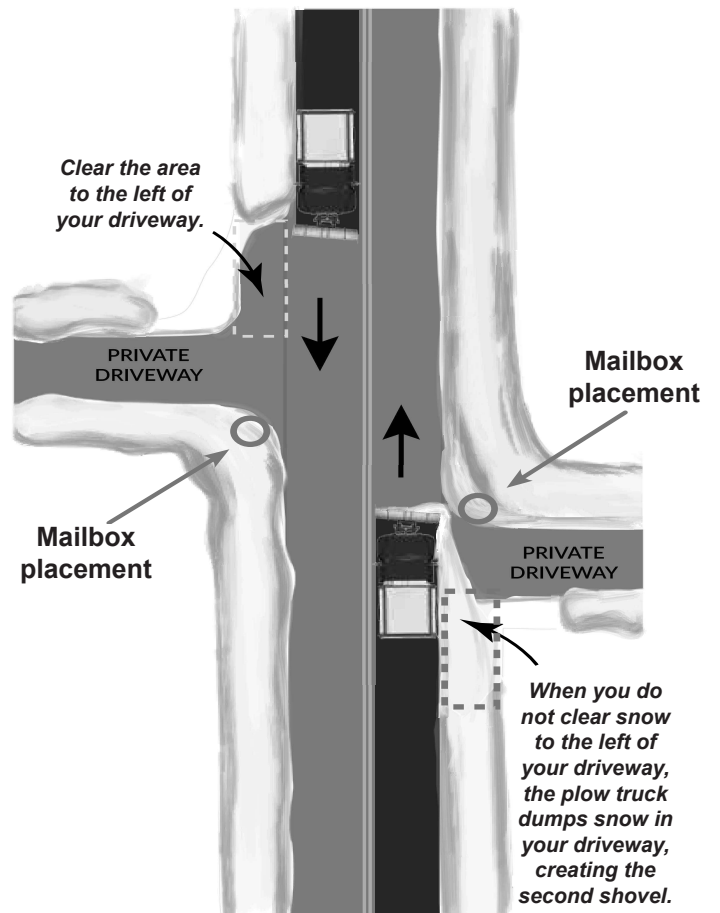
Mailbox Height:

According to USPS standards, a mailbox must be installed so the bottom of the mailbox is between 41 inches and 45 inches above the highway shoulder. MaineDOT recommends the height be closer to the 45-inch measurement to minimize the chances of being struck by the plow truck wing (**fig. f**).

MaineDOT recommends a height of 45 inches above the highway shoulder.



If you live on a state highway or a city street, here's how you can prevent a "second shovel!"



Thoughts on Food and Cooking

By George Oliver

“What Did I Do Wrong?”

Winter for me is a chance to experiment with recipes and try out new dishes. I am inside more than I am outside, so the kitchen beckons and calls. But while more kitchen experiments mean more chances to learn new dishes, it also means more chances for mistakes.



My spouse, Howard, wanted some winter comfort food from his Litvak heritage, namely stuffed cabbage leaves, but I had never made them before. I looked at a number of recipes from old cookbooks and online sites to get a sense of what was required. He tried to remember what he saw his mother doing; he mostly remembered sauerkraut as an ingredient.

Like a lot of traditional peasant food, regional varieties abound: the Polish think their golumpkis (via Martha Stewart) are more authentic and better than Hungarian ones, which are not as good as Howard’s mother’s Litvak version, etc. (My stuffed cabbage can beat up your stuffed cabbage.) So, I tried to take a cross-cultural approach.

What seemed simple enough—cabbage leaves, ground meat, rice, tomatoes, seasonings—turned out to be a time-consuming prep ordeal.

First, I had to loosen the cabbage head in boiling water and peel off leaves without ripping them. Then cook some rice (or not, according to some traditions), mix with raw ground meat (beef, pork, lamb, or a combo?), sauté onions (and peppers, celery, nuts?) and spices (which to choose?).

Then I recooked the loose cabbage leaves so they could be rolled, trimming off the thick stems. I made a quick tomato sauce with canned tomatoes. Finally, we filled the leaves with the rice and meat mix and rolled and tucked them closed. We found a heavy covered baking dish for our 20 or so rolls.

Three hours later, I had some semblance of stuffed cabbage rolls, but they were dry and the taste was just meh. No character. I could imagine Howard’s mother rolling her eyes and listing everything I did wrong. We had stuffed a lot of cabbage leaves but were not anxious to share our experiment with friends.

OK, Ma, what did we do wrong?

The list of mistakes was large—we did not precook the cabbage enough, our ground beef was too-lean (our fancy 93%), we should not have cooked it on the stovetop with two layers, we needed to have added more moisture, our tomato sauce was too thick and rich, etc. The et cetera here also includes my culinary arrogance thinking that Mr Chef could wing this, and that Howard’s faulty memory of his mother’s cooking was reliable information.

So, what do we do with 20 large cabbage rolls that were not calling us to dinner? Easy. When you mess up a dish, you have two choices, change the name, or turn it into something else.

Changing the name would not fool anybody, least of all us. So, we made soup out of it.

I chopped the rolls up well, dumped them into a large pot of chicken stock, added some more seasonings, some sauerkraut (to appease Howard’s mother’s spirit), and simmered for another half hour. Voila! A very good pot of stuffed-cabbage soup, perfect for the cold weather. We even served some to friends, who commented on how good it was.

Here is the cooking lesson: while it is fun to experiment in the kitchen, if the final result does not turn out the way you expected, turn it into soup! Maybe there is a life lesson here, too.

For comments or suggestions, email me at golivergo5@gmail.com.

Bowdoinham Municipal Directory

Town Office

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

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

Recycling

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

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

Bowdoinham Public Library

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

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

Animal Control

666-3127

Fire and Rescue

666-3505 (non-emergencies)

Public Works

666-3503

Sagadahoc Sheriff Dept.

443-8201

Water District

(Payments Due Quarterly)
737-4721

THE BOWDOINHAM NEWS

Community Calendar

March

- 1 Ice & Smelt Festival 10 AM - 6 PM
- 1 God Invented Chocolate - Fire Dept. 12:15 PM
- 9 Lessons From the Hive -Kendall Room 6:30 PM

April

- 4 Edible Book Festival - Meerymeeting Hall
- 18 Bulky Waste Day/Roadside Cleanup 8 AM - 2 PM

May

- 1 Tax Payments Due
- 2 Library Dahlia Tuber Sale - Town Hall 10 AM - 3 PM

Town Board and Committee Meetings

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

Select Board

2nd and 4th Tuesday of month

Planning Board

4th Thursday of month at 6:00pm

Advisory Committee on Age Friendly Bowdoinham

2nd Monday of month at 1:30pm

Cemetery Advisory Committee

1st Thursday of month at 4:00pm

Comprehensive Planning Committee

2nd Wednesday of month at 6:00pm

Community Development

Advisory Committee

1st Tuesday of month at 6:30pm

Solid Waste Advisory Committee

TBA

Town Hall Committee

4th Wednesday of month at 2:30pm

Emergency Medical Services

TBA

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

Town of Bowdoinham
13 School Street
Bowdoinham, ME 04008

PRST STD
U.S. Postage
PAID
PERMIT # 2
Bowdoinham, ME
04008

ECRWSS
Postal Customer