



THE BOWDOINHAM NEWS

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May - June 2026

Creating Beauty from What's Broken

By Lisa Wesel

The Gift Shop is a source for more than just clothing and houseware. Artists and craftspeople find fabric, yarn, and other decorative items to incorporate into their work. Even things that seem to have no use left in them can find a second life in the hands of an artist.

Linda Herschenfeld has been a mosaic artist for about 30 years, scouring second-hand shops and recycling centers—including the Gift Shop—for cracked and broken plates and little oddities that she then breaks into smaller pieces and reassembles into patterns of color that speak to her.

She started by covering the walls of the mud room in her Dresden home, then pieces of plywood that her husband framed for her. She mosaiced one wall of a meditation treehouse that her husband built for someone and gradually started creating and selling smaller pieces in frames that she also sources second hand.

"I love the aspect of being able to make things from what others have discarded," she said. "Making them came first; selling them came second."

She sets aside time to break the plates into small fragments—not her favorite part of the process—and then sorts the pieces into jars by color. She initially focused on creating abstract designs, then started placing found objects in the center of a piece-stained glass rabbit, small animal figurines, teapot spouts that look like elephant trunks—and creating a collage around it with bits of broken pottery or buttons.

She recently started experimenting with different background materials, including flattened spice tins, and interesting food labels.

"It's very meditative," she said of the process. "It's like doing a puzzle: You have to find just the right pieces to fit."



Linda's work is for sale at Monkintree at 263 Water St. in Gardiner.

In other news, the Gift Shop is considering extending its hours during the summer by opening from 4-6 p.m. on Tuesdays, but that would require at least four additional volunteers. If you are interested in helping out, please contact our volunteer coordinator, Cyndie Lamoreau, at skelton1905@yahoo.com or 207-208-6133.

And finally, we are having another spring plant sale on May 16. Please donate extra seedlings to the cause and come to sale to shop for the variety you do not already have. Watch our Facebook page for more updates.

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 new developments.

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The Town Hall Is Alive Again – and You’re Part of Its Story

With the arrival of warmer weather, Bowdoinham’s Town Hall has truly come back to life. From community meetings and workshops to local events—and even an upcoming wedding—the Hall is once again a place where memories are being made and shared across generations.

While the building looks beautiful today, there is still important work to be done. Projects such as painting the tower, restoring the landscaping, and improving acoustics will help preserve this historic space for years to come. To complete these improvements, the Town must raise approximately \$25,000 through the generosity of residents and local businesses.

To recognize those who help make this possible, a local craftsman is creating a Legacy Wall plaque to be permanently displayed in the Town Hall. Donors of \$500 or more will be honored with their name or a dedication to a loved one engraved on the plaque, creating a lasting legacy within this cherished building.



How to Give

- Donations may be delivered or mailed to:

*Bowdoinham Town Office
Attn: Admin Assistant
13 School Street, Bowdoinham*

- Contributions can also be made online through the Town of Bowdoinham website at bit.ly/4cMFkWD

Your support helps ensure the Town Hall remains a vibrant, welcoming place for community gatherings today and for generations to come.

Bowdoinham Farmers Market Returns June 6

The Bowdoinham Farmers Market returns to Maily Waterfront Park on Saturday, June 6, welcoming the community for another season of local food, farming, and creativity.

The market will be held every Saturday from 8:30 a.m. to noon, offering shoppers a wide selection of fresh and locally produced goods. Vendors will feature freshly baked bread, organic vegetables, grass fed meats, milk and cheese, prepared snacks, flowers, seedlings, fresh fruit, hot sauce, and a rotating assortment of handmade and artisanal products.

Many familiar characters will be back to start the season, along with several new faces too. Why not make the Bowdoinham Farmers market part of your weekend routine.

Want to know what to expect? Sign up to receive a weekly preview of vendors and products, by emailing



bhamfarmersmarket@gmail.com. Updates and announcements are also shared on the market’s Facebook page.

The Bowdoinham Farmers Market takes place at Maily Waterfront Park. The market runs Saturdays from 8:30 a.m. to noon throughout the season.

Host Your Next Event at Bowdoinham Town Hall



Centrally located and easy to access, Bowdoinham Town Hall combines historic charm with practical amenities making it a perfect setting for everything from intimate gatherings to larger community events.

Interested in renting the space or checking availability? The Town Office staff are happy to help with scheduling details, guidelines, and fees.

Call: (207) 666 5531 ext. 109 or email adminassistant@bowdoinham.com

We look forward to helping you create a memorable 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

Summer Youth Art Installation

Leah Dence, Merrymeeting Arts Center

The Merrymeeting Arts Center is hosting a community group project with the students of the Bowdoinham Community School to create a sense of unity. The students will collaborate on this year’s field day to make a series of paintings based on 3 themes; Care, Focus, and Responsibility. Banana Banners will then turn these into 3 banners to be displayed outdoors in town and enjoyed by the community throughout the summer.

Dates You Won't Want to Miss

Summer will be quickly upon us and with it comes a full bucket of family fun events.



Farmers Market

returns on Saturdays to the Maily Waterfront, starting June 6th 8:30am - Noon.

Concerts in the Park Series will be starting on July 5th with Cilantro. Enjoy music and food every Sunday night at 6 pm at the Gazebo in the beautiful Maily Waterfront Park.

Open Farm & Studio Day is Sunday, July 26th. Visit local farms, take part in art exhibits, enjoy local produce, products, and events. Farmers and Artist planning to participate please register online by May 15th at www.bowdoinham.com/page/2026-open-farm-studio-day

Celebrate Bowdoinham will round off the summer on Saturday September 12th. The ducks are in training, anxiously awaiting the big race and counting on your participation to make the 2026 celebration a year to remember.

There are so many ways to be part of the fun! Build a parade float, volunteer alongside neighbors, test your skills at lobster crate running, rent a booth (or rally your favorite local artists to join in), play games, shop town merchandise, enjoy great music and food, and spend a joyful day on the river with friends and family. Finish the day enjoying fireworks.

Open Farm & Studio Day Returns July 26

Registration is now open for Bowdoinham's annual **Open Farm & Studio Day**, taking place **Sunday, July 26**. Local farms and artisans are invited to participate and showcase their work to the community and visitors from across the region.

This year's event will receive extensive print and digital promotion. Coverage will be included in local print publications and the Summer in Maine insert, which is distributed in all six of Maine's daily newspapers: the *Lewiston Sun Journal*, *Brunswick Times Record*, *Portland Press Herald*, *Kennebec Journal*, *Morning Sentinel* (Waterville), and the *Bangor Daily News*. The insert will also be available free of charge at all seven Maine Tourism Information Centers along the I 95 corridor, from Kittery to Houlton. Additional promotion will include placement in the July/August Bowdoinham newsletter and targeted Facebook advertising.

Don't miss the opportunity to be part of one of Bowdoinham's signature summer events—participants must register by May 15 to be included in event promotions. Artisans and farmers are encouraged to collaborate for the event. To register please visit: <https://forms.office.com/r/SmbGU4pM31>

For more information, contact Yvette Meunier, Director of Planning & Development at planning@bowdoinham.com.



UPCOMING ELECTION DATES

Elections are your chance to make your voice heard and help shape the future. Your vote truly matters.

MSAD 75 District Budget Meeting

May 21, 2026 at 6:30 pm
Orion Performing Arts Center
66 Republic Avenue,
Topsham, Maine

June Elections

June 9, 2026 8 am to 8:00 pm
Bowdoinham Community School
23 Cemetery Road,
Bowdoinham, Maine

Town Meeting

June 10, 2026 at 6:00 pm
Bowdoinham Community School
23 Cemetery Road,
Bowdoinham, Maine

If you are new to Bowdoinham or have not registered to vote, you can do so at the Town Office or online by visiting <https://registertovote.sos.maine.gov>

Samples of the June Ballots and Town Meeting Warrant will be available to view on the Town's website at www.bowdoinham.com

Annual Reports will be available at the Town Office near the end of May.

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Open Space Planning with the CPC

Starting this summer, the Town of Bowdoinham will begin developing a new **Open Space Plan** to help guide long-term decisions about conservation, recreation, and future growth. After adoption of the Town's Comprehensive Plan in 2024, the Comprehensive Planning Committee (CPC) surveyed the community to identify priority next steps; protecting open space and agricultural resources ranked among the highest community values, leading the CPC to pursue this focused planning effort.

An Open Space Plan is a community informed guide that identifies important lands to protect, opportunities to improve access to nature and recreation, and areas

where development should be thoughtfully directed. This work is being undertaken by the CPC and is fully funded through a no-match Community Resilience Partnership grant. The CPC is currently in the process of interviewing consultants to support development of the Open Space Plan, followed by the preparation of draft ordinance language that aligns with the plan's recommendations. More information and opportunities for public involvement will be shared soon. In the meantime, project updates can be found at www.bowdoinham.com/project/open-space-plan. The CPC meets on the **second Wednesday of each month at 6:00 PM** at the Town Office or via Zoom, and the public is always welcome.

Bowdoinham Is Investing in Its Future:



Beneficial electrification is the strategic shift from fossil fuels to efficient electric technologies *where it lowers overall energy use, reduces costs over time, and improves building performance*—not electrification for its own sake, but where it clearly benefits the community.

Bowdoinham's beneficial electrification strategy follows a deliberate, cost effective sequence: **reduce energy demand first, then electrify**, followed by investing in local energy production. The Town has already completed several energy efficiency upgrades that permanently lower operating costs, including converting municipal streetlights and municipal interior and exterior lighting to LEDs, and improving insulation and windows at the Town Hall. These LED projects alone save the Town approximately **\$9,000 per year in electricity costs**. By lowering energy demand up front, these measures shield taxpayers from rising utility and fuel prices while ensuring future energy investments are right sized and fiscally responsible.

With lower energy demand in place, the Town has taken the next step by electrifying building systems, including the installation of high efficiency heat pumps at the Town Hall and Town Office. Heat pumps provide both heating and cooling using electricity and deliver significantly more usable heat per unit of energy than traditional oil fired systems and air conditioners. The final step in this strategy is gaining greater control over energy costs by **producing our own electricity**. The Town's new 44.5 kW solar array on the Fire Station roof is expected to offset roughly **50% of municipal electricity use**. Generating 44,571 kWh per year. The value of the electricity produced by the array is based on what the Town currently pays CMP for power under the **standard offer plus delivery charges**. At today's rate, the value of the power the system produces annually is **\$10,459 or \$872 per month**. Residents can watch the array produce power in real time through the public monitoring portal at: <https://bit.ly/3OWpgcZ>

Recycling Dos And Don'ts

DO review your recycling bags or bins each time you recycle, particularly if you share your household or have had visitors. Recycling guidelines vary by location, and others may not be familiar with what items are recyclable in your area.



DON'T place used paper plates, paper cups, tissues, napkins, or paper towels in recycling. Items that are soiled with food, grease, chemicals, or bodily fluids **are not** recyclable and should be disposed of in the trash.

Additional recycling DOs and DON'Ts will be shared in a future issue.

Trek Across Maine Coming Through Bowdoinham

Bowdoinham residents will see an increase in cyclists coming from Topsham **through Bowdoinham on Rt. 24 to Rt. 125** heading to Bowdoin on **Friday, June 19**, as the **42nd annual Trek Across Maine** rides through town during daytime hours. Approximately **700 cyclists**,

supported by volunteers and event vehicles, will travel through Bowdoinham as part of this three day fundraising event benefiting the American Lung Association. No road closures are planned, and riders will keep right and share the road. Motorists are asked to use caution and be mindful of cyclists as they pass through. Community support and cheers are welcome!



Profile of Services Provided to Bowdoinham

By Wendy Rose

While there are many organizations that provide needed services to citizens in Bowdoinham, there are five organizations that have requested financial support through our town budget. Since we will be voting on this budget at the Town Meeting on Wednesday, June 10th, the profiles below will provide some details about each organization and their request.

Sweetser

The goal of Sweetser is to provide hope and healing for people struggling with mental health and substance use issues. Their aim is to build skills and help residents to take steps towards stability.

Sweetser's local clinic is located at 329 Bath Road, Brunswick. People can call at any time (1-800-434-3000) or walk in for same-day services. These services include crisis stabilization, mental health support and guidance, and substance use services. Sweetser also works with families who have children with mental health needs. A mobile crisis unit is also available 24/7. By calling or texting the number 988, a mobile unit can be sent out to any location to help with an escalating crisis.

Another aid is a peer support help line number (1-866-771-9276), where callers can talk with trained counselors who have experienced mental health challenges themselves and who can speak from experience. This help line received 38,000 calls last year. This number has been increasing every year.

They also have a private, non-medical institution residence in Topsham (PNMI) for people with major mental illness.

Last year, Sweetser served 63 Bowdoinham residents, which added up to \$160,000 worth of care. \$18,000 of that was not covered from any source. They are asking Bowdoinham to contribute \$1,000 to help fill that gap. You can learn more about their services at their website, sweetser.org.

New Hope Midcoast

Now in its 45th year, New Hope Midcoast provides comprehensive services for victims of domestic abuse, dating violence, and stalking. Services include a 24/7 helpline

(1-800-522-3304), residential support like emergency shelter and transitional housing with case management, legal advocacy, support groups, and presentations to raise awareness about abuse and how to prevent it.

Their closest office is located at 12 Court Street in Bath. Folks should call first for an appointment. Their hotline number, however, is always active.

During the past fiscal year (October 1 – September 30, 2025), NHM served 7 Bowdoinham residents, 166 people in all of Sagadahoc County, and 1,392 unique clients in their four-county service area. During this same year, staff provided a total of 2,245 shelter nights and saw 4,527 people at their trainings and presentations. They are asking for \$280 from Bowdoinham based on the number of residents they served last year.

New Hope Midcoast believes that a life free from fear and oppression is a fundamental human right. For more information visit their website at newhopemidcoast.org.

Spectrum Generations

Spectrum Generations is the name for the Central Maine Area Agency on Aging. Their mission statement says, "As one of the leaders in the aging community, it is our mission to provide life-long learning, health, wellness, nutrition, community engagement and the social well-being of all older and disabled adults in our communities."

While they are based in Augusta, there is also an office in Brunswick at 35 Union street (729-0475). Their services address aging and disability needs. Many of the services aim to help older adults stay in their home for as long as possible. Examples of their services include:

- Personal care services
- Homemaker services
- Meals on Wheels
- Respite care for those caring for loved ones
- Adult day care

During their last fiscal year, they helped 37 Bowdoinham citizens. You can find out more at their website, spectrumgenerations.org or by calling 1-800-639-1553.

Kennebec Behavioral Health

KBH provides mental health and substance use disorder services. People struggling with these issues can turn to KBH for counseling, peer support, school-based care, and recovery services. If anyone is in the middle of a crisis, they can call KBH's Maine Crisis Line 1-888-568-1112 for help. They also have peer support for parents who are caring for children with behavioral health issues.

The Village Clubhouse in Topsham is one of KBH's programs for adults with mental illness. Through the Village Clubhouse, KBH works to improve the quality of life for Clubhouse members by providing employment, education, wellness, and social opportunities.

Coming up on May 9, Kennebec Behavioral Health (KBH) invites children, caregivers, educators, and community members who serve as trusted adults in children's lives to a special free screening of a beloved Pixar film, "Inside Out 2" which centers on "big emotions." The film screening will be hosted in Johnson Hall located at 280 Water Street in Gardiner, Maine.

This family-centered event is designed to bring the community together to explore the theme of "big emotions" and better understand the complex emotions children experience. Through the lens of Pixar's engaging storytelling, attendees will gain insight into how emotions shape behavior, relationships, and communication. The screening aims to create a welcoming space for meaningful dialogue.

Last year, KBH served 15 Bowdoinham residents. Their request to Bowdoinham for \$1,040 is based on 5% of the uncompensated care to these residents. You can learn more about KBH through their website, kbhmaine.org.

LifeFlight of Maine

LifeFlight delivers ICU-level care anywhere in Maine to anyone who needs them. The highly skilled crew is equipped with state-of-the-art medical equipment which they bring to patients with the

continued next page

Bowdoinham Food Pantry: Neighbors Helping Neighbors

John Treat, Director

As I write this in early April, there's still a lot of uncertainty about costs of living. It seems likely that prices will continue to climb, making it ever harder to put food on the table. Changes in federal policy over the past year have already made this more difficult for tens of thousands of Mainers, putting additional pressure on food pantries like ours.

Although we at BFP haven't yet experienced the dramatic increases some food pantries have seen, there does seem to have been an increase in the amount of food people seek, and a steady stream of folks seeking help for the first time. We know we can't replace the broader social safety net that public institutions are meant to provide, but we are committed as ever to doing what we can.

Most importantly, those seeking our assistance deserve dignity, consistency, and respect. No one should feel diminished for

needing help. When resources seem scarce and uncertainty is constant, it can be difficult to separate one source of support from another. A missed benefit, a delayed check, or a bureaucratic hurdle can feel inseparable from the experience of receiving food at the pantry.

Our work is made possible by our amazing network of volunteers: the people who do our shopping, transport and process the food donations we receive, stock our shelves, prepare special meals for us, welcome our clients, and make deliveries to neighbors who can't get to the food pantry themselves. They are working parents and grandparents, retired folks, busy singles. In many cases, volunteers quietly cover costs out of their own pockets: fuel for deliveries or shopping trips, kitchen and office supplies, even supplemental food purchases when donations run low or we need something specific for a client with dietary restrictions.

The needs of pantry clients are real, sometimes urgent, and often shaped by frustrations with the shortcomings of more powerful systems and institutions. For volunteers, this can be one of the hardest aspects of our work. They aren't just distributing food; they're often navigating emotions under stressful conditions: emotions of embarrassment, confusion, frustration, sometimes anger. They do so without compensation, and often without the recognition they deserve. Between you and me, they're kind of heroes.

Our New Partnership with Bowdoinham Community Connections

In an effort to help navigate these uncertain times, we are pleased to be launching a new partnership with Bowdoinham Community Connections. Bowdoinham Community Connections is a free project of the town of Bowdoinham, helping residents identify and access public programs and community resources, connect with neighbors, forge new friendships, and more. In the coming weeks, we will be combining forces to make sure our food pantry clients are getting what they need from us, but also accessing other programs or services they may find useful. At the same time, we hope to make sure that neighbors who reach out to Community Connections for help also know they are welcome at the food pantry if they need us.

If you or someone you know needs assistance with food, please get in touch. To learn more about Bowdoinham Community Connections, please visit their webpage on the town website: www.bowdoinham.com/page/bowdoinham-community-connections

To all of you who support our work, in whatever way you do, please know how grateful we are. Together we're stronger.

Profile of Services Provided to Bowdoinham

continued from page 5


speed of a helicopter, airplane, or ground ambulance. "We give people in Maine facing critical illness or injury their best chance on their worst day," according to their website.

As a part of their services, LifeFlight transports critically ill or injured patients of all ages needing specialized care beyond what can be provided by local hospitals. These include premature infants, cardiac and stroke patients, and people experiencing a complex traumatic injury, organ transplant, sepsis, burns, and serious obstetric complications. Emergency medical providers are guided by state-mandated protocols based on the

latest research and best practices.

LifeFlight cares for all patients regardless of a person's insurance status or ability to pay. They contract with all major payers including Medicare, MaineCare, and commercial insurers. In the last 27 years, LifeFlight has transported 43 patients from Bowdoinham. Each transport represents someone whose life depended on the speed, skill, and ICU-level care their team delivers. They are requesting \$762 from Bowdoinham to help cover unreimbursed costs.

Their emergency flight request number is 888-421-4228 and their website is lifeflight.me.



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New Fire Engine for Bowdoinham

The new engine authorized at the 2024 Town Meeting formally arrived in Bowdoinham on March 25, 2026. The Town signed a contract in late September of 2024 at which time we were given a delivery window of 12-18 months. There were a few minor delays due to the availability of the pump, so our build did not actually get rolling until July of 2025. Once the truck hit the fabrication shop in Georgia it progressed quickly and in December of 2025 it moved to upfitting plant in Pennsylvania for addition of the lighting, SCBA seats, lettering etc... Once those components were installed, tested and certified, it was moved to the Bulldog Apparatus facility in Woodville, MA for any change orders and final inspection before delivery.

For those that are curious, the truck is 45,000 lb. GVW with a single axle FC-94 Spartan 4-door chassis, a Cummins L9 380 HP motor, and an Allison 3000 EVS transmission. It is equipped with a 1500 GPM Hale pump, carries 1000 gallons of water and 20 gallons of firefighting foam.



Throughout the months of April and May we will finish moving equipment and loading new hose as well as training on all aspects of the truck to get it placed into full service as quickly as possible.

The fire department took our fiscal responsibility seriously and designed a truck without a lot of bells and whistles but included all our requested design features. We are confident that it will serve the community well for the foreseeable future.

Budget Message

The proposed FY26-27 budget is designed to sustain the programs and services Bowdoinham residents rely on, while continuing our investments in capital improvements, technology, and our workforce. Our goal remains to deliver the highest level of service possible within the Town's available financial resources.

The budget development process begins with the receipt of budget requests from Department Heads, followed by the Town Manager's review. The budget is

then submitted to the Finance Advisory Committee, then the Select Board and lastly submitted to the voters for final adoption at Town Meeting.

The proposed budget reflects a \$198,064 decrease in the net budget, therefore there would be no increase in property taxes due to the Town's Municipal Budget. While the department expense budget has a proposed increase of \$161,328 (3.8%), that proposed increase is offset with an increase of \$358,092 (17.2%) in estimated revenues. The three revenue

lines showing the most significant growth are Municipal Revenue Sharing (up \$250,000), Automobile Excise (up \$50,000), and Investment Income (up \$25,000). The proposed municipal budget is available on the Town's website at www.bowdoinham.com/townmeeting2026.

While the municipal budget, as proposed, would decrease the tax rate, we are expecting an increase in both the school and county budgets, which would increase the tax rate.

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THE BOWDOINHAM NEWS

From the Office of Code Enforcement

Dear Bowdoinham Residents,

As we look ahead to another season in our beautiful town, this is a gentle reminder to take a moment to look over your property and ensure it is in good order. A tidy property not only keeps Bowdoinham looking its best, but it also helps protect our natural resources, supports good neighbor relations, and keeps everyone in compliance with the Town's **Land Use Ordinance**.

Why Property Clean-Up Matters

The Land Use Ordinance sets clear expectations for how properties should be maintained to avoid creating health, safety, or environmental hazards. For example, the ordinance regulates the outdoor storage of unused or unmaintained vehicles, machinery, equipment, debris, and other materials that may qualify as **waste or nuisance yards or junkyards** if not properly managed.

In addition, all land uses are required to avoid conditions that can pollute or degrade water quality—such as unsecured waste, leaking fluids, or debris that may wash into ditches, streams, or wetlands. Maintaining clean, orderly grounds helps uphold these standards and protects the Cathance River, Merrymeeting Bay, and our shared environment.

What You Can Do

We encourage all residents to take some time this spring/summer to:

- **Remove old, unused, or unregistered vehicles and equipment** unless stored lawfully and out of public view.
- **Organize outdoor materials or firewood** neatly and away from property lines.
- **Dispose of debris and scrap properly**, including yard waste, construction leftovers, and metal.
- **Check for items that could blow or wash off your property**, especially plastics, chemicals, and trash not stored in a container.
- **Maintain vegetated buffers**, especially near streams or wetlands, to prevent runoff and erosion.

- **Ensure exterior storage is screened or buffered**, as required for many uses, so nearby properties are not impacted.

A well maintained property supports both the character of our rural town and the health of our ecosystem.

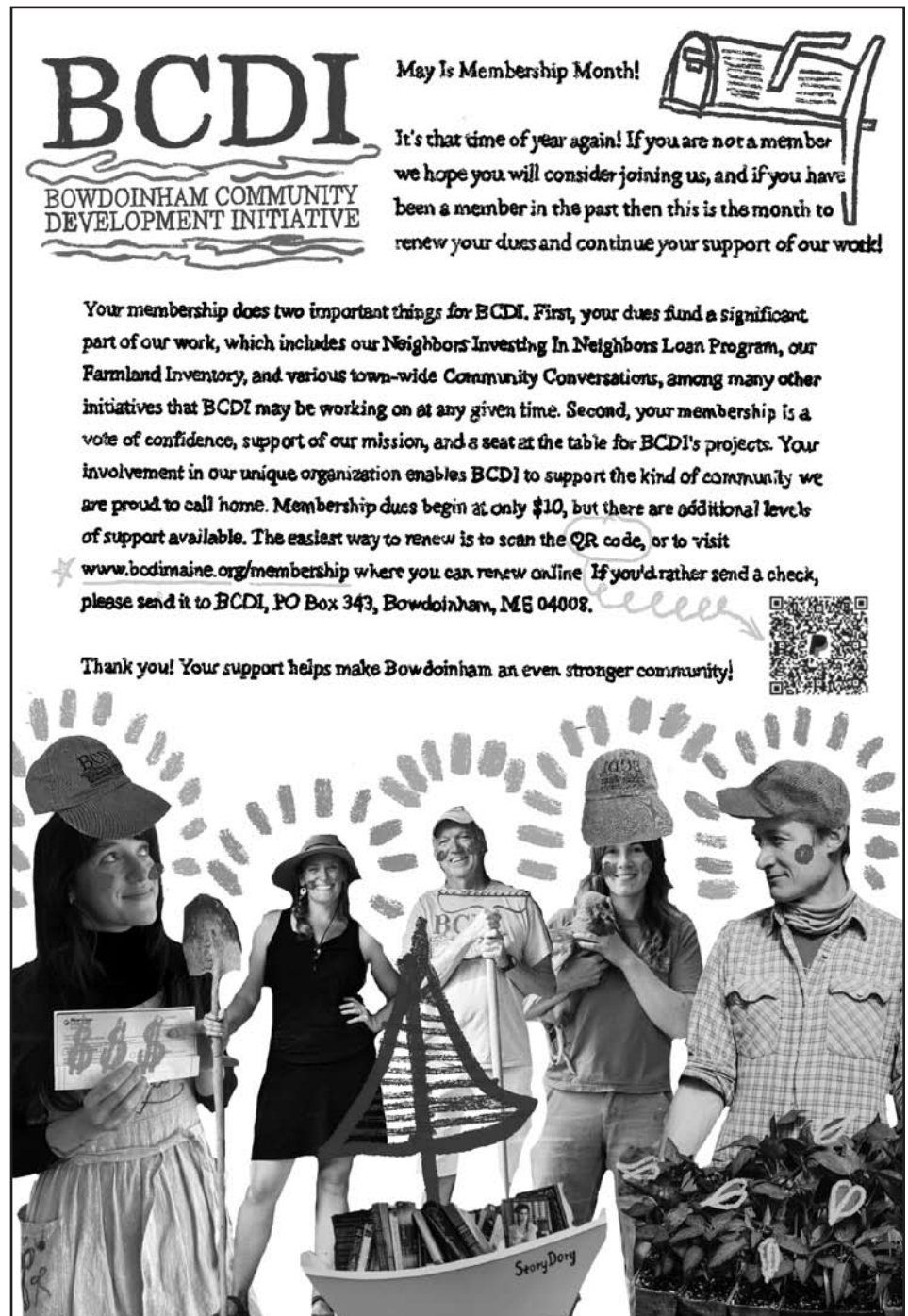
Need Assistance or Have Questions?

If you are unsure whether certain items or conditions on your property may fall under the ordinance, or need guidance on disposal options, please contact the Code

Enforcement Office. We are here to help — and we appreciate everyone's cooperation in keeping Bowdoinham safe, healthy, and beautiful.

Thank you for doing your part!

Warm regards,
Jason Lorrain
Code Enforcement Officer/LPI
Town of Bowdoinham
ceo@bowdoinham.com





BCDI
BOWDOINHAM COMMUNITY DEVELOPMENT INITIATIVE

May is Membership Month!

It's that time of year again! If you are not a member we hope you will consider joining us, and if you have been a member in the past then this is the month to renew your dues and continue your support of our work!

Your membership does two important things for BCDI. First, your dues fund a significant part of our work, which includes our Neighbors Investing In Neighbors Loan Program, our Farmland Inventory, and various town-wide Community Conversations, among many other initiatives that BCDI may be working on at any given time. Second, your membership is a vote of confidence, support of our mission, and a seat at the table for BCDI's projects. Your involvement in our unique organization enables BCDI to support the kind of community we are proud to call home. Membership dues begin at only \$10, but there are additional levels of support available. The easiest way to renew is to scan the QR code, or to visit www.bowdoinham.org/membership where you can renew online. If you'd rather send a check, please send it to BCDI, PO Box 343, Bowdoinham, ME 04008.

Thank you! Your support helps make Bowdoinham an even stronger community!



Ridge Road Cemetery 4-Day Conservator-Led Beginners Workshop

June 12th -15th

The Bowdoinham Cemetery Advisory Committee is pleased to announce that The Maine Old Cemetery Association will hold a 4-Day Conservator-Led Beginners Workshop, led by Professional Conservator Joe Ferrannini.

This workshop begins at 9 am on Friday, June 12th with a classroom workshop at the Bowdoinham Town Hall. From there

participants will move to the Ridge Road Cemetery, where they will have four days of hands-on instruction, learning the proper techniques of historic gravestone conservation.

Documented direct descendants of any person in Ridge Road Cemetery who do not want their ancestor's stone preserved by this group should contact Town Manager Nicole Briand, at townmanager@bowdoinham.com before June 5, 2026.

The Town of Bowdoinham has already authorized the work.

Note there will be a lot of parking around Ridge Cemetery on these days, please execute caution when driving past the cemetery.

For more information or to register for this event visit: moca-me.org/event-6569350

Summer in The Park



Leaves and flowers are sprouting everywhere, and before long the sounds of lawnmowers, weed whackers, chirping crickets and those pesky mosquitoes will fill our warm, sunny summer days.

As the skies turn from gray to blue, it's time to get outside and enjoy all that our beautiful town has to offer. Bowdoinham is blessed with an abundance of natural beauty: rolling farmland, lush woods, scenic hiking trails, two waterfront parks, and winding rivers flowing into our precious gem, Merrymeeting Bay. These natural treasures invite us to get fresh air, unwind after a busy workweek, enjoy nature, and spend time with family and friends.

To keep these special places beautiful, we all need to follow a few simple guidelines. Please clean up after yourselves and your pets, if you pack it in, pack it out. Be courteous to others and stay safe while enjoying the water.

A few things to note:

The docks and shade canopy will be back in place by Memorial Day.

Please stay on the walkways in the new park to give the vegetation time to take root and thrive.

A poster for the Sunday Summer Concert Series. The background is a light gray with abstract, wavy shapes in shades of gray and white. On the left, the text "SUNDAY SUMMER CONCERT SERIES" is written in large, bold, black letters. To the right of this text, the words "FMI & MENU DETAILS:" are written in a smaller, bold, black font. Below this text is a square QR code. In the center of the poster, there is a detailed illustration of a vintage-style microphone on a stand, surrounded by various musical instruments like drums and a guitar. At the bottom of the poster, there is a large, stylized graphic of a person's silhouette in white and black, appearing to be in motion or dancing. The overall design is modern and artistic.

SUNDAY SUMMER CONCERT SERIES

FMI & MENU DETAILS:



7/5 - COUNTRY STORE / THREE ROBBERS PUB
CILANTRO

7/12 - MERRYMEETING ARTS CENTER
BACK WOODS ROAD

7/19 - BCDI
NOVEL JAZZ

7/26 - BOWDOINHAM FOOD PANTRY
ROUGH SAWN

8/2 - HAVEN HOMESCHOOL COLLECTIVE
RED BEANS AND RICE

8/9 - BOWDOINHAM PUBLIC LIBRARY
DYSFUNCTION JUNCTION

8/16 - BOWDOINHAM ROWING CLUB
HERON HEMINGWAY

8/23 - BHAM COMMUNITY CONNECTIONS
LEOPARD GIRLS

8/30 - COUNTRY STORE / THREE ROBBERS PUB
MAGIC EIGHT BALL

Merrymeeting Arts Center

By Jen Kelley

Here at the MAC, our mission is to make art accessible to everyone. And as you will see we have a summer packed with activities to choose from! Classes for all ages and skill levels, art exhibitions that celebrate and explore the photographic arts, weekly pottery studio sessions, and an artist roundtable.

For all up-to-date announcements throughout the year, follow us on Facebook and Instagram!

EVENTS:

Artist Roundtable
May 28

Creating art is often a solitary act, but discussing it is a communal one. Our Monthly Artist Roundtable is a dedicated evening for visual artists, illustrators, and creatives to step out of the studio and into conversation.

WEEKLY:

Open Pottery Studio Sessions

Mondays 4-6pm, 6-8pm
Wednesdays 6-8pm
Saturdays 9-11am

Whether you are a seasoned potter or someone who has never touched a wheel, our Open Pottery Studio welcomes you. Every week, we transform our space into a sanctuary for creativity, connection, and quiet focus. No appointments needed. No pressure to produce perfection. Just you, the clay, and the gentle hum of wheels spinning.

EXHIBITS AND SHOWS:

5/2-5/23 Photographer Molly Hogan will have a solo exhibition of her work.

Opening Reception: Friday, May 1 from 5:30-7:30pm, with gallery hours Saturdays from 10am-2pm.

6/6-6/27 "Nature's Mirror", photography by Steve Hill.

The artist states "I reflect the beauty that surrounds me, and it's everywhere."

Opening reception: Friday, June 1 from 5:30-7:30pm, with gallery hours Saturdays from 10am-2pm.

CLASSES

"Coptic Bound Journals"

with Anna Low
May 2nd from 12-5pm
Ages 16+
Regular Class Fee: \$60

(includes hand tools and supplies)
Learn the ancient art of classic bookbinding stitching - coptic binding - by constructing and sewing a blank book together. You will leave class with your own notebook, binding instructions, and the knowledge to continue making books at home. This class is open to ALL skill levels from beginner to the experienced.

"Create your own Collection Book"

with Anna Low
May 29th from 4-6pm
Ages 8-15
Regular Class fee \$20
(supplies included)

Come learn how to make a fun, folded book you can use to collect notes, doodles, cards, or small treasures! We will start with a big sheet of paper and fold it into an accordion book with pockets. We will fold a cover for your book and then play around with fun paper stuff to put in the pockets. You will go home with your new 'collection' book and instructions on how to make more.

Photography Mini Camp

with Leah Haraden

Session One:
June 23rd and 25th, 1-3:30pm
Session Two:
July 28th and 30th, 1-3:30pm
Ages 8-15
Class fee: \$30

Your child will learn about the artistic side of photography using good composition techniques, available light through hands-on practice with a variety of challenging subjects and in-class assignments. Students must provide their own camera, be it digital, film or even a smartphone. The student's work will be proudly presented at a gallery exhibition in September. For an additional \$10, each student can have at least one professionally-printed image to keep.

SUMMER CAMPS

In partnership with the Bowdoinham Rec Department and supported by the MAC, our experienced educators and artists are holding three sessions at the Bowdoinham Community School for different age groups.



For more info, you can either visit artandnaturecamp.my.canva.site, or use your smartphone to scan the QR code.

Art and Nature Camp with Katie Hudak and Julia McLeod

July 20-24 OR August 3-7
from 9am-3pm
Ages: rising 1st-5th graders
Class fee: \$250 for the week
(Scholarships available)

Art Camp with Katie Hudak, Catherine Scanlon, and Leah Haraden

August 10-14 from 9am-3pm
Ages: rising 5th-9th graders
Class fee: \$250 for the week
(Scholarships available)

Merrymeeting Trail Receives Federal Planning Grant

The Town is pleased to share that it has been awarded a \$750,000 federal Rural and Tribal Assistance grant from the U.S. Department of Transportation to advance planning and preliminary design of the Merrymeeting Trail.

This was an extremely competitive award: only 49 projects were selected nationwide out of 799 applications, with Bowdoinham's project chosen as one of just 31 rural community awards — and the only one in New England. The grant requires no local match and will fund final engineering, design, and public engagement for an approximately 8.5 mile trail segment connecting downtown Bowdoinham to downtown Richmond, positioning the project for future construction funding.

Once a contract with the federal government is signed more information will become available about the timeline for this project. For more information and project updates visit: bowdoinham.com/project/merrymeeting-trail.

Peary's Garden

Lily Montgomery

Lots of exciting things are happening at Peary's this spring as we head into our ninth season of gardening! We've got a great group of gardeners again this year and can't wait to see everyone's plots fill again with beautiful flowers, vegetables, and fruits. We still have space for a few more members - please reach out if you're interested!

We are thrilled to again be participating in the Not Your Mother's Garden Tour on Saturday, July 11th. We'll be offering self-guided tours and all-you-can-eat pizza fresh from the oven. We welcome all to enjoy our pizza buffet, a drink and a sweet treat (\$15/per person) while strolling through the garden and admiring all of our hard work. Stay tuned for more ticketing information in the weeks ahead.

We are seeing increasing pest pressure in the garden each season from deer, woodchucks and other critters and are in need of a more robust fence for the perimeter of the garden. We are putting a call out for volunteer fence builders - if you or someone you know has equipment, time, and expertise in this area, please reach out!

If anyone from the community is interested in hosting an event at the pizza oven, please get in touch! We'd be happy to train you and serve as a gathering spot for your party, community event, or fundraiser.



Peary's garden is open to any and all who are interested in growing their own food. Plots are 10'x 25' and cost \$50 for the season. Half plots are available as well (\$25), and we are happy to waive the fee if cost is an issue. Membership to the garden includes water access, seeds, tools, organic fertilizer, manure, compost, and advice if needed. We also have a beautiful brick pizza oven at Peary's where we host several potlucks for our gardeners each year.

Peary's is a family-friendly place, and we welcome gardeners of all ages and abilities. Please reach out if you have any questions at all or are interested in gardening with us!

Brian Smith + Lily Montgomery
Email: pearysgarden@gmail.com

Morning Jo

By Jo Werther



The Forgiveness Dilemma.

Forgiveness: Sometimes it's easy. Sometimes it seems impossible. It can feel like a dilemma. Misconceptions about forgiveness abound. The biggest one? The belief that forgiveness is about the other person. In fact, it isn't.

Forgiveness Isn't For Them; It's For You.

It's common to believe that forgiving someone "lets them off the hook." It's tempting to think that forgiving is tantamount to saying that whatever the other person did to hurt us was okay. Have you ever thought something like, "I'm never going to give them that satisfaction!" But this belief is a myth. Certainly, the insult we experienced was not okay. But only we have the power to reduce and even release the suffering we continue to experience as a result of it.

Stop Holding Onto A Hot Coal.

In practical terms, the purpose of forgiveness is to reduce your own likelihood of suffering over and over again every time you remember and re-live what they did to you.

The Hidden Gift Of Forgiveness.

Try thinking of forgiveness this way: it is not a "get-out-of-jail-free" card for the person who hurt you but rather a gift you have the power to give to yourself. It is the permission to reclaim the freedom to resume enjoying your own life.

Forgiveness Is A Process, Not An Event.

It's only natural to have waves of anger, sadness, blame, and shame. Thank goodness that waves pass. They may come again. But they will also pass again. Thus forgiveness is less of a destination and more of an intention, a state of mind, a meditation, or a prayer that we can practice one moment, one step, and one day at a time. Be gentle. Because you're only human.

As always, remember to breathe.

Happy Summer!

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

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THE BOWDOINHAM NEWS

UPCOMING EVENTS at the Bowdoinham Public Library

By Kate Cutko

Saturday, May 2: Dahlia Sale,
Bowdoinham Town Hall, 10am-3pm

Hundreds of Dahlia varieties, over 2,000 tubers. All tubers \$8 each.

**Wednesday, May 13: Author Talk:
Maureen Groden -
When a Loved One is Dying**
Kendall Room, Coombs Municipal
Building, 2:00 pm

The author shares her experiences from her career as a Hospice nurse. Join us for an intimate reading and conversation centered on her recently published book - *When a Loved One Is Dying*:

Conversations about Care, Connections, and Coping. The event includes time for questions and a book signing. We invite you to be part of this meaningful gathering.

Saturday, May 30, Puzzle Race.
Merrymeeting Hall, 27 Main St.
4pm-7pm

Teams of four race to complete a 500-piece jigsaw puzzle. Kids division (12 and under) complete a 300-piece puzzle. Join us for a chili supper after the race. Space is limited. Call the library to register your team. \$20 per person. (kids' team is \$20 per team)

**Monday, June 1: Introduction to
Beekeeping**

Kendall Room, Coombs Municipal
building, 6:30pm

Frank Drummond, retired Professor of Entomology and the library's resident beekeeper tells us what to consider before getting into raising honeybees in Maine. If weather allows, participants will get a chance to put on a bee suit and interact with a live bee colony.

**Save the Date! Library Garden Tour,
Saturday, July 11**

Contact the library for volunteer opportunities.

Dandelion Spring Farm & The Hive

We're home to Dandelion Spring, a certified organic vegetable farm, and The Hive, a gathering space on Ridge Road — just two miles from Exit 43. Together, these spaces are rooted in a shared goal: making plants, connection to land, healthy food, and community more accessible in everyday life.

**Plant Sale – May 30 & 31
(9am-12pm)**

A seasonal offering of culinary and medicinal herbs (annuals and perennials), along with baked goods from Greenmother's Gift. For many, this sale is the starting point — a chance to bring plants home and begin (or deepen) a hands-on relationship with herbs.

**Herbal First Aid Series –
First Thursdays, May–August
(5pm-7:30pm)**

Join Bowdoinham clinical and community herbalist Quincy Brimstein for a four-part series designed to prepare and empower you to respond to the unexpected. Each class includes practical skills, thoughtful discussion, and a hands-on medicine-making component to help you build your own herbal first aid toolkit.

**Taco Nights – Third Thursdays,
June–September**

Evenings on the lawn with food, live music, and community. We'll be joined by Kathleen McGee (of Cribstone), and



we invite you to bring a chair or quilt and settle in. Some of our favorite moments from last season were simply neighbors and friends gathering, reconnecting, and enjoying the land together. Advance sign-up is appreciated; your reservation fee can be used toward a beverage.

As we write this in early spring, more workshops and events are taking shape for the season ahead. We hope you'll join us — whether to learn, gather, or simply spend time here.

Stay Connected

Sign up for our newsletter:
DandelionSpringFarm.com

Instagram: @dandelionspringfarm

Please help spread the word by sharing with friends, neighbors, and your wider circles. And if you have an idea for a public or private event, we'd love to hear from you.

Mooring Applications Are Due

Mooring a vessel within Bowdoinham waters requires prior approval and a written permit from the Harbor Master. Mooring permits must be renewed annually by May 1; failure to renew will result in forfeiture of the mooring.

If you have not yet submitted your application, please do so promptly. Applications are available on the Town website under "Harbor Master" or at the Town Office.

Inner Harbor: Annual registration fees are \$50 for residents and \$100 for non residents.

Outer Harbor: Annual registration fees are \$100 for all moorings located on Merymeeting Bay or near Brick Island, and \$10 for resident shorefront owners. (A U.S. Army Corps of Engineers permit is required for rental moorings.)

All permitted moorings must display the assigned identification number in legible numerals at least three inches high. Mooring assignments are non transferable, and all moorings must be inspected every two years.

Watercraft may not remain on moorings between November 1 and May 1. After

November 1, vessels may be removed at the owner's expense unless prior arrangements have been approved by the Harbor Master.

Copies of the Harbor and Waterfront Rules and Regulations, as well as new and renewal applications, are available at the Town Office and on the Town website at www.bowdoinham.com/harbor-master.

Cathance Fitness Center

By Lisa West,

Bowdoinham Community & Health Coach

WANTED! Evening, group instructors! Zumba, Yoga, HIIT, what is your specialty?? Please contact Lisa West 666-5651, ext. 1000

1201 Main St. Bowdoin, Maine. This route 125 address is the old Bowdoin Elementary School.

Thank you for using the Cathance Fitness Center: cathancefitness.com/membership-information/

Community Health Message: May is Mental health Awareness & June is Alzheimer's and Brain Awareness Month. The fitness center will have pamphlets available for you to take through both months.

- ~10 warning signs of Alzheimer's
- ~Take care of yourself, how to manage caregiver stress
- ~Dementia care resources
- ~ Around-the-clock Alzheimer's disease information and support
- 24/7 Helpline: 1-800-272-3900

Brain health foods include:

- ~Broccoli for cognitive function. A source of vitamin K.
- ~Carrots for your eyes and to fuel your brain. Contains a compound that reduces age-related memory deficits & inflammation in the brain.
- ~Avocado, a great source of healthy fats and known to increase blood flow to the brain.
- ~Blueberries may improve cognition and promote memory.
- ~Walnuts for brain power vitamin B12 and B6. Healthy fats shown to improve memory function.
- ~Dark chocolate is known to boost mood and ease pain but also shown to improve blood vessel function which improves brain function and memory.

Tax Club Plan – Property Taxes

Applications Available July 1, 2026

The Town of Bowdoinham is pleased to continue to offer our popular "Tax Club Plan" which allows property owners to pay their annual property tax bill in monthly installments without incurring interest. This plan was first authorized by a vote at the Town Meeting in June 2014 and is expected to be offered again this July after Town Meeting approval.

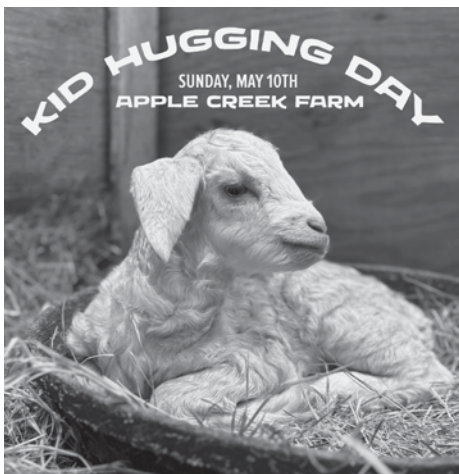
To be eligible to participate in this plan the property owner must be current with their property taxes, must complete and

return an enrollment application no later than July 31, 2026, and must abide by the requirements of the plan. Applications will be available beginning July 1st.

Automatic electronic payments are not offered under this plan, however, property owners can schedule payments online through the Town's online payment system (bowdoinham.androgov.com).

For more information on the 2026/27 Tax Club Plan, please contact the Town Office at 666-5531, or email our Assistant Clerk at Assistantclerk@bowdoinham.com.

Kid Hugging Day!



Apple Creek's Kid Hugging Day is a great time to visit the farm, meet our goat kids, and to ask your farmers all about goats! All attendees will have the opportunity to hold a goat kid.

Tickets include 45 minutes at the farm. Choose from one of the time slots available and select the type and number of tickets desired. Please select a ticket for every

member of your group so that we can maintain the perfect goat to visitor ratio. Reservations here: applecreekfarm.me/products/kid-hugging-tickets.

Ticket prices are as follows:

\$20 for one adult or child over the age of 12
Children under the age of 12 are FREE

NEW! Choose "add flowers" along with your tickets to purchase a beautiful bouquet of tulips for pick-up at the event. Grown by East of Eden Flower Farm.

Event proceeds contribute to the care of our goats. All activities will be held inside our goat & sheep barn. Please dress for the weather and note that there is no restroom on site. Join our email list applecreekfarm.me/pages/farm-newsletter for additional opportunities for small group visits with our goat kids.

Attendees should wear shoes that have not been worn at another farm or in areas with other livestock (chickens, cows, goats, pigs, or sheep).

Recreation News

Update from Winter Activities – Our basketball programs wrapped up in March. The Kindergarten, 1st and 2nd graders participated in Little Dribblers again this year during the month of March. The future looks promising for Basketball! Each Little Dribbler athlete received a free basketball to keep and continue practicing at home, courtesy of Holloway Concrete Construction. The 3rd-4th and 5th-6th grade groups had Bowdoinham representatives competing in travel-team tournaments throughout March and into April around central and southern Maine, with our teams consistently having solid showings amongst area teams.

Spring/Summer Activities are underway, and competitions begin this month. Quickball, Baseball and Softball all begin games in May in Bowdoinham as well as surrounding communities. Cross country runners have meets in area towns each Wednesday in May, culminating with a Championship meet in Cumberland on June 6th. Hopefully, when you are reading this, our Pickleball and Tennis activities are back outside on the courts!!

We have a wonderful new addition to Middle Field this year with the installation of a completely solar-powered digital scoreboard. We owe many thanks to local businesses and families who donated to support the scoreboard project. Special thanks to the Dauphinee family for spearheading the fundraising efforts!

Bowdoinham will again be hosting both the 10U and 12U/60 Cal Ripken Baseball district tournaments in June. Also, we are planning co-hosting, with Richmond, the girls 12U softball district tournament later in June or early July (dates TBD). These tournaments are great fundraising opportunities for the recreation program and brings additional business to the town!

Speaking of business, we have opportunities for local organizations to advertise, and support our teams, by sponsoring a banner for our home run fence on Middle Field. These banners are prominently displayed along our outfield fence where they are visible throughout the Spring, Summer and Fall, including during at the tournaments the end of June which attract hundreds of people.

We are still in need of Snack Shack Volunteers to help with fundraising for our youth sports activities. Reach out to Jason at recreation@bowdoinham.com or 666-3101 if you are able to help!

Citizen of The Year Nominations

The Town is taking nominations for this year's Citizen of the Year award.

This award recognizes members of our community who have a heart for the Town of Bowdoinham and its people.

Nominees must demonstrate initiative to improve the community, display a spirit of giving and a heart for the people in our town. These are the people who give generously of themselves to help others. They could be the behind-the-scenes hands that without their support and hard work many other programs would not happen, or the ones we all see day to day working to make life a little better for others. You are the eyes and ears of our town, so let us know who these incredible people are and nominate them for this award.

Nominations must include your name and contact information, the name of the person you are nominating and a paragraph of why you feel they should receive this award. Submission must be received by June 15, 2026.

Submit nominations to Nicole Briand, Town Manager by mail, in person at the Town Office or email them to townmanager@bowdoinham.com.

ONLINE Option for Property Tax Payment

Did you know that you can pay your Real Estate and Personal Property Taxes ONLINE?

Simply go to www.bowdoinham.com Click on **Online Services**, then **Online Tax Payment**. Scroll down to **Bowdoinham Payment Portal** and follow directions.

For current year (2026) tax bills we accept three online payment methods:

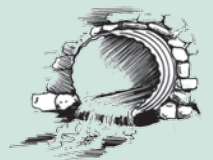
- 1. E-Check/Checking Account** - You will need to provide your account number and the bank's routing number to pay by this method. There will be a \$1.00 processing fee assessed.
- 2. Credit Cards** - We currently accept VISA, MasterCard, American Express, and Discover credit cards. There will be a 2.75% processing fee for each credit card transaction with a minimum charge of \$1.95.
- 3. 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 cash or bank check and cannot be paid online. Checks are accepted via mail, please do not mail cash. All payments made online, by mail, or in person will be applied to the oldest outstanding balance.

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

Clogged Culverts

As we get into spring cleaning please keep your culverts in mind! Clogged culverts can result in flooding or even a road collapse! Please do not shovel snow or deposit yard trimmings and other debris that would disrupt the flow of water or otherwise obstruct the way.



When culverts are clogged water gets redirected, eroding the surrounding structures, like roads or driveways, eventually causing a collapse.

Ensuring culverts are clear of snow and debris will prevent flooding and enable Public Works to direct resources to the clearing of roadways and other priority maintenance activities during weather related operations.

If a drain is still clogged after clearing surface debris or if you have questions or concerns about a culvert near your property, please contact Public Works at (207) 666-3503 or pworks@bowdoinham.com

Bowdoinham Community School

By Chris Lajoie

To the Bowdoinham Community:

I have heard from many of you over the last year. Our school, built by the town in 1955, clearly remains a source of great pride. This community prioritizes the wellbeing of its children: the next generation of creators, citizens, doers and helpers. You turn out to support us as volunteers, advocates, caregivers, and ultimately as voters and taxpayers. We notice and appreciate how you help hold up our school, year after year. Thank you.

Last Fall our school district embarked on a multi-year process to review and address the needs of its facilities. The bones of three of the five elementary schools - in Harpswell, Bowdoinham, and at Williams-Cone in Topsham - are seventy years old. Significant maintenance on those buildings has been deferred for a long time. We have reached the point where a decision to reinvest in those school facilities, or permanently close them, must be made. Proposals for renovations and/or consolidation of schools were shared at public meetings, and community members had multiple opportunities to ask questions and share their perspectives. The pride each of those towns has in their neighborhood elementary school was overwhelming. As of this writing, the only remaining options involve Bowdoinham Community School remaining open and being renovated to meet our current and future needs. This is

exciting for many, and for me personally. I have been privileged to live my dream of leading a rural, public community school for the last twelve years. My team and I are committed to making our school an institution in which this community can be proud for many years to come.

Our world-class teachers and staff continue to work hard, smart, and together for every one of our students. Our academic achievement remains well above the state and district averages, but there is so much more happening every day in our wonderful school. A particular highlight our Civil Rights Team, after realizing that our playground was not fully accessible to all of our students with mobility and visual impairments, carried out a plan this Spring to change that. First, they petitioned our custodian to move the adapted swing to a spot amongst the regular swings, instead of segregated in its own spot. Next, they got to work creating and delivering a presentation for the school board's Facilities committee asking for high-visibility paint to be added to the edges of the play structure, and a smooth path suitable for a wheelchair or wagon installed to connect the blacktop to all areas of the playground. At this time they still have several steps to complete for their vision of a fully-accessible playground to be realized. But if you visit the school this summer and see these changes, you can feel the same pride I do in our children -

their empathy, intelligence and leadership - and in the school adults who foster and help grow their best qualities every day.

Thank you, fellow Bowdoinhammers, for another year of this wonderful partnership. I am happy to answer your questions anytime: lajoiec@link75.org or (207) 666-5546, option 6.

With Gratitude,
Chris Lajoie
Principal

Nazarene News

It is spring, and the much-anticipated work on the steeple will begin, if it has not already begun. Of course, we are so excited to see this part of the building get this long-awaited attention. We continue to be grateful to the many who have helped us with encouraging words and also financial support through our fundraisers and just giving outright. Thank you all so much!

Spring and summer 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.

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.

Our Sunday services are at 11am. We have Sunday School for all ages at 10am. 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.



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Bowdoinham Second Baptist Church

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

Our pastor, Ken Smith, preached a series of sermons leading up to Easter including some background on the politics involved in Jesus' arrest and crucifixion, with an emphasis on Caiaphas and Pilate.

The church held three Easter services to commemorate and celebrate the Resurrection. On Wednesday 4/1, a communion candlelight service was held with shared readings leading up to the crucifixion of Jesus Christ. Easter Sunday included a "Sonrise" service, held at the church due to rain, followed by a celebratory Easter breakfast with forty attendees. A Resurrection and Communion Service was held at 9:30 with the church adorned with flowers honoring family and friends who have gone to be with the Lord.

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

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." John 3:16

Scheduled Events:

Worship Service at 9:30 AM on Sunday.

Communion is held on the first Sunday of the month.

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

Men's Breakfast at 7:00 AM on Saturdays

Bible Study Tuesday at 9:30 AM

Prayer and Bible Study Wednesday at 6:30 PM

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



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



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 (LiHeap) – 800-542-8227
- Sagadahoc County Community Navigator – 207-443-8210
- Warm Thy Neighbor – 207-729-1161
- DHHS Emergency Assistance – 855-797-4357
- 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@sagcounty.com
- www.maine.gov/dhhs/ofc/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



Good Morning Alexa!!

“Alexa, turn on the bedroom light.”

“Alexa, remind me to take my 9 PM medications.”

“Alexa, what’s the weather today?”

Bowdoinham’s older community members are beginning to use Alexa to make everyday tasks easier.

The Alexa Echo Dot is a simple, hands-free device you control with your voice. It can help with reminders, lights, music, weather updates, and more.

Through Bowdoinham Community Connections, trained volunteers can talk with you to see if an Alexa Echo Dot would be helpful for you. If it is, they can visit your home to set it up for you—at no cost. This program is made possible by the generosity of the UMaine Center on Aging.

One local resident shared:

“Alexa has made a big difference for me and my husband. We both have limited

mobility. With Alexa, we can play music, set alarms, play games, solve questions, and more. We even start each morning with the joke of the day. We have one in the living room, kitchen, and bedroom, so we can stay connected throughout the house.”

Interested in learning more or trying Alexa in your home? Call Jason Lamoreau at 207-666-3101 to arrange a free demonstration.

Cemetery News

Greetings! Hope you all had a Happy Easter and beginning of Spring. We did not submit a news column for March-April, because there was nothing much to report. The Bowdoinham Cemetery Advisory Committee (BCAC) office was moved from the Public Works building to the Town Office at 13 School Street in late March. This will make the BCAC records more accessible to Tina Magno, Town Clerk and Lisa-Marie Curtis, Administrative Assistant. They, with Peter Mendall, BCAC Data Manager, will be entering all information gathered into accessible systems, such as websites and spreadsheets. Tina Magno will oversee organizing and entering documentation of all past, current, and ongoing work and information related to the Cemeteries of Bowdoinham.

Tina has spent the past five years transferring information from cemetery cards created by Marilyn Hinkley in the late 1970s into a spreadsheet. These cards document nearly every gravestone in the cemeteries Marilyn mapped in Bowdoinham. Tina then expanded on this work by conducting additional research and adding family history details she uncovered in historical ledgers and reports. This project is ongoing and far from complete. Tina is happy to speak with residents researching their family histories and welcomes information from anyone who can help keep this extensive collection of data up to date. Tina will also be attending BCAC meetings to facilitate information gathering. This is amazing research that she has done!

The volunteer coordinators, Linda Temple, William, and Patricia Oh, and

Elaine Diaz continue to contact Keepers and update condition reports. Elaine will work with two members of the Public Works crew to obtain GPS coordinates and recent photos are needed.

The Big News is that Bowdoinham is hosting a Maine Old Cemeteries Association (MOCA) cemetery preservation workshop at the Ridge Road Cemetery June 12-15, 2026. This will be presented by Joe Feranini of New York and is described as a Four Day Conservator Led Beginner Workshop. Suitable for Cemetery Stewards and Caretakers (Keepers), Historical Society Members, Town Officials, Cemetery Committee Members, Public Works Personnel, Preservation Minded Volunteers, and MOCA Members seeking expert training Mr. Feranini has done several of these in Maine, including the one where Albert Stehle got his Certification. This Certification can provide great job and income opportunities. If you want to register for this workshop, go directly to the MOCA website. But hurry! as there are limited slots. Also, we need volunteers (non-attendees) who are familiar with that cemetery and can help guide the workshop providers.

Six of our lovely cemeteries still need Keepers. Please contact one of us listed below if interested.

Gr 27 Harward Cemetery, Pork Point Rd
GR 17 Maxwell Cemetery and GR 19 Hill (Getchell-Hatch) Cemetery, River Rd
GR 57 Williams Plot, Abagadasset Rd
Gr 36 Village Burying Ground, Cemetery Rd
Gr 35 Ridge Rd Cemetery

Tips for Watching Zoom, YouTube, and Town Hall Stream Meetings

Having trouble hearing an online meeting? Most sound issues are easy to fix! Here are two quick places to check when watching Zoom, YouTube, or Town Hall Stream meetings.

1. Check Your Computer’s Speaker Volume

First, make sure your computer’s speaker volume is turned up.

- On most Windows computers and laptops, click the speaker icon in the lower right hand corner of your screen.
- Move the **volume slider** to increase or decrease the sound.

If you are using a laptop, you can also adjust the volume using the **volume up and volume down keys** on your keyboard.

2. Check the Video’s Volume

If your speakers are turned up but the sound is still low, the video itself may be turned down.

- Zoom, Town Hall Streams, and YouTube each have their **own volume controls**.
- Look for the speaker icon on the bottom of the video screen.
- Use this control to adjust the video’s volume.

Checking both your computer volume and the video volume should help you hear the meeting clearly.

THE BOWDOINHAM NEWS

Stones Telling Stories:

Stone of a Civil War Doctor to be restored

By Frank Connors, Cemetery Sexton

The large marble monument to Dr. John T. Bates, of Civil War fame, is scheduled for restoration this summer at the Ridge Cemetery.

Doctor Bates was only twenty-eight years old and a Field & Staff Assistant Surgeon with the Eleventh Regiment of Maine Volunteer Infantry

When he died on April 11, 1863 he had been serving aboard the U.S. Transport *Cahawba*, a converted hospital ship, off Hilton Head, in South Carolina.

Bates enlisted at Richmond, Maine, and was the son of Frederic and Joanna Bates.

The three-foot tall monument has been flat on the ground for a number of years but remains in remarkable condition. A Maine Old Cemetery Association (MOCA) demonstration project planned for the Bowdoinham Ridge and Village cemeteries in mid-June will clean and re-erect the stone on its original base.

Find the Grave: Park your car in the second lane of the old section of the Ridge Cemetery. You'll be just to the left of the stone holding tomb. The Bates stone is on your left, laying flat, facing upward.



Rabies in Maine

Rabies is a disease caused by the rabies virus. It affects the brain and spinal cord and can cause death if left untreated.

Rabies in wild animals is common in Maine. Commonly infected animals are raccoons, skunks, foxes and bats.

The virus is found in the saliva, brain and spinal cord of an infected animal. It is spread when an infected animal bites or deeply scratches a person or another animal. It can also be spread when an infected animal's saliva, brain or spinal cord tissue gets into a person or animal's mouth, nose, eyes or cut in the skin.

There is no treatment for rabies once symptoms develop. However, rabies is 100% preventable.

Vaccinate your pets and farm animals.

Avoid contact with all wild animals and animals you do not know.

Do not handle sick or hurt animals; call your local animal control officer or game warden.

Bat-proof your home, camp or building.

If you suspect a sick animal contact ACO or Game warden. You cannot tell by looking at an animal if it has rabies; the animal will need



You can't tell by looking at an animal if it has rabies.

to be tested to know if it is positive for rabies.

If you are exposed, clean wound(s) with soap and water and contact your healthcare provider. If the animal test positive for Rabies you will need a series of rabies vaccine and rabies immune-globulin shots.

If you have questions about rabies or rabies exposure, call Maine CDC at 1-800-821-5821.

Bowdoinham Animal Control Officer can be reached at 207-666-3127.

Maine Department of Inland Fisheries and Wildlife dispatch center number is 1-800-452-4664.

Stay Informed with Sagadahoc County Emergency Alerts

Did you know you can receive important emergency and weather alerts from Sagadahoc County directly on your phone or email?

Sagadahoc County Emergency Management now uses RAVE/Smart911, a free emergency mass notification system designed to keep residents informed and prepared.

What You'll Receive

- Emergency and severe weather alerts
- Notifications via voice call, text message, email, and social media
- Messages available in multiple languages
- The option to choose which types of alerts you want to receive

When an emergency occurs, alerts are sent to the contact information you provide.

Standard message and data rates may apply. Text messaging requires a text-capable phone.

This service is free and available to all Sagadahoc County residents.

Scan the QR code or visit: www.smart911.com to sign up today.

Stay informed. Stay prepared.

Sign up to receive alerts

POWERED BY:

RAVE
MOBILE SAFETY

Emergency alerts and notifications via

Phone call, text message, email and social media



À LA CARTE:

Thoughts on Food and Cooking

By George Oliver

“Creativity in a Jar”

What do you do when you want to prepare a meal but you didn't make time to go grocery shopping? It's not necessary to have exotic ingredients to put together a tasty meal. You just have to cook creatively.

Most households have basic fresh staples on hand and some variety of frozen or canned foods. And one prepared food that I'll bet everyone has in their pantry right now is jarred pasta sauce. It's a lot more useful than you may think. In this column I'm going to look at inexpensive jarred pasta sauce as a good starter for many meals.

The default use is opening the jar, heating it up, and pouring it over spaghetti. It's quick and...it's quick. A simple flavor fix is adding a good teaspoon of dried Italian herb mix and some chopped garlic, which throws an extra shock of flavor into the sauce.

Footnote: Here's one rule I always cook by: I don't open a can or jar or package without messing with it in some way, even with a few herbs. I realize that the chef in my brain is my Jiminy Cricket whispering in my Pinocchio ear not to give in to corporate food fixins, but it's satisfying to give convenience foods my own twist.

If you're using it for pasta (any shape), I've noted in previous columns that it's a good idea to have cooked pasta in the fridge as often as you can manage it. It really makes prepping a quick meal quicker. Add the cooked pasta to a pan, add your improved jar of sauce, heat, and toss.

I often simmer the jarred sauce with some fresh tomatoes if I have any leftover ones, chopped olives, extra chopped garlic, a glug of red wine, and here's my favorite addition—a can or two of tuna at the end. Tuna in tomato sauce is a classic combo, and it's fast and delicious.



Instead of tuna, add half a pound of frozen shrimp and simmer those in the sauce. A shake of hot pepper flakes is always a good addition.

Or add a drained can of beans instead for a hardy addition. Canned cannellini beans are traditional, but any plain canned bean will do (don't

use pork and beans!).

But tomato sauce is not only for pasta. For breakfast or even for lunch, fry a couple of eggs (also easy and quick) and serve them over a slice of toast with some of your doctored pasta sauce on top.

Eggs and leftover tomato sauce are a great combo. There are well known dishes that essentially poach eggs in a pan of tomato sauce—*Shakshua* from the Middle East and *Eggs in Purgatory* from Italy. Check online recipes for those versions.

Alternatively, thin your doctored tomato sauce out with boxed stock or V-8, add whatever additions you have around (meat, vegetables) bring to a simmer, add some rice (about 2:1 liquid versus rice), cover and cook until all the liquid is absorbed. Voila, your version of Spanish rice or jambalaya.

Tomato sauce is a sauce, so make it work. Hey, it's a second cousin to ketchup, so spoon it over a hamburger or dip French fries into it. Which reminds me, what about a poutine version using the tomato sauce instead of brown gravy (don't curse me, Franco-Americans!).

The point of this excursion into pasta sauce is to remind us that corporate food can mean quick, but it doesn't have to mean bland or boring, or even expensive. In this case, use the rest of your pantry as inspiration to use jarred pasta sauce for multiple meals that are delicious and engaging.

For comments, email 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

May

- 2 Library Dahlia Sale
- 2 God Invented Chocolate - Fire Dept. 6:30 PM
- 13 Author Talk: Maureen Groden -
When a Loved One is Dying 2:00 PM
- 30 Puzzle Race 4:00 PM - 7:00 PM

June

- 1 Intro to Bee Keeping 6:30 PM
- 6 Farmers Market Returns 8:30 AM - Noon
- 9 June Elections 8:00 AM - 8:00 PM
- 10 TOWN MEETING 6:00 PM

July

- 7 Beginning of Concerts in the Park
- 11 Library Garden Tour
- 26 Open Farm & Studio Day

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
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