



THE BOWDOINHAM NEWS

Volume 23, Issue 3

bowdoinham.com

May - June 2025

Turning Arts Studio

Janna DeWan and Zachary Fields

Janna DeWan and Zachary Fields are a combined whirlwind of teaching, creating, and practicing both ceramic arts and various healing body work modalities. Five years ago, they found the perfect base in Bowdoinham to expand their work. Many Bowdoinhammers are familiar with “the barn” on Ridge Road that used to host house concerts when the Whittleseys lived there. It has now become Janna and Zachary’s pottery studio on the ground floor and massage and wellness studio upstairs. This space is helping them to move towards working full-time at their business.

Janna and Zach’s artistic endeavors take many forms. Currently, Janna is teaching art full-time at Cape Elizabeth High School. On the side, she has been expanding her line of pottery, experimenting with hand-building techniques and surface design inspired by their homestead. “An online mentorship with a Canadian potter, Naomi Clement, in 2021 helped me hone in on my style and inspired me to pursue selling my work,” she says. Zachary is a former high school art teacher and has a line of wheel-thrown pottery and hand-built menorahs. Their website, TurningArtsStudio.com, features their unique style of vases, lidded jars, mugs, and other items. Besides the website, they are also selling their items through upcoming craft fairs. They will be putting their teaching skills to work by offering pottery classes through Merrymeeting Adult Education and at their Ridge Road studio. Zachary also hosts open pottery studio nights at the Merrymeeting Arts Center in Bowdoinham village on Mondays and Wednesdays.

Pottery isn’t the only endeavor for this couple. They are both highly trained in several methods of massage and body work. Zachary concentrates on clinical, therapeutic techniques for those experiencing chronic pain or recovering from injuries. With over 25 years of experience, he specializes in Myofascial, Neuromuscular, and Trigger



Point therapies with a host of other modalities. Janna is a trained yoga instructor who also practices Thai yoga body work, a traditional therapy that combines assisted yoga postures, acupressure, and Ayurvedic principles to enhance flexibility, relieve tension, and promote overall well-being. The studio has been a great space for gatherings of other body work practitioners so they can support and learn from each other.

With so much going on, Janna and Zachary are using Instagram and a newsletter to keep

clients up to date on recent happenings. You can follow them on Instagram @jannalikebanana and @turningartsstudio. The Turning Arts Studio website has a link where you can sign up for the newsletter.

“It’s a dream for us to be full-time artists and therapists,” Janna says. Her hope is that their new initiatives will move them decisively in that direction. Zachary adds, “We were inspired by Bowdoinham’s reputation as an artisan community and are excited to be a part of it.”

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THE BOWDOINHAM NEWS

Dandelion Spring Farm

After nearly two decades of growing specialty vegetables for farmers' markets and restaurants, in 2018 Dandelion Spring Farm was thrilled to move to Bowdoinham and make this land and community our permanent home. In 2023, we completed building **The Hive at Dandelion Spring**, a timber frame event space to gather community on farmland. This building filled a long held mission to support our belief that stronger communities and a healthier environment can come from simply eating food together.

Mark your calendars! Join us from 5-7 p.m. on the third Thursday of each month, May through September, for community dinners and taco nights at the farm. October 12 is our more formal annual harvest dinner. Visit the workshop and events listing at dandelionspringfarm.com for details.

Upcoming:

May 15th: **Potluck & Seed Swap**, with native seedlings and trees also available for sale from local Marpa Farm. 5-7pm. (\$5 suggested donation)

Taco nights! June 19, July 17, August 21, September 18: 5-7 pm. Adult and childrens focused menus available.

Details at: dandelionspringfarm.com/shop/workshops

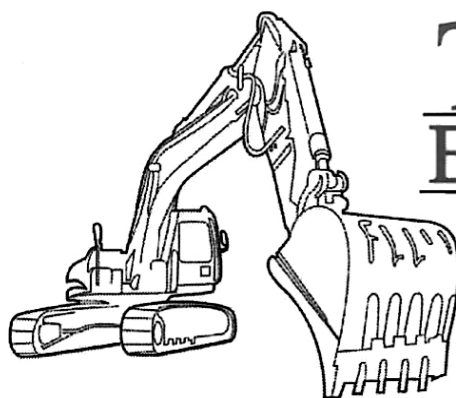
Location: 961 Ridge Road, Bowdoinham, ME 04008.

Contact: For questions about events or inquiries related to us hosting your own private event, contact eventsdandelionspringfarm@gmail.com.



New Pavilion

We're building something special for our community, and we want your voice to be part of it! Join our stakeholder group to help shape the design of the new pavilion at the new Bowdoinham Riverfront Park - whether you're a resident, a business owner, or simply passionate about creating a space for families, events, and gatherings. Your ideas and input will make a lasting impact, so let's bring this vision to life together! A kickoff meeting will be held in June. Please email or call Yvette to put your name on the list: planning@bowdoinham.com or 207- 666-5531.



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Dahlia Sale Returns- Bigger and Better

The library is pleased to invite you to its **Second Annual Dahlia Sale**, on **Saturday, May 17th at Merrymeeting Hall, beginning at 9 a.m.**

The sale last year was an unexpected success, with our entire inventory (800 tubers) being sold in one hour and 15 minutes. This year we will have the same great variety and a bigger inventory (over 1,000 tubers).

Once again, Linda Labbe is the generous local grower who has propagated the dahlias at her home on Wilde's Road and donated the hundreds and hundreds of tubers for purchase. Linda has coached many first-time dahlia growers and we appreciate her knowledge, her generosity and her encouragement. A handout with instructions on growing and propagating dahlias is available at the library and at the sale.

New this year is a collection of tubers donated by Julia Shipley of East of Eden Flower Farm. Julia is also a wealth of information about growing and she will provide varieties that we haven't seen before. Thank you, Julia!

We hope that by moving the sale to Merrymeeting Hall we can better facilitate the large number of shoppers and offer a quicker check-out procedure. Doors open at 9am. The building is wheel-chair accessible. Prices are \$8 per tuber. Un-identified varieties will be \$5, and "dinner-plate" and collectible varieties \$12 and up.

If any of you local Dahlia growers from the 2024 sale have bountiful tubers and would like to donate some to this year's sale, contact Kate or Linda. 100% of the proceeds will go to the library, its collections and services. See you all at the sale!

NOTE: The Library will host another Garden Tour in the summer of 2026.



The Bowdoinham Farmers' Market opens Saturday, June 7th! We'll be at the Maily Waterfront Park every Saturday 8:30-12:00 until October 11th. It's a great excuse to enjoy Saturday mornings in the park with your neighbors. Down at the park you'll find fresh baked bread, crisp organic veggies, grass fed meat, milk and cheese, tasty snacks, beautiful flowers, fresh fruit, blacksmithing, woodwork, lotions, soaps and more! Other fun events gravitate to the market as well; stories, live music, line dancing... Check the Facebook page or Email bhmfarmersmarket@gmail.com to get on our mailing list and hear about the hot items coming to market.

While Bowdoinham has a great summer market, the farmers in town are using the excellent soil in town to deliver luscious produce year round all over the state. You can bring home the seasonal specialties from the fields in town and support your farming neighbor in many local markets, CSAs and a huge number of restaurants and natural food stores. Take a look at the menu and chances are you'll see a Bowdoinham farm. Supporting the places that offer local food keeps dollars in the community where they bounce around to other local businesses.

Whichever market you go to:

- Come early for the best selection.
- Ask about EBT, SNAP and WIC programs.
- Bring a big sturdy bag to bring home your bounty!

Make your way to one of the local markets! We're sure you'll find the effort deliciously rewarding.

Aging in Place in Bowdoinham

Every so often we hear of someone who is very reluctantly planning to leave Bowdoinham to move to a community where they will be better able to manage changing needs with some decline in their physical capacities. In order to meet physical needs they feel required to leave a community they love with a social network that matters to them. What options are available to help make it possible to stay?

Several come to mind:

The Community Connector program is a new program that could provide connections to resources based on individual needs. A volunteer will meet with you and help you to figure out what is available.

The Guide to Universal Design: Home for All Ages and Abilities is a pamphlet available for free to show you and your chosen contractor some ways to adapt your current house or build a new house to your specifications as you or your loved ones needs change. These changes can make your home more accessible to you now, to you later, and to any friends or family members with a temporary or permanent need for accessibility.

The *Handy Brigade* is a group of local volunteers who can help with minor repairs, a free service.

Habitat for Humanity not only builds houses for low-income people, but also sometimes can build ramps and put in grab bars for people who have begun to need such accommodations.

Jason Lamoureux at age-friendly@bowdoinham.com and at 666-3101 can help link you to any of the above services.

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7/6 - BOWDOINHAM COMMUNITY CONNECTIONS
CILANTRO

7/13 - CEMETARY COMMITTEE
DOORYARDERS

7/20 - BOWDOINHAM ROWING CLUB
NOVEL JAZZ

7/27 - BOWDOINHAM FOOD PANTRY
ROUGH SAWN

8/3 - BOWDOINHAM PUBLIC LIBRARY
PETER GALWAY

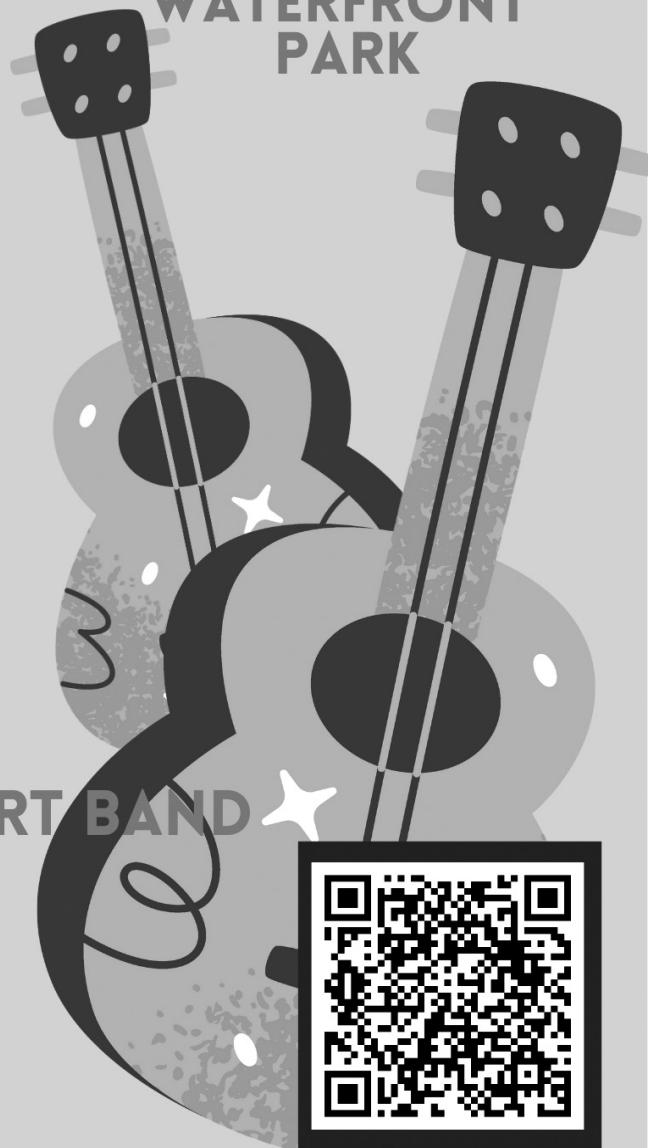
8/10 - OLD TOWN HALL COMMITTEE
PRETTY GIRLS

8/17 - MERRYMEETING FOOD COUNCIL
INTERGALACTIC YURT BAND

8/24 - BCDI
LEOPARD GIRLS

8/31 - MERRYMEETING ARTS CENTER
STRINGTIDE

MAILLY
WATERFRONT
PARK



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, 2025.

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

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 7th 8:30 am - Noon.

Concerts in the Park Series will be starting up on July 6th 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 27 th. Visit local farms, take part in art exhibits, enjoy local produce, products, and events. A complete listing of events will be available at a later date.

Celebrate Bowdoinham will round off the summer on Saturday September 13th. Watch future newsletters and our website for more information.

Not Your Mothers Garden Club

by Joanne Savoie



Garden Tour at Nan Curtis' amazing vegetable and flower gardens

In June 2017, Bowdoinham's ACOA, (Advisory Committee on Aging, now Age Friendly Bowdoinham), applied for a "Quick Challenge Grant" from AARP to see what we could do in 90 days to create change and improve the quality of life at the community level. There were 1200 applications from across America. Eighty-seven won, and Bowdoinham ACOA was one of them!

Bowdoinham ACOA's proposal was to purchase 6 raised garden beds, 2 for each town in our 3 town area of Bowdoinham, Bowdoin and Richmond, for people who have difficulty gardening on the ground, but who still want to raise some of their own vegetables. The overall goals of the grant were to increase food security and decrease social isolation and to start a garden club if there was interest. There was! "Not Your Mothers Garden Club" was born and continues to this day in its 8th year.

We started out with a focus on vegetables and raised beds but quickly expanded to all types and aspects of gardening. Member gardening experts, like Master Gardener Nan Curtis and "her Amazing Spreadsheet," gave presentations on how and when to plant seedlings, when to transplant, how to plant bulbs. There were several outside speakers. We enjoyed slide shows about famous gardens in the U.S. and England. Betsy Steen and Leslie Anderson talked from their many years of experience with perennials. We left that meeting with a perennial for each of us! Some of the speakers are so popular, we ask them to return, such as Brett Thompson "Garden Tools" and Rick Cooper, Master Bee Keeper,

"The Value of the Bee to the Grower." Prompted by Covid and the safety of meeting outdoors, we started doing garden tours and field trips. We toured several gardens in town. What avid and innovative gardeners we have here in Bowdoinham! Some of the many favorites: "Blaine Fortin and his Encyclopedic Knowledge," "Linda Labbe, the Phenomenal Dahlia Grower," Kate

Brinsmade's "Lovely Lilies." And the field trips! Tours of "Pine Tree Seeds" and "Pineland Gardens," "Viles Arboretum" in Augusta, "Tidewater Gardens" in Falmouth. And an annual favorite since she joined up is Laura Arnold's "Daffodil Tour." Last year we helped with the Bowdoinham Public Library's Garden Tour. Member Josephine Mussomeli and Brent Zachau's fascinating and fun backyard/garden was one of the favorites!

We deal with the problems of gardening too, (every year there's a surprise!): "Critters and how to deal with them," "Brown-tail Moths and Garden Bugs" by an Entomologist. A big focus in recent years has been "Invasive Plants." Many of us have them in our yards. Jan Hayward, lugging her "Root Slayer" shovel is our garden club member expert in this category. We generally do some self reflection on the gardening year and that entails successes AND failures.

We cap off the year with a "Holiday Pot Luck" and a Garden Yankee Swap. As Charter Member Marilyn Stinson of Richmond said "We are an eclectic group of enthusiastic gardeners from Bowdoinham, Bowdoin and Richmond focusing on any and all aspects of gardening and cuisine, gathering for the joy of sharing our interests and enjoying the company of like-minded individuals."

We meet on the 2nd Wednesday of the month at 1 PM, usually at Merrymeeting Hall, 27 Main St. in Bowdoinham and occasionally at the Enterprise Grange in Richmond. We all share in leading the group and there are no dues. Everyone is welcome!

THE BOWDOINHAM NEWS

Join or Renew! May Is Membership Month!

It's our sixth annual Membership Month this May! If you are not a member please consider joining us. 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! Each membership matters!

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. BCDI is always keeping its finger on the pulse of town activities, which recently include the status of the community store and the Merrymeeting Trail. 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 Month is also a great time to make an additional gift to BCDI. We're increasingly engaged with the town community: our schools, the Food Pantry, Age Friendly Bowdoinham, the Recreation Committee to name a few. Your increased support helps us strengthen our existing community organization's activities that serve our town.

Membership dues begin at only \$10, but there are additional levels of support available. The quickest and easiest way to join or renew is to scan the QR code, or to visit www.bcdimaine.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.



Why Not Become A BCDI Business Member?!

Your business doesn't have to be located in Bowdoinham to become a Business



Member. BCDI Business Members hail from here in town, as well as further afield. They are carpenters, auto mechanics, authors, farmers, artists, sailors, beer brewers, and musicians, just to name a few.

Their commonality? Through their BCDI membership, they help support programs and initiatives designed to strengthen Bowdoinham's economy.

If you have a business or customers in Bowdoinham please consider becoming a BCDI Business Member. We support our Business Members by sharing news and information about your business, as well as new information as it comes, updates, promotional materials, sales, conferences, newsletters, or anything else you would like BCDI to help promote. We are happy to support your work, as you do ours!

Thank you for your support!

Solar Energy

Upcoming Town Meeting Vote to Save Money on Town's Electric Bill

In the upcoming Town Meeting, there will be a warrant article on a proposal to save 60% on Bowdoinham's electrical bill.

The Town has been presented with a proposal from Maine Solar Solutions to purchase and install a 44.5kW solar array on the Municipal Fire Station. The energy produced the system is anticipated to cover 50% of the Town's energy use and will be directly credited to the Town's accounts. This \$100,000 project would be paid for with undesignated funds. Further, the system would qualify for a \$30,000 Federal Tax Credit Program.

Moreover, the payback period is 9 years, which is less than half of the system's warranty period of 25 years. If approved at the Town Meeting, the system will save \$7,418 in year one (or on average \$4,451/year), and a total of \$111,288 over 25 years instead of paying a quarter of a million dollars for electricity.

More information on the project including the contract, proposal, FAQs and the recording of a recent presentation by Maine Solar Solutions to the Select Board can be found on the Town's Website: www.bowdoinham.com/project/fire-station-solar-array.

Further, an additional Q&A presentation for residents will be held at the Town Office on Wednesday, May 21 at 5PM or on Zoom.

If you have any questions, feel free to be in touch with Yvette Meunier, Director of Planning & Development at planning@bowdoinham.com or 207-666-5531.

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Native Gardening

by Ashleigh Feeney

Native gardening, mini ecosystems, birds, pollinators... I'm obsessed!

Like many, I've been anxious to start planting things in the ground ever since the snow melted. As I try to stay patient for the weather to warm up, I distract myself with beautiful fresh cut blooms from East of Eden, trimming trees, removing anything invasive, cleaning out and hanging additional bird houses, garden planning, and some early plant shopping. Luckily, there are a few great online native plant sales that begin as early as March.

Here are some wonderful resources:

Androscoggin Valley Soil & Water Conservation District (Annual online sale April 25th, add to your calendar for next year!)

Maine Audubon (online sales, and annual plant sale on Saturday, June 7, Gilsland Farm Audubon Center, Falmouth)

Wild seed project (online sales, and annual plant sale Sunday, September 7, Turkey Hill Farm Cape Elizabeth)

And of course, once they're open for the season, Campo di Fiori (right here in Bowdoinham!) and Marpa Farm & Nursery in Richmond are must shops for natives and knowledge!

Every year I add new perennial plants to my landscape. Throughout the last couple of years, I have really focused on adding native plants. This year my focus is on shrubs! They can provide so many great benefits to a landscape

and I feel like they are underrated and don't get enough street cred!...

Here's a short list of what I'll be planting:

Red chokeberry (spring flowers attract pollinators, berries provide fall and winter food source- high in antioxidants, and help prevent soil erosion)

Northern bayberry (berries contain high fat content making it a valuable winter food source for birds and small mammals, helps prevent soil erosion, and is a nitrogen fixer)

Gray dogwood (attracts pollinators, dense structure is great for nesting, late summer early fall berries help prepare for migration, and it can host 100-200 caterpillar species)

Happy planting!



FREE ALEXA-ECHO DOT TRAINING

Learn to use a Virtual Personal Assistant -- the Echo Dot-- to its fullest potential!

Individuals who pre-register will have the opportunity to go home with an Alexa-Echo Dot.

Limited slots are available for individuals 55 and older.

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- Using voice commands
- Controlling smart home devices
- Accessing music, news, and podcasts
- Creating routines and alarms
- Q&A session

• To pre-register please call Jason 666-3101 or email:

• age-friendly@bowdoinham.com

• To use an Alexa, participants will need -

- Internet
- Amazon account and password. *We will download the Alexa app during the session*
- Smart Phone or Tablet (please bring your device to the session)

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 tax bills we accept three online payment method:

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.

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

Village Partnership Initiative

On March 31, the Community Development Advisory Committee held Public Meeting #2 at 6:00 pm, at the Town Office to gain input on concerns, desires and potential improvements to increase economic development, pedestrian safety, and accessibility in the downtown area. It was during this meeting that the consultant team unveiled a second set of concept designs for the community to react to. The designs incorporated feedback from the July site visit, fall survey, and October Public meeting. Here is a summary of the discussion.

Wallentine to the Bridge

- Questions raised on road width, impacts to private property and Right-of-Way on either side of Rt. 24 where a sidewalk to Wallentine might be sited.
- Speed in the area was brought up as well as the need for a sidewalk for the safety of pedestrians.

Maily & New Park intersection on Rt. 24

- Raised table with four-way crosswalk proposed could be problematic to those navigating it with boats on trailers, some boats are 40+ feet long.

Rt 24/Main Street intersection

- Crash data indicated 6 out of 10 crashes in the last 10 years have occurred here.
- A four-way stop was seen to deal with the site line issue at the Masonic Lodge.
- Prefer a four-way stop over a raised crosswalk. While DOT was not in support of a four-ways stop at the Main St./Rt 24 intersection for this presentation, it was apparent that participants would like DOT to revisit this.

Masonic Lodge

- Masonic Lodge experiences flooding from Rt. 24 runoff. Drainage would be addressed if a project moved forward. More information about the ownership/easement around the lodge would be helpful moving forward.
- Creation of a sidewalk around the lodge and terminating in the gravel parking lot behind the Masonic lodge was proposed as a safety measure to truncate the opening of the area, making it more clear for cyclists. This would propose a hardship for the 18-wheelers which utilize this area. Also, there is a septic system below this parking area that needs to be considered.

Back Hill/ Rt 24 intersection

- Sidewalk planned for Back Hill Road, why not one for Spring Street? Does Back Hill need one?

Lower Main St.

- Making this a one-way would restrict sailboat use as they must come up Main Street because they cannot navigate the parking area to exit the park.

Maily Parking Lot

- Concerns that paving and parking spot marking would create fewer parking spaces.
- Would like to see the parking lot remain unchanged.
- Desire expressed to limit pavement near the bay for environmental reasons.
- Desire for signage to help direct kayakers to the other launch to ease congestion.
- During the Farmers' Market there are vehicles parked along the boulders impeding access for boat trailers to access the launch. There needs to be more signage for designated loading zones.

Ridge /Rt 24 intersection and beyond

- Desire to see a sidewalk on Rt. 24 beyond Ridge Road up towards Clay Hill.

General

- Would be helpful to have more park user survey data collected for a longer period of time to get a better understanding of the concerns. Further, there are other users not from town who use the area, how can we capture their feedback?
- Traffic calming is needed because the village is a flyover coming in from all directions. There has been a noticeable increase in volume and inattention to speed limits.
- Light pollution concerns from proposed lighting and human health risks from LED lights.
- Project construction would impact parking and negatively impact local businesses.
- Generally, the area on lower Main Street is quite congested on Wednesdays when the pantry is open.
- Want to avoid making the area feel like Wiscasset by implementing too many traffic calming measures.
- Plowing around medians causes snow to be pushed up on sidewalks.
- Sidewalks are already not kept up or maintained why add more? Retaining

walls need to be maintained on Ridge Road and Center Street.

- Several members of the public spoke out in favor of sidewalks, especially to provide safe access to the park and village center for families and children.

To learn more about the Village Partnership Initiative project, watch videos of the public meetings, and to see the concept drawings please scan the code or visit: www.bowdoinham.com/project/village-center-planning-study



Next steps

The consultant will produce a final report with recommendations in April 2025.

Upon completion of the scoping process the Town can reapply to Maine DOT's VPI program to fund the drafting of design plans for the publicly vetted project elements. These plans can then be used to provide bid documents for the actual construction of the project.

Tax Club Plan – Property Taxes

Applications Available July 1, 2025

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, 2025, 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 (<https://bowdoinham.androgov.com>).

For more information on the 2025/26 Tax Club Plan, please contact the Town Office at 666-5531, or email our Assistant Clerk at Assistantclerk@bowdoinham.com.

Cemetery News

Over the winter months, the Bowdoinham Cemetery Committee has been working on updating the Active Projects List, a spread sheet which allows us to keep the Town Manager and Select Board informed of the current condition and needs of all the cemeteries for which it is responsible.

The Town claims responsibility for 59 burial grounds, some of these containing only one or two stones, 2 of these are privately managed. Of the remaining 57, 47 have Keepers, people who live near or care about a burial ground; but at least 4 need Keepers. These are Gr 42 Jack Family Plot, GR 15 Webber Plot, Gr 23 Dinsmore Cemetery, Gr 19 Hill-Getchell-Hatch Cemetery, Gr 77 Whitmore Plot (which we have not yet located). It would also be nice to have Keepers for Gr 35 Ridge Cemetery and Gr 39 Village Burying Ground, although they, as well as Dinsmore are maintained by Public Works. We are planning a Supper to honor our Keepers and Volunteers on Oct 18. There will be speakers as well. The last one was in 2019, so long overdue!

There is now a well supported movement to protect/replace "community trees" with an ad hoc committee forming to explore and make recommendations to the Comprehensive Planning Committee. Chair Nina Mendall attended the March 25 Select Board meeting and presented The BCAC's perspective. Our position is that the aging trees that are threatening stones and monuments in and on the border of the cemeteries should be pruned



Raymond-Allen Cemetery

or removed as needed to prevent damage and not be replaced by trees of similar size and type, but by more manageable shrubs and flowers.

We are also planning our Spring and Summer work, which includes cleaning and restoring stones and fencing in Gr 53 Raymond-Allen Cemetery on Center's Point Road, Saturdays June 21 and 28. We also hope to do a couple more small cemeteries and continue weekend cleanups/trainings in the Village Burying Ground (across from the school-look for signs).

To volunteer, become a Keeper, or request help with a cemetery or ask any questions, please contact any of the following:

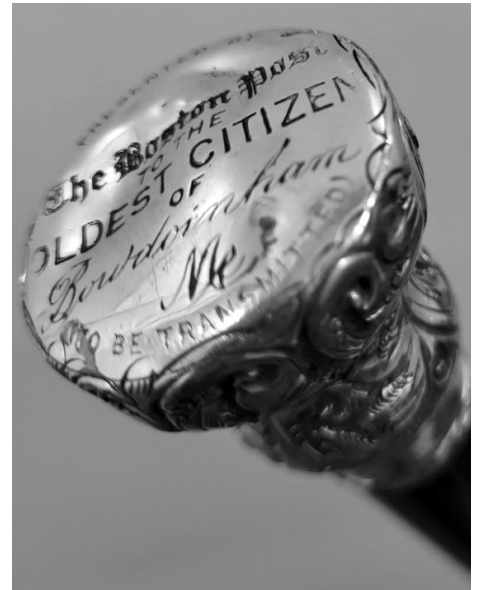
Nina Mendall BCAC Chair at (207) 666-8838 or njmendall@comcast.net

Linda Temple Volunteer Coordinator at (207) 666-3343 or wwells9@myfairpoint.net

Elaine Diaz Volunteer Coordinator at (207) 666-8255 or elainediazhome@gmail.com

Have a great spring and thank you all!

The Boston Post Cane Tradition



The Town of Bowdoinham is currently looking for the "Oldest Resident in Town" to honor them with the Boston Post Cane.

The tradition was established in 1909 by Edwin Grozier, editor and publisher of the Boston Post newspaper who forwarded to the Board of Selectmen in 700 towns in New England a gold-headed ebony cane with the request that it be presented with the compliments of the Boston Post to the oldest male citizen of the town, to be used by him as long as he lives (or moves from the town), and at his death handed down to the next oldest citizen of the town. (With time the tradition has evolved to include women.) The canes were made of African ebony wood, and each having a 14-carat gold cap with an engraving including the name of the town to which they were presented.

Though over time many of the canes were lost or stolen many towns in Maine, Massachusetts, New Hampshire, and Rhode Island still participate in this time-honored tradition. Though many towns now keep the original cane on display they award their elder recipient with a replica or plaque.

If you know who is our Eldest Bowdoinhamer please contact our Town Clerk, Tina Magno. Call (207) 666-5531 or email at Townclerk@bowdoinham.com.

For more information on this time-honored tradition visit the Boston Post Cane website at bostonpostcane.org.



Needhams Workshop "Sweet Treat Event"

Bowdoinham Fire Station
Friday, June 6th
2:00 pm -4:00pm

Learn how to masterly create these native Maine treats. A secret family recipe will be shared!

Two-hour instructor-led session by local "chef" **Diana Mosher**. All materials provided. Bring a take-home container.

There will be a limit of 10 students.

Questions or Register call or email.
age-friendly@bowdoinham.com
207. 666. 3101

THE BOWDOINHAM NEWS

GARDEN MANIA

D	A	N	D	L	I	O	C	U	P	B	I	M	A	U	A	I	U	C	O	R	C
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DALIAH

FORSYTHIA

MAGNOLIA

PEONY

DAISY

LILAC

IRIS

POPPY

LILLY

SPIREA

CROCUS

FOXGLOVE

HOSTA

HYDRANDEA

HYACINTH

COREOPSIS

RHODODENDRON

DANDELION

DAFFODIL

CLOVER

AZALEA

TULIP

LUPINE

VIOLET

Bonus Phrase: SING A SONG and 12 Birds



VOLUNTEERS & SPONSORS NEEDED!

LE TOUR DE BOWDOINHAM
FOOD PANTRY CHARITY RIDE
SAT. 16 AUGUST 9 AM- NOON

RECRUITING VOLUNTEERS FOR:
CHEERING STATIONS,
REST AREA STAFF,
FINISH LINE GREETERS,
COURSE MARSHAL &
CHALK ARTISTS
1.5, 2 & 3 HOUR SHIFTS AVAILABLE



SPONSORSHIP REQUESTS:
CASH DONATIONS LOWER JERSEY COSTS, RAFFLE ITEMS & DISCOUNTS
SPONSORS WILL HAVE THEIR LOGO ON: OUR NEW EVENT JERSEY!
POSTERS, QUE SHEETS, WEBSITE & SOCIAL MEDIA

FMI: YVETTE MEUNIER @ PLANNING@BOWDOINHAM.COM OR 666-3096

THE BOWDOINHAM NEWS

Town Meeting Update

Please join us on Wednesday, June 11 at 6 pm at the Bowdoinham Community School at 23 Cemetery Rd. in Bowdoinham. Warrant articles, budget information, and other resources for the Town Meeting can be found at: www.bowdoinham.com/townmeeting2025 or at the Town Office.

Municipal Budget

The spending levels outlined in this budget attempt to provide the programs and services that the residents of Bowdoinham have experienced over the past several years while maintaining our efforts in the capital improvement area. It is our goal to provide the citizens of this community with the best level of service possible with the financial resources available. 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 \$484 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 \$80,219 or 1.9%, that proposed increase is offset with an increase of \$80,703 (4%) in estimated revenues. The three areas with the largest increase in estimated revenues proposed are Municipal Revenue Sharing, Automobile Excise and Investment Income. There is an estimated \$83,500 decrease in the Homestead Reimbursement income, due to the Town's certified ratio dropping to 73%. The proposed municipal budget is available on the Town's website at www.bowdoinham.com/townmeeting2025.

While the municipal budget, as proposed, would not affect the tax rate, we are expecting an increase in both the school and county budgets, which will impact the tax rate.

Second Baptist Church News



The Second Baptist Church of Bowdoinham, celebrating 205 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 new pastor, Ken Smith, is providing engaging sermons and Bible studies.

A special Maundy Thursday service was held the Wednesday before Easter and the church held a Sunrise and Traditional service on Easter Sunday.

The church continues to be blessed with the musical talents of Ryan Sweet who plays the piano on Sundays.

We cordially invite you to attend a service and hear the good news.

Our sermons are live streamed on Facebook on Sundays between 10:00 and 10:30 www.facebook.com/bowdoinhamsecondbaptist and are also posted to YouTube: www.youtube.com/channel/UCs5iwnUANMu4HthRYzkJVCw

Scheduled Events:

Worship Service at 9:30 AM on Sunday (NEW START TIME)

Communion is held on the first Sunday of the month.

A potluck church brunch is held after the service on the third Sunday of the month.

Men's Breakfast at 7:00 AM on Saturdays

Women's Bible study at 8:30 on Sundays
NEW Tuesday morning Bible Study at 9:30 AM

Wednesday Night Bible Study at 6:30 PM

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

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

Nazarene News

Spring and summer clothes are out at The Clothes Closet at the Nazarene Church. 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.

Interested in learning more about the Bible but don't know where to start? That is not uncommon. We offer Bible studies for beginners. Studies on Mark for Beginners, An Overview of the Bible for Beginners and Prayer for Beginners will be starting in May. Call or text the church at 207-751-6888 for more information or to sign up.

Mother's Day is May 11. If you wish to honor your mother, you are welcome to drop off flowers that Sunday, and of course, you are welcome to stay for service. We begin at 11am.

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.

HATCH POINT
WEDDING & EVENTS VENUE

COLONIAL HARDWOODS
PATRICK MCDONOUGH
WOOD FLOORING CONTRACTOR
666-3069 OFFICE
831-5718 CELL
EXPERT INSTALLATIONS, SANDING, FINISHING,
AND CUSTOM WORK
HEADQUARTERED IN BOWDOINHAM FOR OVER 25 YEARS

Recreation News

Update from Winter Activities – Our basketball programs wrapped up in March and early April. Our 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. 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 making it to the championship rounds.

Indoor Pickleball continued this winter in the gym. And, we were able to revitalize the “Open Gym” activity inside of the Community School gym on Sundays for adults.

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 7th. Hopefully, when you are reading this, our Pickleball and Tennis activities are back outside on the courts!!

Bowdoinham will again be hosting both the 10U and 12U/60 Cal Ripken Baseball district tournaments June 23 - 29. Also, we are co-hosting, with Richmond, the girls 10U and 12U softball district tournaments June 13 - 15. 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, with the purchase of 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!

9-3
\$250

SUMMER ART CAMP
WITH KATIE

In partnership with the
Bowdoinham Recreation Department
Featuring artist-led projects with:
Ruthanne Harrison
and
Catherine Scanlon
Bowdoinham Community School

Grades
6-8
(rising grade level)

August 18-22

With support from:

MAC
Merrymeeting Arts Center

Election Dates to Remember



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

MSAD 75 District Budget Meeting
Thursday May 15, 2025
6:30pm
Orion Performing Arts Center

June Elections
Tuesday June 10, 2025
8am – 8pm
Bowdoinham Community School

Annual Town Meeting
Wednesday June 11, 2025
6pm
Bowdoinham Community School

Merrymeeting Arts Center

By Jen Kelley

“Even the smallest person can change the course of the future.” – J.R.R. Tolkien

These are challenging times. It seems wherever we look, fear and anger bubble under the surface, like a geyser ready to erupt. Uncertainty, distrust and a general feeling of powerlessness are our constant companions. Often I wonder, “How can I make a real difference in the world?” It occurs to me that instead of feeling paralyzed by all the trauma in the world, perhaps I should focus on positively impacting my community. What kind of positive trickle-down effect could that create? What if I and others focused on local change? How could our own day-to-day lives improve? I found an answer at MAC. Volunteering empowers me to bring transformative positivity to our own little world. MAC offers a space for people of all ages, to create, play and commune. The gallery is available to both emerging and established artists. I’m inspired each time I see the excitement and pride in the eyes of an artist hosting their first exhibit or holding their first piece of handmade pottery. Meaningful change can happen one person at a time right here in our backyard. It’s not going to change the world. But it could change someone’s world – if only for a moment.

Now look what we have in store for you all in May and June! Hope to see you out there!

EVENTS/WORKSHOPS

MAC Open Mic Night!
Sundays, May 4th & June 8th (4-6pm)
***Recurring the first Sunday of every month**

MAC hosts an Open Mic Night. Musicians, storytellers, poets, comedians and audience members - come one, come all. It’s a great time to practice new material, dust off some old classics, or simply enjoy some community. Free!

Pouring it On – A Linda Murray & Student Show
Opening reception

Saturday, May 10th (10am-2pm)
Additional viewing hours: Saturdays, 17th, 24th & 31st (10:00am-2pm)

This May the Merrymeeting Arts Center Gallery will host an exhibit, *Pouring it On*, with paintings by artist Linda Murray and seven of her students. Murray writes that “This exhibit is to honor the process of



Merrymeeting Arts Center

acrylic paint pouring. It is an exhibit of my students and my work using four different techniques.”

Textile Art Workshop with Ruthanne Harrison
May 6th (6:00-8:00pm)

Join artist Ruthanne Harrison for an evening creating textile designs using block printing and stenciling. We’ll be experimenting with designing motifs for printing, using color combinations, and creating repeat patterns. You will leave with a printed scarf, along with any other items you may choose to bring to print on. Printing materials will be supplied, and no prior experience is needed! This is a workshop for all, ages 15 and up. **\$30**

Visit www.merrymeetingartscenter.org to learn more and register.

Stuff – The Artist Doug Chess Exhibit
Opening Reception
Friday, June 6th (5pm-8pm)
Additional Viewing hours: Saturdays, June 7th, 14th, 21st, 28th (10am-2pm)

The Artist Doug Chess will be featured at the Merrymeeting Arts Gallery this June, with an exhibit titled *Stuff*, large scale drawings on paper, of, well...stuff!

Pottery Open Studio (ON-GOING)
Mondays & Wednesdays (6pm - 8pm)
with Zachary Fields
Saturdays (9 - 11am)
with Catherine Scanlon

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

The Mac **OPEN STUDIO PUNCH CARD** is on sale! Treat yourself or someone else to our new studio punch card. Available for purchase on our website at www.merrymeetingartscenter.org

We can’t help everyone, but... Everyone can help someone.

Donations to the Heron Fund allow us to offer a “pay what you can” option. The Heron Fund is our scholarship fund for all MAC organized studio programs and events. It is made possible by the generosity of the Muir Family and donations from MAC friends and supporters like you. Donations can be made on our website and allow us to remove financial barriers for program participation and ensure Art for Everyone. MAC is a Non-Profit and donations are tax deductible.

We also have an **Amazon Wish List** on our website! We can always use pottery and art supplies, as well of cleaning supplies. We’re in need of a new vacuum for the gallery, as well. The glamour of the creative life, right?

Recycling Do’s And Don’ts

Don’t: Don’t put your food waste in the trash. The Bowdoinham Recycling Plaza has a food waste bin from a local composter. The composter asks that only food waste be put in the container.

Do: Do remove shrink wrap and plastic labels from your recycling. Items such as creamer bottles, single serving yogurt cups, kitty litter jugs, lemon juice bottles, and some cleaning products have a non-sticky, plastic label that needs to be cut off before the container is ready for recycling.

Stay tuned for more recycling Dos and Don’ts.



Bowdoinham Fire and Rescue

Have you ever heard of the I.S.O.? How about a P.P.C. grade? Unless you are part of an insurance company or a member of the fire service, probably very few know what either of those initials mean. The fact is those two initials may play a significant role in determining what you pay annually for your homeowners' insurance.

The I.S.O or Insurance Services Office is an organization that provides analytic data to insurance companies and the P.P.C or Public Protection Classification (a registered trademark) is a grade that the I.S.O. assigns to individual fire departments throughout the country. That grade measures the readiness of that department's initial response to structure fires. This does not take into account any other aspects of public safety that fire

departments handle on a daily basis but it instead concentrates specifically on those incidents which have the greatest potential for loss of life and property – structure fires.

The I.S.O. rating is updated every 8 years. It involves in-depth questionnaires and on-site visits with Sagadahoc County Communications, Bowdoinham Water District and Bowdoinham Fire & Rescue. It covers all aspects of the system: who is taking the call, E-9-1-1 system capabilities, creditable water supplies, hydrant flow rates, age/capabilities of the apparatus, who/how many responding, what kind of training/how often and the list goes on. Keep in mind the exact same criteria is used for rural, urban, suburban or metropolitan areas no matter if they are a full-time, part-time, volunteer or combination departments.

The grade ranges from 1-8 and is given as a split classification with the first number representing properties within five road miles of the responding fire station and within 1000 feet of a creditable water supply. The second number is with no creditable water supply. In 1999 Bowdoinham earned a 6/6Y score and improved to a 5/5Y in 2017 - there were no surveys conducted on us between 1999 and 2017. This year we were able to improve again to a 4/4Y. This is a very respectable rating especially for a volunteer department. Unfortunately, there is no singular place to access these ratings so it is difficult to make any comparisons with other municipalities however the Field Representative that conducted our evaluation indicated that many full-time departments would be proud of this rating.

Keep in mind, this is only one of several metrics that insurance companies use to set the rates for their customers and some companies depend on the rating more than others. It remains to be seen what if any benefits the upgraded P.P.C. will have for Bowdoinham residents, it does however represent how hard we are all working to provide the very best level of service to our community.

Art & Nature Camp in Bowdoinham

WE'RE HIRING!!

Do you love kids? Are you looking for three weeks of fun work this summer? We are seeking camp assistants for Art & Nature Camp. Pay is \$17/hour. Candidates must be at least 16 years old. If interested, please send a resume and cover letter to artcampbowdoinham@gmail.com



Dates & Details for 2025

July 14-18
July 21-25
August 4-8

9 a.m. - 3 p.m. at
Bowdoinham Community School,
Bowdoinham, Maine

Mooring Applications Are Due

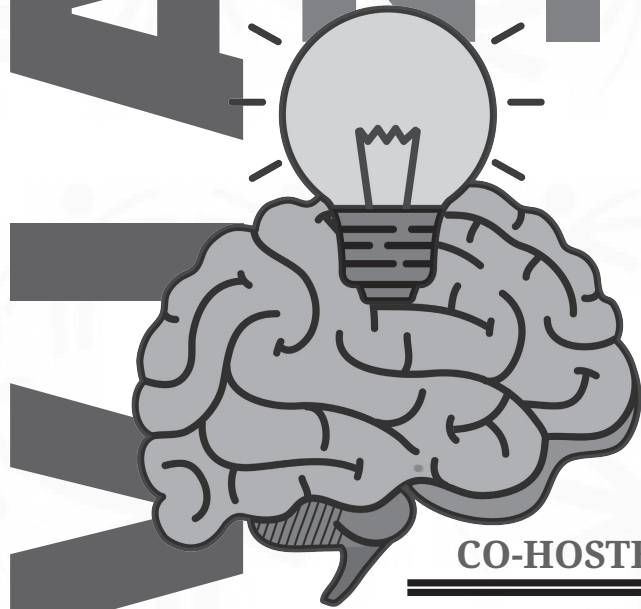
Mooring applications are due May 1st. If you have not submitted your application, please do so now. You can obtain a copy of the application on the Town Website under Harbor Master or pick one up at the Town Office.

Inner Harbor: A registration fee of \$50 for residents and \$100 for non-residents shall be submitted with each application annually.

Outer Harbor: A registration fee of \$100 for any mooring on Merrymeeting Bay or adjacent to Brick Island and \$10 for resident shorefront owners (U.S. Army Corps of Engineers permit is required for a rental mooring) shall be submitted with each application annually.

For more information about mooring rules and applications see 'Harbor and Waterfront Rules & Regulations' located under Documents on the Harbor Master Page on the Town website at www.bowdoinham.com/harbor-master.

TRIVIA NIGHT



**MAY 10TH,
5PM - 8PM**

**DOORS OPEN AT 4:30PM*

HOSTED BY



CO-HOSTED BY MT. ARARAT HIGH SCHOOL

FREE CHILDCARE • FOOD • PRIZES

**\$10 PER PERSON
OR \$50 PER TEAM
(6 PLAYERS MAX)**

**VENMO: @CMT7887
OR PAY AT DOOR***

***PLEASE INCLUDE
"TRIVIA SPECIAL OLYMPICS"
AS THE MEMO.**

WHERE:

**MT. ARARAT
DINING COMMONS
68 Eagles Way,
Topsham, ME 04086**

**REGISTER WITH CASSIE AT
CTARBOX@FIVECOUNTY.COM**

**INCLUDE YOUR TEAM MEMBERS AND TEAM
NAME IN YOUR REGISTRATION.**

RSVP BY MAY 5TH.

**TEAM DISCOUNT WILL NOT BE PROVIDED
AT THE DOOR FOR DAY-OF REGISTRATION.**

**ALL PROCEEDS WILL BE DONATED TO SPECIAL OLYMPICS
MAINE. THANK YOU FOR YOUR SUPPORT!**

**TRIVIA WITH HEART: A FUNDRAISING EVENT
FOR SPECIAL OLYMPICS MAINE**

Bowdoinham Community School

by Chris Lajoie, Principal



I am in my eleventh year as Principal of our Community School and have never been more excited about the work we are doing, or more hopeful for our future. As I wrote in my letter two years ago, we continue to focus on what unites us for the children of our community. We all want them to be able to read, understand and communicate information and ideas proficiently. We all want them to utilize mathematics effectively in their lives. We all want them to think critically and solve problems peacefully. We all want them to have friends and feel a sense of belonging and investment in their school and community. We all want them to be set up for success in life as: workers who can support families and contribute to society; citizens who understand their rights and responsibilities, and uphold the democratic principles of our great country; and adults who look out for others, and who keep learning long after they leave school. That is our ongoing work as a school, and you are an important part of that.

As you consider the impact of your investment in our school, know that we could not do what we do without your support. Our students continue to achieve above district, state and national benchmarks - in fact, significantly above in reading achievement - while we spend less per pupil than any other school in MSAD 75. Our student population has hovered just

above 190 in recent years, the only school in the district with an enrollment increase over the last decade. We utilize our funding strategically, without taking it for granted, seeking to provide an excellent education for every one of our students. That success includes academic achievement, of course, but also social and life skills that allow them to thrive in the complex world in which they are growing up. One of our most exciting developments this year is our Play Club, where kids of all ages stay after school to play and explore the school grounds, with only as much adult intervention as is necessary for safety. Students not only get unfettered exercise in the fresh air, they develop skills of resilience, independence, problem solving and communication. Kids of previous generations benefited from it, and it has been fun for us to bring back a focus on the benefits of unstructured play for our students.

A final word: our world-class teachers and staff return year after year, committed deeply to our school. Most of the school budget goes toward salaries and I will continue doing everything I can to make sure Bowdoinham's students have the very best and brightest educators anywhere. Thank you, community member, for another year of this wonderful partnership. I am happy to answer your questions anytime: lajoiec@link75.org or (207) 666-5546, option 6.

Stones Telling Stories:

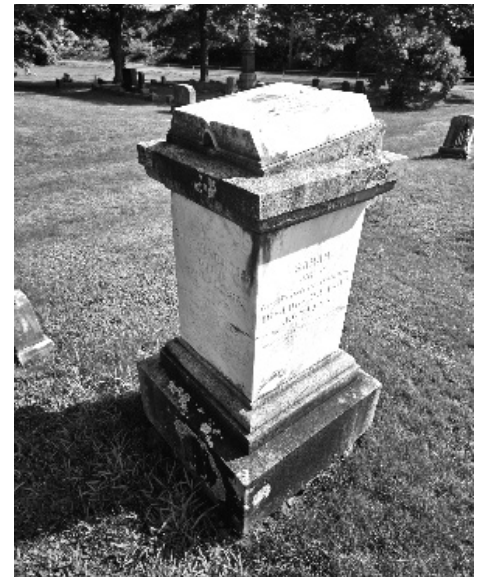
“With a name like Constant...”

By Frank Connors, Cemetery Sexton

Constant Quinnam, (1807-1865) was an elder and brother at Bowdoinham Ridge Baptist church. He was pastor at the church for 18 years, and was a key player leading to the construction of that “brick Church on the Hill.” In 1838. According to Silas Adams’ History of Bowdoinham, he was pastor when, in 1841, “the brethren very gallantly invited the female members to sit with them in Conference.” He represented Bowdoinham in the State legislature in 1864, and, when he died April 24, 1865, (again quoting Adams,) “sixteen of his brother ministers were present as they laid him to rest in the beautiful Ridge Cemetery.”

The gravestone of Quinnam is interesting and quite remarkable, a combination of marble and granite. The top of the stone is crowned with an open representation of a Bible. On the stone are names of his two wives: Betsy P., who died August 30, 1835, at the age of 28, and Sarah, who died December 23, 1893; and the names of his four children: Thomas M., Constant, Emily S., and Sarah E.

Find the grave: The Ridge Cemetery is located on the edge of Bowdoinham’s Ridge Road, some four miles from the village. With the Cemetery on your left, pass through the gate to the left of the fieldstone holding vault. The stone is near the center of the Cemetery, on your left, you’ll notice the large, white marble, open Bible.



THE BOWDOINHAM NEWS

Morning Jo

*How can I keep from singing?
My life goes on in endless song
Above earth's lamentations
I hear the real, though far-off hymn
That hails a new creation.
Through all the tumult and the strife
I hear its music ringing.
It sounds an echo in my soul.
How can I keep from singing?*

These first two verses of the American folksong (originally a Christian hymn) "How Can I Keep From Singing" have been playing through my mind lately. If you don't feel much like singing these days, you are not alone. Yet singing is a surprisingly potent elixir.

Did you know?

Singing offers numerous health benefits ranging from the physical (stronger immune system, enhanced lung capacity, improved quality of sleep) to the emotional and spiritual (increased sense of emotional wellbeing, enhanced social connection, and overall stress relief). The heartbeats of people who sing together often synchronize. Now THAT'S connection!

"If you can walk, you can dance. If you can talk, you can sing" - a saying from Zimbabwe

You don't have to be ready to quit your day job! You just have to take a breath and sing out the exhale. Hold out the note as long as you can. When you're out of air, refill your lungs and do it again. Choose a pitch and go for it! Try it on "la" and see what happens!

Connection is always the best medicine.

We tend to withdraw from other people just when connection is what we're needing most. So whether you're struggling yourself or wanting to support someone else who is, go ahead and reach out. Let them know how you're doing. Ask how they're doing. You'll be amazed at what a huge difference even a small gesture will make to the other person. And to you too.

And speaking of singing...

I'm a choir director from way back and am thinking of getting people together to sing. Any takers? If you might be interested, email me for more details.

As always, remember to breathe.
Happy Summer!

Comments? Something you'd like me to address next time? Email me at jowtherlcs@gmail.com.

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:

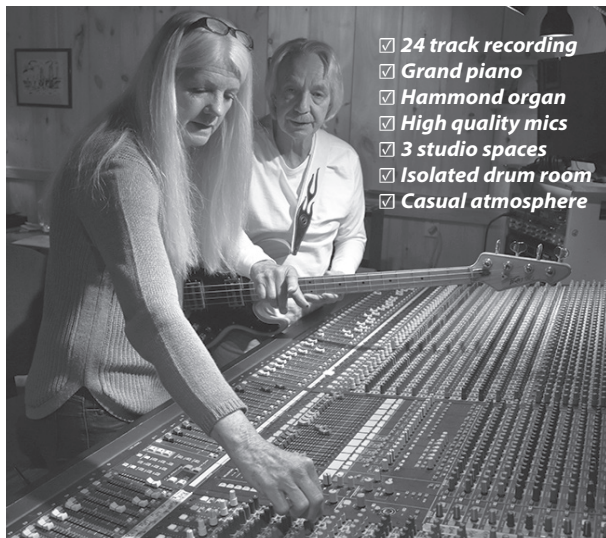


- KVCAP (LiHeap) – 800-542-8227
- Warm They Neighbor – 207-729-1161
- DHS Emergency Assistance – 855-797-4357
- Bowdoinham Food Pantry – 207-751-7779
- SEARCH – Maine Senior Services – 207-837-8810 (www.ccmaine.org/SEARCH)
- **Maine Abuse Hotline – 1-866-834-HELP (4357)**
- **Mental Health Crisis Hotline – 888-568-1112**

Or visit:

- www.sagema@sagcounty.com
- www.maine.gov/dhhs/ofi/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

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A La Carte:

Thoughts on Food and Cooking

By George Oliver



THOUGHTS ABOUT FOOD

“Eat Your Weeds”

A lot of people in Maine have food gardens, and some of those gardeners occasionally like to harvest foods from the wild. Spring is a good time for collecting wild foods because we’re anxious to be outside, and picking wild foods feels like a ‘seize the day’ moment.

Mushrooms are a commonly picked wild food in Maine. There is a Facebook page called Maine Mushrooms dedicated to this very popular wild food hobby.

While I like the idea of getting my food directly from nature, it comes with risks, so anything you collect from your yard or the woods has to be identified with absolute certainty. Use books from the library and reputable websites to help you.

I had a friend who was squeamish about eating anything I picked from my yard, all of which he called “weeds.” If it wasn’t picked from a Hannaford vegetable bin, it wasn’t safe to eat. I objected that he didn’t know where grocery vegetables came from or how safe they were. My objections fell on deaf ears (of corn?).

We all know about spring dandelion greens, but I’m not sure how many people actually eat them. Some small raw leaves are good in salads along with whatever lettuce you’re using, but as the flowers open, the leaves can get more bitter. You can sauté those older greens, too, but a quick blanch in boiling salted water first helps dull the bitterness. The flowers are edible, too.

Dandelions are incredibly nutritious. If you want other ideas, do a search on YouTube for instructional videos on harvesting dandelions. I saw a video recently for pizza with wild oyster mushrooms and dandelion leaves. In old Napoli, that’s amore.

Wild onions are easy to identify by their smell and taste, but a less common allium are ramps. We have friends who had ramps growing wild on their property in Harpswell, so I took a few and transplanted them on our hillside in Bowdoinham.

After a couple of years, the ramps have taken hold, and while I might be sorry when they take over the fern patch in the future, right now I’m happy to harvest a few leaves and bulbs and use them in place of onions and garlic. They are definitely an allium for onion lovers. They’re so strong, they might even work against vampires.

However, one of the first things to come up in April is not one most people think of as a wild food: hostas. They’re seen as a cultivated garden plant here, but in other countries, like Japan, hostas grow wild and the new shoots are harvested as food.

When I learned about eating hosta shoots a couple of years ago, I was skeptical. Like most people, I use them as a decorative garden plant for shady areas, and I had never heard of anyone eating them. Eating weeds like dandelions, yes, but a landscape plant like hostas? Hmm...

But after some research, I ‘seized the sprouts’. Choosing various hosta varieties in our yard, I cut off the new shoots when they were about 3 inches long, before they started to unfurl. I sautéed them quickly in butter and olive oil, with salt, pepper, and a bit of scallion.

They tasted like a combination of asparagus, celery, and lettuce, an altogether pleasant surprise. I had some for lunch one day in a bowl of chicken soup, and for breakfast with eggs the next day.

The hosta-shoot season is very short, even more so when the weather turns warmer quickly, so put this newsletter down, get out there, and cut yourself some hosta shoots for a meal. If nothing else, you can argue to yourself that it’s a great way to reduce the hostas that are taking over some garden spots. You’ll be a convert to their taste, and you’ll have culinary bragging rights in your neighborhood.

In fact, invite friends over for breakfast soon and serve them cheese and hosta-shoot scrambled eggs. This delicious food shock for your friends might just spring-start your day.

George Oliver lives in Bowdoinham. He can be reached 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.
666-3228

Website: bowdoinham.com/SWR

Recycling Hours:

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

Bowdoinham Public Library

13a School St.
Bowdoinham, ME 04008
Phone: 666-8405
Website: bowdoinhamlibrary.org
Hours:

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

Animal Control

666-3127

Fire & Rescue

666-3505 (non-emergencies)

Public Works

666-3503

Sagadahoc Sheriff Dept.

443-8201

Water District

(Payments Due Quarterly)
737-4721

THE BOWDOINHAM NEWS

Community Calendar

May

10	Trivia Night	5:00 - 8:00pm
15	MSAD Budget Approval Meeting - Orion Center	6:30pm
17	Dahlia Sale - Merrymeeting Hall	9:00am
26	Town Office Closed - Memorial Day	

June

6	Needhams Workshop - Fire Dept.	2:00 - 4:00pm
7	Farmers Market returns to Waterfront	8:30am - 12:00pm
10	Elections - Bowdoinham Community School	8:00am - 8:00pm
11	Town Meeting - Bowdoinham Community School Town Office Special Hours	6:00pm 10:00am - 2:00pm
13	Town Office Closing Early at 12:30pm	
15	Deadline for Citizen of the Year Nominations	
19	Town Office Closed - Juneteenth	
30	Town Office Closed - Year End Processing	

July

4	Town Office Closed - Independence Day	
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Town Board and Committee Meetings

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

Select Board

2nd & 4th Tuesday of month

Planning Board

4th Thursday of month at 6:00pm

Advisory Committee on Age Friendly Bowdoinham

2nd Monday of month at 1:30pm

Cemetery Advisory Committee

1st Monday of month at 4:00pm

Comprehensive Planning Committee

2nd 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

3rd Wednesday of month at 2:30pm

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

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