

The Arrowsic Arrow

News Around & About Arrowsic

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Summer 2019

Annual Town Meeting

Over sixty residents gathered in the Fire House on June 13 for the Annual Town Meeting.

After being elected and sworn in as moderator, Sen. Eloise Vitelli presented the Maine Spirit of America Foundation Award Honoring Exceptional Volunteerism in Sagadahoc County to Elizabeth Rollins for her services to the town.

Selectman Sukey Heard then read an appreciation of Michele Gaillard, who is retiring from the Select Board after 21 years of service. 'She wears many hats,' Sukey noted, 'She is a talented wordsmith... has developed a system of checks and balances that reassure our auditors... and has managed our General Assistance program with skill and sensitivity.' 'I value her ability to look carefully at all sides of an issue before making a decision,' she concluded, 'our brains are wired differently, and she notices things I have overlooked. The fine details of a problem do not intimidate or distract her. She competently wades through them to get to the meat of the matter.'



Liz Rollins receives the Spirit Award from Sen. Eloise Vitelli (photo: Paul Schlein)

At this point, the formal meeting swung into gear, electing Dee Dee Morse to replace Gaillard on the Select Board and re-electing Barbara Boyce as Town Clerk, Mary McDonald as Treasurer, and Jon Biehler as Tax Collector. Since all were unopposed, they were elected by acclamation, affirmed by the state mandated number of paper ballots.



*Dee Dee Morse
(photo: Dee Dee Morse)*

It then moved expeditiously through the usual warrant items to fund town expenses and services, which were generally approved without debate or opposition. One resident asked about an increase in salaries of election workers, and was informed that it was due to the upcoming Presidential election and a possible primary in place of the usual party caucuses (which was subsequently passed by the legislature).

Supporting ongoing contributions to the Fire Department Capital Improvement Fund, Chief Carlton explained that the town needed to start contributing to the replacement of the aging pumper in the near future.

Camille Kauffunger announced that Sarah Grill was awarded a town scholarship to study biology or animal studies and work in animal rehabilitation at Eckerd College in St. Petersburg Florida.

Mary McDonald and Walter Briggs noted that the increase in the recycling budget is necessitated by the dramatic increase in costs to the town. Briggs stated that the current \$95 per ton cost for recycling would increase and be capped at \$150 per ton.

Malcolm Person, chair of the Properties Committee, stressed the continued need for deferred maintenance of town properties following the extensive exterior work to the town hall this past year.

Sukey explained that money was needed to produce a new town tax map, while also noting that the assessor is due to present the new assessments in the fall.

In response to a question regarding how contributions to local non-profit organizations were determined, Sukey explained that larger amounts are allocated to programs that provide services to people who might make use of General Assistance, while lesser amounts are given to local programs that are deemed worthy and of general benefit to the community.

The final financial item, to increase property taxes in the event that the previously approved expenses exceeded the state mandated levy limit, was approved by paper ballot, 60 to 4 with 1 abstention.

The meeting then moved to consider a number of changes to local ordinances. Will Neilson, chair of the Planning Board, presented changes to the planning ordinance to approve standby generators in areas where they are otherwise restricted by existing setbacks and to specify criteria for approving parks and recreation areas, such as Holt Research Forest and Mill Pond Marsh. Both were approved unanimously.

Lisa Margonelli, chair of the Shellfish Conservation Committee, presented a series of changes to the shellfish ordinances recommended by the DNR to further define shellfish and the intertidal zone as well as to allow license fees to be published annually and clarify how licenses are reallocated. All were approved unanimously.

The Conservation Commission proposed two resolutions to address climate change and global warming. The first, to support a national, revenue-neutral carbon fee and dividend system to reduce CO₂ levels, received unanimous support, while a resolution that ‘any planning, policy, and purchasing decisions made by or for the Town of Arrowsic will take into consideration the impact of climate change on such proposed actions’ proved more contentious, as residents argued that, while they generally supported the need to address climate change, the means proposed for considering and evaluating such proposals were ill-defined and possibly counterproductive. Yet when put to a vote, the resolution was approved 34 to 19.

The 3BI Broadband Committee then presented an amended motion to authorize the selectmen to apply for a USDA grant to support construction of a fiber-optic broadband network for the island. In response to various questions, committee members Will Neilson and Don Kornrumpf stressed that the application would not incur any initial cost to the town, but that if the application were subsequently approved, the town would then have to vote to accept it and approve any costs at a town meeting. In addition, the proposed system would be largely self-financing, with capital costs, running expenses, and eventual profits generated by subscriber fees. The motion was approved.

The meeting was then adjourned, and a special town meeting immediately called to order to consider revised salary articles, which were approved with minimal discussion.

From Dee Dee Morse:

Hi all, I want to thank you for your vote of confidence in me for selectman. Although I'm looking forward to the challenge, things seem to be running well, but I do have big shoes to fill taking over for Michele. For those of you who don't know me, I am a Mainer. I grew up in South Portland and moved to Bath 35 years ago when I started raising a family. I have 2 grown children. Adam who currently lives in Toronto and my daughter Rachel who just moved to a home in Arrowsic! I'm a Navy veteran, a former loan officer, and insurance underwriter. I moved to Arrowsic 15 years ago when Mark Jorgensen welcomed me into his world. When I'm not working- for Mark- I love pretty much all things that get me outside. I run, love my yoga time, gardening, and skiing both down hill and cross country to name a few. I look forward to my time as a selectman and hope you feel free to reach out to me with any concerns.

Happy Summer! Dee.

—Submitted by Tom Spear

From the Select Board

We are very close to bringing the Revaluation process to fruition and hope to get notices of new valuations out to property owners by early August.

Matt Norris, the Animal Control Officer in Georgetown, has agreed to expand his services to Arrowsic. He will replace Sarah Mancini as our Animal Control Officer. His home phone is 371-2915, and his cell number is 841-6577. Just a reminder, he is only responsible for domesticated animals in town, not wildlife critters.

The Selectmen wish to remind people about our ordinances regarding the Sewall Pond Conservation Area off Old Stage Road. Use of the area is prohibited from dusk to dawn. Parking along the roadway is also prohibited from dusk to dawn, and cars found there after dark may be towed. Fires are prohibited at all times. Please respect these local laws. We do not want to have to call the sheriff on swimmers, but we must put safety first and foremost.



At our June 24th meeting, the Selectmen appointed Sheila Spear, Town Administrator, to be our General Assistance Officer. She can be reached during regular office hours or by email at admin@arrowsic.org.

—Submitted by the Select Board

Times Have Changed



Above: 1958 - Selectman Hugh Eisenhauer outfits his old Crosley station wagon to serve as Arrowsic's first fire truck.

Right: Barbara Lakin arrives at the fire truck dedication via the new shuttle service available in town. Door-to-door service provided!



Milly Stafford - A Dedicated Fire Fighter and the New Fire Truck

On one of the first warm days of this summer, long term resident Milly Stafford visited the Arrowsic Fire Station for a very special event. Her arrival brought happy smiles to the faces of about 40 Arrowsicans who had gathered in anticipation of her visit. The newly purchased fire truck, Engine 1, was to be dedicated to Milly in recognition of her many years of service to the Town. After a cordial greeting by select board member Sukey Heard. Mike Kreindler described some of Milly Stafford's activities as an Arrowsic fire fighter some 60 years ago.

Milly made a point to emphasize how the women were providing fire protection while the men were away during World War II. A photo enlargement showed Arrowsic's first fire-fighting vehicle in 1958, an old Crosley station wagon converted to carry pumps, tools and hose. The following year volunteers began constructing a fire station near Sewall Pond along the main road.

From 1980 through 1986 Milly kept detailed notes of all meetings, trainings, fire calls, along with the names of responders and the hours each spent. As an independent department, the Town was billed and paid individuals for their service per call. Milly even recorded that she reminded the town officials to pay the volunteers more promptly for their \$3 per hour that was due. Grateful residents and even contractors made donations to support their activity. The department had 2 old unreliable trucks and they spent a lot of time repairing them.



Milly Stafford (photo: Camille Kauffunger)

Towards the end of this period plans were approved to merge the fire department with the town government, buy a new fire truck and provide protective gear for the volunteers. This was the start of today's AFD. The 1988 minipumper purchased then served the Town for over 30 years until it was replaced this year with the new Engine 1.

After this glimpse into a time long past, Milly christened the new truck with sparkling water, many pictures were taken and everyone enjoyed a piece of Dee's chocolate cake.

—Submitted by Mike Kreindler and Karin Sadtler



Members of the Arrowsic Fire Department join Milly to dedicate the new fire truck (photo: Michele Gaillard)

Green Crab Trapping

On June 22, the Arrowsic Shellfish Conservation Committee and a few dozen neighbors conducted a survey of green crabs in our rivers. On the morning tide, a small fleet of boats, organized by Paul Burgess and Karin Sadtler, put baited crab traps down in 12 spots around the island. In the afternoon, the traps were retrieved, 799 crabs were counted, measured, color-graded, and sexed, and then the assembled crew had a potluck dinner and hamburgers (orchestrated by Livy Glaubitz) at Doubling Point.

Green crabs have been in the area for more than a hundred years, but recently their numbers have exploded, and they appear to be eating large numbers of soft-shell clams. Since 2019, when the ASCC began conducting surveys of green crabs in the waters around Arrowsic, it has become obvious that the crabs surround the island, though the numbers we catch rise and fall in mysterious ways from year to year. The highest year was 2017, when we caught 821, and the lowest was 2016, when we got just 239 using only 6 traps. Just as interesting—and inscrutable—are variations in size and sex of the crabs from site to site. This year, more than 90 percent of the crabs caught off the North and South Squirrel clam flats were female, though females made up just 68 percent of the catch for all sites. The data we gathered went off to be scrutinized by Ruth Indrick of the Kennebec Estuary Land Trust and the crabs were dispatched to the great crab hereafter.

To get involved in further clam and crab activities, please email clams@arrowsic.org.

—Submitted by Lisa Margonelli



L: Mona Schlein, Paul Schlein, and Lisa Johnson Contini watch Bill Blaiklock opening a trap.

R: Measuring, color grading, and sexing a female crab



Counting, measuring, color grading and sexing crabs (all photos: Jack Carr)

Marlene Barter

Marlene Barter passed away in May at the age of 83. Born in Five Islands, she raised her children in Bath and then moved to Arrowsic to make her home with Barbara West. Her life's work as an addiction counselor allowed her to help many individuals and families in our area, and her personal life and commitment to sobriety offered hope, comfort and inspiration to many others. She brought her lifelong qualities of honesty, practicality and dignity to her struggle with dementia.

—Submitted by Barbara West

Porpoise Spotting

I remember being astonished years ago when a letter from the late 19th century was published in *The Arrow* that described what sounded like a rather consistent annual run of 'whales' moving up the Back River.

Our home overlooks the top end of the Back River as it spills into Hockomock Bay. Last evening (May 3) at low tide, we were looking out the window at Mill Pond when we saw a 'wormer' on the mud inside of the breakwater, very unusual in itself. He had left his bucket behind and was studying the small pool of water left in the marsh when the tide is out. I noticed 'funny water,' a fishing term indicating fish moving below the surface, in the shallow pool. I told Janet it was a river otter, having seen a head come up a couple times. She, though, said she saw a fin and she turned out to be right. When the wormer was off the flats, Janet approached him. He confirmed it was indeed a porpoise and speculated it had followed a school of smelt into the pond and forgotten to exit until it was too late.

We watched for an hour as this small member of the whale family resurfaced continually in the small pool. It was reassuring with our current global climate issues to know that a phenomenon mentioned in a letter well over a century ago, survives even today, to know that something from the time of the 'old way' endures.

—Submitted by Damian Sokol



Mary E sailing up Fiddler Reach (photo: Paul Kalkstein)

Update on Age-Friendly Communities of the Lower Kennebec - Survey Results

Last November the grass-roots organization Age Friendly Communities of the Lower Kennebec conducted a regional survey. Preliminary results from 977 responses, including 95 from Arrowsic, were presented at the Patten Free Library in May (see www.cityofbath.com/bctvondemand/).

Five themes emerged from the survey. Community strengths: 80% think their community is a great place to live. A similar number of respondents feel they can ask family, friends or neighbors for help. 58% talk with their friends to find out what's happening. Personal comments describe a deep appreciation for the local libraries and for the beauty of our natural surroundings, as well as a general feeling of safety.

Housing: Within the region, one-third believe they will have to move to a different home in the area as they age. 19% expect to move away completely (27% in Arrowsic). Two-thirds of the participants expect to modify their homes. Almost nine out of ten agree that information on available and affordable help around the house is needed. For almost 13% of our residents, homes are not warm enough in the winter. The reasons are cost of fuel, insufficient insulation and the physical challenge of moving wood into the house. An equal number of respondents go away for 2+ months in the winter.

Mobility: In the region, 91% drive themselves (97% in Arrowsic). A typical comment states, "If I can't drive, I have no options." 40% disagree that it would be easy to find a ride in Arrowsic. About one-third cannot be as active as they would like to be because of chronic illness or disability. 40% have concerns about falling but only 5% have participated in a fall prevention class. For 11% of Arrowsicans it is hard to get to places because of lack of transportation, impaired ability to walk and poor vision/hearing (40% each). 20% dislike asking for a ride and 20% don't like to go out alone.

Social connections and community: About 90% agree that older residents are respected in our community and rate opportunities to be involved in community decisions as important. More than two-thirds see family or friends several times a week. More than 85% feel that social opportunities and accessible community events are important. A similar number prefer to interact with people of all ages. Several personal comments describe a feeling of isolation and exhaustion over the worries of caring for a friend or family member. Four out of five of Arrowsic respondents think that respite and support is important.

Communication: 90% choose the phone to communicate with people, 77% use e-mail and 45% social media. The sources to find out what's happening: Internet 78%, about 60% talk with friends or check the newspaper and 34% get ideas from listening to the radio. When in need for information about services for older people, two thirds check the Internet, and more than half ask family and friends or the nice people at the town hall. 44% go to the Bath Senior Center and one-third seeks advice from their medical provider.

Although the survey focused on older residents, this article is an opportunity to quote a younger survey participant from Arrowsic, '...I understand that this is the oldest state in the nation and agree that their needs are important (I'll be a senior one day, after all). But it is just as important to lower the average age for the sustainability of Maine's economic health, and to do so we need local and state-level initiatives to attract and retain young families. This includes expanding and improving broadband, public transportation, and bike accessibility; better funding our schools; and enacting more climate-friendly policies.'

A small group of volunteers met in Arrowsic for the first time last month to talk about ideas for inter-generational community activities and support for seniors. If you would like to help us, do get in touch! For more information please contact Karin Sadtler at kasadtler@yahoo.com or 442-8042.

—Submitted by Karin Sadtler

Update on Browntail Moth and another Lepidopteran Visitor

The following is a revised and amended version of a report that was first posted through the Arrowsic Google Group on June 24.

In our immediate area, it seems there's hardly a living, active browntail moth caterpillar at this point. We saw a very few at the beginning of the season. Any caterpillar that emerged from a web at the top of oaks around our house started eating leaves, but then only made it down a foot or so and stopped, before any further defoliation occurred. Weeks have now passed without any activity and trees are looking healthy and fully leafed out. The assumption is that, as a result of all the rain and cold temperatures we've had, the caterpillars succumbed to the fungus that is known to attack them. A state forest entomologist has confirmed there have been fungal outbreaks in some locations.

However, we've been watching the development of many small, blackish caterpillars at ground level that are now approaching full size and are covering the sides of our house by the hundreds. Despite two small red dots, somewhat resembling browntail moth, these are not BTM, but are gypsy moth (also confirmed with the state entomologist). In fact, upon close examination, you will see rows or red and blue dots, completely different than BTM.

While these are a close relatives to BTM, and can defoliate trees similar to those preferred to BTM, they do not present any significant human health hazard, i.e., they do not have barbed, toxic hairs or cause poison-ivy-like rashes. According to the University of Massachusetts, 'a small percentage of the population reports experiencing allergy-type reactions to [gypsy moth] hairs. Symptoms range from itchy skin irritation to sinus allergies with itchy eyes and a runny nose. For most people, gypsy moth does not cause allergic reactions as readily as certain other hairy caterpillars (ex. browntail moth).'

There are also tent caterpillars in this mix, also not presenting any significant human health hazard. Complete identification information can be found at www.maine.gov/dacf/php/gotpests/found-in-trees.htm.

It would be good to be able to report back to the state entomologist, who has asked for feedback, what others' experience with browntail moth has been this season. Hopefully, similar to ours, over here in Whitmore's Landing! If you send me any reports that you may have, I will collate and send them to the entomologist at the Maine Forest Service Insect & Disease Lab.

July 9—Follow-up to the above report

More than a dozen responses were received through the Google Group. These are summarized in the following:

- *Browntail Moth:* Reports covering most of the island, including Bald Head Road, Collins Pattee Road, Old Stage Road, Mosquito Run, Whitmore's Landing Road, Iron Mine Road, Arrowsic Road (north), Stonetree Road, Preble Point Road, and Sirois Road, all reported the near non-existence of browntail moth caterpillars.
 - Where numerous BTM webs were initially seen, caterpillars did emerge and began to defoliate trees, but, very soon thereafter, completely stopped, and new leaf growth followed. No further activity was observed. One exception, with reports of complete defoliation, may be a number of white oak trees, which, according to a local arborist, seem to be particularly susceptible and sensitive to BTM.
 - Several cases of rashes were reported, in at least one case, after gardening, mowing lawns, or stirring up leaves or compost, possibly the result of contact with old BTM hairs, which remain potent for years.
- *Gypsy Moth:* Large populations of gypsy moth were reported in several areas in the north of the island, very few in the south. This might, as was evidently the case with the advance of BTM, indicate they were introduced in the north and could continue to move south in the coming years.

(Browntail Moths, cont.)

- At my house at least, the hundreds of caterpillars observed on the sides of the house evidently made it into the trees to begin their defoliation work. This was verified by the copious amount of excrement covering our deck. However, no significant defoliation has been observed, and all that seems to remain at this point are many, many dried up, dead caterpillars. Gypsy moth, according to the research, is not only affected by a fungus, but also by a virus. (And a recent article referred to BTM also being affected by “other pathogens.” We can only hope.)

Is it possible, if we can get just a few of the glorious summer days we’ve been having, that maybe the recurrence of the seemingly endless spring rains and cold temperatures we’ve had might be more tolerable in the future, knowing how Mother Nature is offering her assistance?

—Submitted by Paul Schlein

Vanquishing the Winter Moth

In the late 1990s, *Operophtera brumata*—the winter moth—invaded New England. The small brown moth is native to Europe. Male winter moths fly in December, giving them their name. The wingless females lay their eggs on bark or in crevices on the stems of trees. When the eggs hatch in spring the voracious green inchworms feed on the swelling buds and leaves of their host trees, resulting in defoliation.

By 2005, the winter moth was spreading fast. In parts of eastern New England, trillions of winter moths wrecked havoc on oak, maple, birch, and apple trees—and many blueberry bushes, wiping out entire crops. It looks as if the winter moth could become as big a pest as the dreaded gypsy moth.

Entomologist Joseph Ellington and colleagues at UMass Amherst deployed a parasitic fly, *Cyzenis albicans*, to combat the winter moth. The UMass scientists collected *C. albicans* from Vancouver Island in Canada and, beginning in 2005, released them at several sites each year for a total of 44 sites around eastern New England where winter moth outbreaks occurred.

Winter moth caterpillars eat the eggs of *C. albicans*. The egg hatches and the fly larva devours the caterpillar from the inside out and then forms a pupa inside the winter moth pupa, killing it. The fly attacks no other species.

By 2018, UMass scientists had released 80,000 flies and had established *C. albicans* at 38 sites. The winter moth population has declined sharply—without the use of pesticides, New England’s native forests, backyard trees, agricultural lands, and sensitive ecosystems are now free from the threat of the winter moth....

—Reprinted by permission from the UMass Magazine, Spring 2019

Browntail Moths in the Legislature

Two bills to provide money to study and control browntail moths were considered in the recent legislative session. LD 643 provides funding for HHS and the State Entomologist to identify and manage harmful pests, including BTMs, as well as providing funding for municipalities to fight infestations, while LD 1037, cosponsored by Sen. Eloise Vitelli, provides funding to the University of Maine to study BTM infestation and recommend possible means of controlling them in the future. LD 643 was not passed, while LD 1037 was passed, but put on the Special Appropriations Table to be held over until the next session in January for possible funding.

—Submitted by Tom Spear

Preparing Coastal Communities for Sea Level Rise

As in previous years Maine's First Ship 1607 is hosting a series of Summer Lectures at the Freight Shed on Bath's waterfront. With its big windows overlooking the river this was just the right venue for the topic.

Gayle Bowness from Gulf of Maine Research Institute gave a very informative presentation on the causes and effects of sea level rise. In the Gulf of Maine the rise is 3-4 times greater than the global average. Between 2004 and 2016 the Gulf of Maine warmed faster than 99% of the global oceans (see www.gmri.org/news/blog/gulf-maine-explained-warming-gulf-maine).

We are seeing extreme weather events more frequently. They are characterized by changes in atmospheric pressure, storms, winds and rain as a warming atmosphere holds more water. Storms that hang around for several tidal cycles cause waves reaching further onto the land. The storm surge adds to an already high tide level. This results in a lot more flooding along the Maine coastline.

In part these effects are due to sea level rise (www.gmri.org/news/blog/gulf-maine-explained-sea-level-rise). Ocean levels have been rising over time, in fact 8 inches in the past 100 years, and we can expect them to rise quite a bit more in the future. Depending on the scenario a rise of 8 feet is possible.

There are two primary drivers to sea level rise (. Ocean waters are warming, and as the water warms, it expands and takes up more space. A second factor is melting land ice, the glacial ice. This adds further volume to our world's oceans.

As one example of the combined effects of weather and sea level rise Gayle showed the tidal curve for the storm of 2018. A 2 ft. storm surge topped a 12 ft. tide to result in an unpredicted tide just short of 14 feet. Once the sea level rise reaches 12 inches, Portland will experience tides of ≥ 12 ft. and partial flooding almost 100 times per year. Here in Arrowsic we can observe this combined effect in the more frequent flooding of Rt.127.

Gayle explained that global climate works on a 30-year time scale, meaning we are now seeing the effects of what started 30 years ago. This is also a call for action. If we start reducing our carbon emissions now we will see the benefits in 30 years.

The frequent and continuous inundation of the land will be creating problems and cause destruction and disruptions to our daily lives. Gayle presented an interactive map of Portland and the Bath region showing the effects of a high 12 ft. tide plus different degrees of sea level rise. She emphasized that because we have the data available now, we can be proactive and make our communities more resilient to sea level rise. We must consider the effects on our economy, social structure and environment.

A resilient community will take less time after an adverse event to get back to a normal function. Having to react to a severe flood is also much more expensive than being proactive and investing in advance to mitigate the effects. For every dollar spent in advance, eleven dollars are saved in reacting to a disaster.

In closing Gayle encouraged her audience to engage now in a conversation with town government on how to make our communities more resilient for the future.

—Submitted by Karin Sadtler

Want to see what Arrowsic looks like with different climate change scenarios? Go to <https://seeing.climatecentral.org/#12/40.7298/-74.0070?show=lockinAnimated&level=0&unit=feet&pois=hide>, enter a town name and degree of change, and watch the water rise.

Notes and Notices

Election Workers Needed

Be a part of the excitement on Election Day. Election clerks and counters are needed for November and June elections. Election clerks check in voters prior to voting and usually work 4-hour shifts. Election counters are needed once the polls close for ballot counting which usually takes 1 to 3 hours. Clerks and counters are paid \$10 an hour.

As an election clerk or counter, you are representing the party in which you are enrolled to provide a check and balance in the electoral process. To be an election clerk or counter you must meet the following qualifications:

- Be a U.S. citizen
- At least 18 years of age
- Resident of the municipality
- Registered voter in the municipality
- Enrolled in 1 of the major or minor qualified parties (Democrat, Republican and Green Independent) – unless an unenrolled voter is appointed to fill a vacancy.

Contact the Town Clerk, Barbara Boyce at, 443-4609, or email, clerk@arrowsic.org if you are interested.

—Submitted by Barbara Boyce, Town Clerk

Register your Vehicles Online

We are pleased to announce our participation in the Rapid Renewal program, the Department of the Secretary of State's online service for the renewal of motor vehicle registrations. Rapid Renewal is an e-commerce service allowing citizens to conduct business with municipal government and state government in one seamless online transaction.

Through Rapid Renewal, citizens are able to quickly and easily renew their vehicle registrations and pay their municipal excise taxes online, 24 hours a day, 7 days a week. Rapid Renewal may be accessed at www.maine.gov/vehicle.

Residents who would like more information about the online services can contact Town Hall at 443-4609 during regular office hours.

—Submitted by Jon Biehler, Town Tax Collector

RSU 1 Budget Validation Election

Question 1: 230 Yes, 51 No

Question 2: 183 Yes, 95 No

Merrymeeting Gleaners

Fresh from the farm produce available at Town Hall, starting Wednesday July 24, from 3-5:30.

Merrymeeting Gleaners (www.merrymeetingfoodcouncil.org) is a local non-profit that harvests ('gleans') and distributes surplus food from nearby farms and food vendors. They plan to deliver donated produce on Wednesday afternoons during regular Town Hall office hours. The table, unstaffed, will be set up in the Town Hall parking lot.

Volunteers, the Heart and Soul of Our Community

The Town of Arrowsic has always relied on its residents to volunteer their time to help the community - in ways as varied as serving as town officials and volunteer firefighters, conserving our waters and recycling our waste, repainting the Town Hall, participating in roadside trash pickup, attending Town Meeting, and planting flowers. Town committees organize a clam camp, a yard-sale, a walk in the woods; others convene a writers group, and more – all terrific ways to get involved, meet your neighbors and be part of a thriving community.

Volunteering gives you a chance to meet your neighbors and contribute to improving our quality of life. It also allows us to keep taxes down and avoid the kind of impersonal staffing that sometimes creeps into municipal government.

We have always done this in the past in an informal way, letting people know you are willing. But the community's long-time members retire and move on, taking with them their deep knowledge of the community, while others, having served the community in many ways over long years, begin to succumb to burnout. In order to maintain this part of the island way of life we are feeling a need to update the process, to be a bit more organized, in order to hold on to this valued process of voluntary participation.

To this end we have designed a form, which we hope will help the Town be more effective at contacting people with skills, experience, and interest in helping out. We plan to use the Town email list to send it to everyone on that list and from there you can complete the form online, from where it will be fed into a database. The information collected there will only be used by Town Officials to identify and contact potential volunteers. It will not be published or circulated publicly in any way.

You can access the form in several other ways:

- You can complete it online via Google documents at <http://tinyurl.com/yyd66szh>.
- You can request a downloadable PDF version by emailing me at admin@arrowsic.org.
- You can come to the Town Hall, where you can complete it online or in print.

Whether you are new to Arrowsic or a long-standing member and participant in the life of the Town, we hope you will help us build our data set by filling and returning the information.

—Submitted by Sheila Spear, Town Administrator



3BI Broadband Update

We're glad to report that at midnight, June 21st, Arrowsic's application to the USDA ReConnect program was successfully submitted. This would not have happened without your positive votes at Town Meeting, the steadfast support and diligent attention of Sukey Heard, the hard work of our consultant Alejandra Sulpicio, and – most of all – the heroic last-hours efforts of Don Kornrumpf and of Mark Ouellette of Axiom Technologies. The application consists of financial statements and projections and 96(!) additional documents submitted through USDA's website – the final document (list of Endangered Species potentially present on Arrowsic) having been uploaded just at the midnight deadline.

The following day, USDA reported that, in the 50% Grant / 50% Loan program to which we applied, there were 58 applications totaling \$660 million in requested funds. You may recall that the 50/50 program has only \$200 million to distribute, so our chances of winning an award are probably no better than even. We don't expect to hear back for at least 60 days. Nonetheless, we (and our counterparts in Georgetown and Southport) learned a tremendous amount about the process and demands of making an application for funding. In the event our application is not funded, we feel well prepared to go after a next opportunity. A next effort to establish funding for a fiber broadband network could again involve Arrowsic solely, or could include our 3 Bridged Islands Broadband neighbors in a multi-town organization. We'll be working out the details of that organization.

Thanks for your continued support. When we hear something back from USDA we'll let you know right away. And if you'd like to become more involved, please contact one of the three Arrowsic Task Force members: Don Kornrumpf (443-3450, DonKornrumpf@gmail.com), Will Neilson (841-7543, will.neilson53@gmail.com), or Ken Hnottavange-Telleen (508-395-2730, Khnottell@myfairpoint.net).

—Submitted by Ken Hnottavange-Telleen

Arrow Updates

Paul Schlein is stepping aside as member and coordinator of the Arrow editorial group after serving in this role for five years. We all owe the continued vitality of the *Arrow* to Paul, and we shall miss his guidance. He will be replaced as coordinator by Tom Spear. Tom and his wife, Town Administrator Sheila Spear, have now settled full time after years of commuting between Wisconsin and Arrowsic.

Also stepping aside is Nancy Brown Stump. Nancy has been an active contributor to the *Arrow* and will be sorely missed, though we hope she will continue to make appearances from time to time.

You may have noticed that Karin Sadtler has become an active member of the *Arrow* group, contributing recent articles on aging, browntail moths, climate change, rowing, and the new fire truck, among others. Karin and her husband, Town Treasurer Jon Biehler, have settled in Arrowsic permanently after years of summering here from Germany. We welcome others who would like to join our editorial group and write about our town.

We aim to make the *Arrow* available to all residents and people interested in Arrowsic. It is primarily distributed online through the town's email list and website, with print copies mailed to people unable to access them online. If you presently receive a copy by mail, please let us know if you wish to continue to do so.

Beginning with the first issue in 1986, all 32 years of the *Arrow* are now available for your reading pleasure at www.arrowsic.org/arrow.html.

The *Arrow* welcomes your comments, notices, and articles, along with artwork, poetry, writing, and photographs. Please send them to Tom Spear at tspear@wisc.edu.

—Submitted by Tom Spear

Learn to Fall

A Matter of Balance: Managing Concerns About Falls is an interactive workshop series designed to help reduce the risk of falls. The program is proven to reduce the fear of falling, and increases activity levels of older adults. Matter of Balance is for those over age 60, but beneficial to all including caregivers. It is especially helpful if you are concerned about falls, have fallen in the past, or have restricted activities because of concerns about falling. This course is for those interested in learning exercises to improve balance, flexibility and strength. The two-hour classes are held twice a week for eight sessions.

Participants will learn to view falls as controllable, set goals to increase physical activity and other healthy behaviors, and learn exercises to improve balance, strength and flexibility. Additionally, this program will help participants identify ways to reduce fall risks in the home. The class will be held at the Arrowsic Town Hall on Mondays and Thursday from 1:30-3:30 for 4 weeks on these dates: September 9, 12, 16, 19, 23, 26, 30 and October 3, 2019. To register and for more information, please contact Healthy Living for ME at 1-800-620-6036 or online at www.healthylivingforme.org/Classes/Register/193.

— Submitted by Jennifer Fortin and the new volunteer group ‘Age-Friendly Arrowsic’

Recycling and Solid Waste Committee

As summer heats up here on the island of Arrowsic, there is so much to be grateful for. I, for one, have thanked my lucky stars several times this week for the simple gift that my winter coat is in storage. Summer breezes in my open window, the dust stirred up when cars drive down the dirt road, occasional firework booms echoing across the Kennebec. These are signs that the season of fruits, veggies, and relaxation is here!

With the gift of summer I have received another more silent gift; one that I have searched for over the past year. It is the gift of hope for this earth and its health. The path of recycling has been a turbulent one this year. With demand going down and costs going up, the Arrowsic Recycling and Solid Waste Committee has weathered, and continues to weather, the storm. We remain committed to recycling when we can, but our focus has shifted to a more hopeful goal.

I would like to welcome you to join us in our quest to reduce waste. By producing less waste as a community, we are putting less in the landfill, paying for less recycling, and decreasing our environmental impact. Taking steps in this new direction has renewed my commitment to our Earth and my place on it. Our little corner of the Earth is full of beauty. It is also full of people with ideas of proactive ways to rethink and restructure how we live, in order to make changes that will generate greater hope.

There are several ideas in [Arrowsic’s Campaign to Reduce and Reuse!](#) that may get you started. Please add your own ideas to share with our town. We encourage you to recycle using our [guidelines](#).

An organized movement for waste-free living, called Zero Waste (en.wikipedia.org/wiki/Zero_waste) has been taking shape. On September 30, our committee will be sponsoring a workshop on this subject. Please mark your calendars to attend and keep an eye out for more details.

Thank you for taking the time to read—and to think—about reducing our waste.

—Submitted by Katie Smith, Chair

Arts



Sasanoa Sunrise (photo: Denise Parker)

My Father's Hands

Growing up many years ago
I oddly remember my father's hands

Hands that tried to guide me
Hands, that from time to time,
Would swat me

I remember those hands as they aged
The skin became thin and a bit translucent

As he aged abrasions and
Sun damage would yield
Blisters on those hands

He would pick at the blisters
Till they bled.

He's gone now, those hands are dust
No more blisters, no more swatting
No more helping me

Now I look at my hands and
See that they are his hands.

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Hummus and Poetry Night at the Gulf of Maine Bookstore in Brunswick

The event celebrated the publishing of the anthology *Making Mirrors: Writing/Righting by and for Refugees*. Becky Thompson, editor of the book with Jehan Bseiso, is a poet, teacher, and scholar. She spoke about her work and presented several poems from the book. In recent years she has been teaching poetry workshops among refugees in Greece, collecting poems as a mirror of life experiences, giving a voice to humans in transit who lost their home and left behind loved ones.

Arrowsic summer resident Sharif Elmusa, who has two poems in the collection, also read a few including some of his own. Among them was one unpublished poem, called “Butterfly Effect”, a lovely description of chaos, butterflies and his wife. Hummus, fava beans and watermelon made this a memorable afternoon for all the senses.

—Submitted by Karin Sadtler

An Update of Our Fall

By Sharif S. Elmusa

(In memory of the Syrian child, Aylan Kurdi, whose body was washed up on a Turkish shore on September 2, 2015)

The hair delicate
The waves combed it
As if composing lines
Lamenting the deed
The mouth is turned away
From the salt and sand
The ear a pearl's shell
The murmurs of the tale still wet
To us he shows
Not his bright face
But his back
At us he looks
Not with the keen eyes
But with the soles of the sandals
A picture of parts
An update of our fall
The tiny palm of his hand
Cupped
Mute petals
Beyond time
Beyond border

From, *Making Mirrors: Writing/Righting by and for Refugees*, edited by Jehan Bseiso and Becky Thompson, 2019.



Editor Becky Thompson and Sharif Elmusa listening to questions from the audience (photo: Beth Leonard)



Spring has arrived in Arrowsic (photo: Phil Mason)

Grapefruit Cake

Cake

3 c. sifted cake flour
1 1/2 tsp. baking powder
1 tsp. salt
2/3 c. butter or margarine
1 3/4 c. plus 2 Tbsp. sugar
2 eggs (at room temperature)
1 1/2 tsp. vanilla extract
1/2 c. fresh grapefruit juice
3/4 c. milk

Frosting

2 (8 oz.) pkg. cream cheese (room temperature)
3 c. sifted confectioners sugar
2 Tbsp. fresh grapefruit juice
1 Tbsp. grated grapefruit peel
2 grapefruits, peeled, sectioned and sliced in halves lengthwise
1 Maraschino cherry

Heat oven to 350 degrees. Grease two 9 inch round cake pans lightly with unsalted shortening and line with wax paper. Sift flour, baking powder, and salt together. Cream butter and sugar in a large bowl and beat until well blended. Add eggs, one at a time; beat well after each addition. Add vanilla. Add sifted dry ingredients to butter mixture;

alternate with grapefruit juice and milk. Add about 1/3 of the flour mixture at a time; begin and end with it. Beat well after each addition. Pour equal amounts of batter into each prepared pans. Bake, uncovered, 30 to 35 minutes or until tops spring back when lightly touched with finger.

Remove cakes from oven and cool on wire cake racks 10 minutes. Remove layers from pans and peel off wax paper; cool completely. Place 1 cooled layer, topside down, on a flat plate.

In a medium size bowl, blend cream cheese and confectioners sugar together, using a rubber spatula, until smooth. Add grapefruit juice and peel and stir until thoroughly combined. Makes enough frosting to fill and frost 2 (9 inch) round cake layers.

Spread bottom layer with some of the grapefruit frosting. Arrange all but 12 of the grapefruit sections over the frosting. Add second layer, topside up. Frost sides and top of cake with remaining frosting. Arrange remaining grapefruit sections like a spoke of a wheel on the frosting. Place cherry in the center. Chill cake 1 hour to set frosting. Makes 8 to 10 servings.

—Submitted by Barbara Lakin

The Arrowsic Arrow is Arrowsic's independent newsletter, produced through the efforts of volunteers. The newsletter is published three times a year in March, July, and November. The Arrow is primarily distributed via e-mail to all those on the Town of Arrowsic email list or on paper to those who are unable to access them online. The Town covers any costs for paper and postage. All articles and notices are welcome. Notices should be limited to 100 words. The Arrowsic Arrow Editorial Group: Suzanne Gunston, Bob Kalish, Karin Sadtler, and Tom Spear.
Contact: Tom Spear, tspear@wisc.edu, 386-1475.

Town of Arrowsic
340 Arrowsic Road
Arrowsic, ME 04530