

# The Arrowsic Arrow

News Around & About Arrowsic

Volume 39, Number 3

December 2025



Maria Salcines

## Many Ingredients Make for Community Fun



When Arrowsic Fire Chief Dale Carlton suggested an open house at the fire station this fall as part of Fire Prevention Week, a planning team quickly joined in with ideas. Dale contacted Bath EMS, the flight car from Maine Health, neighboring Georgetown Fire Department, and the new deputy director of Sagadahoc Emergency Management Agency, Ashley Day. Joe Bonnett thought we should invite town committees and local lighthouse groups, and Jeanne McNutt recommended live music. Some seventy folks turned out for the event on Saturday, October 25.

Our trucks were parked right outside the open doors, and a central table with delicious food and drinks drew people in. Almost every group that was invited took part. Smiling volunteers at about ten tables shared photos, displays, pamphlets, and information with residents who stopped by to say hello. Phine Ewing and friends from Back River Fiddlers created a warm, welcoming acoustic space for the gathering.



Maybe because there wasn't an agenda, those who came found time to meet new people, reconnect, chat, explore, and simply enjoy being together. Door prizes included lidded metal ash buckets and fire extinguishers...and one of our very young participants drew the winners with enthusiasm.



(Photos by Dale McNutt)

Thanks to everyone who joined us! The positive feedback was a great reward—and wonderful motivation to plan another event like this in the future.

—Arrowsic Fire Department

## News from Packard's Landing

With the autumn colors glowing across the property and the marsh, and the snow starting to fly at Packard's Landing, we are truly excited about how the year has gone thus far and all the participation we have seen and the enthusiastic support we have received.

The launch area saw consistent use throughout the spring, summer, and fall, from our "regulars" along with an increasing number of new users as word of its beauty, ease of access and just plain fun spread. Primarily used for launching kayaks, we've had many who have jumped off the float for a swim!



To make launching even easier, we installed two racks with a capacity to hold up to 16 kayaks for community use (once a Waiver Form is signed). We expect the racks to be full this spring!



*Bob Ater and Brian Elwell discussing the plans for the removal of the ramp to the float for winter storage  
(Photo by Nick Stoneman)*

We have had good participation in our volunteer workdays as we continue to clean up debris, cull out the invasive species, and enhance the overall grounds. We expect to install the "History of Arrowsic Walk" this spring, along with additional native species plantings. We will be improving the walkway currently in place to allow easy access to the interior meadow area and the path on up to the Barn.

We need to express our thanks and appreciation to Jorgensen Landscaping for its regular mowing of all the meadow and lawn areas, and to Brian Elwell for his support with the seasonal removal for storage of the rampway to the float.

We had the opportunity to do an informal survey of the attendees to the Community Day hosted by the Fire Department and received great feedback. Strong interest was expressed for the continued exploration of the possibilities for the overall property including improving/upgrading the Barn and exploring its potential for the community. Other ideas included a community garden, a children's forested play area, continued native plantings, a sledding hill, and more!

On our calendar will be our second annual Winter Solstice bonfire gathering, planned for December 21 at 5pm. Well attended last year, we trust the same will be true for this year's event. Come spring we may host our first Easter Egg Hunt across the meadow and into the edges of the forest!

Packard's Landing has been truly evolving as an asset to our community, and we thank all of you who have volunteered to support it, donate to it, and, most importantly, enjoy it!

*–Nick Stoneman for Water Access Management Committee*



Packard's Landing (Photo by Jody Jones)

## What do Cooking Oil and Catalogs have in Common?

Not much! But...here are two resources you may find useful!

### Recycling Used Cooking Oil

If you deep-fried a turkey for Thanksgiving or want to perfect your favorite recipe for apple cider donuts or any other dish that requires large quantities of vegetable oil, you may be wondering what to do with all that used cooking oil. You can't pour it down your drain (it will clog up pipes and cause issues in your septic). You shouldn't throw it in the woods (it can contaminate the soil, hinder plant growth, and attract pests). You *can* pour cooled oil into a sealable container and dispose of it in the trash. Or, even better, take it to a local recycling center. **Maine Standard Biofuels** upcycles used cooking oil from residents and their sustainability partners to produce Bioheat, a blended biofuel that replaces #2 heating oil with no modifications. It burns cleaner while offering similar performance. Although they don't yet deliver Bioheat to Arrowsic, you will be contributing to their mission to reduce CO2 emissions in Maine. They accept any amount of used cooking oil. Just drop it off in a sealed container at their facility at 51 Ingersoll Drive in Portland, Maine. If they are closed, you can leave the container of used oil in front of their door.

### Declutter your Mailbox

With the holidays fast approaching, you may have already noticed an increase in the number of direct mail catalogs in your mailbox. One way to put a stop to bulk mail *and* help the environment is to sign up for **Catalog Choice**. This non-profit organization offers a free service to cancel catalogs and other types of unsolicited "snail mail". Simply sign up and select the merchants you no longer wish to receive catalogs from, and they will send an opt-out request on your behalf. Although they have no control over how quickly the merchant will respond, they do educate and encourage merchants to comply promptly. If you love their service, spread the word and consider making a donation, so they can continue in their quest to reduce junk mail and save trees!



—Arrowsic Recycling and Solid Waste Committee

## Winter Moth Presentation

*Help is on the way!*



Maine Forest Service entomologist Thomas Schmeelk tells a captivated audience the story of how an introduced fly, the size of a house fly, is beginning to reduce the population of the destructive and much-hated winter moth. (Photo by Paul Schlein)

On November 12, the Arrowsic and Georgetown conservation commissions hosted Maine Forest Service entomologist Thomas Schmeelk to give an informative and most illuminating presentation on the winter moth (*Operophtera brumata*). This invasive species, since about 2012, has been attacking and defoliating a variety of trees and shrubs in Maine, much to homeowners' consternation. The event was held at the Georgetown Historical Society and was attended by 109 area residents, with 26 in person and a whopping 83 online—clearly a sign of great interest in this subject!

As most of us in Arrowsic well know, the island experienced a major winter moth outbreak last summer, with many, many trees affected. Schmeelk began his talk by saying entomologists have had to learn to cultivate a sense of humor to more easily communicate what is most often bad news. But with the winter moth, he said with a big smile, this was absolutely not the case. He then told the success story of how the parasitic fly *Cyzenis albicans* has been systematically released in 13 towns around the state experiencing high infestation, including, as of the day of the presentation, in Georgetown.

The fly kills winter moths by laying eggs on leaves, which the caterpillars then eat. The fly eggs hatch when the caterpillars turn into pupae, with the fly larvae growing within it, eventually causing the pupae to die in the soil before becoming a moth. Before release, intensive research was done to ensure the fly attacks only the winter moth, and nothing else, mitigating any concerns the fly may cause unwelcome new problems.

The areas where the flies have been released are closely monitored, and this has revealed that not only are the flies reproducing and killing winter moths, but they are also spreading out at least five miles from the initial release sites. This is excellent news for other nearby towns, such as Arrowsic, where releases may not be needed. While this is a huge success story, it does take a few years for the fly's range to expand. Some patience is needed.

There are several other important takeaways to consider from Schmeelk's presentation:

- Browntail moth and spongy (formerly gypsy) moth typically consume entire leaves. However, in moderate winter moth infestations, the leaves are only perforated, which means photosynthesis can still continue to nourish the trees. In addition, defoliated trees can flush out another set of leaves once the caterpillar feeding has ceased.
- Because leaves are not completely defoliated by the winter moth, it is unlikely a tree will die with repeated partial defoliation. However, in the case of additional stressors like drought, pathogens, or defoliation from other insect species, tree mortality may result after several defoliations.
- With the demonstrated success of the flies, toxic controls, such as the application of pesticides, are not needed. In fact, widespread spraying may harm the flies, and decrease their effectiveness.
- For those wanting to provide additional protection, this time of year you can wrap trees with non-toxic sticky bands, available from area nurseries and online. The bands trap female moths as they crawl up trees in the fall to deposit their eggs. In heavy infestations, multiple bands per tree are recommended, as they can become saturated.

For a recording of the presentation in its entirety, with detailed information, as well as a separate file of the slide presentation, go to the Arrowsic Conservation Commission webpage at <https://arrowsic.org/arrowsic-conservation-commission/> and look under Our Links.

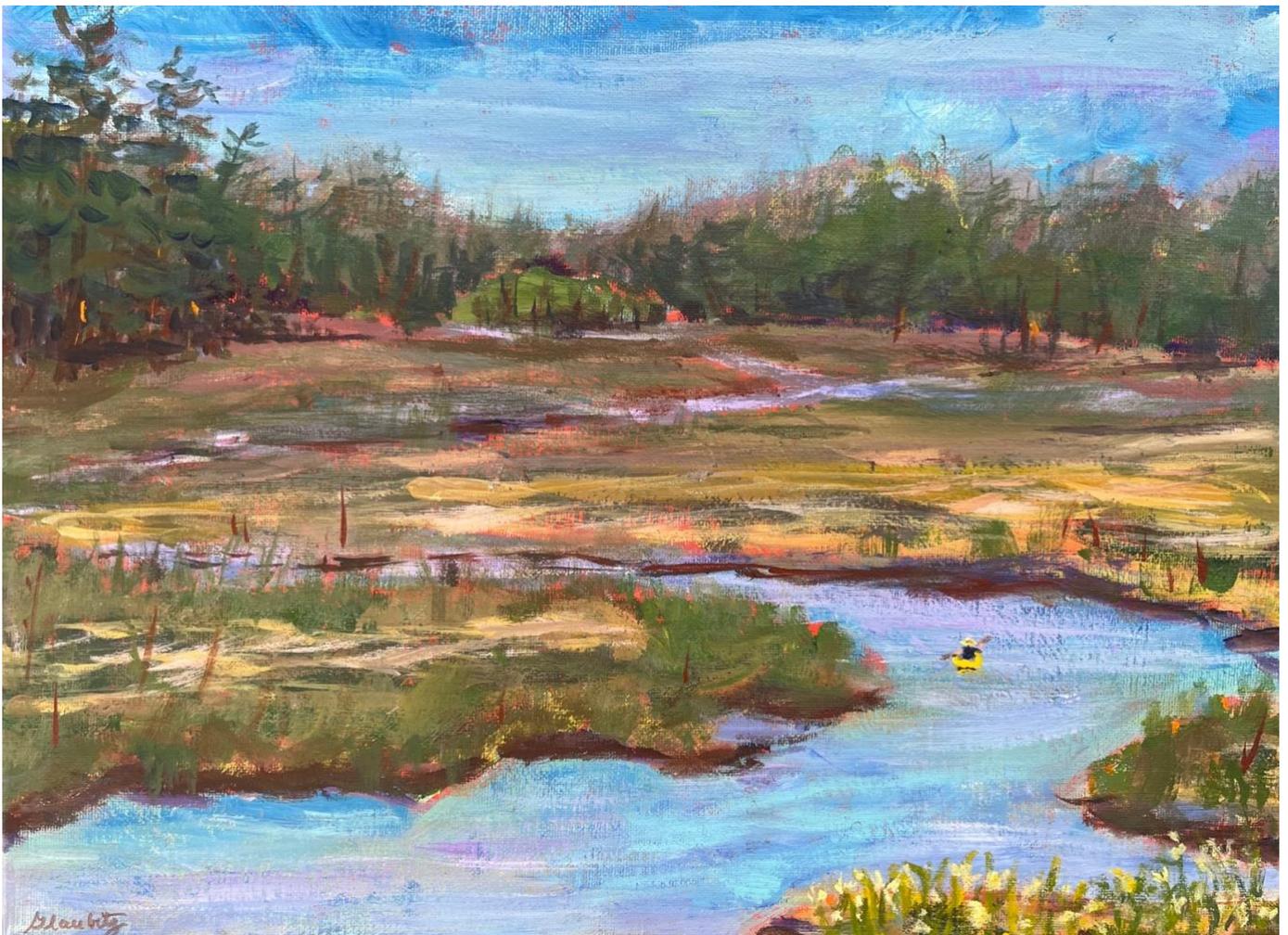
—Paul Schlein for the Arrowsic Conservation Commission

## Featured Artist

Regrettably the present issue does not include a Featured Artist, as the remaining artists I know of who were invited to showcase their work have for various reasons declined. They are always welcome to send their work. The categories of artists featured so far included visual artists, a sculptor, and several craftspeople. In the next issues, *The Arrow's* pages will be open also for photographers who would like to be featured artists.

Fortunately, the issue, which coincides with the holiday season, is not lacking in artwork by Arrowsicans. Maria Salcines supplied the banner, a dry-flowers arrangement beating with vital colors and diverse life. Livy Glaubitz gifts us the painting “Kayaking @ Packard”, which evokes the energy and spirituality of a van Gogh’s canvass. We have by Jackie Johnson the plate and a hand holding a ladle, which reminds us that this is the time to think of others (see the poem by Mahmoud Darwish in this issue), and give parts of ourselves to the world; and her four seagulls, looking at us, or asking us to look them in the eye. There is David Dobbs' photographs from the Back River and Minot Creek Marsh showing realistically the late autumnal clouds and the water hurtling through the channel with great energy, as if toward the future. And who knows in my own photograph, “Sea Sculpture,” what the inscrutable ocean meant as it diligently bleached the wood and sculpted it into this rich and strange form. And last, but not least, Brenda Wojciechowski’s “Rainbow” with its translucent, hopeful pink strikes as a wish for Happy Holidays and a beautiful New Year for all. And there is more.

—Sharif S. Elmusa



Kayaking @ Packard (Livy Glaubitz)



*(Jackie Johnson)*

## Think of Others

As you fix your breakfast, think of others,  
don't forget the pigeons' food.

As you fight your wars, think of others,  
don't forget those who sue for peace.

As you pay your water bill, think of others,  
remember those who afford only the water of the clouds.

As you go back home, your own home, think of others,  
of the refugees in the camps.

As you sleep singing yourself a lullaby, think of others,  
of those who find nowhere to sleep.

As you feel free to wax lyrical, think of others,  
of those who lost the right to speak.

As you think of others faraway, think of yourself and say,  
"I wish to be a candle in the darkness."

*By the Palestinian poet Mahmoud Darwish (1941-2008), translated by Sharif S. Elmusa*



*(Jackie Johnson)*



*Back River and Minot Creek Marsh (Photos by David Dobbs)*



*(Photo by Brenda Wojciechowski)*



*Sea Sculpture (Photo by Sharif S. Elmusa)*

## Nancy Brown Stump

1949 to 2025

Nancy Brown Stump passed away peacefully in her home in Arrowsic with her husband, Jim Stump, by her side on Thursday, November 13th at 11:13am.

Nancy was born on November 1, 1949, in New York City, attended P.S. 125 in Harlem, spent several of her formative years in the South as well as impressionable time during her youth living in Egypt. In 1971, she graduated from The College of Wooster with a Bachelor of Arts in Religion. She moved to Arrowsic in 1980, where she and Jim built their timber frame home.



Nancy was an active member of the Town of Arrowsic from the start. She served as the Tax Collector for almost fifteen years (signing her announcement of departure as “Yours truly, the ever taxing, NBS”), Town Clerk, election day volunteer, a member of Fire Department Ladies’ Auxiliary, Education Committee member, School Board chair, a co-founding editor of the Arrowsic Arrow, an organizer of and participant in many Arrowsic Writers’ Reads as well as many other town celebrations, roadside clean-ups, and extensive collaboration with the Town Historian, Mildred Stafford.

Nancy was a writer with multiple published works and prizes, including her self-published book of short fiction, *Egypt Stories*, as well as her posthumous forthcoming collection of stories, *Benediction*. Nancy studied dance throughout her adult life, focusing on Modern and Martha Graham technique and performing in various works, including a lead role in *JustStation 2* when she was seven months pregnant.

As well as being an extraordinary mother to her two daughters, Kika Stump and Brea Stump Ceriales, she was also a beautiful grandmother to her three grandchildren, Jaidyn Stultz, Leo Ceriales, and Kai Ceriales. Nancy is also survived by her husband, Jim.

Nancy had an unparalleled ability to listen, speak for justice and give support to those around her. She is greatly missed and will always be within all of us.

—Brea Stump Ceriales and Kika Stump

## In other Community News

Joseph Irving Chipman, son of Tia Hufstader Chipman and Spencer Irving Chipman, was born September 1, 2025.

## Update: Volunteer Transportation Program

Our [volunteer transportation program](#) continues to grow in Woolwich, Georgetown and Arrowsic. In 2025 twenty-four drivers completed 200 roundtrips and covered over 5700 miles with 32 riders.

In Arrowsic, the members of the selectboard and tax collector Rachel Strachnan offered to include a short note in this year’s tax bill informing residents of the program. We truly appreciate this support! Fully vetted drivers are ready to take you to a medical appointment, grocery shopping or to see a friend when you cannot drive yourself and when your family, friends and neighbors are unavailable. To get in touch contact [arrowsictransportation@gmail.com](mailto:arrowsictransportation@gmail.com) or call Karin at 207-208-9418.

—[Age-Friendly Communities of the Lower Kennebec](#)

## WaterWise Project: Opportunities and Updates



WaterWise is the Groundwater Resiliency Project of the Arrowsic

Resilience Committee and the Georgetown Conservation Commission. Our two communities received a Community Resilience Partnership grant in 2025 to examine drinking water quality and quantity over the next two years. Understanding and protecting the town's groundwater resources is becoming increasingly important as the towns continue to develop, and as the impacts of climate change progress.

An extreme delay in receiving the grant funding of \$170,000, caused the postponement of testing in 2025—our window of opportunity had passed. The upside of the delay is that it will allow you and other folks to learn more about, and sign up for, the FREE well testing that will happen in July/August of 2026. Over 100 wells in Arrowsic are currently included in the study. If you haven't yet signed up, just fill out a Well/Septic survey form by [clicking here](#) — paper copies are also available at the Town Hall. All data remains private.

### Why this is important?

Arrowsic residents identified *protecting groundwater* as a high priority in the Climate Action Plan that passed unanimously in 2024. All who have signed up to have their well water tested are helping us get a more complete picture of the health of Arrowsic's bedrock aquifer, including identifying where quality or availability is a concern and any impacts from climate change. The data we collect will be aggregated and a summary report provided. If a water test identifies an issue in a particular well, our team will help identify strategies to address the issue. We will also provide residents with best management practices for septic systems which can cause issues if not properly maintained.

We are also partnering with the Maine Geological Survey which will be placing instruments in two wells in town as part of a long-term monitoring program. Over the next five years, these instruments will continuously measure water depth and be able to determine salinity. This data will augment our water testing data and be part of a larger state-wide study. *Possible* sites in Arrowsic include Packard's Landing and Squirrel Point.

### Next Steps

Winter work will focus on evaluating the water issues at the Arrowsic public town wells, at the Fire Station and Town Hall. The goal is to provide potable water for folks working at the Town Hall and for residents in times of emergency. This evaluation will determine if the wells are a candidate for treatment and costs.

We are also looking for volunteers to help with collecting and delivering water samples next summer—eight Arrowsic residents have signed on—Phine Ewing, Karen Robbins, Clarke Cooper, Dale McNutt, Jerry Pieh, Andrew Lynas, Jody Jones, and Ken Hnottavange-Telleen. Contact Chairperson Jody Jones at [jodyinarrowsic@gmail.com](mailto:jodyinarrowsic@gmail.com) if you'd like to join us!

As part of the Maine Governor's Office of Policy and Innovation, [Community Resilience Partnership](#), we are working with town officials and committees to implement the actions outlined in the Arrowsic Climate Action Plan. We appreciate your participation!

—Arrowsic Resilience Committee

## Drought Resources

Maine and the Midcoast region are still experiencing significant drought conditions. Hydrologist/Team Leader, Carol White, has written an [article](#) for both towns about the drought. She asks the community to alert the WaterWise team if they have had problems with their well. This article has resources and info about the drought and encourages people to participate in the well survey. It highlights the project and discusses water quality and quantity issues due to drought.

## Time to License Your Dog for 2026

Dog licenses (tags) for 2026 are now available. All dogs six months or older are required to have a license and a rabies certification, on or before January 1<sup>st</sup> of each year. “A dog may not be kept within the limits of the State, unless the dog has been licensed by its owner or keeper in accordance with the laws of this State.” (Maine Statute Title 7: Subsection 3921.)

To receive a dog tag, you may drop off at Town Hall, proof of rabies vaccination and payment (check or cash) and I will deliver the tag to your mailbox. You may also make an appointment to come to the office for your tag. Contact Barbara Boyce at [barbara.boyce@arrowsic.org](mailto:barbara.boyce@arrowsic.org).

The annual fee for spayed/neutered dogs is \$6 and \$11 for dogs capable of producing young. Anyone applying for a license after January 31 will be assessed a late fee of \$25 in addition to the annual fee. **Please note that the late fee is required, by State law, to be collected.**

–Barbara Boyce [Town Clerk]

## Referendum Results: November 4, 2025

**Thank you to our competent team of election clerks and counters** - Olivia Glaubitz, Doug and Randy Rink, Don Hudson, Jody Jones, Anita Brown and Wardens, Mary Louise Blanchard and Phine Ewing and Registrar Vicky Stoneman.

Interested in getting involved with our elections? Contact Town Clerk, Barbara Boyce, [barbara.boyce@arrowsic.org](mailto:barbara.boyce@arrowsic.org). **We would love to have YOU on our team.**

Of Arrowsic’s 423 registered voters, 283 turned out for the November 4, 2025, election. The voter participation rate for this election was 67%.

### Statewide Results

#### Question 1

Require Voter Photo ID and Change Absentee Ballot and Dropbox Rules Initiative		
Results		
Choice	Votes	%
Yes	175,326	35.91%
<b>No</b>	<b>312,865</b>	<b>64.09%</b>
Total votes	488,191	100.00%

#### Question 2

Extreme Risk Protection Orders to Restrict Firearms and Weapons Access Initiative		
Results		
Choice	Votes	%
<b>Yes</b>	<b>306,271</b>	<b>62.89%</b>
No	180,727	37.11%
Total votes	486,998	100.00%

## Arrowsic Results

### Question 1

Require Voter Photo ID and Change Absentee Ballot and Dropbox Rules Initiative

#### Results

Choice	Votes	%
Yes	60	21.2%
<b>No</b>	<b>222</b>	<b>78.4%</b>
Blanks	1	.4%
Total votes	283	100%

### Question 2

Extreme Risk Protection Orders to Restrict Firearms and Weapons Access Initiative

#### Results

Choice	Votes	%
<b>Yes</b>	<b>212</b>	<b>74.9%</b>
No	69	24.3%
Blanks	2	.8%
Total votes	283	100%

–Barbara Boyce [Town Clerk]

## Get Wet and Count

Alewives are an anadromous river herring which means that they spend most of their time at sea but migrate up rivers to spawn, just as Atlantic salmon and other species do.

In August, we wrote about counting adult alewives as they migrated into Sewall Pond in the spring. They leave again fairly quickly after they are finished spawning. We wrote about the new picture posts on the west side of 127, downstream of the pond.

In the summer and early fall, we watch for the juveniles leaving. No one knows what causes them to decide to leave, but they do need to head out. These young go back to sea for three or four years before they return to spawn. After that, they come back every year as long as they can.

I think we all remember that it rained every single weekend for three months this spring. The Mother's Day weekend storm knocked out the annual celebrational harvest practically before it started! And then, we got into the later part of the summer, and the rain stopped. The water levels in Sewall Pond dropped. And when we checked for juveniles, they were there. Schooling on the pond side of 127. BUT they couldn't leave!



So, when the rains finally came, it wasn't enough to make up for the more than a foot of water our trees and plants and fish usually get, but it was enough to let the juveniles wriggle their way into the culvert at high tide and swim downstream to the Kennebec. One thing we will be doing this winter is learning about ways we can safely help with passage in the future.

We know we are going to need your help in the spring when the fish have to be counted twice a day for about a month. The more people who sign up to do a fish count, the fewer counts any one person has to do! We provide the training and the nets. You provide a willingness to get wet!

–The Fish Commission

## Route 127 Upgrades Planned by Maine DOT



Graphics provided by MDOT

### MDOT Project

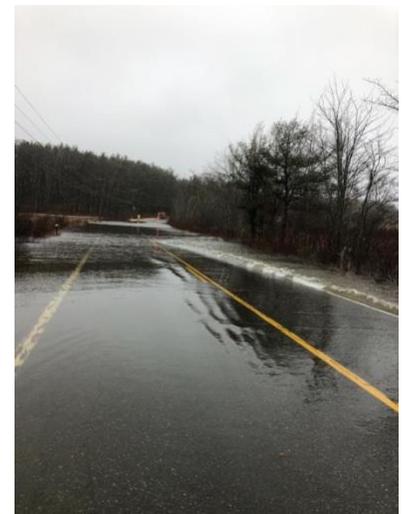
The Maine Dept. of Transportation (MDOT) is planning to reconstruct two sections of Route 127 in Arrowsic (see figure) and replace the culverts with larger structures (see MDOT notice here). The goal is to address flooding at two tidal crossings (causeway at the north end of the island and at the Fisher Eddy marsh).



Road Flooding 2023, Route 127  
(Photo by Arrowsic Fire Department)

### Meeting at Town Hall

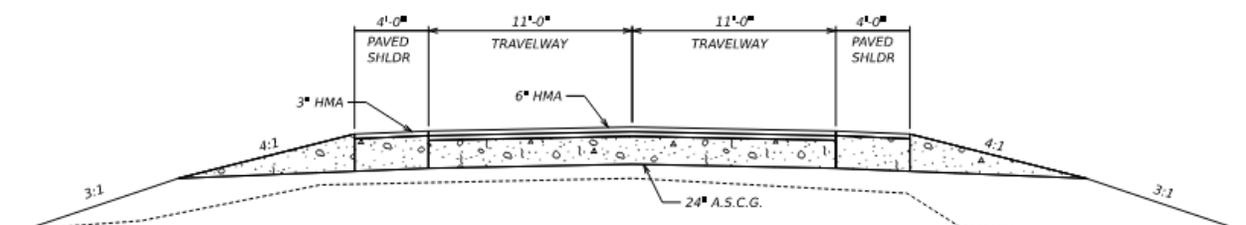
An informational meeting was held with MDOT on October 12 at the Town Hall at the request of the Arrowsic Resilience Committee. Twenty-seven residents attended and expressed how the current flooding negatively impacts our community by limiting access to critical resources (emergency medical care, fire protection, physicians, fuel deliveries etc.), having added significant work and stress to our all-volunteer emergency responders who must redirect traffic for hours when flooding occurs.



Fisher Eddy (Photo by Phine Ewing)

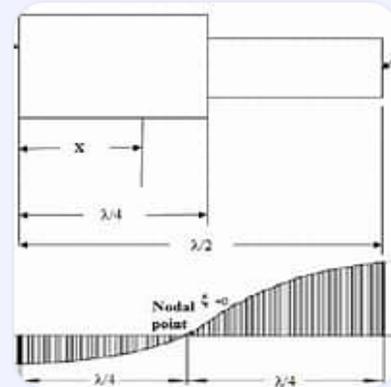
Attendees asked (1) about building a bridge at the north end (MDOT indicated it would be the most expensive bridge in Maine due to the length of the causeway—0.5 mile—and is not feasible), (2) whether or not to install guardrails (MDOT shared that the current plan excludes them for safety concerns due to the potential for cars hitting them and being redirected into oncoming traffic), and (3) concerns about the height & width of the road impacting the marsh (MDOT discussed the tradeoffs of addressing flooding and creating an adequate breakdown lane for safety and protecting the marsh).

The group also requested that there be a bike lane. The plan calls for 4 ft paved shoulders on both sides of the road within the project area as shown below.



MDOT indicated that the unpaved shoulder would need to be expanded for safety reasons with a 4:1 slope (see graphic below) and that the existing culverts are 5' by 5'. The proposed culvert on Segment 1 is 14' by 7' and the proposed culvert on Segment 2 is 26' by 7', which is the largest preconstructed culvert available.

A **4:1 slope** means that for every **4 units of horizontal distance**, there is **1 unit of vertical rise**. This ratio indicates a relatively gradual incline, often expressed as a ratio or percentage. For example, a 4:1 slope would mean that for every 4 feet of horizontal travel, the elevation increases by 1 foot. This slope is commonly used in various contexts, such as building ramps for accessibility. [↪ Wikipedia](#) +2



MDOT left a copy of its preliminary plans which you can review at the Town Hall or download from the town website (<https://arrowsic.org/arrowsic-road-commission/>). MDOT has indicated that further design at this point will be contingent upon the geotechnical analysis.

After the October 13<sup>th</sup> meeting, MDOT sent a notice requesting input on the plan by October 31, 2025. The Select Board collaborated with other committees to submit comments.

**Summary of Town of Arrowsic comments:** (see <https://arrowsic.org/arrowsic-road-commission/> for complete letter)

- Include storm surge above the 3.9 ft sea level rise (SLR) when determining culvert size and road height.
- Urged them to include the importance of having any new infrastructure support the health of the tidal marshes both now and with sea level rise at 2100 by widening the size of the culvert widths at both locations.
- A request for additional input prior to finalizing plans.

**Summary of MDOT response** (see <https://arrowsic.org/arrowsic-road-commission/> for complete letter)

- Inclusion of storm surge: Detailed discussion of why they chose 3.9 ft SLR and why it is not practical to design for worst case on top of worst case, particularly at structure end-of-life. The proposed design represents a balance of cost, impacts to property, and impacts to wetlands; and does not preclude raising the road in the future if that is needed.
- Regarding culvert width: The structures are sized to meet hydraulic capacity and based on maintaining existing culvert invert elevations. The design life of these structures is within the timeline of our commitment to the Climate Council's Science and Technology Subcommittee, and that they will re-evaluate the sizing when it needs to be replaced.
- Opportunities for more input: MDOT indicated they will continue to provide meaningful opportunities for input into this project including meetings and a project Story Map. They are assembling all the comments/ questions received to date and anticipate developing an Arrowsic Route 127 Frequently Asked Questions (FAQ) for the project.

## Next Steps

MDOT will be conducting geotechnical fieldwork and analysis and does not anticipate any substantive new project information prior to spring/early summer 2026.

The current schedule assumes designing for the project will continue through 2028 with construction beginning as early as late 2028 and ending in 2029. Geotech studies, available funding, permitting, etc., could affect the project schedule. Given the condition/concerns with flooding, MDOT has indicated they will evaluate opportunities to accelerate the schedule.

The town welcomes input from residents on this project with the goal of creating a project that optimizes resilience of both our community and the wetlands impacted by the road.

—Jody Jones

If you walk or run outside in the dark, please make sure you're visible to drivers. You might see them, but they can't always see you. I picked up several of these reflective arm bands - - or leg bands -- from Maine Dept. of Transportation, the same ones from a couple of years ago. If you'd like one, stop by the town offices in Woolwich, Phippsburg, West Bath, Georgetown, and Arrowsic. If you see me around town, you can also ask me, because I'll have a few in my car. Please be safe while the daylight hours are so short this time of year.

—Allison Hepler  
[Maine State Representative]



## News from the Arrowsic Education Committee

The Education Committee raises funds for scholarships for Arrowsic high school seniors who are planning on continuing their education, whether at a tech school, community college, or a 2-year, or 4-year college. In June of 2025, two Arrowsic graduating seniors each received a \$2,000 scholarship.

This year our June silent auction raised more than \$2,500. Our popular online store through Coastal Locker Room also raises money for the scholarship fund, as we receive a percentage from every sale. The online store is opened intermittently and we will announce its next opening in the spring.

The Education Committee will be holding the popular **yard sale on June 6, 2026**. Don't forget to look in the attic, garage, and basement for those items that no longer fit your needs but that someone else would just love to have! In the spring, we will be notifying both high school seniors and their parents of the opportunity to apply for the Arrowsic scholarship.

As the saying goes, "it takes a village". What a wonderful village we have. Thank you for your support!

—Kathy Roy

## Free Masks at Town Hall

N95 and KN95 masks are now available at Arrowsic Town Hall for residents to take for free. Please take as many as you want, as often as you want (but keep in mind each mask can be reused multiple times). These masks are supplied by Maine DSA Public Health Working Group in collaboration with Maine Breathes Easy, and the supply will be replenished as needed.

As we move toward the holidays, more people are gathering, more events are indoors, more people are travelling—and more people are sick. Rates of covid remain high year-round but spike in the winter, and everyone is vulnerable to long covid—this includes healthy people and children. In fact, one in three covid infections leads to long covid, and long covid recently surpassed asthma as the most common chronic illness in children. A person's risk of developing long covid increases with each subsequent reinfection.

The best way to protect yourself and your community is by wearing a high-quality mask—at a meeting, at the grocery store, on an airplane; every break in the chain of transmission helps.

Let's look at some common misconceptions about masking:

### **“I would wear a mask if I were sick or if someone around me were sick.”**

You don't always know when you or someone else is infectious. People with asymptomatic or presymptomatic covid still spread the virus.

### **“Why not just cover coughs and sneezes and stay a few feet away from other people?”**

Covid is airborne (so is the flu). This means that covid moves through the air like smoke and can linger in the air for multiple hours after an infected person leaves the room. A person with covid can infect others simply by breathing in the same building (not just coughing and sneezing near people).

A note on mask types: Because of their loose fit, surgical masks let in air through gaps around their edges and are not effective against airborne disease. A surgical mask filters out about 30%-50% of airborne particles, whereas a KN95 or N95 filters out around 95% of airborne particles.

### **“I got my covid vaccine – isn't that enough?”**

Covid vaccines reduce the severity of symptoms during an acute infection, but they do not reliably prevent you from getting infected with covid and do not prevent long-term damage from covid. Common long-term complications from covid include problems with cognition and memory, chronic fatigue, and increased risk of cardiovascular issues including heart attack and stroke. For an extensive collection of research about this, go to [TinyURL.com/CovidInfoDoc](https://TinyURL.com/CovidInfoDoc).

The protection a covid vaccine does offer wanes quickly, so it's important to get a booster every 3-6 months.

If you have any questions or would like to chat about public health, please feel free to email me at [AltheoColwell@gmail.com](mailto:AltheoColwell@gmail.com).

A little bit about my interest in this topic: As someone with multiple chronic illnesses, I understand the fragility of health and want people to make use of tools (like masks) that can prevent life-altering chronic illness for themselves and those they interact with. Despite this personal connection, though, my interest in public health is primarily about my firm belief in the importance of community care, and my desire to see my community healthy and happy, now and in the future. Infectious disease control cannot be done on an entirely individual level; when we choose whether or not to take precautions, we are making a choice not only for our own health but for the health of those around us.

– Altheo Colwell [Co-Founder and Co-Chair of Maine DSA Public Health Working Group]



Indian Rest Road (Photos by Keith Kantack, Inter-Fluve)

## Arrowsic Road Study

In addition to work on the Route 127 flooding by Maine DOT (see article in this issue), Arrowsic has an ongoing study to assess the flooding issue with Spinney Mill and Indian Rest Roads. The study is funded by a \$50,000 grant from the Maine Infrastructure Adaptation Fund. The Arrowsic Resilience Committee worked with the Kennebec Estuary Land Trust and other volunteers to secure the grant. The study, which began early this year, is being conducted by Inter-Fluve (an employee-owned firm specializing in investigations, design, and restoration

of rivers, lakes and wetlands). Public meetings with the contractor for advisory committee members and the public were held at Town Hall on June 3<sup>rd</sup> and September 30<sup>th</sup>.

The study will propose potential solutions to mitigating flooding issues including minimizing road damage, providing safe and reliable access, and improving the health and resilience of the impacted salt marshes. Goals of the study are for sustaining reliable access to the Spinney Mill peninsula, to reduce community vulnerability to sea-level rise and coastal storm surges, mitigate factors leading to increased coastal hazards, and support community safety and well-being, while restoring and sustaining habitat for the native fish and wildlife that contribute to the vitality of the region.



Spinney Mill Road

Spinney Mill and Indian Rest Roads are similar with flooding issues but present different challenges for public health and safety. Indian Rest is a through road connecting Bald Head Road to Route 127, so flooding does not cut-off access for any residents. The road did have damage from the January 2024 storm which required repair. When Spinney Mill Road is flooded, 11 homes have no access to or from the peninsula and this includes for emergency services. No apparent damage occurs during flooding, but the road is slowly deteriorating due to frequent flooding.

The study is progressing well; assessment of the current condition of the roads and a geotechnical assessment of Spinney Mill Road have been completed, and modeling of the water flow in its final stages. A final public meeting will be held soon and a final report delivered by the end of the year. Next steps are to decide what, if any action, will be taken on the study recommendations. Any actions to be implemented will be decided by the Town.

—Jack Witham [Chair, Advisory Committee Spinney Mill and Indian Rest Roads]

## Networks of Light: Building Community Through Heritage Lighthouse Conservation

*Steadfast, serene, immovable, the same  
Year after year, through all the silent night  
Henry Wadsworth Longfellow*

Lighthouses have their own enduring attraction. For those who come from the sea, they are beacons of safe passage to port, connections to those on land who wait. For those on land, they offer inspiration, comfort, and a connection to the ocean in all its moods. Yet these sentinels face an uncertain future without coordinated efforts to preserve them for generations to come.

All of us in Arrowsic are fortunate to live on an island that is home to four lighthouses, with more than a dozen others within twenty miles. Each serves as a vital piece of a larger navigational network, working together to guide vessels safely through Maine's complex coastal waters. This interconnection—this network of lights supporting one another—offers a powerful metaphor for the work of lighthouse preservation itself.

Over the past year, through The Ocean Foundation's [Ocean Heritage Initiative](#), I have led research on heritage lighthouse preservation legislation worldwide, commissioned by the Commissioners of Irish Lights. This work has evolved into "Learning from Lighthouses: A Global Guide to Heritage Protection Legislation"—to be published with open access by Springer—offering the first systematic global comparison of lighthouse heritage frameworks, examining how countries from Australia to Canada, India to South Korea, are creating legal protections for their lighthouse heritage. The guide synthesizes lessons from international organizations such as IALA and UNESCO, regional cooperation models like the European Route of Lighthouses, and national legislative successes across six countries, while providing model template legislation that jurisdictions can adapt and detailed guidance on financing heritage lighthouse conservation.

What emerges from this global analysis is a truth we see playing out locally in the Kennebec River: lighthouse preservation succeeds through networks—international cooperation strengthens national efforts, national legislation enables regional alliances, regional alliances support local steward organizations, and local stewards working together achieve what none could accomplish alone. [Link to recent blog: [The Lighthouses of Maine](#)]

### **A New Alliance Takes Shape**

Just as lighthouses work in concert to guide mariners, the people dedicated to their preservation are discovering the power of collaboration. I just learned about such a new network from the excellent newsletter of FOSILS (Friends of Seguin Island Light Station). The newly formed Kennebec Lighthouse Alliance, in partnership with the Maine Maritime Museum, brings together stewards of the lights that mark the entrance to the Kennebec River. This alliance includes Doubling Point Lighthouse, the Doubling Point Range Lights, Squirrel Point Lighthouse, Perkins Island Lighthouse, and Seguin Island Light Station—each with its own story, dedicated volunteers, and preservation challenges.

The formation of this alliance mirrors the very purpose of the lighthouses themselves. Just as these beacons work together as a system to safely guide vessels up the Kennebec River to Bath, their steward organizations are now joining forces to support one another's conservation efforts. The parallels are profound: isolation weakens, while networks strengthen. What one lighthouse organization learns about fundraising, structural preservation, or community engagement can illuminate the path for others.

## The Lighthouses of the Kennebec

Each lighthouse in this network has its own character and challenges. Doubling Point Lighthouse, established in 1899, warns mariners of two hazardous double-bend turns as they navigate down the river. After the unexpected collapse of its walkway in 2023, the Friends of Doubling Point rallied to raise funds for reconstruction—a project recently completed. The Doubling Point Range Lights, built in 1898 as matching white octagonal towers with red roofs, provide the precise alignment mariners need to navigate those tricky turns safely.



Squirrel Point Lighthouse, commissioned by President Grover Cleveland in 1895, recently celebrated the installation of a new metal bridge—one better suited to withstanding rising sea levels and intensifying storms. The Citizens for Squirrel Point continue to address the priority needs of the tower and supporting buildings.



Perkins Island Lighthouse marks another crucial point in this navigational network. And furthest out, Seguin Island Light Station stands as Maine's highest lighthouse and one of its most historic. Together, these five stations create a system of lights that has guided mariners safely for more than a century.

*(Photo by Jon Biehler)*

The Kennebec Lighthouse Alliance recognizes that these challenges need not be faced alone. When one organization develops expertise in historic masonry repair, that knowledge can benefit others. When another successfully navigates grant applications or engages new volunteers, those lessons become shared resources. The alliance creates space for mutual learning and collective problem-solving—transforming isolated struggles into coordinated action.



The Kennebec Lighthouse Alliance represents more than administrative coordination—it embodies a recognition that heritage preservation is fundamentally about community. The volunteers who maintain these lighthouses, the visitors who climb their towers, the historians who document their stories, the donors who support their restoration—all are part of an extended community united by a common cause.

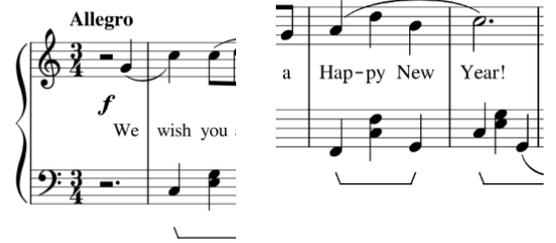
Just as the lights of the Kennebec work together to guide mariners safely home, the organizations that preserve them are enhancing their collaboration. And just as those beams of light reach across the darkness, the lessons they teach us about collaboration, community, and conservation can illuminate our path forward—not just for lighthouses, but for all heritage worth preserving.



—Mark J. Spalding [President, The Ocean Foundation]  
[www.linkedin.com/in/mark-j-spalding](http://www.linkedin.com/in/mark-j-spalding)

*Lighthouses North to South (Photos by Mark Spalding)*

# Santa and Singalong at Town Hall in December



I am thankful for the many volunteers who make our small town special - the first responders, committee chairs and committee members, people who maintain trails and count fish, maintain our recreation area, our election crew...and the holiday lights at Town Hall...and Cafe Creme.

—Barbara





*Back in Spring: Snowy Egret (Photo by Kathy Roy)*

*The Arrowsic Arrow is Arrowsic's independent newsletter, produced through the efforts of volunteers. The newsletter is published three times a year in spring, summer and autumn. The Arrow is primarily distributed via e-mail to all those on the Town of Arrowsic email list or by mail to those who cannot access it 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: Sharif Elmusa, Denise Parker, and Karin Sadtler. Contact: Karin Sadtler [kasadtler@yahoo.com](mailto:kasadtler@yahoo.com). Past issues of the The Arrow can be found at [www.arrowsic.org](http://www.arrowsic.org).  
Town of Arrowsic, 340 Arrowsic Road, Arrowsic ME 04530*