

THE WAYNE MESSENGER

PUBLISHED BY THE WAYNE COMMUNITY CHURCH

March 2023 Volume 121 No.3



WAYNE COMMUNITY CHURCH
P.O. Box 300, Wayne, ME 04284
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wayneumc@roadrunner.com

*Church Office Hours: 1pm-3pm Tues,
Wed, and Thurs*

Rev. Angela Rotherham
pastorwayneumc@gmail.com
(207) 685-3505

*Rev. Angela usually off on Mondays
except in case of emergency.*

Services will be available in person and livestreamed on Facebook every Sunday morning at 9:30. If you are unable to join us at that time, the recorded service will remain on Facebook for you to watch at your convenience. Just look for Wayne Community Church on Facebook or go to www.wayneumc.com to find the link. On the church website, you can also listen to our sermon podcast, and check out the Worship Duty Schedule, as well as find current and past issues of the Wayne Messenger.

THE WAYNE MESSENGER
Carol Steck, Editor

April Messenger news is due by 5 pm,
March 15th at editorwcc@gmail.com.

WAYNE MAINE EVENTS CALENDAR

All in one event platform designed to strengthen and connect our community. **SEARCH** for an event or **SUBMIT** an event with the click of a button.

www.waynemaineevents.com



Dear Friends and Neighbors,

My heart is full as I write to you! At Wayne Community Church, we have recently welcomed five new members and I have been able to have some wonderful conversations with community folks at the Wayne General Store on Thursday afternoons (noon-2 pm). If you haven't stopped by my table yet, I hope you will soon! It feels so good to be able to connect with each other, to inspire one another to service, and to find support when we need it.

We have two big ways we are supporting the community this month. The first is through our Mechuwana campership program. Camp Mechuwana has published its programming for Summer 2023. They have options for children and youth of all ages, including day camps where grandparents are invited to attend with their littles! Please visit www.mechuwana.org for a complete calendar and registration. Please contact me (pastorwayneumc@gmail.com) if you would like assistance for your kiddos!

The second is our Jacobs Scholarship fund. This fund was created by Dr. Desiree Carlson who recognized her privilege of not needing student loans to receive her higher education. In honor of her grandparents who didn't even have the opportunity to finish high school, she chose to create a scholarship program in their name. She wanted to remember the support, encouragement and love she received from her grandparents and share that legacy with our community. This scholarship is for students who have completed their degrees to help them start paying back any loans they might have accrued. Look for the application information in this Messenger! (Awards will be made at a convenient time during the students' Spring Break.)

Camperships and scholarships may not seem very glamorous, but they are two vital ways that Wayne Community Church is working to live out our calling to "Build Bridges of Healing and Hope." Through camperships, many children and youth who have not yet found a faith home, get the opportunity to be radically welcomed and accepted for who they are, healing hurts that might otherwise go unseen. Even over the course of only one week, they find a source of hope that many didn't know existed. Our scholarships are intended to make sure that any young adult who wants a higher education can have that chance. Education is a pathway to opportunities and hopeful futures. The Jacobs Scholarship fund allows us to help new graduates enter the next chapter of their lives with a lighter burden.

We give thanks to those who have entrusted their legacies with the Wayne Community Church. We strive to be good stewards of those gifts and can even help *YOU* make legacy plans through the church. *"Therefore encourage one another and build up each other..." (First Thessalonians 5: 11).*

Grace and Peace,
Rev. Angela

JACOBS SCHOLARSHIP

The Charles L. and Agnes E. Jacobs Scholarship is being offered again this year to Wayne graduates who have an affiliation with the Wayne Community Church. To honor her maternal grandparents, Desiree A. Carlson, M.D. established a fund, the income from which is to be used to assist students in meeting their post-secondary education expenses. Students being awarded a bachelor's or associate degree during the 2023 academic year and who also have student loans on which payment will begin are invited to apply. Application forms are available through the church office and must be returned by Friday, March 24, 2023.



CHURCH CALENDAR

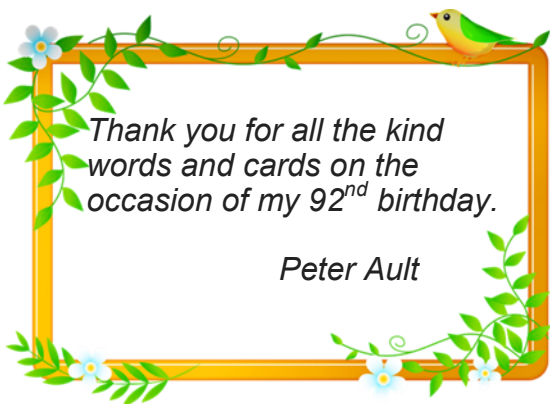
March 1, 7pm – Finance Committee (hybrid)
 March 2, noon-2pm – Rev. Angela @ General Store
 4:30 - 5:30 Trustee’s Dinner
 5:30pm – Trustees Committee (hybrid)
 6:30pm – Choir Rehearsal
 March 5, 9:30am – 2nd Sunday of Lent
 March 8, 6:30pm – SPRC (Zoom)
 March 9, noon-2pm – Rev. Angela @ General Store
 6:30pm – Choir Rehearsal
 March 12, 9:30am – 3rd Sunday of Lent
 March 14, 11am – Worship (hybrid)
 7pm – Ad Council (Zoom)
 March 16, noon-2pm – Rev. Angela @ General Store
 6:30pm – Choir Rehearsal
 March 19, 9:30am – 4th Sunday of Lent & UMCOR Sunday
 March 23, noon-2pm – Rev. Angela @ General Store
 6:30pm – Choir Rehearsal
 March 26, 9:30am – 5th Sunday of Lent
 March 30, noon-2pm – Rev. Angela @ General Store
 6:30pm – Choir Rehearsal
 Holy Week begins with Palm/Passion Sunday on April 2 and culminates on Easter Sunday, April 9. More information will be available in the April Messenger!

DUTY SCHEDULE

3/5 **Liturgist/Leader:** Wendy Allen; **Usher & Greeter:** Anna & Perry Ryerson; **Flowers:** Hazel Stevenson
 3/12 **Liturgist/Leader:** Lloyd Irland; **Usher:** Don Welsh; **Greeter:** Holly Stevenson; **Flowers:** Molly Nadeau
 3/19 **Liturgist/Leader:** LouAnne Parker; **Usher:** Sid Rao; **Greeter:** Kim King Moulton; **Flowers:** Amy Black
 3/26 **Liturgist/Leader:** Barb Rothe; **Usher & Greeter:** Kathryn Soderberg & Bahar Uttam; **Flowers:** Judy Danielson



Our Trustees are hosting a **PRE-ORDER Chili/Soup dinner for TAKE-OUT on Thursday, March 2nd.** Pickup will be from 4:30 pm - 5:30 pm. We’ll be serving your choice of traditional chili, vegetarian chili, mulligatawny chicken soup or fish chowder as well as salad, corn bread and dessert. Your donations will be gratefully received at the door! The suggested donation amount is \$10. **To pre-order, please call Connie @ 446-3681, Anna @ 458-1002, or Lynette @ 441-3351 by Tuesday, Feb 28th.**



March

Birthdays & Anniversaries

April

- 2 **Trish Hanley Goodwin**
- 5 **Hannah Faulkner**
- 5 **Elaine Christopher**
- 6 **Sarah Petell**
- 8 **Tracy Stevenson McAleer**
- 9 **Sharon Bonney**
- 9 **Tina Barden**
- 11 **Jim Van Cott**
- 12 **Pat Murray**
- 13 **Christine Judd**
- 13 **Becca Reynolds**
- 13 **Tom Stevenson**
- 14 **John DeBlois**
- 14 **Larry Judd**
- 15 **Pat Nadeau**
- 16 **Mary Farnham**

- 16 **Phil Kerr**
- 17 **Pat Hatch**
- 18 **Elizabeth Curtis**
- 18 **Jeff Mullen**
- 19 **Sara Webster**
- 21 **John Christopher**
- 24 **Todd Goucher**
- 24 **George Ault**
- 25 **Jill Crocker**
- 26 **Danny Newcombe**
- 27 **Anna Boynton**
- 28 **David Webbert**
- 29 **Donna DeBlois**
- 29 **Peter Emery**
- 31 **M. T. Clark**

- 1 **Denise Boothby**
- 1 **Kerry Brenner**
- 1 **Erin Frawley**
- 2 **Barbara Jacobsen**
- 2 **Pat McLaughlin**
- 2 **Laurel Danforth**
- 2 **Rhonda Smith**
- 3 **Pat Ellis**
- 4 **Susan Welsh**
- 6 **David Van Cott**
- 8 **Sue Parent Dorson**
- 8 **Lorraine Ravis**
- 9 **Cindy Pelliccia**
- 9 **Alice Lincoln**
- 10 **Mark Bachelder**
- 11 **Norma Boothby**
- 11 **Randy McNear**
- 12 **Gloria Ladd**
- 12 **Joanne O’Connor**
- 13 **Gerry Paradis**

- 14 **Candace Roche**
- 14 **Bev Petell**
- 16 **Bernard Campbell**
- 17 **Alice Robinson**
- 18 **Cindy Pettengill**
- 19 **William Ault**
- 19 **Megan Bachelder**
- 20 **Don Gatti**
- 20 **Nate Murray-James**
- 21 **Michael McGrail**
- 24 **Dr. Tom Cook**
- 26 **Christina Rao**
- 27 **Charley Bonney**
- 27 **Tyler Stevenson**
- 28 **Tammy McNear**
- 28 **Emily Clifton**
- 29 **Stuart Smith**
- 29 **Aaron Chrostowsky**
- 30 **Louise Pike**
- 30 **John Ireland**
- 30 **Mike French**

23 - Hobie & Pat Ellis (64 years)
23 - John & Muffy Ireland (55 years)

6 - Wayne & Karen Bryant (38 years)
7 - Larry & Christine Judd (62 years)
8 - Noel & Cindy Pelliccia (51 years)
12 - Paul & Pam Chenea (37 years)
13 - Paul & Karen Criss (33 years)
13 - Dan & Sue Dorson (27 years)
14 - Pete & Joan Peterson (67 years)



Easter Memorial Flowers

The Wayne Community Church will create a spring garden of flowers at the front of the Sanctuary for our livestream Easter Sunday morning service at 9:30 on April 9th.

You are invited to consider donating toward the purchase of stem flowers for the creation of a **large bouquet** which will enhance our sanctuary garden, OR to purchase an Easter plant (s) that you may pick up to take home or choose to give away. Easter morning delivery will be an option if you can't pick up your plant at 10:30 on the outside porch or pick up later in the week during office hours.

The Easter bulletin will list, for each plant ordered, one or two names of those in whose memory the flowers and plants are given, or whom you wish to honor.

Please E-mail your order now to wayneumc@roadrunner.com using the form below, or leave a message at (207) 685-3505. Then mail your check to Wayne Community Church, P. O. Box 300, Wayne, Maine 04284, or drop it in the mail slot in the church office door. Deadline to place an order is Thursday, March 17.

If you choose to pick up your flowers the week following Easter, please call the office at 685-3505 to arrange a time. Thank you, we wish you the blessing of Easter! Please print information as you would like it to appear in the Easter bulletin insert:

In Memory of, or in Honor of

1. _____ 2. _____

Given by _____

_____ Donation toward the church sanctuary bouquet, \$10

_____ 6" pot of tulips, \$13 _____ Pot of Daffodils \$13 _____ Easter Lily, \$16

Total enclosed \$ _____ My phone _____

_____ I will pick up plant (or have delivered) OR _____ Please give away



SWEDISH CREAM ROLLS

1 envelope active dry yeast 3 2/3 c. flour

1/4 c. warm water 1/3 c. sugar

1 c. heavy cream 1 tsp. salt

1/4 c evaporated milk 1/2 c. butter

3 egg yolks slightly beaten

Stir yeast into water in a small bowl to dissolve. Mix together cream, milk, and egg yolks. Stir yeast mixture and set aside. In a large bowl, mix together the flour, sugar, and salt. Cut in the butter with a pastry blender until you have course crumbs. Stir yeast mixture into flour and mix enough to moisten. Coat dough with a thin film of butter to prevent drying. Refrigerate up to 4 days. Shape dough into balls and place three balls in each section of an ungreased muffin tin. Let rise in a warm place about 60 minutes. Preheat oven to 350 degrees and bake rolls for about 15 minutes, until golden brown. Makes 24 rolls.

NOTE: I look forward to having my grandmother Marion's Swedish Cream Rolls every major holiday. They're so special I make sure to make them when we spend a holiday with my husband's family too!

Johanna Irland Cormier

Bridges - Recipes from the Past for the Future.

More delicious recipes available in the Bridges Cookbook. Please call the church (685-3505) and/or stop by to purchase a book. Keep an eye out for further family favorite recipes from our community families.

DID YOU KNOW?

Your odds of finding a four-leafed clover are about 1 in 10,000.

DID YOU KNOW?

On St. Patrick's Day in Chicago, over 40 pounds of dye is used to make the river turn green.

DID YOU KNOW?

St. Patrick actually wore the color blue, not green.

Winter is here! **Winter sand** is available for residents' use at home on Fairbanks Road near the Town Sand/ Salt Shed, with only two buckets per storm.

Please take notice, Maine State Law: 29-A, M.R.S.A. §2396, prohibits any person from placing in the public way snow or slush that has not accumulated there naturally.

The Town of Wayne has **posted all Town roads for the mud season**. All overweight trucks will need to get permits at the Town Office to travel Posted Roads. During the spring thaw, please use caution while driving on Town roads, water can be on the road, new potholes can form and thick mud can be present. If you have any road issues, please don't hesitate to contact the Town Office at (207) 685-4983 or towmanager@waynemaine.org.

This month the **Selectboard** will be meeting on **Tuesday, March 7**, and **March 21 at 6:30 PM** at Ladd Recreation Center and by Remote.

This month the **Budget Committee** will be meeting on **Tuesday, March 14**, and March 28 at **6:30 PM** at Ladd Recreation Center.

This month the **Planning Board** will be meeting on **Thursday, March 2, 2023**, at **6:30 PM** at Ladd Recreation Center.

The Planning Board will be holding a **Public Hearing on Solar Ordinance Updates** on **Tuesday, March 2, 2023**, at **6:30 PM** at Ladd Recreation Center.

Currently, the Planning Board is waiting on **Jellystone Park** developers to come back with more information requested of them. All our Planning Board meetings are scheduled for the first Thursday of every month at 6:30 PM at the Ladd Recreation Center. The Town posts agendas on the Town website several days in advance of every meeting. Any future letters of opinion regarding the Jellystone Park project be directed to the Planning Board. If you have any questions, about the Planning Board agenda or the Jellystone Park project, please don't hesitate to contact the Town's Code Enforcement Officer at (207) 685-4983 or ceolpi@waynemaine.org.

A **Joint District Selectboards** and **RSU Board of Directors** will be meeting **Wednesday, March 15, 2023**, at **6:30 PM** to discuss the school budget at the Maranacook Middle School and by Remote.

This month the **Conservation Commission** will be meeting on **Wednesday, March 8th, 2023**, at **5:30 PM** at Cary Memorial Library.

The Town's **Assessor Agent** Matt Caldwell from RJD Appraisal will be available by appointment on **Wednesday, March 15, 2023**, to answer any questions you might have about your assessment or tax bill. Please contact, the Town Office to schedule an appointment.

Your **third** and **final** installments of property taxes are due by **Saturday, April 1st, 2023**, at **5:00 PM**. Interest will begin to accrue on April 2nd, 2023, at 4% per annum.

Nominations Papers will be available from the Town Clerk for several positions on **Friday, March 4, 2023**. The following positions will be vacant on June 30th, 2023: two Selectboard (3-Year term, Term Expires 2026); one Budget Committee (5-Year term, Term Expires 2028); Local School Committee (3-Year term, Term Expires 2026); one RSU#38 School Board (3-Year term, Term Expires 2026); seats are available. All nomination papers are due on **Wednesday, April 12, 2023**, to the Town Clerk.

Property Tax Stabilization Program for Seniors: The Town's Assessor Agent has decided to hold off on mailing determination letters due to several pending legislative proposals that might change the program significantly. If you submitted the paperwork prior to December 1st, 2022 deadline, the Town has your application on file. If any changes are made to the program, we will convey them to you as soon as possible.



Join us for a free presentation on:

“BALANCE IS A VERB”

Saturday, February 25th

1:00—2:30 PM

Wayne Community Church

22 Old Winthrop Road, Wayne, ME

Presented by:

Trish Hanley-Goodwin, M.Ed., CHWC,
Training Manager, OMC, a Wellness Workdays Company

Our body has to balance itself every waking moment of every day. Fortunately, a lot of our balance control is unconscious neuromuscular activity that accompanies conscious body control! To improve balance, it is important to actively embrace the action of balance and fine-tune our sensorimotor control systems. Come learn a new mindset/ how to empower yourself with ways to take action and incorporate dynamic balance training into your activities of daily living.



Wayne Fire Dept monthly meeting
All welcome
the second Wednesday of every month,
6:30 PM

Monday 9-1
 Tuesday 3-5
 Wednesday 1-6
 Thursday 3-5
 Friday CLOSED
 Saturday 9-3
 Sunday CLOSED

17 Old Winthrop Rd
 207-685-3612



Even long after you've finished them, some books outright refuse to leave you alone. The stubbornness of a great story is truly priceless.

Jonathan Edward Durham

Brown Bag Book Group: On Monday, Mar.6 at 1:15 pm we'll be discussing *Blue Latitudes: Boldly Going Where Captain Cook Has Gone Before* by Tony Horwitz. The title for our April 10th, 1:15 discussion will be *North: A Novel* by Brad Kessler.

Library Lego Club: A monthly program, next happening Wed. March 15, 6-7 pm.

Story & playtime for Little Ones: Flexible schedule geared to when you show up. Monday mornings between 9:30 and 10:30, and Wednesday afternoons 4-5 pm.

New Books:

Fiction: *Exiles* (Harper); *Alligator Alley* (Lawton); *Encore in Death* (Robb) *House at the End of the World* (Koonz); *We Are the Light* (Quick); *House in the Pines* (Reynes); *Don't Open the Door* (Brennan); *Mitford Affair* (Benedict); *Murder Book* (Perry); *Winter Grave* (May); *Remarkably Bright Creatures: A Novel* (Van Pelt); *Signal Fires* (Shapiro); *The Good Wife of Bath: A Mostly True Story* (Brooks); *Robbed Blind* (Boyle); *Flight* (Strong);

Non-Fiction: *Spare* (Harry); *An Immense World: How Animal Senses Reveal the Hidden Realms* (Yong); *Smitten Kitchen Keepers* (Perelman);

New DVDs: *Tor; Till; Fabelmans; Ticket to Paradise; Everything Everywhere All at Once; Banshees of Innissherin; A Man Called Otto.*

First Saturday at the Cary Library's Williams House

Saturday, March 4, 2023 – 9 a.m. until noon

St. Patrick's Day and Easter are on the way. We will have some shamrocks and bunnies and Easter baskets on display as well as a variety of recently received items including several plush toy animals (remember Garfield), a dark green 60" x 80" tablecloth with 6 napkins, a 46" x 64" tablecloth rose design on beige, a vintage quilt, "The Perfect" French fry cutter, a Microwaveable Hot Plate, glass tealight holders and 2 six inch wide decorative blue shelves with chickens on strings. We have attractive jewelry including many pairs of earrings, a BEAUTIFUL turquoise necklace, a few J CREW jewelry pieces, and fun Disney items. And as always there will be coffee or tea and delicious scones, cinnamon buns and/or quiche to enjoy. You can sit at one of our tables and enjoy your coffee or browse our rooms full of books and boutique items.

Come visit the Williams House. The Alice in Wonderland Room will be open.



If you live or spend summers on a lake, you must read this!

Ted. J. Rulseh, *Ripple Effects –how we're loving our lakes to death.* University of Wisconsin Press 2022.

Lloyd C. Irland

This book tells of the lakes in the "Northland" – the lakes and forests of Minnesota, Wisconsin, and Michigan. It is a sad story – the clear water, peace and quiet, and wildness of the 40s and 50s have vanished in lake after lake. They are even introducing daily catch limits on bluegills and perch! Over and over again, after the lakes turned green, people got interested in recovering water quality. Sound familiar?

Stories of invasives, including zebra mussels—are scary. Here, our 30-Mile River Watershed Association is working on the invasive plants, to good effect. They need our support. A chapter on septic tank impacts and regulation is interesting. Another section deals with "Natural Shoreline" management. The ingrained habit of bringing fertilized lawns to the shoreline needs a "Lawnmowers' Anonymous" group to help people break it. The challenges of zoning are discussed fairly. The effects of high-speed, high-powered "wakeboats" are discussed. The author is an excellent writer and tells a balanced story. Just 228 pages, it is not formidable for size.

My brother Rich, who lives in Wisconsin, let me know of this book. We grew up in Illinois and spent a lot of time in Northern Wisconsin. I went to Michigan State, and through my work in forestry am well familiar with the Northlands. This story is highly relevant to us in Maine. A big difference is that those states have strong counties that can be a focus for regulation and remediation efforts—something we lack here. As a result, they have a better chance of success.

For so many issues and lakes, the horse is out of the barn – but Maine has a lot to learn from what people are trying in the Midwest's Northlands. Much can be done to slow the losses and in some cases bring lakes back. Reading this book is a good place to start. The book can be ordered by visiting the Press's website. \$26.95.

Our Yards are Nutrient Sources for the Lakes: What to do?

Lloyd Irland

Previous watershed assessments on shorelines by Lake Associations have shown that most occurrences of erosion events are found on residential properties. Intact forests produce essentially zero overland flow, even on steep slopes. The organic mat and fallen leaves are effective sponges – nature’s erosion control mulch.

Wayne’s major lakes are home to 416 dwellings, not counting those in Leeds and Monmouth. An additional 99 waterfront lots exist; some may be grandfathered for future development. Many of these 416 properties slope toward the lake. Some have mowed lawns right to the water. Others have retained trees but removed understories for the view. Many driveways, dooryards, informal boat launches, camp roads, and trails also slope toward the water.

Nutrient loads are cumulative: they are absorbed by algae and water plants which die and float to the bottom where the nutrients remain. Pocasset and upstream lakes export nutrients to Androscoggin Lake.

Recent dry springs have obscured the fact that total summer rainfall is increasing. From 1948-67 to 2002 to 2021, May to November totals increased by 3.8 inches! Longtime residents confirm that intense storms are increasing. In 2021, there were 11 storms of 0.49 inches or more between May and October. One July storm unloaded 2.4” in one day! These storms unload most of the water in just a few intense hours and account for the bulk of the erosion in a year. Late autumn storms can move soil as leaves are off the hardwood trees and no longer breaking the speed of raindrops. Last October, the 30th saw a storm of .76 “, and the next day, 2.1”.

The problem is less the inches of rainfall than the concentration of flow. In undisturbed forest the flow is spread over the area and minor rivulets usually shed little sediment. But add a house, a roof with a gutter, and a driveway and the runoff concentrates where it then moves soil.

Take a house with a 30 X 40 footprint, with half of its roof area sloping toward the water. A single 2” storm will shed 3 tons of water from that roof in just a few hours – no wonder it can dig channels in your yard!

At our house, we noticed this. Intense storms were slowly eroding leaf litter, sand and sediment from trails to our dock. We got a Lake Smart audit. Then we dug four 4” trenches to divert the concentrated flows onto undisturbed forest floor. The following season, the trails were covered with pine and hemlock needles and no longer eroding. If the path to your dock is bare soil and not leaf litter, it is sending sediment and nutrient runoff into the lake. More elaborate measures may be needed, especially if your yard is steeper than ours. A Lake Smart Audit -- or a visit to the 30 Mile River Website—will give you ideas. Easier still, take a stroll outside in a really intense storm and you’ll see what I mean.

Any one house has no noticeable effect on the Lake. But add up 416 of them... and sum the effects over years, and you can see that what we all can do ourselves matters.

After the peak of a June rainstorm -- ditch diverts flow from the gutter onto the forest floor where it is absorbed, no sediment reaching the lake. Author photo.



Check out: <http://www.30mileriver.org>

VACATION RENTALS



Beautiful three bedroom cottages on Lake Pocasset and Pickerel Pond for rent from mid May through mid October. All cottages have a private dock in front and a sandy beach in common.

Contact Deb Duplisea at debrduplisea@gmail.com. Current rentals are available in spring and fall.

Two miles from downtown Wayne, down on the east shore of Lake Androscoggin there’s a step back in time; a fine old two-story camp. Two comfortable bedrooms upstairs, (with a third double bed on the landing if you need it). Downstairs there is a big stone fireplace in the main room and bathroom with a shower. There is an up-to-date kitchen across the breezeway and a porch where you can watch the loons and the sunset over the lake. The Judd camp was built in 1914 and owned and lovingly cared for by the family since 1953. Steps down to the lake and a dock. No other camps in sight. \$700 a week. Holly Stevenson can tell you all about it. 207 242 1834





Meals: Did you know that anyone can pick up meals at the St Francis Meal Kitchen in Winthrop on meal days? For now, meal days are Monday, Wednesday, and Thursday each week. The best time is 11:30 to 12 noon. You just park in the parking lot at St Francis Church (at 130 Route 133 in Winthrop) and go to the door on the Left end of the building beside the church. If no one is around, step into the entranceway and ask about meals. You may pick up meals for yourself and your spouse or others living with you. Anyone is eligible. There is no requirement to sign up. There is no charge for the meals. If you are so inclined, you might donate something toward the cost. Available besides meals are fresh veggies, bread, desserts and occasional other foods. It is easy!

Our Valentine's Day Tea, sponsored by Wayne Community Church and AAH, was a great success! 29 people attended. Lots of homemade goodies were offered. Those who gathered were happy to meet others and to socialize. Some enjoyed seeing the AAH Center space for the first time. We hope all of you will continue to use the AAH Center as your own.

Project Fresh Start is a nonprofit organization that offers household items to people ready to move from a shelter to a home. If you have gently used furniture or new items you would like to donate to them, here is the contact information:

352 Civic Center Drive, Augusta, ME 207-621-4491

ProjectFreshStart352@gmail.com

Or go online to projectfreshstart.net

Tips for Healthy Aging from the CDC National Center for Chronic Disease Prevention and Health Promotion

- Eat and Drink Healthy
- Move More, Sit Less throughout the day
- Don't use Tobacco
- Get regular Checkups
- Know your family History
- Be aware of changes in Brain Health

What, NO TV?

AAH Center does not have a television. That is on purpose. We do not want our elders to come here, be passive and watch. Our goal is to bring people together and have them get to know each other, share experiences and work on projects together. Television distracts from people's interactions. It fills in content when none is needed. Here you have unique opportunities to get to know one another. AND, you can watch TV at home. We welcome your thoughts about this decision.

Upcoming Music Programs at AAH,

We have a schedule of wonderful local musicians extending into June. All events are Saturdays at 2 PM.
 March 18th Peter Cariveau
 April 15 Stone Quarry (Bill Stone and Stacey Jacobsohn)
 May 20th a festival of instruments with Stan Davis
 June 17th Rick Ray

All these local professional musicians have offered to donate their time and their art to entertain us. Let's show our appreciation through an enthusiastic turnout. Please let us know if you need a ride or if you have any questions. Donations of snacks, and tips for the musicians, are welcome.

Our Elders Luncheons are back. EVERYONE is invited! You need not be a certain age. Scheduled on the 4th Wednesday of the month at Noon. The next date is March 22. Come and bring your friends and neighbors.

Pam Chenea, Coordinator, Aging At Home, Wayne
berryponder@gmail.com. 207-685-9378



Curtis Homestead Bushwhack

Curtis Homestead Conservation Area,
Leeds

Saturday, March 4, 10 AM

Snow date: Saturday, March 11, 10 AM

Kennebec Land Trust stewardship staff will lead an "off-trail" excursion on Saturday, March 4, at the Curtis Homestead Conservation Area to explore a unique area, not accessible by the trail. Participants should plan on bringing snowshoes, skis, and/or ice grippers depending on conditions and must be comfortable traveling off-trail in winter conditions.

Contact Marie with any questions and to RSVP at 207-377-2848 or mring@tklt.org

Recreational and Cultural Importance of Maine's Parks and Public Lands

Thursday, March 16, 2023, 6:00 - 7:30 PM

Jocelyn Hubbell & Rex Turner

Conservation of Wildlife and Biodiversity of Maine's Parks and Public Lands

Thursday, March 23, 2023, 6:00 - 7:30 PM

Justin Schlawin & Sarah Spencer

Looking Forward: Land Acquisition Partners and Priorities

Thursday, March 30, 2023 6:00 - 7:30PM

William Patterson

Visit www.tklt.org or contact Marie at mring@tklt.org or 207-377-2848 for more information.

Directions: From Route 41 in Winthrop, turn onto Rambler Way to Winthrop High School. Once inside, follow the signs for the performing arts center.

Stakeholder Notification/Public Notice

The land trust accreditation program recognizes land conservation organizations that meet national quality standards for protecting important natural places and working lands forever. The Kennebec Land Trust is pleased to announce it is applying for renewal of accreditation. A public comment period is now open.

The Land Trust Accreditation Commission, an independent program of the Land Trust Alliance, conducts an extensive review of each applicant's policies and programs. The Kennebec Land Trust seeks accreditation to ensure that its practices meet or exceed the nationally recognized best practices.

The Commission invites public input and accepts signed, written comments on pending applications. Comments must relate to how The Kennebec Land Trust complies with national quality standards. These standards address the ethical and technical operation of a land trust. For the full list of standards see <http://www.landtrustaccreditation.org/help-and-resources/indicator-practices>.

To learn more about the accreditation program and to submit a comment, visit www.landtrustaccreditation.org, or email your comment to info@landtrustaccreditation.org. Comments may also be mailed to the Land Trust Accreditation Commission, Attn: Public Comments, 36 Phila Street, Suite 2, Saratoga Springs, NY 12866.

Comments on The Kennebec Land Trust's application will be most useful by May 21.

Summer Job Posting

Swim Instructor and Lifeguard for Androscoggin Yacht Club on Androscoggin Lake in Wayne, Maine

Applicants for this position should be at least 17 years old, be WSI Certified (Water Safety Instructor), and be Lifeguard Certified. Employer will financially assist with certifications.

Approximately 150 hours.

The Androscoggin Yacht Club position includes swim instruction for children in three 2-week sessions during the months of July and August. Children are grouped by age and swimming ability in 30–45-minute classes.

The position also includes tracking student attendance, scheduling, and communicating with parents.

Please contact: Sue DeGroot at suedegroot25@gmail.com

American Red Cross Certification classes are available at the University of Maine Farmington, Jennifer.pageot@maine.edu 207-778-7437 <https://www.umf.maine.edu/frc/red-cross/> Or at the Y in Augusta, for more info contact Sara at splash321@gmail.com



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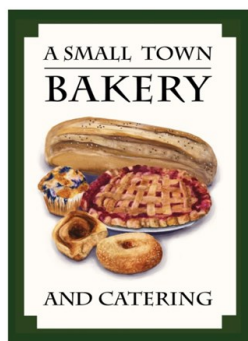
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Judy Danielson, Secretary,
 Mt. Pleasant Cemetery Association
Judydanielson@gmail.com



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