Dear Reader,

As the sun hangs in the sky a bit longer every day, so do our hopes for a calmer, more peaceful world. Maybe it's a good time to take a deep breath and say a little prayer, and to notice once again how fortunate we are to live in our town called Arrowsic.

From the Arrowsic Webmaster
Paul Kalkstein  443-5675

Many thanks to Larry Wilson, who has kept our web site helpful and up-to-date. Larry has handed the Webmastership to me as of the New Year. As the number of residents who use the Internet grows, I hope to make the town web site (http://home.gwi.net/arrowsic) as useful as possible. The Arrow and the town zoning ordinance are on line, and more useful material will be coming soon. Residents can communicate with the Selectmen through the site.

If you have email and would like to join the town email list, please sign up on the home page of the web site. The web site is being automated so that committees may post their minutes. If committee chairs or members would like help with this process, please email me at paulk@mainefolks.com or call me at 443-5675.

One issue that has been raised is: can we have our own domain (www.arrowsic.org). Yes, we can, but it would be an annual expense to the town. Larry worked out a great deal with GWI that gives us space almost for free. You will notice that the site is found on Google and other search engines.

Would anyone like to work on a section about the history of Arrowsic? There is interest in such a page or section, with pictures and text. It could be done in Microsoft Word or another word processing program.

Please send me any suggestions through the form on the Arrowsic home page.
Thanks for your help!

Conservation Commission News
Phine Ewing, Chair  443-9795

The Arrowsic Conservation Commission will be sponsoring a discussion of conservation options for property owners at their February meeting. Jack Witham, president of the Lower Kennebec Regional Land Trust, and other land trust members will be on hand for the discussion and to answer people's questions. The meeting will be on the fourth Monday, Feb. 24, at 7:00 p.m., instead of the regular third Monday Conservation Commission meeting. Everybody is welcome.

Resident
HC 33
Arrowsic, Maine  04530

From the Selectboard
Larry Wilson, Michele Gaillard, Sukey Heard

We would like to advise everyone working on Town committees that the Selectmen are asking for budget requests for next year and reports for the Town Report be submitted to the Selectmen by April 30. This may seem like early warning, but when you figure it out, for most committees, there are only one or two meetings left before the deadline... Thanks for all your efforts!
We are also looking for photos that could be used in the Town Report as well as suggestions for the Dedication of the Town Report. Many thanks!!!

A Brief Update on Squirrel Point Light

Thanks to contacts by Mike Kreindler and Fred Kahrli, Verrill Dana (a well respected Portland based law firm), has kindly offered to do some pro bono legal work for us on what else we might do with regards to the situation at Squirrel Point. A small group of us (Mike, Fred, Sukey Heard, Roger Heard, Bart Chapin, Lucy Hull, Will Neilson and myself) met last night with Chris Neagle of Verrill Dana to get them up to speed on the history and efforts to date, and do a little brainstorming on further steps we might take. I think we were all impressed with Chris and his ideas. We expect to hear back from Chris next week, after he and his colleagues have had a chance to review the file and do a little further research. Chris was both enthusiastic and optimistic.

Just wanted to let you know that although we have not heard diddly squat from the Coast Guard, there is further action afoot, and our thanks to Mike and Fred for securing this excellent resource.

Aerial Photographs of Arrowsic are available at:
US Geological Survey, EROS Data Center,
Customer Service, Sioux Falls, SD 57198
605-594-6151
edcwww.cr.usgs.gov/eros-home.html
Hope for the Future (and present)

If anyone is interested in seeing and driving a four-door, five passenger, manual transmission car that gets 50 to 65 miles per gallon, they are welcome to give either Lucy Hull or Bart Chapin a call at 443-4908. We have owned a Honda Civic gas-electric hybrid vehicle since May and find it powerful and quiet. You would never know you were driving anything but a regular Civic. The only difference is 700 to 800 miles between fill ups. The federal and state governments each give a tax break to those who buy ultra low emissions vehicles. You can drive to Portland for less gas than an SUV uses to go to Cook’s Corner!

Give Peace A Chance: Three Strategies
submitted to us by three friends

1) **Every Sunday from noon to 1** there is a “Bridges for Peace” demonstration on the Bath Bridge. Anyone moved to join us would be most welcome. Dress warmly, as the wind whips through there even on mild days.

2) **The U.S. president has put out a request** for feedback about war with Iraq. To register your opinion, here’s how—it’s very easy.----------
The line only accepts calls from 9-5 EST, Monday through Friday. A machine will detain you for only half a moment and then a pleasant live operator will thank you for saying “I oppose” or “I approve.” It will only take 3 minutes, total.

Note that the weekends are closed for calls. The president has said that he wants to know what the American people are thinking, LET HIM KNOW. Time is running out. Then please forward this e-mail to as many people as possible right away. Please make a call if you have a minute. They will be tallying the numbers of those who oppose war and those who approve war. Tell them what you think... Tell them that you want PEACE. One PHONE CALL gives you a VOICE.

PLEASE PASS ON TO FRIENDS

3) **Food Not Bombs - Act Now**

Here’s suggestion for making a difference:
Place 1/2 c. uncooked rice in a small sealable plastic bag (a snack-sized bag or sandwich bag work fine). Squeeze out excess air and seal the bag. Wrap it in a piece of paper on which you have written:

"If your enemies are hungry, feed them.” Romans 12:20

Please send this rice to the people of Iraq; do not attack them.

Place the paper and bag of rice in an envelope (either a letter-sized or small padded mailing envelope - both are the same cost to mail) and address them to:
President George W. Bush, White House
1600 Pennsylvania Ave. NW, Washington, DC 20500

Attach $1.06 in postage. (Three 37 cent stamps equal $1.11) Drop this in the mail TODAY. It is important to act NOW so that President Bush gets the letters ASAP.

In order for this protest to be effective, there must be hundreds of thousands of such rice deliveries to the White House. We can do this if we all forward this message to our friends and family. If every one of the tens of thousands of persons who think war is NOT the answer send bags of rice..... imagine the impact.

There is a positive history of this kind of activism. "In the mid 1950s, the pacifist Fellowship of Reconciliation, learning of famine in the Chinese mainland, launched a "Feed Thine Enemy" campaign. Members and friends mailed thousands of little bags of rice to the White House with a tag quoting the Bible, "If thine enemy hunger, feed him."

As far as anyone knew for more than ten years, the campaign was an abject failure. The President did not acknowledge receipt of the bags publicly; certainly no rice was ever sent to China. "What nonviolent activists only learned a decade later was that the campaign played a significant, perhaps even determining role in preventing nuclear war. Twice while the campaign was on, President Eisenhower met with the Joint Chiefs of Staff to consider US options in the conflict with China over two islands, Quemoy and Matsu. The generals twice recommended the use of nuclear weapons. President Eisenhower each time turned to his aide and asked how many little bags of rice had come in. When told they numbered in the tens of thousands, Eisenhower told the generals that as long as so many Americans were expressing active interest in having the US feed the Chinese, he certainly wasn’t going to consider using nuclear weapons against them." From: People Power: Applying Nonviolence Theory by David H. Albert, p.43, New Society.

Pick of the Litter

taken from Coop America’s Real Money 12/02

Cat owners can go through a normal-sized bag of litter every five to ten days. Most of this (clay) litter is non-biodegradable, and nearly four billion pounds of cat litter enter our landfills every year. This litter often contains silica dust, a chemical that can cause lung problems. Moreover, “clumping” clay litters have been found to be dangerous, even deadly to household cats because the clumping action goes on in their intestinal tracts as a result of paw-cleaning, a feline ritual.

This doesn’t have to be the case. There are a wide variety of safe, environmentally (human and animal) friendly, and cost-efficient cat litters available. World’s Best Cat Litter is made from milled, whole kernel corn, so it is decomposable and completely safe for animals, humans, septic and sewer systems. One bag of this litter (which is sold at Pet Quarters, Ames Supply in Wiscasset and Brooks Feed in Brunswick) will last for months, it clumps completely, is safely flushable, and completely odorless. The initial cost is more than clay litter, but in the long run you will save and our planet will save.

There are also Swheat Scoop, a wheat-based scoopable litter; Yesterday’s News made from recycled newspapers; and Feline Pine made from pine pellets. These last two will not track outside the litter box.
Arrowsic Writers Read
at the Arrowsic Town Hall
On Sat March 1st
at 7PM.
Sign up sheet for readers at Arrowsic Town Hall or Cal Nancy Brown St: MP 442-7527.
Come read your poetry, story or essay. Time limit: 5min/reader.

Local Man Makes Good

Al Miller has rewritten his play, MATCHING SHADOWS with Homer, and will show the "new and improved version" at The Theater Project in March. The play is based on a true story of a look-alike with Enver Hoxha, the communist dictator of Albanian, and takes place there between 1955-1992. A musical, with origina music by Portland musician and ethnomusicologist, Barb Truex, MATCHING SHADOWS tells of Petar Shapallo's journey from village dentist to stand in for Hoxha, and then his surprising release into a changed Albania thirty years later, after Hoxha dies. According to Al, it's really the story of Shapallo and his wife, a presence throughout the play although she...
but you'll have to see it to know their story. Al says he wrote the play because he loved the story and he wonders if it's really so different from us as we may think. And as a balance to go with this story, he urges Arrowsic families to show up for CHARLOTTE'S WEB ir April, directed by Craig Ela.

Registrations Due
Liz Rollins, Tax Collector

AL'S PHE INC
AL'S PHE INC
ANDERSON, AVERY H
ATHER, ROBERT C
BLAIKLOCK, WILLIAM
BOWERS, JIM
BRIGGS, JANE W
BRIGGS ADVERTISING IN
BROOKS, DAVID M
BRING, BARBARA J
BUNTE, WILLIAM A
CARLTON, ANNE
CARLTON, DALE
CARRONE, WARREN E
COLLYER, SUSAN J
COSART, EDMON M
CUNNINGHAM, PAUL
DEWATER, BRIAN
DRESSER, ARTHUR
DUBE, MICHAEL D
ELWELL, RICHARD
ELWELL, RICHARD H
ELWELL, ROBERT
ELWELL, ROBERT A
GRILL, CHRISTOPHER J
GUNSTON, KENNETH A
HIGGINS, RICHARD A
HINDS, JOHN
HINDS, JOHN
JENKINS, J M
JEWEET, DARLA M
JORGENSON, MARK
JORGENSON, MARK
KAHR, MARGUERITE B
KENNY-STILPHEN, VIVI
LACHERELE, OLGA F
LEVESQUE, REBECCA A
LOVEIT, WILBUR F
LYDEN, DAVID J
MOORE, GEORGE D
MOUNT, PAMELA A
ODDINELL, NAKAD
O'REILLY, ED
PETE, JEROME A
PINETTE, JAMES A
RHYTHMIC CABLE
RHYTHMIC CABLE
RHYTHMIC CABLE
ROBBINS, KAREN M
ROSS, WILLIAM L
SAFFORD, GEORGE A
SCOTT, BRIAN D
SCOTT, NANCY
SHAW, RON
SHULTZ, ROBERT E
SOKOL, DARIAN
SPENCER, JAMES A
STAFFORD, GEORGE
STAIB, MARYANN GAY
STOEBE, JEFF
STOEBE, JEFF
STOEBE, JEFF
STOEBE, JEFF
STOEBE, JEFF
STOEBE, SARAH
STONE, JOHN F
SULLIVAN, TIMOTHY
SUGARMAN, RICHARD
SUGARMAN, RICHARD
TEXTER, KENNETH
WHITE, JOHN L

Trash and Recycling
Jeff Mann 443-6174, Roz McLean 386-0179, Bob Kalish 443-4660

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Recollecting, as well as Trash pickup

Town Hall
Hours:
Wednesdays
3:00-5:30 pm
Fridays
8:30-11:00 am
Ph: 443-4609

"If I had known this, I would have become a shoemaker."
—Albert Einstein, after the US dropped atomic bombs on Hiroshima and Nagasaki, Japan, 1945
Rechargeables Vs. Alkalines

What?

Choose rechargeable batteries over single-use alkalines.

Why?

Save money while preserving energy and resources.

WOW!

Keep toxic batteries out of landfills, while conserving energy and resources.

Battery Costs and Benefits

The benefits of using rechargeable batteries are numerous. Rechargeable batteries (and, therefore, rechargeable) are more convenient than the disposable ones because they're rechargeable and can be reused. They are also more energy-efficient, which is important for the environment. Although rechargeable batteries are more expensive than single-use alkalines, their initial cost is offset by their reusable nature. These batteries also produce less carbon dioxide and other harmful emissions, making them a more sustainable choice. Rechargeable batteries are also more durable, which means they last longer, reducing the need for frequent replacements. Overall, rechargeable batteries offer a more cost-effective and environmentally friendly solution compared to single-use alkalines.

Alkalines, Nicads, & NI-MHs (Oh, My!)

Are there times when a single-use alkaline might be the best choice? And if you do use rechargeables, what is the best battery for your needs and the place? Following are some definitions and suggestions.

Single-use alkalines are the most familiar (and increasingly advertised) types of batteries. However, as their name implies, they can be used only once—unless they are recycled. Although they have a shorter shelf-life, they are more convenient, and they are also less expensive. In the long run, for example, AA rechargeable nickel-metal hydride batteries offer a better value than alkalines.

Alkaline batteries have a higher rating capacity, but they can only deliver their full capacity if the product is used slowly. They are more expensive than alkaline batteries, but they are also more efficient. Therefore, it is much better to use rechargeable alkaline or nickel batteries.

The Art of Battery Maintenance

Even though the best rechargeable will die prematurely if improperly charged. Here are tips to help you get the most from your batteries.

- Always recharge batteries at room temperature.
- Never overcharge batteries.
- Avoid using batteries in high temperatures.
- Avoid leaving batteries in the sun for extended periods.
- Avoid using batteries in cold temperatures.

Choose to Recycle

If you have old wedding gowns you wouldn’t mind parting with, consider donating it to Making Memories Foundation. MfM sells the gowns via a consignment program with bridal shops and uses the money to fund dreams or wishes for metastatic breast cancer patients. You can send your donation to Making Memories Breast Cancer Foundation, 12708 SE Stephens St., Portland, OR 97233. If you like, please include a $5 donation for cleaning and pressing. For more information, visit www.makingmemories.org, or call (503)352-3955.

We invite you to reuse ideas. Send your ideas to our editors; we love your ideas and will pass them on to others. We hope this article is useful to you. For more information, visit www.real-money.com.

 Corrections

Our editors regret the errors. We are happy to correct them. If you have any questions, please visit our website at www.real-money.com.
Mostly, you don’t need it. But sometimes you do.

The Town of Arrowsic has 7.8 wooded square miles and 253 buildings, all of which need fire protection. We also have 3 square miles of water within town limits. The 22 members of the Arrowsic Volunteer Fire Department, led by Fire Chief Ike Hefiron, help to provide the emergency services we need. Most common winter calls to the Fire Department include: auto accidents, chimney fires, carbon monoxide alarms, and ice rescues. In summer, woods fires, unpermitted bonfires, and water rescues predominate. The AVFD also responds to house fires, medical emergencies and downed power lines. Since June of 2002, the AVFD has responded to 11 calls in Arrowsic, and assisted at 19 calls in Georgetown, Woolwich, West Bath, and Topsham.

“I started eleven years ago with the Georgetown Fire Department,” says Chief Ike Hefiron, a certified Maine State Firefighter. “I’m in it for the glory. I enjoy assisting people and being involved with the communities. Over the years, I’ve seen a lot of homes destroyed with nothing left. Every time you save something or someone it’s satisfying.”

When you call 911, Sagadahoc County Dispatchers know which area departments and equipment to activate by radio pager. Then it’s up to the Incident Commander at the scene, usually the local Fire Chief, to determine what additional resources to call in depending on his or her assessment of need. Arrowsic is situated midway between two active and well-equipped mutual aid partners. Woolwich has 22 volunteers and 7 trucks; Georgetown 26 volunteers and 8 trucks. Woolwich, Georgetown and Arrowsic forces work together regularly. “After you’ve assisted at a number of mutual aid calls, you get to know the members of the other fire departments,” says Mike Kreindler. “Then the three towns really function as a single unit.”

The Fire Chiefs, Deputy Chiefs and Fire Wardens of the Woolwich, Arrowsic and Georgetown (affectionately known as ‘The WAG Team’) meet monthly to coordinate activities and training. “It helps to coordinate purchasing,” says Georgetown Chief Mark Tamburo. “We know what equipment we can count on from each other, and we all don’t have to get everything.” Joint training sessions also facilitate working together in the high stress situation of an actual emergency. “We’re very fortunate to have someone like Ike as Fire Chief. Ike’s an excellent trainer and an excellent leader,” says John Rollins.

CHIMNEY FIRES: call for careful roof work.
Sue Lizotte and Herb Hewlett practice skills with ladders and chains.

Additionally:

- Current Issues Facing the Fire Department
- Common Misconceptions About the AVFD
- Who Are They?
- December and January Stories
staff and train new local members of the AVFD so that Arrowsic could pull its weight in mutual aid with neighboring towns, ensuring reciprocal support for Arrowsic.

“We call on Arrowsic all the time, and they’ve been really good friends of ours,” Woolwich Fire Chief Wayne Saunders said in January. “Every time we’ve called we’ve gotten a really good turnout of people from Arrowsic.”

“They’re very professional and we really enjoy working with them.” Georgetown Chief Tamburo adds, “I feel very comfortable that Arrowsic will show up when we call on them. They’ve done a lot of training, and it’s been working out really well for us. I’m very happy with the people. When we’ve called, they’ve been there, and we know their faces. I’d like Arrowsic to know that we thank them.”

Active AVFD members spend two Saturday mornings a month training in truck operations, handling fire hoses and pumps, fire suppression techniques, emergency procedures, incident command, traffic control and hazardous materials. Additional training in specialized skills that require individual certification, such as the use of air tanks to enter fume-filled locations, is an extra time commitment made by those who elect to participate in sessions taught by State certified instructors. It’s the choice (and responsibility) of each member of the AVFD to be trained for a role within his or her comfort level, so that Chief Heffron knows in advance whom he can count on for what.

“I joined the Fire Department after the Selectmen called for local help, simply to help the small community where I live in providing a vital service even though I had no training or experience in fighting fires before that,” says Roger Heard. “For me it has been an enjoyable experience working and training with people I look forward to seeing every time. Ike has done a wonderful job as Chief and has worked closely with the surrounding towns in providing protection for the area.”

“It makes me feel connected to the community, and that I’m contributing something of value,” says Nancy Sferra.

Saturday training sessions in January focused on ice rescues. Will Neilson, Mike Kreindler, Nancy Sferra, John Hinds and Herb Hewlett volunteered to train to use immersion suits and reach people in the water (Donna Blanchette and Ike Heffron are already experienced), with remaining AVFD members responsible for handling landlines, coordinating medical backup and fulfilling other essential roles. The second Saturday ice rescue installment, originally planned to go “live” at Sewall Pond, has been postponed until the weather warms up to somewhat safer levels for cold water training. In the meantime, January’s second training session reviewed truck operations and chimney fire issues.

All volunteers carry pagers that allow them to be notified by the dispatcher when there is a request for assistance. If you are at the scene of an accident, rescue or fire and already trying to help, you are required by law to follow the direction of firefighters arriving at the scene. Most often, they are likely to request that you stay out of the way and let them do their job. This is important to minimize confusion and prevent injury.

Current Issues Facing the Fire Department

Arrowsic’s fire station has room for only the mini-pumper and the tank truck. The Town’s brush truck is kept outdoors where exposure to the weather is bad for the equipment on it. Garage facilities for all the Fire Department’s vehicles is a requirement for State funding. Arrowsic’s Board of Selectmen has requested that the Properties Committee develop a proposal to solve this problem and present it before the 2003 Town Meeting.

Firefighting is a dirty business, and emergency response vehicles, tools, safety gear and diagnostic and communications electronics are expensive. The volunteers work to protect the Town’s investment with constant maintenance. After a call the hoses, fittings, ladders and trucks must be washed, dried and re-packed and the pumper truck refilled with water to prepare for the next response. Removing fire residues, dirt, road salt and corrosive chemicals used in fire suppression is very important to extend equipment life. Since our own fire station has no water in it, the AVFD washes the equipment at other mutual aid fire stations. (In summer, water from Sewall Pond is also used.)
Common Misconceptions About the AVFD

**Misconception:** The AVFD wants to build a new Fire Department building.

**In fact:** The issue of housing the brush truck needs to be addressed, and could be handled with a simple garage structure. Other than that, the AVFD can continue to operate with its current facilities. The Properties Committee will be presenting its recommendations to the Selectmen, with the final decision left up to the town’s vote to weigh the tradeoff between any facilities it proposes and its funding.

**Misconception:** The only way to volunteer for the fire department is to train as a firefighter.

**In fact:** Many other roles are available which would help support our fire protection effort and would not require your participation as a firefighter. For instance, you could help by performing equipment checks, delivering food on prolonged calls, or helping with paperwork such as the issuance of burn permits. If you are interested, even if you don’t have a clear idea of what you would like to do, please contact Ike at 371-9093. (Of course, you can also volunteer to join the Fire Department! And if you have doubts about your physical abilities or other constraints, don’t assume you can’t, discuss those with Ike.)

**Misconception:** The AVFD cannot accept donations.

**In fact:** We don’t know where this one came from, but the AVFD welcomes donations and is not prohibited from accepting them.

Who Are They?

**Arrowsic Volunteer Firefighters include:**


*Thank them when you see them. They’re on call at all times and in all weathers, and they put in a lot of time keeping our equipment and their skills ready.

ICE RESCUE TRAINING includes donning cold water survival suits. Here, (left to right) Phine Ewing, Will Neilson and Nancy Sferra pose for a team shot.
December/January Stories

December 26 at 2:30 A.M. Bart Chapin and Lucy Hull of Bald Head Road were awakened by the smell of kerosene fumes. The exhaust vent on their Monitor heater had been blocked by drifting snowbanks the night of the first big storm. Luckily, they woke up and unbloomed the vent before their family or pets showed any dangerous symptoms. Check your vents regularly during the winter. Plug-in carbon monoxide detectors are also commercially available and are a good idea, particularly for the middle of the night. Bart and Lucy did not call 911 in this instance, but you should feel free to do so if you suspect elevated carbon monoxide levels or other toxic leaks.

December 29, seven Arrowsic and nine Woolwich firefighters were called in for a chimney fire at Bob Kalish and Eloise Vitelli’s on Newtown Road. “Chief Ike Heffron was here within six minutes of when I called 911,” says Eloise. “And everybody knew their job. Mutual aid works and they worked well together.” The fire was a difficult one and required two and a half hours to extinguish because, although Bob and Eloise had had their woodstove chimney cleaned in October, it was already completely blocked by creosote. The task was complicated by the fact that only the smaller Arrowsic pumper truck could fit down Newtown Road, narrowed by recent snowfall. Reminders: In addition to having your chimney cleaned regularly, check your woodstove for burning efficiency and make sure you’re using fully dried hardwood. When you use your stove, open your damper fully for a few minutes to let any built-up creosote burn out. And, put your new street number outside your driveway, so the fire department can find you.

December 29 at the intersection of Spinney Mill Road and Route 127, a two car collision injured one driver. At the risk of stating the obvious, snowbanks and ice have reduced visibility and traction at many of our intersections.

December 31, the AVFD assisted at the water rescue off Reid State Park, which was widely reported in the press. The family of Patricia Taylor requested that donations in lieu of flowers be sent to the Georgetown Fire Department.

January 10, a malfunctioning furnace at Ron and Sue Elwell’s on Old Stage Road filled their house with toxic fumes. Chief Ike Heffron says annual cleanings will drastically reduce the risk of furnace malfunctions.

January 18, a chimney fire at Robert & Catherine Mitchell’s on Preble Point Road was extinguished by the AVFD with Mutual Aid from the Georgetown and Woolwich Fire Depts.

January 24, the AVFD responded with Mutual Aid to West Bath by staging the Tanker for station coverage during a structure fire in their town.

January 26, an AVFD crew of nine along with the Arrowsic Tanker and Mini-pumper assisted Woolwich and other towns to work a fully involved barn fire on the George Wright Road, Woolwich into the early morning hours.

Want more?
Check out the AVFD on Arrowsic’s website at http://home.gwi.net/arrowsic/fd. To get involved or be a guest at training, call Ike Heffron (371-9093) or ask any AFD volunteer. Also feel free to call Lee Johnson (386-1651) with any comments (either anonymous or attributed) on the AVFD or suggestions for improvements.

PACKING UP after every use, the trucks and equipment are prepared for the next call.