
The Arrowsic Arrow

News Around and About Arrowsic

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Recollections: The Ladies Auxiliary of the Arrowsic Fire Department

During the war years (World War 2) most of the men of Arrowsic worked out of town, mostly at Bath Iron Works. This left the island town with almost no men during the day. The women had to learn to make do without their men until they returned.

The ladies had learned how to handle a grass fire by helping burn fields of grass with the men. If a fire got out of control during the day when the men were at work, the ladies were on it almost immediately.

The Ladies Auxiliary of the Arrowsic Fire Department was formed. (The Fire Department was not yet formed.) This shows you that the ladies were in favor of a Fire Department.

Some of the Ladies said they had served on committees with men who wouldn't let the Ladies have any say and suggested we ban men from the Ladies Auxiliary. There was a no vote for allowing men in our committee. (There was only one man who asked to join.) The Firemen and all the other men in town were plenty willing to help the Ladies raise money for the Fire Department.

To get more water at a fire scene we, the Auxiliary, bought an old oil truck, and the men replaced the pump and hose. The work was done by the mechanically inclined in the department. Then we bought an old fire truck from Georgetown, and we were in business.

Hugh Eisenhower took the back seat out of a Volkswagen Beetle to make room for the Indian Pumps and tools. This helped get the water back into the woods.

He also donated the lot for the Fire House. Most of the labor was donated to build it.

George Stafford was a volunteer fireman at the Bath Iron Works and was aware when B.I.W. was upgrading in their department so could buy the discard items for little or nothing.

Early on, Arrowsic hired its fire protection from the surrounding towns. That's when we decided that we could reduce the cost of fire protection by fighting some of the fires ourselves; the bigger towns would fold up and go home and let Arrowsic clean up after a fire as soon as our department learned the ropes.

I, Milly Stafford, came to town in January 1943. We had a telephone (8 on 10 party line) but no electricity. We didn't get that until fall of 1946.

The old Arrowsic–Woolwich bridge that connected Georgetown and Arrowsic to the mainland was starting to show her age and was open to one lane of traffic at a time, and people were starting to complain. We got a new bridge in a new position in 1952.

We moved the Town Hall from down on Old Stage Road by the church up to its present location in 1949.

The Auxiliary held square dances, card parties, Halloween parties at the Hall, and rented it out for private parties and so forth. The Hall was so much handier up here [on Rt. 127] than it was down on the Old Stage Road with its narrow, crooked, dirt road.

Besides raising money and fighting fires, the members of the Auxiliary made luncheons for the firemen on fires. Then there was the plane crash. And the Ladies turned out with luncheons for the whole crew. The Ladies Aux. looked for the two men who went down with the plane. We looked on the island, for we didn't know for sure if the plane went in the Kennebec. If the men were on the land, they might be alive. When the search went to the Kennebec, the Ladies joined the firemen in dragging for the bodies from small boats.



Air view of Kennebec River and Spinney Mill, September 22, 1968. Dragging operation for missing plane with two aboard, Joey Lawrence and Neil Robichaud.

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-- Submitted by Mildred Stafford, Town Historian

To read Milly's story in her own handwriting and see a larger version of the photograph below, please go to: <http://arrowsic.org/history/milly-kennebec-complete.pdf>.

While looking through an old scrapbook of local news clippings, Michael Kreindler discovered an article regarding moving the town hall in 1949, as recollected above by Milly Stafford.

ARROWSIC'S OLD TOWN HALL SOON TO HAVE A REAL NEW LOOK

Moved To New Location Is Undergoing Many Changes And Being Modernized

A dream is being realized by the residents of the town of Arrowsic and before long the old town hall is going to look like the new town hall. The hall was moved on Dec. 2 from its old location, where it had been the town seat of government for more than 100 years on the old State road.

Several bees have been held by the men of the town in doing the necessary labor, with the exception of moving of the hall, which was done by an experienced mover of buildings. Adding their bit to help, the women have furnished sandwiches, coffee and doughnuts, which have been hugely enjoyed by the men.

A new cellar was dug and the hall was placed on it. In addition to the main hall which is 22 feet by 38 feet, at the rear of the building, a kitchen has been attached and that measures 12 feet by 22 feet. Very soon there will be another get together and the walls of this room will be erected, and later when the weather is suitable the roofing will be put on. The main hall has been newly reroofed.

The entire structure will receive a coat of paint and electric lights will be installed. Grounds will be beautified when Spring arrives.

The hall now sits just to the south of the Arrowsic schoolhouse, and will afford appropriate room for school graduations, as well as a fine place for the P.T.A. meetings and social gatherings. The ladies of the town plan to serve suppers and promote entertainments with a view to helping pay for the expense of the project.

This is an example of what concentrated community spirit can do and it is very gratifying to the entire town to know that they will be able to hold town meeting in the new hall this Spring.

In the past the school graduations have been held in the schoolhouse and because of its size guests had to be limited. Now there will be an opportunity to invite more friends. At this time the school is filled to its capacity with children of the town.



Milly Stafford surrounded by younger Arrowsic residents



Al Miller telling Fox's story with Milly's assistance.



Pressing cider at the Fall Festival.

2015 Fall Festival: A Big Success

This year the Fall Festival was on an afternoon in early November. It was a super sunny, nice Sunday. We all had a great time. There were a ton of awesome activities, such as the great idea of the apple press, the super cool, huge Jenga and so much more. There were crafts to do like play-dough making, bird houses and bird feeders and the stamping was great! Mr. Miller told a story about a silly fox. Both kids and adults were cracking up!

The community all pitched in with bringing snacks. I made some brownies. There were some sugar cookies, pretzels, chips and popcorn! My family and I brought corn hole (the bean bag toss game), Kathleen Mary was doing blood pressure screenings, there was a slack line, and even a photo booth! We hope to see you next year!

-- Submitted by Hazel Smith, age 10



Hazel with mother Katherine and brother Avery (plus Scarecrows).



The Arrowsic Education Committee

A big "THANK YOU" to everyone who came out to support Arrowsic's Fall Festival this year! To those of you who hosted an activity, thank you for supplying the necessary materials, creativity, and good will to make the afternoon a success. To those of you who arrived as guests, thank you for giving us your time, attention, and welcome participation to make it all worthwhile. In an area where neighbors are spread out, it was lovely to come together and celebrate our special community.

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--The Arrowsic Education Committee

Squirrel Point Light: Update on Funding for Upkeep and Preservation

Many Arrowsic residents hike the sometimes rough half-mile trail from the end of Bald Head Road to Squirrel Point Lighthouse (SPL). SPL is one of four navigational aids dating back to 1898 along the Kennebec's 11-mile stretch from Popham to Bath. SPL and its sister lights at Perkins Island (visible downriver), the Kennebec River Range Lights and Doubling Point Light (three to four miles upriver), were built from the same master plan and originally had identical Victorian-style keepers' quarters, boathouses and frame barns. SPL's keepers used the landing across the river in Phippsburg as their primary point of access. The light was fully automated in 1979, when its fifth-order Fresnel lens, now at the museum at Portland Head Light, was replaced by a modern optic. In 2008, the light's power was converted from electric to solar, and its foghorn, rendered obsolete by modern GPS equipment, was disconnected.



Listed on the National Historic Register in 1988, Squirrel Point has long been a popular spot not only for lighthouse enthusiasts and historians, but for artists, photographers, striped fishermen, clammers, hikers, birdwatchers, kayakers, and picnickers. In 1996, following enactment of the Maine Lights Program, SPL was transferred by the U.S. Coast Guard to a private organization, Squirrel Point Associates (SPA), under a deed requiring that the property be used for public benefit and maintained according to provisions of the National Historic Preservation Act. In 2002, our non-



profit preservation group, Citizens for Squirrel Point (CSP), filed suit in Federal Court to activate the reversion clause in Squirrel Point's deed on the grounds that SPA had failed to honor these requirements. The Court ruled in CSP's favor in 2005, and ownership of SPL reverted to the Coast Guard. There followed an interim stewardship by the Chewonki Foundation. As of 2016, the Coast Guard remains the property owner, but has granted CSP a new open-ended license to "provid(e) ingress and egress to the site for the benefit of the public...and all purposes consistent with the repair and maintenance of the facility."

CSP's mission is to safeguard the Squirrel Point Light facility and grounds and public enjoyment thereof. Our urgent priority is to stabilize the structures which have suffered continual neglect in the decades since SPL was last inhabited. Ultimately, we hope, through exterior and interior renovation, to restore them to historical integrity. The great challenge lies in Coast Guard and State Historical Preservation Commission requirements that restoration to the extent possible duplicate Squirrel Point's original design and materials.

A preliminary estimate for the cost of exterior restoration is \$200,000. Our financial strategy hinges on raising \$100,000 from non-profit organizations and private donations, then applying in June 2016 for a six-figure, one-for-one matching Federal grant under the U.S. National Maritime Heritage Program. We have been fortunate to receive (just in time for Christmas) a \$20,000 grant from Maine's Davis Family Foundation, plus a like amount in the form of several generous donations from CSP members. So we are not too far from halfway to our intermediate goal.

The tentative work-plan for 2016 includes (i) repainting the light tower, and (ii) replacing the rotten sill of the barn/workshop.

Meanwhile, CSP is updating and extending its membership list. We are not a dues-paying organization, but do rely on volunteer efforts, from brush-clearing on up. Moreover, a burgeoning membership should reflect well on CSP with potential funders. All Arrowsic and other lighthouse/outdoor aficionados who would like to aid the cause of securing SPL's future are warmly invited to contact: Roman Wasilewski, Chairman, Citizens for Squirrel Point, romansaw@hotmail.com, 207-443-2423. CSP website: <http://www.squirrelpoint.org/>.

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-- Submitted by Roman Wasilewski, with photographs by Lucy Hull

Arrowsic Accolades: Friends of Doubling Point Light

The Friends of the Doubling Point Light received an award for the preservation and restoration of this Arrowsic treasure from the Sagadahoc Preservation Society at its 2015 annual meeting.

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-- Submitted by Jim Spencer

Coastal Community Stewardship Guide: Photographs Needed

A new tool will soon be available to help residents of four Maine communities take care of their properties in ways that protect the local environment. This tool, a stewardship guide for coastal communities booklet, is the work of a collaboration between the Conservation Commissions of Arrowsic, Georgetown, Phippsburg, and Westport Island, and the Kennebec Estuary Land Trust. This guide will highlight how actions in yards, gardens, and homes can impact local resources and will detail practices people can use to protect the drinking water, coastal waters, habitat, and unique places in their communities. The booklets will include pages and resources specific to each of the four towns. Each household in the four towns will receive a copy of the booklet early this summer and each Commission will make it available on their town's website.

Pictures are needed to help these booklets feature places in each of the four towns. Project partners are looking for photographs that showcase the special places of Arrowsic, Georgetown, Phippsburg, and Westport Island.

If you have high resolution images that you are willing to have included, please contact Phine Ewing at (207) 443-9795 or phineewing@gmail.com.

“This booklet will give the residents of our coastal communities the information they need to keep nutrients and polluted runoff from reaching our waters,” said KELT Water Quality Project Coordinator Ruth Indrick, who has been working with several of the communities to improve water quality and restore clam flats. Indrick went on to say, “Keeping the coastal ecosystems healthy is important for clambers, lobstermen, and all of those who live, work, and play in this amazing area.”

Paul Schlein, editor of the new guide, would like to express his thanks that this project has been funded by the Maine Outdoor Heritage Fund (MOHF). Support of the MOHF makes design and color printing of these booklets for the residents of the four communities possible.

The Maine Outdoor Heritage Fund conserves wildlife and open spaces through the sale of instant, scratch lottery tickets. With proceeds from ticket sales, grants are awarded twice a year, totaling approximately \$700,000 annually. It is the Moose Moolah ticket this year. For more information about the program go to http://www.maine.gov/dacf/about/commissioners/outdoor_heritage_fund/index.shtml.

(Photo, above right: Overlooking the natural serenity of a spring sunset, one of the Kennebec River Range Light towers stands on the shore of Fiddler Reach in Arrowsic. Photograph by Michael Kreindler)

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--Submitted by the Conservation Commission

Shellfish Conservation Committee: Water Quality at Squirrel Point

[Note from Lisa Margonelli: Arrowsic’s clams have famously fragile shells. Both recreational and commercial diggers must take special care not to break them when digging. Why is this? One story is that wood sawdust in the sediment (left over from the tidal mill days) somehow keeps shells thin. Another explanation is that Arrowsic’s river water is relatively fresh, acidic, and thus low in calcium (while sea water is saltier, less acidic and therefore holds more dissolved calcium). This past fall Ruth Indrick of the Kennebec Estuary Land Trust and Dr. Michèle LaVigne’s Marine Biogeochemistry class from Bowdoin College sampled water at three clam flats in the Kennebec River estuary, including Arrowsic’s Squirrel Point. Their findings suggest that the story of Arrowsic’s clam shells is more complicated than either of the stories we’ve been telling ourselves. The following article about the research was written for *The Arrow* by student Nicole Smith.]

This past fall Bowdoin Marine Biogeochemistry students visited Squirrel Point, Atkins Bay and Wyman Bay clam flats to measure water conditions. Students spent one afternoon at each site measuring temperature, salinity, pH, dissolved oxygen, chlorophyll, alkalinity, and aragonite saturation state (aragonite is a calcium carbonate complex that allows clams to build their shells). They also collected an average of 15 clams from each flat to observe the quality of their shells. The goal of this data collection was to analyze how the biogeochemical conditions varied along the salinity gradient made by the mixing of river and seawater. Squirrel Point in Arrowsic was the northernmost clam flat, with significant freshwater and sediment (primarily sand) input from the Kennebec and Androscoggin rivers, so it was assumed to be the least saline.



Bowdoin students Dana Bloch and James Pan.

Because Squirrel Point is bathed in fresh river water, which is more acidic than salt water, the students hypothesized that Squirrel Point's water would have low pH, aka high acidity. Low pH is harmful to clams and other calcifying organisms because it dissolves their shells and lowers the available aragonite to build them. This phenomenon is of particular concern in this region because the clamming industry is so important. The results of this study were more complex than anticipated, however.

Though the overlying water sampled near Squirrel Point was, as predicted, fresher and more acidic than at the more southern points in the estuary, the conditions of the water in the pores between sand grains were the least acidic and had the highest aragonite saturation states of the sites sampled in the estuary. This was surprising. One possible explanation is that the sediment itself is the least acidic of all the sites the students measured.

Within the Squirrel Point clam flat itself, the differences between the sediment, porewater, and overlying water acidity conditions were stark, suggesting that there are processes occurring within the sediment itself. Comparing the overlying water, the porewater, and the sediment, students found that porewater was surprisingly more acidic than the other two. One explanation for this could be that microbial organisms are decomposing the organic materials in the sediment and are releasing CO₂ in the process of respiration, which increases the acidity of the surrounding water.

The overall implications of these unanticipated results are positive for the local Squirrel Point clamming community because they suggest that Squirrel Point is the best of the three sites in the estuary for clams to produce shells. The shells of the clams collected in their research also qualitatively supported this data. Squirrel Point clams had the largest and thickest shells of all the sites. Future research to support these claims should aim to expand the data set with more samplings, but as a whole this work has provided a strong foundation for better understanding important dynamics within the Kennebec Estuary.

[Concluding note from Lisa Margonelli: Yes, but what about the sawdust? Nicole replied that the class was unaware of the sawdust story, but it could potentially play a role in the mystery of Arrowsic's clams. She also notes that their observations of shells contradicts the local lore about thin-shelled clams. Until further science is done, the mystery of Arrowsic's clams abides.]

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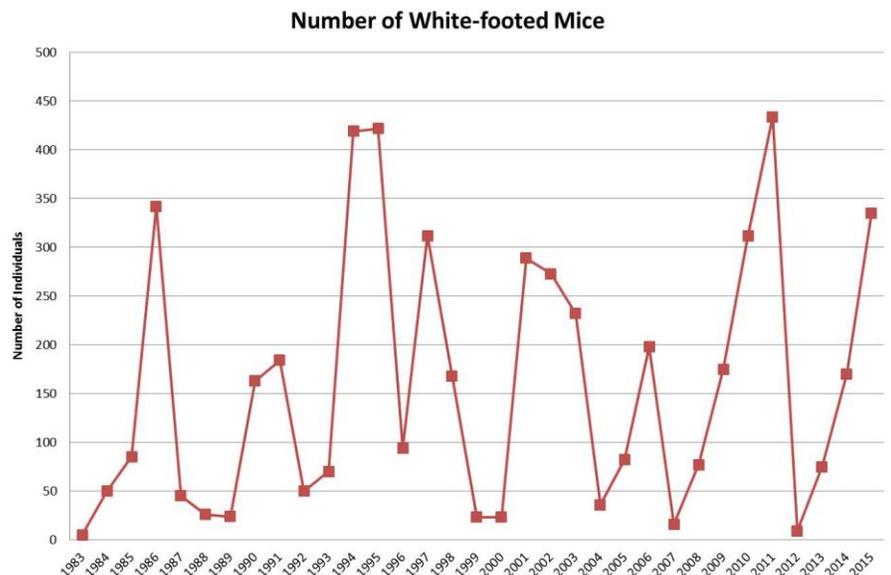
-- Submitted by Lisa Margonelli, Shellfish Conservation Committee

Holt Research Forest: White-footed Mice, Ticks, and Lyme Disease

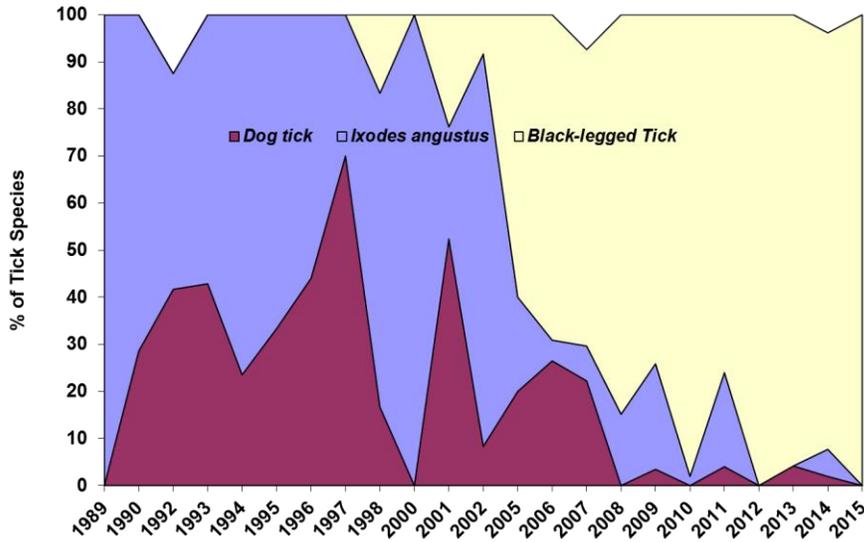
Arrowsic is the location of the 300-acre Holt Research Forest (HRF), situated along Old Stage Road. Since 1983 a long-term forest ecosystem study has been conducted by faculty and staff of the University of Maine and funded by Maine TREE Foundation based in Augusta. One aspect of the study has been monitoring small mammal populations by live trapping for 8 nights every year in early August. The most abundant species over the length of the study has been white-footed mice (*Peromyscus leucopus*).

White-footed mice are a widespread species found from Mexico to Montana and east from there with much of the Southeast excluded.

Maine is near the northeastern extent of the species' range and it is found only in the southern half of Maine. They do spill over into Nova Scotia. The closely related deer mouse has a wider range across North America and Maine but has not been found at HRF. White-footed mice are habitat generalists but prefer forested areas. Gestation is 2225 days and they can reach sexual maturity in 7 to 8 weeks. This provides the opportunity for multiple litters (3-5) per season and breeding during their first year. Their



Ticks found on White-footed Mice at Holt Research Forest



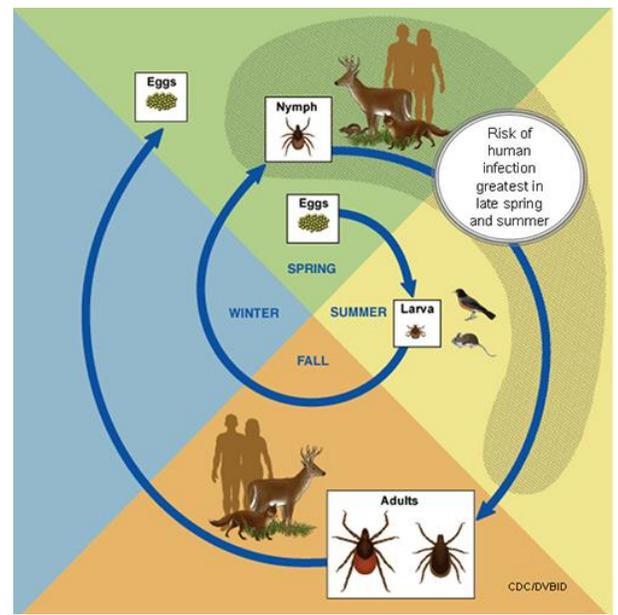
reproductive habits can lead to population explosions when the conditions are right, as illustrated in the population graph (page 7).

White-footed mice are omnivorous in their eating habits, consuming seeds, fruit, insects, and sometimes eggs or dead animals. They do store food for future use. During fall and winter, when they try to move into our homes, you have likely heard them rolling acorns around. The graph at right shows the fluctuation in white-footed mice numbers at HRF over the years.

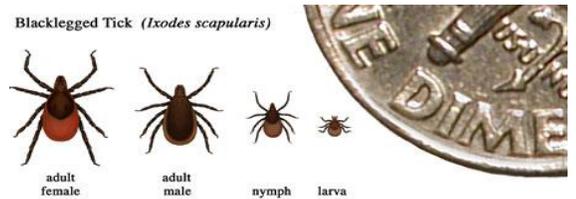
One discovery made at HRF is the cyclic nature (3-5 years) of these populations; a characteristic which more southern populations do not show. Acorns are a major factor influencing population growth. Almost all of the population peaks are preceded by a high production of acorns the previous fall.

White-footed mice are of critical importance as an intermediate host in the life cycle of the blacklegged ticks (*Ixodes scapularis*). Often called deer ticks, they harbor a number of bacterial and viral diseases which can be transmitted to people. This is worth pointing out here because population levels of hosts does influence tick abundance, the success of tick reproduction and the chances of a person being found by a tick. The exact mechanism for how this relationship works has not been completely determined.

We have been collecting ticks from small mammals since 1989 and contributing them to the Maine Medical Center Research Institute's Insect Borne Disease Laboratory. People at the lab have identified the ticks and conducted positivity tests for Lyme disease. The results are shown in the chart (top left) and table (right).



Two-Year Life Cycle of Blacklegged Tick. (Source: Centers for Disease Control and Prevention)



Size Comparison of Life Stages (Source: Centers for Disease Control and Prevention)

Lyme Disease Positivity for Black-legged Ticks from White-footed Mice (incomplete data).				
Year	Number of Ticks Tested			% Positive
	Negative	Positive	Total	
1997	1	0	1	0.0
2001	4	0	4	0.0
2002	1	0	1	0.0
2005	2	3	5	60.0
2006	11	4	15	26.7
2007	9	8	17	47.1
2008	8	6	14	42.9
2009	15	31	46	67.4
2010	111	94	205	45.9
2011	9	20	29	69.0
2012	12	2	14	14.3
2013	33	11	44	25.0
2015	2	2	4	50.0
All	218	181	399	45.4



Sub-adult white-footed mouse.

The results of our tick work have shown an amazing transformation of the tick burden of small mammals as demonstrated by the white-footed mouse. Blacklegged ticks did not appear on small mammals at HRF until 1998. In the subsequent 10 years they have become the dominant tick found on small mammals. The tick named *Ixodes angustus* (so obscure to humans that it has no common name), once the most common species, has taken a back seat in terms of numbers. This event has not been previously reported and the ecological explanation is not evident. Most experts agree that climate change (warming in Maine) is the likely cause of the sudden emergence of the blacklegged tick and its associated diseases.



Juvenile white-footed mouse.

Our results show that not every tick is carrying Lyme disease spirochetes (*Borrelia burgdorferi*). The number of ticks testing positive varies from year to year with an average of 45%. So caution is urged, but every tick bite does not mean contracting Lyme or some other tick-borne disease. The treatment and diagnosis of these diseases is controversial, I think mostly due to the slowness of the medical community to recognize and respond to the problem. There seems to be little that can be done to control the tick or host populations. The best tactic to avoid contracting one of these diseases may be heightened awareness of the problem and constant vigilance in checking our bodies and pets for ticks.

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--Submitted by Jack Witham, Associate Scientist, Holt Research Forest

For maps of the Holt Research Forest, please go to: <http://arrowsic.org/uploads/holt-research-forest-maps.jpg>.

Bath Housing: Community Aging in Place Program

Bath Housing has created a Community Aging in Place (CAP) Program to increase the housing stability of low-income, elderly homeowners in the greater Bath region. Small investments in home safety (such as grab bars, handrails, or water heater set-points) are expected to extend the time low-income elders can live safely at home, reduce health care expenses, and ultimately minimize the pressure on existing scarce resources.

To participate, elderly or disabled homeowners must have incomes at or below 80% of area median income, live in the greater Bath region (including Arrowsic), and live in a home they (or a family member) own. Bath Housing has a team of certified aging-in-place specialists to listen to the needs of a homeowner and then jointly develop a work plan to make the home safer, better adapted to senior living, and easier to maintain. Bath Housing also has an experienced maintenance team that conducts the work and is familiar with working with frail, elderly residents. If a home needs greater changes (such as accessibility enhancements), Bath Housing collaborates with Habitat for Humanity/7 Rivers Maine to address those.

For more information, speak with Amy Liechty at Bath Housing, 443-3116, or see the Bath Housing website: <http://www.bathhousing.org/programs/community-aging-in-place-cap/>.

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-- adapted from the Bath Housing website

Planning Board: Considering “In-Law Apartments”

From time to time homeowners inquire about the possibility of constructing independent living quarters, often described as “in-law apartments,” on their property. Under current ordinances, quarters which include a bathroom, bedroom and cooking facilities are defined as a dwelling, and a second dwelling requires that the lot meet the dimensional requirements for another lot. Thus if the lot is in a two-acre minimum district, the lot would need to have at least 4 acres to qualify for a second dwelling; in a five-acre-minimum district, 10 acres would be required. This is true even if the desired additional quarters are secondary to, or incorporated in, the principal dwelling.

The minimum-lot-size-per-dwelling requirements are intended to limit population density, thereby protecting the rural character of the town, but we find ourselves living in a time when we may want to have parents or other family members, or caregivers, living close at hand, but not necessarily as cohabitants. One of our fellow citizens who finds herself in this situation has kindly brought to the Planning Board's attention several examples from nearby towns of how they have dealt with minimum-lot-size-per-dwelling requirement in their ordinances.

After reviewing those examples at its January 4 meeting, the Planning Board felt the question of an in-law apartment exemption in the Arrowsic ordinance should be explored with the town's citizens. With the concurrence of the Select Board, the Planning Board would like to meet with interested persons in March or April. Notice of the date will be sent via the Town's email address list.

Should you have any questions or comments, please don't hesitate to contact me at 443-2464 or at will@solobistro.com (and keep an eye out for an email announcing the date of the meeting).

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-- Submitted by Will Neilson, Chair, Arrowsic Planning Board

Road Commission: On The Roads Again

Now that we are in the midst of winter and the resultant frustrations, it is important to remember that our roads will not always be totally clear, so driving with caution, understanding, and patience will be appreciated.

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-- Submitted by Jim Stump, Chair, Road Commission

Solid Waste and Recycling Committee: Schedule and Other News

-- Recycling Shed Information

We have noticed frequent breakage of wine bottles in the bottle collection bin at the Recycling Shed at Town Hall. Please place glass bottles gently into the bin to help prevent breakage. Thanks to our town's commitment to recycling, we have just shipped 48 pounds (3-4 months' worth) of alkaline batteries off for recycling! Other items that are accepted at the shed include scrap metal, electronics, CD's/DVD's and natural corks.

-- **Smoke Detectors** do not go in the trash. They can be recycled. Drop them off at the Bath Landfill, or leave them in the Recycling Shed.

-- Freon-Containing Appliances

Appliances containing the refrigerant Freon, such as refrigerators, freezers, air conditioners, and dehumidifiers, must have the Freon safely recovered before they can be disposed of. This must be done by a certified technician. Our hauler, RC Rogers, can do this, or the Committee can provide you with contact information for another local business that can take care of it. Costs range from \$35 to \$50 per appliance.

-- *Maine Townsman* Article on Arrowsic

Maine Townsman, the official publication of the Maine Municipal Association, circulated to somewhere around 500 Maine towns, has run an article in its January issue highlighting Arrowsic's composting program. Our town was chosen to exemplify how a small Maine municipality, with minimal resources and infrastructure, can still manage to have a high rate of composting. Go Arrowsic! See page 11 at:

http://www.memun.org/DesktopModules/Bring2mind/DMX/Download.aspx?Command=Core_Download&EntryId=9262&PortalId=0&TabId=119.

ARROWSIC SOLID WASTE/RECYCLING COMMITTEE					
2016 TRASH/RECYCLING					
PICKUP SCHEDULE					
<i>January–May: September–December</i>					
Biweekly schedule for everything; Friday pickup					
<i>June–August</i>					
Weekly trash pickup; biweekly recycling; Friday pickup					
JANUARY	8 ^R		22 ^R		
FEBRUARY	5 ^R		19 ^R		
MARCH	4 ^R		18 ^R		
APRIL	1 ^R		15 ^R		29 ^R
MAY		13 ^R		27 ^R	
JUNE	3	10 ^R	17	24 ^R	
JULY	1	8 ^R	15	22 ^R	29
AUGUST	5 ^R	12	19 ^R	26	
SEPTEMBER	2 ^R		16 ^R		30 ^R
OCTOBER		14 ^R		28 ^R	
NOVEMBER		11 ^R		25 ^R	
DECEMBER		9 ^R		23 ^R	

^RRecycling, as well as Trash pickup
 Questions? Contact: Paul Schlein, pschlein@gmail.com, 443-3209

-- Speaking of Composting

Sometime around mid-April, the Committee will be sponsoring a composting workshop, conducted by a guest expert from the Maine Department of Environmental Protection. Notice will be sent out as soon as a definite date is determined. Even if you already compost, please consider attending, There's always something new to learn.

-- Paint Recycling

Do you have unwanted latex or oil-based paint that you don't know what to do with? There is a new paint recycling program called PaintCare, which is offered locally at Rogers (Bath) and Sherwin-Williams (Brunswick). Through the program, customers can drop off up to 5 cans of paint per visit per day at no cost. There must be liquid in the original container, and paints cannot be mixed. The paint will be taken to an out-of-state facility to be burned as fuel or recycled through this Washington D.C.-based nonprofit organization. For more information, see www.Paintcare.org.

-- Beauty in the Recycling Shed!

Someone left parts of an old, circa 1890s, Singer sewing machine in the Recycling Shed. Relics of an old era, perhaps, but things of beauty nevertheless. Industrial designers today should take heed. Here's a photo of the etched brass plate that had been removed from the front of the machine. Every smartphone should incorporate one of these on the back—just about the right size!



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-- Submitted by the Solid Waste and Recycling Committee

Broadband Group: Evaluating Options for Faster Internet

Please come to a community meeting to learn about broadband solution alternatives for Arrowsic and Georgetown. All interested residents are encouraged to attend.

- **Where: Arrowsic Town Hall**
- **When: Wednesday, February 17 - 7:00pm**

Statewide concern about Maine's internet infrastructure has grown dramatically over the last year. Who would have guessed that broadband companies would be falling over each other to present their solutions to Arrowsic and Georgetown? But that is what is happening. The *A-G Broadbanders* technology team has met with five providers since mid-November including Fairpoint, RedZone, Pioneer, AiroComm, and GWI. The solutions range from modest DSL upgrades to fiber connections to each home. In between are two different wireless options. These companies have done their homework and presented comprehensive solutions that could be available to all residents and businesses.

In the meantime, the demands for greater internet access just keep coming. For example, the FCC (Federal Communications Division) has concerns that many rural areas don't have the required broadband capacity for emerging "telehealth" programs. *Telehealth* is the use of internet technology to deliver health care, health information or health education at a distance. The benefits of telehealth are many: lower health care costs, access to the best quality health care regardless of where you live, living longer in your home as you age, the convenience of not having to drive to the doctor as often, and a shift from reactive care to preventive care. Education is another important area that will benefit greatly from high speed internet. This year the Arrowsic-Georgetown Broadband group will ramp up outreach activities around these and other innovations that will be possible with improved internet access.

We are currently evaluating the broadband solution options which will be presented at the February meeting. Then we will conduct a second community survey to get a feel for how many people would sign up for enhanced service packages. This information is critical for building a financial business case we can support. For information on current broadband events and trends, visit our Facebook page at <https://www.facebook.com/AG.Broadbanders>. If you are interested in volunteering, or would like get on the the Arrowsic-Georgetown Broadband mailing list, please send an email to Mark Aukeman at mark.aukeman@ag-broadbanders.org.

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-- Submitted by Mark Aukeman

Health Officer: Health Benefits of Dark Chocolate

Dark chocolate is the most delicious example of a food that is medicine. It is a superfood and an extraordinarily rich source of antioxidants and minerals. 70% organic cacao (at least) is recommended. Health benefits of eating dark chocolate are immeasurable and well-supported in the literature.

1. Decreases the risk of heart disease by lowering blood pressure, boosting HDL (the good cholesterol), and lowering risk of stroke, heart attack and embolism by inhibiting platelet clumping.
2. Improves mental performance and fatigue; keeps the brain healthy and sharp.
3. Boosts energy, improving exercising capacity.
4. Dilates the intestines and cardiovascular system allowing more nutrients to be absorbed.
5. Provides an extraordinary soluble fiber.
6. Is associated with maintaining a healthy weight, as it contains minerals and molecules that shut off appetite. Those who eat chocolate regularly have a lower BMI (body mass index) than those who do not.
7. Contains the highest concentration of antioxidants of any food in the world (in the form of cacao).
8. Decreases age-related cognitive dysfunction.
9. Relieves stress and lowers levels of stress hormones.
10. Decreases the risk of Diabetes.
11. Builds strong immunity.
12. Decreases inflammation.
13. Decreases anxiety.
14. Makes us feel good. The feel-good endorphin naturally released by the body after exercising has been found in only one plant: cacao.

Collection of Nonperishables



The Thanksgiving collection for nonperishable items was a tremendous success, with 20 food baskets delivered to Arrowsic and Georgetown families. We are grateful for the generosity of local private donations, and especially grateful to have been able to purchase fresh produce from the Bath Farmers' Market and include this in each basket. Your participation was immensely appreciated in the spirit of the season.

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-- Submitted by Kathleen A. Mary, Health Officer

Select Board: Town Clerk, Animal Control Officer, Annual Report

-- Special Town Meeting About Town Clerk

The Select Board called a Special Town Meeting on December 14, 2015, to address the appointment of a new Town Clerk. State law requires the Select Board to appoint a Town Clerk when the position becomes vacant, as happened this past November when Linda Warner resigned. There is no provision in State law for the Town to hold a special election for Town Clerk. However, in response to concerns raised by several residents, the Select Board called this Special Meeting to seek input.

After some discussion, the 14 residents who attended unanimously passed a motion advising the Select Board to appoint Gretchen MacLeod as our new Town Clerk. In its subsequent meeting, the Select Board appointed Gretchen who is doing a great job in her new role. We appreciate her willingness to step up and serve the Town in this important capacity.

-- Submitted by Bill Savedoff

-- Animal Control Officer: Appreciation to Jeremy Blaiklock and Seeking New ACO

After 10 years, Animal Control Officer Jeremy Blaiklock has notified the Select Board that he will retire from that position at the end of June. It is a valuable and necessary service that he does for the Town, but most people don't see what the ACO does unless they need him. So much of his service has gone unrecognized. Thanks, Jeremy!!!

We will be looking for a replacement for this position, and want to be sure that Town residents are aware of this opportunity. To get more information about the requirements and responsibilities, please contact one of the members of the Select Board or Jeremy Blaiklock (great_gardens@hotmail.com).

-- Content for Annual Report

Heads up for committee chairs and heads of organizations: Sukey Heard will be looking for your annual reports and budget requests by April 1, 2016. Reminders will follow.

-- Submitted by Sukey Heard

--Seeking Publishing Consultant for Annual Report

We are looking for a publishing consultant to produce the Town's Annual Report.

Scope of Work: The booklet, 5½" x 8½", is approximately 100 pages and includes committee reports, audit report, tax list and warrant articles for Town meeting. Job predominantly requires soliciting and formatting others' work rather than copy writing.

Timeframe: March through May and must be mailed to residents at beginning of June.

Essential Functions:

1. Set and publish deadlines for all reports. Solicit and collect committee reports and information using previous annual reports as guide.
2. Use InDesign desktop publishing software to design, lay out, and produce copy.
3. Format text and select size and style of type, column width and appropriate spacing.
4. Position text and art elements from a variety of sources in a visually appealing way, using knowledge of type styles and size and layout patterns.
5. Convert various types of files for printing. Convert the taxpayers list to upper and lower case, correct the numbers. Scan the audit report, format copy to fit booklet format, proofread for scanning errors.
6. Edit graphics and photos using pixel or bitmap editing, airbrushing, masking, or image retouching.
7. Prepare sample layouts for approval.
8. Collaborate with Selectmen to produce proofs according to design specifications.
9. Distribute proofs for review and editing. Collect feedback. Make changes.
10. Transmit publication master to printer for production.
11. Produce Warrant Article poster (24" x 36")

Stipend: \$2,000

Contact: To apply or for more information, contact Michelle Gaillard at mgaillard@bowdoin.edu.

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--Submitted by Michelle Gaillard

Notices

Office space for rent: Shared office space in Bath, with desk, conference room and high speed internet. Contact Walter Briggs, Briggs Advertising, Inc., walter@briggsadv.com, v443-2067x201, m522-7987.

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The Arrow's Thirtieth Anniversary: Patty Olds Recollects

This issue begins Volume 30 of *The Arrow*. Thanks to Patty Olds for getting this newsletter started in 1986! This is her recollection of that time:

I will never forget the night I was elected Selectman. Nancy Brown Stump asked me if I was interested in running and I said, "Do I have to speak in public?" and she said, "Not really." And then at town meeting, Fred Kahrl suggested that I and the other candidate say a little bit about why we wanted to run. So I walked up to the front of the room, I do believe it was the first time I ever spoke to a group of folks, and I heard the floor creak under my feet and I looked at the American flag and I thought to myself, I really want to be part of this whole big experiment of democracy.

After I was elected, I walked out through the old bathroom where the Destroylet was (instead of water for flushing it used propane for burning, you can imagine the implications) and went home and called up a friend of mine and asked "What is a Selectman anyway?"

Shortly thereafter I started *The Arrow* after hearing complaints around town that no one knew what was going on.

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Poetry: Two Dog Blues

Erstwhile Arrowsic resident and current Georgetown neighbor, Lee Johnson, shares a poem composed while trapped inside during the first snowstorm of the season -- which also happened to be her first snowstorm with two dogs.

Two Dog Blues

Their stomachs are filled up with kapok and rubber
They don't want to poop in the snow
You can teach them to grovel
But not how to shovel
No matter how slowly you go.

Their signals are clear but their English is faulty
I can't tell if they're naughty or nice
It's triple the trouble
(It ought to be double)
Especially when there is ice.

We have ten feet together but only two hands
Which makes for a lot of crossed leashes
It's hard to wear mittens
I should have got kittens
Or maybe some slithering species.

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Arrow Help Wanted

The current Arrow Committee needs someone who is familiar with basic desktop publishing (Microsoft Word, Publisher, online newsletter formats) to format each issue prior to publication. New members are also needed to brainstorm ideas, write articles, conduct interviews, and solicit articles from fellow townspeople. The Committee meets as needed in advance of each issue, currently four times a year. Interested? Please contact Paul Schlein, pschlein@gmail.com, 443-3209.

Arrow Committee: Suzanne Gunston, Bob Kalish, Paul Schlein, Amy Smith, Nancy Brown Stump.
Production: Amy Smith and Paul Schlein

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