



Readfield Messenger



www.readfieldmaine.org

June 14, 2022 Town Meeting – State Primary

Nomination Papers:

**Available starting:
Friday, February 25, 2022**



Select Board 2 – 3 Year Terms

RSU #38 Board 1 – 3 Year Term

Local School Board 1, 2, 3 Year Terms

Due Date: Friday, April 15, 2022 by 3:30 PM

Did you remember?

*The Second half of the
2021 Taxes were due by
Friday, February 25th*



SPRING FORWARD
Daylight Saving Time
March 13, 2022

Don't forget to

#TURN and TEST



STEP 1:
Turn your clocks
forward one hour.



STEP 2:
Test your
smoke alarms.



**American
Red Cross**

Select Board Corner

Hello Friends,

Things are beginning to heat up, not only with the temperature, but at the town hall.

This time of year, budget numbers are flying around, requests for funding are being made, and collaborations are happening between boards, committees, and commissions. The cooperation and teamwork that goes into this process is amazing. The amount of work and time that goes into creating a municipal budget is absolutely mind boggling. We are lucky to have volunteers and citizens that are willing to give their time and their thoughts to keeping our town financially strong.

Once the budget comes to the Select Board, our jobs are relatively easy. As a Board, we examine the budget and can ask questions, but we trust that our system of reviews, checks, and balances always produces what's best for Readfield.

That care and trust has been reflected in the lowering of taxes in Readfield for the past two years. You can check this information out at our website (readfieldmaine.org) by clicking on the ONLINE SERVICES tab to the left and clicking on the link for TAX INFORMATION (HARRIS/TRIO).

You can also find the Budget Committee schedule there and stay updated on how the entire budget process works. The more you know about the process, the more you can understand why things happen and for what.

I am grateful to be a part of this process and invite you to join us. Below are the upcoming meetings regarding our budget.

- March 3, 2022 Budget Committee Meeting - Joint Meeting on Capital Investment
- March 10, 2022 Budget Committee Meeting - Draft Budget Review
- March 24, 2022 Budget Committee Meeting - Joint Public Budget Meeting / Hearing
- April 14, 2022 Budget Committee Meeting - Final Budget Review & Approval
- June 2, 2022 Budget Committee Meeting - Joint Public Hearing on Approved Budget

Take care, and stay warm!

Dennis Price

Select Board Contacts

<u>Carol Doorenbos:</u>	(207) 446-7535	cdoorenbos@readfieldmaine.org
<u>Ralph Eno:</u>	(207) 685-3177	reno@readfieldmaine.org
<u>Sean Keegan:</u>	(207) 446-8725	skeegan@readfieldmaine.org
<u>Dennis Price:</u>	(207) 577-4919	dprice@readfieldmaine.org
<u>Kathryn Mills Woodsum:</u>	(207) 685-9094	kwoodsum@readfieldmaine.org



Town of Readfield Winter Roads Maintenance Request for Proposals

The Town of Readfield seeks proposals from qualified contractors to remove snow, control ice, apply salt and sand, and perform other winter road maintenance work on all municipally-owned roads, state-aid roads, and intersections in the Town of Readfield totaling approximately 34.5 miles. The work is scheduled to begin in the fall of 2022 and continue for three winter seasons with the option of extending to a fourth.

There will be a mandatory pre-bid meeting at 10:00am on Thursday, March 10, 2022 at the Readfield Town Office.

Complete the registration form at <https://www.readfieldmaine.org/bids> to download the bid package and contract.

Proposals are due and will be publicly opened at 1:00 p.m. on March 31, 2022, at the Readfield Town Office.

ecomaine
Recycling DO's

Paper & Cardboard
Mixed Paper, Newspaper, Magazines & Junk Mail, Cartons & Boxes

Metal
Food & Beverage Cans, Clean Foil, Pots & Pans (empty, please!)

Plastic
Bottles, Jars, Jugs, Cups & Tubs rigid containers #1-7 (empty, please!)

Glass
Bottles and Jars (empty, please!)

All other material should go into your trash!

Questions? Ask the Recyclopeda at ecomaine.org/101

Recycling Bins
\$8.00 Each
Available at the Readfield Town Office



ecomaine
Recycling DON'Ts

Do Not Bag Recyclables

No Plastic Bags or Plastic Wrap (return to retail)

No Food or Liquid (no garbage)

No Styrofoam of any kind

No Electronics, Batteries, or Appliances

No Big Items (no wood, furniture, or scrap metal)

No Tangles (no hoses, ropes, chains, or cords)

No Clothing or Linens (use donation programs)

info@ecomaine.org
207-773-1738
www.ecomaine.org

Printed on 100% recycled paper, October 2020

Readfield Recreation Round Up March 2022

Readfield Recreation in partnership with the Readfield Blizzard Busters on Sunday, February 13 hosted our annual Winter Fun Day with Sliding on the school hill. The Blizzard Busters were there to provide the rides back up the hill! There was hot cocoa, a good platter of cookies and whoopie pies enjoyed by all. The snow was a little hard packed but it didn't stop everyone from enjoying the sunny afternoon. Thank you to all who came for the fun!



February 12th was our last morning of Skills and Drills with the younger groups for Rec Basketball. There were 64 total kids who participated in the 7-week long program. We were able to provide each participant with their own ball to bring to session each Saturday but also to have at home and practice their skills. Big thanks to Karen and Travis Magnusson, coaches and Tom Labrie, Rec Basketball Organizer for making the program a success this winter with the many challenges of COVID. All participants enjoyed ring pops and cookies to celebrate the season on the final morning.



Our 3rd-6th grade groups are still playing through the 12th of March. They have enjoyed weeks of competing in the local league against area schools. It is amazing to have the whole program in full swing again, even among the COVID challenges. We have 93 participants with girls and boys teams, 3rd-6th grade.

Our Baseball and Softball sign ups will go online this week. We are hoping to have all signups completed by March 31st so we are ready to get playing when the snow melts. There are also sign up forms at the Readfield Town office if you prefer to sign up there. We invite Mt Vernon, Fayette and Wayne players to check in with your town and sign up to be included on the Maranacook rosters. Let's play ball!

Lastly Readfield Recreation is working diligently to develop more of a recreational complex at the Fairgrounds property off Church Rd. Currently we are working with a landscape architect and stakeholder representatives from Conservation Commission, Trails Committee, Cemetery and Historical Society. The vision is to have a complex for all townspeople to use while maintaining the beauty of the property in the process. Recreation's proposal is for a softball field in the back right corner for the outfield to align with the already existing baseball field. We also would like to see an outdoor basketball court located as close to the parking lot as possible for easy access by all. Currently, our next step is to follow up on a walkabout done with stakeholders, town manager, and the landscape architect on January 26th. A Zoom meeting will take place the first week of March for this follow up.

Recreation is also working to apply for a Harold Alford Grant in hopes to offset the cost of the development at the Fairgrounds property. We are looking at other grants to apply for as well.

As the spring approaches we are looking at interim facility use. This includes partnering with Mt Vernon to help them with some field maintenance once the ground is thawed and the snow is gone. We used their field for practicing last year as we did not have enough space for all our teams in Readfield. We are long overdue for the development we are requesting at the Fairgrounds property. It will be amazing to have a centralized facility for all townspeople to enjoy!

Lastly, our annual Youth Fishing Derby is scheduled for March 5th on Maranacook Lake from 6:30am-3:30pm! Let's hope the ice holds with all these weather fluctuations we have been having! June at the Weathervane is making some special food items for purchase for the fisherman too! And there are PRIZES!!! See you there!



Hannah Flannery,
Readfield Recreation Chair

**READFIELD REC
FUNDRAISING EVENT**

**NOT AN RSU
SPONSORED EVENT**

YOUTH ICE FISHING DERBY



ON MARANACOOK LAKE

**SATURDAY
MARCH 5TH 2022
6:30AM - 3:00PM**

\$5 TICKETS - 1 FISH PER TICKET
Weigh-in Stations: Readfield Beach
Readfield Public boat launch

WIN PRIZES!!
1ST, 2ND, 3RD BIGGEST FISH
PRIZE FOR SMALLEST FISH
RAFFLED DOOR PRIZES

FIND US ON FACEBOOK FOR EVENT DETAILS
READFIELD RECREATION ASSOCIATION



Forms available at the Readfield Town Office & Online
 under the Recreation Tab; or register online:
<https://www.readfieldmaine.org/home/pages/online-services>

A \$10.00 late fee if registration/payment received after 3/31/22

2022 Readfield Registration Form T-Ball/Baseball/Softball

Registration fees are as follows (Maximum Family Fee \$95.00)

Age*	League	# Per League	Age*	League	# Per League
7-8	Rookie Baseball	\$35 _____	5-6	T-Ball (Co-ed)	\$30 _____
9-10	Minor Baseball	\$45 _____	7-8	Rookie Softball	\$35 _____
11-12	Major Baseball	\$50 _____	9-10	Minor Softball	\$45 _____
			11-12	Major Softball	\$50 _____

A \$10 late fee per family will be added to registrations and payments received after March 31st, 2022

1 st Players Name (first/last)	League	Grade	Age	Date of Birth	Shirt Size/Pant Size
_____	_____	_____	_____	_____	_____
2 nd Players Name (first/last)	League	Grade	Age	Date of Birth	Shirt Size/Pant Size
_____	_____	_____	_____	_____	_____
3 rd Players Name (first/last)	League	Grade	Age	Date of Birth	Shirt Size/Pant Size
_____	_____	_____	_____	_____	_____

Parent/Guardian Name (Please print clearly): _____

Phone #: _____ **Cell #:** _____ **Email:** _____

Full Address: _____

Please list any medical conditions (asthma, allergies, etc.) that the coach needs to be aware of:

The success of our program depends on volunteers. Please mark the activity you could help with:
 Team Coach _____ Asst. Coach _____ Umpire _____ Scorekeeper _____

Release of Liability

The undersigned hereby releases and holds the Readfield Recreation Association, its agents, and volunteers, from any and all claims, suits, actions, and damages arising out of, connected with, or resulting from participation in this activity. I understand the inherent risks and dangers in participating in these activities, and I accept the responsibility of my child(ren).

Parent/Guardian Signature: _____ **Date:** _____

Uniform Agreement

I agree to return any uniform (shirt and/or pants) assigned to my child(ren) by my coach or Matt Lajoie by July 1, 2021. This does not apply to T-Ball shirts. If I do not return the uniform by July 1st, 2021, I understand that I will be billed \$30 for shirts and \$10 for pants. I also understand I will be billed for any uniform damage considered to be beyond normal wear and tear.

Parent/Guardian Signature: _____ **Date:** _____

Amount Paid: _____ **Check#:** _____ **Cash:** _____

If you have any questions, please contact Matt Lajoie at 592-1398

NEWS & NOTES FROM THE TRAILS

SNOW! ICE! RAIN! SUN! SLEET! FREEZING RAIN! THAW! RE-FREEZE! RAIN PT.2!

Yes, all of the above and more have marked Winter 2021/22. Have those nasties above (except the sun!) turned anyone off from using our trails in town? I don't believe so given the vehicles in the Fairgrounds parking lot and the ski tracks, snowshoe images, and footprints leading every which way at the Fairgrounds and at other trails in town. Readfield residents don't seem to let the weather get the best of their efforts to get out and enjoy their outdoor exercise routines. Keep it up. Spring is less that 40 days away! Those nasties won't dare intrude again, will they?

A resident recently contacted the Trails Committee to let us know of a potential hazard on a section of Fairgrounds trail below the backstop area. A stream was plugged turning the trail into a quagmire not unlike quicksand. Trails Committee members jumped into action and cordoned off the area for safety and within a few short days had the stream unclogged and flowing thereby lowering the level of the backed up snow and slush. We appreciate the trail users who helped re-route the trail deeper into the woods and away from the hazard and demonstrated patience while the work was being completed.

The Readfield Recreation Committee has a proposal before the Select Board for a building project at the Fairgrounds. Their plan is to construct a softball field, a basketball court, and a concession stand on the town property. The Select Board authorized the hiring of a landscape architect to work with information supplied by the Recreation Committee, Readfield Conservation Commission, and Readfield Trails Committee. At this point neither the Trails Committee nor Readfield Conservation Commission has taken a position on the Recreation Committee proposal. That information can be found on the town website. A site visit was held in February with the architect and members of the aforementioned committees as well as members of the Historical Society in attendance. The current draft of the town budget (as of 2/16/22) has the project possibly earmarked at +/- \$500,000.

Readfield Trails welcomes its newest member Megan LaChapelle. The committee looks forward to having her work with us to make our valued trail system even better for all. Given the current status of the pandemic, it might be possible for another volunteer workday this spring provided by local students. More information on that possibility in the April Messenger. Please continue to avail yourselves of all the recreation choices we have as a town.

Respectfully submitted, Greg Durgin Vice Chair Readfield Trails Committee



News From the Broadband Committee

The committee is meeting twice in February to hear updates on progress with the bids and proposals received in the past few weeks. Updates were provided on grant and funding opportunities, vendor contacts, legislative actions and news from the WKLCBA.

The biggest news is that the WKLCBA has disbanded as the group determined they had met their mission. That was to work together to find a shared solution for broadband service to the member towns. After receiving the proposals, it became clear that the member towns would be proceeding in different directions. Some towns may still decide to work together as we each evaluate the proposals and negotiate with vendors.

The Readfield Broadband committee is now charged with deciding how to proceed to offer the town meeting two options: one being a Fiber-To-The-Home solution and the other an alternative solution. We are working with Fayette and Vienna to evaluate the proposals and to determine if there is a shared solution for the three towns. We will be meeting throughout the month of March to determine the best possible approaches for our town.

The Town Manager is working with Charter/Spectrum about our expired franchise agreement though the process is slow.

All meetings are public and will be held in person at the Town Office along with remote access. Look for links on the town website and for email alerts if you have signed up for them. Signup for email alerts is available on the town website. We publish monthly updates. www.readfieldmaine.org

Town Meeting Questions on Broadband

On November 2nd voters in Readfield spoke loud and clear by approving three articles concerning bringing Internet service to all locations in our town. There were 1015 residents who voted out of approximately 2300 registered voters. Of those who filled in a choice the results ranged from 70% to 78% approval. These votes have provided a clear direction to the Select Board and Broadband Committee. Both groups are committed to a prompt follow-through by assessing the available solutions and choosing the best and most equitable one to be presented at a Town Meeting in 2022.



Our groomers are ready to be back on the Readfield trails! Repairs have been made: a special thank you to Parks Performance who has supported the snowmobile club immensely again! But where's the snow? When preparing the February article for the Messenger, I was very happy for the snow to begin to arrive. This month I am saddened to see the snowless trails. I am hopeful that March will deliver a great finale of snow.

The Jurgen Wurth family of Readfield took on the task of returning sledders to the top after a nice slide ride down the Maranacook School hill on Sunday, February 13, 2022, also known as family fun days in Readfield. The Readfield Blizzard Busters Snowmobile Club was very pleased with participation. Everyone had a safe, fun day in the snow, including Jurgen and his family. Thank you Jurgen.

Last month I indicated that the Club's Facebook page had grown its followers to 220 individuals. This month we have a whopping 247 followers. We have been posting more notices about our trails and other activities. Wouldn't it be nice to see 275 by the end of March?



April will be our last meeting of this year's season. It is at that time we will elect our officers for the 2022-2023 season. If you have interest in joining our club next year, we will be up and running in September. (Hint, hint – If you follow us on Facebook you will see the date of our September meeting.) During October and early November we will need volunteers to help prepare the trails for riding. Direct message me on Facebook (Readfield Blizzard Busters Snowmobile Club) with any questions you may have.

Marge Livingston, Secretary, Readfield Blizzard Busters Snowmobile Club

E-Alerts Subscription

An easy way to keep up-to-date with Town Happenings!

The Town of Readfield website has a feature to subscribe to e-alerts. Go to www.readfieldmaine.org and click on E-Alerts to sign up.

Your email will be treated as confidential information.

Our privacy policy is available on our website



APPLICATION FOR MAINE HOMESTEAD PROPERTY TAX EXEMPTION

36 M.R.S. §§ 681-689

Completed forms must be filed with your local assessor by April 1. Forms filed after April 1 of any year will apply to the subsequent year tax assessment.

SECTION 1: CHECK ALL THAT APPLY

- 1a. I am a permanent resident of the State of Maine.
- 1b. I have owned a homestead in Maine for the 12-month period ending April 1.
If you owned a homestead in another municipality in Maine within the past 12 months, enter the address (street number, street name, municipality):

- 1c. I declare the homestead in this municipality is my permanent residence and I am not claiming or receiving a homestead property tax exemption for any other property.
(Summer camps, vacation homes, and second residences do not qualify)

IF YOU HAVE NOT CHECKED ALL THREE BOXES, STOP HERE
You do not qualify for a Maine homestead property tax exemption

SECTION 2: DEMOGRAPHIC INFORMATION

- 2a. Names of all property owners (names on your tax bill):

- 2b. Physical location of your homestead (i.e. 14 Maple St.): _____
Municipality: _____
Email: _____ Telephone #: _____
- 2c. Mailing Address, if different from above: _____
Municipality: _____ State: _____ ZIP: _____

SECTION 3: MAINE RESIDENCY IS BASED ON ONE OR MORE OF THE FOLLOWING (check all that apply):

- 3a. I file a Maine resident income tax return.
- 3b. The address on my driver's license is the same as the homestead location on line 2b.
- 3c. The legal residence on my resident fishing and/or hunting license is the same as the homestead location on line 2b.
- 3d. I pay motor vehicle excise tax in this municipality.
- 3e. I am a registered voter in this municipality.

(If you did not check any boxes, please attach an explanation and evidence that shows your residency.)

I hereby declare, aware of penalties for perjury, that the answers to the above are, to the best of my knowledge and belief, true, correct and complete. A person who knowingly files false information for the purpose of obtaining a homestead property tax exemption is guilty of a criminal offense.

Signature of Homestead Owner(s) _____ Date: _____

_____ Date: _____

INSTRUCTIONS

SECTION 1. Check the appropriate box related to each question. You must check all three boxes to qualify for the Maine homestead property tax exemption. If you have moved during the year and owned a homestead in Maine prior to your move, enter the address of the homestead you moved from on line 1b. Your ownership of a homestead must have been continuous for the 12-month period ending on April 1. If you did not check all boxes in this section, you do not qualify for the homestead property tax exemption. A person on active duty serving in the Armed Forces of the United States who is permanently stationed at a military or naval post, station or base in this state is deemed to be a permanent Maine resident. A person on active duty serving in the Armed Forces of the United States does not include a member of the National Guard or the Reserves.

SECTION 2. Enter your full name(s) as shown on your property tax bill, the physical location of your home, your telephone number, email address, and your mailing address, if different than the physical location.

SECTION 3. This section gives the local assessor information which may be used to determine if you qualify and should support your answers to the questions in SECTION 1. Please check the appropriate box for each of the applicable statements in this section.

At least one of the owners of the homestead must sign this document. Please file the application with your local municipal assessor. If, for any reason, you are denied exemption by the assessor, you may appeal the assessor's decision under the abatement statute, 36 M.R.S. § 841.

DEFINITIONS

Homestead. "Homestead" means residential real property owned by an individual or individuals and occupied by those individuals as their permanent residence. Residential real property held in a revocable living trust for a beneficiary who occupies the property as his or her permanent residence also qualifies as a homestead. A resident homeowner who is subject to foreclosure and subsequently purchases the home back from the municipality is considered to have no interruption in homeownership for purposes of this exemption.

Municipality. "Municipality" means any city, town, plantation, or that portion of a county in the unorganized territory.

Permanent residence. "Permanent residence" means that place where an individual has a true, fixed, and permanent home and principal establishment to which the individual, whenever absent, has the intention of returning. An individual may have only one permanent residence at a time and, once a permanent residence is established, that residence is presumed to continue until circumstances indicate otherwise.

Permanent resident. "Permanent resident" means an individual who has established a permanent residence.

A cooperative housing corporation may apply for a homestead exemption to be applied against the valuation of property of the corporation that is occupied by qualifying shareholders. To qualify, the corporation must complete an Application for Maine Homestead Property Tax Exemption for Cooperative Housing Corporations.

Please Note:

You only have to apply for the Homestead Exemption once (not annually). If you are unsure if you applied you can call the Town Office to check at 685-4939. If you are new to Readfield then please complete the form and return to the Assessor by April 1st.

Revised 7/2020

Damage:

The caterpillars feed on the leaves of many hardwood trees and shrubs. Common host trees and shrubs include:

- Oak, apple, crabapple, cherry, hawthorn, shade-bush, serviceberry, and rugosa rose.

Feeding by browntail caterpillars can cause reduced growth and branch dieback. A number of years at high population levels can lead to mortality of trees and shrubs.

Identification:

Browntail Caterpillar:

- Dark brown with a broken white stripe on each side and two conspicuous red spots on the back. They grow to 1.5 inches (3.8 cm) in length.

Look-a-likes:

- **Eastern tent** caterpillars have a solid whitish line down the middle of the back with a row of oval pale blue spots on each side and are covered with long brown hairs.
- **Gypsy moth** caterpillars have pairs of blue and red spots along their back and are covered with long brown hairs.

Browntail Moth (adult):

- Only seen in July and August. Both sexes of the browntail moth have snow white wings and a tuft of dark brown hair on the tip of the abdomen.



Life Cycle: Browntail moth (Euproctis Chrysorrhoea)

- ◇ One generation a year.
- ◇ Four life stages; egg, larval, pupal, and adult.
- ◇ Larval stage (caterpillars) lasts from August through to the following June.
- ◇ In the spring, as soon as the earliest leaf buds open, the caterpillars become active and leave their overwintering webs to feed on tender new leaves. They may devour the leaves as fast as the leaves develop.
- ◇ When young, the caterpillars return to the webs at night, but later remain out on the leaves overnight, and are fully grown by late June.
- ◇ The caterpillars then form filmy cocoons between leaves on trees, under eaves, picnic tables, decks, etc.
- ◇ Adult moths emerge from cocoons in late July and August, laying clusters of eggs on the underside of leaves. The moths are strongly attracted to light.
- ◇ Caterpillars emerge from the eggs in August and feed on the upper side of the leaves of host trees.
- ◇ In the fall, colonies of caterpillars build winter webs on the tips of branches. The webs are made from leaves tightly wrapped with white silk. There can be 25 to 400 or more caterpillars in each web.
- ◇ The caterpillars overwinter within the 2-5 inch (5-10 cm) winter webs. **The webs are found most often on red oak or apple trees.**

Browntail Moth



Why are they a problem?

The browntail caterpillar has tiny (0.15 mm) hairs that on sensitive individuals cause a skin rash similar to poison ivy and/or trouble breathing.

The microscopic hairs break off the caterpillars and are everywhere in browntail infested areas; on trees, lawns, gardens, decks, picnic tables and in the air.

The hairs can remain toxic for up to **THREE YEARS** so although the problem is worst from May to July, they may cause a reaction at other times of year as well.

Wind or activities such as mowing, leaf-blowing, etc., can stir up the hairs, leading to a reaction.

The rash and trouble breathing can last anywhere from a few hours to several weeks. It is caused by both a chemical reaction to a toxin in the hairs and physical irritation from the barbed hairs. Contact your physician if a reaction is severe.

www.maine.gov/forestpests#btm



For More Information:

Dial 211 or 866-811-5695

Text Zip Code to 898-211

Email: info@211maine.org

Browntail Precautions

- Avoid places heavily infested by caterpillars
- Take a cool shower and change clothes after activity that might involve contact with hairs
- Dry laundry inside during June and July to avoid hairs getting onto your clothing
- Use caution cleaning debris left by caterpillars because the toxin is extremely stable and remains a hazard for a number of years.
- In heavily infested areas, wear respirator, goggles, and coveralls (tightly sealed at neck, wrist, and ankles) when:
 - * Mowing, raking, weed-whacking,
 - * Removing webbing, or
 - * Performing any activities that stir up browntail caterpillar hairs
- Perform the above tasks on damp days or wet down material with a hose as moisture helps minimize contact by keeping the hairs from becoming airborne.
- Consult a physician if you develop a severe reaction

Browntail Control

- **Non-chemical:**
 - Clip overwintering webs and destroy by soaking in soapy water or burning. (Wear gloves!)
 - Clip webs in the winter and very early spring: October to mid-April.
 - If caterpillars are on structures hose down with water and vacuum up with a **HEPA filter vacuum**.

Chemical:

- Look for a licensed arborist/pesticide applicator; licensing ensures they have specialized training and equipment to do the job properly.
- If making a DIY pesticide application on your own property, select a pesticide product carefully:
 - Ensure the intended site is listed on product label,
 - Always **FOLLOW LABEL INSTRUCTIONS**,
 - Preferably, choose a product that lists browntail moth on the label.
- Treat before the end of May to prevent development of the toxic hairs.
- Pesticide use within 250' of marine waters is restricted.

Identifying Winter Webs

Browntail overwinters as colonies of caterpillars in white silk tightly woven around a leaf or leaves in trees or shrubs. These webs contain 25 to 400 caterpillars, are spun in the early fall, and remain firmly attached to the tips of small branches all winter. The webs are often confused with silken structures formed by other less serious species of moths.



Browntail winter web description:

- 2-5 inches (5-10 cm) long
- white silk **tightly** woven around a leaf or small number of leaves
- string of white silk tying leaf petiole to twig
- small brown hairy caterpillars **inside** dense silk web
- on branch **tips** of oak, apple, crabapple, cherry, shadbush and rugosa rose (occasionally other trees as well)

Often mistaken for browntail webs: Old fall webworm webs are formed by caterpillars in late summer, engulf the foliage and can become 2 to 3 feet (61-91 cm) long. By mid-fall the caterpillars have left the nests. During winter, the webs often hang loosely from branches.



- Hanging off of branches but **NOT** at branch tip
- Variable length, 3-24 inches (7-60 cm)
- **Loosely** tied mat of white or grey silk and debris
- Not associated with a leaf - any leaves caught in the web not tied to twig
- Caterpillars not present in web in late fall/winter/spring
- On wide variety of deciduous hosts, especially ash and oak

Remnants of old tents of the **eastern tent caterpillar** can also be mistaken for browntail winter webs. These webs

are built in the **crochets** of



Old tent in fall/winter



Spring tent

are built in the **crochets** of branches on wild cherry and apple trees in late April and May and may be a foot or more long when fully formed. Eastern tent caterpillars are present in their webs from late April to June.

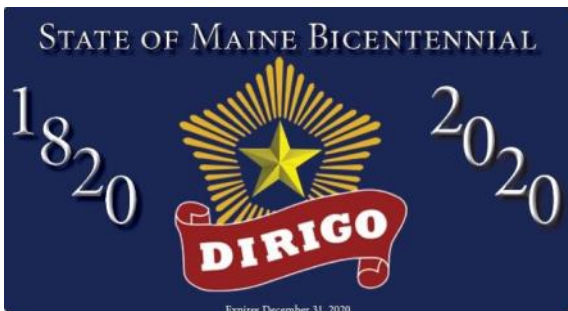
The Town of Readfield is now seeking volunteer members for the following committees:

- * Age Friendly Committee: 2 Members (2023 & 2024)
- * Cemetery Committee: 1 Member (2022)
- * Cobbossee Watershed District: 1 Alt. Member (2024)
- * Comprehensive Plan Committee: 1 Member (2022)
- * Conservation Commission: 1 Member (2023), 1 Alt. members 2024)
- * Heritage Days Committee: Multiple Positions Available
- * Local School Board Advisory: 2 members (2023 & 2024)
- * Maranacook Outlet Dam Committee: 1 Alt. member (2023)
- * Planning Board: 3 Alt. members (2022, 2023 & 2026)
- * Recreation Committee: 2 Members (2024)
- * Road Committee: 1 Members (2022)
- * Trails Committee: 3 members (1-2022, 3-2024), 1 Alt. member (2023)

If you are interested in joining any of the above committees please complete the Appointment Application on our Web Site or stop by the Town Office.

**FMI 207-685-4939 or
info@readfieldmaine.org**

**BE THE
CHANGE**
VOLUNTEER &
MAKE THE DIFFERENCE



Important Notice: Maine Bicentennial Plate

The use of State of Maine Bicentennial commemorative plate was extended until December 31, 2021, originally December 31, 2020.

After this date the plate should no longer be displayed on the front plate of your vehicle and should be replaced with your original vehicle plate.



RSU 38 Maranacook Adult Ed

HiSET/Diploma Classes Ongoing Year-round

Class Name	Start Date
Martial Arts for Teens and Adults	03/07/2022
Martial Arts for Youth & Teens	03/07/2022
Flat Felting Beginning & Intermediate (March Class)	03/08/2022
Beginner Metalsmithing: Silver Ring	03/10/2022
Literacy Volunteer Tutor Training	03/15/2022
Map & Compass Level 1	03/16/2022
Coastal Navigation Level 1	04/05/2022
Ukulele for Beginners	Ongoing
Cooking With BoomerTECH Adventures	Online-Start anytime
Create & Deliver Online Zoom Courses	Online-Start anytime
Digital Tools for the Beginning Memoir Writer	Online-Start anytime
Organize & Edit Images with Your iPhone	Online-Start anytime
Hidden Gems Lurking in Your iPhone and iPad	Online-Start anytime
Introduction to iPhone Basics	Online-Start anytime
Introduction to Mac Basics	Online-Start anytime
Introduction to Zoom Basics	Online-Start anytime
Take Fabulous Photos of Flora and Fauna	Online-Start anytime
Taking Awesome Pictures With Your iPhone/iPad	Online-Start anytime

Upcoming Driver's Ed Classes

To register, or for more details and to view all classes, go to:

New class start dates:

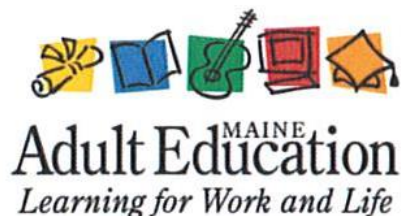
- Monday, March 14, 2022
- Monday, May 9, 2022
- Monday, July 11, 2022

<http://maranacook.maineadulted.org>

Or call the Adult Ed office at 685-4923 x1065 for more info

For more information and to register, go to Roy's Driver Education website:

www.roysdriverandridereducation.com



A Caring School Community Dedicated To Excellence

RSU #38 – FY23 Budget Workshops Schedule Maranacook Community Middle School & Zoom 6:30 – 8:30 p.m.

- February 2*** Regular Business Meeting; Budget Workshop – School Budgets
<https://us02web.zoom.us/j/81719553103>
- Elementary Schools
 - Middle School
 - High School
- February 16** Budget Workshop
<https://us02web.zoom.us/j/82974917237>
- Special Education
 - English Language Learners (ELLs)
 - Gifted & Talented
 - Technology
- March 2*** Regular Business Meeting; Budget Workshop
<https://us02web.zoom.us/j/82699219498>
- Operations & Maintenance, including Bond
 - COVID grants overviews
- March 9** Budget Workshop
<https://us02web.zoom.us/j/84889377395>
- Co-and Extra-Curricular
 - Transportation
 - Miscellaneous Cost Centers/Accounts (Adult Educ., Food Service, Health Center, Professional Development/Assessment/ Curriculum, Systems Admin., Debt Service)
- March 16** Budget Workshop – Annual Report from Auditor Ron Smith; Joint meeting with local select boards re: draft FY23 budget; budget deliberations, follow-up and decision making
<https://us02web.zoom.us/j/86950503874>
- March 23** *Tentative meeting (if needed)* – Budget Workshop – budget deliberations, follow-up and decision making
<https://us02web.zoom.us/j/85736109509>
- April 6*** Regular Business Meeting and Budget Workshop – budget deliberations, follow-up and decision making
<https://us02web.zoom.us/j/81953176745>
- April 13** Workshop Meeting – vote on Budget (2nd week of April)
<https://us02web.zoom.us/j/89887551961>
- May 18** Annual Budget Meeting, Middle School Gymnasium, 7:00 p.m.
- June 14** **Budget Validation Referendum at individual town polling locations**



*Regular Business Meeting in addition to budget workshop

Budget documents are available by visiting <https://www.maranacook.org/page/fy-23-budget-documents>

Solid Waste & Recycling

Transfer Station News



We are actively working towards reopening the Swap Shop at the Transfer Station by May 1st, 2022. We will be in the building next to the Attendant Booth and have a lot of shelving space with easy access. Look for the reopening brochure coming out next month providing details about dropping off items. Thanks to all involved

SWRC (Solid Waste & Recycling Committee) Updates:

The committee reviewed the budget for the next fiscal year and were pleased with the recommendations presented. Costs will be increasing but at a modest rate of about 6%. This includes continuing needed facility maintenance, increased labor costs and the addition of a part-time employee to assist during the busy summer season and when other employees are out. There will be additional lighting in the brush area, new gates in front of the demo bins and the reopening of the Swap Shop.

As daylight hours lengthen, please continue to take extra care while at the Transfer Station in the afternoon hours. Be mindful of folks walking to the bins as well as being careful where you walking, especially when leaving compost, brush or appliances.

General Operation Practices

All vehicles must stop at the Attendant Booth to speak with an employee about what materials you are bringing in, to receive directions on where to dispose of these materials, and to pay any required fee.

Please leave when you are finished to avoid making the space congested.

Transfer Station Fall/Winter/Spring Hours

Tuesday, Wednesday & Friday
11 AM to 6PM

Saturday
8AM to 4PM

Change of Operation Practices due to Covid-19

We will continue to operate meeting standards from the Maine government including the following practices:

- Unvaccinated Staff and residents are required to wear a face covering while at the Transfer Station.

WASTE LESS
SAVE MORE



RECYCLE
COMPOST

Readfield Solid Waste and Recycling Committee

Tel: 685-4064



Visa/Mastercard

KEN'S DRAG IN AUTO INC.
Rt. # 135, Readfield, Maine

Used Auto and Truck Parts • Auto Repair
Used Cars and Trucks • Buying Junk Cars

Ken Edgecomb

Mark Edgecomb

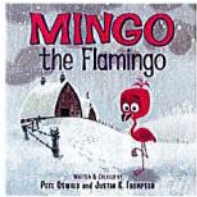




MARCH 2022—LIBRARY NEWS and EVENTS

Library Hours	
Mondays	3pm-7pm
Tuesdays	10am-4pm
Wednesdays	1pm-7pm
Saturdays	10am-4pm

March STORY WALK® at the Library—*Mingo the Flamingo*



The Library StoryWalk® is always open for all to enjoy! The walk begins on the trail behind the Library and goes about ¼ mile to the Readfield Union Meeting House. **The picture book featured for March is *Mingo the Flamingo* by Pete Oswald and Justin K. Thompson, sponsored by Rick Wilson.** Please feel free to walk the StoryWalk® at any time that works for your family, regardless of whether the Library is open. And, be sure to stop by the Library during open hours to pick up the take-home craft that goes along with the story.

STORY WALK EVENT

Tuesday, March 1st, 9:30-10:15am—Group Story Walk & Story Time outdoors behind the Library featuring *Mingo the Flamingo* and other books, music, and activities. Dress for the weather!

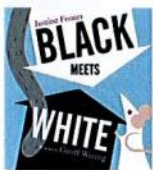
CAKE DECORATING WORKSHOP

Learn how to frost a cake professionally and create beautiful, but simple, buttercream flowers! **Join expert decorator Emily Clark by Zoom on Monday, March 21st at 6:30pm** to learn new cake decorating skills to be able to create your own gorgeous cakes for special occasions. And, you will be able to put your skills into practice by borrowing one of over 40 cake pans in our new lending collection, recently donated by a patron. This new lending library of cake pans should be ready for patrons to borrow at the end of March/beginning of April. We also will have some cake decorating tools available for borrowing as well! Please contact the Librarian at librarian@readfieldmaine.org or 207-685-4089 for the Zoom meeting ID.

A sampling of the new pans in the Library collection...



LOCAL AUTHOR EVENT—Justine Fontes!



Please join Readfield's very own Justine Fontes for a special children's event **Saturday, March 26 at 1:00pm outdoors behind library.** Justine will read her picture book *Black Meets White* and lead a pattern craft. She encourages all to wear patterned clothes in black and white or another color pattern such as stripes, plaids, etc. This event is open to all ages; dress for the weather as we will be outdoors. {If inclement weather, we will reschedule to Saturday, April 2 at 1:00.}

IditaREAD READING CHALLENGE for All Ages in March

The Readfield Community Library welcomes readers of ALL ages to participate in a March reading challenge "IditaREAD," where every minute that you read equals 4 miles of the famous Iditarod race. Each location you "read to" earns you a badge in the Beanstack challenge. The **IditaREAD starts March 5th** (the start day of the Iditarod) and all Readfield readers who complete the **244-minute reading challenge journey by March 31st** will be entered into a **raffle drawing to win a prize.** Sign up on Beanstack, per instructions below.



KEEP TRACK OF YOUR BOOKS/READING & ENTER READING CHALLENGES with Beanstack

Did you know you can use the Beanstack app to keep track of your books/reading, and/or you participate in reading challenges? Go to maine.beanstack.org at any time to sign up.

CALLING POETS OF ALL AGES!



National Poetry Month is in April, and we are hoping to celebrate at the Library with poetry featured along our Story Walk trail during April. Please submit an original poem YOU have written, OR feel free to suggest a favorite poem written by a Maine poet for us to feature. We welcome poems from poets of all ages! **Submission deadline is March 20th**. Please submit in person at the library or by email to librarian@readfieldmaine.org.

LIBRARY WiFi UPGRADES through PROJECT CONNECT



Great news! The WiFi at the Readfield Community Library has recently received an upgrade through ITDRC Project Connect. We now have more robust WiFi throughout the building (including upstairs for when the upstairs renovations take place) and an additional outdoor WiFi access point which boosts the strength/range of the outdoor WiFi through the back parking lot and into the "Library Park" area behind the Library. The WiFi network name is "Readfield Community Library" with no password required. WiFi access is available 24-7 to the parking lot and Library Park area, and available indoors during all open hours. As a reminder, we also have a WiFi printer for patrons, which may be used with personal mobile phones, tablets, laptops, or with Library patron computers.

ZOOM STORY TIME—Winter Pause

Please note that we will take a **winter pause** from our weekly Tuesday **ZOOM STORY TIME** for **January, February, and March**. We will go back to weekly, outdoor, in-person meetings beginning in April.



DISCOVER SAVINGS on your electric bill with Kill-A-Watt ELECTRICITY MONITORS from ELECTRICITY MAINE!



Curious about the efficiency of your household appliances, which items cost you the most in terms of your electric bill, and how you might save on your monthly bill? Simply check out an easy-to-use Kill-A-Watt Electricity Monitor from the Library to see how you might start saving!

Upcoming LIBRARY BOOK GROUP MEETING (for Adults)

Our monthly Library Adult Book Group is open to all! The Book Group generally meets on the last Monday of the month at 6:30pm. For the winter months, we will meet by Zoom rather than in person. Our next book group meeting will be **Monday, March 28th at 6:30pm** by Zoom to discuss the fiction selection *The Exiles* by **Christina Baker Kline**. To request a copy of the book and/or the Zoom ID, please call 207-685-4089 or email librarian@readfieldmaine.org.



SNOWSHOES AVAILABLE TO BORROW



Get outside and enjoy the beautiful Maine winter! Child- and Adult-sized snowshoes are available to borrow at the Library. We also have poles! Note: check-out period is for one week, and we ask that you return snowshoes when the library is open. This program is made possible by the generosity of patrons who have donated snowshoe equipment.

WHAT'S NEW AT THE LIBRARY?

Visit our website to see the newest books, movies, and audio added to the collection!
<https://readfieldlibrary.wordpress.com/new-items/>

UPDATED COVID-related LIBRARY INFO

For the most updated information: <https://readfieldlibrary.wordpress.com/covid-19-response-info/>



READFIELD HISTORICAL SOCIETY

ANNUAL MEETING AND PROGRAM

Mark your calendars for our annual meeting and program on Saturday, April 18th 1-3 p.m. at Gile Hall. More details will be announced in the April Messenger and on the RHS Facebook page. Also watch local newspapers for more details as the time draws near. Watch your USPS mailboxes for our 2021 annual report coming soon.

THE WHITTIER HOMESTEAD

People have been asking us about the history of the house that burned on Tallwood Drive in February. First of all, we extend our sincere concerns to the homeowner, Lorraine Rourke. We are thankful that she and others living in the home were able to escape alright, and pray that Lorraine will soon recover from the trauma and be able to rebuild her home. House fires are a terrible and shocking kind of loss!

This house has been owned by only two families since c.1793. First settled by Samuel White, and then taken over by his son Henry, and Samuel's son-in-law Josiah Whittier. The property remained in the Whittier family until 1973 when Eugene & Grace Whittier sold it to Bill & Richard Rourke.

The original wooden house was torn down and rebuilt by Eugene Whittier in the 1940s, making the attached brick house (that burned) the older of the structures. The attached brick house was built c.1879 on 1/2 acre by father and son, George and Henry D. Whittier, making the property a duplex. George's youngest son Charles D. worked on his father's farm and lived nearby (where Bob & Joan Mohlar's house is now), while Henry and his wife Emma lived on the homestead. The next generation to live there were Henry & Emma's sons and wives, Don & Ethel and Eugene & Grace. Don died at age 39, four months after he and Ethel married and his widow moved to Florida. Eugene and Grace were the sole occupants until just before they both died in 1974. They did not have children of their own but the kids who grew up in the neighborhood and youngsters who came to the Lake in the summer were always welcome at the Whittier house.

The Whittier family was also significant regarding the development of the Lake Maranacook's eastern shore. They sold some of their water frontage to summer people and included a right of way through their pasture now called "Big Pines Lane". Henry Whittier was a carpenter and built some of the oldest cottages on the Lake, including the Sir Charles Hotel and cottages on Tallwood Peninsula in the 1890s. Many summer people considered the Whittiers good friends and we often hear mention of them from families who have been coming to Maranacook for generations. Their stories will live on no doubt because the Whittier family has been a big part of the local and summer resident's folklore on South Road and Tallwood Peninsula for a very long time.

RHS is open by appointment when weather and temperatures allow.

Times and dates will be announced later about regular summer hours. For questions about any aspect of Readfield history contact readfieldhistorical@gmail.com or (207) 377-2299.



Two photos of the Whittier homestead on Tallwood Drive. One was taken circa 1900, with the original wooden structure still attached. The second photo was taken in 2018 on a Readfield History Walk.

Week 1: National Consumer Protection Week

It's National Consumer Protection Week —and while AARP is focused on protecting consumers year-round – this is a good time to highlight some key consumer protection tips.

Giving out personal or financial information to someone who contacts you is a high-risk proposition – be it by phone, email, text, or online. Rather than clicking links from texts and emails from your bank or from businesses you have accounts with, go to your app if you have one, or to a web browser and type the address in yourself – that way you know you are going to the legitimate site. Lastly, engage your inner skeptic when a communication produces a strong emotional response; we know scammers want us “under the ether” of emotion to get us to believe their lies.

Check out our Fraud Resource Center at www.aarp.org/frc for more insights and tips to stay safe from scams and fraud.

Week 2—Celebrity Imposter Scams

These days, celebrities share career news, personal views, even travel videos on social media and interact with fans in comment threads. But if you get a direct message out of the blue from a favorite musician, actor or athlete, don't get starry-eyed, get skeptical — it's almost certainly a scam. It's also always a scam when they ask for money for charity or say that you've won a large cash prize but need to pay an entry or processing fee.

Sadly, the AARP Fraud Watch Network Helpline hears about these scams all the time. Stars like Bruce Springsteen, Trace Adkins and Oprah Winfrey are among thousands of celebrities whose personas have been used by scammers online to solicit money from fans.

Remember, never share your personal information with or send money to someone you don't know and have only communicated with online, no matter how supposedly famous they are. Check that the social media account of your favorite celebrity is verified (look for the checkmark in a blue circle next to their name on Facebook and Twitter).

Week 3—Social Media Scams

The Federal Trade Commission (FTC) has declared social media a “Gold Mine” for scammers after consumers reported losing \$770 million in social media scams in 2021. That was double the amount of reported losses from 2020 – and we know fraud is severely under-reported, so the real losses are likely much higher.

The top three social media scams in 2021 were investment scams (many related to cryptocurrency), romance scams and shopping scams peddling counterfeit goods or not shipping anything at all.

According to the FTC, criminals are able to use the information we provide about ourselves on social media sites to target us with ads for fake products. The relatively low cost to advertise on these sites also makes it easier for crooks to cast a wider net.

To stay safe on social, make sure your privacy settings restrict who can see your personal information. Be wary of anyone you meet online who asks you to make an investment or help them out financially. Also, carefully research the company and product you might be interested in buying to make sure they are reputable.

Week 4—AARP ReST: Emotional Support for Fraud Victims

For many fraud victims, the financial toll is only part of the story; nearly two in three victims suffer a significant health or emotional impact, according to research by the FINRA Investor Education Foundation.

To address this reality, the AARP Fraud Watch Network and Volunteers of America (VOA) developed a free program to provide emotional support for people affected by fraud. AARP VOA ReST, which stands for Resilience, Strength and Time, features small groups whose participants are led in discussion by one or more trained peer facilitators. These online, hour-long sessions help to re-establish trust, integrate your experience and build back your resilience despite a difficult and painful occurrence. Discussions are confidential and you are welcome to attend one session or several – it's your choice.

Experiencing a scam can be devastating, but it doesn't have to define you. Visit www.aarp.org/fraudsupport to learn more about the free program and register today. Remember, you are not alone.

Continued on next page....

Week 5—Disaster Repair Scams

Extreme weather season seems to be a misnomer, with catastrophic weather events happening throughout the year these days. Whenever weather events occur, shady contractors and outright impostors flock to neighborhoods in search of “work” that they may or may not even attempt to do. Many will specifically target older homeowners who they perceive as more trusting, more likely to have savings, and – they think – may be experiencing cognitive decline.

It’s safest to trust contractors that you proactively reach out to. Also, regardless of who you are talking to, get written estimates and compare bids from multiple contractors before starting any work. Finally, pay no more than a third of the total cost prior to the work beginning – and then only when materials arrive.

Report scams to local law enforcement. For help from AARP, call 1-877-908-3360 or visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork.

Readfield Union Meeting House



Committees remain active at the Readfield Union Meeting House as we head into March 2022.

The Fund Raising Committee has received an invitation from Maine Preservation to submit a grant request to the 1772 Foundation for additional maintenance work on north stained/stenciled glass windows. This grant request has been submitted for the Feb. 25 deadline.



A \$10,000 grant request to fund the purchase of Vestry kitchen equipment and appliances has been submitted to the Maine Community Foundation’s Community Building program. The Vestry Building Committee and the Friends of the Vestry/Meeting House collaborated with some community members on some of the details.

The RUMH Building Committee has received the Preservation Timber Framing (PTF) estimate for the restoration of the tower, belfry and attic. The estimate was higher than expected. The Building Committee will set up a meeting with PTF to go over details and make adjustments where needed. Updates on the restoration will continue in upcoming Messenger articles.

Volunteers Needed! Readfield Union Meeting House Co. depends on community help to complete its restoration.

An article is being written to the Community Advertiser, Lake Region Reader and Kennebec Journal with a list of jobs requesting volunteer help. We are a small Board of Directors carrying out many tasks and would love some help.

Clock faces to return home to Readfield. Included is an image of one of the three faces that is expected to return to Readfield in March They will be stored here in Readfield until the tower and belfry restorations are completed. You may remember that the restored Clock is here being stored inside the Meeting House.

Please remember to send your new or renewed RUMH memberships to us at PO Box 451, Readfield, ME 04355. Student- \$5. Single- \$25. Family- \$45. Benefactor- \$100. Sponsor- \$200. Business-\$35. Corporate-\$200. Please include mailing address, and phone or email address.

Respectfully submitted, Nancy Durgin



www.spectrumgenerations.org
One Weston Court, Suite 109, Augusta, ME 04338-2589
1.800.639.1553 Fax 207.622.7857 TTY 1.800.464.8703

Hello Readfield residents,

Spectrum Generations is incredibly thankful for the contribution your town made to our nonprofit last year to help us provide services to older and disabled residents in your community and beyond. Your town's donation of **\$1,513** made a real impact, helping us leverage **\$18,066** in benefits for your community. Here's a breakdown of the services we provided to 55 members of your community last year:

- **1,206** meals worth an estimated **\$8,128** were delivered to homebound seniors and adults with disabilities;
- **192** congregate meals were served, worth an estimated **\$4,255**;
- Aging and Disability Resource Specialists provided **57** hours of outreach and counseling on topics including elder abuse, prescription drug coverage and long-term care options. This counseling valued at **\$862** was provided to **52** individuals;
- **4** community members received **71** hours of caregiver services valued at **\$4,471**;
- **1** community member participated in a health and wellness program worth **\$350**;
- **5** volunteers provided an estimated **423** hours of service through our organization to your community;
- Healthy Living for ME, a statewide network of local organizations, health systems and volunteers, worked together to provide **123** free or low-cost workshops to nearly **1,000** participants, empowering them to take control of their health.

Thank you for contributing to our mission to promote and advance the well-being and independence of older and disabled adults, with the support of their care partners, to live in their community of choice. Your support ensures that older and disabled adults will continue to receive these vital services in your community. If you or a loved one would like to volunteer, or learn more about our services, please contact me at vabbott@spectrumgenerations.org or call (207) 620-1631.

Sincerely,

A handwritten signature in black ink, appearing to read "V. Abbott", with a long horizontal flourish extending to the right.

Victoria Abbott
Community Engagement Director

Spectrum Generations is the Central Maine Area Agency on Aging with Community and Aging and Disability Resource Centers
in:
Belfast | Brunswick | Camden | Damariscotta | Hallowell | Skowhegan | Waterville



FIRST BAPTIST CHURCH MOUNT VERNON FOOD BANK

The First Baptist Church Mount Vernon Food Bank serves the communities of Mount Vernon, Vienna, Readfield and Fayette. We are located at the First Baptist Church on 321 Pond Road, Mount Vernon.

You can reach us on Saturday mornings at 293-2141. Our hours are from 9:30 to 11:30 Saturday mornings; however, if you are in need at any other time, you may call Bob Peterson at 685-7292. We follow the Federal Guidelines but will never turn anyone away. We offer meals, meats, fresh produce, bread, eggs, pantry items, and toiletry items. We also have a small supply of clothing.

At this time, we are only offering curbside service due to COVID but will change when we feel it is safe to do so.

Maranacook Food Pantry
Thursdays 3:30-4:30 PM ~ FMI Call 685-4923

Greetings to our amazing Maranacook Community!!!

Thanks to your incredible support and the outstanding generosity of the folks at the Red Barn, we made \$1681.86 at the food pantry fundraiser held Tuesday, February 15. By our reckoning, that will be 5 weeks of groceries for the pantry!

We would like to thank the Red Barn for their generosity, and for being just a great group of human beings to hang out with!

Despite the chilly evening, our intrepid team of volunteers braved the cold to thank everyone who came and to sell 50/50 tickets. Our 50/50 winner, Victoria Scott of Readfield,, donated her earnings back to the food pantry - THANK YOU VICTORIA!

We also had some wonderful people donate to us directly and we want to thank them as well. The support that we have had from our communities is humbling and we thank you all on behalf of our food pantry families.

The Maranacook Food Pantry Committee

**Food donations can be dropped
off at the Readfield Town Office**

THANK YOU!



Mainers Invited to Join Healthy Living for ME's March Workshops

Free Workshops Available to Help Mainers Improve Health

Statewide - This March, Healthy Living for ME will be offering workshops focused on helping Mainers who are living with diabetes, other conditions, as well as a workshop focused on helping people with Intellectual and/or Developmental Disabilities or Acquired Brain Injuries live a healthy lifestyle. Available across the state, with in-person, virtual, and telephonic options, these workshops are provided to the public through Healthy Living for ME's partnerships with local organizations and health systems.

"We're grateful for the partnerships that allow us to continue to bring workshops to Mainers. These workshops offer education and guidance for managing conditions and improving health while importantly providing a supportive space for participants," said Maija Dyke, Contract and Business Manager of Healthy Living for ME. "We invite any Mainer who is interested in joining these workshops to reach out to us for more information or to register."

Many of Healthy Living for ME's workshops are free to the participant, while others have a low cost. For virtual workshops, participants who do not have the necessary technology may be eligible to borrow an iPad from Healthy Living for ME in order to participate.

Healthy Living for ME's March workshops include:

- **Living Well with Diabetes (in-person)** - This workshop will be held in-person at the Alford Center for Health in Augusta on Thursdays beginning March 3, 2022. It is designed to help people with type 2 diabetes by covering topics such as: dealing with diabetes symptoms, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear, frustration, appropriate exercise, healthy eating, appropriate use of medication and working with healthcare providers. This workshop is provided in partnership with MaineGeneral's Peter Alford Prevention and Healthy Living Center.
- **Better Health Now with Diabetes (by phone)** - Participants in this workshop will receive a free mail order toolkit and will work with a certified leader via phone or Zoom at a predetermined time. The workshop is scheduled to begin on March 14, 2022. It is designed to help those who have or are at risk of type 2 diabetes and/or their caregivers. Topics covered include dealing with diabetes symptoms, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear, frustration; appropriate exercise, healthy eating, appropriate use of medication and working with healthcare providers. This workshop is provided in partnership with MaineGeneral's Peter Alford Prevention and Healthy Living Center.
- **The National Diabetes Prevention Program (virtual)** - This workshop will be held virtually beginning on March 22, 2022. It is not a diet or exercise class, but a program led by a certified lifestyle coach that provides free health coaching to reduce a person's risk of developing Type 2 diabetes. Participants will learn to apply practical strategies to stay motivated, manage stress, prepare food, and avoid negative thoughts. Participants attend 16 weekly sessions followed by every other week sessions for the remainder of the year-long program. Additionally, our Registered Dietician will be available to support participants of the program.
- **HealthMatters (in-person)** - This workshop will be held in-person at the Muskie Community Center in Waterville on Mondays, Wednesdays, and Fridays beginning March 28, 2022. It is designed to help people with Intellectual and/or Developmental Disabilities or Acquired Brain Injuries and their supports live a healthy lifestyle. Through exercise, nutrition and health education activities, this workshop helps participants become stronger and healthier, improve self-advocacy skills and confidence, and connect with peers as they gain the knowledge, motivation and skills needed to create healthy habits that last a lifetime. This workshop is provided in partnership with Bridges Home Services.
- **Living Well with Diabetes (virtual)** - This workshop will be held online on Thursdays beginning March 31, 2022. It is designed to help people with type 2 diabetes by covering topics such as: dealing with diabetes symptoms, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear, frustration, appropriate exercise, healthy eating, appropriate use of medication and working with healthcare providers. This workshop is provided in partnership with SeniorsPlus and the Lewiston/Auburn (L/A) Senior College.

Registration is required for these workshops. Please contact Healthy Living for ME at 1-800-620-6036 or info@healthylivingforme.org for more information and to register. You can also register via our website, www.healthylivingforme.org.

Healthy Living for ME also welcomes referrals from healthcare providers. Our evidence-based programming can help patients manage and prevent conditions before they become more serious or result in emergency situations.

To learn more about these and other workshops offered by Healthy Living for ME, visit www.healthylivingforme.org.



Welcome Home

Vietnam Era Veterans Breakfast

Wednesday, March 30, 2022

Who: Vietnam Era Veterans and one guest

What: Breakfast and ceremony hosted by Travis Mills Foundation

When: 0900, Wednesday, March 30, 2022

Where: Augusta Armory, 179 Western Ave.

Why: To thank all Vietnam era veterans for their service and sacrifice

How: RSVP by March 1, 2022, to this FREE event;
give.classy.org/travismillsbreakfast

US Army Staff Sargent (Retired) Travis Mills is an ardent supporter of our Vietnam Era Veterans and this event is a way for him and the Travis Mills Foundation to say 'thank you' to those who served during the Vietnam War.

**Because of COVID safety precautions, seating will be limited;
please RSVP as soon as possible.**

FMI, email christine@travismillsfoundation.org



TRAVIS MILLS
FOUNDATION



KENNEBEC LAND TRUST'S 2022 CONSERVATION LECTURE SERIES

Maine Medicinal Plants: Cultural Uses, Ecology, & Botany

The Kennebec Land Trust is pleased to announce the dates and speakers for its annual conservation lecture series. This year's in-person program is **Maine Medicinal Plants: Cultural Uses, Ecology, & Botany**.

Cultural Uses, Ecology, & Botany www.tkl.org/lyceum/ KLT's popular annual March lecture series is modeled after the early New England lyceums that began in 1826 in Massachusetts. For many years New England lyceums hosted lectures, debates, and concerts for public audiences. The Trust's annual Lyceum lecture series is supported by Gloria Williams Ladd. This year's series is sponsored by **the Josselyn Botanical Society**. All programs are free and open to the public.

In an effort to allow physical spacing between attendees, KLT's 2022 Lyceum will be taking place at the **Winthrop Performing Arts Center in Winthrop**. All attendees will need to show full proof of vaccination against Covid-19 (14 days past the second vaccination shot) or a negative Covid test completed within 48 hours of the lecture.

Botany of Medicinal Plants

Eric Doucette, PhD, Assistant Professor of Biology, Massachusetts College of Liberal Arts

Thursday, March 17, 7:00 - 8:30 p.m.

Eric Doucette will speak about the correct identification of medicinal plants; non-toxic or non-medicinal look-alikes; and conserving rare species while collecting medicinals.

Growing, Gathering, Preparing, and Using Medicinal Plants

Deb Soule, Herbalist and founder of Avena Botanicals

Thursday, March 24, 7:00 - 8:30 p.m.

Deb Soule will provide an overview of ten important medicinal plants; introduction to using medicinal plants; and common preparations

Past, Present, and Future: Cultural Uses of Native Plants in Maine

Jennifer Neptune, Artist, anthropologist, educator, and member of the Penobscot Nation

Thursday, March 31, 7:00 - 8:30 p.m.

Jennifer Neptune will speak about, relationship, respect, and reciprocity with plants and the natural world; food and medicine, beyond corn and tobacco; and benevolence and beauty of the trees: ash, birch, cedar, and maple.

Kennebec Land Trust will also offer Maine medicinal plant field workshops with herbalist Linda Nelson; botanists Eric Doucette; and Arthur Haines in the summer 2022.

For more information contact KLT

331 Main Street PO Box 261 Winthrop, ME 04364 207.377.2848 www.tkl.org



Town Office Staff Contacts

Town of Readfield

www.readfieldmaine.org




8 Old Kents Hill Road
Readfield ME 04355

Phone: 207-685-4939
Fax: 207-685-3420

Town Manager, Eric Dyer: manager@readfieldmaine.org
 Finance Officer, Teresa Shaw: finance@readfieldmaine.org
 Town Clerk, Kristin Parks: clerk@readfieldmaine.org
 Code Officer, Chip Stephens: ceo@readfieldmaine.org
 Front Desk Clerk, Anjelica Pittman: info@readfieldmaine.org
 Maintenance, Matthew Seems: maintenance@readfieldmaine.org
 Animal Control, Eric Johnson: 207-931-7684
 Sexton, Ben Rodriguez: sexton@readfieldmaine.org
 Assessor, David Ledew: assessor@readfieldmaine.org



March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	1	2 Library Board of Trustees 6:30 PM Broadband Committee 6:30 PM	3 Budget/Select Board Committee Meeting 6:30 PM	4 Assessor In (By Appointment)	5 Youth Ice Fishing Derby 6:30 AM - 3:00 PM
6	7	8 Planning Board 6:30 PM Conservation Comm. 6:30 PM	9 Age Friendly Committee 9:00 AM Broadband Committee 6:30 PM	10 Budget Committee 6:30 PM	11	12
13 Daylight Savings Begins 	14 Select Board 6:30 PM	15	16 Comprehensive Plan Comm 6:00 PM RSU#38 Budget Workshop w/ Select Boards 6:30 PM	17 St. Patrick's Day 	18 Assessor In (By Appointment)	19
20 First Day of Spring 	21 Cemetery Committee 10:00 AM	22 Planning Board 6:30 PM March Messenger Articles Due	23 Trails Committee 6:30 PM	24 Public Budget Meeting/Hearing 6:30 PM	25	26
27	28	29	30	31		