

The Hallowell Champion



Hallowell All-Age-Friendly Newsletter Volume 4 Issue 3

Summer 2023

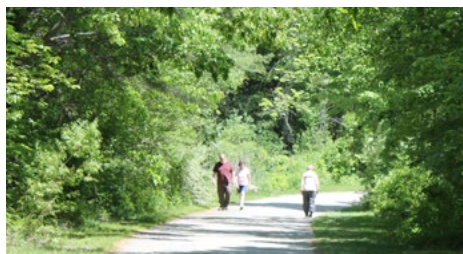
What Makes Hallowell Hot? Or Cool!

What makes our little City such an enticing locale? Ask folks on Water Street about to visit a local watering hole or shop and the answers aren't that surprising. Restaurants, coffee shops, cool retail outlets, florists. Many point to Granite City Park and the colorful chairs along the bulkhead. Others will talk about the schools, the Ice Vault, or the coolest (mostly, except in the summer) library, the Hubbard. Then there is the Kennebec River Rail Trail that connects towns and cities to the north and south. Organizations that are dedicated to preserving our heritage like the American Legion or the Masons or Row House spark interest.

Many, however, are drawn to the outside recreational opportunities of which Hallowell has many. Prepare to get your shoes or sandals dusty and begin the trek.

Vaughan Field

Turn the Wayback Machine to 1923, which is when Bertha Vaughan gave the City a large field located at the north end of Middle Street. Bertha Hallowell Vaughan was the great-granddaughter of Benjamin and Sarah Manning Vaughan, whose family had been



Strolling in "The Res."



the first year-round residents of the Vaughan Homestead.

Vaughan Woods

The deed reads, "The understanding between said Bertha H. Vaughan and the City of Hallowell, in consideration of said Vaughan deeding to said City the premises herein mentioned, is that the said City shall own and maintain a 'Public Park and Playground' to which the children and citizens of said Hallowell may have access and use under such regulations as said City may deem proper; said premises being given in memory of Benjamin and Anna Harriet Vaughan, and to be known as the 'Vaughan Field.'"

About the same time that the City rebuilt the bulkhead, it also invested in playground equipment and groundwork to improve the park and to encourage athletic pursuits.

Follow Middle Street south to the end and just across Litchfield Road is the parking area for Vaughan Woods, the privately owned preserve that was the first property protected in what became the Kennebec Land Trust. Trails meander through more

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From the Desk of the Hallowell City Clerk

Election

The June 13th Referendum Election is fast approaching. The only item on the ballot will be the RSU 2 School Budget Validation Referendum, which is a yes or no question. Absentee ballots will be available and can be requested by phone or in person. Please contact the City Clerk's Office if you plan on voting by absentee. The polling place is located at the Hall-Dale Elementary School, 26 Garden Lane, Hallowell. Polls will be open on Election Day from 8:00AM to 8:00PM.

New City Website

A few months ago the City launched a newly designed website. Along with an updated look, you will find the City Calendar filled with information on meetings and municipal events. There is also a "How Do I" section to help residents find answers to many questions. The new website also includes

information on City shopping, the arts, restaurants, and the rich history of the community. You can check out the new website at <https://hallowell.govoffice.com>. Let us know what you think.

Social Media

Facebook is a great way to get information out to the community and to interact with residents. In the last 28 days our Facebook posts have reached over 30,000 people. We've had a lot to discuss recently, including the heavy flooding along the Kennebec River. Thank you to the Public Works and Police Departments and all the volunteers who helped bring the chairs to higher ground. You can follow us at www.facebook.com/CityOfHallowellME.

Many Thanks

I want to thank the community for being so welcoming to me. It's been four months since I began



working here at City Hall, and I couldn't be happier to be your City Clerk. Please feel free to contact me or Deputy Clerk Dan Kelley if you have any questions or are in need of information. I can be reached at 623-4021, ext. 200, or by email at cityclerk@hallowellmaine.org; Dan Kelley can be reached at 623-4021, ext. 204, or by email at deputyclerk@hallowellmaine.org. (LG)

Introducing the Public Works Director

Tom Goraj has been the Public Works Supervisor in Hallowell since the fall of 2022; however, he is not a newcomer to the Granite City. He has been on the crew at Public Works since 2010, and before that



Tom Goraj.

he was a member of the Hallowell Police Department.

"My grandfather was the Fire Chief in Augusta for over 30 years so, like many kids, I wanted to be a fireman or a policeman when I was growing up. Before I came to work in Hallowell, I blasted rock in quarries all over New England. I ran a plow truck here for a couple of years part time."

"We plow like it was our driveway and we mow like it was our lawn," he explained as he looked over a map of the cemetery. Tom was mapping out a gravesite on a lovely summer afternoon. "I like working here. Keeping the cemetery clean and neat is the last thing I can do for people."

Tom and his wife, Cara, live in

Chelsea where they have raised three boys and a girl. His last name, Goraj, is pronounced Gor-ray. "I've heard it said so many different ways I get confused myself!"

Tom and the other three members of the Public Works crew can be contacted at (207) 622-3993. Leave a message if the crew is out or email pw1@hallowellmaine.org. The crew works Monday through Thursday from 6:00AM to 4:30PM, April 15 through September, then 7:00AM to 3:30PM Monday through Friday the rest of the year or whenever they are needed for plowing and other tasks. "I've missed maybe three Christmases over the years. It isn't fun, but you do what needs to be done," he explained. (BM)

Vaughan Homestead Set for Summer!

Welcome!

Welcome to Summer at the Vaughan Woods and Historic Homestead! Children gathered in the yard at the Homestead for a traditional Maypole dance, although the event was delayed a week following torrential rains. The Memorial Day weekend, the unofficial beginning of the season, saw spectacular weather and a flood of woods walkers! A reminder: the trails are open from dawn to dusk. Please, keep the pups on a leash (it's the law!) and clean up any mutt droppings. There are lots of feet on the trails, young and old. Thanks for helping us care for this special place.



Children kicked off the season in style and danced their way into summer around the May Pole at the Vaughan Homestead.

Garden Party

The official summer program schedule kicks off in style at the Homestead with the Garden Party on June 17th. This popular event begins at 5PM and continues until 8PM. Tickets are \$35 per person in advance or \$40 each at the gate. Tickets can be purchased online at vaughanhomestead.org or call (207) 622-9831. Ken Labarecque will be performing on guitar. Pizza by Fire, a wood-fired pizza truck will be providing food, and a cash bar will be offered by the Quarry Tap Room.

Gaslight Theater

The Gaslight Theater will again feature performances in the Garden Pavilion. On Old Hollowell Day weekend (July 14, 15, 16), enjoy a delightful presentation of "The Brothers Grimm Spectaculathon!" The fairy tales of the Brothers Grimm are turned on their heads in this fast-paced, rollicking ride as two narrators and several actors attempt to combine all 209 stories ranging from classics like Snow White, Cinderella, and Hansel and Gretel to more bizarre, obscure stories

like The Devil's Grandmother and The Girl Without Hands. A wild, free-form comedy with lots of audience participation and madcap fun. Outdoor performances are scheduled for the weekends of July 14, 15, 16 (note that July 15 is Old Hollowell Day) and 21, 22, 23.



Hélène Farrar.

Painting Retreats

Hélène Farrar will be offering three-day landscape painting retreats entitled "Mapping Place" beginning Tuesday, July 25th, and then again Tuesday, September 19th. She invites you to "immerse yourself in nature and art making. Enjoy the majestic views of the Kennebec River, stone bridges,

luscious gardens, and ancient trees whilst developing work both on-site and in the Carriage House studios. Dig deep into encaustic, building texture and surface that responds to morning work considering atmosphere, light, and landscape forms."

Encaustic painting, also known as hot wax painting, is a form of painting that involves a heated wax medium to which colored pigments have been added. Participants will create paintings based on memory, sketches, and personal interpretations of place. This retreat will also offer guided walks, historic and environmental tours of the Homestead and Vaughan Woods, yoga, and organic meals. Open to beginners and those new to encaustic. Contact Hélène at (207) 485-5691 or email her at Helene@HeleneFarrar.com for more information.

There will be house and garden tours at the Homestead on select Thursdays in July and August. Check www.vaughanhomestead.org for more information. (BM)

Spotlight on Dementia and other Timely Topics

Gifts Expand the Hubbard Lifelong Community Collection

The University of Maine Center for Aging and its Lifelong Communities program recently donated a bag full of new books to the Hallowell All Age-Friendly Committee, which immediately passed them on to the Hubbard Free Library. Hallowell is recognized as an Age-Friendly community by AARP and the World Health Organization. The gift was in recognition for the Age-Friendly efforts. One book about the challenges of living with memory-related issues such as dementia is of special interest.

Dementia-Friendly Communities. Why We Need Them and How We Can Create Them, written by Susan McFadden, Ph.D., reveals there are over 100 types of dementia. Creating dementia-friendly communities can give people with dementia a chance to continue meaningful lives. “Dementia is a general category describing changes in the brain over time that can produce cognitive problems such as troubles with memory, problem-solving, decision-making, judgement, orientation to time and space, and language,” McFadden writes. The condition can cause difficulties with emotion and motivation.

Dementia as a term has somewhat negative connotations. A more inclusive term, and one gaining common usage, is *neurocognitive disorders* or NCD, but that term can also sound negative. Regardless of the terminology when defining a community, McFadden notes that geriatrician and author G. Allen Powers says communities should focus on being inclusive. That term casts a wide net. Inclusive communities can be seen as welcoming all people: new citizens from other states or countries, those who identify with a variety of personal behaviors, those

individuals with mobility issues, and, in this case, individuals with memory or cognitive challenges.

“Dementia is a social experience,” she continues. “Care is a social experience.” So beyond being welcoming, how does a community respond to individuals exhibiting different behaviors? First by recognizing that everyone is different. People are diverse. It is important that words like diversity, inclusion, and equality not be made into negative political stereotypes. Secondly, becoming aware and educated about not just the religious, cultural, and personal needs and desires of individuals who live in our community but also the psychological needs.

The organization Dementia Friendly America lists numerous activities to nurture understanding including educating people of all ages about dementia and training “customer-facing” employees of businesses and organizations to respond respectfully.

Hallowell is recognized as an All Age-Friendly community. That said, there are undoubtedly ways we can improve and enhance the lives of people of all abilities in the Granite City.



Maggie Warren, All Age-Friendly Committee and Annemarie Kromhout, Director of the Hubbard Library, look over books donated by the Lifelong Communities of Maine.

New Age-Friendly Resources

Pathways to Well-Being with Dementia. Essential information by people living with dementia, care partners, and leading dementia specialists.

A Funny Kind of Paradise by Jo Owens. After a stroke leaves her mute, partially paralyzed, and reliant on personal care staff, Francesca believes her freedom is lost. However, she is still clear-headed, sharp, and she wants to live.

Rekindling Democracy. A Professional's Guide to Working in Citizen Space by Cormac Russell. A practical, well-researched guide to help people hone the way they show up in citizen space.

You Bring the Distant Near by Mitali Perkins, National Book Award Nominee. A Bengali immigrant to America decides which traditions to uphold in the new country and which to leave behind.

The Secret Diary of Hendrik Groen 83½ Years Old. First entry: “Tuesday January 2013. Another year and I still don’t like old people. Their walker shuffle, their unreasonable impatience, their endless complaints, their tea and cookies, their belly aching. Me? I am eighty-three years old.”

Every Last Cuckoo by Kate Maloy, Winner of the American Library Association Reading List Award for Women’s Fiction. A gratifying novel about a woman who accepts a surprising new role just when she thinks her best years are behind her.

For younger readers, *Old Friends—Age is nothing but a number* by Margaret Aitken, a Scottish writer for children. Lovely illustrations by Lenny Wen.

For additional information about Lifelong Communities Maine, go to www.LifeLongMaine.org.

Cohen Community Deck Campaign More Than Halfway There! Now is the BEST time to donate

A generous leadership donor will contribute a \$25,000 matching gift! This means every donation that YOU contribute toward the Cohen Deck Project between now and July 31 will be doubled—dollar for dollar—up to \$25,000! Your \$100 gift becomes \$200, your \$500 gift becomes \$1,000! We need your help to make the Cohen Community Deck a reality for our older and disabled community members, their families, and friends. Research shows time

outside improves concentration and creativity, especially among older adults.

To contribute to the Cohen Community Center Deck Project, visit <https://donatenow.networkforgood.org/spectrumgenerations> and designate your donation using the dropdown box provided. Checks can be written to “Spectrum Generations” with “Cohen Deck Project” in the memo. Memorials, bequests, and planned

Getting stronger, healthier, with HealthMatters™

On a bright Wednesday morning, Christie Quincey, Community Services Regional Coordinator for Bridges Home Services, at Spectrum Generation’s Cohen Community Center, guided individuals through a HealthMatters™ workshop. The hands-on program developed for individuals with acquired brain injury and intellectual or developmental disabilities helps participants become stronger and healthier, improve self-advocacy skills and confidence, and connect with peers.

“We at Bridges Home Services have partnered and trained with Healthy Living for ME to provide HealthMatters classes to individuals we serve,” she explained. “The program can be customized to the health, exercise, and nutrition goals of each client, and exercises and information can be shared among a wide variety of individuals’ physical capabilities and cognitive capabilities.”

The material, she said, is easy to teach and added that the best part is having a supportive group to exercise and have fun with!

“This is the first time I have

taught the class and it has been a delight,” Christie said. “It is nice to see the participants contribute their own personal experiences to the discussions, and we definitely spend a fair amount of time sweating (even the teacher!).”

According to Christie, the class has been taking field trips into the community and working with other businesses and organizations to learn about fitness centers and health communities that share informative ways to be healthier together. The Bridges Home Services team looks forward to hosting more HealthMatters classes in the future.

Two upcoming hybrid HealthMatters workshop opportunities are coming up in June: Wednesdays, 10AM to noon, beginning June 21 and Fridays, 10AM to noon, beginning June 23. Participants can attend in person at Work First Inc., 309 Wilton Road, Farmington, or online.

For more information or to register, please call Spectrum Generations at (207) 622-9212 or visit healthylivingforme.org. (LM)



gifts are also graciously accepted toward the Cohen Deck Project. A “bucket” fundraising campaign is available at the Cohen Community Center. For more information, please contact Lindsay MacDonald, Vice President of Community Engagement, at lmacdonald@spectrumgenerations.org. (LM)

Special Sessions!

**Veterans Services Navigator
starting June 15, 8AM to
Noon, at the Cohen Center**

A Veteran Service Officer from the Bureau of Veterans’ Services will meet by appointment with any veteran who needs help navigating the complex web of services and benefits available to them and their families. Veteran Service Officers are experts on federal, state, and local veteran resources and are dedicated to helping veterans. Appointments are 30 minutes.

**Free American Heart
Association CPR/First Aid/
AED courses**

Spectrum Generations, in partnership with Kennebec County Emergency Management Agency, is offering this free three-session course at the Cohen Community Center. Classes are Tuesday June 27, Tuesday July 11, and Tuesday August 15 from 1 to 4PM for anyone with little or no medical training or anyone who requires a course completion card for a job.

Visit the Cohen Community Center, 22 Town Farm Road, Hallowell, or call (207) 626-7777 for information or to register for either session. (LM)

Mid-Summer Magic! Old Hollowell Day 2023

Mark your calendar! OLD HALLOWELL DAY returns again this year on JULY 15th—it's always the third Saturday of the month. OHD is a much-anticipated summer celebration of all things Hollowell, put on by hundreds of volunteers, with something to offer for everyone. From the legendary Old Hollowell Day parade to live music, dance, and theater performances to arts, crafts, and shopping to the American Legion's homemade strawberry shortcake to cribbage to the international kidsfest and, of course, the grand



fireworks finale—too many things to mention in one short article, but you can find the complete schedule, and plenty of other details, at www.OLDHALLOWELLDAY.ORG or on Facebook, or call Susan MacPherson at (207) 446-7810.

Raffle tickets are available for three separate prize drawings: (1) 2023 OHD artist Michel-Paul Cyr's original framed painting of Granite City Park; (2) a fabulous patchwork



2022 OHD Parade.
Photo: Nancy McGinnis/communicado

quilt crafted and generously donated by Leanne Timberlake; and (3) a selection of gift certificates from local businesses. OHD 2023 T-shirts and posters will also be available for sale. See you on Old Hollowell Day! (NM)

HOT continued from PAGE 1

than 160 acres and cross Vaughan Stream. Note that parking is not allowed along Litchfield Road or Middle Street. If the Hollowell parking lot is full, you'll find ample parking at Hall-Dale High School on Maple Street in Farmingdale during non-school hours, weekends, and holidays. The trailhead is by the tennis courts. Maps and tour guides are available online at <https://vaughanhomestead.org/walking-tour>.

Effie Berry Conservation Area

But wait! There are more opportunities for cool strolls. Go up Winthrop Street from downtown and turn right on Coos Lane by the Hollowell Fire Department through the former Industrial School for Girls, now Stevens Commons, and continue to the end where you'll find the Effie L. Berry Conservation Area. Matt Morrill, CEO of Mastway, the company that redeveloped the property, donated the conservation area to the City of Hollowell. This 8-acre parcel is now conserved for future generations to enjoy. The City then donated a conservation easement to the Kennebec Land Trust in

2018, in order to preserve it as a haven for both people and wildlife. The Effie L. Berry Conservation Area's peaceful trail wanders up through woods and an old hayfield to join the interlocking trails of the Howard Hill Historical Park, offering visitors a diverse natural environment to explore. Hollowell, Augusta, and the Kennebec Land Trust worked together to connect two adjacent properties that provide outdoor recreation, community connectivity, natural beauty, and historical importance.

The Res

Continue out Winthrop Street across the Interstate, turn left on Town Farm Road and look for the entrance on the right to the Hollowell Recreation Area and City Forest, most commonly referred to as "The RES." The name comes from the reservoir on the property, which was used to store drinking water for Hollowell. The RES covers 165 acres of quiet, forested space for use by City residents and visitors. The area is located approximately 1.5 miles west of downtown with walking and mountain biking trails, two ponds, a ballfield, a beach, and picnic shelters. Access on Reservoir

Road and parking farther out is reserved for city residents from 9AM until 4PM. Non-residents can park along the road or purchase a seasonal parking pass at City Hall.

Jamies Pond

Jamies Pond Conservation Area is the largest public space available for hiking in Hollowell. Parking is available down by the pond except during the winter when the road is closed to vehicular traffic. The 840+ acre Management Area surrounds the quiet pond and the walking trails through the protected woodland. The land is owned and managed by the Maine Department of Inland Fisheries and Wildlife (DIF&W).

The pond was Hollowell's water supply from the 1920s until the 1990s. The land was purchased from the Hollowell Water District by the Land for Maine's Future Program.

The City website has excellent trail maps that can be downloaded and printed. Go to <https://hallowell.govoffice.com>. Click on Government, select Conservation Commission, then Trail Guides. Print copies are available at City Hall, Monday through Friday. (BM)

Downtown Community Center Gathering Spot Available!

Looking for a place to hold a meeting or a casual gathering spot? Check out the Hallowell Downtown Community Center at 172 Water Street.

The Downtown Community Center invites inclusive connections to build on our strengths—the Hallowell community, arts, and the humanities. This welcoming space is available Monday through Friday from 9:00AM to 9:00PM, as well as for special weekend events. The space can comfortably accommodate 15 or so participants.

To reserve space, complete a reservation form, available online. Provide information about the sponsor, the event, and the date/time needed. You can click on the QR code with your smartphone or tablet or a paper copy is available. Contact Anne at (207) 620-2325 or



Karen at (207) 530-2754 (texting is preferred). If the space is available, you will be notified within two days. A Confirmed HDCC Event Details sheet outlining expectations and Center details will follow.

The space has been used for Hallowell Heart & Soul interviews and meetings, Gaslight theater rehearsals, Hallowell Pride meetings, and a holiday “pop-up” store supporting Breast Cancer Research. The building’s owners are providing the space as a service to the community. Utility and



maintenance expenses are paid by a combination of grant money and voluntary donations. (KTK)



Scan QR Code for Downtown Community center reservation form!

Spruce Up the Lawn? Enter the Heart and Soul Mower Raffle!

This classic riding lawnmower and cart, last seen in the 2022 Old Hallowell Day Parade, is powered by a gas Briggs and Stratton 18.5-hp overhead valve engine. Ticket sales benefit the Hallowell Downtown Community Center. Raffle tickets are available by emailing hallowellheartsoul@gmail.com, by calling (207) 530-2754, or by sending a check for \$5 (or more!) to Vision Hallowell, PO Box 43, Hallowell, ME 04347. The raffle drawing will be held at the Downtown Community Center on July 16, 2023, the day after Old Hallowell Day. (KTK)



Craftsman Lawnmower.

UMA Housing in Hallowell: A Home Away from Home



Finding suitable housing is an essential aspect of college life, as it significantly impacts students' overall experience and academic success. At the University of Maine at Augusta (UMA), students are provided with exceptional housing options in Hallowell that foster a supportive and enriching environment. UMA's housing at Stevens Commons not only offers comfortable living spaces but also cultivates a strong sense of community, allowing students to thrive both academically and personally.

Housing at Stevens Commons (formerly the Stevens School) began in 2019 and started with one building: Stevens Hall. In 2020, due to a continuing demand for housing, Erskine Hall was renovated to create UMA's second residence hall. In mid-May 2023, the University of Maine System Board of Trustees approved further expansion of the property by Mastway Development for UMA. According to Mastway's website, their goal is to "bring this age-old campus back to life with a mixed use of development that will complement Hallowell's already robust downtown area. Our work is focused around cultivating community through conservation, restoration and partnership." Plans are now under way to open up Cleveland Hall this fall for an additional 20 beds, bringing the total number of available beds to approximately 100 for UMA students. There is already a waiting list for new students desiring housing.

Kim Kenniston, UMA Director of Residence Life, is proud to be living there with students. With a background in residence life, a BA in psychology, and a master's

in education, her oversight and involvement are critical to student success. "Moving back to Hallowell has been rewarding, as it is the place that I called home while growing up with my family. I enjoy working with students to create an inviting, safe, and educational community for them to become the person and student that they strive to be."

Student housing at Stevens Commons provides apartments for both single and shared occupancy. These modern suites feature amenities such as a full kitchen, private bedrooms, spacious common areas, high-speed Internet, access to laundry facilities, and a local eatery onsite—Nellie's Kitchen. Living in Hallowell offers numerous advantages to students, including proximity to academic resources, campus events, and a supportive network of peers. Regular events and programs are organized to encourage social connections and provide opportunities for personal growth. Community Assistants (CAs) provide support, organize activities, and ensure a safe living environment. UMA Housing

also offers amenities such as study lounges, recreation areas, and fitness facilities, enabling students to balance their academic commitments with their personal well-being.

The safety and security of its students is always a priority at UMA. The housing facilities are equipped with security measures such as controlled access, video surveillance, and emergency response systems. Additionally, UMA Campus Security provides 24/7 support and patrol services. UMA housing goes beyond providing students with a place to live—it offers a nurturing environment that enhances their overall college experience. Students experience a supportive community, modern amenities, and resources to thrive academically and socially. UMA's commitment to student success extends beyond the classroom and makes UMA housing at Stevens Commons a true home away from home. For more information about UMA, visit www.uma.edu. (BW)



UMA Erskine Hall at Stevens Commons, Hallowell. Photo credit: Rene Roy Photography.

Nourishing Our Neighborhood

In this issue, I'd like to highlight some individuals and organizations who have donated to our food pantry recently. These acts of generosity are vital to meet the needs within our community, which continue to rise each week.

Hannaford Helps

As a partner of Good Shepherd Food Bank, we have a standing arrangement to pick up donations of fresh produce, breads, pastries, meat, and deli options from Hannaford Supermarket every Friday morning. The quality and variety of food we receive is outstanding, and it cannot be overstated what a difference this makes for our clients. Thank you, Hannaford!



Butternut (photo courtesy of Amy Wilmot).

Not Your Average Egg

Amy Wilmot (Vaughan Homestead) and Leslie Adams (Village of the Fluffy Butts Huts) both donate fresh eggs to our pantry whenever they have enough to spare. There's nothing quite like the range of colors or the taste of fresh local eggs. We thank you both for sending them our way!

Food Drives Galore

We've benefited from several local food drives: students in the National Honor Society and Student Senate at Hall-Dale High School, Pathfinders group at the SDA Church, Girl Scout Troop 1435, and Grade 4 students from Hall-Dale Elementary School. In addition, the USPS Annual Food Drive collected nearly 700 lbs of food from Hallowell residents, and it all came to us. Thank you for helping to keep our shelves well-stocked!



Mindy Jorgenson, Al Cloutier, and Bob Moore.

Sharing Is Caring

Augusta Food Bank offers a Food Share Program. Each week, if they receive more food donations than they can use, they share it with various organizations in the local community, including our food pantry. Bob Moore, executive director; Mindy Jorgenson, operations manager; and Al Cloutier, warehouse manager, are some of the most generous people with whom we've had the good fortune to work.



Sue Wallace, Vicky and Patrick Gabrion after unloading the USPS bins.

Making a Difference

It is incredibly heartwarming to see so much support for our food pantry: from volunteers who contribute their time to generous community members and businesses who donate year round. Our needs are ongoing, so please consider making an electronic donation on our website at www.hallowellfoodpantry.org. You'll be in good company!

City Hall Donation Drop

Donations of non-perishable items for the food pantry may now be dropped off at City Hall. A clearly labeled box is located in the Council Chamber. For larger donations, please call Vicky Gabrion at 992-6899 to make an appointment. Thank you. (VG)



Can You Get There from Here??

Transportation forum attendees look for a ride

Over thirty people from Central Maine gathered at the Cohen Center the beginning of May searching for a way to help them and their neighbors get from here to there and back again. Invitations to the regional transportation forum came from members of Age-Friendly Committees in Augusta, Chelsea, and Hallowell. The last meeting was four years ago, pre-pandemic.

Nöel Bonam, Executive Director of AARP Maine, moderated the meeting. He began by asking questions: “Who are you? Where are you from? What is your transportation dream?” This began a lively discussion by representatives of the area communities and several organizations that serve our region.

Mark O’Brien, Augusta’s mayor, dreams of reinvigorating rail travel. Jane Hurbert, Select Board Chair from Pittston and a New Jersey native, recalled the advantages of convenient bus service that allowed going downtown for movies. There was talk of social isolation, the challenges of traveling combined with major medical issues like knee replacements, or the difficulty of getting groceries when there are no stores within walking distance. Gay Grant, former legislator now Councilor in Gardiner, reminded participants that access to transportation is really an equity issue.

Rena Heath, a resident of Hallowell’s Cotton Mill Apartments, retired from state government service and likes to participate in action at the State House. As the only participant who relies on public transportation, she spoke about getting stranded in Augusta after a public hearing when her ride didn’t show up. Dot Grady, from the Age-Friendly Committee in Chelsea, longs for a volunteer driver program



Forum participants listen to Rena Heath (back to the camera) describe the challenges of not driving.

for her area.

Patrick Adams, a safety and operation specialist with the Federal Highway Administration, formerly of the Maine Department of Transportation (MaineDOT), observed that transportation is an “us” problem and that change to transportation policy often comes as a result of local efforts that then impact state and national policy. He pointed to the synopsis of the Maine Department of Transportation “Family of Plans,” specifically the Active Transportation Plan that spotlights alternative methods and the “Complete Streets” initiative. The MaineDOT website notes, “It is vitally important that you get involved early in the process to make sure that bicycle and pedestrian improvements are an important priority for decision makers at the local, state and national level.” He also noted that the Kennebec Valley Council of Governments has a contract to provide regional planning support and could be of help.

Although the state plan calls for increasing rural transit service and improving transit customer facilities statewide, Maine’s rural nature challenges the limited resources available for public transportation. KVCAP, the agency

providing public transportation for the Kennebec Valley region, in April had to curtail Gardiner to Augusta service to just morning and afternoon trips. Erin Bingham, the Senior Transportation Director, shared that transportation services will be provided primarily in response to calls from passengers or their agents to the transit operator, who then dispatches a vehicle to pick up the passengers and transport them to their destinations. She noted that the organization has been “flat funded” for the past decade, and it is getting extremely difficult to find drivers.

Nöel then asked the group where the effort should go from here? Erin Bingham, from KVCAP; Debora Southiere, the Town manager of Manchester; and Karen Tucker Knox from Heart and Soul in Hallowell volunteered to meet by the end of June to plan next steps. Questions to be answered include How do the region’s towns and cities address transportation? Through comprehensive plans or within governmental structures? What information exists that identifies current transportation needs? Finally, how committed are towns and cities to address transportation problems? There is certainly much work to be done. (BM)

WindowDressers Coming to Town!

Are you tired of cold, drafty rooms during winter? Do you want to lower your heating costs and help others? According to the U.S. Department of Energy, up to 30% of a home's heating energy can be lost through the windows. Insulating window inserts improve the warmth and comfort of indoor spaces, lower heating bills, reduce carbon pollution, and are often costly from commercial sources. Born of this need, WindowDressers is a nonprofit organization that trains, supplies, and supports volunteers in hosting "Community Builds" to construct low-cost window inserts for local residents. From November 3–8, 2023, Hallowell Climate Action (HCA, a project of the Hallowell Conservation Commission) and Manchester Conservation Commission (MCC) are partnering with Capital Area New Mainers Project to hold a Community Build at the Hallowell Multiculture Center for our combined communities.

The WindowDressers inserts are interior-mounted storm windows. They are custom built to the exact measurements of each window in your home to ensure a tight fit and excellent insulation. The inserts are made of pine frames wrapped with two layers of tightly-sealed clear plastic film to create an insulating

air space and are finished with a foam gasket surrounding the frame. The foam allows the inserts to be held firmly in place inside your existing window frame without any fasteners. The inserts are removable for reuse each winter and generally last 5–10 years.



In the Community Build program, volunteers produce inserts that are as affordable as possible. Volunteer leaders from HCA and MCC are currently being trained by WindowDressers in window measurement and insert assembly. Clients are requested to contribute a 4-hour shift during the Community Build for every 3 to 5 inserts they will receive, and additional community volunteers also contribute to the effort. Through this participatory model, insert prices are 50 to 75 percent cheaper than commercial products and are free for households that cannot afford to pay.



The Manchester-Hallowell Community Build will be held in partnership with the Capital Area New Mainers Project at the Hallowell Multicultural Center, Nov. 3–8, 2023.

Volunteering at a Community Build is like participating in a barn raising or a quilting bee, but for windows! There are volunteer jobs to suit all interests, from performing a simple step in the insert assembly process to putting out food to share. WindowDressers volunteers are motivated toward climate action, environmental justice, and community building. Participation is essential to keep inserts affordable or free, to help your neighbors, and is fun! You can learn more about window inserts and read product testimonials at windowdressers.org. To order inserts or to volunteer at our local Community Build, contact manhallwindowinserts@gmail.com. (HN)



The WindowDressers participatory model depends on insert clients and community volunteers who are trained in one simple step in the insert-building process.



Summer's Here. Trees Are Green. Temporary Roadside Signs are Sprouting Everywhere

An observation by John Bastey with guidance from Doug Ide, Hallowell Code Enforcement Officer

How do we know when the summer season arrives in Hallowell?

The days are longer and getting warmer. The tulips have bloomed, and the apple trees are filled with beautiful white flowers. Unfortunately, like a seasonal curse, temporary advertising signs quickly sprout on lawns and curbsides. The signs are mostly for local businesses but also from other towns and cities.

A quick drive-through count shows signs for lawncare (four separate businesses), storage facilities (two from Winthrop and West Gardiner), roofers (two from Augusta, maybe), and foresters or arborists (two companies). All kinds of services, useful of course, but advertising signs on the beautiful streets of our fair city are not allowed to be posted without approval by the Code Enforcement Officer (CEO), Doug Ide. He can be reached at (207) 623-4021, Ext 4.

The only signs allowed are political signs, in season, some real estate signs offering property for sale, and, well, not much else without CEO or Planning Board approval.

The signs have been an annoyance to me for years, and as I talk with folks, I find the signs annoy practically everyone. Why should we have to deal with this blight of ugly advertising signs all over the City every spring, summer, and fall? I asked Doug Ide and he says we don't!

The Hallowell City ordinance, SECTION 9-637 SIGNS: states:

Prohibited Signs: No person shall erect or maintain, and the Planning Board and the Code Enforcement Officer shall not approve nor issue a permit for:

F. Signs Unrelated to Goods or Services Not Available on the Premises. Except for directional signs permitted by the Maine Travelers Information Services Act, all signs shall relate to goods or services available on the premises on which the sign is located.

The Code Enforcement officer will be talking with the companies posting the signs, explaining what the ordinance says and how to comply. He can issue citations but he will do that only if necessary.

He is only one person, however, and we all can help. Contact the business advertised on the sign and ask the person who answers if they know about the Hallowell sign ordinance. That's it, just ask. Refer to Section 9-637 of the city ordinances. I have called many of them. Perhaps they think putting up the signs without a permit is OK, but the ordinance is clear. If you call, too, maybe they will get the message. (JB)



Find out if a lawn sign is legal. Contact Doug Ide, Code Enforcement Officer: (207) 623-4021, Ext. 4.

Shopping Local—Investing Close to Home

We have reached “strolling season” when it is delightful to meander up or down Water Street and take in the sights and sounds of our bustling micropolis. As you perambulate, the Hallowell Area Board of Trade encourages you to visit the shops along the way. And remember there is more to Hallowell than downtown. The attractions on the outskirts vary from sporting venues for ice hockey and bowling to new cars, new locks, and hot dogs.

Is shopping local really that important? Well, yes! Especially to the business owners and the folks who work in the establishments. Most local businesses could be considered “small” and that is a relative term. Even a car dealer or tire and maintenance shop with multiple locations is a “small business” in the big scheme of things. Want to see the impact? Take a look at “Did You Know?”

Business Guru Tony Robbins has some of the largest companies in the world for clients and yet even he stresses the importance of shopping local. He points to five big reasons to keep your hard-earned bucks at home in town. (<https://www.tonyrobbins.com>)

1. Support your community. For every \$100 you spend with a local business, your area gets \$68 in economic return.

2. Create more jobs. Shopping local doesn't just keep money in your community, it creates jobs. Those jobs create happy workers: 56% of local workers were highly committed to their jobs, compared to just 38.7% of workers at non-local businesses. When you support small local businesses, you could be contributing to your community's happiness. (<https://www.researchgate.net>)

3. Boost real estate values. Economic investment, jobs, and a



Water Street.

thriving small business community are all signs of a desirable place to live—which is why shopping local can actually help boost real estate values. That attracts more investments and results in higher local tax revenue, creating a cycle of positivity for your community.

4. Help the environment. Online giants and two-day shipping are convenient, but sending all those packages around the country sends



tons of CO2 into the atmosphere. Keeping your shopping close to home means less shipping.

5. Make a personal connection. While every business from big-box stores to mom-and-pop shops needs to determine how to provide more value to their customers than anyone else, you'll likely get more of a personal touch at a small business. Every customer truly matters to a small business. (BM)

*If you shop out of town
And I shop out of town
What will become of our town?*

Small-Local Business Impact—Did You Know?

- Small businesses accounted for 65% of all net new jobs over the past 17 years.
- Small businesses employ 77 million Americans.
- 89% of consumers agree that independent businesses contribute positively to local economies.
- Residential neighborhoods served by a successful independent business district gained, on average, 50% more in home values than their citywide markets.
- Independent retailers return more than three times as much money per dollar of sales than chain competitors. Independent restaurants return more than two times as much money per dollar of sales than national restaurant chains.
- If independent businesses regained their 1990 market shares, it would create 200,000 new small businesses, generate nearly \$300 billion in revenues and employ more than 1.6 million American workers.
- If just half the U.S. employed population spent \$50 each month in locally owned independent businesses, it would generate more than \$42.6 billion in revenue.
- For every square foot a local firm occupies, the local economy gains \$179 vs. \$105 for a chain store.

Sources: Small Business Administration; Intuit Small Business Innovation Study; American Express OPEN Independent Retail Index; Civic Economics/American Booksellers Assoc., U.S. Dept. of Labor

From Independent We Stand <https://www.independentwestand.org>

Join the Recreation Commission Make a Difference in Our Community!

Joining the Recreation Commission means becoming an integral part of a team that will shape the future of Hallowell's parks and recreational programming. As a member, you will guide policy and administrative decisions related to our city's parks and recreational facilities, including beloved community spaces such as The Res, Granite City Park, and Vaughan Field. With the approval of the Mayor and Council, you will have the opportunity to develop effective management policies, assist in legal responsibilities pertaining to park operations, establish objectives for the operation of each park, and collaborate on financial plans and budgets.

Working closely with community volunteers and the City Manager, volunteers help plan a variety of programs and services. Furthermore,

you will actively promote the importance of parks and recreational programs. By becoming a part of our team, you will play a critical role in making Hallowell an even better place to live, play, and grow.

The Hallowell Summer Recreation Program, geared toward school-aged children, is a cornerstone of our community's offerings during the warmer months. Hosted at Hall-Dale Elementary School, this program provides affordable childcare and a range of engaging, supervised activities that promote healthy living, social development, and fun.

As a member of the Recreation Commission, you will play a critical role in overseeing this invaluable program. You'll help ensure that it continues to offer safe, enriching experiences for our young residents, while providing much-needed



Photo: Nancy McGinnis/communicado.

support for local families. By contributing your time and talents to the Summer Recreation Program, you'll be directly enhancing the lives of children in Hallowell, fostering a sense of community, and shaping the next generation of Hallowellians.

To learn more and sign up as a volunteer, please email Councilor Ryan Martin at ward3@hallowellmaine.org. (MG)

Summer Stream Monitoring Under Way – Want to Help?



Hallowell Conservation Commission (HCC) started monitoring large aquatic insects (macroinvertebrates) in Vaughan Stream in 2021. The effort is part of Maine Audubon's "Stream

Explorers" community science project. That work (and fun) continues to be undertaken by Hallowell's citizen scientists! The types of macroinvertebrates found in the stream can indicate the ecological health of the system.

Three stream sampling events were planned for this year. The first was completed in May (see pictures), at the stretch of stream just south of the Little League fields off Smith Road. Previous samples taken there were all in summer/fall, which is after some insects may have already emerged as adults. Getting there early is important to see if we're missing anything. Two other sessions are being planned for this summer. Want to help? Email HallowellConservation@gmail.com. (RP)



Biological monitoring in Vaughan Stream.

Want to Help? Make the Connection!



Cohen Center/Spectrum Generations—Volunteers Needed!

Early morning milk bag packers: Wednesdays and Fridays

Meals on Wheels “packers”: Tuesdays and/or Thursdays. Assist with sorting meals for home deliveries (need a detail-oriented person)

Money Minder program facilitator “Friendly Caller” checks in with our Meals on Wheels recipients asking how they are doing and providing a valuable social connection

Volunteer dining staff: Monday through Friday 10:30AM–1:00PM. May include meal prepping in the kitchen—a great opportunity for cooking enthusiasts

Drivers and subs needed: Check in with homebound older adults on Friday mornings. Contact Shawn Forkey, Regional Center Director, at smforkey@spectrumgenerations.org or call (207) 626-7777.



SEARCH (Seek Elderly Alone, Renew Courage & Hope) and RSVP (Retired Senior Volunteer Program) of Catholic Charities of Maine

Enjoy Company? Need Help? If you are 60 years and older and need support with companionship, grocery shopping, or doctors' appointments, please call us.

Companions, Shoppers, Drivers Needed: Families, singles, retirees,

college, and high school students: Volunteer a couple of hours a week for seniors who need a helping hand. Provide companionship, assistance with grocery shopping/errands, and/or rides to doctor appointments for senior clients 60 years and older who live in Kennebec County.

Contact SEARCH Program Coordinator, Lynn Kidd, at (207) 530-0137 or lkidd@ccmaine.org.



Hallowell Conservation Commission

The Hallowell Conservation Commission (HCC) welcomes volunteers to assist with projects or events targeted to protect and conserve the City's natural resources. This summer the Commission and Tree Board need a hand controlling invasives and planting and watering native plants at Granite City Park. See page 14 for more information.

Stream Monitoring

Volunteers will also be monitoring Vaughan Stream Watershed and maintaining a pilot organic lawn project at the Hallowell Fire Station. HCC supports the Grow Green & Healthy Hallowell coalition and the Hallowell Climate Action initiative. If you are interested in joining the HCC, and participating in any of these efforts, or wish to be added to our Volunteer List, please email hallowellconservation@gmail.com and follow us on Facebook.

Hallowell Recreation Commission

See page 14 for exciting information!



Hallowell Food Pantry: Join the Food Pantry Reserves

If you're interested in helping, please contact Vicky Gabrion at (207) 992-6899, visit the website at www.hallowellfoodpantry.org, or check out our Facebook page.



Hallowell Volunteer Fire Department

The Hallowell Volunteer Fire Department has openings for firefighters. Training is available. Contact Chief Jim Owens at (207) 754-2518 or email firepfd29@aol.com for more information.



Media Guide to Images and Sounds of Hallowell History

Interested in Hallowell history? How about video, pictures, and audio interviews? Several programs on Hallowell photographs, postcards, and moving images including film and video have sparked interest. Here is a list of resources available online and at the Hubbard Free Library.

Photographs: The Historic Hallowell Project was funded by a grant from the Maine Historical Society. Sam Webber, the City Historian, with help from other volunteers scanned and uploaded over 200 images from the Hubbard Library and private collections. Take a look! Go to www.mainememory.net: Enter Hallowell, Hubbard in

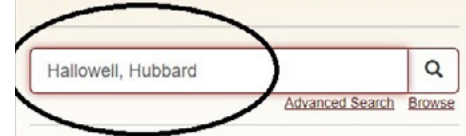
the search box (see illustration), then click on the magnifying glass. Up pop three images out of 221. Click View All to see the collection. You can even order reprints. The Historical Society shares a portion of the proceeds with the library.

Penobscot Marine Museum: This spring, Kevin Johnson, the museum's photo archivist, gave a presentation on the collection of the Eastern Illustration and Publishing Company including 28 images from Hallowell. The program will be available on www.penobscotmarinemuseum.org. Scroll down and click on Photo Collections. Scroll down and click on Eastern Illustration and Publishing Company, then scroll down and enter Hallowell in the space marked PLACE. Thirty-two images are available for viewing. Reprints are also available.

The Historic Hallowell Committee maintains the website www.historichallowell.org. Click on City Collections. There

MAINE'S STATEWIDE DIGITAL MUSEUM

The Maine Memory Network, a project of the Maine Historical Society, provides access to thousands of historical items, stories, and exhibits from hundreds of organizations and individuals from across Maine.



SEE WHAT'S NEW >

you will find links to the previously mentioned collections as well as a link to the Maine Community Heritage Project website, also part of www.mainememory.net. The website was developed by students at Hall-Dale Middle School. Follow the links for an illustrated tour through Hallowell history.

Moving Images: *Granite City in the Movies*, a collection of film and video segments featuring a soundtrack by Bob Colwell. The program can be viewed at <https://vimeo.com/mainestatelibrary/hallowellmovies>. The program was produced by the Historic Hallowell Committee and presented by Row House and the Hubbard Free Library.

Audio Recordings: The Vaughan Homestead has uploaded several interviews with Hallowell residents as part of its Oral History Project. Visit <https://vaughanhomestead.org/oral-history-project>. (BM)

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