

The Hallowell Champion



Hallowell All-Age-Friendly Newsletter Volume 3 Issue 2

Spring 2022

Tools to Take Charge: Advance Directive, Living Will, and a Medical Power of Attorney

The time may come when you can't speak for yourself. Regardless of the reason, the chances are that you'll want to be in charge and have a say in how you are treated and cared for. That is when three important documents come into play. You have the power but you have to exercise it.



Advance Directive

The [AARP.org](https://www.aarp.org) website notes succinctly, "Every adult should have an advance directive in which you explain the type of health care you do or do not want when you can't make your own decisions."

Advance directive is the general term that refers to a document that can include a "living will" or your directions for how you wish to be cared for, a medical power of attorney identifying someone who can speak for you when you can't, and a Do Not Resuscitate (DNR) order. This is a request to not have cardiopulmonary resuscitation (CPR) if your heart stops or if you

stop breathing. Advance directives do not have to include a DNR order, and you don't have to have an advance directive to have a DNR order, according to the Maine Health website www.mainehealth.org. There is also a link to download an Advance Directive form.

So, if you have an advance directive why bother with a medical power of attorney? The advance directive can't cover every condition that can arise. It is important to select a family member or trusted friend to speak on your behalf when you can't.

Living Will

A [living will](#) (or instruction directive) alerts medical professionals and your family to the treatments you want to receive or refuse. In most states, this document only goes into effect if you meet specific medical criteria and are unable to make decisions.

Health Care Power of Attorney

In a [health care power of attorney](#) (or health care proxy), you select the family member or trusted friend you want to make health care decisions for you when you cannot. In this document you should give directions to the person you select

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Hallowell Fire Department Bottle Drive

Drop-off box behind the fire station on Coos Lane. See [Hallowell Helps Page 11](#)



City Comprehensive Plan Hearing

March 7, 2022, 6:00PM

Read the draft plan at

www.hallowell.govoffice.com.

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View from Second and Winthrop

Gary Lamb, City Manager

Since being hired in August 2021 as Hallowell's City Manager, I have been most impressed with the citizen involvement here. From the various historic groups to our Conservation Commission and others, Hallowell residents outperform many other larger communities in terms of citizen engagement.

Nowhere is that more important than with our recently completed draft update of our Comprehensive Plan. After about 2 years of committee work, this 10-year planning document is ready for City Council and citizen review, comments, and edits to help finalize our next decade's planning, zoning, and economic development efforts. If you have never read a Comp Plan, now is a great time to do so. You can find the draft document and appendices right on the City website.

We also need citizen input on another worthy, yet expensive, two-pronged bond project that involves renovating the former Second Street Fire Station as the new Police Department headquarters, continued basement use by our Food Pantry, and some possible public meeting/museum space on the top floor.

Preliminary architectural estimates for this are \$3.2 million, but again this is to gut and renovate the entire building with new utilities, wiring, plumbing, etc. The other part of this bond project is to build a new Public Works facility to properly care for the increasing workload and equipment inventory we must have. Such a building could cost \$1.5 to \$2 million, and we do not yet have a firm location for this. Once this is built, the City would most likely sell the existing DPW garage. Both these projects could possibly be on one ballot question at the November 2022 or June 2023 elections.

In addition to these large capital projects, we are also using some very talented public works staff (Don Hipkins) to patch and paint our Treasurer's office (in between Don's work on our snowstorms). After that office is done, we will tackle the City Clerk's office...and then the City Manager space. One step at a time.

Stay tuned for more information on these projects and please don't hesitate to call (430-4403) or email (citymanager@hallowellmaine.org), if you have any questions.



Motor Vehicle Registration Reminders: Want One???

We at the City Clerk's office are always trying to think of new ways to better serve the Citizens of Hallowell. Last January we decided to try a new program. We started sending email reminders to citizens about their car registrations.

We send a registration reminder 30 days before the due date. This reminder includes the amount of the registration, as well as a reminder to bring your current insurance card, the current mileage of your vehicle, and your previous registration when you come in.

With the program just over a year old, we currently have about 350 citizens enrolled! Not only is this an effective way to communicate, it is also the most eco-friendly way to send out these reminders.

If you would like to become enrolled in this program, email the Assistant City Clerk, Heidi Wardwell, at assistantclerk@hallowellmaine.org. In the subject line, put "registration reminder." Please include your vehicle make, model, and year as well as your first and last name. You can also come in, and we can set up the reminders right here at City Hall. We are open Monday-Friday, 8:30AM-4:30PM.

If you would like to give us some feedback about the program, email Heidi. We would like to hear from you so that we can provide the best customer experience possible. (HW)



Slick Steps, Sidewalks?

You can request a bucket of sand by calling City Hall (207) 623-4021, extension 200 or email cityclerk@hallowellmaine.org. A Public Works employee will drop off a bucket of sand/salt to give you the traction to be safe! At last report, more than thirty-five buckets of sand have been delivered around the city. There is an age requirement. (HW)

Caregiving Journey Respite Program

At Spectrum Generations, our Caregiver Specialists work with caregivers to help them meet their goals. Whether it's finding a support group, locating training, or connecting with resources to help fill gaps in their support network, our team is there.

Alma's Story

I became a care partner when my husband was diagnosed with Alzheimer's. At the time, I didn't know what to expect or how much our lives were going to change. In the beginning, being a care partner simply involved taking over the finances, attending his doctors' appointments, and managing his medications. With time, it turned into assisting with everyday tasks and being creative with how I could help my husband maintain his independence.

I think every care partner experiences a time when their creative juices seem to run a bit dry, or when they need to brainstorm with an outside source to help them find a way to make things a bit easier for the person they are caring for, as

well as themselves. For me, Spectrum Generations' Alzheimer's Respite Program has been that outside source. Their Caregiver Specialist, Teah, listened to what my goals were with my husband and found a way to help. My husband and I met in the 50s and spent our time going to honky-tonk concerts together. Our favorites are Hank Williams and Johnny Cash.

I knew that my husband would most likely dance with me again, if I could replace the CD player in my home and play the music we always appreciated together. Teah let me know the Respite Program could reimburse me for the cost of assistive technology, such as a CD player. I was ecstatic! I immediately ordered one so we could start dancing together again.

When the player arrived, I put on Ol' Hank Williams. Just as I had hoped, my husband held me and swayed with me in our home. It was wonderful, for both of us, to enjoy that time together. We have always enjoyed dancing with one another. He is still my favorite dance partner.



Les and Alma.

In the words of Hank Williams, "If you're going to sing, sing 'em something they can understand."

Caregivers often become isolated, overwhelmed, exhausted, and need time with those who understand the situation they're in.

Spectrum Generations facilitates Caregiver Support Groups in order to bring Care Partners together; share experiences, and learn from others who have been in similar situations.

You are not alone on this journey. Contact our Aging and Disability Resource Counselors (ADRC) at 1-800-169-1553 to learn more about the support groups available to you. (VA)



Do you have Parkinson's disease? Does a member of your family or a friend? Everyone in the Parkinson's community is encouraged to attend a special informational session about forming a Parkinson's Support Group. These groups provide an opportunity for people to meet regularly for mutual

Parkinson's Support Group Info and Planning Session

**Thursday, March 17, 2022, at 1:30PM
The Cohen Center, Town Farm Road, Hallowell**

encouragement and to exchange coping skills strategies relating to Parkinson's disease.

There are numerous benefits of support groups including: Education, Catharsis, Socialization, Acceptance, Empathy, Empowerment, Hope, Self-Esteem, Respite, Growth, and Belonging.

The session will be facilitated by Dave Jenkins, MSOL, Ed.D., who has extensive experience working with Parkinson's patients and caregivers.

If you or someone you know is interested in joining this support group, contact Tracy Lloyd by email at tlloyd@spectrumgenerations.org or call (207) 626-7777.

SPOTLIGHT: Hallowell Committees Recycling—Everyone Can Pitch In!

Hallowell runs with lots of volunteer support, and the City's North Bay Recycling Center is a great example. Located in the City's Public Works building at 286 Water Street, that facility was kept open 7 days a week in 2021 with volunteers opening and closing it on 128 weekend days and holidays that the Public Works employees were not working. A team of 14 volunteers, scheduled by another long-time volunteer, Susan MacPherson, accomplished this. The Recycling Committee honors and thanks them all! If you would like to volunteer for North Bay or other recycling activities, contact Susan

MacPherson at sumac04347@gmail.com or (207) 446-7810 or any member of the Hallowell Recycling Committee.

The Committee recently updated its guide *Recycling in Hallowell: How, When, Where, and Why!* A copy was sent to every active postal address in the City. The publication not only explains what materials can and cannot be recycled at North Bay but also gives guidance on how to handle household hazardous waste. Copies of the recycling guide are available at City Hall and on the City website: www.hallowell.govoffice.com. Click on "Government," then "Boards and Committees," then



"Recycling Committee." Also, check out Hallowell Recycles on Facebook. There is a lot of information there, and it's an easy way for you to communicate your thoughts and ideas on recycling.(SF)

UMA Community Advisors Welcome New and Returning Residents to Stevens and Erskine Halls

In preparation for the Spring 2022 semester, the Community Advisor staff arrived four days early to participate in Student Development and Support training, semester program planning, student welcoming projects, and an Escape Room team building exercise.

Over the January 15–16 weekend, returning Stevens and Erskine Hall residents, along with 11 new residential students were greeted by Kim Kenniston, Director of Residence Life, and Community Advisors, Xavier Gomez, Isabella Precourt, Sarah Martin, Jennifer Christensen, and Logan Raber. During their first weekend, residence hall students took part in virtual programs that included BINGO and Trivia, as well as sledding in the newly fallen snow. (DG)



UMA Community Advisor staff. Left to right, Xavier Gomez, Isabella Precourt, Sarah Martin, Jennifer Christensen, and Logan Raber.

Hallowell Conservation Commission

Looks Ahead to 2022 – Busy in spite of COVID

Even though 2021 was another year of pandemic precautions, Browntail Moth (BTM) caterpillar rashes, and continual tick checks, Hallowell Conservation Commission (HCC) members and volunteers continued to turn out when asked to help improve Hallowell's natural resources. Whether it was rerouting a trail at the RES, forming Earth Day litter patrols, installing new trail signs at Jamies Pond Wildlife Management Area, removing multiflora rose at Berry Conservation Area, updating park maps, participating in the Hallowell Comprehensive Plan update, mulching Vaughan Field trees, taking early morning oxygen readings in Vaughan Brook Watershed, or cutting knotweed at Granite City Park, your many volunteer hours are greatly appreciated. Thank You!

The end of 2021 also brought some bittersweet news. Two champions of local conservation efforts and long-time HCC members resigned from the commission. Cathie Murray and Deb Sewall now have extra time for new adventures with grandchildren. Many thanks for their years of dedicated advocacy for Hallowell's natural resources.

And, just as you may be planning your 2022 home improvement projects or vacation getaways, the HCC is looking ahead to new projects and welcoming new members. Welcome to Jean McWilliams and Maureen Drouin. Their combined interest in leaving our spaces better for the next generation makes them wonderful additions to the commission. If you are interested in becoming a member of the HCC or want to be added to our

volunteer contact list, please email hallowellconservation@gmail.com. Below are just some of the activities we will be working on in 2022.

After one season of water quality observations and measures within the Vaughan Brook (Stream) Watershed, under the guidance of the Maine DEP Volunteer River Monitoring Program, volunteers will continue measurements this year and HCC will increase our efforts to fund the development of a monitoring plan. Last summer, several freshwater tributaries measured at very high chloride levels and at slightly elevated temperatures. Additional monitoring is required to pinpoint sources of degradation. This is a long-term effort and will include education at many levels and developing working partnerships. Remember, 75% of Hallowell's land mass drains to Cascade Pond and flows through Vaughan Woods to the Kennebec. Let's keep Vaughan Stream clean!



Deb Sewall with “harvested” knotweed.

HCC and volunteers will continue to remove and control invasive species and promote native plantings in our public spaces. A great ongoing project is working with the Tree Board at Granite City Park to complete their Project Canopy effort and to restore the riverfront's remaining natural habitat. Albeit the never-ending plots of knotweed, prickly Japanese barberry, or Browntail Moth winter nests keep us busy, HCC will plan volunteer workdays throughout the year to improve native habitat.

As the winter months warm to spring, remember to get out on those sunny days in February and March to clip the moth winter nests that are within reach. Clipping now will reduce itching this summer! Contact HCC if you need help identifying nests. When you are enjoying our community by walking in a neighborhood, in a park, or on a trail, please keep dogs on leash and scoop the poop. Thank you for helping to make Hallowell's natural spaces places for ALL to enjoy. (RP)



Cathie Murray at water monitoring training.

Nourishing Our Neighborhood

Vicky Gabrion, Director



As I reflected upon the intervening months since the last issue, I was struck by the sheer number of positive happenings at the food pantry.

On the Monday before Thanksgiving, we distributed food baskets containing turkey and all the trimmings to over 40 local households. Our amazing volunteers worked tirelessly to make sure this event went off without a hitch. I'd also like to express my gratitude to Hannaford managers, Liz Bellerose and Travis Hustus, who helped us respond creatively to supply shortages caused by the pandemic.

Our food pantry door was fitted with a proper lock, in place of the old padlock, thanks to Mark Pooler's generous donation of time and supplies. Not only does this provide greater security, but it keeps the door firmly closed even when the wind whistles down Perleys Lane!



Vicky and the food pantry van.

Despite receiving a grant from Good Shepherd in May for the purchase of a food pantry van, we'd been unable to find a suitable used vehicle due to nationwide shortages. Fortunately, Mark Eichenbaum, at Charlie's Subaru dealership, had been on the lookout and in December, our food pantry became the proud owner of a Dodge Grand Caravan. With the rear seats removed, the cargo space

is impressive and makes food transportation a breeze, regardless of the weather.

During those months of the pandemic when curbside pick-up was our only option, we had a need for sturdy boxes, preferably all the same size to make our task easier. I'd like to thank Joe Shelton, the store manager at Lowe's of Augusta, who not only donated boxes to the food pantry when our need was greatest but does so to this day.

Much to the relief of our clients and volunteers, the food pantry has been able to continue in-person shopping amid the COVID surges. This is due in large part to people's willingness to wear a mask at all times, as well as following any other measures we put in place to keep everyone safe. Thank you.

The latest good news is the decision by the City Council to retain ownership of the Old Town Hall/Fire station. The police department will eventually be housed there, and the food pantry has permission to remain in the basement. This is wonderful news and gives us the security to move forward with our plans to expand and upgrade our environment. Stay tuned for developments!

As always, a big thank you to everyone, from the volunteers who contribute their time to the generous community members and businesses who donate year-round to support our mission to nourish Hallowell's neighborhoods!

Please be aware that you can make an electronic donation on our website at www.hallowellfoodpantry.org, or on our Facebook page.

OPEN FRIDAYS

10-11 AM - reserved for residents age 65 and older, as well as those with mobility issues

1-2 PM - open to all Hallowell residents

(207) 992-6899

hallowellfoodpantry.org

Food Pantry Favorites

Here's another family recipe that is easy on the budget and very comforting. Don't be alarmed if it seems too runny. This pudding thickens beautifully as it bakes.

Rice Pudding

½ cup of white rice

3¾ cups of milk

¼ cup sugar

1 Bay leaf

Grated nutmeg

1. Lightly grease a 2-quart ovenproof dish.
2. Add rice, milk, sugar, and Bay leaf to the dish and stir gently.
3. Sprinkle a little nutmeg on top.
4. Place the dish on a baking sheet in the oven and bake at 325F for 30 minutes.
5. Give it a stir and then continue baking for 1 hour, or until the rice is tender and a golden-brown skin has formed on top—my favorite part!
6. This pudding is delicious hot, warm, or cold.





Hallowell's Comprehensive Plan Subject of a City Council Public Hearing

Hallowell is close to having a new Comprehensive Plan. On March 7th at 6 PM, the Hallowell City Council will hold a public hearing on the draft Plan. After the hearing, the Council may vote to forward the new Plan to the state's Municipal Planning Assistance Program for formal certification.

The Comprehensive Planning Committee worked for over a year and a half on the new Plan, meeting monthly to discuss issues of concern and opportunities for the City going forward. Residents attended many of those meetings, which were open to the public. In addition, the Committee held two open events in late 2020 as well as staffing a table in the summer of 2021 to get input from residents at many public events like outdoor concerts and the Farmers Market. These conversations with people going about their everyday activities helped truth-test the ideas in the Plan to make sure it would be meaningful to Hallowell residents.

At their meeting in December, the Committee forwarded the Plan to the Council for adoption, leading to the planned hearing in March.

What Is a Comprehensive Plan?

The Comprehensive Plan is a guide to policy and planning action for the City of Hallowell and others who work and live in the City. Having an adopted plan fulfills a state requirement. However, a Comprehensive Plan is most importantly a chance to reflect as a community and think about where it is heading for the next 10 to 20 years.

Although there are certain state requirements to include in a Comprehensive Plan, there is room for local control and prioritization within that state framework. The Hallowell Comprehensive Planning Committee, for example, decided to prioritize issues of Arts & Culture and Families & Youth in the new Plan. The Committee also added an acknowledgment to recognize that Native Americans lived on the land that is now Hallowell for centuries before European settlers arrived. They also included that part of the City's history in the historic resources section of the Plan.

Having a state-approved Comprehensive Plan also provides a certification that the City is following

the state Growth Management Act. That certification provides support for local zoning and land use codes, as well as providing some prioritization for state grants.

What Is in the Comprehensive Plan?

The Plan sets a basic vision for the future of the City. It includes information on existing conditions and trends in Hallowell. It also outlines goals, policies, and strategies for subject areas such as land use, transportation, housing, economic development, and the outdoors. As noted above, there are also sections on arts and on families. These recommendations will help guide City decision-makers in the 2020s and beyond.

However, the best way to know the answer is to read the Plan. The Comprehensive Plan is drafted to be accessible and interesting. Most importantly, at under 100 pages, it's a quick read.

The draft Hallowell Comprehensive Plan can be viewed at the City website, www.hallowell.govoffice.com. (JL)



Community Stories/ Statements Workshop Sunday, March 6, 2022, 4PM

The Hallowell Heart & Soul team is ready to move into the next phase of the community development process. Over the next few months, Heart & Soul Statements will be crafted that represent what matters

most to people in Hallowell. The statements are the culmination of our community's story gathering, listening, and sharing. The hope is to involve all those who are interested and willing to share their thoughts. If you are one of those people and have not yet been interviewed, please contact us!

Heart & Soul Statements connect us through emotional expressions by residents of what they love about Hallowell. What makes Hallowell special and what differentiates it from all other communities? Rockland residents, for example, identified natural resources as an important city attribute and created the following Statement garnered from shared stories and community input:

Natural Resources—
We treasure the natural beauty of Rockland's changing seasons, scenic views, and diverse natural resources. We support sustainability and conservation efforts that safeguard our environment as it is challenged by climate changes and expanding energy needs.

Hallowell Heart & Soul is planning a 1.5-hour online work session to learn how to use community stories to develop Statements on Sunday, March 6, at 4 PM. You can register for the class by emailing hallowellheartsoul@gmail.com or by calling Karen at 207-530-2754. (KTK)

TAKE CHARGE continued from PAGE 1

as your spokesperson (or health care agent or proxy) about the full range of care you want. It is very important that you talk with this person about your health care wishes.

Resources

*Legal Services for the Elderly,
5 Wabon Street, Augusta ME 04330
Phone (Help Line): [1-800-750-5353](tel:1-800-750-5353)
TTY: 711*

Since 1974, Legal Services for the Elderly has been helping Maine seniors protect their rights to live independently and with dignity. Legal Services for the Elderly's mission is to provide free, high-quality legal services to Maine's socially and economically needy elderly aged 60 and over. While many people recognize income as a barrier to obtaining necessary legal help, many seniors with social needs also face barriers to getting assistance. Social needs include needs caused by non-

economic factors such as physical and mental disabilities, language barriers, and cultural, social, or geographic isolation.

To quote the Legal Services for the Elderly website: "There are also many agencies you can turn to. The people who work at these agencies are professionals. Everything you say to them will be confidential. You get to stay in control. They will tell you what your options are, and you choose what to do. Your decision will be respected. No one will force you to do anything you don't want to do."

If you are not getting the care that you need from your caregiver: Call your local Area Agency on Aging at [1-877-353-3771](tel:1-877-353-3771) to find out what supports and services are available to help or call the Maine Long-Term Care Ombudsman Program at [1-800-499-0229](tel:1-800-499-0229).

If someone is physically hurting you: Call **911** if you feel that you are in danger. Call the Legal Services for the Elderly Helpline at **[1-800-750-5353](tel:1-800-750-5353)** to speak to an attorney for free or call the Domestic Violence Statewide Helpline at **[1-866-834-4357](tel:1-866-834-4357)** or call the Sexual Violence Statewide Crisis and Support Line at **[1-800-871-7741](tel:1-800-871-7741)**.

If someone is saying things to make you feel bad, ashamed, or worthless: Call the Legal Services for the Elderly Helpline at **[1-800-750-5353](tel:1-800-750-5353)** to speak to an attorney for free or call the Domestic Violence Statewide Helpline at **[1-866-834-4357](tel:1-866-834-4357)**.

If someone is stealing your money or taking advantage of you: Call the Legal Services for the Elderly Helpline at **[1-800-750-5353](tel:1-800-750-5353)** to speak to an attorney for free.

Grow Green & Healthy Hallowell

Loving Our Pets

Most of us are crazy about our pets and will do almost anything for them, especially if they are sick. In the United States, we spent nearly \$100 billion on our pets in 2020, according to the American Veterinary Medical Association.

And, yet, we often unintentionally harm them right in our own back yards and neighborhoods here in Hallowell. We apply toxic synthetic “pesticides” (this term includes herbicides) to our lawns to get rid of weeds and insects, without thinking about the effects on our dogs and cats. The pesticides travel through the air and also from yard to yard as rain runoff. A portion of the pesticides remains on the grass, as intended, for a prolonged time after they have dried (“sticking agents” are often part of the formula). Pets ingest the pesticides when they walk and roll in the grass; sniff, lick, and eat grass/plants; and when they clean themselves, licking their fur and feet.

We may also unintentionally harm our pets by using certain toxic flea and tick collars. Some collars use insecticides that have caused pet poisonings and deaths (reports include Pet Armor Plus, Sersto). Keep pets safe by researching the least-toxic effective collars before purchasing one.



Toxic synthetic pesticides not only can cause acute poisoning of our pets but many are linked to cancer, which

is a leading cause of death for pets.

Even without the use of flea and tick collars, it has been found that:

Exposure to lawn pesticides raised the risk of canine malignant lymphoma by as much as 70 percent, according to a six-year study undertaken by the Foster Hospital for Small Animals at Tufts University’s Cummings School of Veterinary Medicine (moderndogmagazine.com/articles/great-green-grass-home/133647).

Cats are highly sensitive to synthetic pyrethroids (often found in insecticides), which trigger seizures, tremors, muscle spasms, and even death (Review study: Dymond and Smith, 2008. [Australian Veterinary Journal](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2800733/)).

Dogs exposed to lawns treated with common garden and lawn pesticides and herbicides were also seven times more likely to develop **bladder cancer**, according to a study by the Department of Veterinary Clinical Sciences at Purdue University that compared environmental exposure histories. Female dogs were found to be particularly at risk (moderndogmagazine.com/articles/lawn-chemicals-linked-two-cancers/132267).

Glyphosate (Roundup™) was found to be widespread in the urine of dogs and cats in a study based in New York state. Glyphosate concentration in cat urine was two-fold higher than that in dogs (Karthikraj and Kannan, 2019. *Science of the Total Environment*).

Pesticides aren’t good for *you* or the environment, either! So, ditch those chemicals! You can still have a nice green lawn without them!



Beck and his friend.

There are effective, simple ways to do this. It’s not hard to do and your pets will thank you! Start with the “Seven Steps to a healthy, green lawn” in the “Grow Green & Healthy Hallowell” brochure: see the link at the Hallowell City website (<https://hallowell.govoffice.com/>). Go to Helpful Links and click on Grow Green & Healthy Hallowell Initiative or go to growgreenandhealthyhallowell.godaddysites.com/.

Grow Green and Healthy Hallowell is collaborating with Viles Arboretum to sponsor a program that will help with unique strategies to reduce the need for lawn pesticides that are harmful to our pets. “Diversify Your Lawn” will be presented by the Wild Seed Project of Portland, on Saturday, April 16, 2022, 10AM–12PM. Sign up at Viles Arboretum website (vilesarboretum.org/).
(MJ)

Vaughan Woods and Historic Homestead Ice Cutting on Cascade Pond



Students watch ice cutting on Cascade Pond.

In these waning days of winter, the Moore family of Summer Street, proprietors of the Moore Ice Company, would have just finished harvesting ice from what we now call Cascade Pond. Arthur Moore would wait until the depth of the ice hit 24 inches before spending a week harvesting and then filling his family's ice house at 5 Summer Street. The thicker the ice, the longer it would last. His father, Fred Moore, began harvesting ice on the Cascade around 1880 after moving his business up from the Kennebec River.

In a 1940 newspaper article, it was reported that the Moores harvested 1,400 tons, yes tons, of ice from the pond! Can you imagine what it took to do such a thing? In an oral history recording, though, Arthur Moore, Jr., whose grandfather and then father ran the business, recalls that the real work was in the year-round ice deliveries that the family provided the citizens of Hallowell until as late as 1950.

While the coveted Kennebec River ice was loaded onto ships and sent all over the world, Cascade ice

stayed right here in Hallowell and was hand-delivered right to your ice box. Starting at 4:00 a.m., Arthur tells, they would load the delivery truck and start out. Later that day, they would return to the icehouse for a second load. In another oral history recording, Hallowell citizen Joan Hague remembers putting a card in the window of her family's home each day to let the "ice man" know how large of a block they wanted delivered.

In February of 2020, perhaps for the first time in almost 70 years, ice was once again cut on Cascade Pond. Vaughan Woods & Historic Homestead staff welcomed Hall-Dale fourth graders for a demonstration of how the ice was cut. Students had already learned all about the Kennebec River ice industry from presenter Caroline Karnes and about the Moore Ice Company by VWHH staff person, Kate Tremblay. Fourth-grade teachers also read special books to the students, like *Cocoa Ice* by Diana Appelbaum.

Many historical resources were

obtained from Hallowell Historian Sam Webber, and documentation of the Vaughan family's relationship with the Moores (the Vaughans owned the land surrounding the pond) was found in the Homestead's archives. Here's something new VWHH researchers found in the archive in 2022: the money that the Vaughans charged the Moores for access to the pond (first \$30/year and later \$50) was put into "The Hallowell Playground Corporation," an account the Vaughans started and which partially supported the purchase of the land that is now Vaughan Field.

Plans for another cut in 2022 are under way and perhaps will have taken place by the time this article goes to print! The field trip was postponed in February due to frigid temperatures, but VWHH hopes to welcome the fourth graders the first week in March. The VWHH staff is excited to try out its new-to-them (but actually very old) ice cutting tools! They got a taste of how much work it was to harvest ice by having to keep their small "ice field" free of snow throughout the winter! Stay tuned for news of the harvest—probably not 1,400 tons, but tons of fun! (KT)



Arthur Moore, Jr., and a worker prepare to push cakes of ice into the Moore icehouse on Summer Street. Listen to Arthur Moore describe the ice business: www.tinyurl.com/2vbztxbz

Do You Need Help? Do You Want to Help? Make the Connection!

www.hallowellhelps.org
hallowellhelps@gmail.com

207-370-1406

SEARCH: Drivers-Riders- Shoppers, Great for the Helper and the Helped

The City of Hallowell and the All-Age-Friendly Committee teamed up with Catholic Charities of Maine to provide transportation assistance and companionship through the SEARCH program, which stands for Seek Elderly Alone, Renew Courage & Hope. The result works for both the helpers and the helped.



◀ Martin Spahn has been providing transportation for folks in Hallowell and surrounding communities for five years. He is

happy to live in Hallowell because he believes people here reach out to help others because they care. People who need transportation can call (207) 530-0137. "Lynn Kidd (Program Manager) will send out an email message that someone needs a ride somewhere. If you can help, you respond and make the connection."

► Rena Heath has been a resident of Cotton Mill Apartments since she retired from the Attorney General's office in 2002. "I gave away my car, and the truth is that I couldn't stay in my apartment if it wasn't for the shopping help I get from SEARCH.



I can't remember how I made the connection really, but I have had wonderful people helping me by doing my shopping. And I like to eat so it is a really important service."

Do you have time to help or do you need a hand? Contact Lynn Kidd at 207-530-0137 or email lkidd@ccmaine.org.



Cohen Community Center.

Cohen Center and Spectrum Generations: Volunteers Needed

Meals on Wheels: Substitute Drivers needed for Wednesdays and/or Fridays, 9am–noon. Meal Packers needed for Tuesdays, 10am–12, and/or Thursdays, 8–10am (2 hour shifts)

Cohen Center, Dining Staff: Tuesdays and/or Fridays, 10:30am–1pm

Reception: Mondays, 1–4pm
Call 207-626-7777 or email volunteer@spectrumgenerations.org to volunteer. Thank you!



Hallowell Food Pantry

Join the Food Pantry Reserves. We need backup. Go to www.hallowellfoodpantry.org where you can complete a volunteer application, complete an interview, and then join the Reserves to help when needed.



Hallowell Conservation Commission

The Hallowell Conservation Commission (HCC) needs additional volunteers to assist with projects or events targeted to protect and conserve the City's natural assets, manage invasive species, and maintain our open spaces and streams. If you are interested in being added to our Volunteer List, please email hallowellconservation@gmail.com and follow us on Facebook.

Harlow Gallery

Love art? Like to help?

If you are interested in gallery sitting or volunteering in some capacity, the Harlow would love to have you. The gallery is actively seeking enthusiastic art lovers to help cover gallery hours. If this might be a good fit for you, please email us at harlowgallery@gmail.com.

Hallowell Volunteer Fire Department Bottle Drive



The Hallowell Fire Department has an ongoing bottle drive to aid the Hallowell Firefighters' Association. There is a drop-off box behind the fire station on Coos Lane. Proceeds benefit projects that are not covered under the municipal budget such as funding a new training dummy that firefighters could use to practice extracting fire victims from a building. For more information, contact Chief Jim Owens at 207-754-2518 or email firefd29@aol.com.

Hallowell Mysteries: Camp Rock

Our fair city, like most other human encampments, has its share of mysteries: tales of graveyards inhabited by spirits, homes haunted by restless ghosts, and some more tangible aberrations. One bright fall day a local perambulator was following his mutts through Vaughan Woods and wandered off the trail a bit led by the long nose of one of his adventurous K-9 companions. As they bushwhacked over and around the downed trees in search of the wily red squirrel or whatever it was that snared the attention of the hounds, something caught his eye.

A moss-covered smallish boulder in his path appeared to have a cryptic

inscription—cuneiform perhaps? Probably not, as Hallowell is a ways from ancient Mesopotamia. Viking runes? A bit far from the coast for seafaring Norse and a far piece up the hill from the banks of the Kennebec, even if voyagers made it this far up the river.

The walker marked the spot and returned later with a whisk broom and scraper and without his four-legged companions who, truth be told, aren't that much help on a good day. He carefully removed the moss and lichens to reveal the carved initials C.S. and F.H.S inside a square and the message, "Built Camp in 1902." Off to the side, a second message suggested some misfortune: "Camp Rebuilt 1903."

One hundred and twenty years later there was no sign of a camp other than the boulder and its mysterious message. Who were C.S and F.H.S? What disaster befell the outpost that resulted in rebuilding? And what



Camp Rock

was the apparent symbol nestled between the two lines?

The D.S. Osborn map of Hallowell of 1855 indicates a J. Somes living on lower Greenville Street 50 years before the inscription was apparently carved. The 1877 Bird's Eye View of the City by J.J. Stoner, on exhibit at the Hubbard Library, shows what might have been pastures with no trees but little else on the hillside. City Historian Sam Webber, looking at 1902 city tax records, noted that people named Springer lived at the corner of Greenville Street and what is now Perkins Lane. Was there some connection? Maybe young folks in the household out to settle the wilds of Loundes Hill. Who knows? More research is required.

Do you know of a Hallowell Mystery? Share your story. Email [\(BM\)](mailto:historichallowell@gmail.com)

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Contributing Writers: Victoria Abbott (VA), Susan Farnsworth (SF), Domna Giatus (DG), Molly Jennings (MJ), Karen Knox (KTK), Jeff Levine (JL), Bob McIntire (BM), Rosemary Presnar (RP), Kate Tremblay (KT), and Heidi Wardwell (HW)

Edited by Maggie Warren and Bob McIntire.

Graphic design by Lauren A. Mier.

Printing and distribution by Quality Copy.

Comments and suggestions welcomed! Email hallowellagefriendly@gmail.com or mail to *The Champion*
PO Box 43, Hallowell, ME 04347

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