



Whitefield News

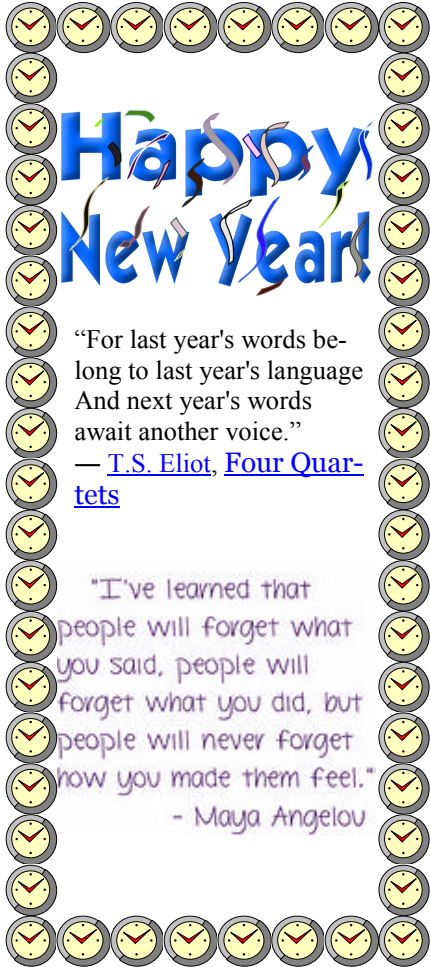
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Happy New Year!

"For last year's words belong to last year's language And next year's words await another voice."

— [T.S. Eliot, Four Quartets](#)

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

- Maya Angelou

Solar Panels

By Tony Marple

Voters approved the installation of solar panels on the roof of the fire station at the March, 2016 Town Meeting. The panels will generate clean energy to meet the electric power needs of all the town buildings. Erik Ekholm was the catalyst behind the solar project and has continued to be a major player as the contracting dynamics became more complicated.

Last spring, Governor LePage vetoed a solar power bill that would have extended net metering. Net metering allows owners of solar installations to sell excess power to the utility while drawing power from the grid at night and during inclement weather. The issue is likely to come before the legislature again during this session, but town officials do not want to put taxpayers at risk for potential Public Utility Commission (PUC) decisions that could have a negative impact on the finances. So initially, the project was deferred until the net metering rules were settled.

Shortly thereafter, The Power Company of Washington, Maine proposed a leasing model that will protect the town against adverse net metering decisions, provide a guaranteed 10% electric power savings and allow a buyout after



Photo courtesy Tony Marple

six years if PUC rules at that time offer additional savings. The panels are expected to generate about 25,000 kilowatt hours of electricity as compared with the town's current usage of 22,000. Voters will likely consider a proposal to install a heat pump in the Townhouse which, using electricity efficiently, would heat and cool the building and eliminate the need for oil except as a backup.

Thanks to those who participated in the project including Erik, Dennis Merrill and Frank Ober.

LYDIA ATWOOD CHASE will be turning 100 on February 1, 2017

by Marnie Wells (daughter)

After thinking and praying long and hard over this coming celebration of this gracious woman, I've decided it would be a wonderful tribute to her to hear words of encouragement, thankfulness and memories from you all.

I would love you to:

1. Spread the word far and wide (you touch a lot of people in 100 years!)
2. Repost/share/call and/or email anyone that you might know that had relationship with mom
3. Send your words and pictures by January 10, 2017 to

Facebook: Marnie Wells PM

Email: arniewells13@gmail.com

Address: 11 Pumping Station Salem, NH 03079

Please before you forget~ thank you!!



Photo of Lydia Chase submitted by Marnie Wells

“Back to the Landers” remembered at Whitefield Historical Society event

by Bill McKeen

In the 1960's and 1970's anyone over 60 today can tell you there was a cultural revolution; the denouncing of what so many saw as weak and decadent middle class values. They were the Baby Boomers, and they were leaving the cities and suburbs and going toward a simpler life; free from all the trappings of middle class life. It was, quite simply, an exodus back to the land. They came from a variety of places and for a variety of reasons. Some were called hippies and others intellectuals, and many of them came to Whitefield; nearly doubling the town's population. As the rock band Canned Heat so aptly put to words, they were all “Going up the Country.”

On Friday, January 13th at 5 pm at the Sheepscot General Store, the Whitefield Historical Society will host a program featuring interviews with local back to the landers, featuring:

Jon and Judy Robbins
Gerry and Judy Maldovan
Peter Froehlich
Lee Murch
Frank Ober

You don't have to be over 60 to enjoy this program. This was a turbulent and wonderful time in our history. Come join us at Sheepscot General for what promises to be an entertaining and reminiscent walk back in time.

Diabetes Prevention Program now offered in Lincoln County

The Central Lincoln County YMCA and Boothbay Region YMCA, in partnership with Lincoln Health, are offering an evidence-based diabetes prevention program in Lincoln County beginning January 2017. If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. Change is tough, but we can help.

To see if you qualify for the program, or for additional information, contact Casey Clark Kelley at 350-7026 or ccclarkley@clcymca.org.

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Have your snow and eat it, too

by Andrea Lani

There's something about a fresh and fluffy snowfall that makes my kids want to eat it. Maybe it looks like sugar, whipped cream, or merengue to them; or maybe it's just because it's so clean and white and new, it begs to be tasted. I admit to touching my tongue to new-fallen snow now and then. It's cold, crystalline, and tastes of winter nights, ice skating, and fast sleds. Even more fun than eating plain snow, however, is making it into snow ice cream. You want to use really fresh, just-fallen snow for this recipe; both because it has the right, fluffy texture and because it's free of bits of pine needle and dirt that quickly accumulate on the surface.

Snow Ice Cream

Step 1: Heat in a small pan...

1 cup cream or whole milk on medium low heat until little bubbles appear around the edge

Step 2: As the milk heats, beat together...

1 egg

1/2 cup sugar

1/2 teaspoon salt

Step 3: Beat a couple of spoonfuls of

hot milk into the egg mixture, then pour the mixture into the pan; heating and stirring for about a minute until the egg has sufficiently cooked and the mixture thickened slightly

Step 4: Remove custard from the heat and stir in...

1/2 teaspoon pure vanilla extract

Step 5: Put the custard outside to cool

Step 6: Go outside and play in the snow while the custard cools, and then scoop clean, fresh, fluffy snow into a large bowl

Step 7: Put about two cups of snow into a second bowl. Pour the custard over this second bowl of snow and stir. The snow will shrink down as the liquid mixes in. Add more snow until all of the custard has been absorbed and it takes on the consistency of ice cream. The amount of snow you need will depend on the moisture content of your snow.

Step 8: Scoop into bowls and eat right away. If you try to freeze it for later, it will lose its ice cream consistency and turn into a solid block.

This recipe makes enough ice cream for four to six servings.

Coconut Snow Ice Cream

For a dairy and egg-free version of Snow Ice Cream, whisk together until smooth:

1 can coconut milk (the thick, creamy kind)

2 cups coconut milk from the carton (the thin, milky kind)

Add:

1/2 cup (or more) sugar (depending on how sweet you want it)

1 cup shredded unsweetened coconut

Even though the coconut version doesn't need to cool, why not go outside to play anyway and then mix your ice cream as in Step 7, above.

The Coconut Snow Ice Cream recipe makes more than the Snow Ice Cream recipe (about eight to ten servings), so you'll need more snow and therefore, more mouths to eat it!



Photo courtesy Andrea Lani



Photo courtesy WHS

Digging out after this March snowstorm in 1956 is Roland Kennedy (1901-1972) who is helping Arthur King (1892-1965). Arthur, on the right, lived at 399 East River Road where Andrew Berry now lives.

Check out Friends of Whitefield on Facebook

by Debbie Rogers

David Chase has created a wonderful Facebook page for anyone who lives or has connections to Whitefield. "Friends of Whitefield" is a collection of historic photos, current news, postcards, events and lots of fun questions and surveys!

David has long been the creator and contributor for the website "A Maine Thing" and continues to grow with his facebook page. I look forward to seeing his posts and if you would like to be thoroughly entertained, take a look, join or just comment on his entries.

We are very lucky to have residents like David who not only take joy in living in Whitefield, but continue to promote our rich heritage and share it with the community.

Thanks David, keep up the wonderful work. We so appreciate it!



Entry on Facebook Page from Friends of Whitefield

January is 'Radon Action Month'...so why be bothered?

by Dan Joslyn

Radon is a radioactive gas created by the breakdown of uranium in soil, rock, and water.

It typically escapes into the atmosphere where it isn't of significant concern, but as it enters your basement, it may concentrate and pose a serious long-term health risk.

The EPA states, "The average person receives a higher dose of radiation from the radon levels in their homes than from the combined exposure to all other radiation sources; natural or man made."

Radon is in all of our states, but levels vary with no clear pattern. Interestingly, Florida, Alaska, and a few of the southern states have safer levels than Maine, and states such as Montana and Colorado tend to have higher levels on average.

Radon is scored using a system applied to all radioactive materials (pCi/L or picoCurie per liter). Just know that levels fit into three categories: Highest Potential (RED) = 4pCi/L or above, Moderate Potential (Orange) = 2-4 pCi/L, and Low Potential (Green) = less than 2pCi/L.

Twenty eight of Maine's counties (including Lincoln) have average levels that puts them in the "RED" area; or 4pCi/L or higher. One in three homes in our county can be expected to have levels over 4 pCi/L, and some have had up to 120 pCi/L. If your neighbor down the road has low or high levels, it does not necessarily mean that your house would score the same.

A person breathing an air supply at 4pCi/L will have 8.8 "radioactive disintegrations" per liter of air. These microscopic releases of Alpha energy have the potential to damage cells and DNA over time. This is a long term health concern, but extremely high levels likely make this a more immediate problem. Keep in mind that well water adds radon to our house air, and in some Lincoln County residences, this combination has been of significant concern.

Children raised in homes with unsafe levels are more at risk; as are smokers. In fact, out of 1,000 smokers exposed to 20 pCi/L over a lifetime, about 260 people would be expected to develop lung cancer; where with the same number of non smokers, only 36 people would become ill.

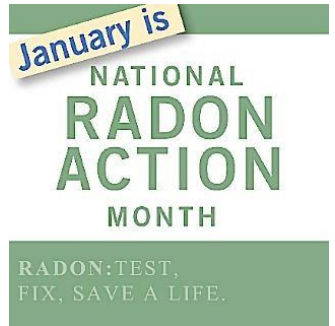
Like most inspections during property transfers, the buyer pays. Costs range from \$30 - \$50 for air tests and a little higher for water. Kits may be picked up at the Maine State Health Lab in Augusta. Many Hardware Stores carry kits, but it will be a little more expensive. There are about ten qualified testers serving the mid coast area.

Keep in mind that techniques for mitigating high radon levels work. High scoring homes can be made totally safe.

Use the following sources for more information if interested:

maineradiationcontrol.org

207-287-5676 or 1-800-232-0842



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JANUARY 2017 COMMUNITY EVENTS CALENDAR

- 2nd **COOPERS MILLS FIRE DEPT.**, All are welcome. No obligation. 7 pm
KINGS MILLS FIRE DEPT., 7 pm
- 3rd **WHITEFIELD HISTORICAL SOCIETY** meeting 1:00 pm
- 4th **ARLINGTON GRANGE MEETING**, Pot Luck Dinner 6 pm, Meeting 7 pm
- 5th **SENIOR MEN'S GROUP**, Sheepscot General, 10 am
- 6th **WHITEFIELD FOOD PANTRY**, St. Denis Hall, 1-3 pm
SELECT BOARD, Fire Station, 6 pm
- 7th **YOUTH XC SKI CLINIC**, Midcoast Conservancy will hold the annual Kids XC-Ski Clinic for kids ages 4-14. The clinic will start Saturday, January 7 and run each Saturday morning until February 11. The clinic is the perfect setting for skiers of different levels to gain confidence and enjoy HVNC's trails. Instructors use fun, non-competitive methods to get the skiers out on the trails having fun each week.
- 8th **WHITEFIELD ATHLETIC ASSOCIATION (WAA)**, Whitefield School, 6 pm
KIDS' SKATE SKI CLINIC, Come join Midcoast Conservancy and Colby College's Nordic Ski Team at Hidden Valley Nature Center for a Skate Ski Clinic on Sunday, January 8th. The clinic will run from 10:00AM to Noon. Skiers will be instructed by over 15 coaches (Colby Racers), including the Mules' head coach Tracey Cote. There will be three levels of instruction during the clinic: intro to skate skiing, advanced technique, and focus on improving speed and efficiency. Ages 7-16 are welcome to attend. This is a free clinic, and registration is required. Please go to https://secure.lglforms.com/form_engine/s/3FXeOWw0E8qXFhrCspa5sg
- 9th **WHITEFIELD MUNICIPAL FIRE DEPT.**, Fire Station, 7 pm
- 10th **WOMEN OF WHITEFIELD**, Sheepscot General, 10 am
SELECT BOARD, Fire Station, 6 pm
- 11th **FULL MOON OWL PROWL AT HVNC**, Meet at HVNC gate and be guided to Little Dyer Pond where we will watch the moon rising over the pond. We'll listen for owls and other night signs along the way. Moderate walk – 40 minutes each way. Dress warmly, wear shoes with good grips or bring snow shoes (HVNC has snowshoes to rent by reservation), bring hiking stick, snack, drink and flashlight 5:00 pm
- 12th **SENIOR MEN'S GROUP**, Sheepscot General, 10 am
RSU SCHOOL BOARD MEETING Chelsea School, 6:30 pm
- 13th **"BACK TO THE LANDERS" REMEMBERED AT WHITEFIELD HISTORICAL SOCIETY EVENT**, On Friday, January 13th at 5 pm at the Sheepscot General Store the Whitefield Historical Society will host a program featuring interviews with local back to the landers.
- 14th **YOUTH XC SKI CLINIC—SEE JAN. 7TH**
- 15th **ADULT X-C SKI CLINIC**, Midcoast Conservancy is hosting two Cross Country Ski Clinics for Adults at Hidden Valley Nature Center: Sunday, January 15, and Sunday, January 22. Both clinics will be from 12noon-2:30pm. Anyone 15 years and older is invited to attend. The clinic costs \$15 for Midcoast Conservancy members and \$20 for non-members. XC-ski equipment rentals are just \$12. Space is limited and pre-registration is required! Head to <http://www.midcoastconservancy.org/cross-country-ski-clinics-adult>
- 17th **SELECT BOARD**, Fire Station, 6 pm
- 18th **PLANNING BOARD**, Fire Station, 6:00 pm
- 19th **SENIOR MEN'S GROUP**, Sheepscot General, 10 am
- 20th **OPEN-MIC NIGHT**, Sheepscot General, 7-9 pm
- 21st **YOUTH XC SKI CLINIC—SEE JAN. 7TH**
DRUMMING CIRCLE, Sheepscot General, 6:30 pm. Open to the public, all ages welcome.
- 22nd **ADULT X-C SKI CLINIC SEE JANUARY 15TH**
- 24th **WOMEN OF WHITEFIELD**, Sheepscot General, 10 am
SELECT BOARD, Fire Station, 6 pm
- 26th **SENIOR MEN'S GROUP**, Sheepscot General, 10 am
- 28th **YOUTH XC SKI CLINIC—SEE JAN. 7TH**
- 29th **6TH ANNUAL LIBERAL CUP BIATHLON**, Midcoast Conservancy will host the sixth annual Liberal Cup Biathlon at Hidden Valley Nature Center in Jefferson. All ages and skill levels are encouraged to participate! Racers can compete individually or in teams of four, and everyone is encouraged to compete in costume. Register at <https://www.raceit.com/Register/?event=38925>
- 31st **SELECT BOARD**, Fire Station, 6 pm

Do you have an event? Contact whitefieldtownnews@gmail.com

Deadline for newsletter submissions is the 15th of the month. Email whitefieldtownnews@gmail.com


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