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Whitefield News

Volume 2, Issue 5

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November 2014

Whitefield Food Pantry tis the season



Holidays are upon us and we would like to remind you that the Whitefield Food Pantry accepts donations anytime and anywhere. Coordinator Mary Lemieux said, "We can pick up donations anytime!"

Food and cash donations are always welcome. To make a donation, call Mary and Earl at 582-2684 or send checks to Earl and Mary Lemieux, 377 South Hunts Meadow Rd., Whitefield ME 04353. Checks should be made out to Good Shepherd with a notation on the memo line for Whitefield Food Pantry.

The Food Pantry, located at St. Denis Hall, is open the first Friday of the month, 1-3 p.m. Preparation is always the Wednesday before, starting at 12 noon, at the hall. Help is always appreciated.

Please feel free to call Mary for more information.

Hauling logs with Brian Swift

By Tony Marple

It's 3 a.m., and Brian Swift is driving down the Hilton Road in his logging truck. The first of three runs for the day is to take pine logs to the sawmill in Dixfield. The cab is spotless and Brian has the usual smile on his face. "I love this job."

Brian was born in Florida where his father served in the Army. He was the third of eleven children. He is 69 and plans to work another ten years. His wife Nancy is from the Micmac tribe in New Brunswick. Brian was a catcher in high school and was offered a minor-league position in Florida. He told them, "I'd rather shovel manure here in Maine."

Brian started out as a logger and was highly regarded for the quality of his work. He



Brian Swift

Photo by Tony Marple

bought his truck used in 2005 when he quit logging. It's a 395hp diesel Volvo with eight speeds. It has a 75 gallon tank and gets 5mpg. "I love this truck."

It's a foggy trip over winding roads to Dixfield. Brian drives carefully and his fully loaded truck strains

up the steep hills. "I've never had a ticket or an accident. I have run over a few animals, though. The deer go right under you, but the turkeys can smash up your grill. Too damn many of them," he says. Brian drives in all weather, but doesn't like the ice. As the rain comes down heavily, he says, "The weathermen don't know if it's sunshine or pouring rain out."

He works about 16 hours a day six days a week. "I don't need much sleep." On Sunday he spends most of the day working on the truck. He's hauled on Christmas occasionally. "Kids don't know how to work these

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Helping elders stay at home

By Cheryle Joslyn

Mark Twain is quoted as saying, "Life would be infinitely happier if we could only be born at the age of eighty and gradually approach eighteen." Ahhh...what a marvelous thought! Unfortunately, I haven't met anyone who has discovered how to do that. However, no wasted regrets, and there is some consolation in knowing that I'm not alone in this higher end number. According to AARP, 18,000 other Mainers are turning 65 every year. Census Bureau population estimates report that Lincoln County is the oldest county in Maine. By the year 2030 more than 25 percent of the state's residents will be older than 65. What are they going to do with all of us "elders"?

Next to no one ages thinking, "I want to go to a nursing home." Most independent Mainers want to stay in their own homes as long as they can safely and reasonably do that. We all know, though, there are both opportunities and challenges that come with that choice. The opportunities present themselves daily as older people have a lot to offer and give back to the community. The challenges are ever present, as well, as we look at the issues that face people as they age. These are some of the very same issues and needs Chuck and Harriet Vaughan, of Coopers Mills, are attempting to fill with their very timely business venture, **Legacy Years At Home**.

Maine has not turned a blind eye to its "Senior" population. Health care, state subsidized housing, transportation, home care, meals, and elder networks are just a few of the services available to us today which help keep us out of nursing homes or assisted living accommodations. Nonetheless,



Chuck & Harriet Vaughan
Contributed Photo

when we choose to stay in our home as we age, we may require assistance with some of those mundane chores that used to be so easy to tend to, but now appear to be insurmountable obstacles. **Legacy Years At Home**, say the Vaughans, "specializes in helping adults and their families in mid-coast and central Maine area deal with the complexities of making

the existing home work better for changing needs."

From the perspective of a 50-year-old, the challenges of living in your own home as you age might not seem all that difficult, but just wait another few years. Your vantage point might be a little different! For instance, that light bulb at the top of the stairway has been out for months because you cannot reach it, that sticky window had to be left halfway up because you didn't have the strength to get it back down after enjoying a summer's day breeze, the refrigerator doesn't feel as cold as it should be, or because the lawn mower doesn't run any more, hay is taking over the front lawn.

Chuck Vaughan's experiences and background allow him to offer you his handyman services to tend to these types of needs. He has been the maintenance person for Boothbay Railway Village for over 20 years, and is currently doing the same for the Sheepscot Valley

Continued on Pg. 2

Helping Elders cont. from Pg. 1 Health Center. Taking care of minor household repairs, assessing repairs needed on equipment, and helping to engage and oversee contractors and service people as needs arise are all in his field of expertise.

After 48 years of marriage, Harriet and Chuck partner well with each other in providing services. Harriet's organizing and book-keeping expertise has benefited small businesses and individuals for many years. She knows how to create systems for senior citizens that compensate for short-term memory loss or how to unravel and organize years of accumulated "stuff" that just seems to keep piling up on the kitchen table. Is last month's electricity bill somewhere in that heap of clippings, catalogs, and Walmart flyers beside your recliner? Harriet can work with you and your family members and/or care givers to help provide a peace of mind and keep life running as smoothly as possible.

The "ruralness" of our country living may pose challenges to maintaining our homes and keeping ourselves well in Maine as we age, but many of us are determined to try as long as we can. As Douglas MacArthur said, "Age wrinkles the body. Quitting wrinkles the soul." Most Maine seniors do not want to "quit" their home. **Legacy Years At Home** offers a hand up in keeping us safe and comfortable while we enjoy staying in our own home.

Chuck and Harriet Vaughan can be reached at 119 Main Street, P.O. Box 345, Coopers Mills, ME 04341; tel. 207-549-7850; or email: info@legacy-years.com. You can also view their website at www.legacy-years.com. Call to receive an estimate for their services.

Hussey's celebrates 91 Years

On Saturday, Oct. 11th, Hussey General Store hosted an anniversary event celebrating 91 years in business.



Contributed Photo

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"IF YOU CAN'T FIND IT AT HUSSEY'S, YOU DON'T NEED IT"

Swift From Pg. 1 days." Brian just likes to work. "I earned everything I have. Nothing was given to me." Does he have a computer? "Don't need it." Vacations? "Don't need 'em." Alcohol and tobacco? "Don't need 'em."

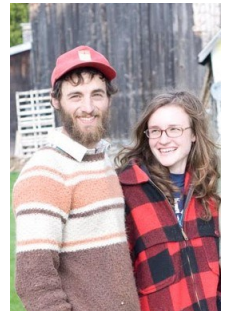
When asked if he'd run for selectman, he said not unless he'd be able to take the posted road signs down in the spring. He works on his truck during mud season.

On the return trip driving through Augusta, Brian slows down in the traffic. "Look at all these people driving to work. They hate their jobs sitting in an office all day. I don't want to work for nobody."

You can learn a lot from Brian if you're willing to give up some sleep.

Whitefield couple to receive farming award

Knox-Lincoln Soil & Water Conservation District press release



Contributed Photo

At the annual Knox-Lincoln Soil & Water Conservation District awards banquet on Nov. 5, Ben and Taryn Marcus, of Sheepscot General Farm here in Whitefield, will receive the Cooperating Conservation Farm of award. Ben and Taryn grow five acres of certified organic produce and organic strawberries, practice cover-cropping to improve soil health, and operate Sheepscot General Store, which includes a café and free wifi and also hosts community events.

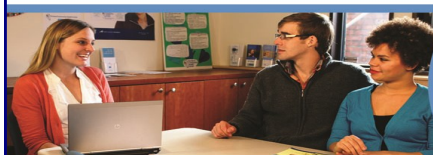
Other individuals who have achieved excellence in conservation practices will also be recognized. Guest speaker will be Tim Cunniff, executive director of Backyard Farms in Madison.

The festivities begin at 6 pm at North Nobleboro Community Hall, East Pond Rd., Nobleboro, with munchies and visiting, with dinner following at 6:30. Registration fee of \$15 covers the cost of the meal. Contact Hildy at 596-2040, hildy@knox-lincoln.org, or register online at www.knox-lincoln.org/annual-meeting/.

Get Covered & Stay Covered with an affordable health plan for 2015



Don't miss the deadline! Sign up from **November 15th - December 15th** for a Health Insurance Marketplace plan that starts January 1st.



Most Mainers qualify for financial help that can lower your monthly premiums. Plus, there are new options on the Health Insurance Marketplace.

Visit enroll207.com now to learn about all the resources—including free local assistance—available to help you sign up starting **November 15th!**

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Just Yesterday

In the **Nov. 12, 1880**, *Lincoln County News* the correspondent for Whitefield reported: "Some time ago a ledge was discovered on the farm of Elbridge Moody in Whitefield, which was thought to contain gold, and specimens of the surface rock were sent to Nevada and assayed. The samples sent gave \$7.23 in gold and 98 cents in silver to the ton. Mr. Moody with some of his neighbors through whose farms the ledge runs, proposes to work into the ledge and see what they can do with it."

"Mr. Frank Richardson is once more able to attend to his farm and work shop. Mr. R., a few weeks ago, broke several ribs in falling from a load of hay."

In the **Nov. 30, 1883** issue: "A party of 3 young men, Horace and Walter Kennedy and Ernest Preble. reached California safely."

"Charles P. Choate, Deputy Sheriff of North Whitefield, was recently thrown from his carriage and his leg was badly broken."

Nov. 5, 1886: There has been almost a water famine at Turners Corner [North Whitefield]. Those who have no cisterns are being obliged to haul water a long distance."

Kids Doing Science Outside

By Kit Pfeiffer and Cheryle Joslyn

The sun breaks through the canopy of white pine and red maple above a group of Whitefield School 4th graders, taking the chill off the October morning at Hidden Valley Nature Center (HVNC) in Jefferson.



Abandoned Birds Nest Discovery Photo by Kit Pfeiffer

"Tree number 4 is 14.27 inches in diameter," calls out the girl who has just circled a magic forester's measuring tape around a big pine. It automatically converts the circumference of the tree to its diameter. Others in her group scribble down the information and note what kind of tree it is (white pine) and any special features ("Wow, look up high and see how it twists like a snake!") The data about the trees these students are measuring for the first time will go into a national database and be tracked for many years to come, providing valuable information for climate change researchers.

The day-long field trip at HVNC is the first of eight monthly visits for the 4th graders this school year. The new program, informally called Kids Doing Science Outside, has been developed by naturalist educators at the Center and the Sheepscot Valley Conservation Association (SVCA), in consultation with Whitefield School classroom teachers, Mark Trask and Kathy Lamothe. Throughout the year, the 4th graders will learn about the local ecology by doing fieldwork outside, studying trees, soils, animal tracks, ponds and bogs. One trip will even involve using snowshoes!

Don't forget to vote!

Tuesday, November 4th, 2014. Polls are open from 8 AM to 8 PM at the Whitefield Fire House.

Nature-based education programs such as this are springing up around the country. Educators are recognizing the immense value to engaging students with their environment, so that textbook learning comes alive outside in their own back yards. Students' work will contribute to larger efforts to collect environmental data through existing 'citizen science' programs such as Signs of the Seasons: A New England Phenology Project and the Maine Forest Inventory Growth Project. Being part of a larger effort, Whitefield's 4th graders can take pride in their contributions to these long term monitoring programs.



Scavenger Hunt Photo by Cheryle Joslyn

Here in Whitefield, our students have a unique opportunity to learn in this way, with the resources of Hidden Valley and the SVCA. Susan Kistenmacher of HVNC is excited about the opportunity to focus on the kinds of teaching and learning that she finds most effective. She was named Educator of the Year in 2011 by the Knox Lincoln Soil and Water Conservation District, is a Maine Master Naturalist, and has more than 28 years of science education in the public schools.

"I am so grateful for this opportunity to help public school teachers get their students outside to learn," says Sue, who is working with Lynne Flaccus, SVCA's program director and primary educator. Lynne is a naturalist with a strong background in place-based and experiential outdoor education. Previously she was the Head Naturalist at the Chewonki Foundation for 24 years. In that role she taught a variety of natural history programs to people of all ages, taught science in the Semester Program, and was responsible for ecological monitoring projects involving students and staff. "I really enjoy letting students see that they can be scientists at an early age."

The day ends with a walk out Warbler Way, past the plots where the students had been measuring trees in the morning. "Goodbye, trees," yells one of the boys. "See you next month!"

Want to help with Kids Doing Science Outside? Fourth graders from both Great Salt Bay Community School in Damariscotta and the Whitefield Elementary School will visit the Hidden Valley Nature Center monthly through next May. Volunteers are needed to help make the program work. You don't have to be a professional naturalist or a teacher. You just have to enjoy working with kids and being outside. Interested? E-mail Andy, andy@hvnc.org, to get on the list of volunteers. There's no obligation. Just fun!

Forestry Based Education & Recreation

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yard or sheds.

NOVEMBER 2014 COMMUNITY EVENTS CALENDAR

- 1st** **Craft Fair—Kings Mills Union Hall, 10-2**
Yoga, Sheepscot General, 6 am
ZUMBA 3:10-4pm, Whitefield Elementary
- 3rd** ZUMBA 3:10-4pm, Whitefield Elementary
Coopers Mills Fire Dept. Anyone interested in supporting or learning more about CMVFD is welcome. We won't rope you into anything right off. 7 pm
Kings Mills Fire Dept. 7pm
- 4th** **POLLS OPEN AT 8 AM**
Women of Whitefield, Sheepscot General, 10 am
Select Board 6pm
Kings Mills Union Hall Board Mtg. 7 pm
- 5th** Yoga, Sheepscot General, 6 am
Food Pantry Volunteer Set up 12 pm on, Help always welcome
Call Mary Lemieux for more info 582-2684
ZUMBA 3:10-4pm, Whitefield Elementary
Whitefield Historical Society, 6:30 pm
- 6th** **Senior Men's Group** Sheepscot General. 10 am
- 7th** **Whitefield Food Pantry**, St. Denis Hall, 1-3 pm
- 9th** **Whitefield Athletic Association (WAA)** Whitefield School 6 pm
- 10th** ZUMBA 3:10-4pm, Whitefield Elementary
Whitefield Municipal Fire Dept. 7 pm
- 11th** **VETERAN'S DAY**
Select Board 6pm
- 12th** Yoga, Sheepscot General, 6 am
ZUMBA 3:10-4pm, Whitefield Elementary
Arlington Grange 6 pm Pot Luck Supper, 7 pm Meeting All are welcome.
- 13th** **Senior Men's Group** Sheepscot General. 10 am
RSU School Board Meeting, Chelsea School, 6:30 pm to 9 pm
- 15th** **DRUMMING CIRCLE:** Open to the public, all ages welcome.
Sheepscot General, 6:30 pm
- 17th** ZUMBA 3:10-4pm, Whitefield Elementary
DANCE CLASSES: Sheepscot General 3:30-5:30 p.m.
- 18th** **Women of Whitefield**, Sheepscot General, 10 am
Select Board 6pm
- 19th** Yoga, Sheepscot General, 6 am
ZUMBA 3:10-4pm, Whitefield Elementary
Planning Board Fire Station, 7-9 pm
- 20th** **Senior Men's Group** Sheepscot General. 10 am
- 21st** **Open-Mic Night**, Sheepscot General, 7-9 pm
- 24th** ZUMBA 3:10-4pm, Whitefield Elementary
- 25th** **Select Board** 6pm
- 26th** Yoga, Sheepscot General, 6 am
ZUMBA 3:10-4pm, Whitefield Elementary
Arlington Grange 6 pm Pot Luck Supper, 7 pm
Meeting All are welcome.
- 27th** **HAPPY THANKSGIVING**



HOLIDAY EVENTS IN DECEMBER

- Arlington Grange Christmas Caroling Dec. 6th**
Kings Mill Union Hall Christmas Program Dec. 7th 3-5pm
Sheepscot Valley Community Church Christmas Party TBA

*Do you have an event? Contact whitefieldtownnews@gmail.com
We'll add you to the town calendar website and newsletter.*



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

You can receive the newsletter by email by signing up at www.townofwhitefield.com/Newsletter.html