



Whitefield News

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See you there!

Out and About In Whitefield

By Christine LaPado-Breglia

Hello! I would like to introduce myself to those readers out there who do not already know me. I live with my husband and my teenage daughter in the lovely little Whitefield village of Coopers Mills, and I am the arts and lifestyle editor and the copy editor at The Lincoln County News in Newcastle. I write a weekly column in that newspaper called "Lincoln County Artsbeat." I will also be serving on the RSU 12 Board this coming school year.

"Out and About in Whitefield" is my first column for the Whitefield Newsletter. In it, I plan to write monthly about some of the many interesting and fun people, places, and events in this vibrant part of Lincoln County.

For this issue, I interviewed Whitefield historian and artist Lucy Martin, whose solo watercolor exhibit "Whitefield in Watercolors" will open on Friday, July 5 at Sheepscot General. Martin will be on hand

at the opening reception, which begins at 5 p.m. on July 5, coinciding with Pizza Night.



Christine Lapado-Breglia

Martin's partly historical show will feature a number of pieces "based on old-time black-and-white or sepia postcards," as she told me. The majority of her pieces are framed in local pine frames made by her husband, Herb Hartman.

Martin said she began practicing painting with watercolors "on a regular basis" about six years ago, after having taken a few senior-college painting classes, including one with the late psychiatrist and painter Julian Sacks. "I cherish the memory of painting 'plein air' with him at Sabatines' on the East River Road many summers ago," she said of her time with Sacks.

Martin showed nine of her pieces at last year's Twin Villages ArtWalk, at Skidompha Secondhand Book Shop in Damariscotta alongside artist Sarah Fisher.

When I asked Martin *Continued on Pg. 2*

Wild Bee Food and Housing

By Tony Marple

Pollination is the most important factor affecting the crop yield of our 30 acre blueberry field. Strong pollination increases both the number of berries and the size of individual berries. The past standard has been 3 hives per acre which would amount to 90 for us, and we usually rented 80. The migratory bees driven from Florida to a variety of flowering crops moving north in the spring are pretty expensive and since the price of blueberries has plummeted, I doubt that any grower meets that standard today.

So, five years ago we started to provide more "food and housing" to increase the number of wild pollinators. In addition to blueberry land, our property includes 35 acres of fields with 20 apple and pear trees and a vegetable garden. The rest is forested, often with stone walls abutting the fields.

Wild pollinators include bumblebees, mason bees, miner bees, sweat bees, plasterers and more. Wildflowers, wild apple, wild cherry and other trees along with native flowering shrubs provide their needed pollen. It's important to provide pollen from early spring to late fall. By rotating field mowing, about half of our non-blueberry fields are un-mowed every year. This increases the number of later blooming wildflowers including goldenrod, milkweed, asters and thistle, to name a few, while red clover, dandelions, hawkweed and many others bloom early in both mowed and unmowed fields. Waiting to mow



Photo by Tony Marple

until August also protects bobolinks and meadowlarks.

Another major pollen source is native shrubs. Often found around stone walls particularly at forest edge, they include chokeberry, various dogwood species, shadbush, winterberry, hobblebush, high bush cranberry, serviceberry, witch hazel and many more. We planted some of these along the edge of the blueberry field but then figured out that there are so many along the stone walls and forest edges that you can just free them up by removing tightly spaced tree saplings, low branches and invasive shrubs. This work creates three season pollen and a lot of beauty.

Many wild bees nest in the ground while others nest in cracks or holes in dead trees and many other sites. Patches of bare, dry earth provide nesting sites. We've also made wooden nesting boxes drilled with multiple 5" deep holes with widths 7/16" and lower. Those boxes are placed 3-5' high on trees around the fields facing southeast. You can also drill holes in dead or downed trees.

Using only 25 local honeybee hives from Chris Delisle last year, we had a record crop. Go wild bees, go Chris!



Out & About Cont. from Pg. 1 what draws her to watercolor, she said, "Watercolor is a challenging, but thrilling medium. As someone who loves being outdoors, in nature, I gravitate toward painting watercolor landscapes because when things go well with the eye and brush, what comes through is a transfixing radiance enhanced by shadow, its necessary opposite."

As for the historical twist in her Sheepscot General show, Martin said, "I have a strong bent toward preservation. A longtime member of the Whitefield Historical Society, I've studied historical photos and black-and-white picture postcards of local scenes. I would imagine what these places looked like when real people walked Main Street in Coopers Mills, say, or the corner where Whitefield Union Church was built in the 1870s."

"At the same time, there are a fair number of present-day illustrations in the show," she added, "such as Mike Moody's cows crossing Townhouse Road, Arlington Grange (now the library), or the barn at Bailey's Orchard."

When asked what inspires her to paint, Martin offered that her "best inspiration comes from what I love: my former flock of hens, laundry flapping on a clothesline, or the lush, green rural landscape where I live."

Martin said she hopes that viewers of her exhibit "will feel some nostalgia for or curiosity about a bygone and quieter time – quieter except for the mills, which were undoubtedly pretty noisy!"

Her show will be up through Wednesday, July 31. Sheepscot General is located at 98 Townhouse Road in Whitefield and is online at sheepscotgeneral.com.

Email me at christine.lapado@gmail.com.

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Whitefield 4th Graders Become Tree Lovers

by Kit Pfeiffer

At Hidden Valley Nature Center this past school year, the fourth graders in Mr. Trask's class visited once a month for a full day of nature activities. Their first day at HVNC, each student "adopted"

a tree and then paid it a visit each month. For the last trip in late May, they each wrote an ode to their tree in the classroom and read them at the nature center. Here are two samples. Enjoy!



I am *Castanea dentata*

Hard wood, deciduous, rare

Lover of water, sun, soil and nutrients

Who feels deciduous, rare and prickly

Who fears fungus disease, fire, lightning

Who gives paper, oxygen, wood products, lumber, wildlife habitat

Who is known for being rare, with prickly sweet nuts.

I am American Chestnut.

Andrew King

I am *Quercus rubra*

Rough, deciduous, hard wood and mossy

Lover of soil, water, sun, nutrients

Who feels deciduous

Who fears termites, loggers, high winds and drought

Who gives oxygen, wood products, jobs, wild habitat

Who is known for the heat from the fire

I am Red Oak.

Isabella Winchenbach



Town Office News....

Please note that the Town Office hours are changing as of July 1st. They are as follows:

Monday	8:00am to 4:00pm
Tuesday	8:00am to 4:00pm
Wednesday	Closed
Thursday	7:00am to 12:00pm and 3:00pm to 7:00pm
Friday	8:00am to 2:00pm

We are closed for all State and Federal Holidays

The Select Board and Town Office Staff wish you a Happy and Safe 4th of July!

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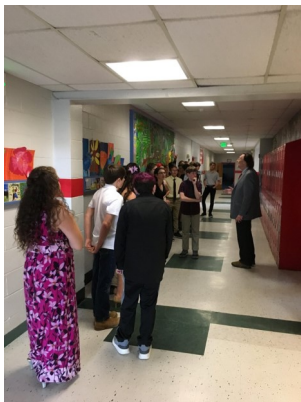
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Reflections on the 2018-2019 School Year

By Mark DeBlois, Principal

As we reach the conclusion of the current school year I wanted to share some reflections / insights on the year about to conclude as well as some directions for the upcoming 2019-2020 school year. With this being my first year in Whitefield, I can only speak about what has transpired this year and our plans for the future. I also will try to recognize individuals who have worked to make this a successful year.

Volunteers This year we had an amazing corps of volunteers coming into the school to tutor students, work in classrooms, provide support for teachers and students and, simply, add another dimension of positivity to the school community. As we head towards the 2019-2020 school year I would encourage interested individuals to contact Meagan Soule here at school and get involved in supporting our kids. Our volunteers make a significant contribution to this school!



Students The WHES students have proven themselves as a group to be engaged and excited about learning and about being productive, positive members of our school community. They work diligently at being supportive to other members of this community and we have many, many examples of students demonstrating empathy towards one another. The greatest percentage of students understand the expectations at school and meet those expectations daily. When conflicts arise, the WHES staff has become extremely adept at intervening and finding resolutions to issues that benefit all individuals. Over the course of the year we have found that our disciplinary referrals have diminished and in our Student Survey, the majority of students responded that they felt safe at school and that they had a trusted adult available to them. Students are our reason for being here, but I think it is important to recognize that our students are taking their role seriously and are doing their part to make this school positive and productive.

Staff I have found the staff at WHES to be dedicated to facilitating growth in all domains (academic, social emotional & physical) and are committed to their craft. Every school is always focused on getting better and educators will never say that our mission is complete and I see an attitude from our staff to continue their own professional growth to reach their best. Most importantly, the WHES staff considers the needs of the whole child, supporting children in so many ways that transcend the standard instructional framework. There is deep caring being demonstrated across the grade span here and by all staff members and our kids are the beneficiaries of this mindset. Believe me, we'll keep working and striving to do more and accomplish even greater levels of proficiency, but it is important to recognize the seriousness of purpose and the substantial dedication of the individuals who work in this school.

Resilience Finally, it is impossible for me to reflect on this year without remembering the significant loss that was experienced with the death of Dennis Cullenberg, a man who had dedicated over three decades of stellar service to this school. It was, and remains still, a terrible, challenging time for this school and community. It is interesting to me that Dennis' final contribution to this entire community was that, in his passing, the students, staff, parents, alumni and community unified in sharing their sadness, grief and loss. A teacher to the very end, Dennis facilitated our own capacities to recognize and express our emotions, support each other and move through the challenges life presents to us in as reasonable and positive a manner as possible. We demonstrated our resilience and that will serve us all as we move forward.

I would like to take this opportunity to thank all of our parents for the support that has been demonstrated throughout the year. We have many goals for the upcoming school year, new staff coming on board and a resolve to continue to grow and prosper as a community. Please continue to be a vital part in our journey as all students benefit because of it.

Have a great summer and I look forward to seeing you all [on August 28th!](#)

WHITEFIELD ROAD SIGNS

A concerned citizen spoke to Tony Marple about safety on our town roads. Jen Grady suggested some sort of sign alerting drivers to other travelers who are using our roads.



She provided a sketch to which was added a "Welcome" message. The Roads Committee has endorsed this project that will include 12 signs installed at major entrances to the town at a cost of \$2400. (\$200 x 12)

Currently there is no money available in the Roads budget, but already there are five pledges to fund five signs. The Town Office has set up a fund for receiving donations of any amount. If any person or entity wishes to donate \$200 for a sign, the name will be acknowledged in the next Town Report.





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JULY 2019 COMMUNITY EVENTS CALENDAR.



WHITEFIELD LIBRARY

SATURDAYS 10-2, Storytime w/ Activity 10:30-11:30

WEDNESDAYS 10-12 AND 5-7 PM



- 1st** **COOPERS MILLS FIRE DEPT.** All are welcome. No obligation. 7 pm
KINGS MILLS FIRE DEPT., 7 pm
- 2nd** **SUMMER ADVENTURE SERIES AT HVNC: FAT BIKES** HVNC 4-6 pm every Tues. through July 30th (207) 389-5150
YIN YOGA AT SHEEPSHOT GENERAL, 6:30-8:00 pm
KINGS MILLS UNION HALL BOARD MEETING - Public Welcome 7 pm
- 4th** **KINGS MILLS PARADE 10 AM** - also Union Hall White Elephant Sale, Fire Department Auction and Silent Auction and much, much more!
- 5th** **WHITEFIELD/ALNA FOOD PANTRY**, St. Denis Hall, 10-12 pm
JULY ARTIST & RECEPTION WITH LUCY MARTIN at Sheepscot General 5-7pm featuring Lucy Martin as our artist of the month. Lucy will share her watercolors of the area with us.
SUMMER TIMBER FRAMING COURSE JULY 5-8TH 10-4 pm at HVNC Students will work in small groups over the course of 4 days to learn the basics of timber frame construction, and ultimately to build and erect the frame of a small building. 207-389-5150
- 7th** **TEA TIME IN THE GARDEN** at Natural Dawnings herb gardens the first Sunday of each month thru the summer June-September from 2-4pm. The address is 251 Benner Lane. \$10 donation to attend.
- 8th** **WHITEFIELD HISTORICAL SOCIETY**, Town House, 1 pm
WHITEFIELD MUNICIPAL FIRE DEPT., Fire Station, 7 pm
- 9th** **WOMEN OF WHITEFIELD**, Sheepscot General, 10 am
YIN YOGA AT SHEEPSHOT GENERAL, 6:30-8:00
SELECT BOARD, Fire Station, 6 pm
- 11th** **SENIOR MEN'S GROUP**, Sheepscot General, 10 am
RSU SCHOOL BOARD MEETING Chelsea School, 6:30 pm
- 13th** **KINGS MILLS UNION HALL BARGAIN** Days July 13 and 14 10am - 2pm
- 14th** **KINGS MILLS UNION HALL BARGAIN** Days July 13 and 14 10am - 2pm
WHITEFIELD ATHLETIC ASSOCIATION (WAA), Whitefield School, 6 pm
FULL MOON PADDLE Spend the evening in the glow of the moon! Hike into Little Dyer Cabin at Hidden Valley Nature Center, where a rack of canoes await their passengers. 207-389-5150
- 16th** **YIN YOGA AT SHEEPSHOT GENERAL**, 6:30-8:00 pm
WHITEFIELD LIBRARY BOARD MEETING 6:30 pm at the Whitefield Library, all are welcome
- 17th** **NEW PARENT PLAY GROUP**, Sheepscot General, The playgroup is primarily aimed at 0-2 years old Playgroup will meet in the gallery space at 9 am.
PLANNING BOARD, Town Office 6:00 pm
- 18th** **SENIOR MEN'S GROUP**, Sheepscot General, 10 am
- 19th** **OPEN MIC NIGHT** at Sheepscot General 7-9pm
- 20th** **WHITEFIELD/ALNA FOOD PANTRY**, St. Denis Hall, 10-12 pm
DRUMMING CIRCLE, Sheepscot General, 6:30 pm. Open to the public, all ages welcome.
- 23rd** **WOMEN OF WHITEFIELD**, Sheepscot General 10 am
SELECT BOARD, Fire Station, 6 pm
YIN YOGA AT SHEEPSHOT GENERAL, 6:30-8:00 pm
- 24th** **ADULT BOOK CLUB**, Whitefield Library and Community Center 6 pm
- 25th** **SENIOR MEN'S GROUP**, Sheepscot General, 10 am
- 26th** **SUMMER OUTDOOR CONCERT W/ JENNY LOU DREW & CLIFF GELINA** 7pm We are very pleased to welcome our friend Jenny Lou Drew to the Sheepscot General Summer concert stage. \$10 each, kids free
- 27th** **COMMUNITY SINGING CIRCLE**, Sheepscot General, 6 pm. Open to all, acoustic instruments Welcome
- 28th** **FUZZY UDDER CREAMERY** has Open Farm Day on July 28 from 11-4
- 30th** **YIN YOGA AT SHEEPSHOT GENERAL**, 6:30-8:00 pm



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

Deadline for newsletter submissions is the 15th of the month. whitefieldtownnews@gmail.com Whitefield Newsletter Committee: Cheryl Joslyn, Kit Pfeiffer, Sue McKeen, Tony Marple, Christine Lapado-Breglia & Debbie Rogers.

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