

BELGRADE NEWSLETTER

FEBRUARY 2005

Belgrade, Maine

Cub Scout Pack 453

Cub Scout Pack 453 is strong and active in Belgrade. This year marks Cub Scouting's 75th birthday. The volunteer leaders are committed to providing a safe, fun, and skill building experience for the boys in Belgrade. Pack 453 has enjoyed some exciting activities: Spring & Fall Camporees, and overnight camp-in at the Boston Museum of Science, panning for gold, 4th of July parade, a conservation project at Hayden Park, ice fishing, Cake Bake, Pinewood Derby races, as well as numerous activities done with individual Dens. Plans have been finalized for an overnight at Battleship Cove in Massachusetts, a visit to the Roger Williams Park Zoo, and this year's Pinewood Derby and Blue and Gold Banquet. In addition we plan to participate in K-Valley District's 3 day, 2 night Spring Camporee.

Many thanks to all the community members, businesses, and organizations that support us. You are all a huge part of making Pack 453 as successful as it is.

If you have a boy in grades 1 through 5 and are interested in joining Pack 453,

News From Town Office

please call Cubmaster Dwayne Bickford at 465-7949.

Absentee ballots are available at the Town Office for the Town Meeting Election to be held on March 18th.

There are 14 budget articles, other than the normal municipal elections that will be voted on by secret ballot, some of these are budget articles. There will be a Public Hearing on these articles, on March 8th at 6:30 P.M. at the Center for All Seasons. Town Meeting will be held at the Center for All Seasons, at 1:00 P.M. on March 19th.

Anyone wishing to run for Selectperson for a 3 year term as a write-in candidate, please get out and let people know that you wish to run. No one turned in their nomination papers for this position.

4th Annual Genealogy Conference sponsored by the Silence Howard Chapter of the Daughters of the American Revolution. May 21, 2005 from 8 am-2pm (approx) at the Williams Elementary School in Oakland, ME. Pre-registration: \$12. For registration info. Contact: Marilyn Dennis, 85 Bangor Rd., Benton, ME

04901, 207-453-8351 or visit our website at

Belgrade Historical Society Proposed Dates and Programs for 2005

March 23 7pm- North Belgrade Community Center

Bring something to share—information on Belgrade History, an artifact, a book or article, a person with a story.....or

April 13-2pm Executive Committee

April 27- 7pm at Adelaide Lalime home-Site of Old Belgrade Lakes Hotel- She will tell us how she got her house listed on the National Register of Historic Places.

May 25- 2pm David and Theresa Roy will host us at their classic cottage on Great Pond. We will hear many colorful stories about the previous owner and his Circus connections, etc.

June 22-12 noon- Center For All Seasons Annual Meeting and luncheon Election of Officers. Guest speaker, Earle Shettleworth, State Historian, will speak about the Cottage Tradition. He has a particular interest in architecture and has written widely on the subject.

July 27-10am- Boat Tour of Great Pond, a chance to see and hear about various spots of interest or particular cottages.

August 24-1pm- the second annual walking tour of Chandlers Mills (Belgrade Lakes Village)

www.geocities.com/shhaydendar/index.html.

Sept 28-4pm- a visit to Taconnet Falls Genealogy Chapter Library, 10 Lithgow St., Winslow

Oct 28- 7pm Center For All Seasons- Film Hard Times from Jim Sharkey.

Dec 3-A fund raising event- Festival of Trees, auction of decorated Christmas Trees. Part of the Christmas Stroll events.

Belgrade Fire Department

Dear Citizens,

Just a reminder not to run any generators or grills inside an enclosed area. Carbon Monoxide is a very dangerous gas. Also, be sure to keep driveways and private roads sanded and plowed so we can get our emergency vehicles into your home safely.

Have a Safe Winter.

Thank You,

Chief Jeffrey C Stevens

Belgrade Fire and Rescue



Health Officer's Report

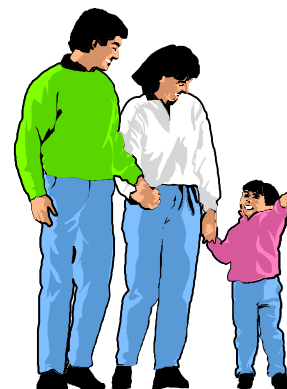
Obesity in Child

A commercial on TV recently struck a nerve with me and I shall address it in this article. It is a family sitting around the table (a father and his children) and one of the children asking what this is about, a family conference or what? Then the mother arrives with a bucket of Kentucky Fried Chicken and announces that this is a gathering for dinner! Too many families live this way now with fast food, fewer and fewer home cooked meals and lives that are far too busy to even take the time to sit down to dinner as a family. This is producing an obesity problem in a great percentage of our children as they are eating too much fat, too many calories and are also eating too fast. This coupled with a lack of physical activity and too much TV and/or Video games is creating a generation that will have numerous health problems, as they grow older. We need to address this problem in our homes and in our schools in order to change this trend in our children and grandchildren for a better life style and quality of life without heart disease, diabetes, kidney disorders, etc.

Our school in SAD 47 is providing healthier breakfasts and lunches which is a great start. Now we need to provide our children and grandchildren with healthy snacks such as fruits and

vegetables and healthy home cooked meals rather than a steady diet of junk food and fast food from McDonalds or KFC. And we also need to get them to exercise more and shut off the TV; what better way to do this than joining them for some sledding or skiing, bicycle riding when the weather allows it or just taking a nice walk. Spring is coming soon so let's try to address this problem; our children will feel better and so will we!

Lois K Doran, RN
Local Health Officer



Project Cuddly Bear 2005-

Belgrade Brownie Troop 416 will be collecting items once again this year for the Department of Human Services and the Foster Care System. We are collecting from ages preschool through high school and the necessary items according to the supervisors at DHS are to follow. Collection boxes will be located at the Town Office, Belgrade Central School and the Center for All Seasons from March 14th through 26th.

Requested items:

New

coloring books
crayons, markers & colored pencils
drawing pads of paper
stickers-stickers-stickers!!
“fun pads”, word search or maze books

Gently used or new:

books
hand-held car type games (i.e. magnetic mazes; solitaire games, etc.)
Travel sized games
decks of cards
Viewmaster viewers and photo discs
Magna-doodles, travel-sized

Thank you for your support! Please call Melanie Jewell for any additional information at 495-2631.

Belgrade Community Center For All Seasons- Recreation News

We thought you might want to know...a new way to find out the schedule here at the Center. Just warm up your computer, go to

www.belgrademaine.com, click on recreation/library and scroll down to where it says schedule. And there it is!! There are also descriptions of programs going on and a listing of special events. And the Center also has an email address...communitycenter@belgrademaine.com. Check it out!!!

We have three new activities you might be interested in...the first is Craft Club. They meet Tuesday afternoons from 1:00PM until 3:00PM. Some folks are knitting and learning to knit, some are rug hooking, some are crocheting and all are enjoying each other's company. The tea kettle and coffee pot are on and everyone is welcome. If you have another craft to share or if you just want to learn, this is a great opportunity.

And the second is recreational aerobic kick boxing for families!! This is an enjoyable workout and no equipment is necessary. Just wear loose clothing.

And this program is a "drop in activity"...there is no sign up, just come when you can. It is offered on Saturday mornings at 8:00 AM. This is a great way to start the weekend and to get ready for spring or to keep in shape for

winter outdoor activities. Kerry Sirois is the instructor.

The third is pilates. We know you have heard about this exercise program and perhaps you would like to try it. Classes are underway now but another series will be starting in April. We have both daytime and evening classes. Linda Sinclair is the certified instructor. If you are interested, give us a call or email us.

Do you cross country ski? If so, you might want to ski out across Great Pond using the access here at the Center. And when finished, just stop by the Center to warm up. If the weather holds, there will be a skating area on Great Pond that you can access from the Center as well. The building is open Tuesday through Saturday afternoons. Other programs continue here at the Center. Men's basketball twice a week, yoga with Carol Paradis starts again in March, the After School Education Program for kids, and of course open gym times. And if all goes well, the Senior Aerobics Program led by Betty Grant will begin in April. And remember..when the weather is bad, walking in the gym is a good way to keep limber. Just check out the open gym times.

The 5th Annual Talent Show and Citizens of the Year Awards, March 5th, 1:00-4:00PM. Come one, Come All

Belgrade Public Library

Here is a summary of some of the statistics for 2004.

6,351 books borrowed in 2004 [23.8 % more than in 2003].

160 new cards issued in 2004.

896 total registered card holders (some families use 1 card).

99 books borrowed from other libraries for patrons.

The Library is open 23 hours each week.

4,938 books, audio tapes, periodicals, CD's in the collection.

Belgrade Public Library has recently been notified that it has been awarded a Maine Reads Community Literacy Project planning grant. Judy Johnson, librarian at Belgrade Central School and I will assemble an advisory board to assess lifelong literacy needs in our community. Anyone interested in being involved in this project should call Marcia at Belgrade Public Library, 495-3508.

The Library Board of Trustees, *Friends of Belgrade Public Library* and patrons are pleased to welcome Cheryl Thompson to our library staff. Cheryl works at Hubbard Free Library in Hallowell and brings many years of library experience to share. Cheryl will be working Thursdays and Saturdays.

New books are added to the collection every month. Recent acquisitions include works by John Grisham, W.E.B. Griffin, Richard North Patterson, Lily Tuck, Barbara Taylor Bradford, Nelson

DeMille and Ken Follett. Nonfiction books about digital photography, identity theft protection, Google searches, etiquette and the new SAT study guide have also been added to the collection.

Coming in March, we will add *The Ambassador's Son* by Homer Hickman. Library patrons enjoyed Hickman's *The Keeper's Son*, a World War II story of a U-boat captain fighting off the isolated islands of the Outer Banks, as he encounters Josh Thurlow of the U.S. Coast Guard. In the sequel, Josh serves in the South Pacific, where he meets up with the crew of PT 109.

Should you need a reminder of the warm days of summer, try *A Place on Water* by Maine authors Robert Kimber, Wesley McNair and Bill Roorbach. This collection of 3 essays peeks at their evolving friendship as they share the experience of living on a small pond in Maine.

The Library will be closed Saturday, March 5th and Saturday, March 19th so as not to interfere with the Talent Show and Town Meeting. Books may be renewed by phone (495-3508) or via e-mail to belgrade@belgrade.lib.me.us. Otherwise the Library is open:

Tuesday 12:00 to 7:00 p.m.

Thursday 10:00 a.m. to 7:00 p.m.

Friday 9:00 a.m. to 12:00

Saturday 12:00 to 4:00 p.m.

MANAGER

Mark L. Turner

Hello Everyone -

I know, I know many of you are probably just a little bit tired of winter right now. The first day of spring is less than a month away. The days are, indeed, getting longer. We'll make it!

It has been a very tough winter in terms of weather situations. We have experienced many more storms than in previous years. We started off with sleet and ice events. And, during the past few weeks, we have had some pretty significant snowfalls. Our sand and salt pile had to be restocked in early February. Many towns are running low on road treatment materials. We stockpile and prepare for a normal 15 -18 storm season. As I write this, the plow and sand trucks are out there for the 26th time. It has been a very demanding year for our plow crews. Hats off to David Kincaid and Ron Bellavance and their crews. They have put in some long hours dealing with some very difficult conditions.

Before long, though, we'll be enjoying springtime. And with it, the mud, the potholes and the first hatch of the blackfly season. Perhaps a lot of you will agree that this is better than the cold, the ice and the snow. One thing you will want to do is check your driveway culverts for obstructions. With the approach of spring, we will be having rain and melting snow. A blocked culvert can cause washed out

driveways and flooded roads. Please do your part in helping us to control these potential hazards.

As always, if you have any questions or concerns, please do not hesitate to contact me at the Town Office. A reminder also that the referendum and election is scheduled for Friday, March 18th at the Center for All Seasons. Polls are open from 8:00 AM to 8:00 PM. The annual Town Meeting is scheduled to begin at 1:00 PM on Saturday, March 19th, also at the Center for All Seasons. I encourage all eligible citizens to use this opportunity to be an active participant in their Town government.

Be Safe and Think Spring!!!