

# BELGRADE NEWSLETTER

BELGRADE, MAINE

MAY 2005

## RECYCLING NEWS

There is a small building that is between the recycling center and the trash hopper that will be taking Universal Wastes (also referred to as mercury-added wastes). The building came from a grant from the State of Maine. The Town of Belgrade has contracted with WESCO in Augusta for recycling of Universal Wastes. Universal Wastes include fluorescent lamps, mercury vapor and high-pressure sodium light bulbs, mercury thermostats, mercury switches, mercury thermometers and PCB-ballasts. The Waste Management Committee for Belgrade, which meets on the second Monday of each month at the Town Office, will be deciding when the Universal Wastes will begin to be collected. (Tentative dates are July 2 and Sept 3). Belgrade will also be recycling Nickel Cadmium (Ni-Cd), Nickel Metal Hydride (Ni-MH), Lithium Ion (Li-ion) and Small Sealed Lead Acid (Pb) that weighs less than 2 lbs./1 kg. These batteries are commonly found in cordless power tools, cellular and cordless phones, laptop computers, camcorders, digital cameras, and remote control toys. These batteries will be going back to the Rechargeable Battery Recycling Corporation ([www.RBRC.org](http://www.RBRC.org)) for recycling. Alkaline batteries can be disposed of in the regular trash (the manufacturers have phased out the use of mercury in the alkalines for the past 8 years-since 1996). Large lead acid batteries such as car batteries go back to the manufacturer when a new one is purchased (i.e. Sears takes back Sears Diehards).

Also, **PLEASE REMEMBER TO USE CLEAR DISPOSAL BAGS, NOT BLACK OR GREEN FOR TRASH DISPOSAL.**

## MEMORIAL DAY

MEMORIAL DAY CEREMONY will take place on May 30, 2005- 10 A.M. at the Cemetery.

Guest Speaker will be Justice, Donald H Marden, of Belgrade. The Messalonskee High School Band will be performing and a parade will take place.

This is a day to remember our veterans and our

troops- so please attend to honor them.

If it rains, the ceremony will take place at the Belgrade Central School Gym at 10:00 A.M.

### CITIZENS' SURVEY RESULTS

Here are the results of the survey of Belgrade citizens' opinions on Town questions conducted by the Long Range Planning Committee during March and April. About 500 questionnaires were picked up and 94 responses were returned by Town residents. Comments that some people included with their questionnaires were recorded

and circulated to the Board of Selectpersons.  
While the results are non-binding, they are useful  
guides for discussion and forward planning.  
Thanks to all who took the time to voice their  
opinions on these questions and to the Town  
Office Staff for their work in preparing the forms  
and compiling the comments.

## Belgrade Public Library

The Library has switched to summer hours. It is now open:

Tuesday 12:00 to 7 p.m.

Wednesday 3 p.m. to 7 p.m.

Thursday 10 a.m. to 7 p.m. { *Story time at 10:15 a.m.* }

Friday 9 a.m. to 12:00

*Dragons, Dreams and Daring Deeds* is our summer reading theme. Sign-up begins June 21<sup>st</sup>. Children who read or are read to 10 or more library books will receive a free book at the end of the program. There will be incentives and special activities throughout the summer. A schedule of events will be posted in the Library.

The *Friends of Belgrade Public Library* will hold their annual meeting at 7 p.m. on Wednesday, June 15<sup>th</sup> at the Community Center. They will give a progress report, recognize the special efforts of Library volunteers, and offer refreshments.

The annual 4<sup>th</sup> of July BOOK SALE will be on Main Street again this year from 9 a.m. to 3 p.m. Funds raised by the Friends group go to support programming and provide matching grant funds which supplement the municipal budget for the Library. Volunteers are welcome. Call the Library (495-3508) to make arrangements for donations of gently used books (no magazines, no *reader's digest* books, no text books).

Several talented Belgrade folks have entertained us with their music, poetry and dramatic abilities in the past and we hope to hear from more of you in the future. If you have a talent, skill or craft to share please let the library director know so we can add you to our *Performers Directory*.

Special thanks to Gaylord Weston, Oral Page, John Willey and David Gregory for reading their poetry at our Spring All-Belgrade Poets Night. Life in Belgrade creates powerful images of family, farming choirs and crickets and these poets Peter Marczak, Recreation Director

recreated these everyday images with inspired combinations of words.

Our Organic Gardening Forum was held on Earth Day. The informative speaker was Russell Libby, Executive Director of MOFGA. Many thanks to the following organizations who donated the door prizes: Village Inn, Pierce's Greenhouse, Living Acres Kompost, Kennebec Soil and Water Conservation District, Robert Martin, Johnny's Selected Seeds, Longfellow's Greenhouse, FEDCO Seeds, and MUM's Flower Shop.

The Library has created a brochure describing its services. Please visit the Library, pick one up and register for your library card.

## BELGRADE RECREATION SUMMER DAY CAMP

Belgrade Recreation is offering a summer daycamp for children who have completed kindergarten through sixth grade.

Four two-week sessions will be offered starting on June 27, July 11, July 25 and August 8. The following activities will be offered: sports & games, field trips, swim lessons, arts & crafts, boardgames, ecology, music, drama, canoeing and kayaking. Cost of each camp session is \$90/residents and \$120/non-resident, payable at the time of registration. Camp hours are 8:00-4:00, with extended hours of 7-8 and 4-5 being offered this year for an additional \$30/residents and \$40/non-residents. Each child will get a camp shirt.

## BELGRADE RECREATION PLANS SENIOR EVENTS

Belgrade Recreation is planning several senior events for this summer. Excursions are being planned for June, July and October with a senior luncheon being offered in August. More information will be available soon. Call 495-3481 to put your name on a call-back list. You will be called when the events are finalized.

## NEWS FROM THE "NEW" HEALTH OFFICER

I would like to take this opportunity to “Thank” Lois Doran for recommending me for this position and to introduce myself to you. Many of you know me from my 14 year tenure at the Belgrade Health Center or the past 7 years as a school nurse at our local schools. I am a Registered Nurse and a Certified Health Education Specialist. I have resided in Belgrade for 28 years with my husband David and raised our 2 sons, David Oscar and Dwight.

I look forward to serving as Belgrade’s Health Officer for the next 3 years and encourage you to call me if you have any concerns or questions.  
Sincerely, Katherine G Riddle, RN BS CHES

### **BEST WAYS TO BEAT HIGH CHOLESTEROL**

Do you know what your “numbers” are? Everyone should be aware of his or her risk for heart disease is. Your doctor can do a simple blood test with your yearly physical exam to let you know what your “numbers” are. These numbers (cholesterol, triglycerides, HDL, &LDL) help identify your risk for heart disease. Once you know that you may be at risk, you will need to know how to adjust your lifestyle to become Heart Healthy.

There are two major messages we try to get across to people who need to lower their cholesterol level.

First, is to add or increase physical activity and second is to adopt a lifelong habit of heart healthy eating. This sounds fairly simple and will be if you customize your plan to your own likes and preferences. Try to choose physical activities that are within your fitness level that you enjoy doing. Be sure to choose foods you enjoy that are low in saturated fat and eat plenty of fresh or frozen fruits and vegetables. Stick to whole grains, limit refined foods and drink at least 32 ounces of water daily.

The many benefits of increased physical activity include building healthy bones, muscles and joints, reducing colon cancer risk, improved circulation and may lower blood pressure. An exercise program may also improve mood and sense of well being possibly helping to reduce feelings of anxiety or depression. Physical activity can also be a great way to socialize by joining an exercise class, walking in groups, swimming or dancing lessons. The recommendations for activities that benefit

heart health are for “ moderate to vigorous intensity aerobic activity for at least 30 minutes most days of the week” (AHA-The FIT Formula). Even doing lower intensity activities like walking, gardening,

**yard work and housework can produce some benefit in the long term when done on a daily basis.**

**Start gradually and work your way up to a more vigorous routine that you can stick with. Be sure to consult your doctor before starting any exercise plan.**

### **FIRE CHIEF NEWS**

**Summer is here after a long winter. It is time for some summer fun. This includes cooking and grilling outdoors. Please remember to keep grills and open flames away from buildings and keep pets and children away from these units. Store propane tanks and gas cans in safe places, away from traveled places.**

**Thank You**

**Have A Safe Summer**

**Chief Jeffrey C Stevens**

### **SCHOOL BUDGET VOTING**

We will be voting on the annual school budget on June 7, from 8:00AM to 8:00 PM at the Center for All Seasons. **PLEASE** come out and vote. The last school election we had in January we had only 47 people show up to vote– not too good out of 2555 registered voters. Do your civic duty and get out and voice your opinion! See you on the 7<sup>th</sup>!

## **CEMETERIES AND PERPETUAL CARE**

**Mark L. Turner, Town Manager**

With Memorial Day occurring later this month, we thought that this would be a good time to provide a brief outline of how the cemeteries in Belgrade and their perpetual care are administered. I am most fortunate to have had at my disposal a valuable information resource and wish to thank Carl Yeaton for his contributions to this article.

From questions that arose about cemetery care during the recent Town Meeting, it seemed as though residents may not be aware of how a burial lot in one of our cemeteries can be obtained. There was also some confusion about the terms “perpetual lot care” and “flowers in perpetuity”. Let’s examine some of these little known facts:

### **How can a cemetery lot be obtained?**

In the early days, a lot was assigned without regards to a person’s place of residency. Since voter approval of Article 46 at the 1974 Town Meeting, only a resident of Belgrade can be assigned a lot in one of our cemeteries. Also, by voter approval of Article 31 at our 1984 Town Meeting, no lot could be assigned to a resident unless perpetual care for the lot was paid in advance. This year, the perpetual care cost is \$100.00 for a lot up to a size 10' X 12' and \$200.00 for one that is 10' X 24'.

### **What does “perpetual care” provide?**

A cemetery lot upon which perpetual care payment has been made will be kept mowed and trimmed by the Town Sexton at no additional cost to the lot assignee/owner. Also, if a monument or stone on a lot covered by perpetual care falls or is broken, it will be repaired at no additional cost to the assignee/owner. An annual maintenance fee will be charged to the assignee/owner for mowing and trimming on a lot that is not covered by perpetual care. If a monument or stone falls or is broken on a lot that is not covered by perpetual care, responsibility

for any cost of repairs will be that of the assignee/owner.

### **What does the term “flowers in perpetuity” mean?**

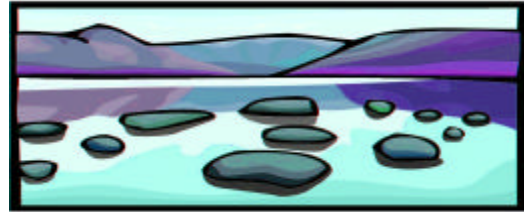
For a one time minimum payment of \$100.00, flowers will be placed on a designated cemetery lot for Memorial Day each year. The number of flowers will depend upon the amount of interest that is earned on the investment account established to accept deposits for this service. In past years, the interest earnings have provided enough money to purchase three geraniums per lot. A payment above the minimum \$100.00, by the way, would provide more flowers.

### **Where does the money paid to the Town for perpetual lot care and flowers in perpetuity go?**

Since the start of these payments in the late 1800's, the money has been invested in the Perpetual Care Trust and has become the financial support foundation upon which the interest earned is used for the purposes stated above. The principal can never be spent and use of the interest earned from the investments is restricted, by law, to the “maintenance of the lots covered by perpetual care and the avenues leading thereto”.

Anyone wishing to pay for perpetual care of a lot that is not now covered or who may wish to arrange for flowers in perpetuity, may do so by contacting the Town Office at 495-2258 or making arrangements through the Town Sexton, Michael Urbanek, who can be reached at 495-9282.

**TOWN OF BELGRADE  
SPRING 2005  
NEWSLETTER**



**NOTES FROM THE  
TOWN MANAGER  
Mark L. Turner**

*Hello again, everyone -*

*Well, we made it . . . . Springtime is finally upon us! Our staff at the Town Office has been very busy with boat and recreational vehicle registrations . . . a sure sign that outdoor activities are on the increase. In addition to our regular office hours and, for your convenience during this time of year, the Town Office is open one Saturday per month. The hours are 9:00 AM to 12:00 PM and the scheduled dates are:*

*May 21                      July 30  
June 25                      August 27  
September 24*

*For you boating enthusiasts, we are in the process of having a public dock installed in Great Pond stream just south of the Route #27 bridge in the village. This is being jointly sponsored by the Belgrade Lakes Region Business Group and the Belgrade Lakes Association and will allow residents of Great Pond to travel by boat to the village. A reminder to all boaters . . . . please remember to always exercise caution and courtesy while enjoying your trips on the sparkling waters of the Belgrade Lakes region.*

*We are very pleased to announce our recent hiring of a new Recreation Director. Peter A. Marczak, former Recreation*

*Director for the City of Augusta and current statewide Junior Olympic Commissioner for the Amateur Softball Association, began work at the Center for All Seasons on April 27<sup>th</sup>. Peter has been busy getting to know all of the folks associated with the recreation program, town officials and citizens. The major focus, at this time, is getting the Summer Youth Camp Program organized. Peter is working closely with the Board of Parks & Recreation to ensure that this summer's program will be the best ever. Please stop by to say hello to Peter. We hope to hold an Open House/Meet the Director event some time in June. The Board of Parks & Recreation will schedule and host the event. As soon as details are available, we will make an announcement.*

*My door at the Town Office is always open.  
If you have any questions or concerns,  
please do not hesitate to contact me. Enjoy  
your outdoor activities and, as always,  
**please be safe.***

