



JANUARY 2010

RICHMOND POLICE OFFER HOLIDAY SAFETY TIPS

With the holiday season upon us, not everyone is filled with goodwill. Unfortunately, as cited in a recent article published by the Better Business Bureau, the holidays are prime time for financial crimes - identity theft, robbery and fraud - and **seniors are often the target.**

To safeguard against financial crimes this holiday season, the Better Business Bureau offers these timely tips for seniors and those who care for them:

* **Hang on to your personal information.** Do not give any personal information over the phone or Internet to an unfamiliar company or caller. This includes your credit card numbers, but also the credit card expiration date, your Social Security number, driver's license number, bank account numbers, and personal information, such as your mother's maiden name. Even if you are told it is only for "identification" or "verification" purposes, this information can be used for unauthorized credit card charges or bank account debits. Tell

the person to send their request to you in the mail and that you will check out their record with the Better Business Bureau.

* **Use direct deposit.** Your mail - both incoming and outgoing - can be vulnerable, especially during the holidays when criminal activity is heightened. If your Social Security or Supplemental Security Income (SSI) check or other payments is delivered by mail to an unlocked box, you may be at risk for theft. Direct deposit eliminates the risk of lost or stolen checks, reduces fraud and gives people faster access to their money on payment day. Direct deposit also protects against identity theft. For more information about enrolling in direct deposit of your Social Security or SSI payment, call the Go Direct helpline at 1.800.333.1795 or sign-up online at <http://www.GoDirect.org>

* **Pay the safest way.** Many older Americans enjoy the convenience of online holiday shopping. If you're one of them, remember it's best to use a

credit card as your payment option and to check that the Internet connection you will be using is secure. Under federal law you can dispute the charges if you don't get what you were promised, or if the product is not delivered within the stated time period. Many credit card issuers also have a "zero liability" policy for unauthorized charges in the event your credit card number is stolen.

* **Arm yourself with information.** The Better Business Bureau offers safe shopping advice and other helpful tips at the <http://www.bbb.org>

If any resident has questions or concerns related to how best to safeguard themselves from financial crimes, identity theft, robbery or fraud they are urged to contact the Richmond Police Department.

The Richmond Police Department wishes everyone a safe and happy holiday season and a healthy and happy New Year.

JOB OPENINGS

The US Census Bureau will be hiring hundreds of local residents to work in their neighborhoods. Pay range from \$13.25 to \$14.75 plus mileage, flexible hours, mostly evening and weekend work.

Call 1-866-861-2010

PLANNING BOARD VACANCY

There is one open term on the Richmond Planning Board. This position pays \$20.00 per meeting, if you interested please contact the Town Office at 737-4305 ext. 208.

HOLIDAY TREE DROP OFF!

Need a place to drop off your Christmas tree, the holding area is open every Saturday from 9:00-1:00p.m.

REGISTER YOUR DOG!

A \$15.00 late fee will be issued in January for all unregistered dogs. The Coastal Humane Society holds a Rabies Clinic every month, for more information please call the Town Clerk at 737-4305 ext. 202.

RICHMOND DAYS COMMITTEE

If you are interested in serving on the Richmond Days Committee please call the Town Office at 737-4305 ext. 208.

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Community & Economic Development by: Darryl Sterling



Construction Goals Completed for 2009



The 2009 construction projects have been accomplished. North Front Street sidewalks, Phase 1 Sewer Improvements and Waterfront Park Improvements are done. Minor carryover work will be completed in May 2010. The projects were funded by Community Development Block Grants, Recovery Funds, Riverfront Community Development Bond Grant and support from the Town. Our community is greatly enhanced. Thank you for your patience and support. Did you know that many of the Town's successes were made possible by strong-

public private partnerships that produced over \$3 million in grants and over \$15 million in private investment in our community from 2005-2009? More to come in 2010 and beyond. Wishing you a Happy New Year filled with many blessings.

January 2010						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

<u>SCHEDULE OF EVENTS</u>
<ul style="list-style-type: none"> • Fire Department every Monday at 6:30p.m. • 1-4-10 Budget Committee 7:00p.m. • 1-5-10 CDBG 6:00p.m. • 1-11-10 Economic Development 6:00p.m. • 1-13-10 Selectmen 6:00p.m. • 1-13-10 RUD 6:00p.m. • 1-18-10 Town Office Closed • 1-27-10 Selectmen 6:00p.m. • 1-26-10 Planning Board 6:00p.m.

<u>SCHEDULE OF EVENTS</u>
<ul style="list-style-type: none"> • Fire Department every Monday at 6:30p.m. • 2-2-10 CDBG 6:00p.m. • 2-8-10 Economic Development 6:00p.m. • 2-10-10 Selectmen 6:00p.m. • 2-10-10 RUD 7:00p.m. • 2-15-10 Town Office Closed • 2-23-10 Planning Board 6:00p.m. • 2-24-10 Selectmen 6:00p.m.

February 2010						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Remembering Donald L. Mackenzie

Don Mackenzie, Sr., passed away unexpectedly Monday, November 6, 2009 at his home. He was born in Stockton Springs on August 13, 1932.

Don was a very active and well-known figure in our community. He served on many Town Boards; including Trustee of Trust Funds, Selectmen, the School Board and past Police Chief of Richmond, he also ran the local food bank and the Senior Citizens Luncheons.

He worked for more than 30 years as an iron worker in Connecticut, and retired from Bath Iron Works. He was a longtime member of the Shepherd of Faith Church. He was also a former member of the Masons in Connecticut.

His time and energy spent on behalf of our community and its citizen's will be greatly missed. He truly knew what it meant to give and the most important of which was his time.

CODE ENFORCEMENT NEWS BY: Brian Morse

I would like to start with a reminder to all Richmond residents. Article 5 Section X. Storage of Materials:

All materials stored outdoors shall be stored in such a manner as to prevent the breeding and harboring of insects, rats or other vermin. This shall be accomplished by enclosure in containers, raising materials above ground, separation of material, prevention of stagnant water, extermination procedures or other means.

Exposed non-residential storage areas, exposed machinery, and areas used for the storage or collection of discarded automobiles, auto parts, metals or other articles of salvage or refuse shall

have sufficient setbacks and screenings (such as a stockade fence or a dense evergreen hedge) to provide a visual buffer sufficient to minimize their impact on abutting residential uses and users of public streets.

All dumpsters or similar receptacles shall be located on level surfaces, which are paved or graveled. Where the dumpster or receptacle is located in a yard which abuts a residential or institutional use or a public street, it shall be screened by fencing or landscaping. The lids or openings shall be kept in a closed position except when the container is being filled or emptied. Where a potential safety hazard

to children is likely to arise, physical screening sufficient to deter small children from entering the premises shall be provided and maintained in good condition.

The CEO will be inspecting permitted building and plumbing permits throughout the winter that were issued through the summer and fall.

I hope all of you had a Happy Holiday Season. As the winters activities of snowmobiling, ice fishing, ice skating and other recreational activities are starting to gear up. Remember to be safe and to enjoy your time with friends and family.

WINTER HOLDING AREA HOURS

The Richmond Transfer station located on Lincoln Street is open December-March from 9:00a.m.-1:00p.m. every Saturday (**No Sunday hours**). Don't forget you can drop off your Christmas Trees at no charge!

Also located at the Richmond Transfer Station is Single Stream/Zero-sort Recycling. **Please No** plastic bags/film, plastic grocery bags, stretch wrap, Styrofoam. No foam packaging, ceramics, window glass, mirrors, light bulbs, dishes, hard, brittle plastic is not acceptable (i.e. monitor, keyboards, some children's toys.) Dresden Residents we accept only brush-metal and wood.

The Universal Waste Station located on High Street (across from the Town Office) is open the first Saturday of the month from 3:30p.m.-6:30p.m. The Universal Waste Station accepts, TV's, Florescent lights, etc. Please visit www.richmondmaine.com for more information on acceptable types of wastes. You can purchase a dump sticker right at the Transfer Station or at the Town Office.

YOUR PROBABLY ENTITLED TO A TAX EXEMPTION!

You only need to apply once! The Homestead Exemption gives you up to \$10,000 off the valuation of your property for an approximate savings in taxes of \$143. The deadline for applying is April 1st. You have to be a legal resident of Maine to apply, you have to have owned homestead property in Maine for at least the past 12 months and it must be your permanent place of residence and the only property for which your claiming. **Summer camps, vacation homes and second residences do not qualify.** To apply for a Veterans Exemption you must be 62 or older and a legal Maine resident. Call 737-4305 ext 201 for more information or visit: www.state.me.us/revenue/forms/property/appsformspubs.htm



A message from the Richmond Post Office

If you are replacing your box or post, keep in mind that the best height for your mailbox is between 45 and 48 inches from the ground and should be off the road enough that the carrier can access and the plow will not hit it.

This winter, please remember to keep your curbside mailbox and walkway clear of snow and ice. Without your cooperation, it will be difficult for us to provide you with the kind of service that you deserve!

Your help in this regard is deeply appreciated by your postal carrier and all the many men and women who work together to provide you the best possible mail service.

Scholarship Award Announcement for Richmond High School Seniors!

The Masonic Lodge in Bowdoinham will again be awarding two \$1,000 Grants in May 2010. One will go to a student who lives in Bowdoin/Bowdoinham/Topsham. The other will go to a student in Richmond. These grants are for graduating seniors pursuing advanced education beyond grade 12, have good moral character, have a financial need, and a GPA of 2.5 or higher. Applications must be received by May 1, 2010. For an application and/or more information please contact Bruce Ross at 666-5727 or email at: mscs76_02@yahoo.com.

The Richmond High School Alumni has five (5) scholarships available each in the amount of \$1,500. Applications may be picked up at the Town Office, deadline for the Alumni Scholarships is May 15th. For more information call Laurisa Loon at 737-4305 ext 208 or email: alumni@richmondmaine.com

Dresden Recycling Center & Swap Shop

The swap shop is in dire need of your child's outgrown, gently used warm clothing. Demand has far exceeded supplies. Please bring in any clothing you no longer need. Others do need it, and are looking forward to it.

The Dresden Recycling Center charges a \$5.00 annual fee to Richmond Residents. Operating hours are Thursday 1:00 to 4:00p.m. Saturday 9:00-4:00p.m and Sunday 9:00-1:00p.m.

The Boston Post Cane

The Town of Richmond is looking for its oldest resident! The Board of Selectmen would like to make a decision at their January 27th meeting on who will receive the Boston Post Cane, which is presented to the town's oldest resident. If you have anyone in mind please call Laurisa at 737-4305 ext. 208.

The tradition began in 1909 when the publisher of the Boston Post sent hundreds of canes to Towns in Maine, Massachusetts, New Hampshire, Vermont and Rhode Island as part of a publicity gimmick to promote the newspaper. Approximately 450 to 600 of the canes were shipped by the Post to the Boards of Selectmen with instructions to have the canes issued to the town's oldest male. After some protest, the Post relaxed its practices in the 1930's which led to today's practices of the cane passed along to the oldest male or female citizen of a town. Many of the canes have become lost over the 90 year history, but it is believed that Maine currently has the most in circulation.

SENIOR NOTES FOR SENIOR FOLKS

314 FRONT ST. * 737-2161 *

We are happy to announce that Bette Horning is our new assistant at the Senior Center. We had to say Good-bye to Barbara Srock who was at the Senior Center for several months. Barbara and Bette are employed through the SE-CEP Training Program for seniors. Thank you, Barbara for all that you have done for the Program, we will miss you. We welcome Bette and look forward to working with her.

There are no scheduled trips for the months of January and February to ensure the safety of our seniors. The Senior Center is changing their schedule for the winter. We will be open Monday through Wednesday from 8:00a.m. to 3:00p.m. for the months of January and February.

Free Tax Help. The AARP Foundation's Tax-Aide Program will be at the Center February 11th & 18th! Starting at 9:00a.m., 12 appointments per day. Please leave your name and number at the Senior Center and you will be contacted at the first of the year to set up an appointment. Open to the General Public.

Diane Doiron gave a very interesting talk and demonstration on Tai Chi. This is a very easy exercise practice and can be done sitting or standing. She is willing to old classes here at the Center if there is enough interest. The cost per class will be \$4.00-\$8.00 depending on the number of people who sign up. Please call the Center for more information. Open to the General Public.

Maine Farm Share Program. Sign-up time will be in March for low income seniors who want to participate. You will receive \$50.00 worth of free produce! Check with participating farmers, after the first week of March 2010.

Tuesday January 12th-10:00a.m.-12:00p.m. Crafty Friends-Every Tuesday! Various crafts offered. The first will be a purse made from placemats. Participants are responsible for their own supplies.

Wednesday, January 13th-11:30a.m. Easy exercising with Bette every Wednesday. Classes will be for anyone with any condition. Use of light weights for strength and chairs for balance.

Wednesday, January 20th-11:30a.m. Pot Luck Dinner-Bring a dish to share-Game Day follows!

Monday February 1st-1:00p.m. to 3:00p.m.-2 Hour Class with Janet Clement. The art of making pillow-cases. Sign-up at the Center you will be provided with a supply list.

Wednesday February 17th-11:30a.m.-Valentines Pot Luck Dinner, Bring a dish to share!

Monday March 8th 1:00p.m. to 3:00p.m.-2 Hour Class-Janet Clement will teach us how to make a check book cover. Sign-up at the Center and you will be provided with a supply list.

PLANNING MEETING
FIRST MONDAY OF THE MONTH
9:30 A.M.

GAME DAY
EVERY WEDNESDAY
12:30P.M

CRIBBAGE MONDAYS
AT 10:00A.M.

CRAFTY LADIES TUESDAY
10:00A.M. TO NOON

DAILY WALKING AT THE MARCIA
BUKER SCHOOL 3:00-5:00P.M.

POT LUCK DINNER
EVERY 3RD WEDNESDAY
11:30A.M.

BLOOD PRESSURE CLINIC 2ND
WEDNESDAY AT 11:30A.M.

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HOLIDAY CHRISTMAS TREE LIGHTING THANKS TO OUR LOCAL SENIOR CENTER!



Bundle Up offered by CMP

Call CMP and say you want to Bundle Up. If you use an electric water heater, save energy and save water by installing the extra insulation and aerators from our Bundle Up kit, or let them do it for you! If you would like to take advantage of this low cost program, review the income verification information to make sure you qualify. Then, either send them a contractor installation option order form, or a do-it-yourself option order form, call us at **1-800-750-4000** or visit www.cmpco.com.

Bundle Options:

Contractor Installation (\$20.00) Fee

This service includes having a qualified CMP contractor come into your home and install all or some of the following items:

- R-10 insulation wrap designed to fit 20-80 gallon electric water heaters.
- 18 feet of pipe insulation to minimize heat loss
- Energy efficient shower head
- “Flipper” or standard kitchen faucet aerator
- Bathroom faucet aerator (s)
- Tub spout safety cover if you have young children or elderly in the home

You can expect to hear from a Central Maine Power contractor within 15 business days of placing your order. Please fill out the **Contractor Installation Order Form**.

Do-it-Yourself Installation (\$10.00 Fee)

- R-10 insulation wrap designed to fit 20-80 gallon electric water heaters
- 12 feet of pipe insulation to minimize heat loss
- Energy efficient shower head
- “Flipper” or standard kitchen faucet aerator
- Bathroom faucet aerator (s)
- Tub spout safety cover if you have young children or elderly in the home
- Step-by-Step instructions

The kit will be delivered to your home by UPS within 14-21 business days of placing your order. Please fill out the **Do-it-Yourself Order form** if you would like to take advantage of this service.

Income Verification Guidelines

Household /Maximum Income

1	\$16,245
2	\$21,855
3	\$27,465
4	\$33,075
5	\$38,685
6	\$44,295

Discount Grocery Shopping Alternative....

What is Serve New England?
Serve is a once-a-month Food Co-op in your neighborhood in the Richmond Area (Chapter #9264.) You can save up to 50% and more on high-quality, fresh foods by buying your meats, fruits, veggies and other staple items through this program. There are no eligibility requirements you just need to be willing to volunteer for 2 hrs each month. Do you help out at

your church, hospital, senior center, help a friend with baby-sitting, yard work, or transportation without receiving compensation, then you already qualify! For more information call 1-888-742-7363 or go online to www.servenewengland.org.

Example meal package for \$25.00 includes:

- 4 Chicken Breasts
- 1lb. Ground Beef 85/15

- 26oz. Chicken Pot Pie
- 4 Boneless Pork Chops
- 5 lbs Potatoes
- 2lbs Onions
- 1lb Carrots
- 4 Green Peppers
- Cantaloupe
- 5 Bananas
- 4 Apples
- 6 Plums

RICHMOND UTILITIES DISTRICT UPDATE

The District has changed the format of the water and sewer bills that go out to our customers. Last year we upgraded the computer billing program and in doing so needed to change the look of our bills. All of the information that was on the old bills is still there, just in a different format. If possible, the bottom section of the bill should be sent back with your payments. This section, as well as the top section, has the account information on it that is used to make sure payments are posted properly. If you have any questions regarding the bill, or think that something is wrong, please call the office as soon as possible to discuss the matter.

The District was very busy last year working on projects about town. One of the important projects was the addition of a back-up well at the well site in Dresden. This second well will be available to go on line should the main well need to go off line for any reason. The fact that we had only one source for the Town's drinking water has been a concern of the District for a long time. Thanks to the stimulus funds that were available last year we were finally able to fund this project. The total project came in at a cost of \$193,000. Of this amount we received grant funds in the amount of \$57,900, which means we only needed to borrow \$135,100.

This money was borrowed from the Maine Municipal Bond Bank at 0% interest.

The bigger project that was undertaken involved the replacement of quite a bit of old failing sewer main. This project was divided up into several sections, with Kimball Street, Williams Street, Alexander Reed Road, Lincoln Street, High Street and a section of Main Street being done in 2009. The projects that have been undertaken and the ones that will be done in 2010 are being funded by a grant through the Department of Economic & Community Development, which was applied for by and granted to the Town of Richmond; as well as through a loan/grant package from Rural Development. We appreciate the patience of our customers during these projects. We know that with the construction that was undertaken last year and with the work scheduled

for the upcoming year, it is not always easy to get around town.

It has been over three years since the rates were last increased and it appears that it is time for them to be increased again. We anticipate that both water and sewer bills will show some sort of increase by the last quarter of 2010. We are hoping to keep the increases as low as possible and are looking at several options to achieve this goal.

Very shortly a member of the District staff will be re-inspecting all of the homes that have previously had an illegal sewer connection. Anyone found to be pumping clean water into the town sewer main could be subject to a fine.

WINTER PARKING BAN IN EFFECT
NOVEMBER 15TH TO APRIL 15TH
11P.M. TO 7A.M.
STRICTLY ENFORCED
REGARDLESS OF
WEATHER CONDITIONS

Online Services

Burning Permits: www.maine.gov/informe/municipal/index.htm

Certified Copies of Marriage, Birth & Death Certificates: www.vitalchek.com/?clicked=1

Dog Licenses: www.maine.gov/informe/municipal/index.htm

Driver's Licenses or State ID Cards (renewal or replacements): www.maine.gov/sos/bmv/licenses/index.html

Hunting & Fishing Licenses: www.state.me.us/ifw

Motor Vehicle Forms: www.maine.gov/sos/bmv/forms/index.html

Motor Vehicle Registrations (renewals only): www.sosonline.org

Motor Vehicle Registration Reminders: www.informe.org/cgi-bin/bmv/rapid-renewal/rr-remindme

Pine Tree Legal: www.pinetreelegal.com/

Property Tax Exemption Forms: www.state.me.us/revenue/forms/property/appsformspubs.htm

Property Tax Payments: www.officialpayments.com

Property Tax & Rent Refund & BETR Applications:

www.state.me.us/revenue/propertytax/propertytaxbenefits/propertytaxbenefits.htm

Property Tax Card Information: www.visionappraisal.com

Snowmobile & ATV Registrations (renewals only): www.state.me.us/ifw

State Statues (Law Books): www.maine.gov/portal/government/law.html

Unclaimed Money: www.maine.gov/treasurer/unclaimed_property/search/

HERE'S TO YOUR HEALTH BY: NANCY COTE

Everyone does it. We all see the New Year as a time to set new goals. "This year I will get my finances in shape, I will work out, eat right, loose weight. I will go to Church, Synagogue, Temple weekly. I will give more to charity, be nice to my sister, etc....

Such lofty goals can quickly fade. Setting a goal is good, but we need a plan, a plan has steps, each step leads to the destination.

In terms of physical fitness, one must have a realistic goal. Is your goal to run a marathon? Good! Now break down the goal. Start where you are. Are you a walker? Do you walk 2 miles a day? Then start with that and add a 10 minute run into that 2

mile walk. Two miles, don't change that yet. Don't worry about speed or distance for those 10 minutes. Next step make the run 15 minutes, add on until you are running the whole 2 miles. Then start adding distance, even if the added distance is a walk. Keep adding on this way. Before you know it your goal has been achieved.

Want to loose weight? Start where you are, 40lbs over weight? The goal is to lose 40lbs. But how? Increase activity with the intent of burning an extra 200 calories daily is reasonable and do-able. Add cutting back 150 calories, daily. That makes a 350 calorie reduction which

equals 40lbs loss in 1 year. If you are increasing muscle, which you will do by exercising, your body becomes a calorie burning machine.

Set your goal, make a plan you can live with and take it one step at a time.

To your health! River...314 Front Street, Richmond, ME 207-737-8236 or 207-841-7093 or email: nancysluckylife@yahoo.com.



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