

The Litchfield Sodalite

Vol. XXI No. 5

A Newsletter for Litchfield, Maine

May 1, 2021

All activities and meetings may be postponed until after the Covid 19 Pandemic has passed. Please call your contact for each specific activity or meeting for more information.

Historical Society Of Litchfield Trivia Quiz

May question: Many of Litchfield's early settlers arrived by way of the Kennebec river. This river probably gets its name from the Abenaki word, kinibiki. What was the meaning of that word?

April question: The Litchfield village called, "The Plains" was in an earlier time named for what prominent family of early settlers? answer: The Potter family. The village was called Pottertowntown. To read more about the history of Litchfield go to

WWW.HistoricalSocietyofLitchfieldMaine.org

Litchfield Sportsmen's Club News

May 1 – Indoor Yard Sale, 9am-1pm, Litchfield Sportsmen's Club

May 1 – Public Supper, 5pm-6pm & Music Jam 6pm-8pm \$7/person, take out available, Litchfield Sportsmen's Club

May 2 – Country Sunday, noon-4pm, \$6/person, Litchfield Sportsmen's Club

May 10 – Member's meeting, 7pm, Litchfield Sportsmen's Club – guests are welcome

May 15 – 45th Annual Children's Fishing Derby, free to kids ages 5-15, registration opens at 9am, fishing starts at 9:30am (ages 5-9) and 10am (ages 10-15)

American Legion

William R. Bold Post #181

2021 Litchfield Memorial Day Parade

The members of American Legion, William R. Bold 181 and the Ladies Auxiliary will conduct Memorial Day activities on Monday May 31, 2021. The parade begins at 9 a.m. at Central Fire Station and will proceed to the monument area of the Litchfield Plains Cemetery, for Memorial Day services. In The event of rain, the parade will be cancelled and services will be held inside the fire station where the trucks are stored. ALL are welcome to attend this event.

Transfer Station

The transfer station will be open on Sundays for the summer beginning May 2nd. We expect the brush pile will also be open, and if the weather stays good the swap shop should be open as well. It has been relatively quiet for the past month, but now that the weather has turned warmer things are picking up. We appreciate your patience, as we are in the process of transitioning to a new hauler that is more reliable and able to get the bins emptied in a timely manner. Please keep in mind, that even when we start with an empty bulky bin, there are days when it will be full before 4 pm.

The Litchfield Senior Center is open. No fee to attend.

"Aging is more fun when you share it"

When we are open, your attendance is a personal choice. Masks will be provided as well as temperature checks if desired.

The Center will be closed Monday, 5/31 Memorial Day

The hours at the Center are Monday 12-2, Wednesday 10:30-12 and Friday 8:30-3:30 **subject to change.** Come in for card games, Unlucky 7's, etc. Check out the books and puzzles available for your use.

If you have an empty 5 gal sand bucket to return, you can return it to the Senior Center or Transfer station (make sure to let the attendant know)

Indoor walking exercise on Fridays at 8:30 with Dian White using a "Leslie Sansone Walk at Home" 5-mile tape-mile markers let you choose a 1 mile, 2,3,4 or 5 mile walk. Your choice. The easy and safe way to exercise. We also have exercise equipment available for use when the Center is open. Come in and check out what we have to offer.

The Senior's Advisory Committee meeting is at 1pm on Thursday May 27.

There is a WiFi hot spot available at the Senior Center. We have set up a schedule to train Seniors on basic computer applications at the Senior Center. If interested, come on down and bring your laptop, Ipad, etc.

Would you like to have someone phone you weekly as part of a wellness check? If interested, please contact the Senior Center at 215-4595 or 441-9005 and leave your name & phone # and we will get in touch with you.

Line Dancing on Mondays 9:30-11 at the Litchfield Sportsmen's Club, proof of 2nd vaccine will be required to participate, masks and distancing will continue as necessary. Tai Chi on Wednesday at 9 at the Sportsmen's Club.

The Feldenkrais Method lessons called Awareness through Movement will not be held until further notice. Book club, making cards with Anne Thompson and the Potluck lunch have not been scheduled.

Even though the Carol Bailey String Band is not performing, members continue to practice at home and keep in touch by email and telephone. We are hoping to start practicing together soon.

We have a number of books donated pertaining to healthy living and eating, i.e: Eating for good health, Alternative Cures that really work, Chicken Soup & other Folk Remedies and many, many more.

Roadrunner trip to Freeport is planned for May 11 for a shopping spree and lunch out. Please call 215-4595 or 441-9005 to be put on the list for the trip. Please have proof of 2nd. vaccine shot. Masks will still be required. We leave at 10 a.m. from the Sportsmen's Club parking lot.

Please stop in to the Senior Center located on Academy Rd. next to the Libby Tozier Elementary School for more information, a cup of coffee or tea and check out our books (paperback & hard cover), puzzles and items on the table you may like. Donations always appreciated, or work on the 1000-piece puzzle already set up on the table.

Litchfield Broadband Committee

Having good broadband capability here in Litchfield can also help you make and receive phone calls even in areas with spotty cell phone coverage. Even with bad cell coverage, you can make and receive calls and texts over an available Wi-Fi network instead. Wi-Fi Calling is a built-in feature on most recent Apple iPhone and Android smartphones. (Calls and texts made over Wi-Fi to numbers in the US don't use cellular networks and don't count against your mobile plan's data allowance). To turn Wi-Fi Calling on and off on a compatible iPhone: From the Home screen select: Settings> Cellular > Wi-Fi Calling, where you can then toggle on and off the Wi-Fi calling. You will then need to follow the instructions to register your address. By registering an address, you're providing information that determines how your 911 call is routed. This information is provided to emergency services if you're unable to report your physical location, and is also used if you call 911 using Wi-Fi Calling in an area or location where cellular service isn't available. It isn't used for billing or other purposes. To turn Wi-Fi Calling on and off on a compatible Android device: From the Home screen, select: Settings > Networks & Internet > Mobile network > Advanced > Wi-Fi Calling, where you can then toggle on and off the Wi-Fi calling. You will then need to follow the instructions to register your address. By registering an address, you're providing information that determines how your 911 call is routed. This information is provided to emergency services if you're unable to report your physical location, and is also used if you call 911 using Wi-Fi Calling in an area or location where cellular service isn't available. It isn't used for billing or other purposes. This information came from Verizon Wireless. Their complete overview can be found here: <https://www.verizon.com/support/wifi-calling-faqs/>. Other carriers should have similar information if you are interested in having this capability. (Go to your carrier website for questions or complete details).

Tacoma Lakes Association

Spring and it's ever-changing weather is here. Docks are in the water, and soon the lakes will be bustling with activity. Lake water levels were up from the winter level of 6 feet by 8 inches before the most recent rain. They are anticipated to be at normal summer levels by May 15th. Our membership drive is underway, and we are aiming for at least 300 members this year. If you own lakefront property, rent lakefront property, or are a citizen of Litchfield concerned about the health of our lakes now is the time to join. Membership is still a bargain at only \$15 per year. Milfoil is in several bodies of water near us, and we must remain vigilant with our efforts to keep it out of the Tacoma's. Membership forms are available on the web, at www.tacomalakes.org. If you have questions, or concerns please reach out to me, Jim Adams at 268-2070.

Town Clerk's Corner

Town elections are in June! Municipal elections will be held on Tuesday, June 8th at the Litchfield Sportsman's Club, 2782 Hallowell Rd, from 8 am - 8 pm. Absentee ballots and in person voting will be available beginning May 5th at the Town Office. You can also request your ballot ahead of time at the Town Office and we will begin mailing them out May 5th. Candidates that will appear on the ballot:

Selectman (one position): Clarence Gowell 111, Mark Russell

RSU #4 (one position): Kristy Ouellette; Joan Thomas

Academy Trustee (one position): Joan Thomas

Budget Committee (two positions): Elton Wade;

The Annual Town Meeting will be on Saturday, June 12th at a location to be determined, as it appears we will still be subject to COVID-19 gathering limits.

Application Deadline Extended for Homestead Exemptions. By State guidance, homestead exemption applications for the upcoming tax year are still being accepted. If you have lived in your home for at least one year as of April 1st, you can still submit an application to have \$25,000 of the valuation of your home exempted from property taxes.

2021 ATV Registrations - You may register and re-register ATVs at the Town Office beginning May 1st. Re-registrations may also be done online.

Woodbury Pond Park Attendant Positions - Applications are being accepted for attendants at Woodbury Pond Park. Applicants must be over the age of 18, and may apply at the Town Office.

The Town Office will be closed on Monday, May 31st, for Memorial Day.

Some upcoming meetings at the Town Office:

Planning Board – Thursday, May 6th, 6:30 pm

Select Board – Monday, May 10th & Mon. May 24, 6:30 pm

Budget Committee – Monday, May 3rd and May 17th, 6:30

LITCHFIELD FOOD BANK

We're settled into our new space at the LEFT END of the old convenience store, still doing curbside service. Our volunteers moved us in record time and it was great! Many thanks to all who helped.

Litchfield Academy Thrift Shop

Mission accomplished! The changeover from winter to spring/summer is complete. What a ton of great articles! Many with the tags still on, bought and never worn! Does your young man need a suit? What about prom dresses? We've got them! You can't beat the prices, either. Open every Saturday, 9 - noon.

May Community Calendar

1 Sat	Transfer Station , 8 a.m.-4 p.m. Academy Thrift Store OPEN — 9am to 12pm Litchfield Sportsman's Club — Inside Yard Sale 9am-1pm; Public supper 5pm-6pm, \$7/person, take out available Music Jam— 6p-8p	17 Mon	Litchfield Budget Comm -6:30pm via Zoom
2 Sun	Transfer Station —8am -4pm Lit. Sportsmen's Club -Country Sunday, noon-4pm, \$6/person	18 Tue	Lit. Fire Assoc & Reg Meet -6:30pm
3 Mon	Litchfield Recreation Comm. -Contact Town Office for more information Litchfield Budget Comm -6:30pm via Zoom	19 Wed	Food Bank -4p-6p; 491 Richmond Rd
4 Tue	Lit. Fire/Rescue Officers - 6:30pm; Station	20 Thur	Food Bank -10a-12p; 491 Richmond Rd
5 Wed	Food Bank -4p-6p; 491 Richmond Rd	21 Fri	Town Office , closed Transfer Station , 8a.m.-4p.
6 Thur	Food Bank -10a-12p; 491 Richmond Rd Planning Board -6:30pm	22 Sat	Transfer Station , 8 a.m.-4 p.m. Academy Thrift Store OPEN — 9am to 12pm
7 Fri	Town Office , closed Transfer Station , 8a.m.-4p.	23 Sun	Transfer Station , 8a.m.-4p.
8 Sat	Transfer Station , 8 a.m.-4 p.m. Academy Thrift Store OPEN — 9am to 12pm	24 Mon	Selectman Meeting , 6:30pm; Town Office & on line-See Website for more information
9 Sun	Transfer Station , 8a.m.-4p.m	25 Tue	
10 Mon	Selectman Meeting , 6:30pm; Town Office & on line-See Website for more information Lit. Sportsman's Meeting —7pm	26 Wed	RSU 4 School Board —6:30pm-Zoom Food Bank -4p-6p; 491 Richmond Rd American Legion William R. Bold Post 181 – 7pm
11 Tue	First Responders Meeting -6:30pm; Station Conservation Commission –6pm-For Zoom connection email Diane Clay c112a3y4@gmail.com	27 Thur	Senior's Advisory Comm –1pm –Center Food Bank -10a-12p; 491 Richmond Rd
12 Wed	RSU 4 School Board —6:30pm-Zoom Food Bank -4p-6p; 491 Richmond Rd	28 Fri	Town Office , closed Transfer Station , 8a.m.-4p.
13 Thur	Food Bank -10a-12p; 491 Richmond Rd	29 Sat	Transfer Station , 8 a.m.-4 p.m. Academy Thrift Store OPEN — 9am to 12pm
14 Fri	Town Office , closed Transfer Station , 8a.m.-4p.	30 Sun	Transfer Station , 8a.m.-4p.m
15 Sat	Transfer Station , 8 a.m.-4 p.m. Academy Thrift Store OPEN — 9am to 12pm Lit. Sportsmen's Club — 45th Annual Children's Fishing Derby , free to kids ages 5-15, registration opens at 9am, fishing starts at 9:30am (ages 5-9) and 10am (ages 10-15)	31 Mon	Litchfield Town Office closed RSU 4 Schools closed Memorial Day Parade —9am-Plains Cemetery
16 Sun	Transfer Station , 8a.m.-4p.m		

BOX HOLDER

Contents:

1. Historical Society, Senior Center Corner
2. Town Manager/Clerk's Report
3. May Calendar
4. Newsletter Deadline

ECRWSS
PRSR STD
U.S. Postage
PAID
Litchfield, ME
Permit #2

The Litchfield Sodalite
Litchfield Town Office
2400 Hallowell Road
Litchfield, ME 04350
Tel.: 207-268-4721 FAX: 207-268-2196
sodalite@litchfieldmaine.org
www.litchfieldmaine.org
Open: Mon.: 8:30 a.m.—7:00 p.m.
Tue.—Thu.: 8:30 a.m.—6:00 p.m.
Closed: Every Fri.

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The Litchfield Sodalite

Conservation News

Here are some extracts from a Wall Street Journal article by Betsy Morris, Feb. 14, 2021, titled “Will two hours in the park become the next [10,000 steps](#)?” “As people spend more time indoors, a mountain of scientific research says spending time in nature is critical to health and increases longevity. That means being in fresh air, under trees and away from cars and concrete—on a regular basis. “There’s an urgent need emerging in science and at the gut level to increase the nature experience. This field is just exploding,” says Gretchen Daily, a professor of environmental science at Stanford University. The benefits have been clear to scientists for some time, but the pandemic has made the matter more urgent. Spending time in the woods—a practice [the Japanese call “forest bathing”](#)—[is strongly linked](#) to lower blood pressure, heart rate and stress hormones and decreased anxiety, depression and fatigue. Scientists have repeatedly found that human anticancer natural killer cells significantly increase after walks in a forest. [In one such study](#), published in 2010 in the Journal of Biological Regulators and Homeostatic Agents, the number and activity of killer cells increased in a group of twelve healthy men after two walks, each two hours long, in a one-day trip to a forest park in the Tokyo suburbs. So did anti-cancer proteins, according to the research led by Qing Li, an associate professor at the Nippon Medical School. Cortisol in the blood and adrenaline in the urine significantly decreased. The effects lasted at least seven days, [the researchers found](#). Time in a forest [is linked](#) to decreased inflammation, which has been implicated in chronic disease. “People are deciding whether or not this type of coffee bean or that type is better for you, when there is such an obvious health tool at your disposal. You literally just walk outside.” Many people know intuitively that nature is good for you—but still don’t spend that much time in it. The average adult spent 11 and a half hours a day consuming media in 2019, according to Nielsen. In 2019, half of 18- to 29-year-olds [surveyed by the Pew Research Center](#) said they were online almost constantly. A 45-minute walk in nature can make a world of difference to mood, creativity, the ability to use your working memory.”

June Issue Deadline:
May 22, 2021 5p.m.
Deliver material in any
of the following ways:
E-mail
[\(sodalite@litchfieldmai
ne.org\)](mailto:sodalite@litchfieldmaine.org) **U.S. mail to:**
Town Office, 2400 Hal-
lowell Rd. 04350

