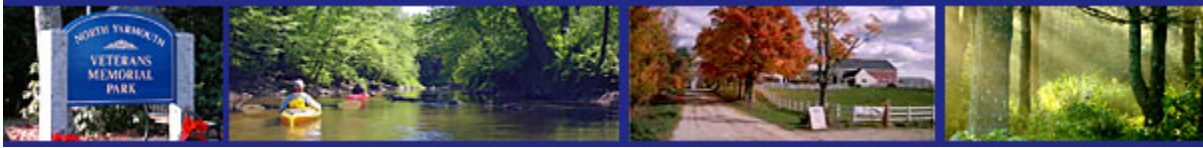




January 13, 2017



## Town News



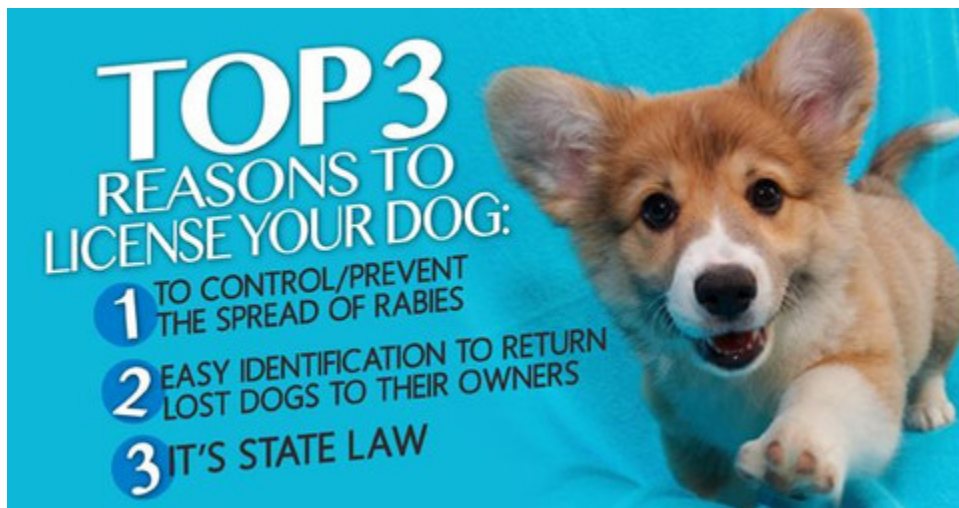
**Municipal Offices Closed**

Monday – January 16, 2017

## 2017 Dog Licenses

At the Town Office during office hours or [online](#)

**Per State Law, any dog license that is not renewed after January 31<sup>st</sup> will be subject to a \$25 late fee (per dog).**



### **Dog Licensing Fees:**

-\$6 per year for spayed/neutered dogs

-\$11 per year for dogs not spayed/neutered

**NOTE:** If your dog has sadly passed away during the past year please notify the Town Office at 829-3705 or email [Stacey@northyarmouth.org](mailto:Stacey@northyarmouth.org)



# Garbage to Garden comes to North Yarmouth

## With Centralized Drop-off Collection Program



Garbage to Garden is committed to working with communities to create a sustainable organics collection program that fits the needs of their unique locality and community. For communities in which curbside composting does not make sense due to low population density, Garbage to Garden works with municipalities to create an organics drop-off program at a centralized collection point in the community

In the Fall of 2016 Garbage to Garden partnered with the Town of North Yarmouth to provide residents with the option to bring their organic waste to a centralized drop-off location in the town. There is no fee to residents when dropping off your materials and the Compost Kiosk is located conveniently at the Fire Rescue Station across from the bottle redemption.

<https://garbagetogarden.org/>



### SAND for DRIVEWAYS

Winter sand is available for residents' personal use. Each residential dwelling is eligible for up to 20 gallons (four 5 gallon pails) of sand per storm.

The use of municipal sand for the sanding of private roads is prohibited.

**Mailbox Damage:** The Public Works Department does its best during snowplow operations to avoid damaging any personal property, but anything erected or located in the Town's right-of-way is the property owner's responsibility to replace if damaged during normal snowplow operations. [Click here](#) for detailed information about how to reduce mailbox damage.



Protect yourself, your loved ones and your home with these cold weather **safety tips** provide by the Fire Rescue Department. [Click Here](#)



[1-17-2017 Select Board Workshop 6pm](#)

[1-17-2017 Select Board 7pm](#)

[1-18-2017 Parks & Recreation 7pm](#)

[1-19-2017 Economic Development & Sustainability](#)

[1-26-2017 Wescustogo Building & Design @ NYMS](#)





Are you looking for a way to help out in your community? The Town Manager is looking for Volunteers for the following Municipal committees...

- ❖ *Board of Assessment Review*
- ❖ *Budget Committee*
- ❖ *Comprehensive Plan Committee*
- ❖ *Economic Development & Sustainability Committee*
- ❖ *Living Well in North Yarmouth*
- ❖ *North Yarmouth School Fund Committee*
- ❖ *Parks & Recreation Committee*
- ❖ *Planning Board*
- ❖ *Zoning Board of Appeals*

If interested please contact the Town Manager, Rosemary Roy at 207-829-3705 or email [manager@northyarmouth.org](mailto:manager@northyarmouth.org)



## Community News

# Cribbage Tournament

Saturday| February 11  
9:00am – Noon  
North Yarmouth Memorial School  
SPONSORED BY NORTH YARMOUTH EVENTS COMMITTEE

For More Information: <https://goo.gl/yxgtUf>

**Entry Fees**  
Tournament Division: \$10\*  
Novice Division: \$5  
\*\$15 after February 6th

Win Prizes!

The second annual winter cribbage tournament is scheduled for February 11. The event will run from 9AM-12PM and be held at the North Yarmouth Memorial School site, as it was last year. The proceeds for this year's tournament will go to the Living Well in North Yarmouth, An Age-Friendly Community fund. The event is sponsored by the Events Committee.

There will be two divisions of play: tournament and novice. Prize money will be awarded to the top four tournament division scores: \$80, \$60, \$40, \$20. A trophy will be awarded the winner of the novice division. The novice division will run from 9-11AM and their games will be shortened to 61 points.

People wishing to participate can preregister on-line, complete a registration form at the Town Office or email [shpalmer@maine.rr.com](mailto:shpalmer@maine.rr.com). The deadline for pre-registration is February 6<sup>th</sup>. Registration is \$10 for the tournament division and \$5 for the novice division. People may register at the door or on-line after February 6<sup>th</sup> for \$15. We were at capacity last year so we do recommend pre-registration.

The tournament was great fun. People enjoyed meeting other people, there was plenty of congenial conversation and laughter amidst the competition- an all - around warm hearted atmosphere. The food concession offered up wonderful choices as well so come out and make it a family event. **Will we see you on the 11<sup>th</sup>?**

## 5th Annual Wood Bankquet

Saturday, January 21st @5:30pm (Cumberland Congregational Church)



# Cumberland Woodbank

a local volunteer fuel assistance program

The Cumberland Wood Bank will be holding their 5th Annual "Free Eat for Heat Wood Bankquet" on Saturday, January 21st. The event is open to the public and is being held at the Cumberland Congregational Church in Cumberland. The Woodbank provides firewoods to families in need in the community and uses the money raised to buy fuel for those who can't burn wood.

For more information, visit their website at: [Cumberland Woodbank](http://CumberlandWoodbank)

---

## January 2017 Tip of the Month



# Casco Bay CAN

CREATE AWARENESS NOW  
TOGETHER, PREVENTING YOUTH SUBSTANCE USE

**Resolve to live healthy and share  
healthy habits with youth**



- Eat nutritious foods
- Exercise regularly
- Get enough sleep
- Regular checkups
- Enjoy alcohol-free activities
- Spend time with family/friends

January 2017  
Tip of the Month





# Mornings With Friends

## **January 18, 10:00-11:30**

*Congregational Church of Cumberland (282 Main Street)*



Come join us for a morning with friends! Learn about SMAA's resources for older adults and caregivers, how to get the most out of every doctor's visit, get tips on taking care of yourself while caring for others, explore options for future care needs, learn about respite care and support groups.

FMI: [Deborah.gray48@gmail.com](mailto:Deborah.gray48@gmail.com) or [AIPCumberland.org](http://AIPCumberland.org)

AIP: 207-829-2205, For Rides, call 829-3367

Free and Open to the Public \* Coffee, Tea & Goodies



Thanks to the generosity and community spirit of the Cumberland Aging in Place Committee, North Yarmouth seniors will have access to extra help this winter. The AIP Friendly Visitor volunteers, along with students from Greely, will help with shoveling, pet walking and minor home repairs.

**Interested? Call 245-8033 - the Cumberland AIP Friendly Visitor.**

Residents in North Yarmouth will soon be asked to become involved in a similar project called Living Well in North Yarmouth - An Age-Friendly Community. A survey will be sent out in early January, which will help assess quality of life issues for seniors - similar issues that affect everyone in town. The committee organizing the survey is looking for other people interested in these issues. Want to help? FMI: call Steven Palmer at 829-5004.



## **Gentle Yoga** **for Seniors Classes**

Mondays 11am to 12:15pm  
at the former Memorial School  
(120 Memorial Highway)

This is a donation class being offered to seniors in our community. Wear comfortable clothes; bring a Yoga mat if you have one. Mats will be provided for those who do not have one.

Class begins with simple meditations and a breathing exercise in seated or reclining position. We move into gentle warm ups with a series of stretching, range of motions, and gentle asanas. The later of the class will be restorative utilizing a variety of props to support the body, mind, and spirit.

**FMI – Contact Joanne Sullivan at 829-6093 or [sullijo@gmail.com](mailto:sullijo@gmail.com)**

---



# Winter/Early Spring Programs 2017

The Cumberland/North Yarmouth Community Recreation Department will be mailing out their Winter/Early Spring Recreation Brochure to all residents within the next week! Registrations are now being accepted. Please click on the links below to register for classes and view the online brochure.

**[Winter/Early Spring Brochure](#)**  
**[Online Registration](#)**





## The Community Food Pantry Is in need of the following items

Stuffing Mix and Gravy	Baked Beans
Jams and Jellies	Salad Oil
Tuna Fish	Boxed Mac and Cheese
Spaghetti Sauce	Spaghettios
Hamburger Helper	Condiments - Ketchup, Mustard, Mayonnaise
Personal Hygiene Items - Shampoo, Soaps, Deodorant, Toothpaste, Toothbrushes	
Household Cleaning Supplies	

Donations can be dropped off in the Cumberland Town Hall lobby (290 Tuttle Rd., Cumberland), when open, or at the Community Food Pantry on Friday afternoons.  
We continue to be thankful for all of your support and donations!

## FIND US FOLLOW US



**Parsonage Road day after the storm, December 31, 2016**



Disclaimer - Requests to be included in Reminders from Town Hall are at the discretion of the Communications Subcommittee. The posting of announcements, reports, documents and links (embedded or otherwise) included or attached to Reminders From Town Hall does not necessarily reflect the official opinion, policy or position of any Board, Committee, Commission, Department or employee of the Town of North Yarmouth, Maine. E-mail addresses associated with Reminders from Town Hall are considered public information and may become public knowledge.