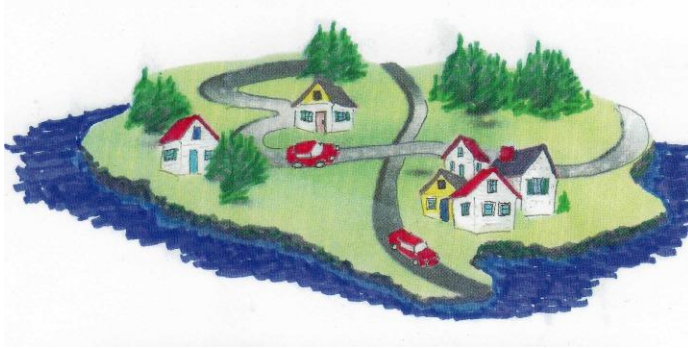


ST. GEORGE NEWSLETTER

December 2023



Neighbor to Neighbor is Growing!!! And Drivers are Needed

Neighbor to Neighbor ride requests are booming and we need more drivers. Remember

- You can choose when you drive
- Most rides are no more than 2 - 3 hours
- You will meet neighbors you never knew
- There are driver coordinators who will orientate
and support you

If you are a resident of St. George, please call 207-691-7069 to get all the details. You'll be glad you did.

TOWN CALENDAR

Town website: www.stgeorgemaine.com

School website: www.stgeorgemsu.org

December 2023

Dec 7 Conservation Commission 4 PM
Dec 11 P&R Committee 6:30
Select Board 7:00
Dec 12 Senior Luncheon 11:30
Planning Board 7:00
Dec 18 Select Board 7 PM
Dec 22 Town Office Closed
Dec 23 Transfer Station Closed
Dec 25 Merry Christmas – Town Office and
Transfer Station Closed
Dec 26 Planning Board 7 PM

Parks & Recreation News

SENIOR LUNCHEON

Dec 12 Pizza 11:30

Next Luncheon – A reminder that the January, February and March luncheons are home delivery and are open to any seniors living in St. George. If you have not already had a lunch delivered in the past, all you have to do is contact the Town Office at 372-6363 and leave your name, physical address and phone number and you will have a lunch delivered on January 9, February 13 and March 12.

Winter Recreation News

If you would like to volunteer to help put up the town skating rink this year, we will be putting it up Dec 9 at 8:00 AM. With 6-8 volunteers, it only takes about an hour!

P&R News: to get regular recreation news, sign up for our email list on the town website

The St. George Fire Department meets every Wednesday at 7:00 pm at the Tenants Harbor Fire Station.

TOWN INFORMATION

Town Office: 372-6363 **Fax:** 372-8954

Hours: Monday-Friday 8 am-4 pm

Transfer Station: 372-6451

Hours: Tue through Sat 8-4

Select Board & Assessors

Van Thompson, Chair	372-8000
Randy Elwell	372-0602
Steve Cartwright	372-6534
Jane Conrad	372-6621
Wendy Carr	372-0645



Fit & Strong!

Fit & Strong! is an exercise/behavior change program for adults age 60 and over with lower extremity osteoarthritis.

Join Vikki Webster, certified Fit & Strong! instructor, to:

- Manage arthritis
- Exercise safely
- Decrease joint pain & stiffness
- Improve daily function
- Reduce anxiety & depression
- Develop & maintain an active lifestyle

The program includes 60 minutes of exercise and 30 minutes of group discussion/health education.

**DATE: Mondays & Wednesdays,
January 8 - April 3**

TIME: 2:00 - 3:30 p.m.

**LOCATION The Wellness Studio,
47 Main Street, Tenants Harbor**

COST: Free

Register online at
penbaywaldcoursestorm.com or call 301-3950



Pen Bay
Medical Center
MaineHealth



Waldo County
General Hospital
MaineHealth

Conservation Commission

Trails & Preserves

Hunting Season

Deer hunting seasons continues through December 9. Hunting is not permitted on Sundays. When you walk any of the town trails be sure to wear orange blaze.

Fort Point Trail Rehabilitation Project

The Fort Point trail remains **CLOSED** during the construction phase of the project. This closure is out of concern for the safety of visitors and to allow for the work to proceed in an orderly manner.

Project Progress: Recent work includes installing the structure for the boardwalk in the significant wetland sections of the trail. Stone cribbing has been added along the trail edges to maintain a stable surface and to prevent the trail from deteriorating.

Boardwalk Structure In Progress



Cribbing Along Trail Edge



Jones Brook Trail Announcement

The Jones Brook trail has been closed since the beginning of 2023 due to logging operations on a significant section of the trail. The Conservation Commission and Georges River Land Trust have been exploring options for re-opening the trail.

The first step in opening the trail has been completed. The Jones Brook spur off of the Town Forest trail is now open. This spur does not go all the way through to the trailhead on route 131 and will not in the future. The spur ends at a private property boundary with a sign directing hikers to turn back.

At the other end of the Jones Brook trail at the route 131 trailhead, work has begun on a new trail that will travel through the St. George Historic Society property. When completed this will be a lollipop-loop trail and will not go all the way through to the Town Forest trail as it did previously.

Future newsletters will provide updates and trail opening information. You may also keep abreast of updates as they are posted on the town trails web pages -

<https://www.stgeorgemaine.com/conservation-commission/pages/trails-preserves>

Invasive Plants



Before you buy Winter Wreaths and Garlands consider this reminder from our Department of Agriculture, Conservation and Forestry:

The two most common invasive plants used in wreaths and garlands are bittersweet, and multiflora rose. Both plants cause severe environmental damage by invading open fields, forests, wetlands, meadows, and backyards and crowding out native plants.

- *Bittersweet kills mature trees through strangling.*
- *Multiflora rose can form impenetrable thickets that outcompete native plant species*



Bittersweet



Multiflora Rose

Both species are difficult to control and easily re-sprout after cutting. The placement of invasive plant wreaths and garlands outdoors or disposing of them in compost piles can lead to new infestations. Birds and other animals also eat the fruit and spread viable seeds into vulnerable forest areas.

Report It - Wreaths may not be sold that contain these or any of the [63 plant species banned for importation and sale in Maine](#). (30 species on this list take effect on January 1, 2024) Report locations where banned plants are sold to the Maine Horticulture Program at horticulture@maine.gov or by calling 207-287-3891.

Habitat Friendly Alternatives

"Look for decorations with native species in them like winterberry holly, red twig dogwood, or American mountain ash," recommends Maine State Horticulturist Gary Fish.



Tech Tips by Bill Batty

Holiday Geek Giving Guide

Do you have a loved one who is a geek? Wondering what might make a good gift or stocking stuffer for your loved one? I am here to help! These gifts can be used by just about all technology fans, so almost certainly you can give one of these, and it will be gratefully appreciated.

Canned air. Who knew you could buy and sell air?! Dust is a major enemy for electronics. Dust clogs cooling fans and vents, and without proper cooling electronics overheat. A can of compressed air allows one to blow out vents and fans, ensuring cool running components. A can of air costs between \$5 and \$10.

Speaking of dust, electronics are prone to collecting dust from static electricity. Special dusting spray specifically for electronics would be a welcome gift. I am partial to the Endust brand spray, but there are others. You can even find them in handy wipes. I prefer the spray myself; it's more economical. The cost is around \$10 for either the spray or the wipes.

Wipes? Wipes you say? Why there are wipes that are designed specifically for cleaning laptop and TV screens. The cleaning solution is designed to not leave a film, and doesn't contain any ingredients that could be harmful for LCDs. You can also get a screen cleaning kit that has a bottle of spray and a special microfiber cloth. For the price I like the bottle/cloth kit. In addition to cleaning screens, it is great for cleaning printer/scanner glass and eyeglasses; I keep a spare cloth on my desk at the town office just for my glasses. Budget around \$10 for screen cleaning.

Surge protectors and power strips are almost always welcome. Recently I had a surge protector for my stereo die. My high-end Panamax surge protector was \$200, has lasted over 20 years, and includes a lifetime replacement warranty. While I await a replacement I pressed another surge protector into service, leaving me with no back up unit. For \$10 I purchased a simple power strip at the local hardware store. Prices go up from there depending on how many outlets you want and what level of protection you desire.

A USB flash storage drive (aka a "flash" drive or a "zip" drive—even though what's called a flash or zip drive isn't a true flash or zip drive) makes an inexpensive gift. I have a USB drive I keep on my keychain, and I have one on my desk. They are handy for making quick copies of files, sending data via mail to a loved one who isn't tech savvy, or for a back-up of photos or other files to throw in your safe. Depending on size and features, you should budget from \$10 for something very simple to several hundreds for a model with lots of features.

Geekery and the love of coffee frequently go together. Consider a nerdy coffee mug, or perhaps a bag of beans. My previous employer (someone who puts my nerd-level to shame) was a firm believer in having baklava with his coffee. So if you can't think of anything else for your geek, consider pastries!



Town of St George
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Tenants Harbor, ME.
04860