



**2015~2016
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Pharmaceutical Waste Take-Back Initiative

This year the Maine's Sheriff's Association (MSA) spearheaded the Maine Pharmaceutical Waste collection for the State of Maine. The Drug Enforcement Agency (DEA) decided to turn the administration of the program over to the MSA with all 16 Maine sheriff's agreeing to continue the program in their respective counties. AVCOG worked in cooperation with the Maine Sheriff's Association, Healthy Androscoggin, the Police Departments of Lewiston and Auburn and many others.



Bedard's Pharmacy collection site in Auburn

The total weight for the State of Maine was 23,530 pounds of collected pharmaceutical waste. Androscoggin County ranked fifth out of the 16 counties and netted 2234 pounds; Franklin County netted 242 pounds and Oxford County 542 pounds of pharmaceutical waste. Another Drug Take Back Collection will be held in the fall, date yet to be determined.



There are several permanent drop sites that are available year round which are free and anonymous. These collection sites are located at the Auburn, Farmington, Fryeburg, Lisbon, Livermore Falls, Oxford, Mechanic Falls, Rumford, and Sabattus Police Departments as well as the Greene Village Pharmacy located at 19B Patten Road, Greene.



Farwell School collection site in Lewiston

Northern Border Regional Commission Grant Funds

Established by Congress in 2008, the Northern Border Regional Commission (NBRC) is a working partnership between the federal government and the States of New York, Vermont, New Hampshire, and Maine. The mission of the NBRC is to fund economic development and infrastructure projects throughout designated counties in its four state service area. The NBRC has just announced its 2015 grant round. Applications for Androscoggin, Franklin and Northern Oxford County (north of Fryeburg) are to be sent to AVCOG c/o Amy Landry, 125 Manley Rd, Auburn, ME 04210. Questions can be directed to alandry@avcog.org or by calling 207-783-9186.

Applications are due by 4 pm on June 19th, 2015. Awards are anticipated to be announced by early September.



Changes to Shoreland Zoning Guidelines Adopted

After a lengthy rule making process changes to the Guidelines for Municipal Shoreland Zoning Ordinances became effective on January 26, 2015. The process to change the Guidelines began, yes, in 2011 with hearings and comment periods in 2014. AVCOG provided extensive comments on the drafts of the Guidelines a number of which were included in the adopted Guidelines. Unlike past changes to the Guidelines there has not been a date set for when local shoreland zoning ordinances must comply with the new minimum shoreland zoning standards. However, because of conflicts between the current Mandatory Shoreland Zoning Act and current locally adopted Shoreland Zoning Ordinances AVCOG recommends municipalities prepare amendments sooner than later.



Several of the more significant changes to the Guidelines are to bring them into consistency with changes to the Mandatory Shoreland Zoning Act adopted by the legislature in 2013. These include expansions of nonconforming structures, clearing of vegetation, contractors certified in erosion control, and definition of stream. Other changes are the result of recommendations of a stakeholder group that meet during 2011 and include nonvegetated surfaces, disability variances, definitions shoreland stabilization, and hazard and storm damaged trees.

As AVCOG has over the past 40 years can provide assistance to code officers and planning boards in amend Shoreland Zoning ordinances and maps. Contact John Maloney, Senior Planner at 783-9186 Ext. 224 or jmaloney@avcog.org.

2015 Household Hazardous Waste Collection Information

The *Western Maine Environmental Depot* is now open for the 2015 season. The Depot is co-located with the Lewiston Solid Waste Facility on 424 River Road in Lewiston. Residents from towns participating in AVCOG'S Environmental Depot program can bring their materials the Environmental Depot. The Depot is open on the first and third Saturday mornings from **8:00 - noon** of each month, (excluding holiday weekends).

The following Regional One-Day Satellite Collections have been scheduled:

Date	Town	Time	Facility	Address
June 13	Mexico	9:00-11:30 AM	Region 9 - Mexico	Route 2, Mexico (across from NORSW)
August 8	NPSW	9:00-11:30 AM	NPSW	39 Brown Street, Norway
August 15	Livermore	9:00 - Noon	Livermore Transfer Station	End of Gravel Road/off Rt. 4
September 4	Kingfield	9:00-1:00 PM	Kingfield Transfer Station	304 Lexington Road
September 5	Carrabassett Valley	9:00-Noon	CV Transfer Station	4056 Carrabassett Drive
September 5	Rangeley	9:00 - 11:30 AM	Rangeley Transfer Station	682 Loon Lake Road
September 12	Wilton	9:00 - Noon	Wilton Transfer Station	211 Munson Road
September 12	Jay	9:00-11:30 AM	Jay Transfer Station	672 Main Street
September 19	Bethel	9:00-11:30 AM	SAD #44 Bus Barn	Corner of Main & Cross Streets
October 24	Fryeburg	9:00-Noon	Fryeburg Transfer Station	2025 Main Street

Residents having hazardous wastes around the house can call Androscoggin Valley Council of Governments for more information, 783-9186, or check out our "*Municipal Services/Household Hazardous Waste*" section of our website at www.avcog.org.



Recognition Awards Program

AVCOG's Recognition Awards Program is designed to acknowledge the efforts of member municipalities to implement new and different approaches to serving its citizens and to promote those projects that have proven successful and effective, as an example to others.

Each year nominations are solicited from counties and municipalities, which comprise AVCOG's membership. Nominations are accepted for projects and/or the efforts of individuals or groups that have been instrumental in achieving the stated goals.

Individuals were honored at AVCOG's Annual General Assembly Awards Banquet held on April 8, 2015 at Martindale Country Club in Auburn.

Service Awards

Androscoggin Valley Council of Governments would like to extend its sincere appreciation to those members who volunteered their service on behalf of their communities.

5 Years

*Ed Barrett ~ Lewiston
Fred Hardy ~ Franklin County
Mark Lunt ~ Lisbon
Carlo Puiia ~ Dixfield
Arlan Saunders ~ Minot
Mervin Wilson ~ Kingfield*

10 Years

John Johnson ~ Jay

15 Years

Ronald Grant ~ Greene

Presidents Recognition Award

The Presidents Recognition Award which recognizes partners, persons or entities that have worked with AVCOG to advance an issue or opportunity that is considered a key component of achieving AVCOG's vision of the region.

This year the award was presented to Linzee Weld, Slow Money Maine. In gratitude for her assistance with AVCOG in the development and delivery of services for a mutual goal; to "cultivate" a local healthy agricultural economy.



*Robert Thompson, AVCOG and Linzee Weld,
Slow Money Maine*

Transportation Achievement Award



Left to right: Robert J. Thompson, AVCOG
David Hediger of Lewiston and Ryan Leighton
of Lisbon

At our Spring General Assembly Meeting held at Martindale Country Club in Auburn the City of Lewiston and the Town of Lisbon received the Transportation Achievement Award for their vision and commitment to establish a regional trail network and bring the East Coast Greenway into their downtowns. The award recognizes achievements in activities/efforts which lead to the development of transportation systems that promote safety, efficiency, and inter-modalism.

The Lewiston Riverside Greenway is 4.78 mile linear pathway for bicycling and walking along the Androscoggin River. The Riverside Greenway connects civic, employment, retail, service, and cultural destinations in downtown Lewiston and the

northern portion of Main Street (locally called “Outer Main Street”) with diverse, populous neighborhoods. The final construction phase of the Riverside Greenway Project had its ribbon cutting ceremony last October, and since then, the area has been regularly used by walkers and bicyclists alike.

The Lisbon Trail System is a 3.35 mile linear pathway for bicycling, walking and cross-country skiing and includes the Paper Mill Trail, Ricker Farm Trail and the newly constructed Androscoggin River Trail. The trail system connects Lisbon’s three villages to the public schools, and retail and service establishments. The final construction phase of the Lisbon Trail System had its ribbon cutting ceremony last August, and is open for walking, bicycling, cross-country skiing and snowmobiling. The trail has become so popular that town officials are considering wayfinding signs as well as optional parking to assist visitors.

Both trails are a culmination of 16 years of planning and development, and are a combination of off-road pathways and on-street bikeways marked by signage and/or striping. Detailed information about each trail can be found at <http://www.ci.lewiston.me.us/> and www.lisbonme.org.

The East Coast Greenway Alliance, a non-profit organization developing a network of multi-use trails connecting cities from Calais, Maine to Key West, Florida - has designated the Lewiston Riverside Greenway and the Lisbon Trail System as part of its 2,900-mile travel route. The East Coast Greenway (ECG) is envisioned to be an off-road trail network linking publicly owned, firm-surface trails between Maine and Florida. With nearly 30% of the route already constructed on traffic-free greenways, the ECG is emerging as a safe, accessible route for people of all ages and abilities. The ECG provides opportunities for exercise, recreation, and transportation for the 30,000,000 Americans who live near the route and as a tourism destination for millions of visitors.

Our sincere congratulations and appreciation to all of the award recipients!

Paris Designated AARP Age Friendly Community; Starts Planning for Its Seniors

The town of Paris recently became the third Maine community to become part of the AARP's Network of Age Friendly Communities. AVCOG members heard about the program, which provides a method for a community to prepare for emerging issues for seniors, at AVCOG's Planning Day last November 20th.

In Paris the initiative is being spearheaded by Sarah Glynn, an attorney at the Oxford Hills law firm, who practices with Linda Russell, who specializes in Elder Law. "For many months, if not years, my law partner and I have recognized that there is a dearth of ready support for our seniors. By the time folks get to our office, there are often real legal issues that could have been easily prevented if folks knew where to turn. Our senior population is extremely vulnerable, and we had been brainstorming ideas to bridge the gaps and fill the void for these people." Glynn thinks the program is a perfect adjunct to the town's Market Square Revitalization strategy.

Law partner Linda Russell heard about the AARP Age Friendly Community program at a meeting of the Oxford Hills chapter of the AARP. "When I heard about the AFC from Linda, the framework seemed perfect! The eight domains of livability, while focused on our seniors, run parallel to the general needs of the community to draw in families – and consequently businesses – to want to live within our Town limits. I can see the identification and development of these eight domains as being able to provide a continuum of care."

This initiative targets improvements that influence the health and quality of life of older adults in the community. The "eight domains of livability," which provide a framework for the age friendly plan, include:

1. Outdoor spaces and buildings.
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation and employment
7. Communication and information
8. Community support and health services

Glynn is working with a group, now called the Paris Revitalization Committee, which finalized a Town Paris Strategic Plan for Market Square which was approved in December 2014. The Plan is available on the town's web site: www.parismaine.org. The plan includes several recommendations for improvement in three broad areas: Commercial Growth, Community Growth, and Beautification.

"I'm all for business and community growth, but we mustn't forget that we – as a community – should be thinking about the needs of our seniors so that we can stabilize and maintain a thriving community. As we began looking at the community resources, the help that is available is phenomenal! But the average Joe-citizen doesn't know how to access it, and there is no focal point to be able to provide the direction that people need." Glynn said.

The Paris Board of Selectmen approved the town's participation immediately when it heard about the age friendly program. "At their next meeting, the Board was presented with a letter and an application to submit to have Paris designated for this program. Both documents were approved and signed, and submitted the next day. Within one week, preliminary approval was received that Paris was accepted into the program. At the time, Paris was only the third community in Maine!," Glynn said.

“The response from the Town has been terrific, and all seem very excited about it. We look forward to learning the results of the survey, and establishing a plan to address the needs of Paris,” Glynn said,

“Our initial step is to obtain a baseline assessment of the community’s age-friendliness, and involve older people throughout this cycle,” Glynn said. An action plan will be developed based on the results of the assessment.

Regional residents can learn more about the Age Friendly Community program in Bethel at 4:30 p.m. to 6:30 p.m., May 21, at Western Mountains Senior College on Aging in Place. The program will be held at Bethel Congregational Church, 32 Church Street. Panelists will include Peter Morelli, who leads the Age Friendly Community program for the AARP in Maine, and Patricia Oh, who led a similar age friendly effort in Bowdoinham, and others who will describe the Village concept for elder services.

Town and community leaders can learn more about the program from the AARP by contacting Peter Morelli is at Pmorelli@aarp.org or 712-7105.

Town of Paris Strategic Plan for Market Square



Paris, Maine

December 2014

*Coming together is a beginning;
Keeping together is progress;
Working together is success.*
Henry Ford

AVCOG’s Joint Purchasing Program

Road Salt and Liquid Calcium Chloride

In the summer of each year, AVCOG conducts joint cooperative purchases of road salt and liquid calcium chloride. On the average, the road salt joint purchase saves towns approximately 10% of the “normal” purchase price. In many cases, the savings provides a significant offset to their town dues.

Culverts

Some of you may already know this year the state bid is not including municipalities. AVCOG will issue an RFP at the end of this year for the 2016 construction season. The bid will include a direct ship option for drop-off to your municipality, which ensures the best pricing. We will issue an RFP to Paris Farmers Union, EJ Prescott and WH Shurtliff. If you have other suggestions, please let me know. In the meantime, if you need assistance for this construction season do not hesitate to contact Lisa Bonney at (207) 783-9186 or email Lbonney@avcog.org.

Cutting Edges (for Plow Blades)

In late summer, AVCOG will conduct and RFP on cutting edges for municipalities.

There are no fees associated with the coordination of AVCOG’s Joint Purchasing Program.

FREE SIGNS FOR AVCOG COMMUNITIES

*MaineDOT has free 3-foot bicycle passing law signs for municipalities that would like to install them on state/state aid roads in their community.**



This is the only traffic sign that has received approval from the Federal Highway Administration regarding Maine's 3-foot bicycle passing law. This sign will replace existing 3-foot signs that were installed previously.

- *Municipality must agree to pay all costs associated with sign installation.*

Contact Joan Walton ([783-9186](tel:783-9186) or jwalton@avcog.org) for more information about locating these signs in your community.



125 Manley Road, Auburn, ME 04210

Non-Profit Org.
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**Current information can be accessed via our
website at: www.avcog.org**

- Northern Border Regional Commission (NBRC)
Grant Announcement
- Source to the Sea Trek
- Annual Meeting Presentations

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