

**Bristol Parks & Recreation
Ellingwood Information Center
October 17, 2023**

Commissioners present: Clyde Pendleton, Sandra Lane

Also present: Shelley Gallagher, Haley Bezon

Meeting called to order at 5:57 P.M. with the Pledge of Allegiance.

Minutes:

Clyde made a motion to approve the minutes from the October 3 meeting, approval, Sandra seconded, and motion carried.

New Business

- A. Haley Bezon, the Director of Hearty Roots, came to ask about doing a Polar Plunge event at Pemaquid Beach on January 1 to benefit their non-profit. Haley has a mental health and emotional well-being background, and has done wilderness therapy programs with teens in Alaska that work on those. She moved to Maine and wanted to continue to use the outdoors and nature to work with youth mental health so she formed Hearty Roots. They work with children in Lincoln County age 6 and older combining outdoor programs and skills with mental health. The program fees are on a sliding scale, and many are done at no charge to the families. They do a Paddle for a Purpose fundraiser in June each year, and wanted to add a second fund raiser, and Plunge for a Purpose seemed like it would be fun and popular. People would purchase a ticket to participate, and the money raised will go into their scholarship program. They would supply everything they need including patio heaters and hot drinks for after the plunge. They will also need to have insurance for the event with Town of Bristol listed as the additional insured. It was explained the water is turned off in January, but we can open the changing rooms for people to use to change out of their wet clothes, and they also would be able to use the kitchen for the refrigerator and microwave. Normally the porta-potty gets moved up near the gate and the gate gets closed on January 1, but this year we will move the porta-potty at the next service after the event, and close the gate once that is moved. Hearty Roots will also provide medical/ first aid services during the event. High tide that day is 2:32pm so it was decided the event will be at 1:00 so the distance between the water and the heaters isn't as far, and it will be warmer at that time than in the morning. Clyde made a motion to approve the event, Sandra seconded it, and the Polar Plunge event was approved.
- B. Holly Nelson would like to do the Basketball Camp again this year. She came in and met with Shelley and it was decided the camp would start on October 30, and there would be 6 sessions. She also talked about the spring sports camp but would need additional help to do that one. Shelley said she would check with some of the summer staff to see if they are interested in helping as they were very good employees and good with kids.

Old Business

A. The end of the season wrap up:

- a. With the lighthouse closing this weekend, we will only have 1 wedding left for this year, and that will be on Oct. 26. Jim and Charlie will work it and will put away the trash cans and clean the rest rooms after that wedding. The water at the beach has been turned off and everything winterized there. The water will be turned off at the lighthouse on the 27th or after depending on Macphee's schedule.
- b. It is almost time for floats to begin to be removed , and there is a concern how many we may have stored at Hanna Landing this winter with Ocean's Edge opening their new place. We will have to wait and see how it goes, and get the lists as they get the floats stored.
- c. Shelley asked about decorating for the holidays as Mary Craig really would like to do it again this year. We will do the same number and location for the lobster traps and wreaths, but Mary will do the big wreath for the lighthouse. Clyde saved the frame from last year so Mary can easily decorate onto that frame so we have a nice, and pretty wreath for there. Shelley will also order more lights as most of the lights last year were found to be not working, or only partially working.
- d. An interesting note about the Lincoln Academy bell that just came down for repair is they learned their bell is also a Henry Hooper bell. They thought it was from a different maker and were very surprised to learn it was a Hooper. There was an article in the Lincoln County News about it. Shelley reached out to a person at the school to let them know our bell was also done by him so together we will be working on researching the history of the bells. It is fascinating that the peninsula has 2 bells made by an apprentice of Paul Revere. We will work on removing the paint from our bell to try to restore it to its previous glory.
- e. Clyde is still working on an estimate for labor and building for the restrooms at the lighthouse. He did get an estimate to put in the foundation which was very reasonable.

Public Comments

Sandar moved to adjourn the meeting at 7:35pm.



Fusing Mental Wellness and Physical Adventure For Kids. In Nature.

Our Why

Maine has the highest percentage of youth diagnosed with mental health disorders nationwide.¹



25%

of Maine high school students reported four or more Adverse Childhood Experiences, a significant increase from 21% in 2019.²

20%

of Maine middle school students and 18.5% of high school students seriously considered suicide in the past year.²

47%

of Maine students say they have support from adults other than their parents, a significant decrease from 65.8% in 2017.²

¹ 2019 JAMA Pediatrics Study

² 2021 Maine Integrated Youth Health Survey Data From Maine Resilience Building Network Brief

Our How

We get kids outside to help them process emotions on the inside:

- Year-round
- In school
- After-school
- All Summer



Our What

Intervention Programming: Non-clinical, nature-based Taproot Therapeutic Adventures allows kids to develop coping mechanisms that:

- Reduce Anxiety
- Curb Depression
- Heal from Overstimulation
- Cultivate Wellness

Proactive Programming: Outdoor adventure programming that fosters resilience through:

- Pop-Up Camps
- Outing Clubs
- Adventure Camps

“I’ve never felt this much of a connection!
—Hearty Roots participant

Increasing Our Impact in 2023:

With Maine’s severe shortage of mental health providers for youth, no one program can swing the pendulum when it comes to youth resilience and mental health. But Hearty Roots is changing lives, and we’re growing rapidly due to intense demand.

Invitations to Collaborate:

We need your help. From being recognized by the Peter Alfond Foundation to direct-service at local elementary schools and conversations with community leaders and legislators, Hearty Roots is at the heart of linking emotional wellness and time in nature to academic and lifelong success. We can’t do it alone.

Your financial support helps kids thrive in school, discover nature, harness their grit, and connect with their communities. **We all need a village. Please, join ours.**

Haley Bezon, Founder & Director

Jess Ruhlin Donohoe, Deputy Director

“

A campfire and friends
who light your fire. Your
flashlight when you’re
scared. Water sparkling
in the night. All is
quiet and still, but love
is beating loudly.

—Hearty Roots participant