

RAYMOND CENTRAL FIRE STATION 1443 Roosevelt Trail, Raymond

The National Prescription Drug Take Back Day addresses a crucial public safety and public health issue. According to the 2019 National Survey on Drug Use and Health. 9.7 million people misused prescription pain relievers, 4.9 million people misused prescription stimulants, and 5.9 million people misused prescription tranquilizers or sedatives in 2019. The survey also showed that most misused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

The DEA's Take Back Day events provide an opportunity for Americans to prevent drug addiction and overdose deaths.

Raymond Food Pantry receives donation from Sebago Lake Region Chamber of Commerce, Continued community support needed

Gary Bibeau, who runs the Raymond Food Pantry, states that he is starting to see an increase in demand after the winter. The Food Pantry relies on donations from the Good Shepard Food Bank, grocers like Hannaford and community donations to supply fresh and shelf stable food. ANY DONATIONS ARE ALWAYS WELCOMED AND MUCH NEEDED.

Since 2012, the Sebago Lake Region Chamber Commerce (SLRCC) has made it a point to support the local area food pantries with annual donations. "In 2012, the SLRCC Board of Directors led by Sherri Huff of Lee's Family Trailer and Allen Faraday of Windham Weaponry recognized

the need to address food insecurity in our region. They began fundraising with a Coin Challenge and the annual Octoberfest event. In 2016, the SLRCC started a Charitable Trust with the main purpose of raising money for food pantries, by holding yard sales, auctions, raffles and the like," explained Robin Mullins, SLRCC Executive Director. This year fundraising looked different because of COVID, but ultimately

SLRCC still was able to raise an impressive amount. "We were able to raise over \$11,000 this past year with the Polar Dip, online Christmas auction and donations and mailed out checks to 11 Food Pantries in surrounding towns. Since

starting this initiative, we have raised over \$120,000 for food insecurity in the Sebago Lake Region," stated Mullins.

TO MAKE A DONATION: Donations may be dropped off at the Lake Region Baptist Church, 1273 Roosevelt Trail, Raymond or mailed to: Raymond Food Pantry, P.O. Box 900, Raymond, ME 04071.

ONGOING WISH LIST ITEMS INCLUDE:

- Juice and Kool-aid
- Cereal Unsweetened (Rice Crispy, Cheerios, Bran, Life)
- Soups all varieties
- Pastas spaghetti, ziti, elbows, flat egg noodles, macaroni & cheese
- Spaghetti Sauce
- Beans baked, chili, green beans, wax beans
- Potatoes boxed, scalloped, augratin, mashed
- Fruit canned fruitcup, peaches, pears, applesauce
- Jell-O any variety puddings
- Coffee, tea, cocoa, powdered and canned milk
- Peanut butter, jelly & fluff
- Tuna fish, Spam, canned stew, canned meats
- Baby Formula & diapers
- Cleaning products laundry & dish detergent, Clorox, Comet, Brillo pads, Fantastic, etc.
- Personal care products shampoo, adult & baby, hand and body soap (Dial, Ivory), toothpaste and brushes, deodorant, Kotex
- Paper products Kleenex, toilet paper, paper towels, napkins, wax paper, etc.



TASSEL

TOP

PUBLIC BEACH

TOWN OF RAYMOND

View from

Rattlesnake

Mountain

overlooking

Panther Pond.

Photo by Kaela Gonzalez

Tassel Top Beach had its First

Easter Egg Hunt this year and it

was a huge success!

Many families braved the cool morning

temperatures and hunted for candy filled

eggs along the beach and pathways.

(Right) Emerson "Emmy" Crocker shows her egg

to the Easter Bunny. Photo by Riley Silvia

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TOWN OF RAYMOND – APRIL 2021 NEWSLETTER



Tassel Top Beach opens for

the season May 29th!!!

There's still time to get your season

pass at: https://raymond.recdesk.

com/Community/Home

BIDDING STARTS MAY 17TH

Like and follow our Facebook page and look for the auction under events www.facebook.com/raymondmepto

Don't have anything to offer for the auction, but want to help? Email us at silentactionraymondpto@gmail.com FMI.

The PTO supports students and staff for both Jordan Small Middle School and Raymond Elementary School with funds for field trips, special teacher requests and scholarships for graduating students plus more. If you are interested in serving on the Board, please email: RaymondschoolsPTO@gmail.com



Have you heard about IIA's new blog Connectivity? This will be another place to find resources, information, commentary, discussion and more. We hope you will subscribe! Please visit the IIA home page to sign up using your email at: www.sjcme.edu/centers/institute-for-integrative-aging/.





MONDAYS @ 9:00AM-9:45AM WEDNESDAYS @ 9:00AM-9:45AM FRIDAYS @ 9:00AM-9:45AM

CLASSIC WITH JENNA CHASE MUSCLE WITH CHELSEA DIAMOND CLASSIC WITH BECKY THOMPSON

CLASSIC: This is perfect for an individual who is new to excercise, but is also appropriate for anyone wanting to improve their endurance and flexibility

MUSCLE: This incorporates athletic exercises that boost overall fitness and improve strength through muscle conditioning and drills

FMI CONTACT JENNA CHASE 207.893.6627 | JCHASE@SJCME.EDU

UPCOMING MEETINGS and NOT

- ★ April 26 @ 2:00pm Institute for Integrative Aging Nature Walking Group at the Mountain Division Trail Loop off Gambo Road, Windham. FMI www.sjcme.edu/centers/institute-for-integrative-aging
- ★ April 27 @ 6:30pm Budget-Finance Committee via Zoom
- ★ April 28 @ 6:30pm Special Select Board Meeting to Approve Town Meeting Warrant via Zoom
- ★ April 30 Second Half Tax Payments Due

Where IN RAYMOND?

- ★ May 3 @ 2:00pm Institute for Integrative Aging Nature Walking Group at Cummings Preserve in Gorham. FMI visit: www.sjcme.edu/centers/institute-for-integrative-aging
- ★ May 8 from 5:00 to 6:30pm Raymond Village Community Church Pot Roast Supper. Pre-order meals by calling 655-7749 or email: office@rvccme.org
- ★ May 11 @ 6:30pm Select Board meeting via Zoom
- ★ May 25 @ 7:00pm Zoning Board of Appeals via Zoom



ONLY ONE MORE WEEK to get your applications in!!

Town Scholarship deadline for submission is April 30, 2021.

FMI please contact, Sue Look, Town Clerk at 207-655-4742 x121.

The Town of Raymond is still looking for volunteers for the Zoning Board of Appeals (ZBA) and Planning Board

ZBA - The ZBA hears appeals of decisions by Raymond's Code Enforcement Officer regarding Raymond's Land Use and Shoreland Ordinances. To volunteer on this board, you must be at least 18 years of age and reside in

Meetings are held as needed at 7:00 pm the last Tuesday of the month via ZOOM (for the duration of the health emergency) and are streamed live and broadcast for public attendance. Every ZBA meeting is also a public meeting; i.e. the public will be given the opportunity to express their concerns and comment on the merits of the application.

Site walks are held on Saturday morning, nine days before the meeting. Meetings typically last about an hour and only meet on an as-needed basis. No experience is necessary, just an interest in the well-being of the community.

PLANNING BOARD - If you are interested in guiding the orderly development of the Town of Raymond, as well as ensuring the environmental protection of our five ponds, two lakes, and shoreland then this is the opportunity for you! The Planning Board enforces the Land Use Ordinance and has a hand annually in developing future ordinances and changing existing ordinances.

To volunteer on this board, you must be at least 18 years of age and reside in Raymond. If you care about your town and want to have a hand in its protection, then this is the place for you. Background in municipal planning, development, real estate, building, etc., each have something to add to the Planning Board as well.

Meetings are held at 7:00 pm the second Wednesday of the month via ZOOM (for the duration of the health emergency) and are streamed live and broadcast for public attendance.

For an application go to www.raymondmaine.org or call 655-4742 ext 161 and speak to Mary for more information.



Raymond Village Community Church POT ROAST SUPPERS

ARE BACK! Saturday, May 8, 2021

Same good food: pot roast and gravy, potatoes, green beans, carrots, a roll, and a brownie for \$12. Meals are take out only.

We are taking orders for meals for pick up between 5:00 and 6:30PM that Saturday at 27 Main Street in Raymond.

They will be hot and ready to take home! PLEASE ORDER IN ADVANCE AS IT IS UNLIKELY THAT EXTRA MEALS WILL BE AVAILABLE.

To order your meals call 655-7749 and leave a message with your name, number of meals and time you will pick up. Or, if you prefer you can send an e-mail to

office@rvccme.org with the information.