



Welcome to Back Cove!

On behalf of your new neighbors in Back Cove, we would like to welcome you to your new home! We have included a few things to help you get familiar with our friendly neighborhood!

We have discovered that involved neighbors make great neighbors and we are hoping you will be interested in some of the activities and programs that are available. If you visit our website at backcoveportland.org you will see some of the programs and activities and we hope you will want to join in!

Our association was established in 2003 and is going strong. If you would like to join the Association or if you have any questions, you can email us at info@backcoveportland.org. You can also look for us on Facebook! facebook.com/BackCoveNA

We send out newsletters and also alerts (such as parking bans, notices of open city meetings, and crime alerts). If you would like to receive these, we will need your name, address, and email address, which you can send to us at the above email address.

We fund our activities and community projects through annual dues. There is no set amount, but a suggested annual donation of \$25.00 would be appreciated. You can mail your check payable to Back Cove Neighborhood Association ("BCNA") to us c/o Judy Montgomery, 53 Parsons Road, Portland, ME 04103.

We are governed by a volunteer Board of Directors and we have a number of committees that work toward improving our neighborhood; Traffic & Safety, Open Space & Recreation, and Community Events & Membership Committees. We also have the Back Cove Village, an aging in place initiative to help our seniors remain safely in their homes.

Back Cove Neighborhood Association – 2021-2022 Officers & Board of Directors

Gretchen Stanton	President	(207) 835-0144
David Torresen	Vice-President	
David Very	Secretary, Chair Community Events and Membership Committee	207-318-2472
Judy Montgomery	Treasurer, Chair Open Space and Recreation Committee	
Tori Bachman	Director	
Jeff Blake	Director	
Jacki Cohen	Director	
Carol Colton	Director, Chair of Aging in Place Initiative	
Bruce Gobi	Director	
Austin Gregory	Director	
David Lynch	Director	
Jon Morrill	Director	
John Spritz	Director	
Lydia Wagner	Director, Chair Traffic and Safety Committee	
Andrew Zarro	Director	

Quick Info & Phone List - For Emergencies, dial 911

Portland Fire Department	Business number 207-874-8400		
Portland Police Department	Business number 207-874-8575		
Maine Medical Center	22 Bramhall Street	207-662-0111	mmc.org
Mercy Hospital	144 State St. & 175 Fore River Pkwy	207-879-3000	mercyhospital.org

Portland is governed by an appointed City Manager and nine elected officials: a Mayor serving a four-year term and eight City Councilors serving three-year terms. Back Cove is in District Four.

Kate Synder	Mayor	207-874-8941	ksynder@portlandmaine.gov
Jon Jennings	City Manager	207-874-8685	jjj@portlandmaine.gov
Andrew Zarro	City Councilor Dist.4	207-552-2004	azarro@portlandmaine.gov
Pious Ali	Councilor at Large	207-807-4283	pali@portlandmaine.gov
April Fournier	Councilor at Large	207-878-0769	afournier@portlandmaine.gov
Nicholas Mavodones Jr.	Councilor at Large	207-774-0257	nmm@portlandmaine.gov

Department of Public Works Customer Service 207-874-8493, Recycling Hotline 207-756-8189

Auto & boat registrations, voter registration, building permits, etc.
portlandmaine.gov

Portland's Recycling Program: Ecomaine
207-773-1738 ecomaine.org
info@ecomaine.org

Private composting services in the area:
Garbage to Garden
207-332-0277 garbagetogarden.org

Portland Public Library
5 Monument Way
207-871-1700

U. S. Post Office
125 Forest Avenue
207-871-8519



Portland Area Villages - Volunteer organization to assist seniors to safely age in place
207-613-6290 portlandareavillages.org

Geographical Boundaries of the Back Cove Neighborhood Association

The geographical boundaries of the Back Cove Neighborhood Association are as follows:

Starting at the intersection of Baxter Blvd. and Belmont St., running north on Baxter Blvd., turning left through Payson Park, turning right on Ocean Ave., turning left on Washington Ave., turning left on Canco Road, turning right on Walton St., turning left on Forest Ave., and then turning left on Belmont St. to Baxter Blvd.



E-mail – info@backcoveportland.org

Website – www.backcoveportland.org

Schools

Elementary Schools

Ocean Avenue Elementary School
1500 Ocean Avenue, Portland 874-8180

There are seven other elementary schools in the City. Check the City of Portland website for a complete listing. Attendance at other elementary schools is subject to availability and without public transportation.

Middle Schools

Lyman Moore Middle School
171 Auburn Street, Portland 874-8150

Attendance at King or Lincoln is subject to availability and without public transportation.

King Middle School
92 Deering Avenue, Portland 874-8140

Lincoln Middle School
522 Stevens Avenue, Portland 874-8145

High Schools

Deering High School
370 Stevens Avenue, Portland 874-8260

Portland High School
284 Cumberland Avenue, Portland 874-8250

Casco Bay High School
196 Allen Avenue, Portland 874-8160

Portland Arts & Technology High School
196 Allen Avenue, Portland 874-8165

Houses of Worship

Williston-Immanuel United Church - Baptist/United Church of Christ
156 High Street (near Congress Street), Portland 775-2301 wiuc.org

St. Pius X Church – Catholic
492 Ocean Avenue, Portland 775-3032

St. Joseph Church - Catholic
673 Stevens Avenue, Portland 797-7026

St. Paul's Church – Anglican
279 Congress Street, Portland
828-2012 stpaulsportland.org

Portland City Church - Non-Denominational
Mechanics Hall, 519 Congress Street, Portland
portlandcitychurch.com

St. Peter's Episcopal Church- Episcopalian
678 Washington Avenue, Portland 775-1179

Rock Church of Gtr. Portland - Non-Denominational
66 Gorham Road, Scarborough 883-7625

St. Ansgar Lutheran Church – Lutheran
515 Woodford Street at Rosemont Corner, Portland
saintansgar.org

East Point Christian Church
58 City Line Drive, Portland
541-9992 eastpoint.church.org

Woodfords Congregational Church - United Church of Christ
202 Woodford Street, Portland 774-8243

State Street Church - United Church of Christ
159 State Street, Portland 774-6396

Stevens Avenue Congregational Church – UCC
790 Stevens Avenue, Portland
797-4573

Maine Muslim Community Center
118 Anderson Street, Portland
797-6626 mainemuslims.org

Peoples United Methodist Church – Methodist
310 Broadway, South Portland 799-1413

Jehovah's Witnesses
100 Strout Street, South Portland 799-2521 jw.org

Temple Beth El – Conservative
400 Deering Avenue, Portland
774-2649 tbemaine.org

Congregation Bet Ha'am - Reform
81 Westbrook Street, South Portland
879-0028 bethaam.org

Portland Friends Meeting – Quaker
1837 Forest Avenue, Portland
200-6544 portlandfriendsmeeting.org

Maine's Bicycling Law

A quick guide to your rights and responsibilities



Maine has some of the most **bike-friendly traffic laws** in the country. The laws are designed to make bicycling safe, fun and healthy for all riders.

Maine law outlines both rights and responsibilities for bicyclists traveling on our streets, roads and highways. **The better you know the law, the more confident you'll feel and the more you'll enjoy your ride.**

» **Know the rules of the road** Bicyclists are expected to observe stop signs, red lights, one-way streets, yield right-of-way, and, in general, obey the same rules of the road motorists follow.

More than any other single factor, riding in accordance with the law reduces risk of accident and injury to bicyclists.

» **Be visible** By far, most serious bike accidents occur because motorists claim they did not see the bicyclist. All nighttime riders benefit from both headlights and taillights — the more powerful the better. Maine requires at least a light in front and a reflector in the rear when riding after dark.

» **Allow three-foot clearance when passing a bicycle** So bicyclists can travel safely and without intimidation, motorists are required to allow at least 3 feet of clearance when passing bicyclists. Courteous drivers usually give bikes as much clearance over 3 feet as is practical and safe.

» **Allow bikes in the travel lane** To allow bicyclists to safely prepare for turns, overtake slower moving vehicles, and to avoid obstacles and hazards such as opening car doors, potholes, sand, and glass, bikes may legally operate anywhere within the travel lane. Otherwise, bikes should remain as far to the right as is safely possible.

» **Children must wear helmets** All bicyclists under 16 years old are required by law to wear a helmet. Helmets are encouraged for adult bicyclists as well, because they provide the best protection against head injury in the event of an accident.

» **Bikes can pass on the right** Bicyclists may pass slower-moving traffic on the right, but only at the bicyclist's own risk.

The Bicycle Coalition of Maine worked closely with legislators and organizations statewide to introduce and pass Maine's updated bicycle law in 2007. The law firmly establishes bicyclists as rightful users of Maine's streets and highways, and makes clear how bicyclists and motorists can safely and efficiently share the road.

We've been proud to see Maine's biking law become a model for other states across the country. The Bicycle Coalition of Maine thanks the many lawmakers and biking advocates who made it possible.

Grocery/Markets in the Vicinity

Hannaford Supermarket 295 Forest Avenue	P J Merrill Seafood 681 Forest Avenue
Shaw's Supermarket 61 Auburn Street	Veranda Asian Market 695 Forest Avenue
Whole Foods Market 2 Somerset Street	Sinbad Arabian Market 710 Forest Avenue
Trader Joe's 87 Marginal Way	Makkah Halal Market 34 Vannah Avenue
Foodie Friends Grocery & Restaurant (Halal) 630 Forest Avenue	Jazeera Market / Glory Store 623-625 Forest Avenue
Haknuman Meanchey - Asian grocery store 803 Forest Ave	Fishermen's Net - Seafood 849 Forest Avenue
L'Africana Market 570 Brighton Avenue	Rosemont Market & Bakery 580 Brighton Avenue
Vientiane Market - Asian grocery store 157 Noyes Street	D Ajan's Super Market 170 Brighton Avenue
Pat's Meat Market 484 Stevens Avenue	Monte's Fine Food & Pizza – European Deli 788 Washington Avenue

Portland is home to a diverse selection of neighborhood markets and ethnic markets, as well as outstanding bakeries and coffee roasters. If you are looking for something specific, feel free to email BCNA or one of the Board members for assistance.

Movie Theaters

Nickelodeon Patriot Cinema
1 Temple Street, Portland
patriotcinemas.com

Flagship Premium Cinemas
206 US Route 1, Falmouth
flagshipcinemas.com

Portland has a very large and varied array of restaurants, from seafood to vegetarian/vegan to diners to ethnic eateries and highly acclaimed restaurants. Many of them source as much as they can locally. Take a ride or a walk along Commercial Street or Congress Street and many of the side streets in between to include our famed Old Port to see a sampling of all that is available. You won't be disappointed! Here are some of the more local ones.

Back Cove BBQ & Pizzeria 89 Ocean Avenue 773-7499	Bayou Kitchen - Breakfast & Lunch 543 Deering Avenue 774-4935
Big Sky Bread Co. - Breakfast & Lunch 536 Deering Avenue 761-5623	Bird & Co. 539 Deering Avenue 747-4056
Burger King 449 Forest Avenue 773-3650	The Crooked Mile – salads, sandwiches, ice cream 428 Brighton Avenue 835-6033
Crown Fried Chicken 408 Forest Avenue 747-4519	Domino's Pizza 788 Forest Avenue 774-1489
Dunkin' Donuts 544 Deering Avenue 772-1536	Elsmere BBQ & Wood Grill 476 Steven's Avenue 536-1029
Thai ESAAN 849 Forest Avenue 536-0752	Forest Avenue House of Pizza 425 Forest Avenue 761-9200
Great Lost Bear - Pub - Lunch & Dinner 540 Forest Avenue 772-0300	The Knotted Apron 496 Woodford Street 805-1523
Leonardo's Pizza 415 Forest Avenue 775-4444	The Local Press -soup, salads, sandwiches 276 Woodford St. 773-0039
Luis's Arepera – Venezuelan 948 Forest Avenue 286-8646	Maize – Colombian Street Food 621 Forest Avenue 400-2881
Mekong Asian Bistro 865 Forest Avenue 773-8424	Mr. Bagel - Breakfast & Lunch 599 Forest Avenue 775-0718
Otto Pizza 250 Read Street 358-7551	Paella 849 Forest Avenue 420-0943
Pizza Joint 448 Forest Avenue 797-3192	Po' Boys & Pickles - New Orleans Style 1124 Forest Avenue 578-9735
The Proper Cup 500 Forest Avenue 405-4089	Raffel Brothers, Inc. 500 Forest Avenue, #4 773-1501
Rose Foods 428 Forest Avenue 835-0991	Saigon - Vietnamese 795 Forest Avenue 874-6666
Sammy's Scoops - Ice Cream 51 Ocean Avenue 400-9160	Shwarma & Kebab House 683 Forest Avenue 536-7070
Starbucks Coffee Company 1080 Forest Avenue 878-1210	Sun Vietnamese Bakery & Restaurant 699 Forest Avenue 613-9036
Susan's Fish & Chips 1135 Forest Avenue 878-3240	Thanh-Thanh 2 – Vietnamese 782 Forest Avenue 828-1111
Tipo - Italian - Dinner & Saturday & Sunday brunch 182 Ocean Avenue 358-7970	The Tree House 484 Stevens Avenue 874-0706
Woodford's Food & Beverage 660 Forest Avenue 200-8503	

Theater, Music, and the Arts!

Portland has a lively Arts scene with live theater, many live music venues, art galleries, and museums. The following is a sampling of what you can find:

Merrill Auditorium, 20 Myrtle Street, Portland merrillauditoriumportland.com

The Merrill is located in the rear of City Hall and provides an eclectic assortment of entertainment opportunities. Portland Symphony Orchestra performs there, many music entertainers from individuals to groups to musicals, ballet, alternative dance, and comedians, to name a few, can be enjoyed. Visit Portland Ovations website for a complete listing at portlandovations.org.

State Theater, 609 Congress Street #200 statetheaterportland.com

A performing arts theater.

Portland Stage/Theater of Maine, 25A Forest Avenue portlandstage.org

Plays and musicals; theater programs for children.

Good Theater, St. Lawrence Arts Center, 76 Congress Street goodtheater.com

Plays and musicals

Mad Horse Theater, 24 Mosher Street, South Portland madhorse.com

Plays and musicals

Lyric Music Theater, 176 Sawyer Street, South Portland lyricmusictheater.org

Plays and musicals

Cross Insurance Arena, 45 Spring Street, Portland crossarenaportland.com

Multipurpose arena hosting sporting events, big name concerts, ice shows, etc.

Thompsons Point, 10 Thompson's Point, A, Portland thompsonspointmaine.com

Outdoor arena for concerts and events, featuring an ice skating rink in winter.

Portland Museum of Art, 7 Congress Street, Portland portlandmuseum.org

775-6148 Art, photography, sculpture, films, special exhibits, and more.

Portland Children's Museum, Thompson's Point, Portland kitetails.org 828-1234

Interactive exhibits and activities for children and adults.

One Longfellow Square, 181 State Street, Portland onelongfellowsquare.com 761-1757

Live music, theater, films, and dance venue.

Portland Ballet, 517 Forest Avenue, Suite 2, Portland portlandballet.org 772-9671

Classes for children and adults, performances, and dance/theatre venue.

Welcome again to our great neighborhood and we hope you will join us!



E-mail – info@backcoveportland.org

Website – www.backcoveportland.org

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