



Fathoms

The Newsletter of The Sebasticook Lake Association

Volume 21
Number 2

*Our association was formed in 1972 to improve and maintain
water quality and the general conditions of Sebasticook Lake*

October 2013

President's Message

Was this the fastest summer on record or what? I remember thinking I had all kinds of time to clean out that closet that has all the extraneous 'stuff' in it, and I was going to paint the bathroom, and I was going to read more books and journals. Well, I have to admit that the closest I came to doing any of that was sitting in a lawn chair or on the porch visiting with neighbors, family and friends. But what a great time I had! We all were delighted by the FANTASTIC water quality up until late August, with the deepest Secchi Disk reading an unbelievable 15.4 feet on July 5th. Thank you all for working so hard to help the lake be healthy.

On a sad note, in August we lost a loon to lead poisoning. This poor loon had a smaller-than-legal-size lead jig in his gullet, which was especially tragic because Maine law Sec.1.12 MRSA §12663-A limits the size of lead sinkers to NO LESS THAN ONE OUNCE AND NO LESS THAN 2 ½" IN LENGTH. Kindly check your tackle boxes and remind any guest fishermen to please do the same.

Next summer the town of Newport will celebrate its 200th Birthday with lots of fun events during the 4th of July week. Of interest to all of us water lovers is a canoe race. It would be a friendly gesture on the part of the Sebasticook Lake Association if our members would volunteer to help to register race participants and mark the canoe race course with their boats, and it would be especially fun if we entered a float in the parade! (Does anyone have a Mermaid costume?) I am guessing we will need 15-20 volunteers for the canoe race, which will start at the American Legion Hall, cross the lake to Camp Benson (anyone want to volunteer to have their camp be the destination over there?), cross the lake to Breezy Point (Vining's camp on Grove Street) and then back to the American Legion Hall. Stay tuned for a calendar of events, dates and times, and please consider helping us make this 200th year celebration a success.

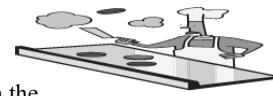
A quote by 'unknown' strikes a chord; "I do not regret the things I have done, I regret the things I did not do when I had the chance".....we are all connected to this community, to one another, and to the lake. Let's welcome all the chances we are given to make our lives richer as well as the lives of others. No regrets. Have a great winter. Muffy

ANNUAL MEETING

Saturday July 12th at 10 a.m. at the American Legion Hall



**Coffee and Donuts Before the Meeting
Barbecue After the Meeting**



We are asking for Lake Association members to please help with the annual barbecue by bringing a salad or dessert.

Thanks.



Lake Association Officers

President – Muffy Pare 207-368-5424
 herhighnes@midmaine.com
 VP - Deb Ferrell 368-4769
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 dlpallee@yahoo.com
 Treasurer – Lorraine Stone 368-2272
 dickrainy@juno.com

Committee Chairpersons

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 Dam Committee – Deb Ferrell 368-4769
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 Membership Committee – Allan Fernald 368-5492
 Nominating Committee - Sally Dwinell 368-5886
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Share Your Lakeside Stories

Have any interesting stories or facts about our lake. Why don't you jot them down and send them to us so we can share them with other members of the Lake Association. Send them to

Rick Perlmutter
 PO Box 12
 Newport, ME 04953

Or send your contribution via e-mail to:
 Perlmutter@MSN.com



TRANSFER STATION HOURS
 Tues, Wed,
 Thurs, Fri, and Saturday
 8 am to 4 pm
 Closed Sunday and Monday

New Newport Restaurant

Closed Front Porch Restaurant reopens under new management as
Headed North
 Hours: Mon-Thurs 6am-8pm
 Fri-Sat 6am-9pm
 Sunday Brunch Buffet 10am-2pm
 Cocktails and Good Food 368-9002

ASSOCIATE MEMBERSHIPS

If you Wish To Be Part of
The Sebasticook Lake Association
 Yet Do Not Live on the Lake
\$6 Per Year

Includes *“The Fathoms”* Newsletter



Sebasticook Lake Association
 Caps and Shirts and Canvas Bags
 Make Great Christmas Presents

Show off your membership in the Lake Association and support it at the same time!
 Check them out at the annual meeting July 12, 2014 or
 Contact Muffy 368-5424

Shirts \$20

Caps \$10

Lake Association E-Mail Data Base

We are continually building an e-mail database of Sebasticook Lake Association members. There will be an e-mail sign-up sheet at this year's meeting. If you are unable to attend, please send your e-mail address to
PERLMUTTERS@MSN.COM

Of course, e-mail addressed will be used only for Lake Association business and will *never* be given out.

SEBASTICOOK LAKE ASSOCIATION MINUTES
July 6, 2013

The meeting was held at the American Legion Hall in Newport on Saturday at 10:00 a.m.
The meeting opened with the Pledge of Allegiance.

Mr. Elmer gave us an informational article from the Rolling Thunder. Muffy read it aloud. It is a Flag Salute Tribute. "Some people call me Old Glory, others call me Star Spangled Banner, but whatever they call me, I am your Flag, the Flag of the US of A. Something has been bothering me, so I thought I might talk it over with you.

I remember some time ago, people lined up on both sides of the street to watch parades and naturally, I was leading every parade, proudly waving in the breeze. When your daddy saw me coming, he immediately removed his hat and placed it against his left shoulder so that his hand was directly over his heart. Remember?

And you, I remember you, standing there straight as a soldier. You didn't have a hat, but you were giving the right salute. Remember little sister? Not to be outdone, she was saluting the same as you, with her right hand over her heart. Remember?

What happened? I'm still the same old flag. Oh, I have a few more stars since you were a boy. A lot more blood has been shed since those parades of long ago.

But now I don't feel as proud as I used to. When I come down your street, you just stand there with your hands in your pockets and I may get a small glance and then you look away. Then, I see the children running around and shouting. They don't seem to know who I am. I saw one man take his hat off then look around; he didn't see anybody else with theirs off so he quickly put his back on. Is it a sin to be patriotic anymore? Have you forgotten what I stand for and where I've been? Anzio, Guadalcanal, Korea and Vietnam. Take a look at the memorial honor rolls some time – look at the lists of those who never came back, but helped keep this republic free. One nation under God. When you salute me, you are actually saluting them. Well, it won't be long until I'll be coming down your street again, so when you see me, stand straight, place your hand over your heart, and I'll salute you, by waving back."

The Secretary's report was accepted as typed and written. The Treasurer's report was accepted as printed.

We have not paid the VLMA or the COLA dues as of yet, but we will continue to do so (\$250 to the VLMP and \$200 to COLA). We will also continue to pay \$100 annually to the Ferrell's for boat fuel.

Committee Reports

BBQ-Barb Cloutier – The chuck wagon committee has done it again. Hamburgers, hot dogs, potato chips, salads, and desserts. We have an excellent committee. We hope you all will stay for the BBQ. Socialize and enjoy the BBQ.

Fireworks – Mike Vining – Mike isn't present. Cliff said the fireworks are on for tonight around 9:00 pm. John Michaud helped Cliff mow the field. They mowed it yesterday morning. Muffy read the list of donors. The donors are: see page 6

Membership – Allan Fernald - We now have a current membership of 321. We are down three people. The current number that has paid is 235. It was 239 last year. We are really only down one considering the difference. We had revenue of \$2350. The winners for the worst paying areas are: Camp Benson and Maplewood. Reach out to anyone that lives over in that area. Durham Bridge is the other one. Those areas account for 80% of the people not paying. If we could get the major areas, that would help a lot. A lot of the issue is that they don't understand what we do. Seven new properties were purchased this year. If it's inheritance, they bring the attitudes of the parents' right along with them. When they are new people that is when we usually have luck with membership.

Buoy/Dam – Dick Stone – We are functioning as normal. The laptop we were using quit. The GPS is so old it won't load onto a new computer. We put the buoys out as well as we could remember. Tim Thurston, Navigational Aids Supervisor, Bureau of Parks and Lands, from came up and adjusted them in within the next few days. If anyone sees one that has come off the chain, please let us know. I am going to pass around a clip board for anyone to sign up to help. We are all getting older and would like to have some help. We need to raise some money for a new GPS program. We will also have to buy a new laptop to be compatible with the new GPS system. They go in around Memorial Day and out around Labor Day all dependent on the weather. Muffy did some research and an adequate laptop and GPS about \$750. \$500 for laptop and \$250 for GPS. Muffy asked for a motion to not exceed \$1000 for this purchase. The motion passed. It was also brought up to look at the Hummingbird brand. The buoy committee stood up for applause.

Newsletter – Deb Ferrell – Victoria Alexander Lane joined the crew this year. Leone Sullivan is also new this year. Deb passed around a list for everyone to look at. She is asking for everyone to verify their addresses both summer and winter addresses. Deb received a lot of newsletters back in the mail this year. Does anyone have any changes or suggestions? If you are interested in being part of the committee, please let us know as well.

Water quality – Deb Ferrell – Deb passed around a graph for everyone to look at. The black line was the reading this past Wednesday. This shows all of the readings before 2006. 4.6 meters is the deepest we have had. This was the reading this past Wednesday. Has anyone seen anything different this year in the water? It was mentioned about some new weeds, some leafy. Muffy and Deb will go over and look at them. Deb showed everyone the equipment they use to measure things. They take samples for phosphorus. It costs about \$125 a month. You look through the tube and when you can't see the secchi disk any longer that is what is considered the clarity reading. Every two weeks Deb uses the Dissolved Oxygen meter. The probe is dropped down every foot. It is a 50 foot probe and they drop it down the deepest area of the lake of 60 feet. We always try and go in about the same weather conditions so the readings are comparable. The phosphorus levels are reported to Dave Halliwell (DEP lake biologist). Things have been about the same. You want 15 parts per billion or less. Less than two meters with these two things you are considered an algae bloom. We need buffers on the edge of the lake to stop the pollutants from running into the lake. Grass

See *Minutes*, page 4

doesn't stop them. A member mentioned: The phosphorus level in the spring is very high. We also have a lot of rain in the spring as well. Who controls the level of the water in the spring? The town and Muffy calls the town almost every day. If anyone is interested in doing the testing, please contact Deb.

Drawdown date – Deb Ferrell – The committee meets every year. The last couple years we have been trying to do it the third week in September. We really haven't seen a change since we have been doing it then instead of the week after Labor Day. I am assuming we will still do it the same this year. Muffy said we had talked about keeping the water in the lake low later and would it make a difference. DEP didn't think it would really make much of a difference. We try to keep it at 2/3 of the level but with the weather it fills up naturally in January. It was asked about the fish ladder. How low can the water be drawn down? We don't go any lower than eight feet. Lower than eight feet and ice can form around those stakes at the ancient fish weir. We can't draw down below eight feet.

There's an invasive control plant workshop this year in Dover-Foxcroft. If you check the newsletter, it is on July 19th. If you sign up for it, it will give you a really good overview of invasive plants. What to do, what they are, etc.

Website – Deb Ferrell - Deb started an informal lake Facebook page. A website will give us a place for the newsletters, the minutes, pictures, lake monitoring information. Deb is looking for \$500 to start up the website. There will be an annual cost of \$112.00 (100 for maintenance and 12 for the domain name). There was a motion made to do it. It will also save us money from mailing out the newsletters to some. Maybe we could also have dues paid online or donations could be made this way as well. It was mentioned to maybe increase the amount to \$1000. The motion was amended and then passed. No more than \$ 1000 this year only to start up the website. Muffy said the website will also allow us to post a lot of information from COLA or updates from others around the lake to keep everyone informed better.

MUCK – Muffy said she has had a lot of phone calls about the “muck.” Some people actually lost a shoe. Some people said it was just soft. Muffy went to seven or eight beaches. Most people said it was where they put their dock in or where the water comes in. Dave Halliwell said we had no rain in April. His theory is that it is the runoff and it is going to harden up. We had a lot of rain this year in May and June and not April when we aren't in it as much that time of year. The best explanation was that it was from the runoff. If it is continuing to be a problem please let us know. Some said it has been there for years but it is getting worse. Dave says there is a natural runoff and if it gets so bad you can get a permit from DEP and have it dredged. Maybe if we keep the water low enough it will freeze and the muck will improve.

Muffy mentioned Mr. Carlton Brackett. He just passed away at 94 years old. He was a lovely gentleman and his sister-in-law was BJ Banton. He grew up in Newport and enjoyed many summer activities on Lake Sebasticook. He requested that in lieu of flowers that donations be made to the SLA.

Next year is the Bicentennial celebration. If anyone is interested in being part of the committee, please contact the town office. The celebration is around the 4th next year. So we were asked by the Bicentennial committee to move our meeting to July 12, 2013 next year (the second Saturday) instead of the first Saturday in July. Does anyone have any concerns about moving the date next year? The town asked if we wanted to do the fireworks on the 4th of July next year. Could we possibly merge the two things of the Bicentennial and the 4th together? It is up to us if we wanted to do this. Our choices are to work with the town for the 4th, suggest the 5th as the ending of the celebration or the night of the 12th the night of our lake association meeting. A suggestion was made for the 5th of July. A lot of businesses are going to be approached for fundraising as far as floats, etc as well as fireworks. It was suggested again for the 5th to be the first choice and then the 4th. There is a big price difference if we don't have them on the 4th. The 5th is much cheaper. We were asked if the lake association members wanted to have a canoe race or a boat show. Details about the Bicentennial will be put into the newsletter.

Mr. Ricker wanted me to tell you about the flashboards. Muffy read an e-mail that Jim wrote to her. “The newest gate that the SLA promised to expend up to \$2,500 for has not been built, waiting for draw down to work safely on the dam. We may not need this third gate due to the increased draining ability of our new gate. Last year was one of our quickest draw downs in the past 20 yrs. Of course steady rains will have the same effect as it has in years past. Another interesting fact is that maximum draw down with our new gate and the two sets of flashboards really discharges more water than the river can adequately handle during the first week or so of drawdown. After this time of course the only drain ability is the new gate. The old Guilford property rear parking lot could be easily flooded if all three discharge areas were opened at once. We will continue to monitor the new gate systems and try our best to keep water levels constant. We are not able to satisfy everyone all the time but with the exception of a few property owners, most folks have been very understanding and work well with the town. The original set of movable flashboards will be rebuilt this fall and the entire control system will be updated. As always if anyone has any questions or concerns please feel free to contact my office.”

Muffy had water testing kits out from Clearwater Labs in Newport. But, there is also another option in Waterville that might be cheaper. Dick Stone has the address.

The water clarity is very good. Over 14 feet!

A big applause to everyone for your help with keeping the water clean.

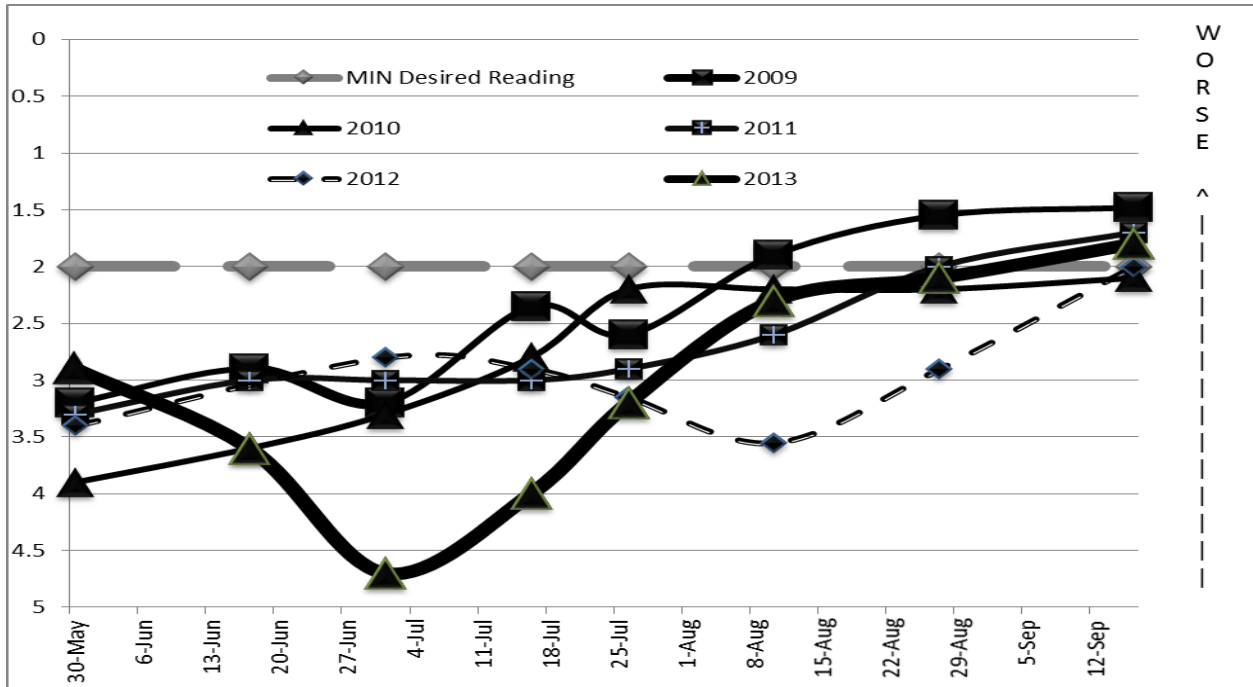
Has anyone seen any loon chicks? Two have been seen out around the County Woods road.
Dinner is ready!

The meeting was adjourned at 11:30 a.m.

Water Quality 2013

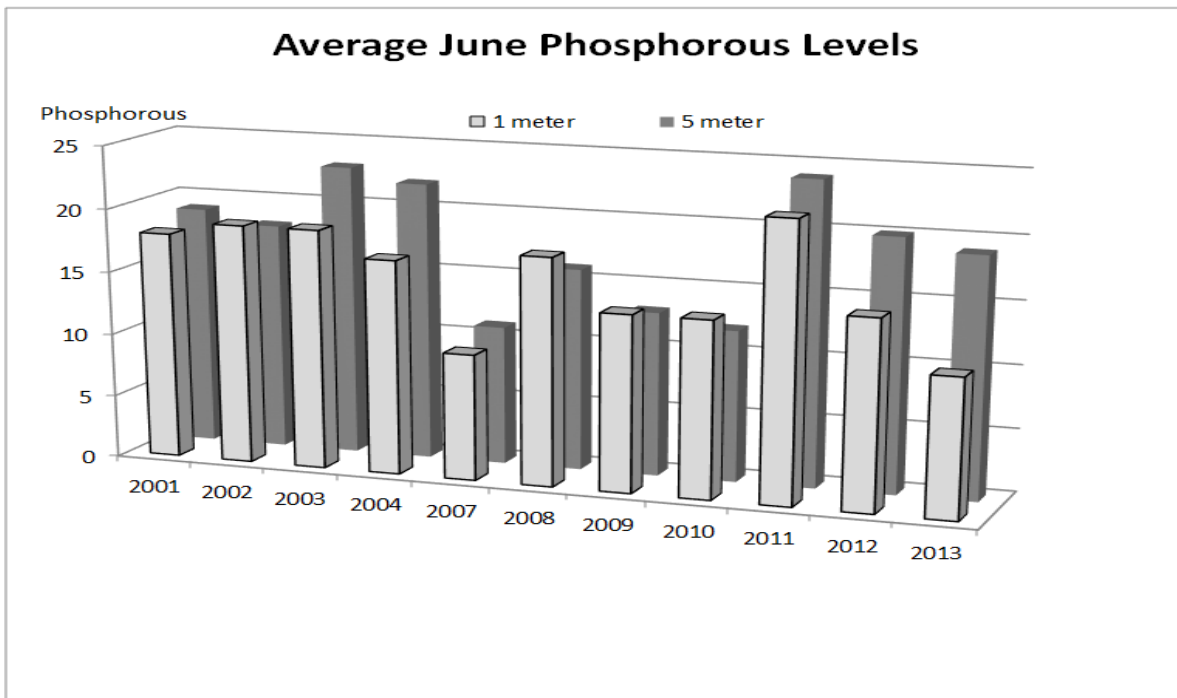
By Deborah Ferrell

We had another great summer season with very good overall water quality, at least until late August. We did finally have an algae bloom in September during drawdown. Again we had much rainy weather during the summer. And again this year I had reservations about the expected clarity throughout the summer and the first two secchi disk readings in June were not impressive. We had the deepest secchi disk reading yet at 4.7 meters on July 1! The graph below shows that we started the summer season with secchi disk readings in line with the previous few years, then about early July our clarity improved significantly compared to previous years.



Note that the thick black line is 2013.

By September 16th our last secchi disk reading was again in line with previous years. This graph only covers year 2009-2013 for ease of reading. Our average June P readings are still trending down after spiking in 2011.



A Big "Thanks" To All Fireworks Sponsors!

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Water Quality Monitor Change

Next year will be my tenth year as your Water Quality Monitor. I began my water quality monitoring stint in 2004 interning with Tom Hannula and taking over in 2005. It is time for a new monitor to fill this position. So in 2014 I will have an intern, possibly two, for the summer. In 2015 the new monitor will be responsible for water quality testing for our lake. Currently I have one volunteer, Jack Carson, who will work with me. A second intern would be welcome and could share the monitoring with Jack. Please let me know if you are interested in joining us next year. Remember that this position requires a boat and an hour or so every two weeks to test for clarity and dissolved oxygen. The VLMP provides a certification process for both the secchi disk and the Dissolved Oxygen meter.

SP0268 LD 730 Session - 126th Maine Legislature Bill Passed to Stop Use of Lead Sinkers

SUMMARY

This bill makes it illegal to sell or use lead sinkers and jigs weighing one ounce or less and measuring 2 1/2 inches or less in length.

OBITUARY

Gavia Immer 2010-2013

Newport, Maine. Gavia Immer, 5 years old, left his earthly body on August 9, 2013, his quiet hoots and impressive tremolo forever silenced by a lead sinker left by a careless fisherman in Lake Sebasticook.

Gavia immer was born in Lake Sebasticook, and at the tender age of 6 months, traveled to somewhat warmer climes during the fall of 2010, to spend the winter on the shores of the Atlantic Ocean, learning the ways of the salt water world. He returned to Newport and his beloved lake in the summer of 2011 where he frolicked in the waves, swam happily with his other Gavia immer friends, and ate Alewives until he thought he would burst. Such was the life of this handsome boy, the innocent bird that we all admire, love, and strive to protect each summer, the creature we all know as the Common Loon. But this particular Gavia immer was anything but common.

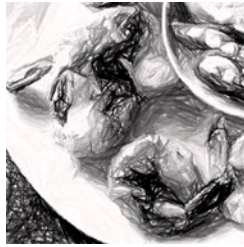
In his infancy, under the watchful eyes of his devoted parents, he beat the odds of being eaten by a turtle, bass, osprey, or eagle to grow into a fine youngster, proudly representing his species. His parents provided a sheltered, loving nest for him on the shores of the lake, and Gavia immer learned to swim, fish and yodel with other baby loons that first summer. Knowing he had a long journey ahead of him, Gavia immer prepared mentally and physically for his trip, practicing his take-offs and landings until he was quite accomplished at them, even though he looked a tad ungainly in the process.

Over the years, Gavia immer not only became a successful fisherman, he also excelled at diving. Between the great Atlantic Ocean where he wintered and Sebasticook Lake where he summered, he learned to swim like a fish. He marveled at the changes, both great and small that occurred on the shores of the lake each summer, and he adapted to the highs and lows of the water level. This year, at the age of 5, he started to think about finding his soul mate and spending the remainder of his long life teaching his own babies how to yodel, hoot, wail and tremolo like his father had taught him. And of course, he looked forward to teaching his own loon babies how to fish.

Unfortunately, Gavia immer's life's ambition would not come to pass. One warm, sunny day in this most grand summer of 2013, while fishing for his dinner he somehow ingested a lead sinker. Perhaps it had been attached to some fishing line that became tangled in a reed on the water's edge, or maybe swallowed by a fish he was eating. Regardless of how the lead sinker got into Gavia immer, it was there nonetheless, and it began to poison our beautiful, unsuspecting boy. Weak from the effects of the lead, after months of agonizing breathlessness, he succumbed to the effects of acute lead poisoning, gasping and writhing in the shallow waters of the lake that he so loved, his birthplace, the lake in Newport that had given him life.

Per his request, there will be no services. In lieu of flowers, please remember Gavia immer, our most heroic Common Loon, every time you open your fishing tackle box, every time you DON'T pull that piece of floating fishing line out of the water that you see near the shore, and every time you are even the slightest bit tempted to use a lead sinker. Please think of those of us who pulled him from the water and delivered him to the biologist for his autopsy, please remember those who work tirelessly to preserve our treasured state and its resources, and please remember to be ever-so-kind to our lake.

Cooks Corner



Shrimp + Prosciutto

Yield: Makes about 12 servings

Preparation

In a large bowl, combine shrimp, peeled, orange marmalade, and fresh lime juice, tossing well. Marinate 15 minutes in refrigerator; preheat broiler. Cut prosciutto into thin strips; wrap 1 strip around middle of each shrimp coated with marinade. Broil shrimp, 6 inches from heat, about 2-3 minutes; serve immediately.



Ingredients

- 1 pound large frozen shrimp, thawed and peeled
- 1/2 cup orange marmalade
- 1 tablespoon fresh lime juice
- 6 ounces sliced prosciutto

Newport Turns 200 Years Old in 2014!!!

The Town of Newport will be celebrating its 200th birthday in 2014. The Newport Cultural Center (NCC) is planning to kick off the bicentennial year with a gala New Year's Eve Party. There will be good food and drink, live music, dancing, exhibits, and a silent auction, with activity, throughout the center. The theme of this year's celebration is the "Heritage of 1814." Guests have the option to dress in period costume. Tickets are on sale at the NCC. Hurry before they are all gone!

The Town Bicentennial Committee has been working over the last year to develop activities for the July 4th week. Some of the fun will include a parade with float judging, carnival, street dancing, a canoe race, and fireworks, in partnership with the SLA, on July 5th. During the week there will be events every evening like a flower show, hayrides, BBQ, chili cook-off, pageant, and loads of other events. So plan to be in town July 4th week and expect a great time for all. Our annual SLA meeting has moved to July 12th at 10am to allow us all to enjoy the Bicentennial Birthday celebration.

As the time grows closer, please check our website for updated information at www.newportmaine.net.

Web Links of Interest

Maine Volunteer Lake Monitoring Program (VLMP)
www.mainevolunteerlakemonitors.com

Maine Non-Point Source Newsletter
www.state.me.us/dep/blwq/newslet/npstarchive.htm

Maine Bureau of Land & Water Quality
www.state.me.us/dep/blwq/doclake/publake.htm

Maine Congress of Lake Associations
www.mainecola.org/



**This Year's
Loon Count**

21 Adult Loons
1 Baby



Sebasticook Lake Association

Membership Form

Name _____

Address (Summer) _____

Address (Winter) _____

Telephone (Summer / Winter) _____

E-Mail Address _____

- Please check if this is an address change Check if you want your newsletter emailed to you as a pdf file instead of a paper copy.

Dues for July 2013—July 2014 :

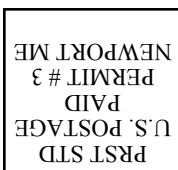
Regular \$10.00

Associate \$6.00

Make Checks Payable To:
Sebasticook Lake Association
Lorraine Stone, Treasurer
177 Kitchen Hill Road
Newport, Maine 04953

FALL 2013 ISSUE

ADDRESS SERVICE REQUESTED



22 Loon Drive
NEWPORT, ME 04953