



Fathoms

The Newsletter of The Sebasticook Lake Association

Volume 23
Number 2

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

October 2016

President's Message

*"I grew up with the smell of the lake and the feeling of the woods."
Steven Tyler*

Many of us grew up the same way this famous Aerosmith singer did, believing in the magic and the power of the lake and the surrounding trees. All of us who have witnessed the resurgence of Sebasticook Lake's animal and plant life can testify to the resilience of nature, and we are witness to the reversal of poor water quality/clarity caused by lax, careless practices.

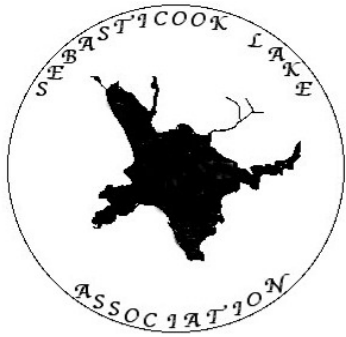
After this glorious summer's warm, sunny days with nary a party ruined by rain, we experienced remarkably clear water with previously unheard-of Secchi Disk readings of greater than 2.45 meters right through September. All those clothes-line happy dry hot, dry days came at a cost however, and the 88,000 acre watershed is parched. I encourage all of you to be conservative with your water use and to keep a close eye on your well. A number of folks around the lake have had difficulty with the low water table resulting in their wells going dry. The lake drawdown will be slower this fall in light of the low ground water levels and the difficulty that the Alewife fry are having finding their natural egress out of the lake due to low lake water levels.

On a sad note, Donn Fendler, one of Newport's best Boat Parade Judges died in October. Donn is best known for his book 'Lost on a Mountain in Maine' in which he recounts his 12 days and nights lost in Baxter State Park and Mount Katahdin. Donn spent over a quarter of a century summering on Lake Sebasticook, and he could be found on Sunday morning at Inving's with the newspaper and coffee, chatting with everyone who stopped to say hello. His good humor and quick wit will be missed by all who knew him.

The days are growing shorter and the winter solstice is 70 days away as I write this, which can only mean one thing.....Spring is on the way!!!

Take care and have a safe, healthy winter.

See you in 2017.
Muf



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**2016 Annual Loon Count
For Sebasticook Lake:**



**15 Adult Loons
No Chicks**

*Loons sing their praise
tree frogs echo through the
night.
New friendships are made
and old friendships strengthen
and reunite.*

Corey Long

**TRANSFER
STATION
HOURS**

**Tues, Wed, Thurs, Fri, and Saturday
8 am to 4 pm**
Closed Sunday and Monday



ASSOCIATE MEMBERSHIPS

For those of You
Who Wish To Be Part of
The Sebasticook Lake Association
Yet Do Not Live on the Lake
\$8 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 7, 2012 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 9, 2016

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.

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

The Treasurer's report was not available as Rick Berry's computer crashed. He will get it sent out either via e-mail or in the newsletter once he gets his computer back up and running. (See page 7 of this newsletter)

Donations to VLMP and Maine Lakes Society for \$250 and \$200 respectively are staying the same.

Jack Carson is doing the water quality testing every two weeks and Debbie Ferrell is doing it once a month. No money is needed for either party for gasoline.

Buoy Committee – Dick Stone – We don't have a crew. We sold the boat. Rick's got the money! Ha! Last year the state took it over. They put all new buoys in. There was some concern that the buoys would get beaten up by the draw down. We only had one that got lost. It is working very well. The crew is now on a mandatory retirement. We lost #16. Please contact Dick Stone if you find it.

Larry Ferrell mentioned that a new buoy was now on the lake. It is #22 and in the mouth of the lake.

Cookout Committee - Barb Cloutier – The members of the committee are ready to turn up the heat. Thank you to all my crew. Also thank you to all of you that brought in desserts. Please join us after the meeting for a session of meet your neighbors and visiting.

Fireworks Committee – Cliff Vining – Stay tuned. Due to the weather, we will have to make a decision around 4:00 – 5:00 pm. We just have to watch the weather report. If we don't have them tonight they will be held next Saturday.

Membership Committee – Allan Fernald – Computer glitches. An apology to everybody. There were eight new people and 150 current members. Staples made a mistake and reversed them. We have about 325 members that are paying. At last count we had 175 people that had paid. Even though we sent out the wrong letter, people paid. About 75% of the people pay. We are trying to find some new ideas to get people to pay. Camp Benson is still the worst paying area. Allan has to wait for Rick Berry's computer to be working again in order to get more accurate info on the exact amounts.

Newsletter Committee – Debbie Ferrell – If you did not get a newsletter, please let Debbie know. Debbie did get a number of them back. The cost of stamps has increased. Up until this June, we have always used the Chamber of Commerce permit number but now the Chamber is doing everything on line. So, we are having to pay the regular amount for postage. We will put everything on the website and also e-mail them. The people that are on the newsletter committee are: Debbie, Muffy Pare, Rick Perlmutter, Thelma Vining, Barbara Cloutier, and Chris Fowler. If anyone is interested in being on the committee or if you have any ideas, they are welcomed.

Water Quality – Debbie Ferrell – Debbie passed out graphs of the water quality. She asked if everyone knew how they measured the water quality. Some people didn't know what a secchi disk was so Debbie explained it. Debbie also explained the condition of the water. The quality of the water isn't very good right now. Depending on the weather, we will hopefully get a better reading. Last year was a strange year but we leveled out and ended up with a pretty good reading at the end of the year.

Jack Carson has been doing a dissolved oxygen reading as well. We usually go down pretty deep, 58-60 feet. We will need to keep watching the quality and see what we decide on for a drawdown date

A member mentioned the weeds in the cove. A few people had to clean out their jet skis because of so many weeds. One person said it was slow filling up so maybe there was more sunlight in the beginning and the weeds started growing earlier?

What is the process for deciding when the drawdown is? Debbie said we have a meeting about the 3rd week in August. It is a town meeting and public. Debbie can post it on the website so everyone will know. Only people that are appointed to be part of the committee have a vote on deciding the date.

Don King asked about leaving the water down so late in the winter. He doesn't feel it should be left down so late due to the amount of weeds this year and also the safety of the snowmobilers. Debbie said it is a town decision. Jim Ricker said we haven't had any reported snowmobile accidents. We had a winter with not much snow or rain. The state contends that the drawdown is helping the vitality of the lake. Larry Ferrell said they went to a meeting on the history of the lake. This lake has hundreds of years of contamination locked up in the mud. The phosphates in the

See *Minutes*, page 4

(Minutes from page 3)

mud makes the algae grow. This lake gets the water replaced twice in one year due to all of the rivers and streams flowing into it. We will never get rid of the amount of contamination that is in the very bottom of the lake. When we have left the level up high and during ice out season and spring runoff, we have seen a lot of damage on the shores of people's properties. One member asked if we lower it the same amount every year. And, we usually do. Larry mentioned the "turnover in the lake." The drawdown helps bring a lot from the bottom to the top and then flush it out the gate.

Old Business – Muffy Pare – It has been discussed a little bit already but there are a lot of plants on people's beaches but it is indicative of the good water. A mother bear and cub were spotted on lower Grove Street, in the wooded area where the Stryer's used to live.

New Business – Muffy Pare – New people! Sonia Frye moved here from Gorham. She just started a tennis program and loves it here! The Martin's live on Hart Street and the Dixon's live on Noah's Landing.

Committee members need some support. If you would like to have a turn or try, please voice yourself if you are interested.

Next year's meeting will be on July 8th. It will be held here at the American Legion at 10:00 a.m.

We have two lovely guest speakers. Sonia Cianchette is the owner of Through the Garden Gate. Our other lovely guest speaker is Robin Arnold. She was mapping the bottom of the lake and has some good information about the lake.

Sonia Cianchette – We have a change in water and a change in climate. We have plants that may contribute to the value of your property and what works best with your property. She wants everyone to read the pamphlet, "Be Lakesmart." She also has a buffer plant list. She recommends using shrubs as a buffer and keep them low. Grass lies down flat and everything runs off it and goes into the lake. She has some great ideas for a buffer with shrubs and perennials.

Robin Arnold – MS Candidate in Earth Climate Science – She spoke about the geologic background of Sebasticook Lake. It is the 3rd or 4th largest body of water in the state of Maine. She spent six days on the lake mapping and studying. It is a shallow lake. Therefore, some of the outside edges weren't done due to time constraints and the drawdown. She concentrated on the larger areas. There is an esker in the middle of the lake created from when a glacier was melting and leaving the lake years and years ago. This esker actually created two separate bodies of water at one time. The esker is only about seven feet below the surface of the water. And, our deep hole is actually about 75 feet deep.

There was a total of 96 people in attendance. A great turnout!

Motion to adjourn at 1154.

See you at the cookout!

"How We Got Here"

The Story of Our Purchase of the Sebasticook Lake Campground

By Dan Frederick and Sharon Sheehan

We have been asked by some local town folks if we would share our story of who we are and why we chose to purchase Sebasticook Lake Campground in Newport, Maine.

First we will share a little bit about ourselves. Our names are Frederick (Dan) Wilbur & Sharon Sheehan. We are from Dighton/Taunton Massachusetts. Dan has been a firefighter/paramedic for over 36 years, starting out directly out of high school, and recently retiring in April 2016. Sharon has an Associate Degree in Clinical Child Care and a Bachelor's degree in Sociology/Criminology and has been employed by a non-profit agency for 18 years, providing Options Counseling to disabled and elderly consumers. We have 3 sons, ages 23, 22 and 16. The 23-year-old is married and lives in Pennsylvania, the 22-year-old is in Massachusetts running Dan's landscaping business that he started over 8 years ago, and the 16-year-old is living in Massachusetts attending an excellent vocational school. We also have a dog named Glimmer and we raise honey bees.

We both grew up with our families having summer cottages on lakes in Massachusetts and remember how we couldn't wait for summer to come so we could spend time on the water. We both still love the water. We jet ski, canoe, and kayak.

We started to discuss several years ago what we would like to do once Dan retired. We love to camp and often would come to Maine for long weekends. In February of 2016, we decided to contact several brokers that specialize in campground sales, but there were none to be found in Massachusetts. We decided that we would expand our search and in March, traveled to Maine to look at three different campgrounds and to New Hampshire, to see one. In

(See How We Got Here on Page 7)

Water Quality and Monitoring 2016
By Deborah Ferrell

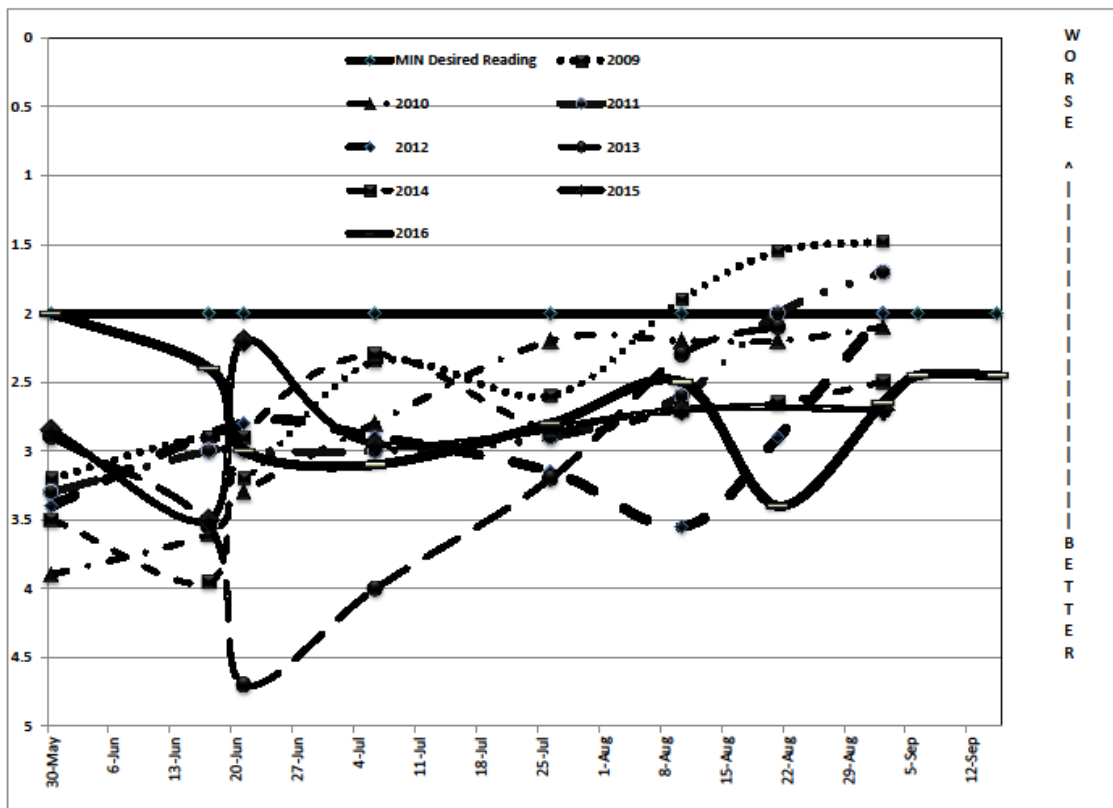
Again this year the water quality monitoring was shared between myself and Jack Carson, with Jack taking most of the physical readings. Water quality monitoring is an important activity which provides data to help us determine if our lake's water quality is continuing to improve or if it's slipping backward.

As you can see from the chart below this year's readings are very different from most previous years. In late June the reading was not good, but for the remainder of the summer clarity readings improved to average to above average. Last winter's reduced snow pack and this season's drought conditions meant the lake re-filled slowly allowing more sunlight to more of the lakebed. This increased the amount and spread of native aquatic plants creating thick islands in places. While the initial clarity readings were unusually poor in the spring, the growing aquatic plants took up enough phosphorous to increase water clarity, and perhaps the young alewives, as the summer progressed.

The Newport Water Regulation Committee voted to postpone the annual drawdown to October 3, 2016, the latest drawdown to date. Continued drought conditions caused a couple of wells to dry up and create concern about how the drawdown and keeping the lake low all winter might affect other wells. The Town manager, Jim Ricker, and our president Maxine Pare investigated the potential ill effects including contacting several hydrologists. The committee met again and decided to open one set of louvers to facilitate the alewives moving out of the lake. Whether we will drawdown will be decided at a later date depending on the rain or lack thereof.

Since the fish ladder was installed in 2003 we have had alewives migrating into and out of our lake. Alewives are anadromous (sea-run) fish that spend the majority of their life at sea but return to freshwater to spawn. When adult alewives migrate into a lake, there is an influx of phosphorus to the lake. However, the majority of the spawning alewives return to the ocean, taking phosphorus with them. Additionally, young alewives that grow in freshwater ponds and lakes incorporate phosphorus from lakes into their bodies. That phosphorus is removed when the young migrate to the ocean.

**Secchi Disk Comparison Chart
2009-2016**



(See Water Quality Page 6)

A Big “Thanks” To All 2016 Fireworks Sponsors!

Ralph Webber

Dick Berry

Goodwin Gilman

Avis & Dana Adams

Dick Del Rossi & Leone Sullivan

Peggy Porto

Muffy Pare

Sebasticook Valley Credit Union

Greg Lovely

T & W Garage

Newport Chiropractic

Hartley’s

Newport Glass

(Water Quality, from Page 5)

Discussion of Water Quality Testing

Water quality monitors test lake water approximately every two weeks monitoring for clarity and dissolved oxygen. Each year the monitor is tested to ensure that they and their equipment meet standards set by the Maine Volunteer Lake Monitoring Program (VLMP) and the DEP. Water clarity is a visual test that is performed by extending a black and white disk into the lake and, using a scope, measuring the depth at which the disk disappears from view. Dissolved oxygen is measured using a digital monitor that measures the water temperature and dissolved oxygen content at one meter increments. Testing is done at the deepest point on the lake for consistency. The results are reported to the VLMP for inclusion on their database. This information is used to compare to previous years’ data and to other Maine lakes. The DEP also uses this information to monitor our lake and to develop programs to improve our lake’s water quality.

In addition to the above tests a DEP representative attends our testing monthly and samples the lake for phosphorous (P). Studies have shown that an increased phosphorous level is the determining factor in algal blooms. This test is done by taking water samples at two meter increments throughout the water column. These samples are taken to a laboratory and tested. Some summers phytoplankton and zooplankton samples are also taken. A discussion of the results and their meaning will be in the spring newsletter.

Hannaford Acquires Bud’s Supermarkets in Newport and Dexter

Hannaford Supermarkets has reached an agreement to purchase the *Bud’s Shop ‘n Save* stores in Newport and Dexter, the company said Tuesday. Bud’s has been a wholesale customer of Hannaford for 63 years and carries a wide variety of Hannaford-branded items.

The transaction is expected to be completed in early December. Dean Homstead, the owner of Bud’s, will continue to own and operate the Bud’s Shop ‘n Save store in Pittsfield, Hannaford said.

“Bud’s Shop ‘n Save in Newport and Dexter would like to thank the surrounding communities for their patronage during these past 63 years,” Homstead said in a news release. “We also thank our associates for their dedication and commitment, which has been the foundation for our success.”

Hannaford said it does not anticipate significant changes at the two full-service grocery stores.

The Newport store at 44 Moosehead Trail is 32,600 square feet, and the Dexter store at 37 Church St. is 24,500 square feet.

“We have been proud to support these stores as a wholesale supplier for many years and we look forward to serving customers with a familiar team, local products and Hannaford-brand items,” said Todd Bullen, a director of operations for Hannaford.

After the acquisition is complete, Hannaford will own and operate 62 stores in Maine. Owned by Dutch conglomerate *Ahold Delhaize*, the Scarborough-based company operates 179 stores in the Northeast. Stores are located in Maine, New York, Massachusetts, New Hampshire and Vermont. Hannaford employs more than 26,000 workers throughout the chain.

Reprinted from The Portland Press Herald

SEBASTICOOK LAKE ASSOCIATION TREASURER'S REPORT

Checking Account Balance as of 6-30-16.....\$8,752.36

RECEIPTS

Dues.....\$2,711.00
Fireworks Donations.....\$3,380.00
Sale of hats, shirts, towels, maps.....\$ 325.00
Town of Newport—Maps\$ 214.00
Town of Newport—Excise Tax.....\$1800.00
Sale of Boat.....\$2100.00

TOTALS.....\$10,530.....\$19,282

EXPENSES

Fireworks.....\$4000.00
BBQ.....\$ 261.85
Newsletters, printing and postage.....\$1,104.60
Water Testing.....\$ 450.00
Volunteer Lake Monitoring.....\$ 250.00
SV Chamber of Commerce Dues.....\$ 35.00
Dues Letters.....\$ 124.70
Web Hosting.....\$ 51.75
State Filing.....\$ 35.00
Merchandise.....\$ 483.00
Stamps.....\$ 49.00

TOTALS.....\$6,854.53.....\$12,436.83

Checking Balance as of 6-30-16\$12,463.83

Share Account.....\$ 30.43

SVCU Money Market\$43,971.62

Rick Berry, Treasurer

(How We Got Here, from page 4)

April, we traveled to North Carolina and attended a special weekend course that teaches prospective campground buyers how to purchase a campground and in May we brought our children to see the prospective campgrounds.

We spent two nights at Sebecook Lake Campground, watching the operations of the campground, mingling with campers and spending time with the current owners who had also come from Massachusetts and actually from the same town as us; what a coincidence. We took our children to visit the other two campgrounds in Maine and the one in New Hampshire. We went back home and discussed whether we should make an offer and if so, which one, as there can only be one. It was a unanimous decision. We had all fell in love with not only Sebecook Lake Campground but also the lake, the town and its people, as everyone seemed so nice, welcoming and friendly. We also enjoyed the train that passes through the campground several times a day.

We made an offer on the campground, met with the bank, and had our closing in Newport on July 28, 2016, one day after Sharon's birthday. What a birthday gift it was!

It has been a very interesting experience, to say the least. We have been extremely happy with our decision. The seasonal campers have welcomed us with open arms, the towns people of Newport from the town office, police department, People's United Bank, local stores, and everyone we have met, have all welcomed us and made us feel like we belong. We are looking forward to becoming a part of your community, We are available if there is anything that we can do to assist in anyway. We welcome anyone who would like to stop in to visit, take a tour of the campground or just stop in to say hello.



Sebasticook Lake Association

www.sebasticooklakeassociation.org

Membership Form

Name _____

Address (Summer) _____

Address (Winter) _____

Telephone (Summer / Winter) _____

E-Mail Address _____

Please check if this is an address change

Dues for July 2016—July 2017:
Regular \$10.00 Associate \$8.00

Make Checks Payable To:
Sebasticook Lake Association
c/o Rick Berry
3332 Kindle Ave
The Villages FL 32163

FALL 2016 ISSUE

ADDRESS SERVICE REQUESTED



22 Loon Drive
NEWPORT, ME 04953