



Fathoms

The Newsletter of The Sebasticook Lake Association

Volume 24
Number 2

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

October 2017

President's Message

If there is magic on this planet, it is contained in water. ~Loren Eiseley

Sebasticook Lake worked its magic at my house this summer in the form of incredible water clarity and countless hours of enjoyment watching a baby Loon grow from a tiny puff ball to a fairly independent adolescent. This year is the first time I have ever seen a LIVE baby Loon; up until now I have only seen baby Loons in photos. For nearly 60 summers I have envied other lake association members as they regaled me with stories of 'their' baby Loon, and now I am pleased to say that I have joined that select, elite group of delighted individuals. And, after watching these attentive Loon parents encourage their wee one, you can rest assured that the Gavia, or Common Loon in my beach is ANYTHING but common.

There has been excitement in the communities surrounding China Lake, as the resident population witnesses the metamorphosis of their lake and surrounding wetlands after the last vestiges of dams were removed to allow Alewives to migrate up from the ocean. There is an article in this newsletter addressing this forward movement by the China Lake Association's members and DEP to return the waterways to their original state.

Thank you all for investing in your future by taking such good care of this always-improving lake we live on. It is only by your continued efforts that we have this beautiful little piece of heaven-on-earth that we call 'camp', where we can go to nurture our souls, and that we call home.

Happy, safe winter. *Muf*

See you in 2018.



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**2017 Annual Loon Count
For Sebecook Lake:**



**23 Adult Loons
3 Chicks
2 Nests**

*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**
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ASSOCIATE MEMBERSHIPS

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Includes
“The Fathoms” Newsletter



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Check them out at the annual meeting or
Contact Muffy 368-5424

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Lake Association E-Mail Data Base

We are continually building an e-mail database of Sebecook 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 8, 2017

The meeting was held at the American Legion Hall in Newport at 10:00 am.

The meeting was opened with the Pledge of Allegiance. Muffy introduced herself as the President, myself (Darcy Parlee) as the Secretary, Debbie Ferrell as the Vice President, Rick Berry as the Treasurer, and Mrs. Vining as the Registrar.

We welcomed new members – The Ivory’s Live on Abnaki and Ruth Ann and Joe Ciecuch live on 86 Hamstead.

If you are not getting e-mails, please write your name on the clipboard on the side table and we will make sure you are added to the list.

The Secretary’s report was in the fall 2016 for all to read. The group accepted the report as written.

Treasurer’s report – We took in \$7,000. We spent about \$1000 on merchandise. We have \$11,400 in the checking account and \$44,000 in the money market account. Treasurer’s report was accepted as typed and written. We are donating \$250 to VLMP and \$200 to Maine Lakes Society as we do every year. – we belong to these organizations in case something happens to our lake like invasive plants, for example. These organizations would be a huge help to us. Also, the amount in the bank is there in case we have an emergency arise. The Selectmen asked about the amount of money we had in the bank and Muffy explained we need to have at least \$25,000 on hand for emergency situations. Over the course of the summer, there is about \$100 worth of gas/fuel that is used for checking of the water quality. Last year the kind folks donated their time and gas and this year they again donated their time and gas. Jack Carson and the Ferrell’s are much appreciated.

Buoy Committee – Dick Stone – This is the second year the state has taken over marking the lake. This enabled us eliminate the boat and not have a crew. One buoy washed up on shore this spring. Tim Thurston’s crew has been cut in half but they did come to our lake and replace a few buoys. Every two or three weeks Dick Stone goes out to check the buoys. If anyone sees one out of place or missing, please let Dick know. There are 22 total buoys on Se-basticook Lake. They mark any place that is not within 200 feet of shore. It was asked why they didn’t mark the river better. Dick said they mark hazards over 200 feet from shore, otherwise we would have buoys all over the lake. We asked Dick if he would like to be reimbursed and he declined.

Cookout Committee – Barb Cloutier – Thank you to the members that brought in the goodies. Thank you to Dick and Lorraine Stone, Thelma and Cliff Vining, and Floyd and Jean Lawrence..... We have a good BBQ, nice hamburgers, hot dogs, salad, chips, iced tea, lemonade and desserts. We hope you come and eat heartily. We have lots of food.

Fireworks Committee – Mike Vining – it has been seven years since he has been to a meeting. His daughters are both in college now. Fireworks are tonight at 9:15pm in the cove. Pray for no rain. The truck is on its way. How do we collect money for the fireworks? We solicit local merchants and members. The Loconte’s are our biggest donators. It is going on 8-10 years now that they have been donating. They match our received donation total every year. This is our 14th year in a row that we have had fireworks. Now it is Dana Hartford that owns the property we use to set off the fireworks. So a big thank you to Dana for allowing us to still shoot off the fireworks there. Dana even mowed the property for us.

Membership Committee – Allan Fernald – We are now on a fiscal year. We have a total of 329 owners now. Last year we had 204 that paid. This year 157 that paid. We are thinking since we switched to a fiscal year, that there was a little confusion. We are hoping things straighten out next year and we make it up. The largest areas that aren’t paying are as follows: Maplewood had 31, Camp Benson had 27, Durham Bridge had 24, and Kitchen Hill had 19. A lot of people think we are a club but we are not. We are the ones that help restore your lake.

Newsletter Committee – Rick Perlmutter – We are content starved. We need more to write about. Three, four, or five paragraphs or anything else you can think of, for ideas including recipes or anything you are interested in. We are running out of stuff to come up with. We could use help. If anyone is interested in joining, the meetings are usually at Debbie’s house. Meetings are usually in May and in October so we can get the newsletter together for the spring and fall. It was asked to list the meetings on the Facebook page and website so anyone that is interested will know and might attend.

See *Minutes*, page 4

(Minutes from page 3)

Water Quality Testing Report – Debbie Ferrell and Jack Carson – Debbie made a water clarity graph and passed it around. Our lake is very clear this year. Debbie does tests monthly with Dave Hallowell. The early part of the year, we don't have that much trouble. We had the lowest reading we have ever had in July, 4.65meters. This is a good thing! 15.345 feet is the depth of clarity. Jack volunteered to do the "every two weeks" readings. It tells you how deep the fish are going to be able to go. (Dissolved oxygen). The main thing they both do is use a secchi disc and viewing tube. When you can no longer see the secchi disc, that is how deep you can tell the clarity is. Debbie demonstrated the secchi disc and tube as well as the dissolved oxygen meter to measure the dissolved oxygen in the water. Dave Halliwell brings his own equipment when he comes. It was asked if the testing is done in the same spot or in different ones. It is always done in the same spot, the deepest spot in the lake is over by the Darling Farm. Debbie mentioned a little history of Tom Hannula and how the drawdown started, how we used to have algal blooms, and had to dump the phosphorus, which feeds algae, which was the reason we drew the lake down. A lot of soil and bits get into the lake early on, that gives us a lower visibility, so some of it is weather dependent. This year the rain didn't start early. Buffers were built up, greenery was already established, and this seems to help stop the runoff from going into the lake. Point Sources are something you can point at and our last point source was the Corinna sewage plant and they used to dump their treated effluent into the river which came into the lake. Non-point sources are mainly runoff from homes. Having buffers and using organic fertilizer really help. Sometimes phosphorus is in your soil, but if you increase the pH in the ground using lime you can release some existing phosphorus in the ground and you can protect your lakefront and help in case you do have runoff go into the lake. Please check with the Code Enforcement officer before applying anything to your soil. Just don't do anything major to your property without checking so you aren't receiving a big fine from DEP. A question was asked about the Alewives. Muffy spent a lot of time counting the alewives going into the lake. Muffy is reassured that the water quality is better with the alewives that we have. The number of alewives has gone from 160,000 to about 850,000. They leave every year and they take phosphorus with them. Anything growing such as plants on and in your beach now is a good thing as clearer water lets the sun go deeper so there are more things growing.

Drawdown date – it depends on the clarity of the water – it is contingent until we have a lot of readings which is usually in August. 1st, 2nd or 3rd week of September is probably when it will be. ****Update**** - not part of the original minutes of the meeting** The drawdown date this year was October 2nd.

Old Business – Flashboards – Muffy- Water level regulation isn't a precise science. Everyone tries hard to appease everyone but you can't. Some people call on the same day and tell Muffy, it is too high and also that it is too low. The gates were opened early this year due to the reports from hydrologists and meteorologists' weather reports. The gate was moved open or closed about 30 times this year. We are trying hard and using hard math to do the right thing for the lake collectively. The town checks the gate at least two or three times a day in the winter. The Town Manager is responsible for water going downstream as well. We need to let downstream towns with dams, like Clinton and Burnham, who generate electricity from water. Dexter and Corinna don't always let us know what they are doing with their water flow control. We have a very large 88,000-acre watershed.

New Business - Muffy – Excise Tax Money – is currently used for boat inspection training and water quality testing. Are there any suggestions of what you would like to see the money used for? Fireworks?

Miscellaneous – Muffy – Bass Boat Fishing Clubs - do they pay a fee to use the lake? They pay a fee to the state. We used to go down and check their boats for milfoil and now the regulation is that each bass tournament must have regulation certified inspectors to inspect the boats before they launch their boat. It isn't really the bass boats we are worried about. It is other miscellaneous people that travel around from a lake that has milfoil and then come to our lake. What is the plexiglass thing at the boat launch? The Eagle Scouts put that up there to be able to post different things in there, so the information wouldn't get wet. It was asked about there being a lot more loons on the lake this year. Could it be due to the water quality? Darcy responded by saying that she wasn't sure if it was due to the quality but there had been about a one or two loon count variance the last few years. Sometimes more, sometimes less. Someone mentioned the water flow is a huge help. Controlling the dam and water level really helps the nests and babies survive. There are four loon babies this year that have been spotted! This is definitely a record for us here on Seabasticook. Old maps with inaccuracies are gone and new accurate maps are now available at the town hall or from Muffy. Next year's meeting date/location – It is usually the Saturday after the 4th and we have had it here at the American Legion. Next year would be July 7th here at the American Legion.

Guest Speaker – Ryan Parker – was unable to attend this meeting.

Motion to adjourn was at 11:20 am.

Water Quality and Monitoring 2017
By Deborah Ferrell

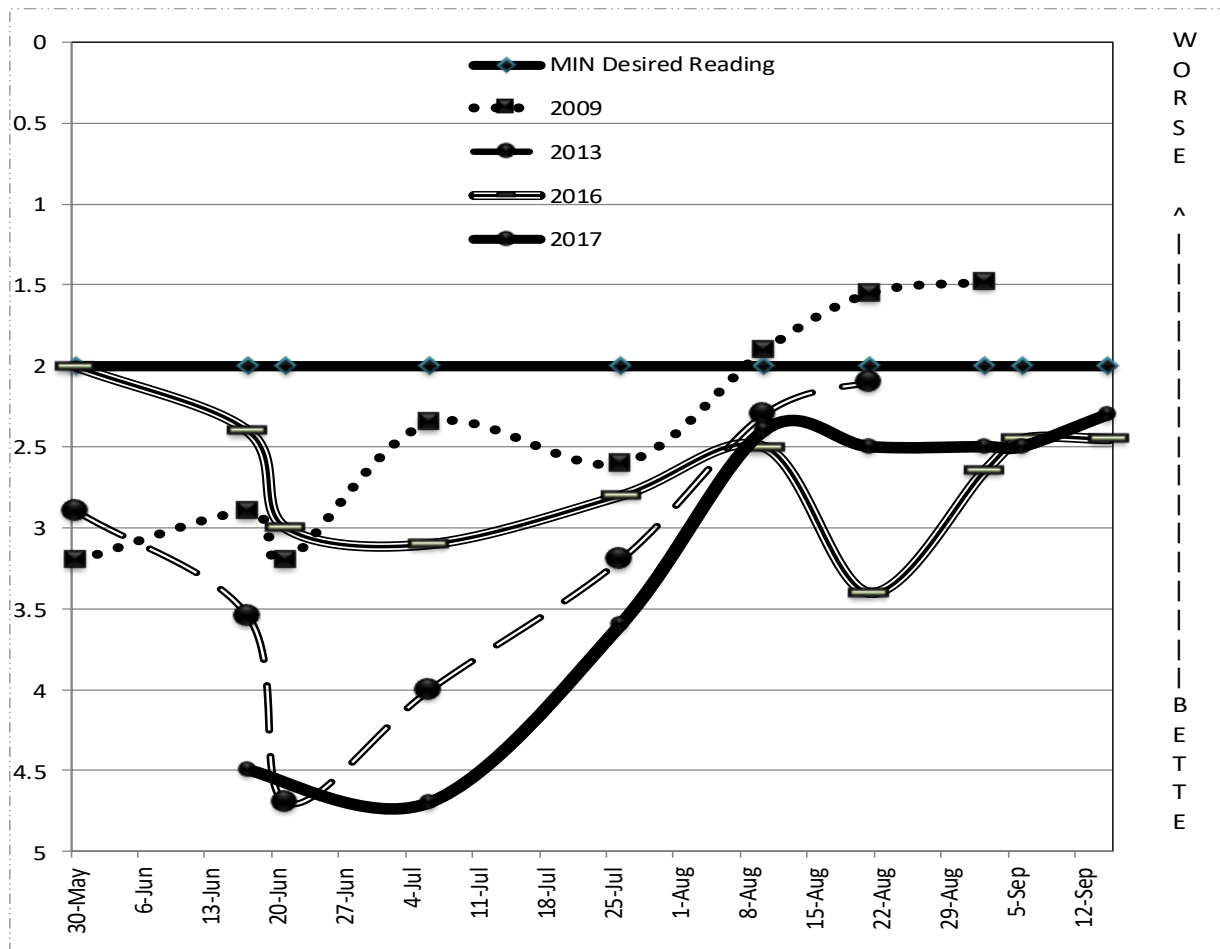
For a third year the water quality monitoring was shared between myself and Jack Carson, with Jack taking most of the physical readings. Water quality monitoring is an important activity which provides data to help us determine if our lake's water quality is continuing to improve or if it's slipping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

Our readings this summer began a little later than usual. Readings this year were quite good with our best Secchi disk reading on July 6 at 4.7 meters. Readings continued to be better than almost any year since we began printing this graph and became closer to average around the beginning of August. September was warmer and drier than August and the Secchi disk readings were in the 2 plus range but better than our minimum desired reading of 2.0 meters.

The Newport Water Regulation Committee voted to set the annual drawdown for a second year in a row at the beginning of October which, considering the warm weather of September, was a bonus month for us all.

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, their bodies contain phosphorus creating an influx of phosphorus into the lake. However, the majority of the spawning alewives return to the ocean, taking the 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.

Select Water Quality Chart show changes over time (Secchi Disk method)



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July 18, 2017 by Leone Sullivan

Group removes dam to get alewives to China Lake

A group hoping to restore alewives to China Lake has removed the Masse Dam from Outlet Stream successfully after spending more than a year on the controversial project, part of a comprehensive 30-year effort to bring alewives back to historical levels in lakes throughout Maine.

“I think we all feel a huge sense of relief,” said Landis Hudson, executive director of Maine Rivers, one environmental group in a partnership called the Alewife Restoration Initiative, or ARI, hoping to restore the herring species to the lakes of Maine.

Some residents opposed the project, which they said would ruin the area for wildlife and residents. While they aren’t against alewives going into China Lake, they said they weren’t happy with the way the alewife group, also called the ARI, handled the project.

The permit approval said biologists found that the dam removal wouldn’t “unreasonably impact” the area’s wildlife, although some say the removal already has driven animals away.

The removal of other dams in central Maine has brought alewives back to the Kennebec River. In 1999, the Edwards dam in Augusta was removed, followed in 2008 by the Fort Halifax dam in Winslow. An estimated 3 million adult alewives now travel from the Gulf of Maine to inland spawning grounds, such as Sebasticook Lake.

New Maine law bans lead fishing tackle to protect loons

A new Maine law bans lead fishing tackle in hopes of protecting loons.

The Maine Department of Inland Fisheries and Wildlife says keeping lead fishing weights out of Maine waters will better the birds’ survival and spur population growth across the Northeast.

Ingesting lead fishing tackle is the leading cause of death for the birds. Contact Avian Haven at 382-6761 if you see a distressed bird. They will respond immediately.

A law effective in September bans the use of lead fishing sinkers that measure less than 2.5 inches long or weigh less than 1 ounce. The state says too-small sinkers that contain any amount of lead will be considered illegal.

New Hampshire has a similar law.

Cooks Corner



Pumpkin Chocolate chip Cookies

Ingredients

1. Combine ½ cup oil, 1 cup pure pumpkin, 1 cup sugar, 1 egg, & 1 tsp. vanilla.
2. In a separate bowl, combine 1 tsp. baking soda & 1 tsp. milk. Add to pumpkin mixture.
3. In a separate bowl, combine 2 tsp. cinnamon, 1 tsp. baking powder, ½ tsp. salt, & 2 cups flour. Add to pumpkin mixture.
4. Fold in 2 cups semisweet chocolate chips.

Instructions

5. Preheat oven to 350°.
 6. Allow batter to sit for 15 minutes.
 7. Using a cookie scoop, place batter on baking sheet.
- Bake for 10-12 minutes.



"How We Got Here"

By Al Whitaker

In the 1960's we acquired a scenic property in Plymouth and used it for vacation times for many years, travelling up from our home in Massachusetts. After college, about 1988, one of our sons moved permanently to Maine and began an engineering business from this location. Eying a big and historic home on the end of Grove Street on the lake, which was undergoing restoration by "Willy" Cole, we contracted for it's purchase. Later a photograph of this was included in a promotion piece of the local Chamber of Commerce. Over the years our family had grown and "retreats" of their peers and members of Church Youth Groups from Massachusetts to Maine on long weekends and vacations could be well accommodated in this spacious home. Gradually additional adjacent camp properties were acquired and renovated, new buildings constructed, extensive landscaping done, all contributing to the "Whitaker Compound". The big rock at the swimming area was a focal point. The aroma of "nana's" cooking permeated the area. Many neighbors, including the Vinings, Pare's, Dwinell's, Amoroso's, Miller's (and the list could go on) became wonderful friends. That made our next move more difficult.

In 2005 and as the family became more scattered and the retreats lessened, we were alerted to a property on the opposite side of the lake adjacent to a location adjoining our son Glenn's and could be a "downsizing" from Grove Street. We purchased this home from the Bubars and after some further alterations and improvements, moved across the lake, and sold the "compound" known as the "Evergreens" once owned by the Kingsbury families. On the Camp Benson side we have come to appreciate some new neighbors, including the Hodge's, and of course, Barbara Cloutier.

Over the years brother Wayne came to the lake and two of his son's and families thereafter. In case you haven't noticed, the Whitaker's have grown almost as rapidly as the feared potential "milfoil". But we are all excited about Lake Sebasticook, and look forward to travel up from Florida each summer to enjoy the scenery, weather, our "home" and the delightful people.



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 January 2018—December 2018:

Regular \$10.00 Associate \$8.00

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Sebasticook Lake Association
c/o Rick Berry
3332 Kindle Ave
The Villages FL 32163

FALL 2017 ISSUE

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NEWPORT, ME 04953