



Fathoms



The Newsletter of The Sebasticook Lake Association

Volume 21
Number 1

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

June 2013

President's Message

Summertime and the living is easy!

I hope you all had a good winter and you are gearing up for a sensational summer on the lake! The Ice Out date was April 10th, give or take a few hours, but this topic is debatable depending on your location. The new dam gate kept the water level in check with an assist from the fish ladder and moveable flashboards.

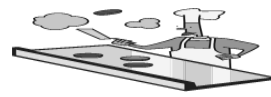
As I was opening up the camp and dreading all the cleaning and yard work I needed to do, I decided instead to contemplate how fortunate I am to be able to spend time here at the lake, how grateful I am to be healthy enough to be able to do all the necessary work, and how appreciative I am to be living in such a beautiful and safe environment, compared to a lot of other places in the world.

I hope you all have a safe, fun Summer and I'll see you at the annual meeting on Saturday, July 6, 2013 at 10:00 am.

ANNUAL MEETING

Saturday July 6th 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.
Bring Your Own Chair to the BBQ



Lake Association Officers

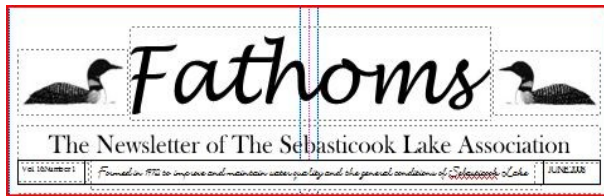
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Share Your Lakeside Stories

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

**SUMMER TRANSFER
 STATION HOURS**

**Tuesday thru Saturday
 8am to 4 pm
 Closed Sunday and Monday**



**ATTENTION
 GARDENERS
 AND
 LAWN LOVERS**

Both Paris-Farmers Union and the WalMart in Palmyra sell a variety of **ZERO PHOSPHATE FERTILIZERS**



**Se-
 basticook Lake Association
 Caps and Shirts and Canvas Bags**

Show off your membership in the Lake Association and support it at the same time!
 Check them out at the annual meeting July 6th

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:

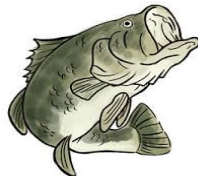
PERLMUTTERS@MSN.COM

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

**Yankee Magazine's
Best Things To Do In Maine**

1. *Best Guaranteed Wildlife Sightings*
Maine Wildlife Park
56 Game Farm Road, Gray, Maine
(207-657-4977)
www.maine.gov/ifw/education/wildlifepark
2. *Best Fantasyland "Nervous Nellie's"*
598 Sunshine Road, Deer Isle, Maine
(207-348-6182) www.nervousnellies.com
3. *Best Semiprivate Garden*
Abby Aldrich Rockefeller Garden
Address provided to reservation holders only
(207-276-3330) www.rockgardenmaine.wordpress.com
4. *Best Restaurant Find*
The Lost Kitchen
108 Main Street
Belfast, Maine (207-930-2055)
5. *Best Pocket Garden*
Charlotte Rhoades Park & Butterfly Garden
Butterfly Release Day is July 25th this year
191 Main Street, Southwest Harbor, Maine
(207-244-9264) www.rhoadesbutterflygarden.org
7. *Native American Festival & Basket Makers' Market*
July 6, 2013, Bar Harbor
On the College of the Atlantic campus
(207-288-3519) www.abbemuseum.org
8. *Bethel Art Fair*
Held on the historic Bethel Common July 6, 2013
(207-824-3575) www.mahoosucarts.org
9. *Potato Blossom Festival*
July 13-21, 2013 in Fort Fairfield:
(207-472-3802) www.fortfairfield.org

2013 Sebasticook Fishing Tournaments



- | | |
|-------------------|--|
| <i>July 13-14</i> | Central Maine Bassers - Club/Weigh In
Jim Lacadie (945-6203) |
| <i>July 21</i> | Outcast Bass Club - Open/Weigh In
Jeremy Von Oesen (649-3665) |
| <i>July 28</i> | Waldo Country Bass Addicts - Open/Weigh In
Rick LaFrance (505-5063) |
| <i>August 3</i> | Katahdin Bassmasters - Club/Weigh In
Dennis Danforth (447-1878) |
| <i>Sept. 7-8</i> | Maine State Bass Federation - MDFall
Charles Wilson (592-1754) |

The Loon

by Mary Oliver

From "What Do We Know" (Da Capo Press).

Not quite four a.m., when the rapture of being alive
strikes me from sleep, and I rise
from the comfortable bed and go
to another room, where my books are lined up
in their neat and colorful rows. How

magical they are! I choose one
and open it. Soon

I have wandered in over the waves of the words
to the temple of thought.

And then I hear
outside, over the actual waves, the small,
perfect voice of the loon. He is also awake,
and with his heavy head uplifted he calls out
to the fading moon, to the pink flush
swelling in the east that, soon,
will become the long, reasonable day.

Inside the house
it is still dark, except for the pool of lamplight
in which I am sitting.

I do not close the book.

Neither, for a long while, do I read on.

**Out and About This Summer
In and Around Newport**

COLA Annual Maine Lakes Conference

COLA "Sentinels of Change" 43rd annual Maine Lakes Conference at Colby College, Mayflower Hill, Waterville, Maine on June 22nd from 7:30 am to 3:00 pm. Check their website for details and registration: www.maincola.org

Shriners' Parade To Be Held in Newport

As part of a three-day conference, the Shriners will be having a parade in Newport on June 22. The parade will begin at 2 pm at Gilman's Electric and end at the boat ramp.

Valley Arts Alliance Events

- Fri. June 21-VAA Summer Art Show... opening reception @ NCC
- June 21-Aug. - VAA Art Show and Student Art Show
- July 15 - 22 - VAA Art Event at the Pittsfield Library
- Tues. July 16 - VAA event reception @ the Pittsfield Library
- Dec. 31 - VAA showing art @ the NCC New Year's Eve Gala

ROADS TO RUIN?

By Maggie Shannon

Executive Director, Maine COLA

Driving through fields and woods to the lake, don't we all keep an eye cocked for glimpses of light between the trees, searching the flash of blue that signals journey's end? We may be so focused on our destination we notice the road beneath our wheels just enough to stay on it and avoid wildlife and the occasional puddle.

Hold it! It's time for all of us to stop and examine these familiar routes. Mild mannered as they may seem, camp roads can be the number one enemy of Maine's lakes. Experts estimate camp roads contribute between 60% and 85% of all nutrient loading in our watersheds! Nutrient loading is technical talk for too much soil getting into our waters, enriching them and fast-forwarding lakes into decline.

As the lowest portion of the landscape, lakes are catch basins for water funneled from their watersheds. Roads cut across and into the landscape, disturbing gentle, natural drainage patterns. Poorly built and maintained roads channel rainwater, increasing its speed and ability to lift and hold onto soil particles as it flushes lakeward.

The end results are loss of desirable shoreline, obnoxious algal blooms, lowered levels of dissolved oxygen, and diminished lake and property values. The insidious and relentless process delivers Death by 1,000 Cuts to our lakes -- day by day, year by year, and storm by storm.

Most camp roads are primitive. Many in use today were laid out in the 30's, 40's and 50's with aid of little more than crosscut saw, pick axe and dump truck. Few have been rebuilt since then. Meanwhile, our use of them has changed and escalated. We drive more miles in bigger vehicles today, and there are many more of us, owning more cars per family unit, and using camp roads for extended periods, if not year round.

There are a lot of these roads, too. A surprising 65%, or about 44,500 miles of all Maine roads are private. (Numbers based on a Maine Roads GIS Dataset last updated in April, 2002.) Not all private roads run down to lakes, but many do. They are such a huge threat to surface waters that Norm Marcotte of Maine's Department of Environmental Protection (MEDEP) wonders how we'll beat "the tremendous continuing challenge Maine faces trying to prevent our "car habitat" from degrading our "aquatic habitat".

Now that we've met the enemy and discovered it is us, what are we to do about it?

What COLA Recommends:

- ◆ Form a Road Association. The brand new "Guide to Forming Road Associations" from the York, Kennebec, Cumberland and Androscoggin Valley Soil and Water Conservation Districts (SWCD's) will tell you everything you need to know. It is available from your local SWCD. This concise handbook comes with a companion CD containing templates for incorporating and obtaining tax-exempt status as well as samples of agreements, easements and meeting notices.
- ◆ Use DEP Certified Contractors for rebuilding and maintaining your camp road. Certification involves training in erosion control and application of Best Management Practices (BMP's) and must be renewed every 2 years. DEP's list of certified contractors is at <http://www.maine.gov/dep/blwq/training/cccc.htm>
- ◆ Get a copy of the Camp Road Maintenance Manual, Kennebec County SWCD, available online at <http://www.maine.gov/dep/blwq/training/cccc.htm> or from DEP's regional centers: Augusta 207-287-2111; Bangor 207-941-4570; Portland 207-822-6300; Presque Isle 207-764-0477.
- ◆ Research the services available from your local SWCD. Ask if they will be providing a 'Gravel Road Workshop' in your area. As experts in water protection, these folks can often provide free consultations.
- ◆ Be aware that in Maine as of July, 2005, chronic erosion sites in At-risk Watersheds will be illegal. This means camp roads which regularly channel runoff into At-Risk Lakes could be subject to penalty as of this summer. The law, known as the Erosion and Sedimentation Control Law, will apply to all Maine watersheds in July, 2010.
- ◆ Conduct a watershed survey. For help getting started, contact the Division of Watershed Management at DEP, 207-237-3901, or your local SWCD. Whatever changes have taken place in our world since the halcyon days when essayist EB White wrote "Once More to the Lake," we continue to share the famous writer's bias, "...from then on none of us ever thought there was any place in the world like that lake in Maine."

Let's keep it that way.

Join the Invasive Plant Patrol Workshop in Dover-Foxcroft

An Invasive Plant Patrol Workshop presented by the VLMP will be held from 11:00 AM until 5:00 PM on Friday, July 19th at the Foxcroft Academy in Dover-Foxcroft, ME.

The Workshop is free and pre-registration is necessary. To register please send your name, phone number and e-mail address to the VLMP by e-mail (vlmp@mainevlmp.org) or by phone (207) 783-7733.

Invasive Plant Patrol Workshops for New Volunteers

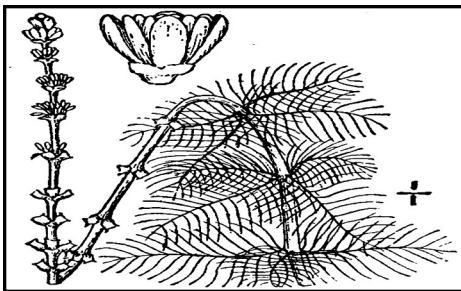
The primary goal of this comprehensive, 6-hour workshop is to provide those who wish to join Maine's "early detection" effort with information and guidance needed to get started. All IPP training sessions are open to the public and FREE to anyone interested in learning more about the threat of invasive aquatic plants in Maine.

The workshop is presented in four parts:

- ◆ Overview of invasive species issues in Maine and beyond
- ◆ Plant identification fundamentals
- ◆ Plant identification hands-on exercise with live plants
- ◆ Conducting a screening survey, tools and techniques

All workshop participants receive an "Invasive Plant Patroller's Handbook," and Maine's Field Guide to Invasive Aquatic Plants.

Maine Lakes Enemy #1: Eurasian Milfoil



What To Do If You Think You've Found An Invasive Aquatic Plant

1. If you find a "suspected invasive plant," mark the site with a weighted buoy and carefully collect a sample for species confirmation. Place specimen in a zip-lock bag 1/3 full of water and store in a cool place.

DO NOT

ATTEMPT TO REMOVE THE ENTIRE PLANT

2. Alert the Maine Center for Invasive Aquatic Plants immediately at 207-783-7733 or vlmp@mainevlmp.org. You will be provided with important shipping instructions.

DON'T MISS THIS YEAR'S SEBASTICOOK LAKE ASSOCIATION FIREWORKS SHOW



July 6th 9 PM

News Around Town

Green Clippings Seasonal Services is a new landscape care service. Owner Lucas Violette is the son of Lake Association members Barb and Bob Ladue of Kitchen Hill Road. To make arrangements, call Lucas at (207) 907-9388 or contact him by e-mail at LucasViolette@yahoo.com

Also new to our area is *AutoZone*, a mega-car care center, located on Route 2 opposite WalMart.

Another new business is *Studio 160*, a family salon featuring complete hair and nail care. For appointments, call 368-4800.

CLASSIFIED SECTION

PADDLE BOAT

In good condition. As is \$200

Call Rick at 207-249-5533

How We Got Here

Dreams Do Come True!

by

Leone & Dick from Grove Street

When my son was little he learned to swim in Belgrade Lake. My parents had a camp there and Maine was always our summer destination. The days were full of fun and fresh air and the waves would lull us to sleep at night. A trip to Giffords provided us with ice cream and mini golf. A rainy day in Maine meant hours of monopoly, cards or a movie. I dreamed of providing my grandchildren with the same memories my parents gave my son. When my husband and I decided to sell our home in Massachusetts and move to Florida, there was no question as to where the summers would be spent. My parents had moved to Newport and so we were looking to be within a few hours of them. Three months of internet searches (ok, truthfully, I had been looking on line for over a year...don't tell anyone) brought us to the realization that a lakeside cottage was not in our price range. Dick knew I was looking for the right fit and was willing to go along with my choice. Easier said than done, nothing seemed right. If we couldn't be on the water then I thought a few acres of land would be a good choice. The kids could ride dirt bikes and camp out, maybe we could put in a pool. But the houses with the land were rough and the nicer houses had no land! We spent two days with a realtor in the Waterville area looking at places but none that seemed right.

It was the middle of August, 2008 when our house sold. We had a nine room home with a huge attic, cellar and garage and no place to put it all...can you say, Yard Sale. You really don't know what you have accumulated over the years until you have to downsize by going through everything. Those of you that have done it know what I mean. Just the Christmas decorations alone: by the way this is my husband's favorite holiday and he was an avid decorator inside and out! It may sound sweet but what do you do with over 30 boxes of Christmas decorations when all you have in Florida for storage is one large shed?

During all the excitement and confusion of moving, my parents tell us of a realtor in Newport and give me his web site. A few places look promising and we head to Maine for a tour with Dan. Unfortunately it was a disappointing day and we decided to wait until next season to look again. On the way back to his office, I mentioned to Dan that my dream was to be on the water. He says he knows of a camp on the lake and then tells us the price, out of our range. He convinces us that while we are in town we might as well take a look if he can get the keys, and we agree.

As he rounds the corner of Grove Street my eyes double in size when I look towards the lake by the Vining complex. "Could it be?" I thought, a view like this. The water rippling in the sun with rolling green hills in the background sprinkled with lakeside cottages.

When Dan pulled over just two houses away I think I jumped from the car. I don't remember even seeing the house at first. I tromped through two years of leaves and twigs to get to the water's edge.

"Hon, don't you want to look at the house?" Dick said.

"Come and look at this view first," I said.

"Oh boy" I heard him say. I think he knew then, if things worked out, this view would be ours.

It was a windy day and the water was splashing against a broken stone wall. All I could hear and see at that point was a place to create memories; swimming, fishing, floating and cookouts. Luckily, Dick was looking at the broken wall and brought me back to reality, so inside we went.

The camp kitchen was, well let's say it was all that Mr. Eldridge probably needed; a sink, fridge, stove, table and one cabinet. One room was pink drywall with some definite mold. Several rooms needed permanent flooring as well as the upstairs, plywood was the current covering. The rest of the camp had gone through some updates with beautiful pine walls and a high ceiling. All in all, it had potential but I could see on my husband's face that it wasn't what he had in mind for "retirement". Yet, when Dan told us that the 2 car garage across the street also went with the property things changed; typical guy.

I noticed a man working in the yard next door. I introduced myself and asked him what he knew about the property. He said he thought it needed some work but that it was solid and it had been empty for over a year now. Little would I know that this man, Cliff Vining, would be helping us with some of that "work". So we made an offer that we thought we could live with. We waited two days and heard nothing. I guess it just wasn't meant to be. We said goodbye to my parents and headed back to Mass.

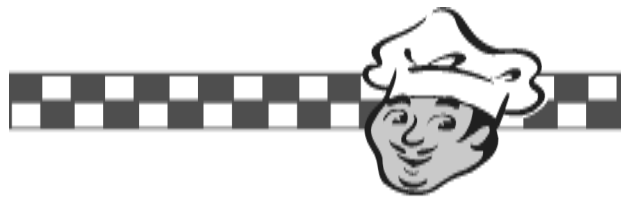
Halfway home the phone rang, it was Dan with a counter offer. We had already decided to wait until next season, now what should we do? We told Dan to give us 24 hours to talk it over. By now we knew that it needed a few things and we were reaching to begin with. The next half hour we rode in silence, both deep in thought. Dick reached for my hand and gave it a squeeze. I will never forget what he said.

"Hon, I saw the look on your face, when we pulled up to the place. We don't have to fix everything right away. We can do a little bit each year if we have to. I think we should do it."

His words were magic to my ears. Let's face it, as I heard someone say the other day, even a new house has a wish list. Our wish list is

(Continued on Next Page)

Cooks corner



Tiger Bark

From Muffy

*1 pound good white chocolate, chopped (I used Ghirardelli)
½ cup creamy peanut butter
1 cup chocolate, either milk or bittersweet/dark chocolate, chopped (NOT unsweetened)
2 microwave-safe bowls
1 large cookie sheet
Waxed paper or Parchment paper*

You have to work quickly so read these directions through before starting*

1. Line the cookie sheet with the paper.
2. Chop the white chocolate and place it in a microwave-safe bowl and do the same for the darker chocolate, placing it in the second microwave-safe bowl.
3. In the microwave oven, melt the white chocolate on high heat, stirring every 30 seconds to avoid scorching the chocolate.
4. When the white chocolate is completely melted and smooth, place the dark or milk chocolate in the microwave and melt on high heat, stirring every 30 seconds.
5. While the 2nd bowl is in the microwave, stir the peanut butter into the melted white chocolate and spread it onto the paper lined cookie sheet.
6. While the peanut butter/white chocolate mixture is still soft, pour the 2nd bowl of melted darker chocolate on top and swirl it through the white chocolate-peanut butter mixture.
7. Refrigerate or freeze until firm and then break into pieces. This tends to get slightly soft when out of the refrigerator for a long time, so put serving plate in the refrigerator too.

I suppose adding nuts or raisins or other interesting bits would liven things up a little, too!

(How We Got Here, from previous page)

“Hon, I saw the look on your face, when we pulled up to the place. We don’t have to fix everything right away. We can do a little bit each year if we have to. I think we should do it.”

His words were magic to my ears. Let’s face it, as I heard someone say the other day, even a new house has a wish list. Our wish list is on the refrigerator and things get crossed off one by one.

But the best list, is the list of firsts: Two of our grandsons caught their *first* fish, right off that broken wall. Grampy made and ate his *first* smores with them. One of our sons caught a fish and his dog went swimming after it for the *first* time. Yup, like I said, creating memories of summer vacations.....swimming, fishing, floating and cookouts.

That’s how we got here and why we plan to stay.



Thanks to Debbie Ferrell The Seabasticook Lake Association now has a presence on Facebook. Just go to *Facebook.com* and search for Seabasticook Lake Association of Newport Maine. Don’t forget to “like” the page! Thanks, Debbie!



Sebasticook Lake Association

Membership Form

Name _____
Address (Summer) _____
Address (Winter) _____
Telephone (Summer / Winter) _____
E-Mail Address _____

Please check if this is an address change

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

SPRING 2013 ISSUE

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