



Fathoms

The Newsletter of The Sebasticook Lake Association

Volume 23
Number 1

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

June 2015

President's Message

Happy 2015! After record breaking cold temps last winter, we are finally realizing some warmer weather. We had mountains of snow and with all the shoveling I did, my arms are going to look really great in sleeveless shirts this summer! On April 22nd, the ice went out, and it was looking grim for anyone wanting to launch a boat since the water level was as low as it is after the drawdown. The dam gate had been left open all winter in hope of improved water quality and decreased plant growth in the beach areas. Thankfully, the 132.7 inches of snow that fell during the winter melted and helped fill the lake back up. And I saw the first boat on the water two days after ice out. The loons arrived before the lake ice had completely melted, so they were as eager to return to the lake as some of you folks are.

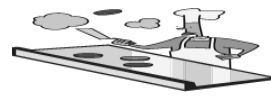
Please remember that we share the responsibility for the health of our lake and that all human activity affects the water quality, the wildlife that lives in and on the water, and ultimately the value and benefit of the lake for future generations of humans, animals and plants. Rejoice in the gem of Sebasticook Lake, the beauty of the great state of Maine, the privilege of freedom, and the gift of another summer at camp.

Muffy

ANNUAL MEETING

Saturday July 11th 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. See You at the Meeting!

Bring Your Own Chair to the BBQ



Lake Association Officers

President – Muffy Pare 207-368-5424
Herhighnes@midmaine.com
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Secretary- Darcy Parlee 461-2452
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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**



**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,
Meeting, and Annual Picnic



Sebasticook 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

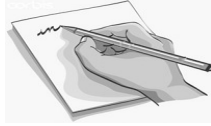
Get Your Lake Logo Canvas Bags

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.



FROM THE DESK OF JIM RICKER, NEWPORT TOWN MANAGER

New Town Garage: This 10,000 square-foot structure is currently being used, with the remaining ground work and paving scheduled for completion this summer. All totaled this project came in at approximately \$1,000,000 dollars, \$400,000 less than the engineer's estimate. As with any construction project, we did experience some difficulties. However, we are pleased with the final outcome and remain confident that this structure will last for many years to come. If you have not had an opportunity to visit your new garage, please do so. We now have a complete maintenance bay and four large equipment bays that safely houses all of our vehicles. Air quality in this new building is excellent as we finally offer a very safe working environment for our Public Works staff.

2015 Paving (Pending) Paving and dirt road reconstruction is a budget line where there never seems to be enough money. This year we have identified portions of Durham Bridge, Old County Road, and the Golf Course Road for reclaim and paving. Reclaim is when the contractor completely grinds all of the existing pavement, grade, roll and compact to provide a more stable base. After this is accomplished the surface will receive 3 inches of new pavement. Elm Street from Grove to the boat launch will be shimmed and overlaid, a process that results in approximately 1.5 inches of new pavement. This year we lost 875 feet of the Hope Rd where the dirt started coming through the pavement. After close examination we discovered the entire base needs to be reconstructed after removing all the pavement. Once this is done we intend to repave this area as well. Two other roads have been identified for dirt reconstruction identified as Rutland and the remaining half of Camp Benson Circle. We anticipate expending \$261,000 on the projects identified for sub-contractors. Our Town Crew have completed their own rebuild project on the Blaisdel and the Pratt roads. We still have work to complete on the Pratt and North Road by late summer early fall.

Public Safety Building: Bids were opened two weeks ago for demolition of the existing police, fire, and the old public works building and the construction of a new facility. Bowman Constructors submitted the low bid of \$2,955,000 with Blane Casey being the second lowest bid at \$3,141,050. The Select Board have already met with Bowman Constructors and plan to meet with Blane Casey as well. As of this writing, there has not been a decision made on the contract award.

Plans are well underway for temporary placement of both our Fire and Police Departments during construction. The Fire Department will be sharing quarters with our Public Works Department and the Police will be moving to the Newport Plaza, former home of the US Cellular store. Once the bid is awarded, we anticipate the time frame for construction will be approximately 10 months. We are very excited about these new facilities which will offer opportunities for our community and a safe work environment for our employees.

VISITING AUTHORS AT Newport Public Library

All Talks 11AM to 12:30PM

Saturday June 6th *Tim Sample*
"Answers to Questions Nobody is Asking"

Saturday August 15th *Susan Poulin*
Author of "Finding Your Inner Moose"

September 12th *Carolyn Locke*
Author of "Not One Thing: Following Matsuo Basho's Narrow Road to the Interior." Combines prose, kaiku, and original photography documenting the author's travels in Japan.

2015 Sebasticook Fishing Tournament



July 25th
Cash Prize \$200
Sponsored by
Newport Cultural Center
Contact *Becky Steinnes*
154 Main Street
Newport, ME 04953
368-5074

Maine Lakes Resource Center Summer Music Program

"The Seven Lakes Concert Series"

Belgrade Lakes, Maine

June 18th - 3:00PM - *New England Music Camp* Orchestral music by young people attending New England Music Camp on Lake Messalonskee.

June 28th - 11:00AM - *Mr. Moon* Vocal and acoustic music by sisters Hallee and Katie Potle

July 10th - 7:00PM - *Ellen Tipper* Singer/Songwriter

July 16th - 3:00PM - *New England Music Camp*

July 24 - 7:00PM - *Gawkers and Friends* - (\$10 advanced tickets, \$12 at the door) All proceeds go to MLRC

August 7th - 7:00PM - *Kate Shrock with Glen Da-Costa* (\$15 at the door)

August 21st - 7:00PM - *Jud Caswell* - (\$10 at the door)

For more information call (207) 495-3617 or find online at mainelakesresourcecenter.org



The Great and Awful Winter of 2015

By Rick Perlmutter

Mainers love to hate winter. Being able to survive year after year through what are surely some of the lower 48's most brutal winters, is to most Mainers, both a source of pride as well as source of misery. Listening to residents of more southern states bellyache on television about temperatures in the 20s is indeed, pretty laughable when your thermometer reads *minus* 25. Even when other states are paralyzed by winter weather (and I am talking about other *northern* states), life in Maine simply carries on. Whatever else they might think about winter, Mainers simply put their heads down and get through it.

As a relative outsider (I have lived in Maine for a mere 16 years), I have observed that as far as attitudes about winter are concerned, Mainers fall into one of three general categories. First, you have your *Winter Lovers*. I know this category well, as winter is my favorite season. I ski, I don't mind the cold, I love that there are no bugs, and the dirt road into our house is much smoother with the potholes full of ice and snow. And of course, there is no yard-work. Well, there *is* shoveling and snow blowing. But I think there is hardly anything quite so nice as staying home and watching the snow fall on the lake.

The next group is your *Winter Haters*. They simply have nothing to do during the winter months but complain about the cold and the snow (and just about everything else, for that matter). The only thing Winter Haters do not hate about winter is their two-week escape to Florida, Mexico, or some other warm, sunny, and over-crowded tourist destination. And for me, there is nothing quite so pitiful as a television weather person who falls into this category. Just *report* the weather, for God's sake. Stop complaining about it!

The third group is those Mainers who simply head south and avoid winter altogether. These folks are of course, your *Snow Birds*. Escaping Maine winters usually involves a second home in Florida as well as being retired. Whether or not those belonging in this category are actually *still* real Maine residents however, is subject to question.

There *was* a lot of complaining about the winter of 2015. Even some Winter Lovers complained. This past winter seemed colder than usual with more snow than usual and it seemed to last longer than usual. In fact, it seemed like the Triple Crown of Winters. But really, just how bad was it?

Although reliable temperature records date back only to 1895, February 2015 was the coldest month ever recorded in Maine. In a science where record temps are usually only *tenths* of a degree colder than previous records, Bangor's February record (an astounding monthly average of only 6.1 degrees) eclipsed the old record by 2 whole degrees. Cold, indeed. But the kicker is that March was the *fourth* coldest month on record. And there were numerous below-zero, low-temperature records set in northern Maine during April as well. Historically, we can see that it was a bitter cold winter. It was in fact, one for the record books.

As for snowfall, we had only to look out our windows to see the piles of snow to know that it was indeed, a snowier than normal winter. Bangor was the third snowiest city in the US, with over 130 inches, another record. For those of you who were present, you will recall that this past winter kicked off in the first week of November with a foot of wet, heavy snow that left 130,000 Maine homes without power.

So, yes, it was a long, cold, and snowy winter. By mid-March, even I was ready for it to end. That, in case you didn't know it, is yet another record first for the infamous Winter of 2015.

High Street Congregational Church

*\$9 All You Care To Eat
Friday Turkey Supper*

5 to 6:30 pm

On the Second Friday of Every Month

June 12

July 10

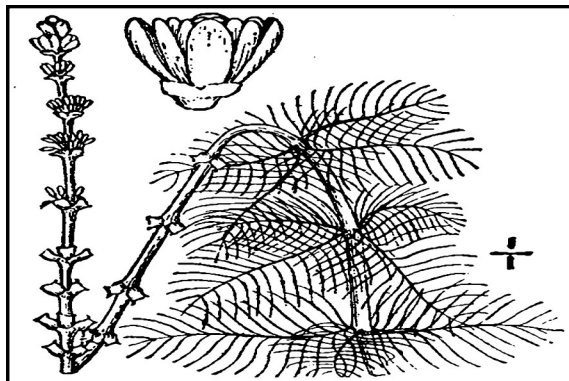
August 14th

September 11th

October 9th



**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@mainelvmp.org. You will be provided with important shipping instructions.

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



JULY 11TH 9PM

News Around Town

Business news around town this Spring includes a few notable closures. "No longer open for business" is *The Dog House Drive-In* and *Headed North* has headed south.

Now open is the new and enlarged *Aubuchons* as well as the new and enlarged *Sebasticook Credit Union*.

On Main Street next door to Crossroads Beverage, *The Maine Smoke Shop* has recently opened for business. It features a complete assortment of all things tobacco.

Other new businesses include *US Cellular* and *Things Remembered*, a second-hand shop located across the street from Cervesas. Rumor has it that the new construction across from WalMart will be a *Dollar Store*.

**CLASSIFIED
SECTION**

PADDLE BOAT

Clean and in good condition. Make offer.

Call Rick at 207-249-5533

How We Got Here

By Jack Carson

Newport Maine? How many times have I been asked these questions: “Why Maine? Why Newport? Where is Newport? How can you take the cold and snow in the middle of nowhere?”

Almost 30 years ago I was saying the same thing about anyone going to Maine. For some reason, people think Maine is like the wilds of Alaska. Eventually, we bought a small camp on one of the Belgrade Lakes and had it for 15 years. During that time, we had the chance to meet and know people who were Mainers. Evidently the impression they made was one that helped us decide where we wanted to retire. We also discovered, contrary to popular belief, that there was really not much of a difference in weather between Maine and where we lived in southern New Hampshire. After looking at a lot of properties in Southern states, Maine became the winner.

We sold the camp, began the search, and saw an ad in a Boston paper. We made an appointment and came up to look at a property. After walking it, it took us 5 minutes to say we’ll take it. We looked around the town, looked at the location and convenience to stores, police, hospital, and doctors and found everything was about the same distance to those where we were living in southern New Hampshire. The lake was good sized and, for the most part, the area was pretty neat and kept up. Rural living with most of the conveniences in a short drive, perfect for what we were looking for. We had the property for 10 years before the time was right to build and now I am a Newport resident and very happy to be one.

After doing a lot of “homework” concerning Sebasticook Lake, I found that the town, the people, and the Lake Association have done a great job in restoring the lake. At one of the first lake association meetings we attended, I recall a member telling me that the people here would never allow the lake to go back to what it once was. I believe he was right. Not only do the folks in the Lake Association do a great job watching and being involved with the quality of the lake, many are also active in the community as well. There are so many good folks that exemplify the kind of people I was hoping to find in a community of this size.

As for living here, the sunsets are beautiful, the lake is a rather quiet one for its size, the fishing is great, and most of the people are helpful and friendly. I don’t think you can find a better combination anywhere. Just going for a slow boat ride around the lake is peaceful and relaxing, something that I have come to really appreciate. The people at the town office, the public works and local businesses are very good to deal with and friendly. Now when people ask me how “bad” it is with dealing with the weather, I tell them when my car shows -21 degrees and it is -15 back down in southern NH, who cares? When it is 85 down there and 78 up here, who cares? And if they don’t believe me when I tell them these past few years, they actually had more snow than us... who cares?

Sebasticook Snowfall

Poetry by Patti Baillargeon

Snowfall on an Autumn morn, the weary campers wake,
To find the snow across the lawn, and ice across the lake,
A greyness fills the sky, the snowflakes light the dark,
And illuminates the tree’s from a barren November stark,

All across the field, frozen strands of grass,
Stand rigid at attention as the lake surface turns to glass,
All across the field, squirrel tracks traverse the snow,
And everywhere the eye can see those tracks go to and fro’,

For campers and animals alike, delight in the magic of this storm
That has come much by surprise out of season, out of norm,
The turkey has not yet graced our table for the November holiday,
When snowfall woke us up, on this grey and wondrous day,
When far and wide the snow fell, as campers left their beds,
And parent stoked the fire, and children took to sleds,
And dogs frolicked in the snow mounds, galloping down the hill,
As we laughed and watched in silent wonder from inside the window sill,

All around us, Nature paints a picture, so silent, serene and white,
Night soon falls around our camp and the moon bids us all goodnight,
We bid adieu to another day, when magic graced our eyes,
When a simple winter snowfall came, at the peak of a lake sunrise.....



MAINE STRAWBERRY REFRIGERATOR PIE

Rick Perlmutter

This is *the* best strawberry refrigerator pie, hands down. This pie is what strawberry memories are made of. If you disagree after making one, I guarantee you that I will take what remains of your pie off your hands for free.

This fabulous dessert consists of a baked 9" baked pie shell, a special, cooked strawberry jam-like filling, a pound of fresh Maine strawberries, and once assembled, a whipped cream topping. Follow this recipe precisely. It will seem much easier after you've made it two or three times!

I have tried making the jammy filling with fresh strawberries but it really is a waste of fresh berries. Frozen strawberries (no longer sold in those unappealing blocks but in bags of individual berries), are available at Buds.

*One 9-inch Pie Crust, baked and cooled
(make your own or buy one at Buds and bake it)*

FILLING:

2 lbs. Frozen Strawberries

2 Tbsp. lemon juice

2 Tbsp. water

1 Tbsp. unflavored gelatin

1 cup sugar

1 pinch salt

1 lb. Fresh Maine strawberries

1 Pint of whipping cream

1. Cook frozen berries in a large saucepot over medium-low heat until berries begin to release their juices, about 5 minutes. Increase heat to medium-high and cook, stirring frequently, until thick and jam-like, about 25 minutes. Mixture *MUST* measure 2 cups, no more, no less. I repeat: no more, no less.
2. Combine lemon juice, water, and gelatin in a small bowl. Let stand until gelatin is softened and mixture has thickened. Stir gelatin mixture, sugar, and salt into cooked berries and return to a simmer, cooking a few minutes.
3. Transfer berry mixture to a large bowl and let set until cool, about half an hour.
4. When berry mixture is cooled, fold in the fresh berries. I like to use smaller berries whole but if you have large ones, you'll want to cut them into smaller chunks. Spread evenly into the baked and cooled pie shell and refrigerate for at least 3 hours, to provide time for it to set properly. Serve topped with whipped cream.



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 2015—July 2016 :
Regular \$10.00 Associate \$6.00

Make Checks Payable To:
Sebasticook Lake Association
c/o Rick Berry

Winter Address: 3332 Kindle Avenue
The Villages, FL 32163

Summer Address: 156 Grove Street
Newport, ME 04953

SPRING 2015 ISSUE

ADDRESS SERVICE REQUESTED

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