



Fathoms

The Newsletter of The Sebasticook Lake Association

Volume 224
Number 1

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

June 2016

President's Message

There are no passengers on Spaceship Earth. We are all crew.
Marshall McLuhan

Happy Summer 2016!

Welcome Back to all of you adventurous travelers who wintered away, and High Five to all of you hardy souls who just couldn't tear yourself away from the winter winds, the drifting 63.4 inches of snow (half the amount we received last winter) and rainy, cold, gray days, and soggy lake ice.

Newport has a new Public Safety Building adjacent to the Town Office. If you have a chance, take a ride by and take a gander at the new digs of the Fire and Police Departments; they are quite impressive!

There will be a new state funded school project beginning in 2017, with a combined high school and middle school, located on the Williams Road across from the existing Nokomis Regional High School. There are concept designs available at both schools for those of you interested in seeing what the new building will look like.

The lake association has suffered a sad Trifecta with the loss of three 'Grande Dames' of Newport; Sally Cianchette Dwinell, Vera Murray, and Nadine Cooper have all left us with both our cherished memories of time spent in their dazzling company and also with unfathomable sadness. We will dearly miss them all.

I want to believe that this year Mother Earth will reward us with a glorious summer and a clear, clean lake as long as we continue to act in good faith as conscientious and caring lake stewards. To that end, please consider planting a few low-rising shrubs and a handful of perennials around your house to help decrease the runoff into the lake. Help hold the soil in place and add contour and color to your yards. I would wager a bet that if trees gave off WiFi signals, so many people would be planting them that you would not be able to see any camp from the water. And if the trees were sound proof, well that would clinch the deal for sure, especially for those living in some areas of the lake.

Off we go, then. Enjoy your sacred time on the shores of Lake Sebasticook, be well and care for the environment, the town, and each other.

Again, Happy Summer 2016! Muffy

ANNUAL MEETING

Saturday July 9th 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.



Bring Your Own Chair to the BBQ



Lake Association Officers

President – Muffy Pare 207-368-5424
Herhighnes@midmaine.com
VP— Deb Ferrell 368-4769
Secretary- Darcy Parlee 461-2452
dlparlee@yahoo.com

Treasurer – Rick Berry 352-203-4165
mbrb5257@me.com

Committee Chairpersons

Buoy Committee- Dick Stone 368-2272
Dam Committee – Deb Ferrell 368-4769
daferrell11@gmail.com
Membership Committee – Allan Fernald 368-5492
Social Committee – Barbara Cloutier 368-5601
sportsnanaofsix@gmail.com

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Share Your Lakeside Stories

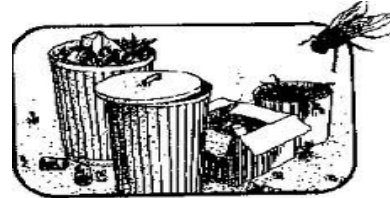
Have any interesting stories or facts about our lake? Why don't you jot them down and send them to us so we can share them with other members of the Lake Association. Send them to:

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**



**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

Did You Know?

Fathoms, the newsletter of the Sebasticook Lake Association, can now be found online. Also available are Fathoms editions going back to 2013. Check them out on our very own website at :

Sebasticooklakeassociation.org

New In The Neighborhood

There are a few businesses and services new to our area this Spring. Here they are:

Newport Structures, in the Newport Industrial Center on Grogan Road, features a variety of *Old Hickory* storage barns, sheds, portable buildings, mini-barns, metal sheds, cabins, playhouses, garages, and more.

New at 1 Water Street in “downtown” Newport is **Paul’s Pinball Palace**. In this day and age of computerized video games, here is a truly unique pinball experience, offering a variety of classic pinball machines.

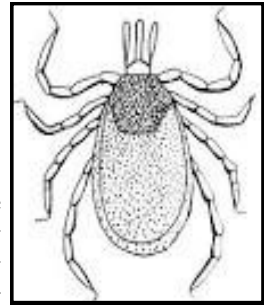
Laurie Arena, a Lake Association member, has hung out her real estate shingle here in Newport at Realty of Maine / 458 Main St / Bangor, ME 04401 207-992-7182 (Cell) | lauriearena.realtor@gmail.com. Need a good real estate agent? It’s a great opportunity to support a fellow SLA member.

Roots & Weeds can be found on Route 7, just passed Bowman Constructors. It specializes in plant foods and goods needed for all types of indoor gardening, which seems quite popular lately.

Also new to our neighborhood is an **Irving Station**, located in **Corinna**, right on Route 7. You can’t miss it.

Looking for a great bottle of wine or some microbrew beer? **Crossroads Beverage** has moved across the street from the Newport *Irving*s and next door to *The Wireless Store*.

Good To Know!



Tick Removal: A nurse discovered a safe, easy way to remove ticks where they automatically withdraw themselves when you follow her simple instructions. “I had a pediatrician tell me what she believes is the best way to remove a tick. Apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-soaked cotton ball and swab it for a few seconds (15-20): the tick will come out on its own and be stuck to the cotton ball when you lift it away.

If you find a tick and you are unable to identify it as a Dog Tick versus a Deer Tick, you can send the tick (put it between two pieces of Scotch Tape) and mail it to:

**Maine Medical Center Research Institute
Vector-Borne Disease Laboratory
75 John Roberts Road Suite 9B
South Portland, Maine 04106**

(Telephone: 662-7142)



2016 Sebasticook Fishing Tournaments

<i>Date</i>	<i>Club Name</i>	<i>Representative</i>	<i>Phone</i>	<i>Tournament Type</i>
7/10/2016	Mainely Bass	Robert Williamson	207-523-1403	Club/Weigh In
7/17/2016	Outcast Bass Club	Jeremy Van Oesen	207-664-5125	Open/Weigh In
7/23/2016	Bass Fed. of Maine	Dwayne Turnage	207-229-5216	Open/Weigh In
8/14/2016	Somerset Bassmasters	David Trask	207-431-4343	Open/Weigh In
8/20/2016	Bronzeback Mainiacs	Ray Boies	207-897-2772	Club/Weigh In
8/27/2016	Central Maine Bassmasters	Wayne Morey Sr.	207-622-0343	Club/Weigh In
8/28/2016	Man vs. Bass Maine Trail	Corey Vose	207-441-4442	Open/Weigh In
9/10/2016	Maine B.A.S.S. Nation	Charles Wilson	207-592-1754	MDFall
9/11/2016	Maine B.A.S.S. Nation	Charles Wilson	207-592-1754	MDFal

Lakewood Theatre Summer Schedule

LAST ROUND-UP OF THE GUACAMOLE QUEENS

A deliciously funny Southern fried comedy.

June 9,10,11 & 16, 17, 18 @ 8pm Matinees June 12 @ 4pm - June 15 @ 2pm & 7pm

ALWAYS, PATSY CLINE

A love letter to miss Patsy Cline featuring over 27 of her songs!

June 23,24,25, & June 30, July 1,2 @ 8pm Matinees June 26 @ 4pm - June 29 @ 2pm & 7pm

CHESHIRE CATS

Grown Women, Aching Feet, and Heaving Bosoms!

July 7, 8, 9 & 14,15,16 @ 8pm Matinees July 10 @ 4pm & July 13 @ 2pm & 7pm

YOUNG FRANKENSTEIN

It's Alive! This monstrously funny musical will leave you in stitches. For mature audiences only.

July 21,22,23 & July 28,29,30 @ 8pm Matinees July 24 @ 4pm - July 27 @ 2pm & 7pm

DEATH BY DESIGN

A murder mystery masquerading as an all-out farce!

August 4,5,6 & 11,12,13 Matinees August 7 @ 4pm - August 10 @ 2pm & 7pm

HELLO DOLLY

It's so nice to have you back where you belong!

August 18,19,20 & 25,26,27 @ 8pm Matinees August 21 @ 4pm - August 24 @ 2pm & 7pm

OF MICE AND MEN

I can see it, George. I can see it!

September 1,2,3 & 8,9,10 @ 8pm Matinees September 4 @ 4pm - September 7 @ 2pm

[Contains Adult Language]

CONFESSIONS OF A DIRTY BLONDE

Boxer Shorts, Derrieres and a Lion!

September 15,16,17 & 22,23,24 @ 8pm Matinees September 18 @ 4pm - September 21 @ 2pm

TO PURCHASE TICKETS

Call 207-474-7176 or visit website <http://www.lakewoodtheater.org/theater/Tickets>

Newport Cultural Center Summer Events

Game Club for Seniors

Drop in every Wednesday morning at 10:30 a.m. Choose from a variety of classic games. Bring a friend or join the group.

Author Appearances, Saturday Mornings at 11 am

June 4th - Maine's Kendall Morse, humorist, singer, and author of *Father Fell Down the Well* and *Stories Told in the Kitchen*

July 13th - Melissa Kim, Maine children's author of *A Snowy Owl Story*, *A Little Brown Bat Story*, and *A Blandings Turtle Story*

August 6th - Adreanna Hamlin, Maine author of *Pink Chimneys*, *Abbott's Reach* and *The Heavenly Sisters*

September 17th - Dean Bennet, Maine author of *Ghost Buck*, *The Late Loon*, *Everybody Needs a Hideaway*, and other titles

October (Date to be arranged) - George Danby, political cartoonist for the Bangor Daily News and author of *Essential Danby*.

Did You Know?

Did you know that Newport Cultural Center patrons can download audio and electronic books from the NCC website? All you need is your patron number. For information and additional help, call 368-5074.

WATER SAFETY REVIEW

Be Safe and Considerate

IN THE BOAT

- ◆ All vessels must have a personal flotation device (PFD) for each person on board.
- ◆ ALL children under 12 MUST wear their PFDs at all times while on the water.
- ◆ If you were born after January 1, 1974, you must take a water safety course to operate a motorized vessel. Go to www.boatsafe.com/vt.htm to take the course online.
- ◆ Don't operate the vessel if you have been drinking.

WATERSKIING, TUBING, AND TOWING

- ◆ Every vessel towing a person on skis, tubes, etc., must have another person at least 12 years old besides the operator to observe the person being towed.
- ◆ A skier must not come closer than 100 feet to a swimmer or small vessel

200 FOOT RULE

- ◆ Keep away from other people in the water, other boats, and the shoreline.
- ◆ Vessels must NOT operate within 200 feet of a diver down flag (rectangular red and white).
- ◆ Vessels must be operated at a "No Wake Speed" when operating within 200 feet of the shoreline, a person in the water, a canoe, rowboat, or another vessel whether anchored, docked, or moored.



Newport's new Public Safety Building

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



July 9th 9PM

Newport Selectmen Address Moosehead Campground Noise

Rick Perlmutter

For those of us living in the cove (by Route 7), last summer, as gorgeous as it was, brought with it some disrupting noise from the Moosehead Campground's Saturday night music. This reporter can testify to blasting music, rattling windows, and lost sleep. So when the Newport Selectmen decided to address this issue, I made sure that I would be there when they did.

Campground owner Greg Lovely also appeared at the meeting and said he was quite sorry for last summer's disturbances and that he is currently doing everything he can to control the noise. Basically, the campground is constructing a building to house the music, promises to control noise levels with a sound level meter, and to point the music away from the lake. Mr. Lovely did say that the building will not be completed in time for the Memorial Day Weekend concert but sound levels will be controlled and the music will be pointed away from the lake.

Personally, I think that this should be enough to make to music sound "more far away." I do not expect that there will be no sound at all but as long as the noise levels are reasonable, I will be happy. I left the meeting feeling that this issue is being addressed. The next day, I received a phone call from Newport Police Chief McDaid saying that he and his department would surely be keeping a close eye on this situation. All in all, it seems quite nice that our little town can respond to this issue in such a reasonable fashion. My hopes are high.

2016 Maine Lakes Conference
Our Lakes, Our Future



Emerging Issues in Lake Research and Conservation
at Unity College Center for the Performing Arts

Join us at the 46th Annual Maine Lakes Conference on Saturday, June 25, 2016 at the Unity College Center for the Performing Arts.

Workshops include:

- Cyanotoxins and Maine's developing Public Alert System for Harmful Algal Blooms
- What's that stuff in the water? The appearance of metaphyton and other algae in our lakes and ponds
- Long term, statewide collaborative lake monitoring efforts
- Special guest Friends of Lake Winnecook
The latest "Get Smart" tips from *Lake Smart* and *Stream Smart*
- Hands on instruction with lake monitoring technology
- Our new partnership with Maine Audubon's *LoonSmart Program*
- Creative tools for translating water quality data into meaningful communications
- Lake and fisheries restoration efforts
- Nature Journaling ~ Fish Identification ~ Art Exhibit

Lunchtime breakouts: Council of Lake Associations Annual Roundtable, Camp Care, and Invasive Plant Monitoring FAQ's

Did You Know
That Maine is the US state closest
to Africa?

Yes, as amazing as it sounds, Quoddy Head State Park is the place in the US that is closest to Africa and that point in Africa is Cape Bojador in Safi Province, Morocco.

THINGS TO LOVE ABOUT
WINTER IN MAINE

You Can Discover Your True Self - Winter can give you the confidence to "come *into* the closet" and to declare yourself the indoor person you really are. What a relief it will be to stop beating yourself up for trying to be someone you are not. No making up flimsy excuses for your complete lack of exercise and desire to be a total couch potato. During this season, feel free to stay at home and vegetate.

You can get places faster - With snow and ice filling in all the potholes and ruts in the roads, you can simply drive faster without the risk of damaging your car's suspension. This is really one of the most tangible benefits of Winter in Maine, especially if you live on a long dirt road. Think of all the time you'll save

You Can Enjoy Snow days - When an "historic snowfall" is in the forecast here in Maine, it is time to celebrate. If you are really lucky, it might mean a day off from work. At the grocery store, you might even for the first time since Fall, see your neighbors stocking up on essentials like wine, Oreos, and ice cream. A snow day will easily be more fun than a day at the beach, especially if you lose your electricity and have to enjoy your meals by candlelight.

You can eat more - Scraping windshields, shoveling snow, pulling on your coats and boots and taking them off again an hour later, and especially *shivering*, are all bona fide calorie burners. Winter is an opportunity to increase your food intake without gaining much weight. And if by chance you do pack on a few extra pounds, your heavy LL Bean winter clothes will keep them well-hidden.

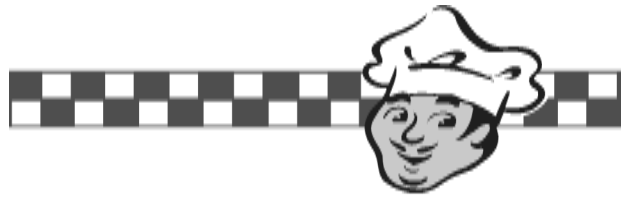
Cleaning is easier - These are the months of darkness, when dust and dirt are virtually invisible. And with the outside world frozen solid, you won't be tracking in any dirt or mud, either.

No bugs - Winter provides a real respite from all of those horrible, creepy-crawly, flying creatures that absolutely *no one* loves. No mosquitos, no black flies, no insect repellent, and no messy windshields. For bug haters everywhere, Winter is all too short a season.

No visitors - Let's face it, no one who doesn't live in Maine wants to come visit you during the Winter. This is the season that will spare you from unwanted house guests and unanticipated surprises.

No mowing your lawn - In fact, with the whole outside world frozen solid and under a couple of feet of snow (at least), you can forget about any kind of yardwork. No heavy bags of mulch, no dirt, no compost, no digging.

Cooks Corner



Easy Summer Recipes

It's always nice to have some reliably good but utterly simple recipes, ones that are delicious and a breeze to prepare. Here are several:

Simple and Great Maine Summer Salad Dressing

*1/3 cup Mayonnaise
1/3 cup Coarse, Grainy Mustard
1/3 cup Maple Syrup*

Mix all ingredients well. Makes One Cup

JB's 4-2-1 Barbecue Sauce

*4 Parts Ketchup
2 Parts BBQ Sauce
1 Part Curry Paste (Available at Bud's)*
Mix all ingredients well. Will keep in fridge for a long time.

Authentic Rum Punch Recipe

**1 of sour
2 of sweet
3 of strong
4 of weak**

**This is the rhyme commonly used to recall the recipe for an authentic rum punch.
Just try remembering it after trying one (or two!)**

Try this combo:
*1 part lime juice
2 parts simple syrup
3 parts rum
4 parts mixture of pineapple juice and iced tea.*

FOR SALE

TABLE SAW - 10-inch Sears 2.7 amp , in pretty good condition, could use new blade. \$35.

PADDLE BOAT - clean and in good condition. Stored inside ready to paddle. I really need to get rid of this thing!

Rick 368-2225

American Legion Summer Activities

Bingo Every Thursday Night
*Starts at 6:30 PM
Kitchen Opens at 5 PM*

Chicken Barbecue
Saturday, June 11th 5 - 7 PM



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

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 2016 ISSUE

ADDRESS SERVICE REQUESTED



22 Loon Drive
NEWPORT, ME 04953