



# Fathoms

The Newsletter of The Sebasticook Lake Association

Volume 24  
Number 1

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

June 2017

## President's Message

Happy Spring 2017! Whilst some of you regaled in the sun and fun of the southern US this winter, a hardy few remained behind to relish the 132-140 inches of snow (per the National Oceanic and Atmospheric Administration) that fell on our area. The water level in the lake is right where it should be for this time of year. The flashboards are up and the fish ladder is open. The Alewives arrived the week of May 8<sup>th</sup> and they seem happy to be here. The dam gate was opened and closed more than 30 times to manage the flow of water. The following is a letter I received from Jim Ricker:

March 5, 2017

Max,

*The dam gate has been constantly monitored since last fall as you know. For the past 60 days it is checked daily and adjusted by a combination of factors, including forecasts. It is impossible to give you an exact report as to how many times the gate and flashboards have been raised and lowered, my best estimate would be over 30 different times in the past 6 months but we remain diligent on maintaining our lake level this year.*

*Since the lake rose this spring it has been necessary to leave all three flashboards open. When we first learned of the rain this weekend we raised the main gate approx. 1.5 feet. This morning I instructed public works to raise it another two feet. The river banks are very close to flood stage now but we will continue to monitor throughout the weekend. As in years past, a simple 10 foot opening in torrential rains is not sufficient for complete water level control. Our flashboards are discharging more water now than the gate could completely removed! We have only been able to do this for the past four years before that complete lake level monitoring was left to a single 10 foot gate. This same conversation occurs every spring regarding lake levels, we are very cognizant however that nature always deals the winning hand, we just do the best we can with the small mechanical means at our disposal. I to receive many instructions on dam mechanics and water levels. In the past thirty days I have been told to open gates and close all gates, fearful of ice flows and the absence of spring rains and here we are! I almost forgot, the fish ladder has been totally open all spring.*

Jim

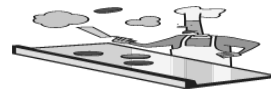
The Annual Lake Association Meeting this year will feature Ryan Parker, a Maine Environmentalist and local farmer who will present information about Newport's recent discussions regarding recycling, composting and Pay-Per-Bag rubbish disposal.

Enjoy the fruits of spring and summer and appreciate and enjoy all that you have,  
Muf

## ANNUAL MEETING

*Saturday July 8th 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**

President – Muffy Pare 207-368-5424  
 Herhighnes@midmaine.com  
 VP— Deb Ferrell 368-4769  
 Secretary- Darcy Parlee 461-2452  
 dparlee@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  
 Nominating Committee- Dick Stone 368-2272  
 Social Committee – Barbara Cloutier 368-5601  
 sportsnanaofsix@gmail.com

**“Fathoms” Newsletter Staff**

Debbie Ferrell 368-4769  
 Muffy Pare 368-5424  
 Rick Perlmutter 368-2225

**SUMMER TRANSFER  
 STATION HOURS**

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

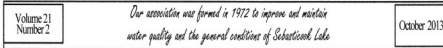


**ATTENTION  
 GARDENERS  
 AND  
 LAWN LOVERS**

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



The Newsletter of The Sebasticook Lake Association



**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 As-  
 sociation. Send them to:

*Rick Perlmutter  
 PO Box 12  
 Newport, ME 04953*

Or send your contribution via e-mail to:  
 Perlmutter@MSN.com



**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**

**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.

## Newport Business News

### *In With The New and Out With The Old*

Perhaps the biggest news this summer for snowbirds returning to Newport is that in November of 2016, *Bud's Shop'n Save* was sold to Hannaford Markets. While our local grocer is still an excellent one, this reporter believes that there are noticeable differences to be discovered, especially with the discounting of wines, vegetables and seafood. It was good while it lasted.

New in the area this Spring are the *Harvest Moon Deli* in the Newport Plaza, *Newport Tire Center* in the old Aubuchons storefront, and a yet-to-be-opened home hardware store in the mall on Main Street, across from Gilman's. Also, *Newport Structures* now offers a display of sheds and outbuildings at the corner of Camp Benson Road and Route 7.

For the builder and do-it-yourselfer, Crescent Lumber is opening on Route 2 just west of Walmart.

Each Spring it seems to be not only "in with the new" but also "out with the old." Gone over the winter months are both *Emery's Meats* and *Crossroads Beverages*.

As for minor alterations, *The Salvation Army* has moved into the Newport Plaza and Berg's has purchased *Bear's*.



*A guest in our yard over this past winter.*

## Life on The Lake

Living on the lake seems perfect to us. Our love for being home has even taken some of the shine off our love for travel. Finding a suitable time to leave has become more of a problem for us. Each season has its offerings and as the years have passed, each season has become less and less desirable to miss.

The dazzling colors of Fall are simply not to be missed. We live for winter and skiing and could scarcely miss the quiet beauty of the falling snow and frozen lake. Spring is both our time to watch the world awaken from its wintery slumber and it is also our time for gardening. And of course, there is Summer on the lake. Simply, what better a place might be found *anywhere*? Summer in northern New England is simply one of the wonders of nature.

In the last few years, we have concluded that the only really good time to leave home is during Mud Season. Maine's wicked fifth season is one we can do without! In recent years, however, we have discovered that it has become more difficult to predict exactly *when* mud season is going to be, making it a bit trickier to avoid.

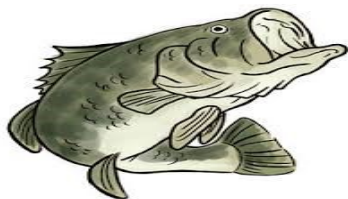
In our nearly 20 years here on Lake Sebasticook, we have come to fully appreciate just how lucky we are to call this our home. We love the passing of the seasons but one of our favorite things about living on the lake is enjoying the never-ending parade of wildlife that we can see right out our windows.

We have counted over 50 species of birds, including hummingbirds, bald eagles, ospreys, herons, kingfishers, countless songbirds, and of course, the loons. One who has never heard the haunting cry of the loon on a still summer evening simply will never be able to understand this kind of magic.

But birds are just a small part of the lake's wildlife experience. In the last few months alone, we have seen racoons, a porcupine, a lynx, and a fox. In past years, we have been visited by turkeys, deer, bats, skunks, and otters. And all of them either right outside the window or passing very nearby! Admittedly, I am leaving out the "less desirable" creatures such as mice and squirrels (of which there seems to be no shortage). While these small creatures have their charm, I would not object if they all packed up and moved to Florida. So, until that unlikely event occurs, we will continue our vigil at the windows, waiting with wonder and keeping our eyes open for whatever comes next, be it large or small, on four legs or on the wing.



## 2017 Sebasticook Fishing Tournaments



- June 9* Maine Small Mouth Bass Club - Jed Harris  
207-542-4454 Open/Weigh In
- July 4-5* Bangor Bass Club - Club/Weigh In  
Ken D'Errico 207-735-7910  
Club/Weigh In
- July 19-20* Central Maine Bassers—Club/Weigh In  
James Lacadie 207-945-6203

## Sebasticook Valley Arts Alliance

The Valley Arts Alliance is a group of over thirty artists and supporters of the arts in the Sebasticook Valley area in Central Maine. Founded in 2004, the organization holds meetings on the fourth Wednesday of each month. It's goals are

- Offer an opportunity for artists and groups living here to collaborate.
- Create new opportunities to be creative in the arts.

The alliance supports three locations for exhibiting works by its visual artists:

- SV Weekly Showcase Main Street, Newport
- Tim Horton's in Newport
- The Sebasticook Federal Credit Union in Pittsfield

A percentage of items sold is donated to charitable causes and to support of the Alliance. In the past, the alliance has contributed to the building funds for the Pittsfield Public Library and the Newport Cultural Center.

Currently there is an exhibit of student art at Tim Horton's. For more information and membership, visit the alliance's website at [www.valleyartsalliance.org](http://www.valleyartsalliance.org).

## TICK ALERT

The Ticks are rampant this year due to a mild winter without enough cold weather to kill them off. 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**

## Conducting a Do-It-Yourself Clean Lake Check-Up

1. Start at the top of the property and watch for locations where runoff enters. Wait until a rain storm for best observation.
2. Note the channel(s) that runoff takes as it travels through your property.
3. Locate permanent features like buildings, walkways, parking areas and roadways. Draw a rough site plan showing drainage patterns and permanent features.
4. Beginning at the highest point on the property, select locations where runoff can be diverted into woods or vegetated areas. Depending on slope and the area being drained, diversion can be accomplished by a simple berm (speed bump) or may require water bars (open topped culverts) or even modification of the topography to drain to a ditch(es).
5. Wherever concentrated flows leave a diversion, they should feed to a stone lined pit (sump) with a level overflow rim. Sumps are intended to break the velocity of the water and convert flows leaving the sump from channelized back into sheet flow to be absorbed by vegetation.
6. Breaking up and diverting the runoff to vegetated areas at every point possible is the key to low-cost erosion control. Vegetate or stabilize all "dirt" surfaces possible. Even roadways, particularly those prone to erosion, can be armored with re-cycled asphalt or crushed rock. Vegetation is your best friend, and non-vegetated areas need to be adequately armored.
7. Infiltration ditches around building drip edges will help control runoff from scouring backfill or lawns. These are typically 18 to 24 inches in width and depth and are filled with crushed stone.
8. Be sure that any activities within 100 feet of a waterbody are done with proper permits.

Use common sense as your guide. Once you switch yourself into "erosion control mode" and observe your land with this perspective, many relatively easy fixes will occur to you.

Taken from Lakes Environmental Association website

## Sebasticook Lake Association Website

<http://sebasticooklakeassociation.org>

Check it out and let Debbie Ferrell know what you like and what could be better, either on the "contact us" webpage or at [dafferrell11@gmail.com](mailto:dafferrell11@gmail.com)



## OOPS! A CORRECTION

The *Fathoms* staff offers its apologies to the Loconte Family for accidentally omitting them from last Spring's list of donors to our yearly fireworks show. Thank you, Loconte Family!

### 2017 Lakewood Theatre Schedule Madison, Maine

*Arsenic & Old Lace* - May 25-27, June 1-3 @ 8pm  
May 28 @ 4 pm May 31 @ 2 pm  
*Some Sweet Day* - June 8-10, 15-17 @ 8pm  
June 11 @ 4pm  
June 14 @ 2 pm & 7 pm  
*Shout!* June 22-24 29,30 July 1 @ 8pm  
June 25 @ 4 pm  
June 28 @ 2 pm & 7 pm  
*Those Crazy Ladies in the House on the Corner*  
July 6-8, 13-15 @ 8 pm  
July 9 @ 4 pm  
July 12 @ 2 pm & 7 pm  
*Avenue – The Musical* (Not suitable for children)  
July 20-22, 27-29 @ 8 pm  
July 23 @ 4 pm  
July 26 @ 2 pm & 7 pm  
*The Savannah Sipping Society*  
August 3-5, 10-12 @ 8 pm  
August 6 @ 4 pm  
August 9 @ 2 pm & 7 pm  
*Bullets Over Broadway* – August 17-19, 24-26 @ 8 pm  
August 20 @ 4 pm  
August 23 @ 2 pm & 7 pm  
*Baskerville – A Sherlock Holmes Mystery*  
August 31, September 1,2 and 7-9 @ 8 pm  
September 3 @ 4 pm September 6 @ 2 pm  
*A Comedy of Tenors* – September 14-16, 21-23 @ 8 pm  
September 20 @ 2 pm

For tickets :

[www.centerstageticketing.com/sites/lakewood\\_maine/](http://www.centerstageticketing.com/sites/lakewood_maine/)

For more information: 207-474-7176

### Here's a Bad Idea from Rick Perlmutter

OK, I'll admit that I'm having a bad time this year with pot holes. Our road is nothing short of a disaster and there is a crater behind Tim Horton's (my old shortcut to Bud's) that could swallow a small truck.

I am sure that there are now many more pot holes than pine trees here in Maine. Here is my idea for "rebranding" Maine. So do I have your support?



## DON'T MISS THIS YEAR'S SEBASTICOOK LAKE ASSOCIATION

## FIREWORKS SHOW



**SATURDAY  
JULY 8TH  
9 PM**

### Say "Hello" To New SLA Members Dianne and Wayne Hawes

My name is Dianne Hawes:) My husband, Wayne and I bought the Starbird place at 3 Cortland Rd in August of 2016 off of Littlefield Rd. We are in the process of renovating our new camp.

We hope to eventually sell our home in Carmel and live year round at camp. Our children are grown and on their own so we will be downsizing: Our neighbors on Cortland and Littlefield have been wonderful!

I am looking forward to seeing you ALL around the lake!

Sincerely,  
Dianne Hawes

## Loon Lore



Loons are heavy-bodied birds and normally float low in the water. However, when a loon senses a threat, it can expel air from between its feathers causing it to sink even lower.



The Town of Newport Riverwalk Festival Committee is proud to sponsor its first annual Riverwalk Festival, to be held on SATURDAY, AUGUST 5th 2017. There will be fun for the entire family from games, art show, tug of war, parade and street dance, to name but a few.

Come join the festivities on the Newport Riverwalk beginning at 9:00 AM and ending with the street dance on Water Street, by 11 PM. Please see the complete schedule of events below. You are sure to find something enjoyable for you and your entire family.

The Parade Committee is actively seeing participants with the theme being "Everything Water." If you would like to participate in any of the events contact:

*Newport Town Office, 23 Water St. 368-4410  
8-5 Monday—Friday  
www.newportmaine.com*

*Newport Cultural Center, 154 Main Street 368-5574  
8-5 Monday—Friday*

## *2017 Newport Riverwalk Festival Schedule of Events*

*Parade* 10 AM  
(Set-up at Gilman Electric at 9:00 AM)

*At the Cultural Center*  
11 AM to 1 PM Fly Tying/Fishing Demonstration

*Hannaford's at the Triangle*  
11 AM to 3 PM Classic Car Show sponsored by  
*The Classics to Clunkers Car Club*

*On The Riverwalk*  
9 AM to 5 PM Maine-Made Craft Fair  
9 AM to 5 PM Farmers Market  
11 AM to 3 PM Tugs of War (various teams  
throughout the day, signup sheets  
available online)  
11 AM to 5 PM Maine Discover Museum and UMO  
Aqua Culture Research Institute  
12 PM to 2 PM Wildlife Encounters  
*Mad Scientist of Maine*  
11 AM to 5 PM Water Slide and Bounce House  
11 AM to 5 PM Food Vendors

*On The Riverwalk (continued)*  
11 AM to 5 PM Artists on the Riverwalk

11 AM to 1 PM Chicken BBQ Come enjoy the  
famous Newport Fire Dept. BBQ Chicken  
\$8 per dinner

1 PM to 2 PM Pie Eating Contest

12 PM to 5 PM Dunk Tank

*Water St. & Newport Public Safety Bldg.*  
5 PM to 7 PM Chili Cookoff (At Public Safety Bldg.)

7 PM Street Dance

7 PM to 10 PM Beer Tent

*All money generated to be used to support  
future Riverwalk Festivals*

*We are actively seeking volunteers  
and Parade Participants*

*Sign-up sheets, waiver, parade, and volun-  
teer forms are available online at:*

*www.newportmaine.com  
www.newportculturalcenter.org  
Or at the Newport Town Office*

# Cooks Corner



## **Lemony Kale Salad with Toasted Panko and Parmisan Cheese**

*Finally,  
Something Delicious To Do With Kale!*

### **All Ingredients Available At Hannaford**

1 bunch lacinato or Tuscan kale, destemmed and very finely chiffonaded. (Rolled up and sliced very thin)

1/2 cup of shredded high quality well aged Asiago or Parmesan cheese

1/2 cup Toasted Panko Crumbs Ingredients (Toast in dry skillet)

### *Lemon Vinaigrette Ingredients*

Zest from 1 lemon (about 1 teaspoon)

1/4 cup freshly squeezed lemon juice (from about 1 large lemon)

1 large clove of garlic, minced (I use a microplane, but a press also works)

1/2 cup Extra Virgin Olive Oil

Pinch kosher sea salt

Large pinch of freshly ground black pepper

### **Make Dressing**

Combine all dressing ingredients in a mason jar and shake until combined.

### **Assemble Salad**

Right before serving, toss kale with desired amount of dressing. No need to massage like other kale salads because your fine chiffonade has turned the leaves tender like a delicate lettuce. Toss with breadcrumbs and parmesan cheese, leaving a tiny bit of each aside for garnish on top of each serving.

### **Alternate Dressing**

2 shallots, peeled and thinly sliced

2 tablespoons honey

5 tablespoons sherry vinegar

8 tablespoons extra-virgin olive oil

Salt and Pepper, To Taste

In jar or small bowl, put thinly sliced shallots and sherry vinegar and let set for 10 minutes. Add remaining ingredients and mix well.



# Sebasticook Lake Association

## Membership Form

Name \_\_\_\_\_

Address (Summer) \_\_\_\_\_

Address (Winter) \_\_\_\_\_

Telephone (Summer / Winter) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Please check if this is an address change for you

Dues for July 2017—July 2018 :  
Regular \$10.00    Associate \$8.00

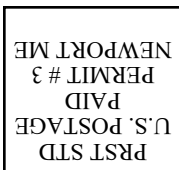
Make Checks Payable To:  
*Sebasticook Lake Association*

Winter Address:  
3332 Kindle Avenue  
The Villages, FL 32163

Summer Address:  
156 Grove Street  
Newport, ME 04953

*SPRING 2017 ISSUE*

ADDRESS SERVICE REQUESTED



22 Loon Drive  
NEWPORT, ME 04953