



Fathoms



The Newsletter of The Sebasticook Lake Association

Volume 22
Number 1

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

June 2014

President's Message

Greetings,

I trust you all had a memorable winter, and what a winter it was here. Yikes! All of us who were in Maine from November through April are here to tell you that we will be looking for a bed in Florida next year. Aside from that, there are some exciting things happening in Newport that you may be interested in; the town will celebrate its 200th birthday with a week of fun activities, there are plans for a new public safety building for the police and fire departments and a new town garage, and the state is considering funding a replacement for the elementary school on Elm Street.

A town meeting vote changed the rural zone building lot size, decreasing the minimum required building lot size from 2 acres to 1 ½ acres. It does not change minimum lot size in any other zone and there is NO change to the shoreland zoning laws for buildings, which still require a 100' setback from a body of water and 200' of frontage.

In Augusta, the legislators are grappling with a November ballot question that could prohibit bear hunting with bait, dogs or traps and with a recommendation for changes in the Metallic Mineral Mining rules that prohibit mining activity on or under public land and limit toxic groundwater pollution.

As we sit on our porches and look at the lake on these long summer days, please be mindful of how we can all have a positive impact in this world, and be safe. Happy Summer!

Muffy

ANNUAL MEETING

Saturday July 12th 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



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Herhighnes@midmaine.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

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

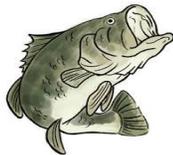
Of course, e-mail addresses will be used only for Lake Association business and will *never* be given out.

New Businesses in Newport

Newport Campground, LLC is developing the "Moosehead Trail Campground" located off Rte. 7/11 adjacent to Sebasticook Lake, south of County Woods Road. The campground project consists of 100 camper and RV sites, 6 single-family cabins for rent and 10 primitive tent sites on an approx. 28 acre parcel. The area being developed is about 14 of the 28 acres. Work has already started and is evident from Rte. 7/11. An area to the north side of the development is a wetland of special significance and will be protected. Access will be off Route 7 using an existing commercial building as an office. Other amenities near the office will be a dump station and propane filling station. There will also be a swimming pool, restrooms, and a laundry. The campground will have four septic systems and piped sewer system to all lots. Each site will also have hard piped potable water. All development will be above the 100 ft. restriction of Shoreland zoning with the all-terrain trail between the campground and lake with the possible exception of a walking path down an existing small peninsula by the water.

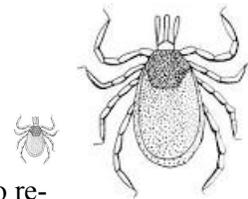
County Plaza Holdings, LLC will build a 10,000 sq. ft. commercial building at 66 Main Street. The building is expected to provide a home to Bangor Wine and Cheese and a second business rumored to be a "dollar" type store. There will be plenty of parking in front of the building with a green area behind it.

2014 Sebasticook Fishing Tournaments



- June 21* Central Maine Bassers - Club/Weigh In
Jim Lacadie (945-6203)
- July 12* Katahdin Bassmasters - Open/Weigh In
Dennis Danforth (447-1878)
- July 13* Outcast Bass Club—Open/Weigh In
Jeremy Von Oesen (649-3665)
- July 27* USA Bassin-Bangor Div.—Open/Weigh In
Bruce Buckley (356-1085)
- August 3* Outcast Bass Club—Open/Weigh In
Jeremy Von Oesen (649-3665)
- August 24* Rocky Coast—Open/Weigh In
Dwayne Turnage (229-5216)
- Sept. 27* TBF of Maine—MDFall
Dave Barnes Sr. (461-2370)

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)**

Out and About This Summer In and Around Newport

Maine Lakes Society (formerly COLA) Annual Maine Lakes Conference

The 44th annual Maine Lakes Conference at Colby College, Mayflower Hill, Waterville, Maine on June 28th from 7:30 am to 3:00 pm. Check their website for details and registration: www.mainelakessociety.org

Newport Bicentennial Celebration

June 30th to July 6th. Check out the website for entry to the Bicentennial Events site. <http://newportmaine.net>

VLMP Annual Lake Monitoring Conference

Saturday, July 19th, 9am to 1pm
The Great Outdoors, 68 Naiad Lane, Turner ME
Registration opens at 8am.
<http://mainevolunteerlakemonitors.org>

Newport Cultural Center Summer Schedule

Check for children's programs and author readings.
<http://www.newportculturalcenter.org>

2014 Lake Seabasticook Lake Photo Contest

You are invited to submit your favorite photographs of Seabasticook Lake for inclusion in a photo gallery on our new website. The winner will have their photo placed on the banner of the home page with name recognition. The runners-up will be shown on the photo gallery page of the website. Please include the location of your photo and name of photographer (for recognition). Save photographs in a jpeg format, if possible. Website administrator will select the winner.

Pictures can be any other activity or area, such as people fishing, boats or landscape but must also show the lake.

Please email admin@seabasticooklakeassociation.org with your submissions. All photos will be reviewed and posted as space is available.



Contest for the homepage banner ends July 10th.

Picture currently on website homepage banner taken by Debbie Ferrell. (in color on website)

Announcing our new website

Our new Lake Association website:

<http://seabasticooklakeassociation.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 daferrell11@gmail.com



Newport's Bicentennial Week Schedule

Monday, June 30th

At Newport Cultural Center

- Opening Ceremony Dignitary Comments
- Art & Flower Show

Tuesday, July 1st

At Newport Recreation Center

- Chili Cook-Off
- Pie Judging Contest

Wednesday, July 2

At American Legion

- Horseshoe Tournament & BBQ
- Kiddie Parade on Rt. 2

At Newport Elementary School

- Carnival commences July 2-6

Thursday, July 3

At Newport Recreation

- Beauty Pageant
- At Newport Elementary Sch.*
- Pedal Tractor Pulls

Friday, July 4th

At Swim Front

- Canoe Race
- Rubber Duck Race

Saturday, July 5th

- Parade & Float Judging
- Extreme Motocross Show
- Car Show

At the Swim Front/Rec Center

- Street Dance & Beer Garden
- Boat Parade
- Fireworks

Sunday, July 6

- Mason's Pancake Breakfast
- Closing Ceremony/Raffle drawing
- North Newport Church Service

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



July 5th 9 PM

Newport Cultural Center Summer

Author Schedule

Saturday, June 14, author Sarah Smiley. She writes non-fiction and her writings are about her life married to a Navy Pilot. She wrote *Dinner with the Smileys* and *Going Overboard*. She also writes a column every week for the Bangor Daily News.

Saturday, August 2, author Paul Doiron. He writes fiction whose main character is a Maine Game Warden. He wrote *The poacher's Son*, *Trespasser*, and *Massacre Pond*. He has a new book coming out in July.

Have something you'd like to sell or give away?
FATHOMS Classifieds are Free!
E-mail your info to perlmutter@msn.com

A Cry in the Night

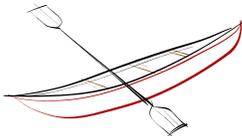
By Leone Sullivan

The Lake has gone to sleep.
Boats, jet skis and floats are put away for the night.
Damp bathing suits and towels hang about, waiting for another sunny day.
The smell of grilled burgers has since floated off.
The neighbor has a fire pit going but it's getting late and the laughter
Hushes into soft conversation.

A light breeze pushes through the screens.
The repeated sound of the water reaching out to touch the shore and quickly retreating only to
touch again;
Funny, how a sound can both calm and soothe.

A pointed shadow flits by the window.
The small bat eats its fill of pesky mosquitos.
A light, small and moving low then high, yet another!
Fireflies in the backyard like little night lights among the trees.

The tranquility is broken by a cry in the night.
It's a sad song, a lonely wrenching request for reply.
Yet, only the lapping of the lake is heard.
Then a reply! It's distant but distinct.
And so begins the loons' song.



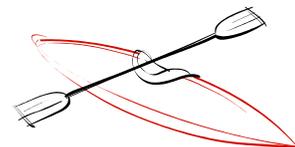
Bicentennial 3 Mile Canoe & Kayak Race Friday July 4th

Registration at 8:00 a.m. Start time 9:00 a.m.

The canoe and kayak race will be following the same route as was used for several years, beginning in 1910. There will be two checkpoints, one at Camp Benson at Vera Gillis & Nadine Cooper's camp and the second is at Breezy Point at The Vining's. At each checkpoint participants will pick up a specially colored Bicentennial coin as evidence of making the stop. For more details, or for a registration form, please contact the town office at 368-4410 or go to the website: [Http://www.newportmaine.net/bicent/canoe/canoe.html](http://www.newportmaine.net/bicent/canoe/canoe.html).

Volunteers and boats are needed to delineate the racing lanes, please contact Muffy Pare at 368-5424.

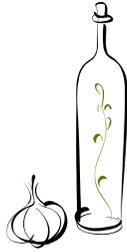
**Prizes for each category: \$100 1st prizes
\$75 2nd prizes
\$50 3rd prizes**



Cooks corner



I am a big fan of quick and easy recipes that do not heat up the kitchen on a hot summer night. This recipe for salad dressing has three ingredients. Buy a bag of salad greens, chop up a tomato, toss in a handful of cold, rotisserie chicken, and sprinkle on dried cranberries and a few pecans, and you have a really tasty supper. (recipes and comments by Maxine Pare)

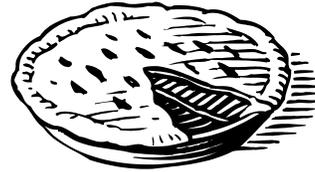


Salad Dressing

4 tablespoons mayonnaise
4 tablespoons maple syrup
2 tablespoons grainy brown mustard
Mix the 3 ingredients together.

Dessert

About 20 SOFT Coconut Macaroons
 $\frac{3}{4}$ cup whipping cream
8 ounces semisweet chocolate, chopped



Press the macaroons into the bottom and up the sides of a 9" tart pan or pie plate. Place in the freezer.

Place the whipping cream and chocolate in a microwave-safe bowl and microwave on medium heat approximately 1 minute and 40 seconds-2 minutes until the chocolate is almost melted. Stir until smooth.

Pour mixture into crust and refrigerate for 4 hours.

Allow to sit at room temperature 10-20 minutes before serving, and a little whipped cream on top wouldn't hurt at all

*If an Almond Joy-like pie would make you happy, add $\frac{1}{8}$ th teaspoon of Almond Extract before pouring the melted chocolate/whipping cream mixture into the crust, and sprinkle slivered almonds around the edge of the pie.

Waterfowl Control Ordinance

The purpose of this ordinance is to control the feeding of waterfowl. This will decrease your chances of contracting swimmers itch. Fines start at \$25.00

This means don't feed the ducks!

Animal Ordinance

The purpose of this ordinance is to require animal owners to control their animals and their excrement. Fines start at \$50.00.

Animals must be leashed when off your property and you must scoop their poop!

The entire ordinance can be found at: <http://sebasticooklakeassociation.org/news/>



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 2014—July 2015 :
Regular \$10.00 Associate \$6.00

Make Checks Payable To:
Sebasticook Lake Association
Lorraine Stone, Treasurer
177 Kitchen Hill Road
Newport, Maine 04953

SPRING 2014 ISSUE

ADDRESS SERVICE REQUESTED

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