



# Fathoms



The Newsletter of The Sebasticook Lake Association

Volume 25  
Number 1

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

June 2018

## President's Message

*She is water, powerful enough to drown you, soft enough to cleanse you, deep enough to save you.*

*Adrian Michael*

Happy 2018!

Mother Nature is being frugal with her warm temps and sunny days, but by the time you read this summer should be in full swing!

New this year: Newport's Annual Town Meeting will take place in June! In the past, lake association members who spend the less-than-warm season in the sunny south have missed the annual town meeting. This year the town fathers voted to move town meeting to June, in hopes of better aligning the annual budget with the local share of the school budget. Mark your calendar for June 16, 2018 at 10:00 a.m. and plan to attend the annual town meeting at the Public Safety Building adjacent to the town office.

Newport's Transfer Station has gone Greener with more recycling capability! You now have the option to compost both yard waste and kitchen waste, which will greatly impact the amount of trash that the town PAYS to remove from the site, AND is better for the local environment, of which Lake Sebasticook is a huge part. Better waste management translates to better water quality in so many ways; please inquire about educational material at the transfer station and town office, and keep your eyes peeled for upcoming informational public forums.

While we can count on summer bringing loons, flowers, and lawns that beg to be mowed, this summer we cannot count on Cliff Vining to be on Grove Street, which casts a pall on our neighborhood. While we all miss him, I truly believe that Cliff would want us all to enjoy our time at camp, take care of each other, and make positive contributions to our small piece of heaven on Lake Sebasticook.

On that note, and with all the good vibes I can muster, I wish you all a fabulous summer filled with good times and good health.

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.

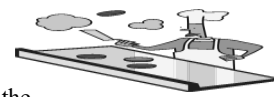
Muf

## ANNUAL MEETING

*Saturday July 7th 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

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

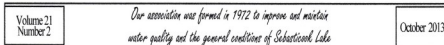


ATTENTION GARDENERS AND LAWN LOVERS

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 Association. 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.

# Lakewood Theatre Summer Schedule

The curtain rises this year on the 118th season of this Maine tradition, the oldest summer theatre in the U.S. For more information and purchase of tickets and dinner reservations, visit the Lakewood Theatre website, [www.lakewoodtheater.org/](http://www.lakewoodtheater.org/)

## *Incarnable*

Welcome to France, c.1250 A.D.: The river flooded again last week. The Chandler's shop just burned to the ground. Nobody's heard of the wheelbarrow yet. And Saint Foy, the patron of the local monastery, hasn't worked a miracle in thirteen years. In other words, the Dark Ages still look pretty dark.

June 7, 8, 9 and 14, 15, 16 at 8pm Matinees June 10 at 4pm - June 13 at 2pm & 7pm

## *Little Shop of Horrors*

This delectable sci-fi horror musical has an electrifying 1960s pop/rock score by Alan Menken and Howard Ashman. Seymour Krelborn is a meek and dejected assistant at a floral shop who happens upon a strange plant, which he affectionately names "Audrey II" after his crush at the shop. Little does he know that this strange and unusual plant will develop an unquenchable thirst for HUMAN BLOOD.

June 21, 22, 23, and June 28, 29, 30 at 8pm Matinees June 24 at 4pm - June 27 at 2pm & 7pm

## *Jenny's House of Joy*

Set in a brothel in the town of Baxter Springs, Kansas in the year 1871, Jenny's House of Joy is comedy-western of five women and how they ended up where they are,

July 5, 6, 7, and 12, 13, 14 at 8pm Matinees July 8 at 4pm and July 11 at 2pm and 7pm

## *The Irish and How They got that Way*

*The Irish...and How They Got that Way* is an uplifting musical celebration of all things Irish throughout the tumultuous 20th and 21st centuries through the eyes of Pulitzer Prize winning author, Frank McCourt.

July 19, 20, 21 and July 26, 27, 28 at 8pm Matinees July 22 at 4pm - July 25 at 2pm & 7pm

## *The Legend of Georgia McBride*

He's young, he's broke, his landlord's knocking at the door, and he's just found out his wife is going to have a baby. To make matters even more desperate Casey is fired from his gig as an Elvis impersonator in a run-down, small-town Florida bar.

August 2, 3, 4 and 9, 10, 11 at 8 PM Matinees August 5 at 4pm - August 8 at 2pm & 7pm

## *A Funny Thing Happened on the Way to the Forum*

This fast-paced farce promises to have audiences rolling on the floor. Taken straight from the roots of comedy, *Forum* combines the ancient comedies of Plautus with a vaudevillian delivery.

August 16, 17, 18 and 23, 24, 25 and 8pm Matinees August 19 at 4pm - August 22 at 2pm & 7pm

## *Anne of Green Gables*

*Green Gables* is the home of lovable Matthew Cuthbert and his stern sister, Marilla. They agree to adopt a boy to help with the farm work. Imagine their consternation when Anne Shirley, a girl in her teens, is sent by the orphanage by mistake! This lovely classic is full of warmth and wit. Don't miss it.

August 30, 31, September 1 and 6, 7, 8 Matinee September 2 at 4pm & September 5 at 2pm

## *The Sensuous Senator*

Senator Douglas is running for President on a "morality" platform, but when his wife Lois leaves to attend a conference in Chicago he does not hesitate to invite Veronica, his secretary and lover, over. Finding her unavailable, he has an escort agency send voluptuous Fiona. All seems well until his elderly Congressional colleague and neighbor locks himself out and asks to spend the night



## **FOR SALE**

Have 2 Werner fiberglass ladders, both in very good condition.

**12-foot Step Ladder**

**32-foot Extension Ladder**

*Will Take Reasonable Offers  
for Either or Both*

**Rick 249-5533**

# What's New Around Town

Newport seems to grow a bit every year and new businesses seem to spring up particularly at this time of year. Most notable, in this reporters mind, is that Newport (well, Palmyra, really) has a new lumber yard, *Crescent Lumber*. This full-service hardware and lumber yard is located on Route 2 just west of WalMart, close enough to call it Newport. Besides lumber, this place also offers flooring, siding, brick and stonework, and loads more with real convenience to Newport.

*Comfort Shoes and More* is located at 19 Moosehead Trail, (near the Verizon Store) and features a name-brand selection of quality footwear and custom orthotics. Also new to our area is *Her Closet*, a women's clothing consignment shop, which can be found at 262 Moosehead Trail, just past Varney Ford. *Jazz* is another second-hand shop and can be found downtown.

Under construction and coming to Newport in the near future will be the *Tractor Supply Company* (TSC), building now just west of WalMart on Route 2. Its offerings include products for home improvement, agriculture, lawn and garden maintenance, and livestock, equine and pet care.

Word is that Vic Firth Company is moving to the Newport Industrial Park and that the town is preparing to take over the property with a park and a marina. Time will tell whether this information is true or not.

## Bald Eagles ... Did You Know?

With a wing span of 7 feet, a weight of 7 to 15 pounds, and an overall size of 28 to 38 inches, the bald eagle is one of the largest raptors in the world. Bald eagles feast on fish, ducks, snakes and turtles. They will also eat rabbits, muskrats, and dead animals. They can attain speeds of up to 100 mph when attacking prey. Bald eagles can reach great heights when flying. Using thermal convection currents, they can climb to up to 10,000 feet.

## Buoy Problems? Buoy Lost or in the Wrong Spot?

Remember that the state has now taken over the responsibilities for the Sebasticook Lake buoys. If you have concerns about anything buoy, contact *Tim Thurston* Navigation Aides Supervisor, Boating Facilities Division, Maine Department of Agriculture, Conservation, and Forestry

[timt@roadrunner.com](mailto:timt@roadrunner.com)

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



**SATURDAY  
JULY 7TH  
9 PM**

## 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 [daferrell11@gmail.com](mailto:daferrell11@gmail.com)



# A Quick Lesson on Lakes

Lake science is quite fascinating because of the number of variables that can influence conditions. “Limnology,” as it is called, is also a very new science so new discoveries and theories are common. This science can even be interesting to the non-scientist.

Winter is a slow time for lakes because the ice cover cuts off the sunlight and wind and most of the inhabitants are enjoying a sluggish lifestyle in a stagnant environment. If it were not for the fact that ice is lighter than water, lakes would freeze from the bottom up and most of the lake creatures would be in serious trouble. Spring brings ice melt, warming of the surface waters, winds, and a complete mixing – a kind of rebirth. As summer arrives, lakes deeper than 30 feet or so will gradually separate or stratify into a warm top layer and a cold bottom layer. Much of the important data is developed during the late summer when we see how lakes act under their worst conditions.

Lakes that are layered show their problems prominently in the isolated bottom waters below the thermal barrier (thermocline) that prevents them from mixing with the warmer surface waters. The upper, warm waters are constantly wind mixed which “folds in” oxygen. If the thermal barrier did not exist, we would have no cold waters to support trout and salmon, but the isolation of these cold waters keeps them from replenishing their oxygen by wind mixing. Oxygen and temperature are measured in the field using an electronic meter with attached sensing probes.

The critical element for understanding lake health is phosphorus – lake algae populations are typically limited by phosphorus concentrations in the water. Add phosphorus and more algae grow. Since algae are plants, they can only grow in the upper, sunlit waters. As their populations increase, water clarity diminishes. Some look like miniature fuzzy basketballs and some like tapioca particles – there are dozens of species native to our waters, each with its own unusual shape, color and arrangement. They are short-lived and die after a few weeks, left to drift by gravity to the bottom waters where they decompose. “Counting” a lake’s algae population is accomplished by measuring the green plant pigment, chlorophyll. A hose is lowered into the lake and is capped to capture a column of water. This sample is drawn through a filter that the lab analyzes for chlorophyll content.

Dead algae are decomposed by bacteria in the bottom waters of the lake. This process consumes oxygen. More phosphorus means more algae. More algae mean more decomposition. More decomposition means less oxygen. This is the link between what goes on in the watershed and what happens in the lake. Phosphorus comes from the land and determines the water quality. Uses of land that cause erosion and sedimentation are the worst culprits since phosphorus is a natural element in soils. Clay particles are richest in phosphorus because of a chemical attraction and because they have a lot of surface area as compared to their size and weight. Through a microscope they look like paper plates, while sand and gravel are more like small globes. Another problem for lakes is that these clay particles are carried too easily by storm water runoff. The heavier and less phosphorus rich soil particles like sand and gravel tend to settle out more quickly.

Excessive decomposition of organic matter can use up all of the available oxygen in the bottom waters of a lake. This can cause a complex chemical reaction, which releases sediment bound phosphorus into the water column. This process is called internal phosphorus recycling and it can add large amounts of phosphorus to the lake. This stimulates more algal growth, leads to less dissolved oxygen in the bottom waters and further offsets the lake’s natural equilibrium.

Following summer stratification, cool fall winds chill the warm upper waters until the temperature differential is weak. Then the stratification breaks down and the “fall turnover” occurs. This is a full mixing of the lake waters, preparing the way for winter.

Weather is a major factor in water quality. Lack of rain is good for a lake since runoff is needed to carry the loose soil particles with their attached phosphorus to the lake. The size, duration and spacing of rains and the type of snow cover and snow melt also greatly influence the phosphorus deliveries. It’s difficult to compute these variables, but we do our best to factor them in. Although many of our lakes show signs of sensitivity like oxygen depletion, moderate chlorophyll concentrations and reduced clarity, the overall situation is good as compared to southern New England lakes. The challenge is to maintain our water quality. Every summer is unique in its conditions but the same enemy threatens every lake. The more we all know, the better equipped we are to protect our lakes.

*Taken from Lakes Environmental webpage*

# **SECOND ANNUAL**

# *Newport Riverwalk Festival*

## *Schedule of Events*

Saturday August 4, 2018

### *All Day Events*

FESTIVAL: 11AM-5PM

Pie Auction fundraiser for The Newport Cultural Center

Free Children's Activities including inflatables and games!

Dunk Tank

Artists on The Riverwalk

Fly tying /fishing demos    Crafters

*Please note that schedule is subject to change*

9AM Early bird coffee and bake shop Festival Grounds and outside Cultural Center (Sweet Thangs)

10AM PARADE

11AM - 12: Tug-O-War Competition

11AM: Food Vendors open

11AM - 3PM Pony Rides

11AM Frog Town Puppeteers, Children's Stage

12AM - 1PM Watermelon Eating Contest, sponsored by Hannaford

12PM - 1PM Newport Fireman's Famous Chicken BBQ (\$9)

12PM *Doughty Hill*, Main Stage

1PM Wild Animal Encounters, Children's Stage

2PM-3PM: Duck Race

2PM *Blue Northern*, Main Stage

2:30PM Chili Contest

3PM Mad Science of Maine, Children's Stage

3:45PM Chili winner announced! (sponsored by Harvest Moon)

4PM Dave Mello, Main Stage

# Cooks Corner



By  
Rick Perlmutter

## A Quartet of Summer Sauces

There's more to the passing of the seasons than the weather, leaf color, piles of snow, and mud. Each season of the year features its own iconic foods and cuisines. Summer then, is a time for grilling, salads, and picnics with finger foods. Here are four sauces that I seem to use most during the warm, summer months.

### Rick's Pretty Good BBQ Sauce

This is my go-to BBQ sauce and it is good on chicken, pork, or even a nice smoked brisket. You can purchase the canned chipotle peppers in adobo in the Mexican section of any supermarket, including both Hannaford and WalMart. I grind them up in my food processor (or blender) to make measuring and uniformity easier. This ingredient makes the sauce spicy, so use it according to your own tastes.

*1 1/2 cup ketchup*  
*1/2 cup Apple cider vinegar*  
*1 Tbs Grey Poupon mustard*  
*1/4 cup Worcestershire sauce*  
*1 tsp liquid smoke*  
*1 Tbs chipotle in adobo*  
*1/4 cup Vegetable oil*  
*1 Tbs Balsamic vinegar*

Sure, you can go to Hannaford and pick up a jar or two of BBQ sauce for your grilling season. But making your own is almost as easy and the quality of homemade sauces is so much better than store bought it is well worth the effort. You'll wonder why you haven't been doing this for years.

To make either of these sauces, simply mix the ingredients well and heat in a small sauce pot until a bit thickened. I suggest storing them in squeeze bottles in your fridge. They will be good all summer long.

### Quick Salsa

*1/2 small jalapeno, minced*  
*1/2 chipotle pepper, from Adobo (see above)*  
*1/4 red onion, chopped*  
*1 clove garlic, chopped*  
*2 Tbsp. cilantro, fresh/minced*  
*1/4 tsp salt*  
*1 pinch black pepper*  
*1 lime, juiced*  
*2 small tomato, cored and diced*

1. In food processor, pulse all ingredients except tomatoes, about five 1-second pulses. Add half of the tomatoes, pulse another two times.
2. Add remaining tomatoes (finely chopped), mix well. Season with additional lime and salt just before serving.

### Eastern Carolina Mustard BBQ Sauce

There are 2 BBQ "zones" in North Carolina. In the west, BBQ is all about tomato-based, sweet, vinegar sauces. In the east, you will find vinegary sauces with mustard that are particularly good with shredded pork or chicken.

*1 cup yellow mustard*  
*1 cup vinegar, cider or red wine*  
*1/3 cup sugar*  
*2 tablespoons butter*  
*1 tablespoon Worcestershire sauce*  
*1 teaspoon black pepper*  
*1/2 teaspoon white pepper*  
*1/2 teaspoon Tabasco sauce*  
*1/2 teaspoon salt*

### Summer Campfire Sauce

*3/4 c. mayonnaise*  
*1/2 c. barbecue sauce*  
*1/2 tsp. chili powder*  
*1/2 tsp. garlic powder*  
*Dash of hot sauce (optional)*

In a small serving bowl, whisk together mayonnaise, barbecue sauce, chili powder, garlic powder, and hot sauce, if using.

Serve with anything and everything.



# 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 2018—July 2019 :  
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 2018 ISSUE*

ADDRESS SERVICE REQUESTED



22 Loon Drive  
NEWPORT, ME 04953