



Fathoms



The Newsletter of The Sebasticook Lake Association

Volume 26
Number 1

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

June 2019

President's Message

In the depth of winter, I finally learned that there was in me an invincible summer
Albert Camus

Summer is finally here!

Newport and most of central and northern Maine had an early winter with lots of snow and colder-than-normal temperatures. Even the most winter-loving, cold weather enthusiasts surely must be pleased to see the mercury above 37°F while out for their morning constitution. While not a fan of hot, humid temperatures, I will admit to a feeling bordering on rhapsody at not having to don a jacket, mittens and ear warmers when I venture out for an early morning walk. I think I can safely say that all of us are ready for fresh peas, strawberries, garden tomatoes and corn on the cob.

The Maine Lakes Society has scheduled its annual lakes conference at University of Maine in Farmington. This year's conference is being held on Saturday, June 22 from 8:00 a.m. to 3:00 p.m. More information about the speakers and the different workshops/sessions is available at www.mainelakessociety.org.

There are numerous activities scheduled in and around town this summer, including our lake association annual meeting on Saturday, July 6, 2019 at 10:00 a.m. at the American Legion Hall. The cities of Bangor, Waterville and Skowhegan all have lots of events planned, and the Penobscot Theater, Waterville Opera House and Lakewood Theater have productions that are sure to please everyone, in case you get tired of sitting on your porch looking at the lake and the summer nights' sky.

Each day, in all seasons, I am rewarded with the sights of the lake. And while Summer should probably get a speeding ticket, I bid all of you who are only here for a little while, a happy, fun-filled-too-short season, knowing that you will cherish and protect the trees, the birds and other animals, the fish, and the plants in and around the lake, as well as Sebasticook Lake itself.

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ANNUAL MEETING

Saturday July 6th 10 a.m. at the American Legion Hall
This Year's Speaker is Ryan Parker



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
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
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
Barbara Cloutier 368-5601

**SUMMER TRANSFER
STATION HOURS**

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

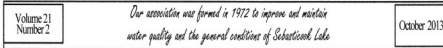


**ATTENTION
GARDENERS
AND
LAWN LOVERS**

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



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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 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

As is usually the case, Spring in Newport has brought a few changes in both old and new businesses.

One of the most obvious changes is that **Tim Horton's** has disappeared, virtually overnight. Lots of rumors to what will fill the space but nothing is yet known for sure.

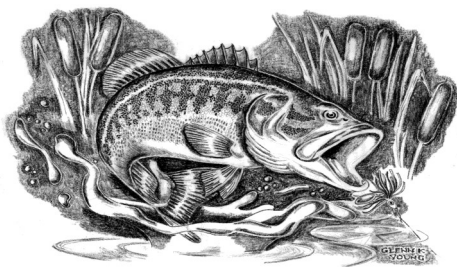
New local businesses include **D & D Nail Salon** (located right around the corner from Hannaford in the Newport Plaza) has been getting rave reviews on Facebook for its amazing nail care and nail art.

Also new to our area is **The Cozy Cottage**, which features a large collection of lake cabin décor, clothing, and custom signs. Some interesting stuff here and well-worth a visit. You can find The Cozy Cottage in the log cabin which was once Emery's Meats.

Get Fit, located next door to Bears One-Stop, features personal and small group training, and fitness classes. Also new to town is **Back in Motion**, a physical therapy clinic located in the old Salvation Army storefront.

There has been a little moving around these past few months. **Pink Elephant** has moved into the old Sears building and has nearly doubled its number of vendors. **Her Closet**, a clothing consignment shop, has moved into the large storefront that was once Aubuchons. With added space, Her Closet will also feature furniture.

2019 Sebasticook Fishing Tournaments



Saturday - June 29th

Fishers of Men National Tournament Trail
Jonathan Nichols 207-592-6609

Sunday - August 18th

Keep it Reel Downeast Bassers
Randy Caler 207-598-6446 Measure Release

Saturday - August 24th

Mainely Boaters
Stephen Nagy 207-212-6564

Saturday - September 7th

Kennebec Valley Bassmasters
Dustin Ward 207-582-1213

DONATIONS FOR OUR FIREWORKS SHOW

Can Be Sent To
Rick Berry
156 Grove Street
Newport 04953

BITS AND PIECES

By Debbie Ferrell

This spring I thought I'd write about the little things that make lake life enjoyable and the things we can do to keep it that way.

First, do you fertilize your lawn? If so, buy lawn fertilizer that has a "0" for the middle number (i.e. 10-0-10 or 20-0-20 etc.) The middle number signifies phosphorous content. Phosphorous type fertilizers can wash into the lake and feed algae which promote algal blooms. Stores now have many fertilizer brands that sport a "0" phosphorous content. Spreading lime on your yard is a safe and easy way to change the soil pH which will make existing phosphorous more available to your grass.

Second, have you inspected your gravel road? Does it shed water into a wooded area or into the lake? Gravel roads and associated ditches are the largest source of pollution to many Maine lakes. Just think of the miles of camp roads (and ditches) that surround our lake. For information, go to: maine.gov/dep/land/watershed/camp/road/index.html. It will provide many links to articles about camp roads, maintenance, contractors, and laws.

Third, Take a few minutes and check out the Lake Stewards of Maine (previously named VLMP) at www.lakestewardsofmaine.org/ and Maine Lake Society (previously named COLA) at mainelakessociety.org. Our association contributes to these two groups because they provide us with training, and information, and work statewide to advance lake-friendly laws and develop funding to implement watershed improvements.

And finally, get out there and enjoy our unique resource. Kayak, canoe, or walk the trails and enjoy the peace and beauty of our lake. I wish you all a great summer. Jack Carson and I will be out there gathering lake clarity and dissolved oxygen readings.

TICK ALERT

Ticks are expected to be even worse this year due to a winter with more than enough snow to protect them. 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)**

Experts are not sure if we will see *Lone Star Ticks* here in Maine this summer but they have already moved into areas of Southern New England. This tick is a bit larger than what we are used to and features a white pattern on its back. Bites from it can result in allergies to eating red meat. So Lyme Disease is not all we now have to worry about.

Some tips on protecting yourselves from ticks:

PERSONAL PROTECTION - avoid contact, dress properly, use tick repellants

PET PROTECTION - Check pets frequently. Cats are VERY sensitive to anti-tick chemicals

TICK SURVEILLANCE - Monitor your property for ticks

LANDSCAPE MANAGEMENT - Keep lawns mowed and pick up piles of leaves, etc.

CHEMICAL MANAGEMENT - Habitat-targeted application of tick control chemicals

BIOLOGICAL CONTROL - Use of such biological controls as chickens and guinea fowl or pathogenic fungi.

For more information about these tips, see the University of Maine, Cooperative Extension, online at <https://extension.umaine.edu/ticks/management/>

Newport Cultural Center Happenings *Tonya Parker, President*

Newport Cultural Center is celebrating 10 years of business! We have several celebrations planned throughout the year, including a 10th birthday party on June 29th starting at 10am. Join us for a BBQ, music, door prizes, crafts, games, and cake!

If you are an artist, perhaps you can help us find a new face for NCC. We are hosting a logo contest in search of something that represents our passion for library, history, and community.

Currently NCC is offering some great programs. We have painting with Connie Lagross on the second Tuesday of every month at 6pm, Mom's Night Out Book Club on the first Friday of each month at 6pm, story time for toddlers and preschool age children is on Fridays at 10am, and free computer and financial classes will be starting in May. If you are interested in Newport history, our Historical Preservation Committee meets the third Saturday of the month and holds workshops on most Wednesdays.

Please check our website at www.newportculturalcenter.org, our Facebook page, or call 368-5074 for more information regarding any of these programs and to keep updated on what's coming up next at NCC. We hope to see you soon!

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



2019 Lakewood Theatre Schedule
The Longest Running Summer Theater in the Country
Madison, Maine

Sandy Toes and Salty Kisses - comedy
 May 23-26, 30-31
 Matinee May 29

Over the River & Through the Woods - romantic comedy
 June 6-9, 12-15
 Matinee June 21

Big Fish - dramatic comedy
 June 20-23, 26-29
 Matinee June 26

Ghost of a Chance - comedy
 July 4-7, 10-13
 Matinee June 10

Godspell - musical
 July 18-21, 24-27
 Matinee July 24

Ben Hur - includes chariot race!
 August 1-4, 7-10
 Matinee August 7

Chicago – The Musical
 August 15-18, 21-24
 Matinee August 21

The Vultures - comedy
 August 29-31, Sept 5-7
 Matinee September 4

Touch & Go - romantic comedy
 September 12-15, 19-21
 Matinee September 18

2019 Ticket Prices

| | In Advance | At the Door |
|----------------------|------------|-------------|
| Adults (non-musical) | \$22 | \$24 |
| Adults (musical) | \$24 | \$26 |
| Cabaret Seating | \$32 | \$35 |
| Children (4-17) | \$17 | \$19 |

Tickets can be purchased online at
www.lakewoodtheater.org
 and inquiries made at 207-474-7176. E-mail
 to info@lakewoodtheater.org.

Don't forget the Lakewood Restaurant and
 make a day of it with a luncheon or a dinner
 and a show. Menus are featured on the Lake-
 wood Theater website.

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



**SATURDAY
 JULY 6TH
 9 PM**

**IN CASE OF RAIN
 SHOW WILL TAKE PLACE
 THE FOLLOWING
 SATURDAY**



Our Summer of The Eagles
By Rick Perlmutter

A few hundred yards from our house lives a family of bald eagles. There are 2 adults and 2 juveniles. We see them virtually every day, often when we are not even looking for them. We have even seen them before we get out of bed, through our skylight as they patrol overhead. Such proximity to this family has given me pause to do a bit of bad eagle research. Here's just a bit of it.

The bald eagle is both our National Bird and our National Animal. Eagles build the largest nest of any bird with nests frequently over 10 feet in diameter and weighing more than a ton. Female bald eagles are 25% larger than males. The average lifespan of the bald eagle is 20 years with some living to 30 years of age. The further north you go, the bigger the bald eagles get. Bald eagles of Alaska can have wingspans of over 8 feet.

66% of bald eagle deaths are attributable to humans. Bald eagles rebounded from a mere 412 nesting pairs in 1952 to 9,789 in 2006. Bald eagle populations continue to rise with current estimates around 15,000 nesting pairs.

Some Great Maine Summer Events of 2019

Windjammer Days - Boothbay Harbor, June 23–29, 2019

Delight your inner ocean adventurer for this weeklong nautical gala which includes the Parade of Sail, showcasing a dozen beautifully maintained examples of the grandest of merchant sailing ships, and Lighted Boat Parade. Also: pancake breakfasts, waterfront concerts, fireworks over the harbor, tours of Navy vessels and a Coast Guard station, and plenty of pirate mischief.

Yarmouth Clam Festival - Yarmouth, July 19–21, 2019

Over 100,000 people are expected to descend on Yarmouth for this homage to the clam, and they'll be bringing their appetites: From start to finish, more than 6,000 pounds of clams (along with 6,000 lobster rolls, 2,200 pancake breakfasts, and 400 homemade pies) are expected to be consumed this weekend, making it one of the most delicious Maine summer events on record. There's also live music on four stages, a clam-shucking contest, a parade and street dancing, fireworks, a professional bike race, and a firefighters muster.

Maine Brewers Guild Summer Session Beer Festival - Portland, July 27, 2019

This is the state's largest beer festival. Need we say more. A showcase for Maine craft brewers, the festival also includes live entertainment and a large variety of good foods. Get your tickets early, as this event has been known to sell out.

Maine Lobster Festival - Rockland Harbor Park, July 31–August 4, 2019

This event is simply larger-than-life. Beautiful Rockland Harbor is the backdrop for what has been a Midcoast tradition since 1947. The festival includes five days of fun and feasting which serves up some 20,000–25,000 pounds of lobster and includes maritime displays and demonstrations, arts and crafts vendors, harbor cruises, competitors in the lobster crate race in the harbor, and live entertainment.

Maine Antiques Festival - Union, August 2–4, 2019

The largest event of its kind in the state draws more than 100 dealers from across New England to the fairgrounds in Union for a three-day antiques shop-a-thon. Make a day of it with tasty fried seafood, blueberry pie, lobster rolls, and other great Maine fare.

Newport Riverwalk Festival - Newport, Saturday August 3, 2019

Acadian Festival - Madawaska, August 15–18, 2019

Maine's largest cultural festival puts a spotlight on the state's long French-American heritage. Enjoy Poutine Pa-looza, a reenactment of the first Acadian landing in northern Maine, a traditional Acadian supper, a golf scramble, a softball tournament, live entertainment, cultural displays, and a parade.

Great Falls Balloon Festival - Lewiston, August 16–18, 2019

More than 40 hot-air balloons take flight over the city of Lewiston at dawn and dusk. Balloon rides are available and other attractions include live music, a carnival, craft and food vendors, and fireworks

Wild Blueberry Festival - Machias, August 16–18, 2019

The scenic Downeast village of Machias invites everyone to come taste its summertime harvest of wild blueberries, but that's just for starters. There are blueberry farm tours, cooking and pie eating contests, art and crafts for sale from more than 250 artisans, a quilt raffle, and more.

Moosehead Lake International Fly-In - Greenville, September 5-8

The International Seaplane Fly-In brings thousands of participants and spectators to the Moosehead Region on the week-end after Labor Day. It is truly an international affair with sea and float planes arriving from virtually everywhere.

There's no shortage of fairs across the state and if you enjoy the thrills, the sounds, and the tastes of the midway, here are just a handful of fairs happening this summer in Maine.

Bangor State Fair - Bangor Fair Grounds, July 26 - August 4

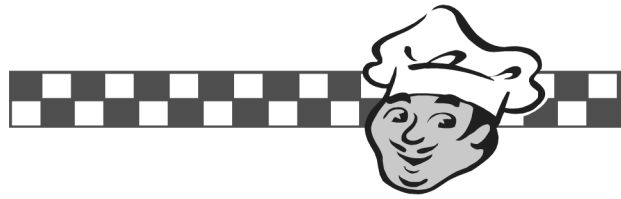
Skowhegan State Fair - Skowhegan Fair Grounds, August 8-17

Blue Hill Fair - Blue Hill, August 29 - September 2

Common Ground Fair - Unity, September 20-22

Fryeberg Fair - Unity, September 29 - October 6

Cooks Corner



Tuna Fish Spaghetti

From the kitchen of Rick and Gayle Perlmutter

This recipe is one of our favorites and is a variation of the famous Italian dish *Pasta Puttanesca*, basically omitting the anchovies and substituting white albacore tuna. *Pasta Puttanesca* means “the prostitute’s pasta” and it acquired its name from its ease and quickness of preparation. Ideal for busy persons. Enough said.

This wonderful pasta dish has been a regular on our menu at home for decades and not simply because it is very easy to fix but also because it is delicious and unique. Tuna fish spaghetti is not a tomato sauce pasta but one of chunks of tomatoes, wonderfully flavored and quite subtle. Except for the fresh parsley, the dish can be made with ingredients you have right in your pantry. The sauce also freezes well, providing a meal that can be prepared in a little more time than it takes to boil pasta.

Recipe Serves 4

12 ounces angel hair pasta
1 28 oz. can diced tomatoes, drained
4 Tbs Olive Oil
2 tsp Oregano
1/8 tsp red pepper flakes (optional)
2/3 cup Black Olives, cut in half
1 1/2 tablespoons of capers
4 cloves of Garlic, minced
1 can Tuna, Solid White, Drained
1/2 cup fresh Parsley, chopped

1. Boil pasta until just tender. Drain and set aside.
2. While spaghetti is cooking, drain the tomatoes in a colander and rinse well with cold water.
3. In medium sauce pot, heat olive oil and “sweat the garlic” which simply means sauté until garlic becomes soft and begins to become a bit transparent. Add tomatoes and olives and bring to a boil. Turn down the heat and cook until most of the liquid has evaporated.
4. Reduce heat and add capers, oregano, pepper flakes, tuna fish, and parsley. Stir gently.
5. Serve immediately over hot pasta drizzling with a bit more olive oil.

OPTIONAL: Add a can of artichoke hearts (rinse well and quarter each piece) at the same time you add the tomatoes and olives. Double red pepper flakes to



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 2019—July 2020 :
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 2019 ISSUE

ADDRESS SERVICE REQUESTED

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