



Fathoms



The Newsletter of The Sebasticook Lake Association

Volume 28
Number 1

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

June 2021

President's Message

“And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about.”

Haruki Murakami

Greetings,

Welcome back to the lake, the place we think about all Winter, even those of us who live here year-round. This is the place where we all feel our best, the place that is Home.

The past year has been a wake-up call for many of us who unexpectedly had time to sit back and to take stock of the gifts of our lives; the freedom to gather with family and friends, the ability to worship, the chance to eat in a favorite or new restaurant, the opportunity to attend community functions ... all of the things we usually take for granted and all of which were taken away from us due to the social distancing requirements of the pandemic.

This year's annual Sebasticook Lake Association meeting is scheduled for July 10th, with the fireworks show scheduled for the same night, starting at sundown. This year's meeting might be like no other.

As a gentle reminder to all, please be kind to each other and to our lake. Please be good stewards of this fragile gem outside our doors. The large and beautiful body of water that reflects the world, and which provides us every day with soul-renewing energy.

Have a Great Summer,
Muffy

ANNUAL MEETING

Current CDC Guidelines Will Be Followed
Saturday July 10th 10 AM at the American Legion Hall
With Cook Out to Follow



*Please Remember That During These Pandemic Times, Things
Can Change, So Check on the Lake Association Website to
Confirm That the Meeting Is Really Happening*



We are asking for Lake Association members to please help with the annual Barbecue by bringing a dessert. Thanks.

Bring Your Own Chair to the BBQ



Lake Association Officers

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 Herhighnes@midmaine.com
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 dparlee@yahoo.com
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Share Your Lakeside Stories

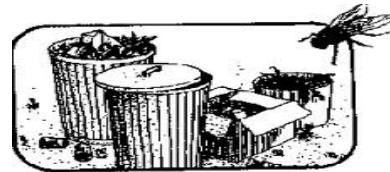
Have any interesting stories or facts about our lake? Why don't you jot them down and send them to us so we can share them with other members of the Lake Association. Send them to:

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

Paris-Farmers, Aubuchons,
 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 ABOUT TOWN

Despite the past year's pandemic, the Newport area has seen a modest number of new businesses as well as changes to existing ones. For this reporter, the three most notable new businesses are of course, restaurants and I encourage you all to support them with your business. These local eateries will provide a welcome alternative to the predictable fast food fare available in the Triangle.

The Newport Diner is planning to open sometime during June at 171 Elm Street. Sounding much like a throwback to such places as Collins Corner, the diner will serve breakfast and lunch. The Newport Diner will feature a complete selection of breakfasts including eggs, meats, and home fries as well as daily specials, hand-dipped onion rings, and design-your-own burgers, just to mention a few items. The Newport Diner will use locally sourced fresh produce whenever it is available. I for one, cannot wait.

Yet, another new place for food is **Abraham's Wood Fired Pizza**, located on Elm Street in East Newport. It is open Thursday through Saturday from 12 to 7 PM. and besides a selection of wood-fired pizzas, Abraham's offers wings, salads, Chicago dogs, hand cut fries, and more. Delivery should be available soon.

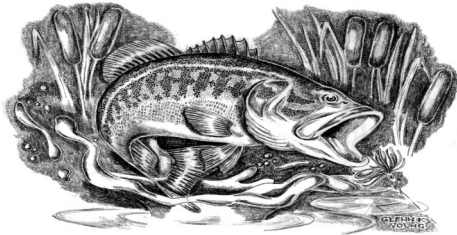
And finally, an old restaurant is new again with new owners and a revised menu. Visit **The Family House of Pizza** which can be found in the Triangle Plaza. This new restaurants offers pizzas, calzones, salads, subs, and much more.

Also new is **Robichaud's Repair**, located in the old Newport Rental building behind Bear's One Stop as well as **Drop Box Mattresses and Mattress Outlet**, in the old Aubuchons storefront.

Another big change coming to Newport will be the moving of **Walgreen's** to a new and much smaller building, still under construction nearly across the street from the old place. The new Walgreen's will be almost exclusively a pharmacy with related products. We hear that the town's plan for the old drug store is for it to be demolished and replaced by a "roundabout" or a rotary, thus we believe, eliminating the need for Newport's lone traffic signal.

Other changes around town include **Home Hardware & More's** relocation to the old Bubba's restaurant supply building on Elm Street, **Her Closet's** move to the old depot building near the post office, and **Generations' Hair Salon's**, having moved to the Newport Plaza, around the corner from Hannaford. You may also notice the new construction across the street from Key Bank on Main Street. Word is that **Advance Auto Parts**, now located next to The Pink Elephant, will be moving into that spot. We shall see.

2021 Sebasticook Fishing Tournaments



Saturday - July 17th
MVB Maine Trail Fall
Corey Vose 207-441-4442
Open/Weigh In

Saturday - September 11th
Maine Bass Nation
Ben Hale 978-810-7262
MDFall

Sunday - September 12th
Maine Bass Nation
Ben Hale 978-810-7262
MDFall

DONATIONS FOR OUR FIREWORKS SHOW

Include Your Donation
With Your Dues
And

Bring To Our Meeting or Send Them To

Rick Berry
156 Grove Street
Newport 04953

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/>

Cooks Corner



Let's face it, this past year has simply begged for some good cocktails. In the spirit of social distancing and of making the best of things at home, here are a few of our favorite cocktails, ones that helped us to get through this past, strange year. Skoll!

NEW MORNING

MAKES ONE DRINK

1 1/2 OZ. GIN

1 1/2 OZ. TRIPLE SEC

1/2 OZ. ROSE'S LIME JUICE

TOP OFF WITH TONIC WATER

WEDGE OF LIME

Mix ingredients over ice

ATTITUDE ADJUSTER

MAKES ONE DRINK

2 OZ. PEACH SCHNAPPS

1 OZ. LIGHT RUM

1 OZ. VODKA

TOP OFF WITH ORANGE JUICE

Mix in Highball Glass Over Ice

SIDECAR

MAKES ONE DRINK

4 OZ. COGNAC

2 OZ. COINTREAU

1 OZ. LEMON JUICE

Shake with ice and strain into a chilled cocktail glass.

Garnish with a lemon twist.

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



Lakewood Theatre

2021 Schedule

The Longest Running Summer Theater in the Country
Madison, Maine

2021 TICKETS ARE NON-REFUNDABLE

But Why Bump Off Barnaby? - A Murder Mystery

June 10, 11, 12 at 8 PM
June 13 at 4 PM

Four Old Broads - A Comedy

June 17, 18, 19 at 8 PM
June 20 at 4 PM
June 23 at 2 PM and 7 PM
June 24, 25, 26 at 8 PM

Midsummer - A Dramatic Comedy

July 1, 2, 3 at 8 PM
July 4 at 4 PM
July 7 at 2 PM and 7 PM
July 8, 9, 10 at 8 PM

Bullshot Crummond - A Comedy

July 15, 16, 17 at 8 PM
July 18 at 4 PM
July 21 at 2 pm and 7 PM
July 22, 23, 24 at 8 PM

Drinking Alone - A Dramatic Comedy

July 29, 30, 31 at 8 PM
August 1 at 4 PM
August 4 at 2 PM and 7 PM
August 5, 6, 7 at 8 PM

Living on Love - A Romantic Farce

August 12, 13, 14 at 8 PM
August 15 at 4 PM
August 18 at 2 PM and 7 PM
August 19, 20, 21 at 8 PM

Scapino - A Comedy

August 26, 27, 28 at 8 PM
August 29 at 4 PM
September 1 at 2 PM
September 2, 3, 4 at 8 PM

Who's In Bed With the Butler - A Comedy

September 9, 10, 11 at 8 PM
September 12 at 4 PM
September 15 at 2 PM
September 16, 17, 18 at 8 PM

Non-Refundable Tickets Are
Available Online At
www.lakewoodtheater.org

Inquiries by phone at 207-474-7176.
E-mail via *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 Lakewood Theater website.

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

AND DON'T FORGET TO MAKE A DONATION



**SATURDAY
JULY 10TH
AT
SUNDOWN**

Due To CDC Guidelines MORE VOLUNTEERS

Than Usual
Will Be Needed
For the
Annual Cook Out
If You Are Available
Please Contact
Barbara Cloutier 368-5601
Dick Stone 368-2272

DID YOU KNOW
That As Of Late May
Maine Was
The Number One State in The U.S.
When It Comes To The
Highest Percentage of
Covid-19 Vaccinated Citizens?
Good Work Mainers!

Some Great Maine Summer Events of 2021

*Yes, There Are Going to be Some Fairs This Summer
But Check To Be Certain What Is Really Happening and What Is Not*

59th Annual Windjammer Days - Boothbay Harbor, June 27 to July 3rd

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.

Maine Antiques Festival - Union, August 6 to August 8

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 7

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 Palooza, 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.

Moosehead Lake International Fly-In - Greenville, September 9 to September 12

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.

Bangor State Fair - Bangor Fair Grounds, July 29 to August 7

Skowhegan State Fair - Skowhegan Fair Grounds, August 12 to August 21

Blue Hill Fair - Blue Hill, September 2 to September 6

Common Ground Fair - Unity, September 24, 25, and 26

Fryeburg Fair - Unity, October 3 to October 10

Water Levels in Sebasticook Lake

By Debbie Ferrell

You may have noticed that the dam gate was closed over a week before ice out occurred this year. The reason for that decision was the low lake level and the low snow load last winter. In 2020, we had a dry year, and this condition has only gotten worse.

According to www.drought.gov/states/Maine/county/Penobscot, the Maine map shows that we are in an abnormally dry period. We are currently 6.51 inches below normal for the season. Our area, to date in 2021, is the 19th driest year in 127 years.

So, the water regulation committee decided by vote to close the gate early this year to preserve water level. Ice out occurred early this year, in the first week of April. As I write this article the lake level has risen to a near normal level and should soon be at normal level. We are lucky to have an exceptionally large watershed, about 81,000 acres, which helps keep our water level high enough. Please remember that if this abnormally dry season continues evaporation may exceed water influx from our watershed. Should our lake level begin to drop, be sure you have a lake map in your boat to avoid any areas with rocks or lake bottom that may be too shallow for your boat. Those maps are available at our annual meeting or at the town hall.

Last year we had a great lake clarity, as reported anecdotally by lake users. Due to the pandemic our new monitor, Andre Cushing, was unable to be fully trained and certified, but he did report a 4.0-meter Secchi disk reading in September which measures water clarity. This year he will be taking readings of both water clarity via a Secchi disk, and dissolved oxygen via our DO meter every two weeks. I expect to see another year of good readings and a very enjoyable summer season.

10 Ways To Protect Our Lake

Reprinted from LEA website

1. Leave the natural vegetation The trees, shrubs, bushes and ground covers between your home and the water are the lake's last line of defense. This area is often called the buffer because it "buffers" the lake from excess nutrients, sediment and stormwater. It also provides an essential habitat corridor for riparian animals. Whether you live on a lake, pond, river or stream this area is crucial for maintaining water quality.

2. Plant a shrub border or 'island' If all you have between your home and the lake is grass or trampled sandy soil, then consider planting a shrub border or "island" to help soak up rainwater. After picking up speed on your driveway or roof, stormwater needs a place to slow down and get absorbed back into the ground. Low growing, native woody shrubs hold back the earth and take up much more water than grass or bare ground.

3. Stop overfertilizing your lawn Eighty per cent of all soils tested by the University of Maine Cooperative Extension did not need the nutrient phosphorus to grow grass. In addition to nutrients that harm both fresh and marine waters, lawn fertilizers are also often full of pesticides which are known to cause cancer. The N-P-K ratios on fertilizer bags vary. It's safer to use fertilizers that contain zero phosphorus (P). Fertilizers with phosphorus may hurt the waterways causing algal blooms, harming organisms and fish if the plants do not completely absorb the phosphorus.

4. Fix your driveway Lakefront driveways are one of the biggest culprits of erosion on residential lots. Having a home on the lake means that by necessity, you are at the bottom of the watershed and therefore water is coming your way. No matter what, roads and driveways always need some level of maintenance. Often times a berm at the top of the driveway can force water off into woody areas which can absorb stormwater. Open top culverts and rubber razors are an easy way to get water off the driveway for seasonal homes that don't require plowing. Routine grading or raking can help keep a proper crown or pitch so that water runs to the side instead of down the whole length. For more ideas, check out the Maine Camp Road Maintenance Manual.

5. Fix your path Paths are like little driveways except they run all the way down to the lake. They channelize stormwater and wash soil right down into the water. However, they are often a lot easier to fix than driveways. Water bars made from logs or landscape timbers can push runoff into adjacent areas with vegetation. Steps back filled with crushed stone can stabilize the walking surface while providing infiltration.

6. Take care of roof runoff While water coming directly off the roof is relatively clean, it builds up enough volume and velocity to immediately erode the soil as soon as it touches the ground. Using dry wells, drip edge drains, rain gardens or rain barrels can alleviate erosion caused from roof runoff and reduce your homes overall environmental footprint.

7. Mulch bare areas Heavily used areas frequently have compacted soils and little capacity to absorb runoff. These spots are often devoid of vegetation and have exposed tree roots protruding from the soil. Stormwater builds up on these areas and has the ability to wash out natural vegetation, shorefront or beaches below. Erosion control mulches not only slow down and absorb water but they also protect tree roots (and bare feet from tree roots).

8. Take care when storing your dock Docks are an integral part of lakefront access but in the off season their storage can leave a swath of dead vegetation right along the water's edge. The plants and shrubs in this area are too important to be smothered for 6 months and then spend the rest of the year trying to recover. Storing your dock directly on your footpath or outside of the 100-foot buffer are the two best options. There are many dock systems available today that are both lightweight and portable.

9. Pump your septic tank Although you don't see your septic system, it is there and it is very important. It also requires maintenance to function properly. When septic tanks are not pumped regularly, sludge from the tank begins to flow out into the leach field which is designed primarily to percolate water. The sludge can clog the bed and cause the system to fail. Aside from being a threat to water quality, a failed system often means backed up pipes with no ability to drain water. Replacing a leach bed also requires a substantial amount of excavation and can be quite expensive. To avoid all these problems have your tank pumped every two to three years if you live year-round and every five years if you are up only seasonally. Pumping your septic tank regularly will extend the life of your leach bed and protect the lake.

10. Do a rainy day survey If you are not sure how your property is affecting the lake, grab an umbrella and raincoat and head outdoors during the next heavy downpour. This is the best time to really see what is happening with stormwater and how you could fix problems. Start at the top of the property and work downward towards the lake. Take note of where water is channelizing, where sheet flow is heavy and areas of vegetation that might be able to absorb some of the water. The key to treating stormwater is to break it up and divert water flow to stable areas as often as possible. Use some of the techniques above to get stormwater off driveways and paths. If there is already a ditch designed to hold stormwater, make sure it is stable by armoring it with rocks or vegetation. Natural tributaries and wet areas should be left alone.



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 2021—July 2022 :
Regular \$10.00 Associate \$8.00

Make Checks Payable To:
Sebasticook Lake Association

Winter Address:
3332 Kindle Avenue
The Villages, FL 32163

REMINDER:
**You Can Add a Fireworks Donation
To Your Yearly Dues Check**

Summer Address:
156 Grove Street
Newport, ME 04953

SPRING 2021 ISSUE

ADDRESS SERVICE REQUESTED



22 Loon Drive
NEWPORT, ME 04953