



Fathoms



The Newsletter of The Sebasticook Lake Association

Volume 29
Number 1

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

June 2022

President's Message

**“The sky loves lakes rather than oceans
because it finds the opportunity to watch itself
in the crystal clear mirrors of the lakes!”**

Mehmet Murat Ildan

Greetings all, and Welcome Summer of 2022!

Both camp and lake provide refuge from the real world, a world that is not always friendly and welcoming, and I for one, am more than grateful for this haven that I can return to at the end of each day.

Sebasticook Lake - this fragile, at-risk gem of ours - is dependent on the human factor for both preservation and improvement. In spite of the abuse the lake has taken both in the distant *and in the more recent past*, it still provides us all with a serene place to call home.

To this end, we owe the lake both the responsibility AND the courtesy of maintaining our properties in order to minimize our impact on the whole camp environment. Please ensure that your septic system is in good working order, runoff is managed appropriately (buffers help with that), your culverts are maintained, and you monitor your shorefront for and report any invasive plants.

The application for the new Nine-Element Watershed Plan, which guides protection and/or restoration efforts for impaired lakes such as Sebasticook, has been submitted for review, with the award decision available by June. If our grant application is approved, the project start-up date will be October 1, 2022, with a project close-out date of December 2024, so keep your fingers crossed. The hard work will start once we are approved, which is when **ALL** of us will have an opportunity to participate on a larger scale and be part of something **FABULOUS** for our lake, and to leave as our legacy.

Update: the town of Newport has a **NEW AMBULANCE**, due in part to the generosity of lake association members. This accomplishment will provide the community with a layer of safety provided by skilled emergency response crew members.

As summer unfolds, there are local fairs and festivals to attend, plays at Lakewood Theater to critique, fish to catch, boat rides to take, visits on the porch to enjoy, and memories to make with family and friends, and my hope is that this is **YOUR BEST SUMMER EVER!!!!**

Muf

ANNUAL MEETING

**10 AM Saturday July 9th
At the American Legion Hall
With Cook Out to Follow**



Bring Your Own Chair to the BBQ



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



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

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
 Diane Garnelis 368-6007

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 Friday
 8 am to 6 pm**
Saturday 8 am 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 AROUND TOWN

Spring 2022

By Rick Perlmutter

As always, Spring in and around Newport has brought with it lots of changes, both large and small. Last year's rumors of a rotary (or roundabout) at the junction of Routes 2 and 7 have proved to be true. The Maine DOT has targeted 2023 for construction and completion of this project, which this reporter is confident will improve the flow of traffic once local drivers get the hang of it.

New this Spring is the **Furniture Gallery Outlet** on Route 7, in the site of the old Sears. The Dragon Sea (on Route 2) may have closed over the Winter, but a new Asian restaurant has already opened in the same location. Drop by **Yummy Garden** for its complete menu of dine-in or take out Asian delicacies. And speaking of food, the empty Pando Restaurant is soon to become **Kimini's Caribbean Restaurant**.

There will be no shortage of auto parts in our area with the opening of a fourth auto parts store. **O'Reilly Auto Parts** will soon be found on Main Street across from Key Bank. **Belladonna**, another new offering, is located on Route 2 across the street from Cervezas and bills itself as an "occult magic and metaphysical gift shop." Belladonna's many offerings include Tarot readings, gemstones and jewelry, books, and a large assortment of gifts.

With the moving of Vic Firth to the Newport Industrial Park, there are changes in store for this centrally-located lakeside property as well. It is reported that Hamlin Marine will begin a long-term plan for boat storage and a marina. Wouldn't you love to see a lakeside restaurant in this location?

Other changes around town include the **Newport Diner** which, in addition to its daily breakfasts and lunches, now offers dinner on Thursday, Friday, and Saturday nights. And yet another addition to Newport area shopping is the recent expansion of **The Bloomin' Barn**, a very local place for flowers and gifts. The Bloomin' Barn has expanded to include locally created **Bags By Janelle**. Support you local businesses and check them out.

Also the **Riverwalk Center** will be moving to a new location at 152 Main Street in downtown Newport sometime in the spring of 2022. Riverwalk Center will continue to offer yoga, fitness, massage therapy, acupuncture and facials in its new location.

With a grow store and two medicinal marijuana dispensaries already located on Route 7 just passed Newport Optical, a third dispensary, now under construction nearby may well be cause to call this short strip of highway **The Green Mile**.

Both the old Walgreens and the old Tim Horton's are both available. Time will tell what we may see in these two prime locations.

2022 Sebasticook Fishing Tournaments



Wednesday July 19th
Rocky Hill Bass Anglers
Mike Andreotti 207-751-3299
Club/Weigh In

Saturday - July 23rd
Maine Yak Anglers
Jason Gardner 207-522-0655
Measure Release

Saturday August 20th
Kennebec Valley Bass Masters
Dustin Ward 207-233-9839
Club/Weigh In

Sunday August 28th
Maine B.A.S.S. Nation
Timothy Gratto 207-212-2108
Open/Weigh In

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



ONE-POT MACARONI & CHEESE

INGREDIENTS

- 1 ½ cups Water
- 1 cup Milk
- 8 ounces Barilla macaroni
- 1 cup (4 ounces) American Cheese, grated
- ½ teaspoon Dijon mustard
- 1 small pinch Cayenne Pepper
- 4 oz. Extra-Sharp Cheddar Cheese, grated
- Salt and Pepper to taste

INSTRUCTIONS

Because the macaroni is cooked in a measured amount of liquid, I don't recommend using different shapes or sizes of pasta. Use a 4-ounce block of American cheese from the deli counter at Hannaford rather than pre-sliced American cheese. I prefer Cooper American.

1. Bring water and milk to boil in medium saucepot over high heat. Stir in macaroni and reduce heat to medium-low. Cook, stirring frequently, until macaroni is soft (slightly past al dente), 6 to 8 minutes. Add American cheese, mustard, and cayenne and cook, stirring constantly, until cheese is completely melted, about 1 minute. Off heat, stir in cheddar until evenly distributed but not melted. Cover saucepan and let stand for 5 minutes.
2. Stir macaroni until sauce is smooth (sauce may look loose but will thicken as it cools). Season with salt and pepper to taste. Transfer to warm serving dish and serve .

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
2022 Schedule

Critics Choice
 (comedy)

June 23, 24, 25 @ 8pm
 June 26 @ 4pm
 June 29 @ 2pm and 7pm
 June 30, July 1, 2 @ 8pm

The Drowsy Chaperone
 (Musical - Winner 5 Tonys)

July 7, 8, 9 @ 8pm
 July 10 @ 4pm
 July 13 @ 2 and 7pm
 July 14, 15, 16 @ 8pm

Halfway There
 (comedy)

July 21, 22, 23 @ 8pm
 July 24 @ 4pm
 July 27 @ 2 and 7pm
 July 28, 29, 30 @ 8pm

Kings Night Out
 (comedy)

August 4, 5, 6 @ 8pm
 August 7 @ 4 pm
 August 10 @ 2 and 7pm
 August 11, 12, 13 @ 8pm

Dirty Rotten Scoundrels
 (musical comedy)

August 18, 19, 20 @ 8pm
 August 21 @ 4pm
 August 24 @ 2 and 7pm
 August 25, 26, 27 @ 8pm

Great Expectations
 (Charles Dickens)

September 1, 2, 3 @ 8pm
 September 4 @ 4pm
 September 7 @ 2pm
 September 8, 9, 10 @ 8pm

Anything to Declare?
 (comedy)

September 15, 16, 17 @ 8pm
 September 18 @ 4pm
 September 21 @ 2pm
 September 22, 23, 24 @ 8pm

2022 TICKET PRICING

| | <u>In Advance</u> | <u>At The Door</u> |
|---------------------------|-------------------|--------------------|
| <i>Adults non-musical</i> | \$24 | \$26 |
| <i>Adults musical</i> | \$26 | \$28 |
| <i>Cabaret Seating</i> | \$40 | \$45 |
| <i>Children (4-7)</i> | \$18 | \$20 |

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 9TH
 AT
 SUNDOWN**

ANNUAL RIVERWALK FESTIVAL
Saturday August 6th

The Fifth Annual Riverwalk Festival will return on Saturday August 6th in Newport's beautiful Riverwalk Park. The festival continues to uphold its mission to offer all children's events free and for no admission!

Of note this year, the giant water slide will be back! Yummy food, corn hole competition and a beer tent for adults will also be featured. The talent show will offer fun for all as well as the new addition of a "celebrity chef" who this year comes from Cajun Country!

Favorites such as the Great Seabasticook Chili Cook Off, whacky parade and duck race will also return. The festival will be raffling two kayaks with paddles and PFDs and this year there will be a presale of tickets at local businesses. Join us for the fun of this one of the highlights of Newport's summer.

If you would like more information or would like to volunteer (before and/or the day of) please contact the town office, 368-4410.

Happy Summer!

A Voice from the Past

By Tom Hannula

One of the original founders of The Lake Association

A Water Quality Monitor for over 30 years

The Principle advocate of the Extended Drawdown

In the 2018 Fall newsletter, several people thought that new members and property owners needed a history lesson on the former and sorry condition of Lake Sebasticook. As someone on the frontlines in the effort to restore “Nasty Sebasty” (as my daughters referred to Lake Sebasticook), I thought I was well-qualified to answer that call.

My family had purchased a cottage on Grove Street in the early seventies. It had an acre and a half of land with 200' of frontage and 100' of sand beach, ideal for a family with two young daughters. We were looking for affordable lake property and one of my colleague's at the university thought that Sebasticook should start improving because Corrina had just built a sewage treatment plant and Snow Flake Canning had burned to the ground and was not going to be rebuilt. After a couple of months of living on the lake and experiencing Sebasticook's condition, I arranged with a UM colleague to give a talk about lake eutrophication and Sebasticook's condition. As a result of that talk, several of the people at the presentation suggested that we have a meeting to form a lake association. The meeting was held at the East Newport fish and game club house. Approximately 30 people attended the meeting and voted to form the *Sebasticook Lake Association* with Dana Brown and myself as co-presidents. Thus began our efforts to improve Sebasticook

This was a time with increasing concern nationwide about impact of water pollution resulting in the passage of the federal clean water act in 1972. The Maine DEP was beginning to monitor lake pollution and to form the basis for the Lake Division. The EPA had just finished a year long study of Lake Sebasticook and the sources of its problems.

How bad was the lake in the last half of 1900's?

In the 1960's, Newport residents finally started to raise a concern about the massive algal blooms and fish kills that plagued the lake. In addition to front page articles in the Bangor Daily News, the EPA sent a team to study the lake and to document the source of the nutrients causing the algal blooms. The Maine DEP's new Lake Division assigned Dave Courtemanch to lead a study of the lake, a study which pointed to the industrial discharges from Snowflake Canning and Eastland Woolen mill, domestic sewage discharges at Corinna and Dexter together with the agricultural runoff as the major sources of phosphorus feeding the algae. It should be noted that these studies did not list phosphorus release from the sediments as a major source.

How bad was it? Here are some of my observations:

- ◆ Lake Sebasticook along with Lake Annabessacook were considered the two most degraded large lakes in Maine.
- ◆ Lake activity peaked around the 4th of July. Even on nice weekends in late July and August there was little or no boat activity on the lake. Many of the cottages on the lake were not used and in poor condition.
- ◆ Little to no new construction along the lake shore occurred in the 1960's and 1970's.
- ◆ No bass fishing tournaments were held on the lake and little other fishing was apparent.
- ◆ I rarely had a secchi disk reading above 2 m, most where between .5m and 1.5m.
- ◆ On one occasion, I had a zero secchi reading until I stirred the water to get a 0.1m reading.
- ◆ During massive blooms you could float a quarter on top of the bloom.
- ◆ One sample algae bloom on our lake were analyzed by a colleague, yielding a phosphorus reading of 15 ppm one thousand times DEP's desired maximum lake reading. of 15 ppb. Another sample filled a glass bottle with a thick green mess from top to bottom
- ◆ Water samples from the deep hole sampling station had P concentrations over 1000 ppb near the bottom.
- ◆ Wayne Whittaker likes to tell about boat trip he took during a calm day during a major bloom. He left his boat dock on Barrows Pt and went across the lake. He says he was able to return to Barrows point following his original path through the bloom.
- ◆ My wife Lydine frequently took our two young daughters to Dexter to swim in Lake Wausakeag on hot summer days
- ◆ We thought we had good water conditions when we could see our feet when knee deep in the water (about 1m deep).

I spent the 70's and 80's working with Dave Courtemanch and developed a computer model to study the P dynamics of the lake. We documented the massive release of P from the sediments. The models showed that we could take advantage of the fall turnover in the lake to export significant amounts before it returned to the sediments when then dead algae returned to the sediments. Rough estimates of the P discharged during the fall drawdown from 1982 to 1991 ranged from 1000 to 6500 kg P with an average over 2600 kg P. The export of P decreased from 1991 to 2004 (when my family moved to Colorado,) but still averaged over 1500 kg per year.

(Continued on Next Page)

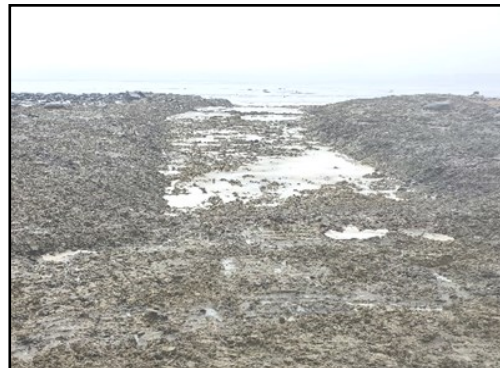
(A Voice from The Past, continued from Previous Page)

The Lake Association should continue measuring the DO concentration below the thermocline and be concerned if the DO concentration goes to 0 near the sediment. If the concentration goes to 0, phosphorous will be released from the sediment. The start of the fall drawdown should be started when the fall turnover occurs. At this point the P concentration at the surface will be a maximum and the discharge of P from the lake will be maximized. I think the fall drawdown should be continued even when the lake appears to be in good condition. Lake Sebasticook has a large watershed with significant agricultural activity. It will always have significant amount of phosphorus in water flowing into the lake. The drawdown is an efficient way of both removing and keeping phosphorous out of the lake.

Major Violations of our Shoreland Zoning Code and our Lake

There are two current major violations under investigation by the Town and Maine DEP involving the construction of two private and unapproved boat launching areas. These violations involve the construction of two approximately 250' trenches 30 feet wide and 2-3 feet deep, being excavated into the lakebed during drawdown (See photos below). The DEP has sent notice of violations to the two shore owners and will require them to return the disturbed lakebed to its original condition. This cannot be corrected until after our fall drawdown. Financial penalties have not yet been determined. While there has been great outrage by lakeside owners as many have participated in some of the nearly 50 years of work to restore our lake. A lesson can be learned from this violation. That lesson is that any unusual work done in or near our lake should be reported to the town. It's not snooping, it's saving the lake from further damage which means increased algal blooms and decreased property values. So be mindful of what is happening on the lake and call the town and inform Lake Association officers if you feel something has or is occurring contrary to State law and to the vitality of our lake.

In the past we provided flyers to the previous Code Enforcement Officer to give to new lakeshore owners. This is something we need to re-establish to ensure that new owners are aware of the Shoreland Zoning rules and why they are important. And perhaps we need to bring this to the attention of Real Estate agents, too.



Septic Systems and You

By Debbie Ferrell

The Sebasticook Lake Grant Application Committee is working with *EcoInstincts*, a firm hired by the town to write a grant application, to obtain funds for a new comprehensive plan for the lake. Our last one was over 20 years ago. The project objectives then and now are to identify and assess sources of nonpoint source pollution, educate watershed residents about the impacts of nonpoint source pollution, and develop a plan to work with landowners to resolve problems. One of the expected surveys will be septic systems within the watershed.

There are many articles from both the state, Maine university extension, and other sources. Living on our lake means having a septic system to process waste. Living by a lake means being responsible for ensuring that your septic system is operating efficiently.

Maintaining your septic system is relatively easy and inexpensive and will help your system work properly for decades. Ignoring septic maintenance can lead to system failures, requiring costly replacement of either the tank, the leach field or both. Replacement costs will include consultants and contractors to design and install the new system, local and state permit fees, and the actual system components. Replacing septic systems beside lakes may have additional costs, as Maine's Shoreland Zoning laws require new septic systems be placed at least 100' from the water's edge. Many older camps have systems that are grandfathered and may be located much closer to the shoreline. To keep our lake clean, to protect water and your health and to save money, make septic maintenance and care a high priority at your lakeside home. See our Sebasticook Lake Association website under Lake Life to find out more about septic systems.



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 2022—July 2023 :
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 2022 ISSUE

ADDRESS SERVICE REQUESTED



22 Loon Drive
NEWPORT, ME 04953