

Fathoms

The Newsletter of The Sebasticook Lake Association

Volume 30
Number 2

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

November
2023

President's Message

"All water has a perfect memory and is forever trying to get back to where it was."

~ Toni Morrison ~

Greetings!

It seems that not so long ago I was writing the President's Message for the Spring newsletter. The summer went too quickly, once it stopped raining and became sunny and warm. But the rain brought with it a surprisingly lovely gift – the best water clarity we have had in my 66 years on the lake!!

Now, the rain itself cannot take the credit for the fabulous water quality we had, rather, the need to open and close the dam gate 17 times in order to manage the water level seems to be a contributing factor to the water clarity. The process of opening the dam gate so frequently allowed water with summer-high levels of phosphorus to leave the lake, each time decreasing the level of phosphorus available for algae to grow. The result was the water was much clearer than I have ever seen for the entire summer season.

Is this phenomenon confirmed by the water scientists in Maine? Heck, no. Has Jen Jespersen from *EcoInstincts*, the company conducting the new watershed study, confirmed that multiple manipulations of the dam gate is the cause of the great water quality in the summer of 2023? Heck, no. Going forward, will the dam gate be opened several times every summer in order to move Phosphorus out of the lake? Heck, no.....well, maybe, if there is as much rain as we had last summer.

Meanwhile, the 2023-2024 watershed study project continues, the results of which should provide new information regarding the annual draw down. Do we continue with it? The answer to this question will lay the foundation for future grants to improve the roads, culverts and buffers that help to manage runoff and erosion. All this to support Lake Sebasticook and help her be the clear water gem that we all know she can be.

Happy Winter, be safe, and see you next year!!

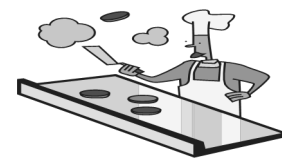
Muffy

ANNUAL MEETING

Saturday July 6th 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 dessert. Thanks.

Contact New BBQ Chairperson: Heidi Hutchins heidihutchins@yahoo.com



Lake Association Officers


President – Muffy Pare 207-368-5424
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Vice President - Deb Ferrell 368-4769
Secretary- Darcy Parlee 461-2452
dlparlee@yahoo.com
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andre@andrecushing.com
Tom Quintino 775-570-1924
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Dam Committee – Deb Ferrell 368-4769
daferrell11@gmail.com
Membership Committee – Allan Fernald 368-5492
Nominating Committee - Dick Stone 368-2272
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Claudette Amaroso
amorosojt@aol.com

“Fathoms” Newsletter Staff

Debbie Ferrell 368-4769
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Rick Perlmutter 249-5533



**Sebsticook
2023 Annual Loon
Count**

**33 Adult Loons
One Chick**

**TRANSFER
STATION
HOURS**

**Tuesday thru Friday 8 am to 6 pm
Saturday 8 am to 4 pm
Closed Sunday and Monday**



ASSOCIATE MEMBERSHIPS

For those of You
Who Wish To Be Part of
The Sebasticook Lake Association
Yet Do Not Live on the Lake
\$8 Per Year
Includes
“The Fathoms” Newsletter



Sebasticook Lake Association
Caps and Shirts and Canvas Bags
Make Great Christmas Presents

Show off your membership in the Lake Association
and support it at the same time!
Check them out at the annual meeting or
Contact Muffy 368-5424

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 addressed will be used only for Lake Association business and will *never* be given out.

Sebasticook Lake Water Quality Report 2023

By Donnie Gross

Welcome to fall everyone!

The lake monitoring committee has been extremely busy this year, gathering data, surveying the watershed, and collecting water samples. All this thanks to the grant for the study which has allowed us to collect and analyze the state of Sebasticook Lake. Many thanks to all the participants in surveys and collections and a special thanks to Allen Whitaker and Jim Ricker for their commitment to see this summer's schedule through.

Throughout the summer, Allen and I gathered readings twice a month. Secchi disk readings, oxygen readings, and collected water samples were all taken to the state lab for analysis.

The Secchi disk (how deep can we see) visibility was better than in years past, seeing over 3.2 meters for the better part of the summer. This was about a 1 meter better than in previous summers. Oxygen levels were higher for longer and even at greater depths than last year. The Water temperature was continuously lower, usually by a few degrees. In comparison, in Green Lake, Secchi disk readings were 10 meters, oxygen levels higher to 10 meters, and phosphorus measurements of 0-2ppb.

In Sebasticook, there were no massive algae blooms this summer, as was the case statewide. State biologists said that this was due to cooler and wetter weather inhibiting the algae bloom process and also because we flushed more water downstream.

In proof of that, we collected water samples at 1,3,5,7,9,11,13,15 meters of depth and sent samples to the state lab for analysis. Phosphorus was the main thing measured and this year phosphorus levels were at 3 to 15 meters and ranging from 18 PPB (parts per billion) to 12 PPB on one of our reading dates. To compare that, the last time this was measured (2018?), the range was 30 PPB to 18 PPB, seemly a wonderful improvement. As a note, some might remember 1970's numbers were over 200 PPB.

The 2001 Maine DEP lake assessment has been the "standard of care" followed to help maintain and improve the health of our lake. This process began with data in 1997 and was completed and reported in 2001. At that point, Secchi disk readings measured only 2.1 PPB. Phosphorus was 16 PPB and up.

So, we are seeing some improvement but still have a lake that is suffering. The lake draw-down and flushing have made drastic improvements in phosphorus, or it would still measure in the hundreds PBB. The 2001 recommendations were to draw down the lake upon bloom. Which, as we know, could be July or August. However, that recommendation has not been followed, thus drawdown has been happening in early September.

As our current survey wraps up, the company analyzing the data will give us perspective and continue to help us to find grants that help mitigate the weak areas contributing to the lake's health. There is more that can be done to help the health of the lake. We all want 12 months of use and access. However, I think we can all agree we want a healthy lake. Stay tuned. Enjoy the seasons.



Newport's construction zone in November: Newport Carwash on left, Aroma Joe's on right. Opening soon?

SEBASTICOOK LAKE ASSOCIATION MINUTES JULY 8, 2023

The meeting was held at the American Legion Hall in Newport, Maine on Saturday at 10:00 a.m.

There were 61 people in attendance.

The meeting opened with the Pledge of Allegiance.

New Members - Heather Minard- 300 Grove St, Eric Parker, Dr. Parker's grandson, neighbor to Muffy on Grove St, the Clark's on Maplewood and Michael Holmes and his wife, Cheryl, over by Durham Bridge. We asked all the new members to please add their names and email addresses to the list for the newsletter and any other information going on.

Fireworks Committee – Mike Vining – The meeting will be held tonight at 9:15pm. Please have your lights on your boat for the fireworks. The LoConte's donated again, and we didn't think they were going to. Muffy stepped up and got the donations coming in and harassed everyone in town. On a personal note, Mike is going to Tim Baird's memorial service, so that's why we're having him report early in the meeting. We are in good shape for the fireworks and donations. They will be held rain or shine as we've already committed to them coming. They are packed and, on their way, so no turning back.

Secretary's Report - It was motioned to accept and approve the 2022 minutes.

Treasurer's Report – Andre Cushing – A copy of the report was handed out to everyone, and it was motioned to accept and approve the 2023 report. We run on a fiscal year of July 1st to June 30th. We raised enough money this year for the fireworks to also cover next year's. So, going forward, we'll continue to raise money for the fireworks each year and always have enough in reserve for the next year, so when we sign the contract, we'll already have the money on hand.

Volunteer Lake Monitor Program and Congress of Lake Associations (Maine Lakes) \$250 and \$200 respectively. About 10 years ago we voted to always donate to the above groups.

We offer to pay for the fuel used to check the water quality. It was voted to reimburse the state certified people for their expenses of fuel.

Buoy Committee - Richard Stone – The state took over the buoys a few years ago. We are required to check them every two weeks to see if any have moved. There are about 20 buoys on the lake that we need to check. The safety zone is 200' out. There are a lot of people that are illegally running jet skis around such as being underage and also not knowing the rules of the lake. What can we do? It was suggested to put a sign up at the boat launch regarding what the buoys mean. The state owns the boat ramp and the lake.

Cookout Committee - Heidi Hutchins and Cookout Expert Emeritus Barb Cloutier – The BBQ committee has the good fortune of finding some new volunteers. Heidi Hutchins thanked Barb for 40 years of her service and Heidi will be heading up the BBQ Committee now. Heidi is glad to be a part of the association and asked everyone to sign up for the gift basket that she brought in.

Membership Committee – Alan Fernald - Alan is at a service so Muffy read Alan's notes – There are 335 total members. Total dues received were 218 out of the 335. Total received was \$2180. Dues are \$10. So, we receive 65% of the dues from the total number of people on the lake. The lowest participation on the lake is from the areas of Camp Benson, Maplewood and then Durham Bridge.

Water Quality Testing – Allen Whitaker – Allen has received the final certification with the state and DEP. They are also doing total phosphorus grabs with the watershed survey. Four secchi disc readings so far this year. The first one was 2.8 meters. 6/12 was 2.85 and the last two times they were 3.23 meters. This past Thursday was 3.21. The dissolved oxygen has been going down.

Newsletter Committee – Debbie Ferrell – If you didn't get a newsletter, please write your name and email on Debbie's list that she has. They used the tax bill information from the Town of Newport for the address to send out the newsletters and they received quite a few back. There are only three members on the newsletter committee, so they are looking for new volunteers. Or, if you have any suggestions or information that you would like to see in the newsletter, please let them know.

Old Business – Debbie Ferrell – Websites - Debbie built the website. If there is anyone in the crowd that enjoys working on websites or updating them, Debbie welcomes anyone that might want to take it over.

A question was asked if there was a good response from the Septic Survey. About 80 were sent back out of over 300. We're hoping a lot of people completed theirs online. It was only sent to waterfront lots but people not directly on the lake are also welcome to complete the survey. It won't hurt.

(“Minutes” Continued on Page 7)

The Lake Book

Everyone should look at the fourth edition of *The Lake Book* which was developed by Maine Lakes and FB Environmental Associates with funding provided by the Margaret Burnham Charitable Trust, Maine Outdoor Heritage Fund. and Curran & Woodard Foundation.

You can either purchase the book for \$8.50 or download the PDF version for free at www.lakes.me/lakebook.

I think you will really enjoy all the information, explanations, and pictures it provides

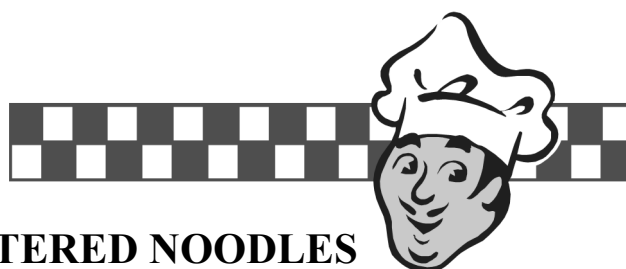
DID YOU KNOW?

The Newport Cultural Center offers the following:

Free downloadable eBooks and audiobooks through the cloud library. You can access the cloud library at <https://www.yourelibrary.com>

Free downloadable comics and graphic novels through ComicsPlus. For first time users follow this link to set up your account: <https://www.maineinfonet.org/comicsplus/digitalmainecomics/>

Cooks Corner



GOCHUJANG BUTTERED NOODLES

From the Kitchen of Rick Perlmutter

Korean food seems all the rage these days and all the ingredients needed can be found in almost any market, Hannaford included. These noodles are simple to prepare and offer a really uniquely wonderful flavor. Everyone that I have shared this recipe with has raved about them. I have served them with shrimp (our favorite), pieces of chicken, and even meatballs (all of course, cooked).

1 pound spaghetti or other long pasta
6 tablespoons unsalted butter
12 garlic cloves, finely chopped (about ½ cup)
Kosher salt and black pepper
¼ cup gochujang paste (Paste NOT sauce)
¼ cup honey
¼ cup sherry vinegar or rice vinegar
Finely chopped cilantro or thinly sliced scallions (optional)

Bring a large pot of water to a boil. Add the spaghetti and cook according to package instructions. Reserve 1 cup of cooking water. Drain the spaghetti and return to its pot.

While the pasta cooks, melt 4 tablespoons of the butter in a skillet over medium-low. Add the garlic and season with salt. Cook, stirring occasionally, until the garlic starts to soften but not brown, 1 to 3 minutes.

Stir in the gochujang, honey, and vinegar, and bring to a simmer over medium-high. Cook, stirring constantly, until the mixture reduces a bit, 3 to 4 minutes.

Transfer the sauce to the pot with the spaghetti and add the remaining 2 tablespoons butter. Vigorously stir until the butter melts. Add splashes of the pasta cooking water, as needed, to thin out the sauce and cover the pasta. Taste and season with salt and pepper, as desired. Top with the chopped cilantro and/or scallions (if using) and serve.

What's New Around Town

By Rick Perlmutter

Newport just seems to be growing and growing. With each edition of *FATHOMS*, we seem to be announcing new businesses. And this past summer, we have been watching three new additions inch their way to completion. It does seem like the Maine way of doing things that builders take on a bunch of projects and then spend only a day or two each week working on each one of them. It makes sense but it sure necessitates a lot of waiting. The *Newport Car Wash* and *Aroma Joe's* fit this scenario. I am even beginning to think that these new businesses might actually open *this* year. Time will tell. As for the conversion of Tim (and Wendy) Horton's to *Taco Bell*, here it is November and the restaurant appears to be only days from opening.

Another new offering is *Sprinkles on Top*, a frozen yogurt shop. *Sprinkles* is located right next door to the post office. This frozen yogurt store features uniquely delicious soft serve frozen yogurt that I found to be the best frozen yogurt I'd ever tasted. I enjoyed a swirl of chocolate and peanut butter frozen yogurts. If this sounds good to you, consider that *Sprinkles* also features more than fifty different toppings, running the gamut from hot fudge sauce to crushed peanut butter cups and M&Ms. With both indoor and outdoor seating, this is certainly a place we will want to support and enjoy throughout the year.

At last something is happening with the old Pando building. The appearance of a new sign announces the launch of a "Japanese Hibachi Steakhouse" called *Crazy Sumo II*. *Crazy Sumo I* is located in Ellsworth and looking at its online menu makes me see that something very different is coming to town. And it indeed looks tasty. The projected opening date is December 21st.

Because Newport is such a crossroads center, yet another cannabis shop has opened and another has been renamed. *Karma Cannabis*, a medical dispensary, has opened in the small shopping center on Main Street just past Five and Dime. What used to be the medical dispensary *Tumbleweeds* on Route 7, is now *Reefer Reds* and is under new management.

Other business movements include *The Bargain Barn* moving to the old *Endless Herbs and Natural Foods* store on Main Street. And finally, Ware-Butler Building Supply and its parent company Pleasant River Lumber have purchased Crescent Lumber, which is now *Ware-Butler Building Supply*.

A Big "Thanks" To All 2023 Fireworks Sponsors!

Ralph & Ruth Webber
Goody & Roz Gilman
Jim & Debbie Ricker
Jeff Swimmer & Gayle Gilman
Eric Parker
Wayne & Diane Hawes
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Bear's One Stop
Maine Fireworks
Newport Fireworks
Newport Entertainment
Lovely's Motel
Susan Lapointe
Newport Chiropractic
Hydrograss Corp.
The Lacontes
Dave & Christine Hamlin

(Minutes, continued from Page 4)

New Business – Online Donations – Andre Cushing - Pay Pal, Venmo, and Zelle are all forms of payment and Andre could use one of those for online payment or donations on our website. Andre is researching and will pick the best one suited for us. Venmo has had some hacking as of late, so we might not use that one. We'll still accept checks for payment, but this will just be another option.

New Board Members – Muffy said they needed a couple more people on the board and that the officers could be rotated every two years. Board members should meet four times a year. Six people from the committees were picked and all agreed to be on the board. The four officers currently are also part of the Executive Committee.

Miscellaneous – Crystal Jackins – Durham Bridge area – She loves loons and taking care of the animals – a lot of herons were found dead in the Rookery over by Nokomis. Crystal would like to have more volunteers for Avian Haven. She would like to get volunteers to run birds or animals to Avian Haven in Freedom, Maine or to assist with getting animals to a safe spot or getting fish line out of the mouth of a bird. She has pen and paper and would like to get people to sign up. We will put Crystal's contact information in the next newsletter.

It was suggested by Barefoot Bay Sportswear that they could draft a logo for us if we didn't have one. We have used Berg Activewear in the past for our design. Muffy has taken some items to the Riverwalk Festival in the past. We haven't had a big fundraiser by marking up our items at 200%. Heidi had an idea about possibly putting more on Facebook or social media to advertise about the lake association and make people aware of it. A place where people could submit photos, etc.

Is there going to be a rotary at the triangle. The DOT is moving forward but might not start until 2024 or 2025. It also includes putting an exit on Ridge Road. There is a Facebook page with information about the rotary.

Has anyone heard anything about Hamlin's Marine? It is a 10-year plan. There is a proposal for another public boat launch and slips for float planes. Muffy has invited them to do a presentation. Hamlin's has donated to the lake association. It was asked if Hamlin's had been involved in participating in the clean-up of the lake and no one was sure about that.

It was asked about the people that dug up the lake and Muffy referred them to speak with Jim Ricker.

Darcy asked for volunteers for the annual Maine Audubon Loon Count. She asked if anyone was interested in helping in the Camp Benson, Maplewood and Durham Bridge areas. A new person from Maplewood volunteered. This will be a great help.

Next year's meeting will be Saturday, July 6th at 10:00 am at the American Legion.

Jen Jespersen is here regarding the Watershed Survey and has a presentation for us. The presentation can be emailed to anyone that would like a copy.

Motion to adjourn at 12:16 pm after a very good presentation from Jen Jespersen.



Horse-Driven Old Newport



Sebasticook Lake Association

www.sebasticooklakeassociation.org

Membership Form

Name _____

Address (Summer) _____

Address (Winter) _____

Telephone (Summer / Winter) _____

E-Mail Address _____

Please check if this is an address change

Dues for January 2023—December 2024:

Regular \$10.00 Associate \$8.00

Make Checks Payable To:
Sebasticook Lake Association
c/o Andre Cushing
123 Maplewood Road
Newport, Maine 04953

FALL 2023 ISSUE

ADDRESS SERVICE REQUESTED



22 Loon Drive
NEWPORT, ME 04953