



Fathoms



The Newsletter of The Sebasticook Lake Association

Volume 30
Number 1

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

June 2023

President's Message

"Deep roots never doubt Spring will come"

Marty Rubin

Greetings and welcome back to the folks who spent the winter in the sunny south – I hope you did not have any leaky pipes when your water was turned on. Now starts the process of raking and mowing the lawn in preparation for all of the anticipated fun gatherings at camp this summer!

Things are off to a great start for the new Watershed Management Study with the successful completion of the 2-Day 'Boots on the Ground' runoff/erosion/culvert survey. On page 7 there is information about the undertaking of the project that will help ALL of us learn more about challenges to our lake water quality, to understand the rationale for implementing a plan to help improve the health of our lake, and to ensure that we can continue to enjoy our time at camp in the great state of Maine.

The conservation engineering firm of EcolnInstincts is guiding the Watershed Study process, with Jen Jespersen at the helm. She will be the guest speaker at the annual Sebasticook Lake Association meeting on Saturday, July 8, 2023 at the American Legion Hall starting at 10:00 a.m., and she will discuss the progress of the study thus far and field all the questions you have.

While winter here is long, cold and dark, I never doubt that the ice will melt and Sebasticook Lake, like a much loved family member, will provide deep rooted comfort, while it trusts that we will be good stewards to ensure that its own restorative spring will always come.

Happy Summer,
Muf

ANNUAL MEETING

**10 AM Saturday July 8th
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
207-416-2264
Herhighnes@midmaine.com
VP— Deb Ferrell 368-4769
Secretary- Darcy Parlee 461-2452
dlparlee@yahoo.com
Co-Treasurers – Andre Cushing 207-745-6776
Tom Quintino 775-570-1924

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 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**



The Newsletter of The Sebasticook Lake Association

Volume 21 Number 2 Our association was formed in 1972 to improve and maintain water quality and the general conditions of Sebasticook Lake. October 2013

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.

NEW AROUND TOWN

Spring 2023

By Rick Perlmutter

This past Winter has been busier than usual when it comes to new businesses and plans for new businesses. First things first (and that of course means food), plans have been finalized to convert the old *Tim (&Wendy) Horton's* to a *Taco Bell*. Word is that staff members have already begun training in the Augusta Taco Bell. *Aroma Joe's* will be another welcome addition to Newport and its construction has already begun in the empty lot next to the Sebasticook Credit Union. "*AJ's*" will feature muffins, bagels, pastries, donuts, a variety of breakfast sandwiches, and of course, freshly brewed coffees. We are also very pleased to announce the opening of *The Country Whisk Bakery*, located in the log cabin on route 7 just beyond Varney Ford. I have personally sampled some wonderful brownies, cookies, and eclairs, all made right on sight and all delicious. More than just a bakery, The Country Whisk also features soups and sandwiches. It's a great place to go for lunch or a treat.

Also new to our area is the *Sunshine Apothecary*, located in The Newport Plaza. Sunshine Apothecary features a variety of products for alternative and holistic health as well as its own brand of handcrafted salves, creams, oils, and chaga and essiac teas.

Two new cannabis stores have also opened in Newport. *Five'n Dime* occupies the old Walgreens building while *Brothers Cannabis* is located next door to Hank's Husqvarna, where the Trailside Discount Outlet used to be. Both offer large selections of *recreational* cannabis, a first for the Newport area. Word is the yet another cannabis outlet will be built on Route 7 just north of Newport Eye Care.

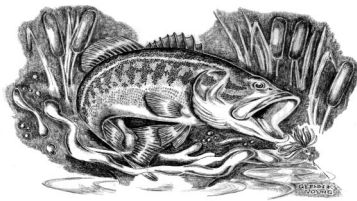
In the same lot as Aroma Joe's, adjacent to the Sebasticook Credit union will be an automated car wash, also now under construction. This will certainly be a welcome addition, especially during mud season!

Yet another new offering is *Janelle Bags*, maker of fine, handmade leather handbags. Janelle Bags is located on Route 7, just beyond and across the road from Rowe's. Drop in to see some very attractive creations.

As for the Caribbean restaurant we reported on in last Spring's newsletter, the sign that had once announced its pending arrival and tentative opening has been removed. We guess that this means that there are no longer plans afoot for this eatery, which had been slated for the old Pando building. We'll just have to wait and see. It would be nice to see a new restaurant in our town, though.

Yet another rumor is that *Hartley's Chrysler-Dodge* has been purchased by Darling's. No signage change has been noted yet but we expect something soon.

2022 Sebasticook Fishing Tournaments



7/8/2023 Central Maine Bassmasters
Joshua Blackwood 207-240-9708
Club/Weigh In

8/12/2023 Androscoggin Bassmasters
Anthony Dulac 207-449-2811
Club/Weigh In

8/19/2023 Central Maine Bassers
Zachary Harts Grove 207-341-5675
Club/Weigh In

8/27/2023 Maine BASS Nation
Robert Smith 860-208-2500
Open/Weigh In

DONATIONS FOR OUR FIREWORKS SHOW

Include Your Donation
With Your Dues
And
Bring To Our Meeting or Send Them To

Andre Cushing
123 Maplewood Road
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/>



CHOCOLATE LOVERS COOKIES

If you are a serious chocolate lover, these cookies are for you. CAUTION: May be habit forming.

1/3 cup ALL PURPOSE FLOUR
1/4 teas BAKING POWDER
9 oz UNSWEETENED CHOCOLATE
4 Tab UNSALTED BUTTER
2 EGGS at room temperature
1 1/3 cup GRANULATED SUGAR
1/4 teas SALT
1 1/2 teas FINELY GROUND COFFEE
1 teas VANILLA
1/2 cup WALNUTS coarsely chopped and

1. Position oven racks in lower and upper thirds of oven and preheat oven to 350. Line 2 baking sheets with parchment.
2. Stir together flour and baking powder in small bowl
3. Place chocolate and butter in double boiler and set over gentle simmer until melted. Mix until smooth.
4. In the bowl of a stand mixer, combine eggs, sugar, vanilla, salt, and ground coffee.
5. Beat at medium speed for 10 to 12 minutes, until mixture becomes thick and fluffy.
6. Add chocolate/butter mixture, reduce mixer speed to low, and beat for 2-3 minutes, scraping sides of bowl as needed.
7. Remove bowl from mixer and flour and nuts if desired. Drop dough by heaping tablespoons onto prepared baking sheets, 12 per sheet. Bake for 10 to 12 minutes, rotating pans after 5 minutes. When cookies are done they will have a matte finish and begin to crackle. DO NOT OVERBAKE. Transfer to cooling rack.

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
2023 Schedule

2023 TICKET PRICING

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

THE GREAT KOOSHOG LAKE FISHING DERBY -

Comedy

June 22, 23, 24 @ 8:00 PM

June 25 @ 4:00 PM

June 28 @ 2:00 & 7:00 PM

June 29, 30 JULY 1 @ 8:00 PM

HALF TIME – Musical Comedy

July 6, 7, 8 @ 8:00 PM

July 9 @ 4:00 PM

July 12 @ 2:00 PM & 7:00 PM

July 13, 14, 15 @ 8:00 PM

HOPE AND GRAVITY – Romantic Comedy

July 20, 21, 22 @ 8:00 PM

July 23 @ 4:00 PM

July 26 @ 2:00 PM & 7:00 PM

July 27, 28, 29 @ 8:00 PM

CATCH ME IF YOU CAN – Drama

August 3, 4, 5 @ 8:00 PM

August 6 @ 4:00 PM

August 9 @ 2:00 PM & 7:00 PM

August 10, 11, 12 @ 8:00 PM

LEADING LADIES – Comedy

August 17, 18, 19 @ 8:00 PM

August 20 @ 4:00 PM

August 23 @ 2:00 PM & 7:00 PM

August 24, 25, 26 @ 8:00 PM

ANATOMIES – Comedy

August 31, September 1, 2 @ 8:00 PM

September 3 @ 4:00 PM

September 6 @ 2:00 PM

September 7, 8, 9 @ 8:00 PM

LAFERTY’S WAKE – Comedy

September 14, 15, 16 @ 8:00 PM

September 17 @ 4:00 PM

September 20 @ 2:00 PM

September 21, 22, 23 @ 8:00 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 8TH
AT
SUNDOWN**

**NEWPORT'S 2023
RIVERWALK FESTIVAL**

Newport's 2023 Annual Riverwalk Festival will be held on Saturday, August 5th at the Riverwalk Park in Newport. This year, *Mr. Drew and his Animals* will be featured for children, as well as inflatables and other stage events.

New to the 2023 Festival will be the *Pie in The Face* attraction. Nominations for this fundraiser will soon be on the Riverwalk Facebook page, so check it out. Also featured will be the popular annual events of the Chili Contest and the Talent Show, so don't forget to plan your entries. It looks like it's going to be another fun and successful festival for the coming summer.

This year's Riverwalk Festival will be lovingly dedicated to one of our original committee members, Linda Lawson Miller.

Lakeside Living : Caring for Your Septic System

Rick Perlmutter

We all know what septic systems are and most of us have one. Since these systems replace being connected to a sewer system, they really protect us, our neighbors, and our beloved lake from chemicals, bacteria, viruses, and nutrients from our household wastes. As important as our septic systems are to our lives, I think it is safe to say that we think of them only when they become a problem. Like everything else, having a septic pumped out has gotten more expensive over recent years. The good news is though, that septic system maintenance is relatively easy, inexpensive, and will keep your system working properly for decades. Ignoring septic maintenance, however, can lead to system failures and possibly subsequent replacement of either tank and/or leach field. Replacement costs beside lakes can also require numerous additional costs including special permits, consultants, and contractors. This might be an especially difficult problem for older camps with septic systems that have been grandfathered in.

Part of routine septic maintenance is having the sludge pumped out of your system periodically. This will prevent solids from compromising your leach field or having untreated wastewater running into the lake. Just how often should you have your tank pumped out? A table of tank size and number of occupants can be found at www.lakes.em/septic.

Another important factor to consider is water use. Excess water usage is a common cause of septic problems. Too much water from laundry, dishwasher, toilets, baths, and showers may not allow scum and sludge to separate. Reducing strain on your system can include flushing only for solids (toilets are the primary cause of water in the septic tank). Fix toilets that run as they can put 25 gallons or more in your septic tank every day. Use low-flow faucets and shower heads and high-efficiency washing machines.

Another factor to consider is the age of your system. Even the most meticulously maintained septic system will eventually age to the point at which it will no longer function adequately. So, if your system is an old one, it might be wise to have it inspected to insure that it is performing adequately.

More suggestions for keeping your septic system working:

Septic tanks require natural bacterial activity to breakdown wastes. Nothing but human waste and toilet paper should ever enter your septic system.

Household chemicals such as bleach, caustic drain openers, paints, pesticides, gasoline and motor oil harm the bacteria needed for effective breakdown and should never be dumped into sinks or toilets.

Anti-bacterial soaps should be avoided as they will interfere with the bacterial activity in the septic tank.

Do not use powdered soaps or detergents as they contain emulsifiers, which prevent fats from coagulating in the septic tank; and fillers, which clog the pipes in the leach field.

Do not add any septic tank additive or cleaner to your septic system that says it will improve function or prolong useful life. *Rid-X* and similar bacterial enzymes interfere with natural tank bacterial action, often causing accelerated breakdown of solids, turning sludge into a slurry which can then enter and plug up the leach field.

Never flush menstrual products, diapers, paper towels, baby wipes (including those advertised as “flushable”), dental floss or medication down the toilet

Town of Newport Solid Waste Fee Schedule 2023

The Newport Transfer Station is at 159 Cemetery Road
It is open Tuesday - Friday, 8 am to 6 pm.
The facility is closed on Sundays and Mondays.

Computer monitors, televisions	\$5 each
Computers, laptops, other electronics	\$4 each
Mattresses/couches	\$10 each
Box springs/ stuffed chairs	\$5 each
Car and trailer tires	\$4 each
Truck tires with or without rim	\$14 each
Snowmobile tracks	\$8 each
Car batteries	NO CHARGE
Refrigerators, freezers, Air conditioners	\$10 each
Rugs	\$.052 per pound
Hot Water Tanks, metals	NO CHARGE

MANDATORY RECYCLING

Household and commercial waste must be recycled by separating and placing in designated containers or areas: cans, cardboard, glass, #2 plastic to include milk containers (no covers), mixed paper, newspaper/magazines. Glass must be cleaned and separated for the following: clear glass or brown glass. NO lids, labels OK.

Motor oils must be contained and be checked by attendant before it is dropped off. Inert materials such as bricks, blocks, and ashes are not accepted.

Sebasticook Lake Association Septic System Survey

Septic systems can be a significant source of pollutants to Maine lakes, especially older systems, installed before 1974. SLA is working to better understand impacts of septic systems on our lake. Sebasticook Lake Association is conducting a survey of septic systems on the shoreline of Sebasticook Lake. If you own a home on Sebasticook, you can help.

2023 SLA Septic System Survey

Respond by July 1st and enter to win a \$100 gift card!

- All shorefront property owners will receive a paper survey by mail in June
- Or fill out the online survey at <https://forms.gle/jeZqEvAU7QthjvFo6>
- Everyone that responds will be entered into a drawing to win a \$100 gift card to Pratt Family Greenhouse



Responses will be used for the 2024 Watershed Plan to:

- ✓ Build upon current knowledge of septic systems in the watershed
- ✓ Estimate phosphorus inputs to the lake from septic systems
- ✓ Develop strategies to fund septic system upgrades
- ✓ Raise awareness about septic systems and water quality
- ✓ The survey will not be used for regulatory purposes

The SLA Septic System Survey is part of a larger effort to develop a 10-year Watershed-Based Management Plan for Sebasticook Lake in 2023-2024. Funding for the survey was provided in part by the U.S. Environmental Protection Agency under Section 604(b) of the Clean Water Act. The funding is administered to the Town of Newport by the Maine Department of Environmental Protection in partnership with EPA.



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 2023—July 2024 :
Regular \$10.00 Associate \$8.00

Make Checks Payable To:
Sebasticook Lake Association

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

Andre Cushing
123 Maplewood Road
Newport, ME 04953

SPRING 2023 ISSUE

ADDRESS SERVICE REQUESTED



22 Loon Drive
NEWPORT, ME 04953