



Fathoms



The Newsletter of The Sebasticook Lake Association

Volume 32
Number 1

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

June 2025

President's Message

The water doesn't know how old you are."
Dara Torres

Greetings and welcome to Summer 2025!!!

This summer will be a gangbuster... construction at the triangle, reconfigured traffic patterns, detours, and possibly bridge construction at the dam. This will be the PERFECT summer to stay at camp and sit on the porch!

Wait... EVERY SUMMER is the perfect summer to stay at camp and sit on the porch!

The lion's share of this message is a summary of the 2 year Watershed Study, which is now complete. As expected, there were a LOT of non-point sources of phosphorus (NPS) across the watershed – 172 to be exact – including public roads, culverts, private driveways, and beachfronts, with roads and driveways making up 48% of all of the NPS sites. Some of the identified sites are able to be remedied easily, with very little investment of time and/or energy. The lake association and the town are in the process of applying for a 319 Grant to help cover the cost of these improvements for property owners, and property owners will receive a letter if the watershed study team has any suggestions that would help you make improvements that will benefit Sebasticook Lake.

There is still a **lot** to be done in order to protect the gains and improvements that we have all seen (and appreciated) in lake water quality – more to come on that topic. Staying the course will only maintain what we have worked so hard over the last 45 years to achieve. Climate change, warmer temperatures, new development and increased usage of the lake and surrounding amenities could all have a negative impact on water quality.

The entire action plan for Sebasticook Lake comes with a whopping \$3,450,000.00 price tag! While this is too much money for us to consider as a whole, we can all make an effort to buffer our shorefronts, swale our culverts, grade our roads, let our yards grow a little (or a LOT) wild in places, and minimize our own carbon footprint on our gem of a lake.

I hope all of you have a fabulous, safe, healthy summer.

Muffy

ANNUAL MEETING

10 AM Saturday July 5th
At the American Legion Hall
With Cook Out to Follow



Bring Your Own Chair to the BBQ



Please help with the annual Barbecue by bringing a dessert.

And Remember to Sign Up for the Gift Basket Door Prize to be Given Away at the Meeting!



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
 dparlee@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

Cookout Committee – Heidi Hutchins 420-6016

“Fathoms” Newsletter Staff

Debbie Ferrell 368-4769
 Muffy Pare 368-5424
 Rick Perlmutter 249-5533
 Heidi Hutchens 420-6016

PLEASE 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:
 rickandgayleperlmutter@gmail.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
 all sell a variety of
**ZERO PHOSPHATE
 FERTILIZERS**

THIS YEAR'S ICE OUT APRIL 11, 2025

Earliest Ice Out: March 18, 2010
Latest Ice Out; May 9, 1939

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:
 rickandgayleperlmutter@gmail.com

Of course, e-mail addresses will be used only for Lake Association business and will *never* be given out.

2025 Maine Summer Fairs

- Springfield Fair ...** June 12 - 15
Pittston Fair ... June 19 - 22
Monmouth Fair ... June 25 - 28
Ossipee Valley Fair ... July 10 - 13
Houlton Fair ... July 11 - 13
Waterford World's Fair ... July 18 - 20
Bangor State Fair ... July 24 - 2
Northern Maine Fair ... July 26 - August 3
Union Fair ... July 30 - August 3
Topsham Fair ... August 3 - 9
Skowhegan State Fair ... August 7 - 16
Acton Fair ... August 21 - 24
Piscataquis Valley Fair ... August 21 - 24
Windsor Fair ... August 23 - September 1
Washington County Fair ... August 23 - 24
Blue Hill Fair ... August 28 - September 1
Harmony Free Fair
August 29 - September 1
Clinton Lions Agricultural Fair
September 4 - 7
Litchfield Fair ... September 5 - 7
Oxford County Fair ... September 10 - 13
New Portland Lion's Fair
September 12 - 14
Farmington Fair ... September 14 - 21
Fryeburg Fair ... September 29 - October 6

WHAT'S NEW AROUND TOWN

If you have yet to return to Newport after your winter in Florida (or some other warm place), you'll want to know about the new roundabout project, which is taking place where the traffic light used to be at the intersection of Route 2 and Moosehead Trail. This project already impacts all traffic in and around Newport. Scheduled to last until *late* 2026, it involves road closures and detours but, most significantly, the closure of route 7 and Moosehead Trail around the intersection of those roads. I must confess, though, that after a couple of weeks, except for getting to the post office from our side of the lake, the re-routing of traffic has not been too inconvenient. It all depends on what side of the lake you are living and where you are trying to go. See page 3 for maps of the completed project and of phase 1, which features road closures and detours and new traffic lights.

Another new project in Newport is the construction of the **Hometown Health Center**, down Route 2 just passed Tractor Supply Company. This medical clinic will offer a variety of medical as well as dental care. HHC mission is "to provide compassionate, comprehensive, affordable and accessible health care to people of all ages, regardless of economic status." For more information (including patient sign-up), visit their website at hometownhealthcenter.org.

After closing for some time, Newport House of Pizza has reopened as **Townie's Subs and Slices** with a similar menu. Another restaurant change brings an **iHOP** to Newport, taking the place of Big Stop. Also newly opened for business is **Marijuanaville**, yet another cannabis medical dispensary located in the old Aubuchon Hardware storefront.

And out on Route 7 North, you'll discover a few new businesses. **Hill View Mini-Barns** features an impressive collection of preassembled outbuildings, from sheds to small barns. And further out the road is **Vanessa & Abi's**, a children's consignment clothing shop. And there is also a new place to eat in Hartland, **Thai Palace Restaurant**. For more information, including the menu, visit thaipalacemaine.com. It is also worth mentioning that **Crazy Sumo** has closed permanently and that **Subway** has reopened.

DON'T MISS THIS YEAR'S

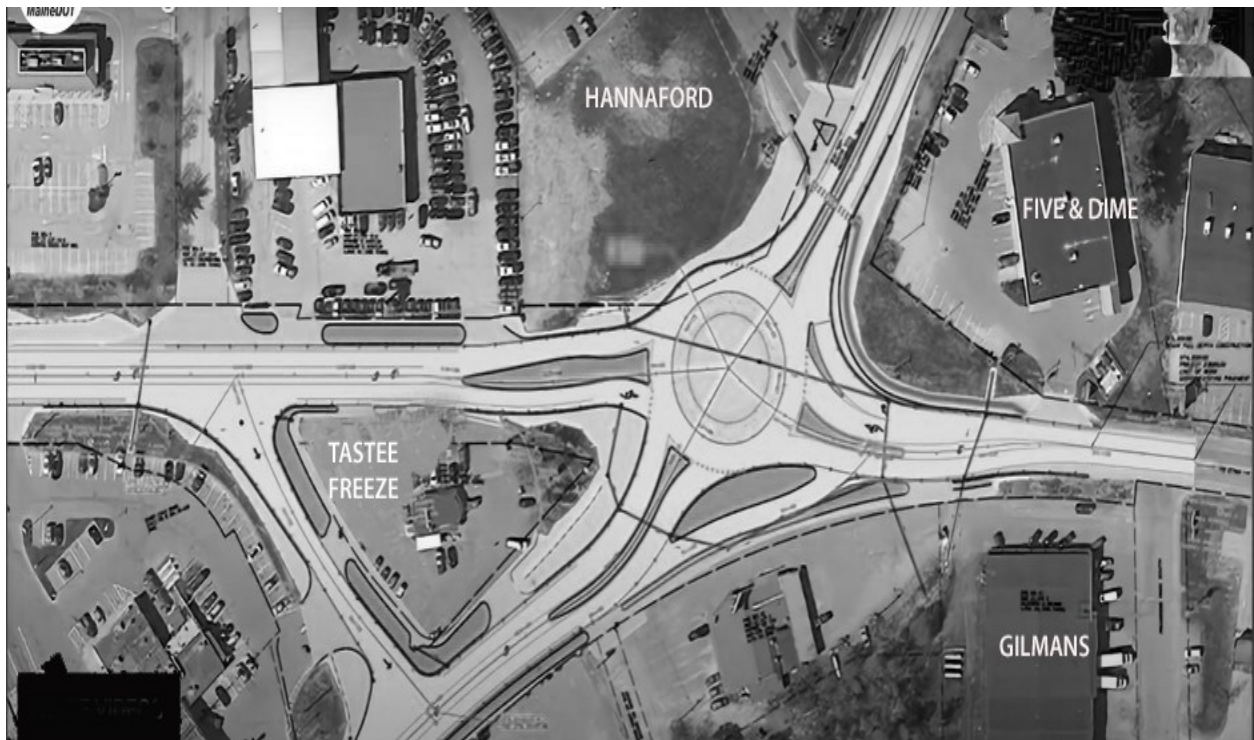
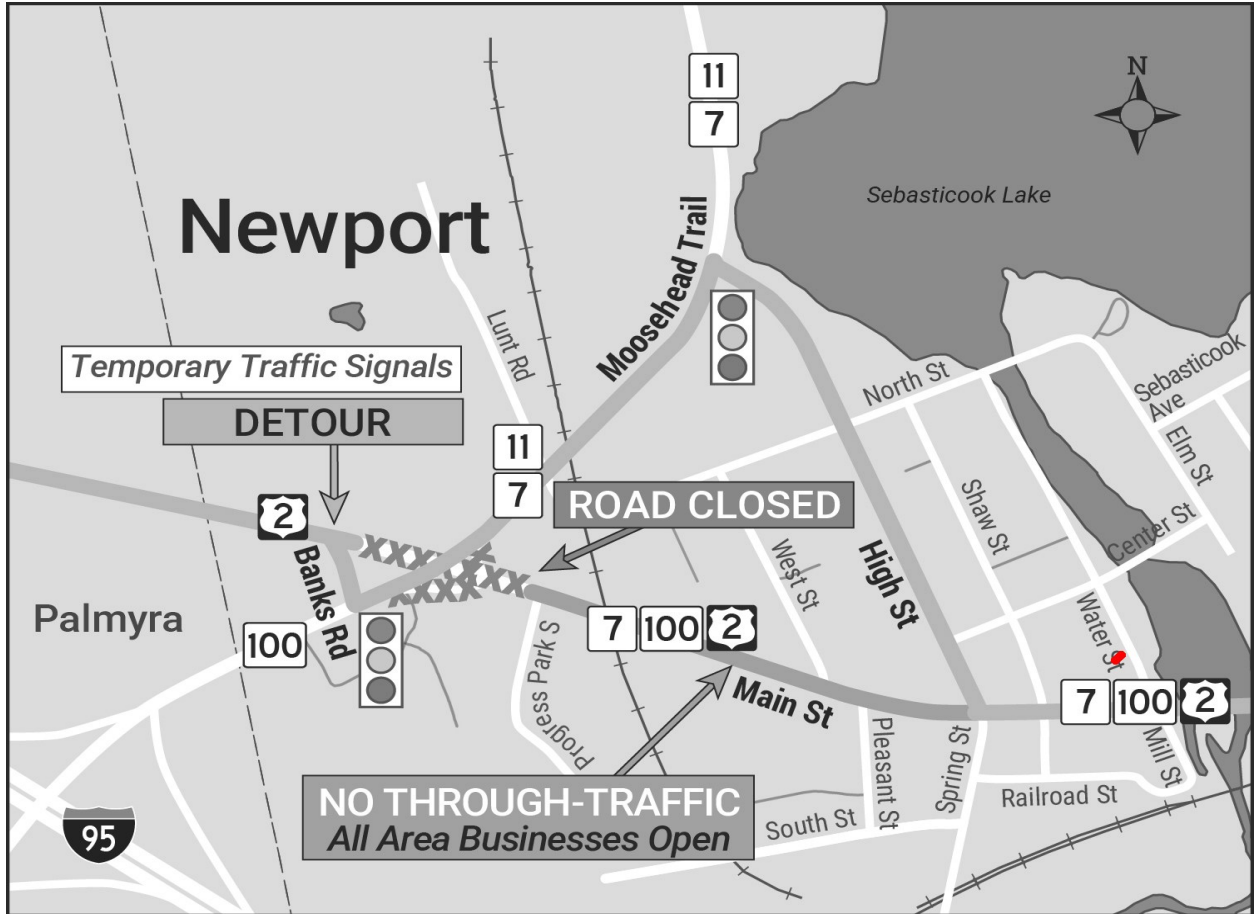
Sebasticook Lake Association FIREWORKS SHOW



**SATURDAY JULY 5TH
AT SUNDOWN**

In case of rain

Show will take place the following Saturday



LAKWOOD THEATRE
125th Season - 2025 Schedule

2025 TICKET PRICING

	<u>In Advance</u>	<u>At The Door</u>
Non-musical	\$28	\$29
Musical	\$32	\$34
Cabaret Seating	\$45	\$50
Children (4-7)	\$22	\$22

The In-Laws (and Other People Who Should Be Shot)

May 22, 23, 24 at 7:30 PM, May 25 at 4:00 PM
 May 28 at 2 and 7:30 PM, May 29,30,31 at 7:30 PM

Office Hours

June 5,6,7 at 7:30 PM June 8 at 4 PM
 June 11 at 2 and 7:30 PM June 12,13,14 at 7:30 PM

Footloose, The Musical

June 19,20,21 at 7:30 PM June 22 at 4 PM
 June 25 at 2 and 7:30 PM June 26,27,28 at 7:30 PM

Ravenscroft (mystery)

July 3,4,5 at 7:30 PM July 6 at 4 PM
 July 9 at 2 and 7:30 PM July 10,11,12 @ 7:30 PM

Theatre People, Or the Angel Next Door

July 17,18,19 at 7:30 PM July 20 at 4 PM
 July 23 at 2 and 7:30 PM July 24, 25, 26 at &:30 PM

Anything Goes (comedy)

July 31, Aug 1, 2 at 7:30 PM August 3 at 4 PM
 August 6 at 2 and 7:30 PM August 7,8,9 at 7:30 PM

The Gentleman Clothier

August 14,15,16 at 7:30 PM August 17 at 4 PM
 August 20 at 2 & 7:30 PM Aug. 21,22,23 at 7:30 PM

Dracula, A Comedy of Terrors

August 28,29,30 at 7:30 PM August 31 at 4 PM
 September 3 at 2 PM Sept. 4,5,6 at 7:30 PM

Man or Mouse (comedy)

September 11,12,13 at 7:30 PM Sept. 14 at 4 PM
 September 17 at 2 PM Sept. 18,19,20 at 7:30 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.

Lakewood Theatre now features "The Lakewood Young Performers." For complete schedule of shows, see the Lakewood Website above.

8th Annual Riverwalk Festival

**Newport, Maine
 This Year's Theme**

"The 80's"

**Get Out Your Old Clothes
 And Come Dressed for
 The Occasion!**

SCHEDULE OF EVENTS

SATURDAY, AUGUST 2, 2025

10 am Parade begins

11 am Festival and Events Open

Special Events This Year

Mr. Drew and his live animal show
TALENT SHOW with a new
 under-17 category
A BASKETBALL EVENT to honor
 our hometown sports hero,
 Cooper Flagg

Plus the usual favorites:
 Water Slide, Bounce House, Obstacle
 Course, Sack Races, Pony Rides, and a
 Bicycle Decorating Contest

The festival committee is determined to
 keep All *childrens'* events AND
 admissions free.

**NEWPORT CULTURAL CENTER
SUMMER ACTIVITIES**

Story Time for kids, every Friday at 10 AM
Senior Game Day every Tuesday, 1 to 3 PM

The Newport Cultural Center is located at 154 Main Street in Newport and is open Monday through Thursday 9:30 AM to 5:30 PM and Fridays from 9:30 AM to 2 PM. Closed Saturdays and Sundays. For more information and to speak with the librarian, call 368-5074. Visit the cultural center's website at newport-culturalcenter.com



**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**

Cooks Corner



PASTA SAUCE RAFAEL

This is a surprisingly easy and delightfully different pasta sauce. It is mildly spicy and all ingredients are available at Hannaford.

- 12 oz. Pasta -- your choice**
- 1 28 oz. can Diced Tomatoes**
- 1 small jar marinated mushrooms**
- 2 small jar marinated artichoke hearts**
- 3 Tablespoons Olive Oil**
- 3/4 cup Onion Chopped**
- 2 Clove Garlic minced**
- 1 Tablespoon Dried Basil**
- 3/4 tsp Dried Oregano**
- 2 Tablespoons Parsley, chopped**
- 1/4 teaspoons red pepper flakes**
- 2 teaspoons coarsely ground Black Pepper,**
- 1/4 teaspoons Salt**
- 2+ Tablespoons Grated Romano Cheese,**

1- Drain marinated artichokes and mushrooms and *reserve marinades*. Set both aside. Drain diced tomatoes, set aside.

2- Heat oil in large saucepan and sauté onions, garlic, basil, oregano, parsley, and pepper flakes over medium heat for 5 minutes. Add black pepper.

3- Add tomatoes, season with half of salt and simmer for 30 minutes while you cook the pasta.

4- Cook pasta and drain well. Rinse and toss with a bit of olive oil to keep from sticking.

5- Add reserved artichoke and mushroom marinades and simmer until sauce thickens a bit.

6- Stir in artichokes and mushrooms and simmer until sauce is thick, another few minutes. Stir in Romano cheese and adjust seasonings as needed.

7- Serve over pasta with additional Romano cheese.

2025

Sebasticook Fishing Tournaments



July 26 Club: *Man vs. Bass*
Contact: Tom O'Brien 207-651-2704

August 24 Club: *Mainly Boaters*
Contact: James Roy 207-380-4827

How We Got Here

By Sonja Frey

My husband and I arrived in Maine on July 20, 1969, the day Armstrong and Aldrin walked on the moon. And whenever I talked, I soon was hearing people's comments: "I have never met anyone from Nebraska. You talk funny. You pronounce your 'r's." I had been born in Nebraska, raised in Kansas, Missouri, and Germany (where I was an army brat). My goal, after being a Kansas Jayhawk, and even being in school at the same time as Wilt Chamberlain, was to settle in Colorado, teach French and German and become an expert skier. And then I met David. We got married in Boulder and moved often with his job---to Albuquerque, Oklahoma City, then back to Denver and Boulder. And he told me: "You would love Maine. If I could earn \$11,000, we could have the best life ever." (It was 1969, and \$11,000 sufficed....)

David had vacationed for many years in Rockwood and loved Moosehead, Mt. Kineo, and Pebble Beach. We bought a house in South Portland, with a view of the ocean on the ship channel for \$22,400. Our old, refurbished Thompson tri-hull, that we named the Incredible Hulk, brought us much joy out on Casco Bay.

We talked about living on a lake, listening to the loons and wondered about stories of the "mud season" and the algae cover on most of our lakes. One could buy a camp for around \$10-15 thousand or less, but, with three small children, we weren't able to do that.

David died in 1999, and I continued to live in Southern Maine where I was a high school tennis coach and tennis teacher. I went house hunting in 2015 with two of my three kids, and we discovered a house near Sebasticook. The algae was much improved, the mud season, not.

And in the Penobscot language, "Sebasticook" means "almost through". I have wondered what that means for me, but I am still here and glad to be so. And that is how I got here from there----and how I love Maine.

WATER QUALITY MONITORING SPRING 2025

From Donnie Gross and Allen Whitaker

Greetings! Welcome to the 2025 Sebasticook Lake season. We are all excited to enjoy this beautiful lake. The 2024 water quality readings included water temp, O2, and Secchi disk (depth clarity) readings taken 2 times a month June to early September. Collecting the data provides a semi clinical approach to monitor the stages the lake experiences regarding the health of the lake, the potential for algae blooms and overall visual effects of the water. Readings are gathered at 1m intervals at the deep hole. These readings can identify the different thermal water layers that exist and give insight to when the layers may mix or flip. This is important with regard to Algae bloom and when the lake may experience a larger scale bloom. These readings are forwarded to the State of Maine lab and Lake Stewards of Maine for record keeping and analysis.

Allen and I have volunteered our time to be certified to collect these readings by the State and Lake Stewards of Maine. We volunteer about 50 hours a year, some ask why? Well, good question. Allen says, he's been here his whole life, he has seen the lake at its very worst, green algae so thick you could walk on it. He has witnessed the drastic improvement since the first Water Action plan was implemented, saving this lake. He volunteers to be aware, he volunteers because he doesn't want the quality of the water to go backwards. I share his sentiments.

While my family has only been here a minute, I want to understand the quality of this lake. I want to see the quality of the lake improve but most assuredly not decline. We are all stakeholders in this. Balancing this resource and protecting it is on all of our consciences. Volunteering is something we can all do to give back for being so fortunate to have a slice of this.

The 2025-2034 Watershed action plan has been finalized and the suggested actions in review. Some of the actions MAY, repeat MAY have supporting Grants to lower cost burden for work being done. Stay tuned! Look forward to a great season.



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 2025—July 2026 :
Regular \$10.00 Associate \$8.00

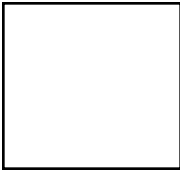
Make Checks Payable To:
Sebasticook Lake Association

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

Andre Cushing
123 Maplewood Road
Newport, ME 04953

SPRING 2025 ISSUE

ADDRESS SERVICE REQUESTED



22 Loon Drive
NEWPORT, ME 04953