

Summertime in the Belgrades

... Serving the Central Maine Lakes & Kennebec River Corridor

—A Cider Mill Press Publication—

VOLUME 13, NUMBER 4



Celebrating the 4th

by Esther J. Perne



Here's to the red, white and blue. Here's to parades and fireworks and festive crowds. Here's to quiet cookouts and cold drinks. Here's to you.

Let's celebrate with hot dogs (red ones, probably, because this is Maine). Handheld, loaded with condiments. Tasty, filling. Buy them from a vendor or grill them at home.

Let's celebrate with home, with a quiet day, a day off - the longest holiday daytime of the year, with family, friends and neighbors nearby and maybe the distant sound of bands far off and fireworks way into the night.

Let's celebrate by going out - out to a park-and-walk community, a downtown where the sidewalks beckon and families stroll, where festivities are planned and parades form, where stars shine on the many flying flags and in the eyes of excited children.

Let's celebrate with treats (sweets, we mean!) like strawberry shortcake and sugary baked goods and popsicles and fudgicles and absolutely, of course, ice cream.

Let's celebrate by staying up late, until the very end, until the last flare and burst of light.

Let's celebrate with memories - of picnics, and parades and bands and flags and lights flaring against the night....such simple symbols for celebrating our great country!

Here's to the 4th and you!



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July 4th in Belgrade Lakes

Monday, July 4th, 2011

- 8:00** Flea Market \$20 table rental proceeds donated to Belgrade Rec. Program 458-0771
- 9:00 – 2:00** Book Sale in Belgrade Village
Sponsored by: The Friends of the Belgrade Library 495-3508
- 10:00** come see **"The Jar Project"** at Spring Gallery 81 Main St. 50 Maine artists create art in a jar.
- 11:00 – 6:00** **Bounce House and Face Painting** at The Village Peddler
- 11:00-1:00** **Nancy Prince**, author of **Libby's Loons** will have a Book Signing At The Village Peddler on Lakeshore Drive 495-7705
- 12:00** **BOAT PARADE**
Line-up at the mouth of the Mill Stream on Great Pond at 11:30 Come watch the parade from various lawns in The Village 495-3700
- 11:00** **A Fresh Taste of Greece in Belgrade and Fine Art** at 78 Main Street 495-3892
- 12:00** **Strawberry Shortcake and Hot Dogs** at Union Church
- 1:30** Preview of the new **Belgrade Lakes Resource Center**
- 3:00** Parade Line-up for all vehicles and floats

- 3:30** Parade Line-up for all bikes and marchers South of Rome Farm

4:00 PARADE

Make a float, decorate a bike, drive your old car, march with your club, be a clown, be a spectator.

Everyone Welcome!!!

- 4:00 -7:00** **Chicken BBQ** on the Deck at the **Sunset Grille** 495-2439

- 4:15-5:15** **Free Ice Cream Social** at The Belgrade Lakes Center For all Seasons 495-3481 Sponsored by **Gifford's Ice Cream!**

- 5:00** **FROG JUMPING CONTEST BYOF!** At Main St. and Hulin Rd.

- 5:00-9:30** **Live Music** in the Village Inn Parking Lot 495-3553

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See the New Belgrade Lakes Resource Center

Summer Preview
Maine Lakes Resource Center

Join us **July 4th at 1:30 PM** and get a first look inside our new building.



Watch for details on our Grand Opening later this summer!



Come visit the Maine Lakes lakes and on up in the watersheds to Resource Center in Belgrade adopt best conservation practices. Lakes Village - it's a beautiful work- The means will be the demonstra- in-progress. The Grand Opening tion areas, the exhibits, the presenta- will be later in the summer but the tion space, the offices for the several Preview is now, Monday, July 4 at coordinating organizations, the base 1:30 pm. Meet the people with the space for volunteers, and all the plans and the vision, discover all the other advantages that the Center great opportunities that are in it for brings to this area. you, be part of "stepping up" the What next? The return of the many conservation efforts to pre- docks...coming soon. For more serve the Belgrade lakes and all the information about the Maine Lakes lakes in Maine - and beyond.The Resource Center or the Docks visit mission is to get property owners on www.dockstodoorways.com.

Summertime in the Belgrades

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PO Box 290, Belgrade Lakes, ME 04918
Editor: Esther J. Perne, 207-495-3777 • ebelnews@earthlink.net
Advertising Director: Erle Morse, 207-495-3777 • ebelnews@earthlink.net
Layout Design: Michael Breault, 207-645-5083 • mo.breault@gmail.com
Webmaster : Gregor Smith • gregor@roadrunner.com
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Legacies

Norlands Founder To Be Remembered With History Education Scholarship



The Meeting House



The Washburn-Norlands House

The life and work of Ethel "Billie" Gammon, founder of the Washburn-Norlands Living History Center (Norlands), is being honored with a scholarship fund in her name, established by the Norlands Board of Trustees to honor her bottomless enthusiasm for sharing American History by "learning through fun."

Billie Gammon took great joy in seeing visitors to the living history museum that she founded discover that history education could be fun and that lessons from rural life in the 19th century are timeless. At Norlands they could feel what it was like to sit on the hard school benches, to know the day started and ended with family chores and responsibilities. They could experience the rural Maine philosophy of everyone pulling together and understand that at the end of the day the love that bound the family made home a nurturing, comforting, safe place.

One \$1,000 scholarship will be awarded each year to a Maine High School Senior who has been inspired by experiences at the Norlands and is planning to pursue a field that can be



The Library

related to its mission, which includes history, but could also include American studies, education, museum studies, sustainable agriculture, etc. No later than June 30, applicants for the

statewide \$1,000 scholarship must complete a simple application and submit an essay of 300-500 words about how the Norlands related to

Continued on page 20....

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Watershed Wisdom

In previous columns I have described Mother Nature's watershed design and the importance of trees and vegetated buffers in protecting lakes and streams. This week I'm going to discuss two human programs designed to help protect watersheds based on Mother Nature's principles-Maine DEP's LakeSmart Program and the BRCA Youth Conservation Corps. These programs are proactive in the sense that they try to prevent degradation rather than remediating badly damaged ecosystems. There is an old saying that "an ounce of prevention is worth a pound of cure." In terms of managing lake watersheds the expression should be **"an ounce of prevention is worth a ton of cure."** Keeping pollutants out of the water in the first place is much easier and cheaper than repairing the damage after the fact.

Roads, camps, and houses built near the lakes disrupt Mother Nature's system and can bypass some of her protective buffer systems. Through normal every day activities, people introduce phosphorous and other contaminants into the watershed including road dust, fertilizers, pet waste, soaps, garbage, detergents, eroded soil, oil and grease from vehicles, septic effluent, grass clippings, raked leaves, and others too numerous to mention. Additionally, the creation of impervious surfaces such as roofs, driveways, and roads provides areas where stormwater runoff is concentrated and picks up speed while it rolls downhill. The kinetic energy of the flowing water exacerbates the situation by increasing erosion and transporting all the extra pollutants quickly down hill toward the lake. This can potentially increase the pollutant load to the lake a hundred-fold or more compared to an equivalent area of undeveloped forest.

With smart design and a few simple management practices, the vast majority of this increased pollutant load can be prevented from reaching the lake. Use common sense and apply a few simple principles aimed at preventing pollution in the first place, **disperse and slow the flow of water** as much as possible, taking advantage of any opportunities to **infiltrate** (soak into the ground) or **filter** (run through a vegetated buffer area) the runoff before it reaches the lake. And above all, **don't dump anything directly into the lake.**

To prevent pollution, make sure simple things like routine maintenance on your septic system or vehicles gets done. Don't drive around with oil leaks in your car or boat. A few drops of oil can contaminate hundreds of gallons of water. And it doesn't have to actually land in the water- any-

thing that lands on the pavement will wash off with the first good rain. Upgrade your old two-stroke outboard to a newer four-stroke model. Don't fill your gas tanks in the boat- wherever possible, take them out, fill them carefully away from the water and carry them back to the boat. Inspect your septic system yearly and pump the tank every 2-5 years. Systems 20 years of age and older should be inspected by a specialist. Use phosphorus-free cleaners and detergents. Stagger laundry loads. Minimize water use. Don't put toxics or grease down the drain.

Keep your property functioning as much like Mother Nature's system as possible. Don't let water run straight down your driveway toward the lake. Use berms, rubber razors or simply crown the road to divert the water off into the woods. Don't let runoff concentrate and pick up speed. Avoid bare soil- don't rake up the leaves and pine needles under the trees. Leave the natural duff layer in place. Don't cut your grass to the water's edge and especially don't dump the clipping in the water. Maintain a good vegetated buffer along the waters edge. Mulch your walking paths and water access points to prevent erosion. If you want some assistance, call Clark Freeman at the BRCA (495-6039) and he can arrange a

Conservation Corps assist visit. For the past fifteen years, the Corps has been doing erosion control projects to protect our lakes while providing meaningful jobs for area youth. They have completed nearly 700 projects in that time. If you call soon, the Corps may be able to design an effective project for you and provide some free labor in the next few weeks.

Another excellent program is LakeSmart, sponsored by Maine Department of Environmental Protection (DEP). Most of the lake associations in our watershed are participating in this program, which recognizes property owners who adopt lake-friendly practices on their properties. This program mimics Mother Nature's methods and focuses on stabilizing eroding areas, reducing the use of chemicals, diverting rainwater into vegetated areas, and minimizing lawns and other impervious areas. Properties are evaluated in four areas: driveways and parking areas; structures and septic systems; lawns, recreation areas and footpaths; and shorefront and beach areas. If the property passes in all four areas, the property is certified

Continued on page 19...

Peter Kallin, Executive Director of the Belgrade Regional Conservation Alliance (BRCA), can be contacted at 495-6039 or brca@gwi.net, or visited at the BRCA Office, The Boathouse, Belgrade Lakes.

Conservation

JULY CALENDAR

- **Paddle "the Jungle":** Saturday the 2nd, 9am, Long Pond. Meet at the Long Pond Public Boat Launch with canoe or kayak.
- **4th of July Village Celebrations**
- **Maine Lakes Resource Center "Soft Opening":** Monday the 4th, 1-5pm at 138 Main St. Belgrade Lakes.
- **Medicinal Plant Walk:** Wednesday the 6th at 5pm. Location TBA. Learn about the pharmacy in your backyard.
- **Kennebec Highlands Art Lecture:** Thursday the 7th, 7pm. Location TBA. Local artist Matt Russ will discuss how the Kennebec Highlands influence his work.
- **Invasive Plant Patrol Workshop:** Tuesday the 12th, 2:30-8pm at the Mt. Vernon Community Center. Contact BRCA for registration details.
- **Moonlight Paddle:** Wednesday the 13th, 8pm Flying Pond. Meet at the Flying Pond Public Boat Launch for a paddle under the moonlight complete with astronomy and folklore.
- **Glass Plate Negatives Lecture:** Thursday the 14th, 7pm at the Maine Lakes Resource Center. Kevin

BRCA BLA MLRC (Contact info page 9)

Johnson from the Penobscot Museum will present pictures from the early 20th century.

- **Maine Loon Count Day:** Saturday the 16th, 7am surrounding lakes. Get involved! Contact BRCA.
- **Invasive Plant Patrol Field Methods Workshop:** Saturday the 16th, 8am at Taylor Pond. Contact the BRCA to register and receive more details.
- **Simons and Goodwin Concert:** Saturday the 16th, 6pm at the MLRC. Fulfill your need for traditional and contemporary folk music with Simon and Goodwin!
- **Geology Hike:** Wednesday the 20th, 5pm location TBA. Learn some of the areas unique geological features on a hike led by retired geologist Mel Croft.
- **"Finding Belgrade" Film:** Thursday the 21st, 7pm at the MLRC. This movie depicts the various towns/cities of the world named Belgrade.
- **Stewardship Day:** Friday the 22nd, 9am location TBA.

Continued on page 19...

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— Activities & Outings —

The Theater At Monmouth's 12th annual music and comedy variety show, "Black Fly Follies," will be presented Saturday, July 2 at 7:30 pm.

Staged every year at historic Cumston Hall, the show allows Monmouth's repertory members to present their many talents - some of which might not be seen in the regular summer shows.

Past "Follies" acts have included song and dance, comedy, improvisation, fiery tap dance, stand up, drumming, and much, much more.

"Black Fly Follies" is the final one-night event before The Theater at Monmouth's season of shows in rotating repertory, which begins on July 7-9 with William Shakespeare's "Much Ado About Nothing."

The Theater at Monmouth, founded in 1970, is a professional repertory company that strives to bring innovative approaches to Shakespeare and other classic plays through professional productions. Tickets, calendars and show information for the 2011 season can be found at www.theateratmonmouth.org.

Tickets for "Black Fly Follies" are \$24 for adults and \$20 for students and seniors. Seats sell quickly for this special event due to the enthusiastic crowd of "Follies" faithful followers. For reservations call the box office at 933-9999.



Monmouth Black Fly Follies July 2



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Notebook

Central Maine Museums

• The Central Kennebec Heritage Council of Museums "Central Maine Serves" project this summer will explore local military history. Eight area museums and libraries are presenting exhibits about military service. To kick off the project, on Friday, July 8 at 7 pm, Earle G. Shettleworth, Director of the Maine Historic Preservation Commission will present a free illustrated talk on "Civil War Images" in Prescott Building at Good Will-Hinckley in Hinckley Maine. Mr. Shettleworth will show period photographs that record the Civil War including Maine's involvement. The eight exhibitions, about local people who have served in war time, from the Revolutionary War to World War II, will be open July 9 from 10 am-3 pm and will continue through the summer. 238-4250

Sabbathday Lake Shaker Conference

• A conference open to the public will be held at the Sabbathday Lake Shaker Village, Route 26, New Gloucester on Friday, July 15 through Sunday, July 17. Its purpose is to present a fresh understanding of the Shakers within the context of the environment, both natural and created. The conference is sponsored by the Shaker Society, the Shaker Museum and Shaker Library and Maine Preservation. There will be many special programs, tours and activities. Registration is \$150.00. www.shaker.lib.me.us; 926-4597

Small Woodland Owners

• "Working With Your Woodland," a workshop series for small woodland owners sponsored by the Kennebec Woodland Partnership will be held on Mondays, 6-8 pm, this fall. The series starts September 26 with "What's in my Woods?" - landowner goals and identifying woodland trees - and continues through November 14. Other topics include wildlife, the 10 biggest mistakes, death and taxes, and how forests grow. Participants can attend one or more sessions at \$5 each, or six for \$25. Classes will be at Maranacook Community School. 685-4923 ext. 1009

The Boston Globe

• Thanks to Boston Globe Correspondent Hilary Nangle, the Belgrade region and many local businesses received coverage in the Sunday, June 26 edition of The Boston Globe. Quoting from Belgrade's most famous writer/guest, E.B. White and using current-day observations from Summertime editor Esther Perne, Nangle describes her own recent area visit to the Globe's readership. And, yes, it was just like "On Golden Pond," which was written in the Belgrades by Ernest Thompson.

Augusta

• Old Fort Western, the 1754 National Historic Landmark fort, store and house museum on the Kennebec River invites children 8-12 who are interested in local history and stewardship to register for the annual Summer Apprentice program of week-long sessions, 8:30 am-12:30 pm beginning July 11 and ending with the week of August 15. Apprentices will learn storekeeping, blacksmithing, cloth-making and mending, stewardship, site maintenance and interpretation and can graduate to become junior interpreters. Coordinating with the Fort, the Viles Arboretum is offering an afternoon Field School apprentice program of interactive and hands-on learning on the Arboretum's hundreds of acres of woodlands, fields, streams and ponds. Free transportation is provided between the two programs. Each program costs \$62.50 per week and must be paid in full by 4 pm the Friday preceding the session. Sign-ups are separate at: Old Fort Western 626-2385; Viles Arboretum 626-7989.

Belgrade

• Water aerobics! There will be a class beginning on Thursday, June 30, 10-11am, each week for the summer at the Center for All Seasons in Belgrade Lakes. The price for the class is \$5 per time attended. Taught by Doris Mathias Johnson. rodorjon@hotmail.com

• The 3rd annual Golf Tournament fundraiser sponsored by Friends of the Belgrade Public Library will be held on Thursday, July 14 with a 1 pm shot gun start scramble format. Following will be prizes, a cocktail reception, and live and silent auctions. Auction items include Red Sox tickets with seats in the Green Monster, a certificate for 4 people to attend the Deutsche Bank Championship with VIP parking and access to the building on the 17th Green, a painting of the Old Belgrade Hotel with a group of golfers in front, a float plane ride, and much more. 495-2101

Farmington

• The monthly Contradance will be held on Saturday, July 9, at the Farmington Grange, Bridge Street, West Farmington. From 6:30-7:30 pm is a Family Dance with sit-in band, \$2 adult/\$1 child. From 7:30-8 pm is pot luck snacks. The regular Contra with Kim Roberts calling and the Sassafras Stomp playing is 8-10:30 pm, \$6 adults/\$5 students or \$15 family. All dances are called. All dancers are welcome. No partner necessary. dance@starleft.org, 491-9928

Hallowell

• Runners are invited to join the 2011 Old Hallowell Day 5K Road Race, held in partnership with the Kennebec Land Trust. Race starts 7:30 am Saturday, July 16; registration/packet pickup

6-7 am at the Boat Landing. Cost: \$20, will benefit Old Hallowell Day. Register at <http://www.run-reg.com/events/register.asp?EventID=2756>, or mail form to OHD Road Race, PO Box 84, Hallowell, ME 04347.

• Harlow for the Hall! The Harlow Gallery in partnership with Johnson Hall in Gardiner invites Maine artists to participate in a special 4-day exhibition to raise awareness and support for the Johnson Hall Renovation Project, johnson-hall.org. The exhibition, open to any fine art media including fine crafts, will be four days only: Wednesday-Saturday, September 28-October 1. On Friday, September 30, 5-8 pm, a reception will be hosted by Johnson Hall board of directors. No submission fee for members of the Kennebec Valley Artists Association or Johnson Hall; non-members \$10. Each artist may submit up to 3 works. Sale proceeds: 50/50 split. www.harlowgallery.org. 622-3813, 582-7144.

Mount Vernon

• The annual Art & Craft Fair will be held on Saturday, July 9 from 9 am-2 pm. Baked goods, art, crafts, etc. Exhibitor space available. 293-2877

Oakland

• The 2nd Annual 1/2 Marathon 5K Run-or-Walk sponsored by PFBF CPAs to benefit the Make-A-Wish Foundation of Maine will be held Sunday, July 10, 8 am, rain or shine, at FirstPark. The 1/2 marathon starts at 8 am, followed by the 5K run and the 5K walk. Official timing ends at noon for all participants. Registration is \$35 online, or by mail or stop by the PFBF, CPA office at 46 FirstPark Drive. For more information about prizes, race course, etc. visit www.pfbf.com. For more information about the Make-A-Wish foundation of Maine go to www.mainewish.org. If the Marathon raises \$6,000, PFBF, CPAs will become a Wish Maker by funding an entire wish.

Sidney

• As it balances "music, fun and friendship" for its campers, the New England Music Camp has begun a full summer season of mid-week concerts in Alumni Hall and weekend outdoor concerts at the famous "Bowl-in-the-Pines." All concerts are free and open to the public. NEMC is also planning a special celebration this season for its 75th Anniversary on August 5-7, 2011. 465-3025

Waterville

• Mid-Maine Global Forum presents "People and the Planet - Why Population Matters," by Drs.

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• Arboretum, 6 miles of year round walking trails open dawn to dusk, Visitor Center open Mon-Fri 9pm-4pm, Viles Arboretum, 626-7989, www.vilesarboretum.org, 153 Hospital Street.

Capitol Complex, State Street

• Maine State House, Hall of Flags, House and Senate Rooms, Klir Beck dioramas, Mon-Fri 8 am-5 pm, book tours at Maine State Museum, walk-ins welcome 9 am-1 pm, www.maine.gov

• Art in the Capitol, Maine Arts Commission monthly self-guided exhibits in State House hallways (Mon-Fri 8 am-5 pm), Blaine House (call for times), and Maine Arts Commission Office (8:30am-4:30 pm), 287-6746, mainearts.maine.gov

• Governor's Mansion, 1830 Blaine House, Tue-Thu 2-4 pm, 287-2121, www.blainehouse.org

• Maine State Museum, Tue-Fri 9 am-5 pm, Sat 10 am-4 pm, \$2 adults, \$1 ages 6-18, 287-2301, www.maine.state.museum.org

• Maine State Library, 287-5600, Mon-Sat opens 9 am.

• Children's Discovery Museum, CDM, hands-on displays, actives, Tue-Thu 10 am-4 pm, Fri-Sat 10 am-5 pm, Sun 11 am-4 pm, admission, 622-2209, www.childrensdiscoverymuseum.org, 171 Capitol St,

• Kennebec Historical Society, Wed-Fri 10 am-2 pm, 622-7718, www.kennebechistorical.org, 107 Winthrop St.

University of Maine at Augusta, University Drive

• Danforth Gallery, Jewett Hall, art exhibits, UMA-1234, www.uma.edu/DanforthGallery

• Holocaust and Human Rights Center of Maine, Michael Klahr Center, 621-3530, www.hhrc.uma.edu

• UMA Fitness Trail, 2 miles of wooded trails, near Civic Center

Riverfront/Downtown

• Old Fort Western, 1754 fort, house, store, 1-4 pm daily, admission \$6, 4-14 years \$4, 626-2385, www.oldfortwestern.org Cony St.

• Riverfront Park, boat launch, Greenway Trail, playground, eastside Kennebec River

• Kennebec River Rail Trailhead, Maine State Housing Authority parking lot, www.krrt.org, Water St.

• Museum in the Streets, walking/history tour, www.augustamaine.gov, downtown.

• Farmers' Market at Mill Park, Sun 2-6 pm, 626-2305, www.farmersmarketmillpark.org/, North Water St.

• Farmers' Market at Turnpike Mall, 549-5112, Wed and Sat 10 am-1 pm, Western Ave.

BELGRADE LAKES

• Great Pond Mailboat, 215-7520, Mon-Sat, 10 am, Post Office, Main St.

• Spring Gallery & Sculpture Garden, Modern Art Foundry, Thu-Sun 11 am-5 pm and by appointment, 495-3113, www.springgallerymaine.com, 81 Main St.

• The Belgrade Community Center for All Seasons, swimming, gym, playground, picnic area, rec programs, library, 495-3481, www.belgrademaine.com 1 Center Dr.

• Union Church Coffee House, second Sat of month, 7:30 pm, \$5, 495-3599, Main St.

• Belgrade Historical Society, monthly meetings, 465-7924

• Farmers' Market, Sun 8 am-1 pm, Thu 2-6 pm, 465-7058, www.belgradelakesfarmersmarket.org, Main St.

• Peninsula Park on Long Pond, picnic tables, Main St.

FAIRFIELD

• Fairfield Historical Society, 1890 Cotton-Smith House, Tue 9 am-12 noon, 1-4 pm, 453-2998, www.fairfieldmehistoricalociety.net, 42 High St.

• Farmers' Market, 948-5724, Wed 2-6 pm, Sat 9:30 am-1:30 pm, Nazarene Church parking lot, 81 Main St.

FARMINGTON

• Farmington Historical Society, 778-2835, Wed and Sat, 11 am-2 pm, July-August, 118 Academy St.

• Nordica Homestead Museum, opera singer Lillian Nordica costumes, jewelry, mementos, 778-2042, Tue-Sat 10 am-12 n and 1-5 pm, Sun 1-5 pm, 116 Nordica Lane, Holley Rd.

• Contra Dance, 491-9928, www.starleft.org 2nd Sat of the month, all welcome, 6:30-7:30 pm family dance, 8-11 pm regular dance, admission, Grange Hall, Bridge St, Rt 43, West Farmington

• University of Maine campus and Arboretum, four walking tours with informal guide pamphlet to campus trees, 581-1541, www.umaine.edu/arboretum/, downtown

• Farmers' Market, 778-6602, Fri 9 am-2 pm, Better Living Center parking lot, Front St; Saturday 8 am-12 noon, Main St.

• Meetinghouse Park and Gazebo, weekly concerts throughout summer, downtown

• Fairgrounds, events throughout summer, Franklin County Fair in Sept, High St.

GARDINER

• Artdogs and Circling the Square Fine Art Press, 1-5 pm Fri, 10 am-4 pm Sat, 582-2108, www.theartdogs.com, 275-277, Water St.

• Johnson Hall Performing Arts Center, 582-7144, www.johnsonhall.org 280 Water St.

• Farmers' Market, 582-3100, www.gardinerfarmersmarket.org, Wed 2-6 pm, rain or shine, The Common

• Kennebec River Rail Trail, terminus near Gardiner/Randolph Bridge, 6.5 miles to Augusta

• Waterfront Park, picnicking, events throughout summer, Kennebec River

GREENE

• Araxine Wilkins Sawyer Memorial, free monthly entertainment programs, 946-5311, www.sawyer-foundation.com, 371 Sawyer Rd, off Rt 202

HALLOWELL

• Harlow Gallery, Kennebec Valley Art Association, 622-3813, www.harlowgallery.org Wed, Thu, Sat, 12-6 pm, 160 Water St.

• Gaslight Theater, 626-3698, www.gaslighttheater.org City Hall, 1 Winthrop St.

• Museum in the Streets, history/walking tour, www.historichallowell.org, downtown

• Farmers' Market, 622-1350, Sun 11 am-3 pm, north end of Water St.

• Vaughn Woods, 166 acre park/trails, Middle St.

• Kennebec River Rail Trail, to Augusta, Farmingdale/Gardiner, downtown

• Waterfront Park, weekly summer concerts, North Water St.

HINCKLEY

• L.C. Bates Museum at Good Will-Hinckley School, early 20th century natural history and cultural exhibits, nature trails, adults \$3, up to 17 years \$1, 238-4250, www.gwh.org Wed-Sat 10 am-4:30 pm, Sun 1-4:30 pm, Rt 201

KINGFIELD

• Reinhart Gallery Art Center, 266-4656, 245 Main St, www.ianreinhold.com/gallery.html

• Ski Museum of Maine, by appointment, 265-2023, 256 Main St, www.skimuseumofmaine.org

• Stadler Gallery, 265-5025, 12-4 pm daily or by appointment. 225 Main St, www.stadlergallery.com

• Stanley Museum, 265-2729, www.stanleymuseum.org, memorabilia/displays on Stanley Steamers, Tue-Sun 1-4 pm, 40 School St.

LIVERMORE

• Washburn-Norlands Living History Center, 18th-19th century mansion/farmstead/schoolhouse, library, chapel, 897-4366, www.norlands.org, admission, living history tours Tue and Thu 1-4 pm, 290 Norlands Rd.

MADISON

• Lakewood Theater, Maine's Summer Theater, Young Performers Camp, 474-7176, www.lakewoodtheater.org, Rt 201

• Skowhegan School of Painting and Sculpture, 474-9345, www.skowheganart.org, summer evening artists lecture series, East Madison Rd.

MONMOUTH

• Monmouth Museum, local and regional Maine history, Wed-Sun 1-4 pm, 933-2287, www.monmouthmuseuminc.org, 751 Main St.

• The Theater At Monmouth, The Shakespeare Theater of Maine, Cumston Hall, 933-9999, www.theateratmonmouth.org, Main St.

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MOUNT VERNON

- **D.E.W Animal Kingdom**, Zoo, 293-2837, www.dewanimalkingdom.com, Tue-Sun 10 am-5 pm, \$10, 918 Pond Rd, Rt 41

NEW PORTLAND

- **Nowetah's American Indian Museum and Craft Shop**, 628-4981, daily 10 am-5 pm, free, 628-4981, 2 Colegrove Rd, Rt 27, www.nowetahs.webs.com/
- **Wire Bridge**, 1864, probably only wire suspension bridge in U.S., off Rt 27

NEW SHARON

- **Farmers' Market**, Sat 9 am-1 pm, Douin's Market, 491-9025, 150 Mercer Rd, Rt 2

NORRIDGEWOCK

- **Norridgewock Historical Society Museum**, 1838 building, Sat 10 am-3 pm, 634-5032, www.norridgewock.com, Mercer Rd, Rt 2
- **Osoola Park**, picnic area, great playground, boat launch, on Kennebec River, Rt 8

OAKLAND

- **Macartney House Museum**, Oakland Area Historical Society, 465-7549, Wed 1:30-4:30 pm, 1815 home with antique furnishings and Oakland artifacts, 25 Main St.

READFIELD

- **Readfield Historical Society and Museum** in 1823 schoolhouse, 685-4662, www.readfieldhistorical.com/, Thu and Sat 10 am-2 pm or by appointment, Rt 17, Readfield Depot

ROME

- **Mt. Philip Grange**, suppers 3rd Sat of month, 4:30-6 pm, all you can eat beans, cornbread, rolls, chop suey, pies, Rts 135/225
- **Trails: Mount Philip** on Rt 225; The Mountain on Rt 27; French's Mountain and Kennebec Highlands, Watson Pond Rd; 495-6039, www.belgradelakes.org, maps available at BRCA, Belgrade Lakes

SIDNEY

- **New England Music Camp**, concerts free and open to the public, famous Bowl-in-the-Pines on Lake Messalonskee, 465-3025, www.nemusiccamp.com, Rt 23
- **Sidney Historical Society**, 547-3142, <http://www.rootsweb>
- **Silver Spur Riding Club**, horse shows, www.silverspur-maine.com/, River Rd/Rt 104

SKOWHEGAN

- **Margaret Chase Smith Library**, residence, home, museum exhibits, 474-7133, www.mcslibrary.org, free, Mon-Fri 10 am-4 pm. 54 Norridgewock Ave.
- **History House Museum**, 1800s local history and culture, 474-6632, www.skowhegan.com/historyhouse, Tue-

Fri 1-5 pm, Elm St.

- **Fairgrounds**, weekly horse shows/competitions at covered arena, Skowhegan State Fair in Aug, 474-3621, Madison Ave.

- **Farmers' Market**, Wed 3-6 pm, Sat 9 am-1 pm, weekly entertainment, 938-3906, Skowhegan Savings Parking Lot, Old Grange Hall, Madison Ave.

SMITHFIELD

- **Fairview Grange** suppers, 362-2791, every Wed in summer, 5 pm, Village Rd, Rt 8
- **Sunbeam Roller Rink**, Wed, Fri, Sat 7-10 pm, 362-4951, 830 Village Rd, Rt 8
- **Sunset Camps**, public beach, 362-2611, www.sunset-camps.com, Village Rd, Rt 8

UNITY

- **Unity College Centre for the Performing Arts**, folk genre music, 568-3147, www.unitymaine.org, 42 Depot St.

WATERVILLE

- **Aqua City Actor's Theatre (ACAT)**, 873-7000, www.acattheatre.org. Waterville Opera House Studio Theater, Main St.
- **Museum in the Streets**, downtown history/walking tour, www.the museum in the streets.com/waterville.htm
- **Two Cent Bridge**, historic foot bridge over Kennebec River, Head of Falls park/events area, Front St.
- **Colby College Museum of Art**, 859-5600, www.colby.edu/museum/ Tues-Sat 10 am-4:30 pm, Sun 12-4:30 pm, free, Colby College Campus, Mayflower Hill
- Thomas College Art Gallery, 180 West River Rd.
- **Waterville Historical Society Redington Museum**, 1814 home, pharmacy, 872-9439, www.redingtonmuseum.org. Tue-Sat tours at 10 and 11 am, 1 and 2 pm, 62 Silver St.
- **Waterville Opera House**, 873-7000, www.operahouse.com, 93 Main St.
- **Farmers' Market**, Thu 2-6 pm, 680-2055, www.waterville-farmersmarket.org, The Concourse parking lot.

WAYNE

- **Farmers' Market**, 873-7000, <http://waynefarmersmarket.weekly.com>, Sat 9 am-noon, Town Green, next to Post Office, Main St.

WILTON

- **Wilton Farm & Home Museum**, 645-2091, 645-4578, www.wiltonmaine.org, Sat 1-4 pm or by appointment, Canal St.

WINTHROP

- **Norcross Park**, playground, picnic site, boat launch on Maranacook Lake, downtown.
- **Farmers' Market**, 395-4244, www.camarkets.com, Tue and Sat 9 am-1 pm, parking lot, downtown,

Additions/Updates/Corrections: Please contact
Summertime in the Belgrades with any changes to this
Directory.



ASSOCIATIONS/GROUPS

THE BELGRADES...

- **East Pond Association**, Smithfield/Oakland, www.eastpond.org
- **North Pond Association**, 152 Madison Avenue, Skowhegan, ME 04976, 474-8988, www.northpond.net
- **McGrath Pond/Salmon Lake Association (MP/SL)**, RR 2 Box 2800, Belgrade, 04917. 465-3983, www.salmonlake.org
- **Great/Long Ponds: Belgrade Lakes Association (BLA)**, PO Box 551, Belgrade Lakes, 04918, 512-5150, www.belgradelakesassociation.com
- **Friends of Messalonskee Lake Watershed**, PO Box 532, Oakland, 04963, www.snowpond.org
- **Belgrade Regional Conservation Alliance (BRCA) and BRCA Conservation Corps**, PO Box 250, Belgrade Lakes, 04918, 495-6039, www.belgradelakes.org
- **Belgrade Lakes Region Business Group (BLBG)**, PO Box 596, Belgrade Lakes, ME 04918. 495-3700, www.belgradelakesmaine.com
- **Maine Lakes Resource Center / Docks to Doorways**, PO Box 431, Belgrade Lakes, 04918, www.dockstodoorways.com

BEYOND...

- **Maine Congress of Lake Associations (COLA)**, PO Box 426, Belgrade, 04917. 1-877-254-2511, www.mainecola.org
- **Friends of the Cobbossee Watershed**, PO Box 5003, Augusta, 04332-5003, 621-4100, www.watershedfriends.com
- **Franklin County Soil & Water Conservation District**, 107 Park Street, Farmington, 04938, 778-4279, www.franklineswcd.org
- **Kennebec County Soil & Water Conservation District**, Central Maine Commerce Center, 21 Enterprise Drive, Augusta, 04330, 622-7847, ext. 3, www.kcswcd.org
- **Kennebec Land Trust (KLT)**, PO Box 261, 134 Main St., Winthrop, ME 04364, 377-2848, www.tkl.org
- **Kennebec Messalonskee Trails**, PO Box 2388, Waterville, 873-6443, www.KMTrails.org
- **Kennebec River Rail Trail**, PO Box 2195, Augusta, 623-8162, www.krrt.org
- **30 Mile River Watershed Association (30 MRWA)**, Kimball Pond in Vienna to the Androscoggin River, 293-2181, www.30mileriver.org
- **Parker Pond Association**, Mount Vernon/Vienna. www.parkerpond.org
- Central Maine chapter of the **New England Mountain Bike Association (CeMeNEMBA)**, 1154 West Road, Belgrade, ME 04917. 441-6227, www.cemenemba.org



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— Calendar —

...Wednesday 6/29 through Saturday 7/2 - "Heaven Help Me," comedy, 474-7176, Lakewood Theater, Route 201, Madison.

...Friday 7/1 through Monday 7/4 – Maine Quarter Horse Show, concessions, covered arena, free, open to public, 474-3621, Fairgrounds, Route 201, Skowhegan

...Friday 7/1 through Sunday 7/3 – Seaplane Rides, fee, 10 am-4 pm, 859-0109, Airlink, LLC, Waterfront Park, Augusta.

...Friday 7/1 - Winslow Family 4th of July, featuring French musicians starting at 10:45 am, a baked bean supper starting at 4 pm, the "4th Idol" contest at 4 pm and the 195th Rock Band from 6:30-9 pm, www.winslow4thofjuly.com, Fort Halifax Park, Route 201, Winslow.

...Friday 7/1 – Open House for "Summer Members' Art Show & Sale," original artwork including paintings in oil, acrylics and watercolor, drawings, prints, collage, photographs, sculpture and more, free and open to the public, refreshments included, 5-8 pm, show continues through 7/24, 622-3813, The Harlow Gallery, 160 Water Street, Hallowell.

...Friday 7/1 - New England Music Camp Counselor Recital, free to the public, everyone welcome, 7:30 pm, 465-3025, Alumni Hall, Route 23, Sidney.

..Saturday 7/2 - Paddle "the Jungle," BRCA Summer Program, 9 am, 495-6039, Belgrade Regional Conservation Alliance, Long Pond Public Boat Launch, Castle Island Road, Mount Vernon.

...Saturday 7/2 - The "Battle of the Bands," noon-9 pm, Chicken BBQ Dinner starting at 1 pm, Fort Halifax Park, Winslow.

...Saturday 7/2 - NEMC Concert, featuring Concert Orchestra, Concert Band, Treble Choir, 3 pm, free, open to the public, 465-3025, Bowl-in-the-Pines, New England Music Camp, Route 23, Sidney.

...Saturday 7/2 - Barbecue Buffet supper, 4:30-6:30 pm, 622-0552, South Parish Congregational Church, Augusta.

...Saturday 7/2 – "The Black Fly Follies," 7:30 pm. 933-9999, Cumston Hall, The Theater at Monmouth.

...Sunday 7/3 - At Fort Halifax Park, 319th Army Concert Band and St. John's School Live Auction noon-2 pm, Crafter's Market noon-5 pm; at St. John's School Parking Lot, Annual Street Dance 6-11 pm, Winslow.

...Sunday 7/3 - New England Music Camp student concert, open to the public, free, 465-3025, at Bowl in the Pines, Route 23, Sidney.

...Monday 7/4 - Farmington Independence Day Celebration, Rotary Club Annual Parade, line-up UMF parking lot 8:30 am, parade begins 10 am, Music entertainment and strawberry shortcake on sale on Pierce House lawn following parade, 778-4215, Main Street, Farmington.

...Monday 7/4 - Winslow 4th of July Parade 9:45 am-12 pm, music 12:30 pm-9 pm, Fireworks! 9 pm, Fort Halifax Park, Winslow.

...Monday 7/4 – Winthrop 4th of July, 9th Annual Friends on the 4th 5K, run, jog or walk, 621-4100, 8 am, sponsored by Friends of the Cobbossee Watershed, 621-4100, Norcross Point, Winthrop.

...Monday 7/4 - Winthrop 4th of July Celebration, festivities 10 am-10 pm, something for everyone - bring the kiddies!, chicken barbecue, cotton candy, sausage cart, ice cream, MC by Randy's Music all day, dunk tank, kids games, raffles, bake sale, dance contest 3 pm ages 0-16, face painting, fireworks, Alfred W. Maxwell Jr. Post #40, Maranacook Lake, Winthrop.

...Monday 7/4 - Winthrop Fireworks at dusk, around 9 pm, sponsored by the Winthrop Area Chamber of Commerce, 377-8020, Norcross Point, Maranacook Lake, Winthrop.

...Monday 7/4 – Augusta 4th of July Parade, Western Avenue to City Center and Old Fort Western, starts 4 pm, 626-2350, downtown Augusta.

...Monday 7/4 - Hayrides and Trolley Rides, 4-8 pm, 626-2350, Augusta Recreation, Mill Park, Water Street, Augusta.

...Monday 7/4 - Fourth at the Fort, Old Time Independence Day Celebration, 5 pm, 626-2385, Old Fort Western, Cony Street, Augusta.

...Monday 7/4 - Celebration at Mill Park, vendors, bounce houses, chicken BBQ, children's entertainment, karaoke, games, 626-2350, Mill Park, Augusta.

...Monday 7/4 – Concert Series, Zacc Taylor, Sun Dog, Emerald Sky, Augusta Recreation, 5 pm, 626-2350, Waterfront Park, Augusta.

...Monday 7/4 - Augusta Fireworks over the Kennebec River, dusk, 626-2352, Mill Park, City of Augusta.

...Monday 7/4 – Belgrade Lakes 4th of July, Book Sale, Bounce House, Face Painting, Antique Boat and Motor

Display, Boat Parade and Land Parade, Ice Cream Social, Strawberry Shortcake, Frog Jumping, Entertainment, Fireworks, events all day from 8 am to after dark, 242-9958, Belgrade Lakes Village.

...Monday 7/4 – Book Sale to benefit renovations at the new Belgrade Public Library, gently used books, thousands of volumes, 9 am-2 pm, 495-3508, Main Street, Belgrade Lakes.

...Monday 7/4 - Summer Preview, Maine Lakes Resource Center, get a first look inside the new building, meet the people behind the mission and hear about the vision, 1:30 pm, 495-6039, Main Street, Belgrade Lakes.

...Tuesday 7/5 through Friday 7/8 - Survivor Camp with Survivor Bob Crowley, teacher from Maine, oldest winner of CBS television series, Bob will tell stories and teach survival and camping skills along with registered Maine Guide Peter Christensen, families, couples and singles all welcome, ages 10 and older, \$500 per person, 1-877-864-5441, www.saddlebacksummer.com, Saddleback Mountain, Rangeley.

...Tuesday 7/5 – Outdoor Music Concert, free, 11:30 am-1 pm, Meetinghouse Park Gazebo, **downtown Farmington.**

...Tuesday 7/5 – "Rock On The River" Music Series, 7-8:30 pm, boardwalk on Kennebec River, Water Street, Hallowell.

...Wednesday 7/6 - Llamas at the Library, come meet Christy and Staccato, 10:30 am, 495-3508, Belgrade Public Library, Center for All Seasons, Route 27, Belgrade Lakes.

...Wednesday 7/6 - Public Supper, 5 pm til gone, 362-2791, Fairview Grange, Route 8, Smithfield.

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Art Exhibit to Benefit the Maine Lakes Resource Center



Maine landscape painter Matthew Russ will exhibit recent work from the Kennebec Highlands, and other areas surrounding the Belgrade Lakes, at the new Maine Lakes Resource Center on Main Street in Belgrade Lakes Village. The exhibit will open on July 7 with an artist's talk and reception at 7:00 p.m., and will run until the end of July.

Matthew Russ is a 1996 graduate of Colby College and resident of Waterville. Russ draws great inspiration from the landscape of the Kennebec Highlands, where he paints in the field year-round, often backpacking into remote sites to execute his paintings. For more information about the artist, including images of recent work, please visit www.matthewruss.com.

A percentage of sales from the exhibit will benefit the Maine Lakes Resource Center, a new 3,500 square-foot building on Main Street in Belgrade Lakes Village, whose lead partners are the Belgrade Lakes Association, the Belgrade Regional Conservation Alliance, and Colby College. The center will emphasize information and instruction towards making conservation a tradition in the Belgrade Lakes region and beyond. For more information about MLRC, please visit www.dockstodoorways.com



...Wednesday 7/6 – New England Music Camp Faculty Recital, open to public, free of charge, everyone welcome, 8:00 pm, 465-3025, Alumni, NEMC, Route 23, Sidney.

...Thursday 7/7 - Kennebec Highlands Art Lecture, local artist Matt Russ will discuss how the Kennebec Highlands influence his work, 7 pm, 495-6039, Maine Lakes Resource Center, Main Street, Belgrade Lakes.

...Thursday 7/7 through Sunday 7/10 – "Sugar," musical, 474-7176, Lakewood Theater, Route 201, Madison.

...Thursday 7/7 - The Kane Sisters, traditional fiddlers, 7:30 pm, \$15, 948-SHOW, Unity Centre For the Performing Arts, 42 Depot Street, Unity.

...Thursday 7/7 - Village Harmony, 7:30 pm, presented by the Arts Institute of Western Maine, <http://ArtsInstitute.org>, Nordica Auditorium, University of Maine, Farmington.

...Thursday 7/7 through Saturday 7/9 - "Much Ado About Nothing," Shakespeare comedy, 7:30 pm, 933-9999, Cumston Hall, The Theater at Monmouth.



...Wednesday 7/6 - Children's drawing program, "Capturing Wild Animals on Paper," varied mediums, various animals, children can attend one or the whole series, 1 pm, 238-4250, L.C. Bates Museum, Route 201, Hinckley.

...Wednesday 7/6 - Medicinal Plant

Walk, learn about the pharmacy in your backyard, 5 pm, location TBA, 495-6039, Belgrade Regional Conservation Alliance, Main Street, Belgrade Lakes.

...Wednesday 7/6 – Waterfront Wednesday Outdoor Concert Series, 6 pm-sunset, Waterfront Park, behind Water Street, Augusta.



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Kennebec Corridor News & Notes



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Winslow Family 4th of July

4th of July festivities in Fort Halifax Park on the Kennebec River are a tradition in Winslow and this year's plans call for another 4-day celebration with lots of food, music, dancing, and displays, but most of all music.

Friday's music will feature La Famille LeBlanc at 10:45 am, Chantel et Marcel at 12:15 pm, the 195 Concert Band at 1:45 pm, the 4th Idol at 4 pm and the 195th Rock Band from 6:30-9 pm. Saturday's new "Battle of the Bands" competition, scheduled noon-9 pm, will present the following bands: Steel Rail Express, The Veayo Twins, The Elvis Clark Band, The Resistance,

Carey Brown Band, Almost There, Bones of Ego, R Factor 13, and Blackjack. Sunday the 319th Army Concert Band will perform. And, on Monday Elvis, Deely Stan, Yellow Brick Road, and Boyz Gone Crazy will be at the park.

The 4th Idol is a singing contest, still looking for more contestants. The winner will ride in the parade and sing the National Anthem before the fireworks.

The parade – one of the biggest in the state – will march from 9:45am-12 pm. Volunteers are still needed to help with the many activities. For more information visit winslow4thofjuly.com.



Maine's Historic Flag Collections

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Capital City Riverfront Fourth



The State Capitol, Water Street, Mill Park, Old Fort Western: Augusta's 4th of July celebration is close to the Kennebec from the 4th of July Parade to the grand finale Fireworks.

The celebration begins at 4 pm with a parade from the State Capitol area along State and Water Streets and across the Kennebec River to Old Fort Western. Also starting at 4 pm, hayrides and trolley rides will be available at Mill Park.

At 5 pm, the July 4th Concert Series at Mill Park begins with Zacc Tyler and Emerald Sky performing, while at Old Fort Western an Old Time Independence Day Celebration with games, tours and family fun gets underway. Trolley rides and hayrides stop at 8 pm. Fireworks at Mill Park are at dusk.

For more details call 623-4559 or visit www.AugustaMaine.com.

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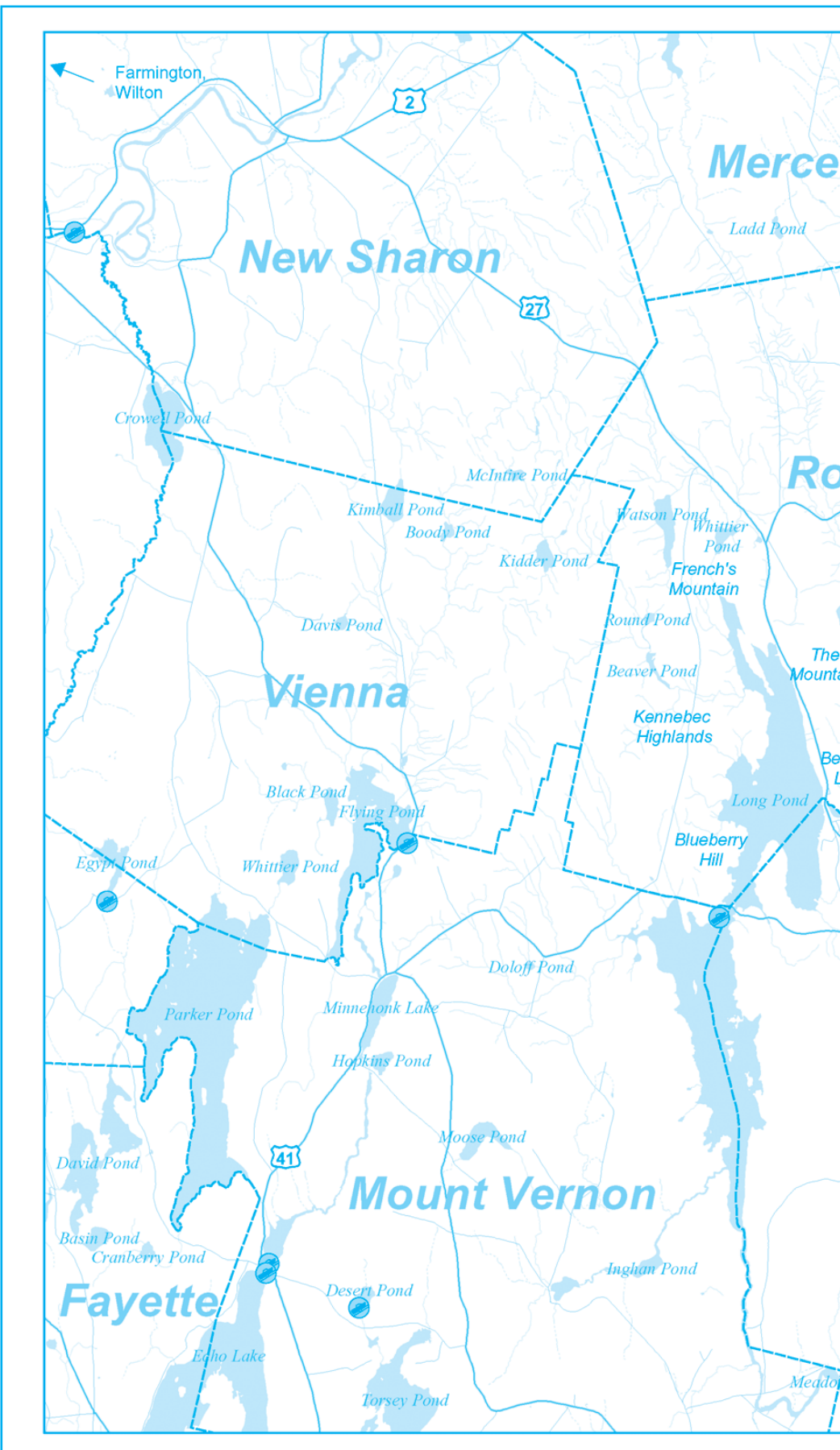
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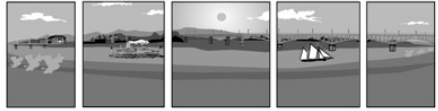
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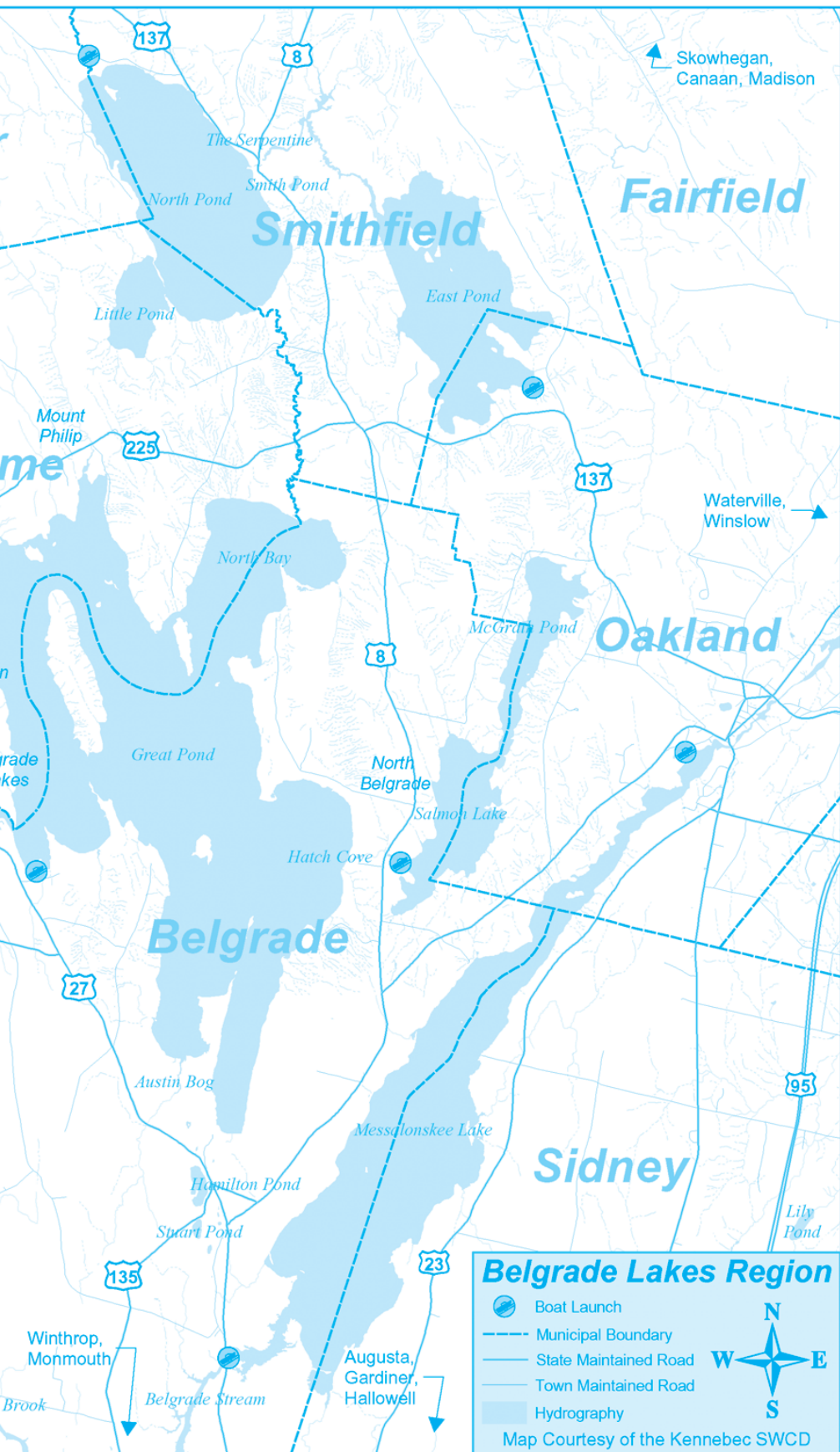


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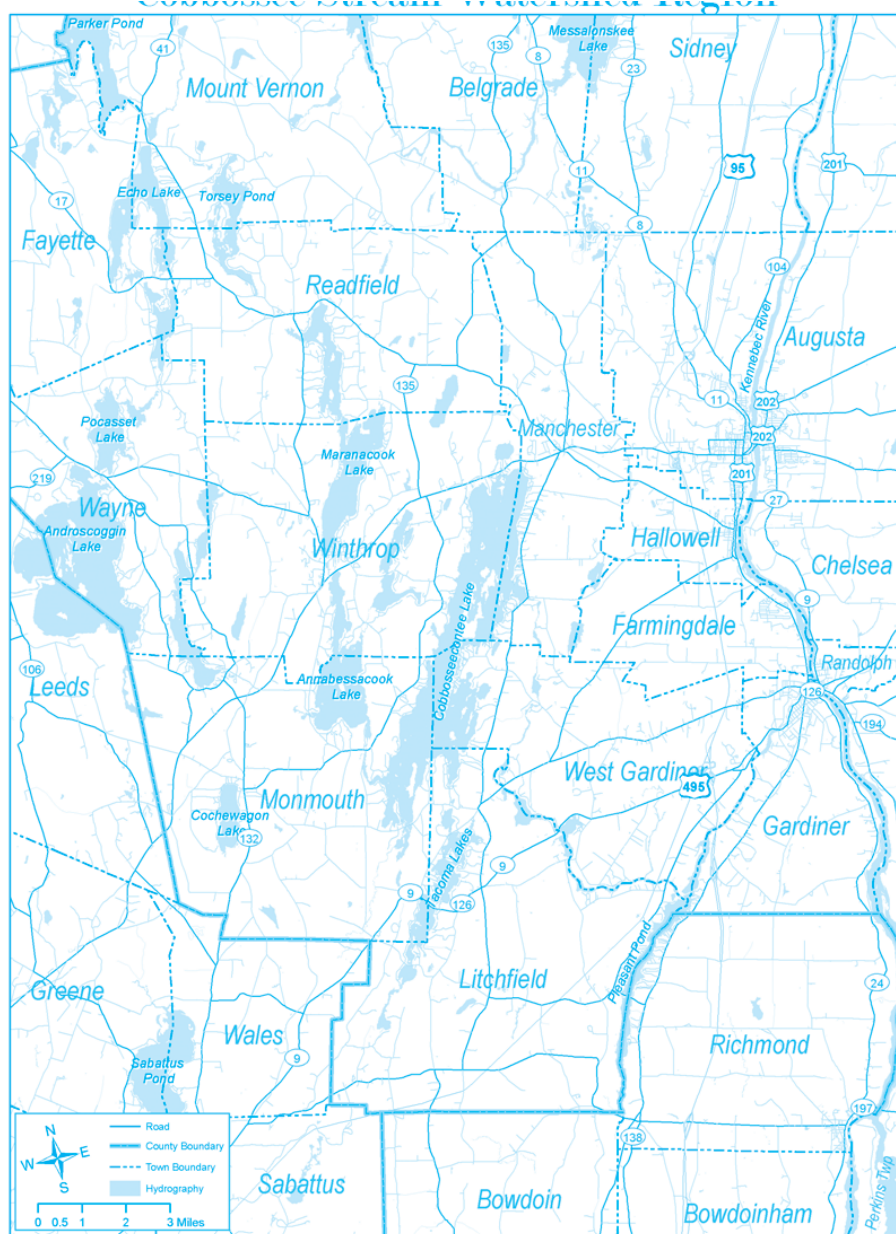
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"Friends on the 4th" 5K



Runners proudly cross the finish line!

American Legion on Bowdoin Street.

For the safety of the runners, parking is not allowed along the race route. Parking attendants will be on hand to guide participants and spectators to designated parking areas.

Thanks to this year's sponsors - Major sponsor: Homestead Realty; Gold level sponsors: The China Dine-ah, Kennebec Savings Bank, G&E Roofing, Charlie's Family of Dealerships, and On Target Utility Services; and Bronze level sponsors: Lipman, Katz & McKee, The Copy Center and American Awards - all proceeds from registrations support the Cobbossee Watershed, a 6,500+ "Protect and Improve the 21st Century Watershed."

For more information or to download a registration form or register online, visit www.watershedfriends.com or call 621-4100. 

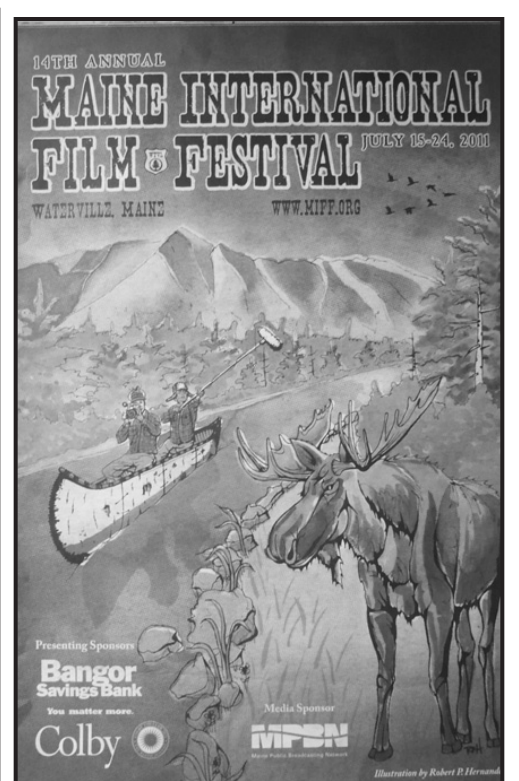
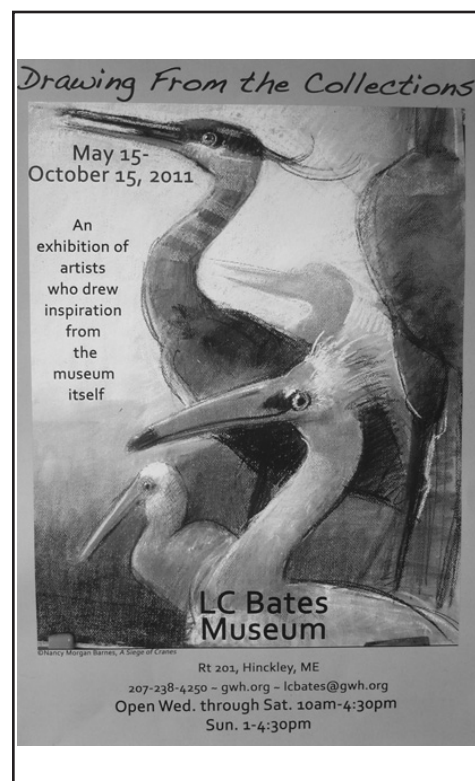


Start this year's 4th of July with a bang by entering the 9th annual "Friends on the 4th" 5K Run, Jog & Walk, scheduled for Monday, July 4 at 8 am in Winthrop. Open to all runners, joggers and walkers, several hundred entrants are expected to navigate this scenic course that loops through Main Street and then follows the eastern shore of Maranacook Lake.

The pre-registration fee of \$20 must be received by 12 noon, June 30 and guarantees all participants a T-shirt and stuffed gift bag. Event day registration is \$25 and starts at 7 am at the



The "Friends on the 4th" 5k attracts family members of all ages





Cobbossee Corner

Explore the Natural World with Friends of the Cobbossee Watershed's Summer Programs!



Summer Nature Day Camp

Come explore the outdoors with five full days of FUN for children entering grades 4-6! Two 1-week sessions – July 18-22 and August 8-12 – are being held at the YMCA Camp of Maine on Cobbossee Lake in East Winthrop, ME. Campers will enhance their relationship with the natural world as they explore, observe and experience the nearby ponds, forests and fields (hiking, fishing, swimming, canoeing & kayaking); record observations in their own nature journal; learn basic wilderness skills; and participate in ecology skits, crafts and games. Campers will also be treated to a special session of "Tadpole Patrol" aboard the Friends 22' pontoon boat, the OTTER II. Camp will run from 8 a.m. – 4 p.m. daily, with aftercare available until 5 p.m. Cost for each 5-day camp session is \$195/pp, and includes lunch and afternoon snack. Early registration is recommended, as space is extremely limited



Tadpole Patrol – back for the 8th year!

The Friends of the Cobbossee Watershed's popular summertime program, Tadpole Patrol, returns once again this summer aboard the OTTER II, the Friend's 22' pontoon boat and "floating classroom". With three integrated levels, children in grades 2- 12 have the opportunity to learn about the lake ecosystem and how to test water quality aboard the Friends' 22' pontoon boat, the OTTER II. 26 different sessions are being offered on 5 different lakes within the Cobbossee Watershed. Cost of each 2.5 – 3 hours session is just \$15, and includes a complementary Friends logo item.

To download a registration form or FMI, visit their website at www.watershedfriends.com or call 621-4100.



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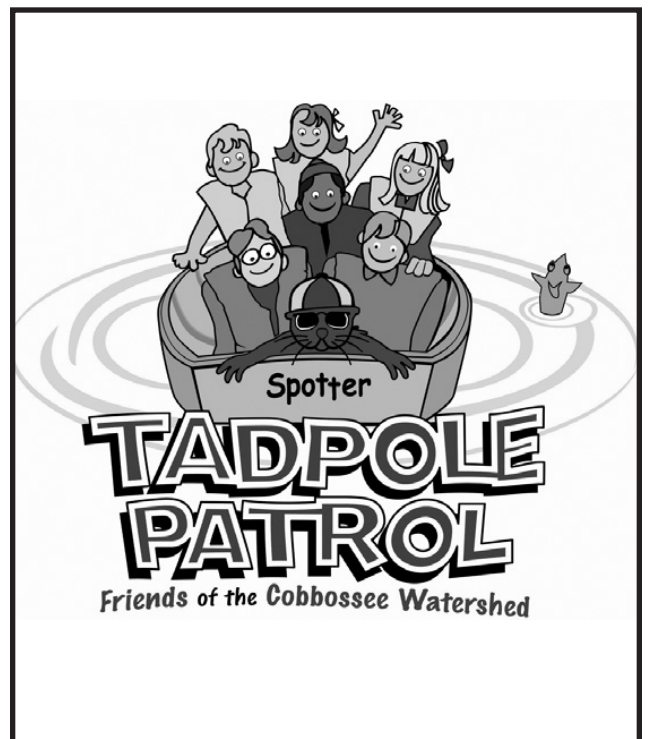


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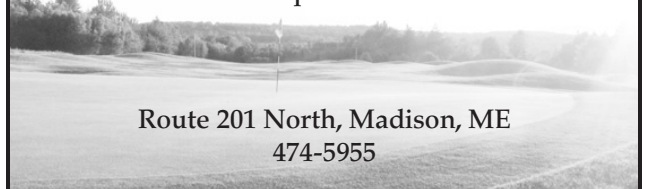
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- A Summer Yard Sale, rain or shine, will be held on July 9 at St. Mark's Episcopal Church, corner of Eustis and North Streets, Waterville. Cook out lunch available. 872-7869
- On Monday, July 11, the 16th Annual Kennebec Valley Chamber of Commerce Golf Tournament to benefit the Kennebec Leadership Institute will be held at the Augusta Country. 623-4559
- On Wednesday, July 13, the Oakland-Sidney United Methodist Church on West School Street in Oakland will hold its annual Turkey Supper from 5-7 pm. Roast turkey with all the trimmings and homemade pies is \$8 adults, \$3 children 6-12.
- Ceramic artist Malley Weber of Hallowell clay works will give an artist slide presentation and talk at the Harlow Gallery on Thursday, July 14, 7 pm. 622-3813
- The July "Beasts and Books" program for ages 3 to 6 with a parent will be Friday, July 15. Animal stories will be told in the L.C. Bates Museum with a craft to make and take. 238-4250
- A Maine Barrel Race will be held on Sunday, July 17 at the Silver Spur Riding Club, River

Road, Sidney.

- Naturalist and nature photographer John Green will narrate his slide film "Nature Odyssey," an hour long natural history journey to selected North American locations on Friday, July 22, 2 and 7 pm at the Araxine Wilkins Sawyer Memorial in Greene. 946-5311
- The Artistree Artisans Cooperative holds its annual summer show, 90 plus juried Maine artisans, Saturday, July 23, 9 am-4 pm, Center for All Seasons. 923-3194
- An Astronomy Hike will be held on Saturday, July 23 at 8 pm at The Mountain in Rome, learn about new constellations with the Belgrade Regional Conservation Alliance. 495-6039
- On Wednesday, July 27 at 7 pm the Belgrade Historical Society will hold a meeting at the North Belgrade Community Center, Route 8, to discuss "The Camps," Year 2 - your turn to tell a story or memory. 465-7924
- ?Bugs, Baboons, and Story Tunes? is coming to the Hubbard Free Library in Hallowell on

- Friday, August 5 at 3 pm. A free, very participatory family program of humorous children's songs. 622-6582
- The Belgrade Fire Department Annual Bean Hole Bean Supper is scheduled for Saturday, August 6 at the Belgrade Community Center for All Seasons.
- Mercer Old Home Days Weekend is August 6 and 7, 10 am-3 pm at the Mercer community Center and the Meeting House.
- The Annual Meeting of the Kennebec Land Trust will be held at the Wayne Yacht Club on Sunday, August 21, 2-4 pm field trips for all ages, 4-6 pm potluck BBQ. 377-2848
- Maine Farm Days will be held on August 24-25 at Misty Meadows in Clinton.



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–Conservation Too–

We at the Kennebec Conservation District have had a unique opportunity over the last couple of years to educate ourselves about the emerging industry of alternative energy. Through partnerships with the Farm Energy Partners, a consortium of agricultural professionals, and Efficiency Maine, as well as others, we have participated in and led energy conservation programs aimed at decreasing greenhouse gas emissions and increasing farm business sustainability.

While we have traditionally focused on water and soil conservation, the District sees energy conservation as a pressing need and one that aligns with our mission. No matter what opinion one holds regarding the validity of the theory of global warming, it is not a stretch to suppose that more greenhouse gases in our atmosphere will lead to diminished water quality and other negative impacts to aquatic wildlife (“acid rain” ring a bell?). Basically we have increased the District’s ability to respond to the needs of Maine farmers.

With rising fuel costs continuing to negatively affect our costs of living, renewable energy

Greener Energy for Maine Small Business

by Art Grindle

sources are on many peoples’ minds, especially business owners. The cost of energy in Maine has always been high and is routinely cited as one of the top three hindrances to the business climate overall. Maine farmers and other electricity users pay some of the highest electricity rates in the country. A business’s utility costs may be the difference between making it or breaking it. In order to survive and thrive, Maine businesses must reduce exposure to the external forces that control energy costs and seize upon the opportunity to both use less energy, and develop home-grown energy sources. Many wonder if solar thermal, geothermal or photovoltaic technologies may be useful and beneficial for them. In some cases the most obvious choice may not end up being the right choice – it all depends on the needs of a particular business. It may be simply a combination of efficiency upgrades instead of installation of renewable energy equipment.

Thanks to a grant from the USDA – Renewable Energy Development Assistance (REDA) program, the District is able to provide help to farmers and small business owners in Maine with assessing their energy needs and sorting through

the various solutions. We also can help guide business people toward grant and loan programs to ease the financial burden of going green. The first energy-wise option should always be increasing efficiency. It makes no sense to install a solar thermal water heating system to replace electric water heaters if at the same time there are other outdated, inefficient pieces of equipment on the farm gobbling up energy. An energy audit (available through Efficiency Maine) will help identify and prioritize items that could increase energy efficiency.

Rural small business owners in Maine have the opportunity to take advantage of free expertise to help them make informed decisions about their energy futures. District staff are available to answer questions and visit your site to begin charting your course toward lower energy costs, or potentially even making your own. Give your Conservation District a call.



Articles contributed by the Kennebec County Soil & Water Conservation District in Augusta who can be contacted at the District office on 21 Enterprise Street at 207-622-7847 x 3 or check our website at www.kcswwcd.org

...Watershed Wisdom continued from page 5

“LakeSmart” and the owner receives a “LakeSmart Award-Living Lightly on the Land for the Sake of Our Lake” sign to be displayed. Hopefully you have noticed some of these signs and now you understand the importance. If you would like to participate, please call our office at 495-6039 and we will put you in touch with the appropriate lake association screener to start the process. Landscaping and managing your property in an environmentally friendly manner through LakeSmart is one way to do your part in protecting your lake’s water quality and have a low maintenance, great looking property. The program is not meant to be judgmental but rather is aimed at making incremental improvements and inspiring others. Visit the new Maine Lakes Resource Center when it opens in July and learn more about both of these programs.



...Calendar continued from page 5

Astronomy Hike: Saturday the 23rd, 8pm at the Mountain. Come stargazing with us-learn new constellations and wish upon shooting stars.

LNT & Navigation Hike: Wednesday the 27th, 5pm location TBA. Brush up on your backcountry ethics while sharpening those map and compass skills.

Annual Meeting: Thursday the 28th, 5-9pm at the Belgrade Community Center For All Seasons. BLA

Volunteer Lake Monitoring Conference: Saturday the 30th, 12:30-4pm. Celebrate the 40th anniversary of the VLMP and reflect upon achievements and acknowledgement of volunteer efforts.

Letterboxing: Saturday the 30th, 9am at The Mountain. Letterboxing: part navigation part scavenger hunt.

AUGUST

Edible Plant Walk: Wednesday the 3rd. 5pm BRCA’s Dolley Property. Forage through the woods and dis-

cover nature’s bounty of edibles.

Ellen Tipper Concert: Thursday the 4th, 7pm MLRC. Feast your ears upon local pianist and singer-songwriter Ellen Tipper as she performs songs from her latest album.

Meet Your Neighbors 2nd Summer Reception: Saturday the 6th at the “Clearwater” Finlay Camp.

Rug Hooking with Mildred Peladeau: Saturday the 6th, 1pm at the MLRC.

Harold Alfond Memorial Golf Tournament: Wednesday the 10th, 11am at Belgrade Lakes Golf Course.

Lake Critters Paddle: Saturday the 13th, 10am location TBA. Paddle your kayak or your canoe! Discover the critters that share lakes with you! Oh! And a picnic too!

Summer Lobster Bake: Saturday the 13th, 5-7pm social hour & silent auction, 7pm dinner at the Belgrade Community Center For All Seasons.

Bat Lecture: Wednesday the 17th, 7pm at the MLRC.

Continued on page 25...

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Control storm water run-off from buildings, paths, driveways, and roads. Fix run-off sites by planting vegetation, placing gravel and small stones, or constructing swales and rain gardens to capture run-off and let it soak into the ground. Once in the ground the water is filtered and cleansed before running into the lake.

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Belgrade Lakes Association

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– Accommodations –

Abenakis All Season Camps, 1339 Augusta Rd. (Rt 27), Belgrade, 495-2294, www.abenakiscamps.com

Alden Camps, American Plan cottages, boat rentals, 3 Alden Camps Cove, Oakland, 465-7703, www.aldencamps.com

Among the Lakes Bed & Breakfast, Rt 8, North Belgrade, 465-4900, www.amongthelakes.com

Bear Spring Camps, 60 Jamaica Point Rd., Rome, 397-2341, www.bearspringcamps.com

Belgrade Cottages Guide Service, fishing, lake tours, canoe/kayak trips and rentals. 9 Bass lane, Belgrade 314-8469 www.belgradecottages.com

Castle Island Camps, American Plan, Castle Island Rd, Belgrade Lakes, 495-3312, www.castleislandcamps.com

Kozy Cove Cottages, Rt 8, Salmon Lake, Belgrade, 465-0959, www.kozy-covecottages.com

The Village Inn, 1 & 2 bedroom suites, Rt 27, Belgrade Lakes Village, 495-3553, www.villageinnnducks.com

Whisperwood Cottages, American Plan, boat rentals, 103 Taylor Woods Rd, Belgrade, 465-3983, www.whisperwood-lodge.com

Wings Hill Inn, Rt 27, Belgrade Lakes, 495-2400, 866-495-2400, www.wingshillinn.com

RESERVATIONS SERVICES

Belgrade Vacation Rentals, 81 Main St, Belgrade Lakes, 495-4011, www.belgradevacationrentals.com

Clee & Dee LLC, 40 Belgrade Road, Oakland, 465-4430

...Notebook continued from page 7

Martha Campbell and Malcolm Potts at the annual summer event on Thursday, July 28 at the Colby College Schair-Swenson-Watson Alumni Center. A reception will be held at 6:15 pm, followed by dinner at 7 pm and the Keynote Address. Dr. Campbell is a political scientist and health policy specialist in the School of Public Health at University of California at Berkeley. Dr. Potts is a Cambridge-trained obstetrician and reproductive scientist who chairs the Population and Family Planning Department at UC Berkeley School of Public Health. He has written 11 books. www.midmaineglobalforum.org

Wayne

• Cary Memorial Library on Old Winthrop Road will present three Friday night poetry readings featuring six poets. The first reading, on July 8th, will feature Herb Coursen and Bob MacLaughlin. The second reading will take place July 15th and will feature Robert Farnsworth and Carolyn Gelland. Programs are free and begin at 7:30 pm. All listeners are welcome to attend. 685-3612

Winthrop

• The 24th Annual Winthrop Sidewalk Art Festival is scheduled for Saturday, August 20 (rain or shine) from 10 am-4 pm. Sponsored by the Winthrop Area Chamber of Commerce, the Sidewalk Art Show features many high-quality artists from throughout the region. This year's

artwork has been expanded to include fabric, leather, metal and wood, in addition to the traditional categories of oil paintings, watercolors, photography, and other media. Other events of the day will include the library book sale, church bake sales and luncheons, and discounts and sales by local merchants. 377-8020.

...Legacies continued from page 4

and/or has impacted that student's interests and life plans. Applications are available at www.norlands.org.

Washburn-Norlands Living History Center is a nonprofit museum dedicated to preserving the heritage and traditions of rural life in Maine's past, to celebrating the achievements of Livermore's Washburn family, and to using living history methods to make values, issues and activities of the past relevant to present and future generations.

The 450-acre property is comprised of working land and buildings relating to the site's role as the 19th homestead of the Washburn family. It includes a preserved 1828 Universalist meeting house, the Washburn's mansion, an 1885 granite library built by the Washburn brothers, an 18th century cape, a sap house, and a restored one-room school house.

During the summer Norlands is open Tuesdays and Thursdays 1-4 pm. Tours and programs are available. For more information visit www.norlands.org or call 897-4366.

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Augusta

• **Riverfront Barbeque & Grille**, 300 Water St., Augusta. 622-8899, www.riverfrontbbq.com

Belgrade

• **Belgrade Lakes Golf Club**, lunch/snacks, West Road, Belgrade Lakes, 495-4653, www.belgradelakesgolf.com
 • **The Village Inn**, Rte. 27, Belgrade Lakes Village, 495-3553, www.villageinnducks.com
 • **Whisperwood**, Salmon Lake/McGrath Pond, Taylor Woods Road, open to the public by reservation only, 465-3983, www.whisperwoodlodge.com
 • **Wings Hill Inn and Restaurant**, Rte. 27, Belgrade Lakes Village, 495-2400 or 800-495-2400, www.wingshillinn.com

Oakland

• **Alden Camps**, Lunch or dinner by reservations, Sat. - Wed., space permitting. 3 Alden Camps Cove, Oakland. 465-7703. www.aldencamps.com

• **Riverside Farm Market & Cafe**, 291 Fairfield Street, Oakland, 465-4439. www.riversidefarmmarket.com

Waterville

• **Cacciatores**. 150 JFK Plaza, Kennedy Memorial Drive, 872-9700.
 • **Dairy Queen**. 13 KMD Plaza, Waterville, 872-2220; and 161 College Ave, Waterville, 873-1677, www.dairyqueen.com
 • **Restaurant & Pub at the Waterville Grand**. 375 Upper Main Street, Waterville. 873-0111.

Winslow

• **Lobster Trap & Steakhouse**. 25 Bay Street, Winslow. 872-0529. www.lobstertrap-seafood.com.

Winthrop

• **Peppers Garden & Grill**. 357A Main Street, Winthrop. 377-8877
 • **Sully's Restaurant & Tavern**. 38 Main Street, Winthrop. 377-5663, 377-5808

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The Small Garden Guide



by Sue Gawler

What's New at Your Local Market

The Market opened its seventh season on June 12 with eight hardy vendors, and our full complement is expected this week. Come and meet our new folks and visit your return-ing faves. We are welcoming three new vendors to the Sunday market. Avery Richter's Wrap 'n Roll offers ready-to-eat delicacies such as lettuce wraps, peanut noodles, and vegetable sushi, along with breads and other goodies. Anne Trenholm of Wholesome Holmstead brings a tempting array of poultry, beef, pork, and veal, all naturally raised. And Johanna and Jaret's Moodytown Gardens has vegetables and flowers. You may remember them from the Thursday market last year— this year, they've moved to Sunday, and Buttermilk Hill Farm has moved to Thursday.

Speaking of which, where is the Thursday market, and why are we back at the Village Inn? Well, it's hard to miss the new Maine Lakes Resource Center on the old empty lot— huge and exciting progress there since last summer! The Center is looking forward to giv-ing us a permanent home, but it's not ready yet. Village Inn proprietors Charlie and Susan Grover kindly offered us their parking lot again for Sundays—did you know, by the way, that they were instrumental in starting up



the market in 2005? Thursday afternoon, however, conflicts with their dinner hours, so we will wait until space is available at the Lakes Resource Center. Stay tuned for news on the Thursday market, and please visit us on Sundays in the meantime. See you at the market!

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www.dairyqueen.com www.dairyqueen.com



-Business Directory-

ACCOMMODATIONS

See page 20

ADVENTURE

Belgrade Cottages Guide Service, fishing, lake tours, canoe/kayak trips and rentals. 9 Bass lane, Belgrade 314-8469 www.belgradecottages.com
Maine Wilderness Tours, fishing, canoeing/kayaking, lobster picnic, bird watching, 7 Croquet Ln, Belgrade, 465-4333, www.MaineWildernessTours.com
Paradis Outfitters, 3675 Middle Rd, Sidney, 547-GUNS, www.paradisoutfitters.com

AIRPLANE RIDES

AirLink, LLC, float plane rides. 2 LaFleur Rd, Waterville, 859-0109 or 609-712-0866 (cell), www.airlinkconnection.com

ANTIQUES

Barbara’s Antique & Collectibles Group Shoppe, Rt 201, 414 Lakewood Rd, Madison, 474-2550
Stoney Creek Antiques, 881 Civic Center Drive, Augusta, 626-9330

AUCTIONS

James D. Julia, Inc., 203 Skowhegan Rd (Rt 201), Fairfield, 453-7125, www.juliaauctions.com

BANKING

Kennebec Savings Bank, 150 State St, Augusta, 622-5801, www.kennebecsavings.com
Maine State Credit Union, 200 Capitol St, Augusta, 623-1851, www.mainestatecu.org
Skowhegan Savings Bank, Rt 27, Belgrade, 495-7787, www.skowsavings.com

BEVERAGES

Jokas’ Discount Beverage, 52 Front St, Waterville, 873-6228

BICYCLES

Auclair Cycle & Ski, 64 Bangor St, Augusta, 623-4351, www.AuclairCycleSki.com

BOATS

(Besides the categories immediately following, see Canoes and Kayaks, Docks, and Wooden Boat Repair.)

BOAT COVERS

Waterville Auto Top & Upholstery. 1042 Kennedy Memorial Dr, Oakland, 465-7847

BOAT LIFTS

Hammond Lumber Company, Auburn, Bangor, Belgrade, Brunswick, Fairfield, Farmington, Greenville, Portland, Skowhegan, 866-HAMMOND, www.hammondlumber.com
Power Equipment Plus, 2309 Belgrade Rd, Rt 27, Sidney. 547-4114, pep@pivot.net

BOAT MOORINGS

Great Pond Marina, 25 Marina Dr, Rt 27, Belgrade Lakes, 495-2213, www.greatpondmarina.com

BOAT RENTALS

Belgrade Canoe & Kayak, Rt 27, Belgrade, 495-2005, 242-6331, www.kayakandcanoe.com
Castle Island Camps, Castle Island Rd, Belgrade Lakes, 495-3312, www.castleislandcamps.com

Great Pond Marina, 25 Marina Dr , Rt 27, Belgrade Lakes, 495-2213, www.greatpondmarina.com

Whisperwood Cottages, 103 Taylor Woods Rd, Belgrade, 465-3983, www.whisperwoodlodge.com

BOAT REPAIR

Mobile Marine, 897-1032 (home) or 897-8433 (cell)
Belgrade Boat Shop, 936 Augusta Rd, Belgrade, 485-6953

BOAT SALES AND SERVICES

Belgrade Canoe & Kayak, Rt 27, Belgrade, 495-2005, 242-6331, www.kayakandcanoe.com
Clark Marine, 57 Puddledock Rd, Manchester, 622-7011, mail@clarkmarine.biz, funonthewaterstartshere.com
Hamlin’s Marine, 290 West River Road, Waterville, 872-5660, www.hamlinsmarine.com
Mid-Maine Marine and RV, 885 Kennedy Memorial Drive, Oakland, 465-2146, www.midmainmarine.com
Power Equipment Plus, 2309 Belgrade Rd, (Rt 27), Sidney, 547-4114, pep@pivot.net
Trailside Performance, 797 Augusta Rd (Rt 201), Winslow, 873-2366, www.trailsideperformance.com

BOAT STORAGE

Belgrade Boat Storage, 41 Pinkham’s Cove Rd, Rt 27, Belgrade, 495-3415, boatstorage@roadrunner.com
Belgrade Lakes Marine and Storage, Inc, 366 Augusta Rd, Belgrade, 495-2378, www.belgradelakesmarine.com
Clark Marine, 57 Puddledock Road, Manchester, 622-7011; and Rt 202, Monmouth, mail@clarkmarine.biz, funonthewaterstartshere.com
Great Pond Marina, 25 Marina Dr, Rt 27, Belgrade Lakes, 495-2213, www.greatpondmarina.com
Hamlin’s Marine, 290 West River Rd, Waterville, 872-5660, www.hamlinsmarine.com
Maple Leaf Self Storage, 688 Manchester Rd, Rt 135, Belgrade, 495-2191, 441-5529
Mid-Maine Marine and RV, 885 Kennedy Memorial Dr, Oakland, 465-2146, www.midmainmarine.com
Trailside Performance, 797 Augusta Rd, Rt 201, Winslow, 873-2366, www.trailsideperformance.com

BOOKS

Children’s Book Cellar, 52 Main St, Waterville, 872-4543, kidsbookseller@verizon.net
Re-Books, 25 East Concourse, Waterville, 877-2484

BOTTLE AND CAN REDEMPTION

Jokas’ Discount Beverage, 52 Front St, Waterville, 873-6228

BUILDERS

(See also Electricians, Kitchens, Plumbers, and Excavating)
Bellavance Construction Company Inc, 31 Hulin Rd, Belgrades Lakes, 495-2492
Craig’s Carpentry/North Bay Estates, Rt 8, North Belgrade, Craig Alexander, 649-3749
G&L Contracting, Adam Gardner, Belgrade, 215-7951
Grandview Log & Timber Frames, 72 Burtons Ln, Winthrop, 441-1538, www.grandviewtimbers.com
LakeHouse Renovations, Joint Venture Company, Liberty Rd, Readfield, 685-7393 or 242-3663, www.adedesignbuild.net
Mainely Molding & Restoration, 449 Wilder Hill Rd, Norridgewock, 634-2821, lanca@tds.net

BUILDING FOUNDATIONS AND JACKING

Bellavance Jacking Co, LLC, 31 Hulin Rd, Belgrades Lakes, 495-2492

BUILDING MATERIALS

(See also Flooring, Stonework and Windows)

Gagne and Son, 28 Old Rt 27, Belgrade, 495-3313, www.gagneandson.com

Hammond Lumber Company, Auburn, Bangor, Belgrade, Brunswick, Fairfield, Farmington, Greenville, Portland, Skowhegan, 866-HAMMOND, www.hammondlumber.com

BUS SERVICE

Concord Coach Lines, 9 Industrial Dr, Augusta, 1-800-639-3317, concordcoachlines.com

CANOES AND KAYAKS

Belgrade Canoe & Kayak, Route 27, Belgrade, 495-2005, 242-6331, www.kayakandcanoe.com
Belgrade Cottages Guide Service, fishing, lake tours, canoe/kayak trips and rentals. 9 Bass lane, Belgrade 314-8469 www.belgradecottages.com

CHAINSAWS

Power Equipment Plus, 2309 Belgrade Rd, Rt 27, Sidney, 547-4114, pep@pivot.net

CLOTHING

New Balance Factory Outlet, 13 Walnut St, Skowhegan, 474-6231

COMPUTER CONSULTANTS

Samara Consulting, Macintosh Consultant, Michael Breault, 24 Welch Rd, Wilton, 645-5083, cell 578-0226, mbreault@samaraconsulting.com, www.samaraconsulting.com

DINING

(See Dining Directory on page 21)

DOCKS

G&L Contracting, Belgrade, 215-7951, agardner81@yahoo.com
Hammond Lumber Company, Auburn, Bangor, Belgrade, Brunswick, Fairfield, Farmington, Greenville, Portland, Skowhegan, 866-HAMMOND, www.hammondlumber.com
Power Equipment Plus, 2309 Belgrade Rd, Rt 27, Sidney, 547-4114, pep@pivot.net
Trailside Performance, 797 Augusta Rd, Rt 201, Winslow, 873-2366, www.trailsideperformance.com

ELDER CARE

Maine-ly Elder Care, 28 Center St, Oakland, 465-3249, www.maine-lyeldercare.com

EXCAVATING

Belgrade Boat Storage, 41 Pinkham’s Cove Rd, Belgrade, 495-3415, boatstorage@roadrunner.com
Bellavance Construction Company Inc, 31 Hulin Rd, Belgrade Lakes, 495-2492
David Stevens, P.O.Box 146, 103 Grandview Dr, Belgrade, 465-3815, cell 314-0314

EYE CARE

Maine Eye Care Associates, 325 E. Kennedy Memorial Dr, Waterville, 873-2731, www.MaineEyeCare.com

FARMSTANDS

Riverside Farm Market & Cafe, 291 Fairfield St, Oakland, 465-4439, www.riversidefarmmarket.com
Winterberry Farm, 538 Augusta Rd, Rt 27, Belgrade, 495-2593, www.winterberryfarmstand.com

FINANCIAL PLANNING

Golden Pond Wealth Management, 129 Silver St, Waterville, 873-2200, goldenpondwealth.com
Kennebec Wealth Management, 150 State St, Augusta, 622-5801, www.kennebecsavings.com



FLOORING

Hammond Lumber Company, Auburn, Bangor, Belgrade, Brunswick, Fairfield, Farmington, Greenville, Portland, Skowhegan, 866-HAMMOND, www.hammondlumber.com

FLOWERS AND PLANTS

Longfellow’s Greenhouses, 81 Puddledock Rd, Manchester, 622-5965, www.longfellowsgreenhouses.com
Pierce’s Greenhouse, 407 Belgrade Rd, Oakland, 465-7788

GALLERIES

Artisan’s Barn, 163 North Rd, Readfield. 685-9787, www.theartisansbarn.com
Spring Gallery & Sculpture Garden, bronze castings, 81 Main St, Belgrade Lakes, 495-3113, www.modernartfoundry.com

GIFTS

The Brass Knocker Gift Shop, Rt 27, Main St, Belgrade Lakes, 495-3345
Day’s General Store, 180 Main St, Rt 27, Belgrade Lakes, 495-2205, www.go2days.com
Kozy Cottage, 13 Church St, Oakland, 465-0959, www.kozy-covecottages.com
The 1830 House on Long Pond, 134 Main St, Belgrade Lakes Village, 495-3277, www.the1830houseonlongpond.com
The Village Peddler Gift Shop, Lake Shore Dr, Belgrade Lakes, 495-7707

GOLF

Lakewood Golf Course, 803 Lakewood Rd, Madison, 474-5955, www.lakewoodgolfmaine.com
Natanis Golf Course. 735 Webber Pond Rd, Vassalboro, 622-3561, www.natanisgc.com

GRANITE

Have Granite Will Travel, 42 South Mitchell Rd, Troy, 948-5952, www.mainegraniteking.com

GROCERIES

Day’s General Store, 180 Main St, Rt 27, Belgrade Lakes, 495-2205, www.go2days.com

HAIR CARE

Hair Reflections, 849 Kennedy Memorial Dr, Oakland, 465-7848

HEALTH CARE

Belgrade Regional Health Center, 4 Clement Way, Belgrade Lakes, 495-3323, www.healthreachchc.org
Inland Hospital clinics at Wal*Mart Supercenters, walk-in health care, 201 Civic Center Dr, Augusta, 620-8570; 80 Waterville Commons Dr, Waterville, 680-2110, www.inlandhospital.org

ICE CREAM

Dairy Queen, 13 KMD Plaza, Waterville, 872-2220; and 161 College Avenue, Waterville, 873-1677. www.dairyqueen.com
Day’s General Store, 180 Main St, Rt 27, Belgrade Lakes, 495-2205, www.go2days.com

INSURANCE

John M. Fortier, State Farm Insurance, 16 Silver St, Waterville, 873-1101, john@johnfortier.com

JEWELRY

Larsen’s Jewelers, 57 Main St, Waterville, 872-6301, 800-697-1874, www.larsensjewelers.com
L.Tardif Jeweler, 62 Main St, Waterville, 872-7542, 800-834-3638

KITCHENS

Hammond Lumber Company, Auburn, Bangor, Belgrade, Brunswick, Fairfield, Farmington, Greenville, Portland, Skowhegan, 866-HAMMOND, www.hammondlumber.com

LAKE ASSOCIATIONS

Belgrade Lakes Association (BLA), Long Pond and Great Pond, PO Box 551, Belgrade Lakes, 512-5150, www.belgrade-lakesassociation.com

LANDSCAPING

Foster Tree Care and Landscaping, 3675 Middle Rd, Sidney, 547-4376, 547-4640
G&L Contracting, Belgrade, 215-7951, agardner81@yahoo.com
Lakeside Landscape, 13 Station Rd, Belgrade, 465-3039, 831-7053, 632-1086, lakesidelandscape1@yahoo.com
Longfellow’s Greenhouses, 81 Puddledock Rd., Manchester, 622-5965, www.longfellowsgreenhouses.com
Lynch Landscaping, Skowhegan, 474-2420, lynchlandscaping.com
Native Notions, 213 West Rd, Belgrade, 495-6040, 314-9538, nativenotions@hotmail.com, www.nativenotionslandscape.com

LAWN AND GARDEN EQUIPMENT

Power Equipment Plus, 2309 Belgrade Rd, Rt 27, Sidney, 547-4114, pep@pivot.net

MEATS

Ballard Meats & Seafood, Myrtle St, Manchester, 622-9764, 1-800-564-6328

MOVIE THEATERS

Railroad Square Cinema, call for titles and times, 17 Railroad Square, Waterville, 873-6526, www.railroadsquarecinema.com

PHARMACY

Kennebec Pharmacy & Home Care, 43 Leighton Rd, Augusta, 626-2726, www.kpprx.com

PHYSICAL THERAPY

Dockside Physical Therapy, 47 Main St, Belgrade Lakes, 495-3195, 512-2544, Fax 512-2545

PIANO LESSONS

Diane Gorman, Gorman3366@roadrunner.com 906 Manchester Rd Belgrade 495-3222

PICTURE FRAMING

The Framemakers, 46 Main St, Waterville, 872-8927, www.theframemakers.com

PLUMBING

Paul Hanna's Plumbing, Belgrade Lakes, 495-3805
Houle's Plumbing, Heating and Air Conditioning, 19 North St, Waterville, 872-6762, www.houlesphac.com

REAL ESTATE DEVELOPMENTS

North Bay Estates, Belgrade, 649-3749, crgsnbe@yahoo.com

REAL ESTATE

Coldwell Banker Thomas Agency, 75 Main St, Winthrop, 377-2121, www.coldwellbankerthomas.com
Day's Real Estate, 262 Augusta Rd, Rt 27, Belgrade Lakes, 495-3111, 1-888-495-3111, www.daysrealestate.com
Lakepoint Real Estate, 221 Main St, Belgrade Lakes, 495-3700, www.belgradelakepoint.com

Snow Pond Realty, 40 Belgrade Rd, Oakland, 465-4430, 458-0874, [www.snowpondrealty.com`](http://www.snowpondrealty.com)
Sprague & Curtis Real Estate, 75 Western Ave, Augusta, www.spragueandcurtis.com, 623-1123

RESERVATIONS

See page 20

RESTAURANTS

(See Dining Directory on page 21)

RETIREMENT COMMUNITIES

Granite Hill Estates, 60 Balsam Dr, Hallowell, 626-7786, 1-888-321-1119, www.granitehillestates.com

SCHOOLS

St. Michael School, grades pre-K through 8, 56 Sewell St, Augusta, 623-3491, www.smsmaine.org

SEAFOOD

Ballard Meats & Seafood, 55 Myrtle St, Manchester, 622-9764, 1-800-564-6328
Lobster Trap & Steakhouse, 15 Bay St, Winslow, 872-0529, www.lobstertrap-seafood.com

SECURITY SYSTEMS

Cayer Security Services, Inc, 208 College Ave, Waterville, 453-9177, www.cayersecurity.com

SELF STORAGE

Maple Leaf Self Storage, 688 Manchester Rd., Rt 135, Belgrade, 495-2191

SEPTIC SYSTEMS

Bellavance Construction Company Inc, 31 Hulin Rd, Belgrades Lakes, 495-2492
Stanley’s Septic Tank Service & Construction, 187 Norridgewock Rd, Fairfield, 453-9819, 1-800-660-7826, www.stanleysseptic.com

SHOES AND SNEAKERS

New Balance Factory Outlet, 13 Walnut St, Skowhegan, 1-877-623-7867

STONEWORK

Gagne and Son, 28 Old Rt 27, Belgrade, 495-3313, 1-800-339-3313, www.gagneandson.com

THEATER

The Theater at Monmouth, Cumston Hall, off Rt 135, Monmouth, 933-9999, www.theateratmonmouth.org

TREE CARE

Foster Tree Care and Landscaping, 3675 Middle Rd, Sidney, 547-4376

VETERINARY SERVICES

Lakeside Veterinary Clinic, 88 Libby Hill Rd, Oakland, 465-7387, 465-8387

WINDOWS

Hammond Lumber Company. Auburn, Bangor, Belgrade, Brunswick, Fairfield, Farmington, Greenville, Portland and Skowhegan, 866-HAMMOND, www.hammondlumber.com

WINDOW TREATMENTS

Blind Time, 24 Meadow Hill Dr, Farmingdale, 621-9832, www.blindtime.com





Expressions

"Conservation Histories" Documents the Stories Behind Protected Lands

What happened to Governor Kenneth Curtis' childhood farm in Leeds? How are the Vaughan Woods in Hallowell intertwined with American history? Why is a forest in Wayne with 125-year old oaks and pines call Gott Pasture?

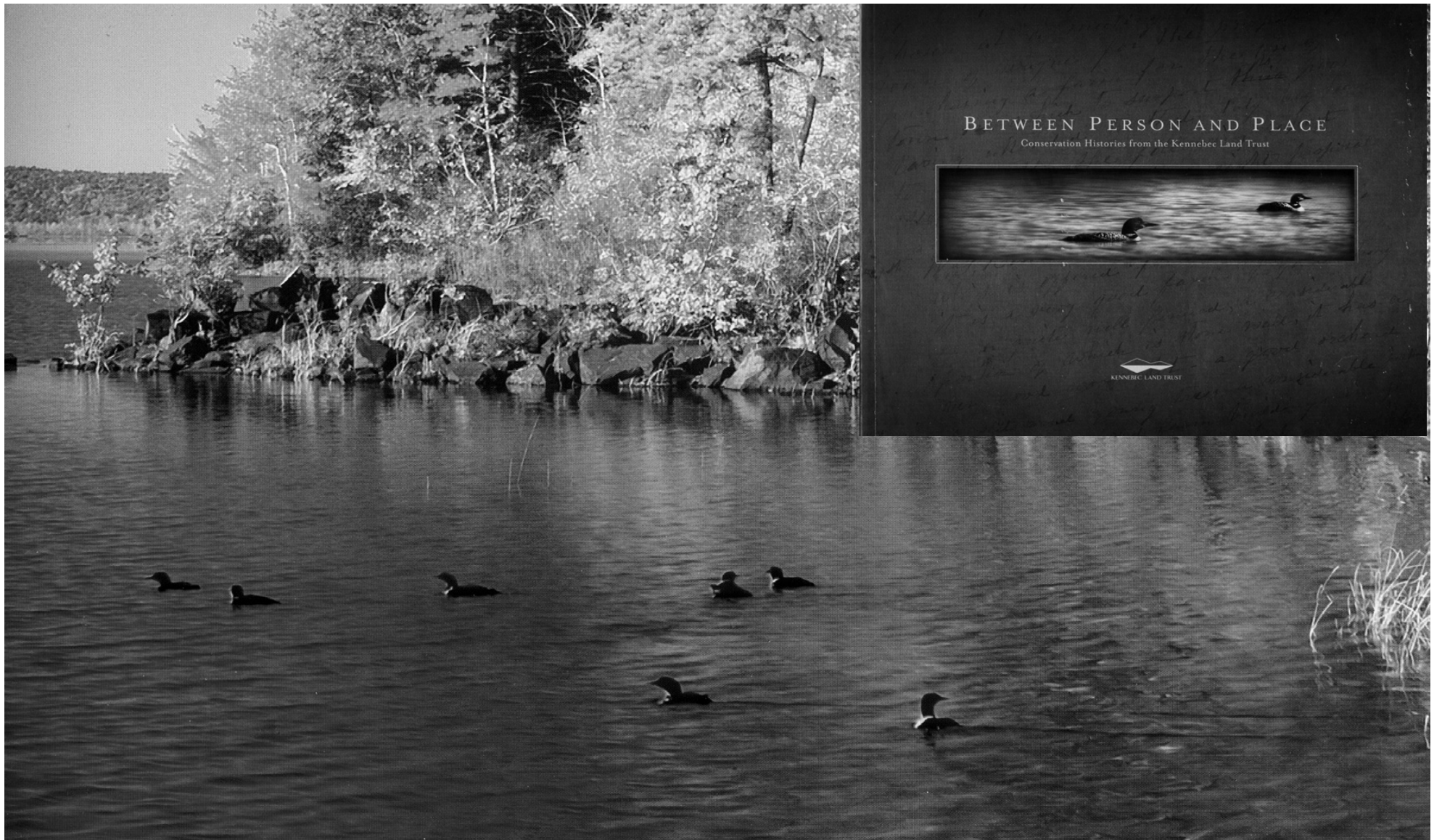
Between Person and Place, Conservation Histories from the Kennebec Land Trust," released last summer, investigates the connections between people and land in Kennebec

value of conserving our regional landscapes."

Through interviews with land donors, Katie Epstein, KLT intern from Davidson College, explored the values that compel people to conserve their land. Their reasons are varied, interesting and moving, from properties with no heirs that sole owners wish to preserve to properties with too many heirs who agree that to protect the holdings intact is what their ancestors

The collection of stories is a tribute to the vision and hard work of KLT's Directors, volunteers, and staff, as well as its generous members and the book is a valuable resource for potential donors and other interested in land conservation and Maine history. It also makes a great coffee table conversation piece and a great gift.

Working with conservation-minded landowners since 1988, the Kennebec Land Trust has pro-



County.

"If you own your own land, roam the countryside, or spend summers in Maine, you will identify with the people and places in this book," says Theresa Kerchner, Executive Director of the Kennebec Land Trust. "We hope that by documenting the history of conservation properties in the area, people will be inspired both to visit these special places and learn more about the

would have wished.

Each story is accompanied by color photographs by Maine photographers, of landscapes, family, wildlife, or livestock - scenes meaningful and unique to individual property. There also are a few sketches and wonderful tidbits of trivia among the poignant stories of the special relationship of the people of Kennebec County to the natural beauty of the region.

tected over 3,700 acres in the Kennebec River and Lakes Region through donations, purchases, and conservation easements. The KLT maintains over 20 miles of trails. The Trust's conservation properties are open to the public for hiking, hunting, fishing, and enjoying nature.

Copies of "Between Person and Place, Conservation Histories from the Kennebec Land Trust" can be ordered online at www.tkl.org.

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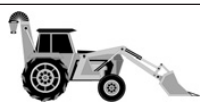
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Fishing

Kennebec River Striped Bass

by Mike Guarino

The Kennebec River between Waterville and Augusta is a fun place to explore this time of year because the striped bass have arrived. It's a relatively small window of opportunity to catch stripers this far inland as the fish will head back down toward the ocean in a few weeks. The primary reason we have stripers up here is because they are chasing the annual alewife run. After the alewives leave the river, we also get a blue back herring run that keeps the bass in the river a little longer. By mid July the water warms too much and the majority of the striper bait heads back to the saltwater, followed by the stripers. If you would like to try and catch some of these fish off shore, consider fishing Halifax Park in Winslow (you might want to stop by the Lobster Trap for some awesome Lobster Stew) or Water Street in Augusta. Casting Lunker City Fin-S Fish or big Sluggos is a good idea, along with poppers. Be aware that the river does have a quick current and some rapids, so if you want to put a boat in, choose a canoe, kayak or flat bottomed boat. Putting a big boat in the Waterville boat launch will only cause heartache and a bill for lower unit repair.

Smallmouth bass fishing continues to dominate the fishing scene around this area, and rightfully so. The bass are just about all spawned out now so fishermen can expect to catch smaller buck males near the shoreline and bigger females out in deeper water. Once the bigger fish throw off the stress of the spawn, they will feed aggressively and usually can be found in 10 – 15 feet of water. Tube jigs, gitzits, and weighted worms will get the job done along with hair jigs and jig/pig combinations. Brown trout trollers are catching fish in 25 – 32 feet of water with some consistency. Although trout trolling can be slow at times, when you hit it just right, the rewards are worth the wait! Great and Long Pond have been producing nice fish. Long Pond has some good sized salmon swimming around and they are keyed on smelts while Great Pond has some huge brown trout and they are feeding on alewives and crayfish. Trolling a night crawler on a worm harness rig is also a good idea on Great Pond.

By the way, have you seen the big mayflies stuck on your screens or sitting on the hood of your truck? You know what that means . . . some of the best fishing of the season is here NOW! Watch how many white perch you see off the dock or near the shorelines, they'll be

cruising. And some lucky angler will catch a big old brown trout off a dock or near shore that's sure to make a facebook page. These giant bugs draw all the fish topside, so look for big fish in the next week or two. Fly fishermen already know this, but sometimes spin fishermen staying at camps or local cottages get an early Christmas present when a bunch of big fish show up around 7 p.m. This hatch is quite similar to the striper run up the Kennebec. The fish are active because there's a lot of yummy bait to eat. But once the bait leaves, the fish follow. So let's all make some hay while the sun shines! Good luck.



Dustin Barber caught this nice striper on the shore of the Kennebec River last week while casting off the banks somewhere between Waterville and Augusta. There are some big bass in the river right now!

Mike Guarino can be contacted at 465-4333
www.mainewildernesstours.com



J. B. Davis from North Carolina caught this big old pike last week in the Belgrades on an X-Rap

....Continued from page 19

Dave Yates from the Biodiversity research Institute will discuss general bat info, New England-specific info and White Nose Syndrome

Women of Maine Film: Thursday the 18th, 7pm at the MLRC.

Build a Bat House: Saturday the 20th, 10am at the MLRC. Construct a bat house to mount on your property.

Stargazing Hike: Wednesday the 24th, 8pm at French Mountain. Hope for a clear evening as the autumnal celestial bodies begin to emerge.

Lake Smart Property Tour: Saturday the 27th, 9:30am on Great Pond. Hop aboard the Melinda Ann and the Colby Compass to explore homes "living lightly on the land for the sake of our lake". To reserve spot contact COLA.



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Pet World

Where Does it Hurt?

I remember once having a kind nurse ask me during a hospital stay how much pain I was in. On a scale of 1 to 10, how much does it hurt? So many times since I have regretted that none of my patients could ever give me a direct answer to this question. I have seen and hopefully helped many animals who I know were in pain, but I've never been exactly sure how much they hurt or how much what I was doing was helping. I have, and continue to, rely on an educated set of clues to help me assess this. I also project my own perceptions and experience of pain. I remember how hard it was to put weight on a broken leg or pass a kidney stone. Still, it is often an assumption, or at best an educated guess, about how much an animal hurts.

For people, the International Association for the Study of Pain (IASP) defines pain as "the unpleasant sensory and/or emotional experience associated with actual or potential tissue damage". It might be a little tricky, but I think we can apply this to animals. Do they have our emotions (I believe they have many but not all of them)? Do they anticipate pain in advance from prior experience (I'm pretty sure they remember)? For the most part pain for them is like pain for us. There is no doubt that they often can't communicate clearly how much it bothers them, but they try. Dogs usually seek out their people for comfort and help; cats on the other hand tend to hide and reject attention. Both species vocalize at some point when they are in overt pain. Even within a species, this kind of vocalizing - whining, crying, growling or hissing - varies a great deal among individuals. One thing I know for certain is that the vast majority of animals are more stoic than the majority of people. I always give my patients the benefit of the doubt if I think they may be in pain.

Pain is unpleasant and even though it can warn of imminent danger, often it is unnecessary for an animal to suffer from it. Sadly it has been only in the last century that society at large has recognized that animals are sentient beings whose behavior in the face of painful situations registers the perception of dis-

comfort as we know it. It is not hard to understand the pain an animal experiences when suffering trauma, such as being hit by a car or having a face full of porcupine quills. It is sometimes harder to assess and understand the pain an animal has from osteoarthritis, bladder stones, torn ligaments or developmental joint disease such as hip dysplasia.

Animals are not usually vocal complainers when they have these sort of diseases; we have to look carefully at their behavior to figure out how much they hurt. Even a young dog who is reluctant to jump in the car may have severe hip pain. He doesn't appear "lame" because both hips hurt about the same. When a Frisbee appears he seems to literally forget he hurts, at least until later. His pain is as real as the elderly Daschund who can't get on the couch any more because she has slowly developed increasing pain and muscle loss from disk disease in her back. Maybe the emotional trauma to our four legged friends is about what they can no longer do. If going upstairs with you in the evening is now too painful, that's got to hurt in more ways than one.

The good news here is that veterinarians as a profession have raised our awareness substantially even in the last 25 years. In 2003 the International Veterinary Academy for Pain Management (IVAPM) was founded by some of the brightest minds in the profession to explore and understand animals' pain. They are delving into the recognition, alleviation and the prevention of pain with an ever growing determination. More effective short and long term pain medications have become approved for animals. We have grown to understand how to use these tools to manage even long term pain safely with careful monitoring, such as bloodwork. Alternative methods of relief such as orthopedic manipulation are becoming more widely available. As always, it's usually an animal's family who notices changes in his behavior. It's always a rewarding thing for me to be able to help isolate the pain and offer relief, especially when it allows your friend to go back to doing what he loves.



Pet World, a weekly column by Dr. Eleanor Sabean
Dr. Sabean can be reached at Lakeside Veterinary Clinic
lakevets@roadrunner.com or by phone at 465-7387

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Augusta



Matt Dwyer
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Business

Heritage Tourism: The Gardiner Initiative

"A visit to Gardiner, Maine is an opportunity to immerse yourself in a world of shipbuilders and tradesmen, 18th century entrepreneurs and 19th century merchants, brick-lined sidewalks and the historic homes of world-class poets, authors, scholars and intellectuals," states Gardiner's website section on Heritage Tourism.

The site is being supported in part by a Preserve America grant administered by the National Park Service, Department of the Interior. It is also being supported by businesses, organizations, a town government, a Main Street Maine membership, several detailed tourist-oriented booklets and brochures, an increasing number of informative signboards and a picturesque downtown that's as good as described. Add to the above: an impressive rail trail connection (6.5 scenic miles to Augusta), the renovated waterfront, and a year round schedule of special events, many of which accentuate Gardiner's historic charm and surroundings.

For visiting and touring Gardiner, as well as links that detail the town's history in such areas as logging, ice harvesting, river transportation,



rail development, bridges and floods, Native Americans, and its famous writers and poets including Edwin Arlington Robinson and Laura E. Richards are well worth visiting on the Heritage Tourism site ([www.gardiner-](http://www.gardiner-maine.org)



[maine.org](http://www.gardiner-maine.org)). The alternative for tourists is well worth it, too: drive to Gardiner, park on a tree-lined street, stroll along a brick sidewalk amid historic buildings and experience a living heritage adventure.



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