

Summertime in the Belgrades

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

—A Cider Mill Press Publication—

VOLUME 14, NUMBER 9



Castle Island Camps: A Tradition of Fishing and Families and Fun

by Esther J. Perne

When the tradition is fishing and family vacationing there's an oasis – a scenic, compact island – in the Belgrades on Long Pond where the best of the past has left its mark for today's clientele to enjoy that old sporting camp feel without being in the middle of nowhere.

"It's a different type of clientele," says owner John Rice who with his wife, Rhonda, purchased the historic (1929) Castle Island Camps in 2002, explaining that third and fourth generation guests who come to Castle Island for the fishing in May and June bring their families in July and August "just looking for a Maine vacation."

They enjoy the feel of home, the meals prepared by John and Rhonda, the presence of daughters, Lydia 16, Lizzie 14 and Paige 9, who have grown up at Castle Island, and the updates that John and Rhonda have accomplished.

Since purchasing the property the Rices have fully renovated eleven out of the twelve unique waterside cabins, plus the Rice's own living space and the lodge, changes that the guests like, but admit guardedly.

"It's still Castle Island," John says, and that's what they want. "They want to give their children (and grandchildren) the same experiences they had."

One of those experiences is the fishing, for



Continued on page 2

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Continued from page 1



Lydia and Lizzie Rice



Sketch by guest Christopher Bowring from Virginia.

bass, pike and salmon. "It's our best salmon year since we've been here," John says.

Guests bring their own boats or rent them at Castle Island. They can also rent kayaks. But many of them just come to enjoy the lake views, the docks, the relaxation and the hosts.

"One of the best things about Castle Island is the people who come here," explains Rhonda. "We were both social workers focused on running the business. It's the little interpersonal connections that are special."

Castle Island Camps is located in the Narrows between upper Long Pond and lower Long Pond on the road from Belgrade to Mount Vernon. It is near the Long Pond Public Boat Launch and near the Long Pond bridge which is popular for land fishing. In addition to the regular overnight guest lodging with meals, Castle Island Camps sells bait, tackle and gas, and rents boats and kayaks. For information call 495-3312.



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Table of Contents

Castle Island Camps..... 1-2

The Banana Kid Comes to Greene..... 3

Loons: The Facts and the Fun..... 4

Milfoil: What's Doing, What's the Cost..... 5

Loon Calling..... 5

Beanhole Beans in Belgrade..... 6

Notebook, News, Views..... 7

Directory of Museums, Sites, More..... 8-9

Calendar of Events..... 10-11

RiverFest Weekend in Skowhegan..... 12

Katy's Column..... 13

Belgrade Lakes Region Map..... 14-15

Living the 1800s Life at Norlands..... 16

Cobbossee Corner: Spotter's Sprint 17

Upcoming..... 18

ArtTalk- by Amy Stacey Curtis..... 19

Accommodations and Reservation Services..... 20

Early August Events..... 20

Dining Suggestions..... 21

Garden Guide: Sue Gawler Flower Show..... 21

Business Directory: Services, Shops, More..... 22-23

Preserving the Belgrade Town House 24

Fishing with local guide Mike Guarino..... 25

Pet World: Noise Phobia..... 26

McGrath Pond, Salmon Lake News..... 27

Banana Kid Invites Real Kids to Free Puppet Program



One of the most unique program destinations in central Maine is on a country road in Greene where an attractive stone hall - the Araxine Wilkins Sawyer Memorial - provides free travel and wildlife films, lectures, musicals, magic shows and other programs, twice monthly on Fridays at 2 and 7 pm from March through November.

The Foundation was established by John Marshall Sawyer in 1935 as a memorial to his mother, who was a great influence in his life. As a tribute to her - for whom he had the deepest regard and admiration - he built the Araxine Wilkins Sawyer Memorial. Its purpose is "...educational and social. Specifically, to do good. To promote good citizenship. To support and encourage clean, wholesome pleasures, customs and usages..."

Each summer the program includes an Annual Children's Day Program which this year will be held at 2 pm on Thursday, August 9. The Frogtown Mountain Puppeteers will present "The Legend of the Banana Kid," a 45-minute cowboy adventure featuring 20 hand-crafted glove, mouth and rod puppets. Little Chucky heads to the Wild West to outwit outlaws ...with a fistful of bananas.

Admission is free. Children should be accompanied by an adult. The auditorium is air-conditioned.

The Araxine Wilkins Sawyer Memorial is located at 371 Sawyer Road, Greene, off Route 202 between Augusta and Lewiston. For more information or to check out the other great programs visit www.sawyer-foundation.com or call 946-5311.

Summertime in the Belgrades

--A Cider Mill Press Publication--
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Legacies

The facts: Loons mate for life, or at least for seven years, but they don't spend the winters together. They are visual fishers – can see underwater with their red eyes. They do not compete with fishermen, but prefer junk fish. Both sexes look identical. They are federally protected. And they are a Maine treasure.

There were, according to the Maine Audubon Society loon count, 3,302 adult loons and 661 chicks living in the southern half of the state in 2011. Loons need four conditions to survive: clear water, fish, a nesting place, and a nursery. So far Maine offers these conditions.

Loons are water birds. Their legs are set way back in the body and act like propellers, their breast is very big to weight them down, and there is no air space in their bones. They can walk on land only with the aid of their wings. A loon sticks its head under water to look for fish, dives, chomps the fish to stun it, then surfaces and swallows it whole. Chicks are fed live, not regurgitated, food and parents later teach them to fish by stunning minnows and dropping them in the water in front of the chick.

Loons return to the same nesting area. As soon as ice goes out they fly in, make their nest near the water, mate, and lay one or two eggs. They share nesting. If an egg gets lost in the water, the loon often lays another but if it dies in hatching, she won't. Two eggs will hatch 24 hours apart. The parents take the first chick, after it is dry, to the nursery. They will check on the second egg but not stay with it.

Young chicks ride on the parents for protection and warmth. In the fall they fly to the coast for four years. Their life expectancy is 25-30 years, the average 16.

Loons die primarily from two causes – lead poisoning and a fungus, and attacks by eagles.

Loons have four calls: wail (communication), tremolo (fright), yodel (male territorial), and hoot (talking). The tremolo is the only one done in the air. The yodel is not the same for any two males (just like fingerprints).

Loons like to waggle their legs in the air. After

Loons: The Facts and the Fun



the chicks are reared the adults often gang together – called rafting. They winter on the coast from Maine to Georgia. And the ladies always take off first in the fall.

We just sat watching them and kept snapping away. It was wonderful to watch them.

Eventually, after they left, we went back in the water.

The fun: Thanks to photographer Anne Dumont for supplying the photos and notes: Sidney, Wednesday, July 18th: My sister-in-law, Voni, and I went for a swim after work at "Camp David.... & Voni."*

As soon as we got in the water, a loon came into the cove. We slowly got out of the water to get our cameras. And another loon showed up.

*("Camp David....& Voni" has been owned by my brother and his wife for 21 years. The family kept referring to David's camp this and David's camp that.....and then started calling it "Camp David." His wife, who we love dearly, would say ".....& Voni" So we have been calling it "Camp David (with a hesitation) & Voni." The reference makes us all smile.)



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Milfoil Matters

How is the Milfoil Being Removed and What Does it All Cost?

by Lynn Matson

The heart of the 2012 STOP MILFOIL Action Plan is the field work that is being conducted in Great Meadow Stream and North Bay of Great Pond. Two primary control methods are being employed. The first is digging up and removing the entire milfoil plant including the plant roots. The second is laying down benthic barriers, large pieces of geotextile material weighted with rebar, on the bottom to prevent the plants from growing back.

This work is being done by two teams. The first is New England Milfoil, a professional dive company based in Brownfield, Maine. They have three divers in the water hand digging the milfoil and an operator stationed on their Diver Assisted Suction Harvester or "DASH" boat. This specialized piece of equipment uses a pump attached to long flexible hoses to vacuum up the milfoil plants that have been dug out by the divers and flush them into fine mesh bags for disposal. The DASH boat significantly increases the productivity of the divers.

The second team is made up of Belgrade Regional Conservation Alliance (BRCA) summer employees and a Colby College summer intern. They are hand pulling milfoil in the more difficult areas where it is intertwined with native vegetation and installing the benthic barriers. Two members of this team are also surveying both Great and Long Pond looking for plant fragments and new milfoil infestations. The good news is that to date they have not found any milfoil growing outside of North Bay and Great Meadow Stream.

STOP MILFOIL CAPITAL CAMPAIGN

The reality is all this work costs money, lots of it. It appears now that approximately \$250,000 will be spent this year to remove the milfoil from Great Meadow Stream and North Bay, and to increase public awareness of the milfoil infestation.

To raise this money the Milfoil Task Force launched the "BLA --STOP MILFOIL" Capital Campaign last March. All donations go into a special account and are only being used to fund this milfoil work. To date, \$154,470 has been raised. Much more is needed.

2012 is a critical year in this fight against milfoil both in terms of controlling the infestation and funding the work. By removing 90-95% of the plant material this summer we should be able to control it next year with less work and

less expense. But if we don't stop it right now, the whole infestation will get much worse both in terms of the milfoil spreading throughout our lakes and the costs of trying to manage it.

YOUR SUPPORT IS NEEDED

The community really needs to step up right now. Help is needed in two critical areas. The first is for volunteers in kayaks and canoes to net and remove milfoil plant fragments in North Bay and Great Meadow Stream. Here's why this is so important. New England Milfoil will continue pulling milfoil through the end of September but the BRCA team members will wrap up their work by the end of August when they go back to college. That means volunteers are going to have to step in for the whole month of September to net fragments around the work site to make sure they don't get out into the lake and cause new infestations. If you can volunteer please call BRCA Milfoil Program Coordinator, Toni Pied at 207 512-5554.

Additional funds are also needed to pay for the milfoil mitigation work. Over 200 individu-

als have donated to date. Their support is greatly appreciated. If you haven't given yet, please consider making a donation. Every gift helps. Make a check payable to "BLA - STOP MILFOIL" and drop it off at the Maine Lakes Resource Center or mail it to BLA, PO Box 551, Belgrade Lakes, Maine 04918. Or donate right on line at www.belgradelakesassociation.org. Thank you.

GREAT POND ACTION PLAN UPDATE

Working primarily in Great Meadow Stream, New England Milfoil removed 3,880 gallons of milfoil last week. The BRCA team hand pulled an additional 1600 gallons. To date this summer, 27,880 gallons have been removed. That's almost 9 times the total that was removed in 2010 and 2011 combined.

MILFOIL PUBLIC MEETING - The next public milfoil meeting will be held on Tuesday, August 14th, 6:00 PM at the Maine Lakes Resource Center in Belgrade Lakes Village. For more information call 207 512-5554 or visit www.belgradelakesassociation.org.

Is Loon Calling Your Calling?



The Annual Belgrade Lakes Loon Calling Contest, added to the Annual Beanhole Bean Supper (see page 6), is a sacred day in Belgrade Lakes. Now in its 29th year, the event draws a crowd that, literally, stops traffic, attracts visitors from all corners of the country who schedule their vacations around this special competition, and connects the Belgrade lakes with their most magical, mystical and beloved residents.

Sponsored by Castle Island Camps, the contest is a unique example of a private business putting on a successful, enduring regionwide event and passing it like clockwork from previous owner Horatio Castle to current owner John Rice. It also is a unique example of a fixed location. Always held on the Rome side of the Belgrade Lakes Bridge, the contest offers the

advantage of boats joining the line-up of spectators that crowd the bridge and surround the docks of Lakepoint Real Estate (formerly Home Entertainment Resources, and before that The Landing).

Originally held in July, the Loon Calling Contest was changed to the second Saturday in August to combine celebrations with the Belgrade Firefighters Association.

Advertised as being for ages 3 to 103 (older is ok), the Loon Calling Contest offers three divisions: ten and under, 11 to 15, and 16 to forever. Sign-up is at 6:30 pm; the calling starts at 7 pm. Rain? That never stopped a loon, or the Belgrade Lakes Loon Calling Contest.

Questions? Call 495-3312.



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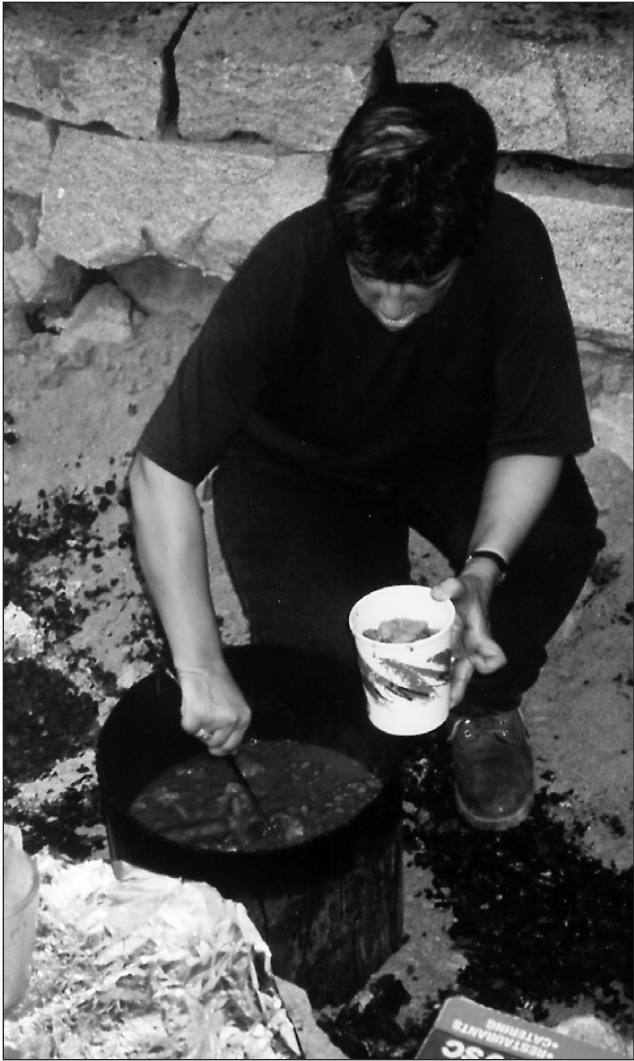
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What a legacy! Beanhole beans were the sustenance of the logging camps and spring river drives of Maine, where cooking crews preceded the log drivers downstream to lay fires in holes along the river and bury beans in cast iron pots to bake for the next 24 hours. The cold, wet, and death-defying log drivers would be revived with piping hot beans heavy with molasses, brown sugar or maple syrup and salt pork.

Taste the legacy, the history, the menu, the tradition and benefit the Belgrade Firefighters Association! \$8 adults, \$4 children ages 5-12.

...serving, clearing, re-stocking; music by the Gawler Family; long lines of cars parked on Route 27; long lines of guests chatting and enjoying the scenic surroundings at the Belgrade Community Center for All Seasons.

What a menu! Three types of "secret" recipe beans that have been slow-baked underground for 24 hours, hot dogs, cole slaw, brown bread, a "mile" of delicious homemade pies to choose from.

What a history! The Annual Beanhole Bean Supper in Belgrade Lakes dates to the 1960s when the Chamber of Commerce held this fundraiser at the old Rec Center. When the Chamber wound down, the Belgrade Fire



Saturday, August 4, 2012, 5-7 pm: What an evening! Community members and Fire & Rescue personnel bustling around – greeting,

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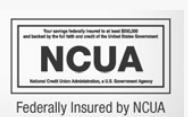


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Notebook

Maranacook Summer Camps/Readfield

• The following Summer Camps are scheduled for the first week in August: Little Kickers Soccer Camp, ages 5-8, 9:30-11:30 am, Monday-Thursday, August 6-9, \$55; Maranakick Soccer Camp, grades 4-8, 9:30 am-2:30 pm, Monday-Thursday, August 6-9, \$95. A parent or guardian of each camper must complete and return a medical liability release form available on the web site.

Coming up on the Early Fall Adult Ed Classes are: Re-Cane your Chair, September 6; Gymnastics, September 7; Free Yoga Class, September 10, and Living Well for Better Health, September 20.

More information and online registration are available at maranacook.maineadulted.org or email adulted@maranacook.org or call 685-4923 ext. 1065.

Augusta

• Sponsors Needed! Kennebec Behavioral Health will host a Healthy Family Fun Concert to benefit the Halcyon House Emergency Shelter for homeless and runaway youth from 11 am-4 pm on Saturday, August 18 at the Augusta Waterfront Park. Kee'd Up with Terrie Kee the Jonah Howard Band and Acoustic Chi are among the musicians who will perform. Vendors will sell hamburgers, hot dogs and fried dough. There will be a bounce house, face painting and other activities for the very young. Rain or shine. Concert tickets are \$3 for individuals and \$5 for a family. Halcyon House invites businesses to be concert sponsors at rates of \$100, \$250, \$500 and \$1,000. 873-2136, ext. 1005

Belgrade

• Pies Please!! Belgrade Fire/Rescue needs homemade pies for the Bean Hole Bean Supper on Saturday, August 6. (Table clearers are also needed.) Pies can be delivered to or dropped off at either the fire station, which will be open all day, or the Center for All Seasons before 5 pm. Pies that need to be refrigerated should be left at the fire station and put in the large coolers in the back. If you can contribute a pie, or help at the supper, please let Fire Chief Dan MacKenzie know at djjmac@roadrunner.com

• The Friends of the Belgrade Public Library are sponsoring a concert by the Gawler Family and

Friends at the Belgrade Community Center for All Seasons, Route 27 in Belgrade Lakes on Friday, August 10 at 7 pm. The cost is \$10 for adults, \$5 for children, and children under 5 free. There will be a 50/50 raffle and refreshments will be available. 495-2101

• The Maine Lakes Resource Center has the following activities scheduled for the first weekend in August.

...Friday, August 3: 4:30 pm, Photography display and discussion with Alex Wall; 5 pm, Loon display by Maine Audubon Society; 6 pm, Loon Lecture by Susan Gallo from Maine Audubon Society

...Saturday, August 4: 1 pm, Loon art display; 6 pm, Loon Nests and Local Habitats slide show with Pete Kallin; 7 pm, Don Peterson Concert

...Sunday, August 5: 12 pm, Bat house building workshop; 3 pm, Book Reading by Nancy Prince, author of Libby's Loons

For more information visit www.mainelakesresourcecenter.org

Gardiner

• Leonard Solomon and his Bellowphone will perform at Johnson Hall on Wednesday, August 8, noon-1 pm, as part of Johnson Hall's Lively Lunches program. The performance includes physical comedy, juggling, and comic music – a one-man variety show. Solomon interprets the great musical classics on some of the most bizarre homemade instruments ever seen or heard, and rounds out the show with a polished ball-juggling routine. This show will be inside Johnson Hall. The Lively Lunches performances are free. Johnson Hall will sell snacks and bottled water. For more information visit www.johnsonhall.org or call 582-7144.

• On Friday, August 10 from 5:30-9 pm, over two dozen area artists will showcase their work in storefronts and studios up and down Water Street in Gardiner's historic downtown.

This lively celebration of art and community is free and open to the public. 582-6600

Hinckley

• August is American Artist Appreciation Month. Come visit the "Humanity in Nature" exhibit which will run through October 14 and looks at the dynamic between humans and the rest of the natural world or look through the diverse and wonderful art in the hallways and throughout the museum or come to one of the special art programs on Wednesdays at 1 pm. 238-4250

Mount Vernon

• On Saturday, August 18 at 10 am the Dr. Shaw Memorial Library will hold its Annual Mushroom Walk led by Barbara Skapa. The walk will leave from the library parking lot. Bring a basket and pocketknife and wear clothing suitable to an outdoor trek. There are mushroom books in the library collection, so please take a look. In case of rain, please call ahead; Barbara may choose to do a talk, or postpone, according to the current mushroom population. 293-2565

Oakland

• On Sunday, August 12, Riverside Farm Restaurant & Wine market will be hosting its second annual Gypsy Jazz Festival. The event features five New England based Gypsy Jazz bands: Mes Amis, Hot Club du Monde, Ameranouche, The Jeff Soref Quintet and Gypsy Caravan. There will be food and beverage concessions available; bring your own blanket or lawn chair. Tickets by advance sales only \$25. For more information visit www.riversidegypsyjazzfest.net. 465-4439

Skowhegan

• New Balance 5K to benefit Adoptive and Foster Families of Maine. On Saturday August 25, a 5K Road Race will be held at the New Balance Factory Store on Walnut Street to benefit Adoptive and Foster Families of Maine and the Kinship Program. Registration starts at 8 am, the race starts at 9 am. The entry fee is \$12 for pre-registration until 8/22/12, \$15 day of race, and \$10 under 18. Mail checks payable to AFFM, 294 Center Street, Suite #1, Old Town. The first 50 registrants will receive t-shirts. All racers will get 10% off at the New Balance Outlet with race number. There will be awards for 1st place overall male and female and 1st place male/female in age groups 15 and under, 16-20, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over. Trophies and prizes have been donated by AFFM.

Waterville

• The Big Trucks are coming! On Thursday, August 9, the ever popular celebration of Big Trucks and Community Helpers will be sponsored by the Waterville Public Library in the Concourse from 9 am-noon. See and touch emergency vehicles and public works trucks and meet the drivers. 872-5433

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- Arboretum, 6 miles of year round walking trails open dawn to dusk, Visitor Center open Mon-Fri 9 am-4 pm, Viles Arboretum, 626-7989, vilesarboretum.org, 153 Hospital St. *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, 287-2301, 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.gov/msl/
- **Maine State Library**, Mon-Sat opens 9 am, 287-5600, www.maine.gov/msl/

Other Museums

- **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
- **Holocaust and Human Rights Center of Maine**, Michael Klahr Center, Mon-Fri 8 am-4 pm, 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, 623-8162, www.krrt.org, Water St.
- **Museum in the Streets**, walking/history tour, www.augustamaine.gov, downtown.
- **Farmers' Market at Mill Park**, Tues 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**, check for schedule, 7:00 pm, \$5, 495-3599, www.unionchurchmaine.org, 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.
- **Maine Lakes Resource Center**, 512-5150, www.dockstodors.com, 171 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, 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 o Waterfront Park, picnicking, events throughout summer, Kennebec River

- **The Center for Maine Craft**, 9 am-6 pm daily, 588-0021, www.maineecrafts.org, West Gardiner Service Plaza, Route 126 off Routes 95 and 295

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.ianreinholt.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
- **Oosoola Park**, picnic area, great playground, boat launch, on Kennebec River, Rt 8

OAKLAND

- **Farmers' Market**, Fri 2-6 pm, 465-3094, Pine Acres Parking Lot, 895 Kennedy Memorial Drive.
- **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.org, 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, Somerset Gristmill parking lot, downtown

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.sunsetcamps.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.
- **Common Street Arts**, Wed-Sat 12-6 pm, 16 Common 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
- **Colby College Special Collections**, Miller Library, Mon-Fri 10 am-12 noon and 1-4 pm, free, current exhibit "The Power of Myth and Legend: The Irish Literary Revival," 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**, Smithfield/Rome, 152 Madison Avenue, Skowhegan, ME 04976, 474-8988, www.northpond.net
- **McGrath Pond/Salmon Lake Association (MP/SL)**, Belgrade/Oakland, RR 2, Box 2800, Belgrade, 04917, 465-3983, www.salmonlake.org
- **Great/Long Ponds: Belgrade Lakes Association (BLA)**, Belgrade/Rome/Mount Vernon, PO Box 551, 137 Main Street, Belgrade Lakes, 04918, 512-5150, www.belgradelake-sassociation.com
- **Friends of Messalonskee Lake Watershed**, Oakland/Belgrade/Sidney, PO Box 532, Oakland, 04963, 465-2888, www.snowpond.org
- **Belgrade Regional Conservation Alliance and BRCA Conservation Corps**, PO Box 250, 137 Main Street, Belgrade Lakes, 04918, 495-6039, www.belgradelakes.org
- **Belgrade Lakes Region Business Group (BLRBG)**, PO Box 596, Belgrade Lakes, 04918, 495-3700, www.belgrade-lakesmaine.com
- **Maine Lakes Resource Center**, PO Box 431, 137 Main Street, Belgrade Lakes, 04918, 495-3617, 620-6029, www.mainelakesresourcecenter.org.

BEYOND...

- **Maine Congress of Lake Associations (COLA)**, PO Box 426, 137 Main Street, Belgrade, 04917, 1-855-463-2652, 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 St, Farmington, 04938, 778-4279, www.franklin-cswcd.org
- **Kennebec County Soil & Water Conservation District**, Central Maine Commerce Center, 21 Enterprise Dr, Augusta, 04330, 622-7847, ext. 3, www.kcswcd.org
- **Kennebec Land Trust (KLT)**, PO Box 261, 134 Main St, Winthrop, 04364, 377-2848, www.tklt.org
- **Kennebec Messalonskee Trails**, PO Box 2388, Waterville, 04903, 873-6443, www.KMTrails.org
- **Kennebec River Rail Trail**, PO Box 2195, Augusta, 04338, 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 Rd, Belgrade 04917, 441-6227, www.cemenemba.org

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— Calendar —

Through Saturday 8/4 – Monmouth Fair, small family agricultural fair with midway, animal exhibits, crafts and animal pull events, www.monmouthgrows.com/monmouthfair, off Route 202, Monmouth.

Thursday 8/2 through Sunday 8/5 – "The Music Man," 474-7176, Lakewood Theater, Rt 201, Madison.

Friday 8/3 through Sunday 8/5 – Maine Fiber Arts Tour Weekend, over 45 fiber art studios and farms statewide will open their doors and offer special demonstrations, farm tours, hands-on workshops, children's crafts, and farm visits, weaving studios, alpaca farms, yarn spinners, and fabric shops, 10 am-5 pm, part of the ongoing Maine Fiberarts Tour Map listing 134 sites to visit all year long, www.maineiberarts.org, 721-0678, free maps and brochures available at Maine Fiberarts, 13 Main Street, Topsham.

Friday 8/3 through Sunday 8/5 - Country Fest Maine, Friday 6-10 pm Open Jam & Dance, Saturday 11 am-10 pm Country, Bluegrass & Folk, Sunday 9-11:30 am Cowboy Church & Gospel Music, 11:30 am-6 pm Country, Bluegrass & Folk, 377-8035, Litchfield Fairgrounds, 30 Plains Road, Litchfield.

Friday 8/3 and Saturday 8/4 - 30th Annual Wilton Blueberry Festival, sales, food, crafts, book sale, free giveaways, children's games and activities, expo, parade and much more, www.wiltonbbf.com, downtown Wilton.

Friday 8/3 and Saturday 8/4 – Artist's Reception featuring Al Stratton, 4-7 pm Friday, 11 am-3 pm Saturday, 778-9105, Sugarwood Gallery, 248 Broadway, Farmington.

Friday 8/3 and Saturday 8/4 - Fairway Players presents "Jekyll & Hyde," the musical, tickets 512-2135, 8 pm, Hallowell City Hall Theater, Winthrop Street, Hallowell.

Friday 8/3 - Annual Lobster Bake, Skowhegan Rotary Club, single lobster, double lobster, hamburger or hot dog, tickets available from any Rotarian or at Skowhegan Area Chamber

of Commerce or at event, 11 am-8 pm, 474-3621, located under the Tent behind the C of C office, downtown Skowhegan.

Friday 8/3 - 10th Annual Harvest Days Golf Tournament 2012, sponsored by Skowhegan Area Chamber of Commerce, men's, women's or mixed 18-hole scramble, many side games and prizes, players of all skills welcome, 12-12:45 pm registration, 1 pm shotgun start, 474-3621, Lakewood Golf Course, Madison.

Friday 8/3 – Commodore's Ball, Rome Yacht Club, 5-7 pm, Rome.

Friday 8/3 - Atlantic Music Festival Composer Concert IV, 1 pm; String Classics, 7 pm, free, www.atlanticmusicfestival.org, 888-704-1311, Lorimer Chapel, Colby College, Waterville.

Friday 8/3 - New England Music Camp Student Recital, open to the public, free, everyone welcome, 7:30 pm, 465-3025, Alumni Hall, Rt 23, Sidney.

Friday 8/3 – "Tartuffe," by Moliere, hijinks and physical comedy, 7:30 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

Saturday 8/4 – RiverFest Saturday, rafting trips, games for children, farmers' market, glow stick river run, live entertainment under the tent, 9 am-10 pm, 474-3621, downtown Skowhegan.

Saturday 8/4 and Sunday 8/5 - Mercer Old Home Days, kids' activities, vendors, crafters, yummy eats, "Lil' Miss Mercer Pageant," Mrs. Mercer, . ATV Bog Water Carry obstacle course, lobster bake, street dance, and much more, 10 am-11 pm Saturday, 11 am 'til after pageant Sunday, 587-2225, most events at the Mercer Community Center, 1015 Beech Hill Road, Mercer.

Saturday 8/4 – Civil War Re-Enactment, 10 am-2 pm, \$3 per person, 12 and under free, Viles Arboretum, Route 201, Augusta.

Saturday 8/4 – Antique Fair and Flea Market, used items, collectibles, crafts and junque, 9 am-2 pm, 293-4815, Vienna Historical Society Grounds, Route 41, Vienna.

Saturday 8/4 – Rome Yacht Club Race, 10 am,

victory cookout 12 noon, 397-3247, North Bay, Great Pond, Rome.

Saturday 8/4 - "Native Americans in Maine," Children's Workshop, 10 am, \$1, 238-4250, L.C. Bates Museum, Route 201, Hinckley.

Saturday 8/4 – "Two Gentlemen of Verona," by William Shakespeare, 1 pm, call for details 933-9999, Cumston Hall, The Theater At Monmouth.

Saturday 8/4 – Forest Walk – Signs of Animals, an hour long exploration of the woods to learn animal signs all around us, 1 pm, 238-4250, L.C. Bates Museum, Route 201, Hinckley.

Saturday 8/4 - "The Tortoise vs. the Hare," production by local youth who attended Missoula Theater Camp, 3 pm, 873-7000, The Waterville Opera House, Main Street, Waterville.

Saturday 8/4 - Bean Hole Bean Supper, to benefit Belgrade Fire and Rescue, 5-7 pm, music by the Gawler family, Belgrade Community Center for All Seasons, Route 27, Belgrade Lakes.

Saturday 8/4 - Loon Calling Contest, all ages welcome, registration 6:45 pm, contest 7 pm, 495-3312, Rome side of Belgrade Lakes bridge, downtown Belgrade Lakes.

Saturday 8/4 – Atlantic Music Festival Orchestra III, 7 pm, www.atlanticmusicfestival.org, Colby College, Waterville.

Saturday 8/4 – New England Music Camp Annual POPS concert, 7:30 pm, preferred seating \$20 per person donation, tickets at NEMC 465-3025 and at door, Messalonskee Performing Arts Center, Oakland.

Saturday 8/4 – "The Glass Menagerie," by Tennessee Williams, 7:30 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

Sunday 8/5 through Sunday 8/12 - Topsham Fair, agricultural exhibits, animal pull events, 4-H, crafts, midway, harness racing, www.topshamfair.net, Topsham.

Sunday 8/5 – RiverFest Sunday, jazz brunch, raft rides, family events, mini-golf tournament

at Gifford's, concert at Coburn Park, Fireworks over the eddy after sunset, 8 am-10 pm, 474-3621, downtown Skowhegan.

Sunday 8/5 – Re-Creation, the musical group singing traditional and contemporary sacred music, 9 am, 293-4220, Methodist Church, North Vienna.

Sunday 8/5 – Show & Shine Car Show, sponsored by Waterville Fire Department, 11 am-3 pm, Head of Falls, Waterville.

Sunday 8/5 - "King Henry IV, Part 1," by William Shakespeare, 1 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

Sunday 8/5 – Tour the Granite Quarries, wear walking shoes, 1 pm, 623-4021, 414 Winthrop Street, Hallowell.

Sunday 8/5 – The Colwell Brothers, Concert at Norcross Point, blues and more, at Lake Maranacook, 2-4 pm, 620-6231, Bowdoin Street, Winthrop.

Sunday 8/5 - New England Music Camp Student Concert, "Bowl in the Pines," rain or shine, free, everyone welcome, 3 pm, 465-3025, Rt 23, Sidney.

Sunday 8/5 – Bob Lovelace, Coburn Park Concerts, bring lawn chairs and blankets, 5-6:15 pm, Philbrick Gazebo, Route 2, Skowhegan.

Sunday 8/5 – "The Glass Menagerie," by Tennessee Williams, 7:30 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

Monday 8/6 through Friday 8/10 – Earth Science/Sky Camp, 9 am-noon, pre-registration required, 238-4250, L.C. Bates Museum, Route 201, Hinckley.

Monday 8/6 – 11th Annual Sue McConnell Memorial Swing for Hope and Hospice Golf Tournament, to benefit Hope's Place, a grieving children and teen program, cost per player \$100, 8 am registration, 9 am team scramble/shotgun start, 2:30 pm awards, 873-1493, 873-3615, Natanis Golf Course, Vassalboro.

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Monday 8/6 - "Old Crow Band," 7-9:30 pm, bandstand, Meetinghouse Square, Main Street, Farmington.

Tuesday 8/7 - "Off the Hill," free public concert, 11:30 am-1 pm, 778-3424, bandstand, Meetinghouse Square, Main Street, Farmington.

Tuesday 8/7 - "The Little Prince," by Antoine de Saint-Exupery, children's play, 2 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

Tuesday 8/7 - "Gerry Garcia Tribute," Rock On The River outdoor concert, 7-8:30 pm, Boardwalk on the Kennebec River, north end, Water Street, Hallowell.

Tuesday 8/7 - "The Beatlemania Years; 1962-1966," with Mark S. Cartier, followed by an evening of Beatles-themed trivia and karaoke, Fab Four costumes optional, 7:30 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

Tuesday 8/7 - National Night Out, a unique drug/crime prevention event, 9th year for Waterville, 29th for the nation, hosted by the Waterville Police Department, the South End Neighborhood Association and the South End Teen Center, free activities and food, cookout, live music from the Sonny Perry Band, climbing wall, bounce house, open to all, 5-8:30 pm, 859-1583, 861-8131, Green Street Park, South End, Waterville.

Wednesday 8/8 - Skowhegan Island Guided Walking Tour, with Melvin Burnham, sponsored by Skowhegan History House Museum, 474-6632, Elm Street, Skowhegan.

Wednesday 8/8 - Leonard Solomon and his Bellowphone, Lively Lunches at Johnson Hall Mini-Park, physical comedy, juggling and comic music, a one-man variety show, noon-1 pm, free, bring lunch from a local restaurant, snacks and drinks for sale at event, rain place inside Johnson Hall, 582-7144, Johnson Hall, Water Street, Gardiner.

Wednesday 8/8 - Art Program, Drawing from Collections, capture wild animals with watercolors, and many other mediums, on paper, 1 pm, \$2 per person, all supplies provided, 238-4250, L.C. Bates Museum, Route 201, Hinckley.

Wednesday 8/8 - "King Henry IV," by William Shakespeare, 1 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

Wednesday 8/8 - Farmer Minor and Daisy Pig, "pig out on reading" and final party, children summer reading program, 2 pm, 465-7533, Oakland Public Library, 18 Church Street, Oakland.

Wednesday 8/8 - Turkey Supper with all the fixings, adults \$8, children 6-12 \$4, 5-7 pm, Oakland/Sidney Methodist Church, Oakland.

Wednesday 8/8 - Public Supper, baked ham, \$8 per person, \$4 under 10 years old, 5 pm, Fairview Grange, Route 8, Smithfield.

Wednesday 8/8 - "Will the Euro Survive? A perspective on the European Sovereign Debt Crisis," by Dr. Edwin M. Truman, Senior Fellow, Peterson Institute for International Economics, sponsored by Mid-Maine Global Forum, \$30 per person includes dinner, 6:15 pm, 859-4730, Schair-Swenson-Watson Alumni Center, Colby College, Waterville.

Wednesday 8/8 through Saturday 8/11 - "The Music Man," 474-7176, Lakewood Theater, Route 201, Madison.

Wednesday 8/8 - "The Glass Menagerie," by Tennessee Williams, 7:30 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

Thursday 8/9 through Saturday 8/18 - Skowhegan State Fair, large agricultural fair, huge midway, ten days of competitions, food, flower show, harness racing, exhibits, demonstrations, livestock shows, nightly entertainment, and much more, www.skowheganstatefair.com, 474-2947, Fairgrounds, Route 201, Skowhegan.

Thursday 8/9 - Silly Songs and Stories with Stan Davis, annual Teddy Bear Picnic, bring a favorite stuffed animal and a picnic, free and open to the public, 10:30 am, 495-3508, Belgrade Public Library, Belgrade Community Center for All Seasons, Route 27, Belgrade Lakes.

Thursday 8/9 - Friends & Neighbors Luncheon, salads and sandwiches, 11:30 am- 1

pm, free, donations accepted, Union Church, Main Street, Belgrade Lakes.

Thursday 8/9 - History Program, be a child in the early 1900s, try on clothes, do chores, wash clothes in a tub, experience old time school and play with old fashioned toys, 1 pm, 238-4250, L.C. Bates Museum, Route 201, Hinckley.

Thursday 8/9 - Annual Children's Day Program, puppet show featuring "The Legend of the Banana Kid" by The Frogtown Mountain Puppeteers, a 45-minute cowboy adventure, children should be accompanied by an adult, 2 pm, free admission, air-conditioned auditorium, 946-5311, Araxine Wilkins Sawyer Memorial, 371

Sawyer Road, Greene.

Thursday 8/9 - "Tartuffe," by Moliere, comedy, 1 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

Thursday 8/9 - August ArtTalk, Amy Stacey Curtis, award winning artist will speak about her long-term solo-biennial exhibits in empty mill spaces, open to the public, \$3 donation optional, 7-8:30 pm, 622-3813, The Harlow Gallery, 160 Water Street, Hallowell.

Thursday 8/9 - "Two Gentlemen of Verona," by William Shakespeare, 7:30 pm, 933-9999, Cumston Hall, The Theater At Monmouth.



BELGRADE REGIONAL HEALTH CENTER

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 Practice Manager: Wendi Wainer

Summer 2012

Dear Belgrade Community:

Welcome to the beautiful Belgrade Lakes Region. We at the Belgrade Regional Health Center hope you enjoy your stay and enjoy good health during your visit. We look forward to the return of our summer residents, as well as visitors to the area.

In case you do have a health concern while visiting, we are available to treat acute problems, as well as chronic health conditions. Please call us for an appointment at 495-3323. We will see you as soon as possible at the health center. Our appointment hours are Monday through Friday, 8 a.m. to 12:30 p.m. and 1:30 p.m. to 4:30 p.m., and Tuesday evening from 5 to 7 p.m..

If you have a major medical emergency such as chest pain, a severe breathing problem, cardiac condition, or major trauma, please call 911 or go to the nearest emergency room.

If you have a minor health condition such as poison ivy, a fish hook, laceration, etc, please try to call before arriving at the health center. We accept patients on a walk-in basis, but you will be asked to wait until our regularly scheduled patients are seen. If you call ahead, we can give you a scheduled appointment and likely reduce your wait.

We are located at 4 Clement Way, just off Route 27, 3 miles north of the intersection of Routes 27 and 135. We look forward to seeing you for any of your healthcare concerns. For more information call 495-3323 or visit www.BelgradeCHC.org.

Sincerely,

Amy Madden, MD
 Megan O'Brien, FNP
 Jessica Hopkins, LCW
 Tammy Gannaway Kerr, FNP
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 • Belgrade Town Office

Theater at Monmouth



Photo by Aaron Flecke

JUNE 23 - AUGUST 19

Tartuffe
 translated by Richard Wilbur from Molière

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 by Tennessee Williams

Two Gentlemen of Verona
 by William Shakespeare

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 by William Shakespeare

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— Kennebec Corridor News & Notes —

Skowhegan RiverFest 2012



Start on Thursday with Moonlight Madness, continue on Friday with a Lobster Bake & Golf Tournament, celebrate Saturday and Sunday with river-oriented activities...The Skowhegan RiverFest 2012 rolls on.

Highlights of this exciting last weekend include:

-The Clydesdales Are Coming! Don't miss the chance to see these majestic horses as the World-Famous Budweiser Clydesdales will be at Moonlight Madness this year!

- Bed Races! Who gets to push? Who gets to ride? Which team will win? It's not as easy to roll a bed along the street as spectators (who are busy laugh-

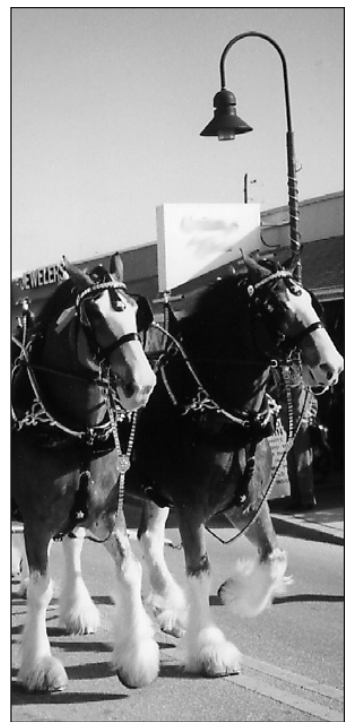
ing) think.

-Lobsters Under The Tent! Let the Coast come inland with a real lobster meal – the treat of the summer!

-River, River, More River! Celebrate the Kennebec River with a raft ride, taking in those awesome views, or watching the Fireworks over the Eddy (great from the Walking Bridge)!

-Farmers' Market! Check out this unique array of homegrown/made produce and products, check out what's doing with the former jail, and stop for a break at the new Café.

For more information on the many other RiverFest activities call 474-3621.



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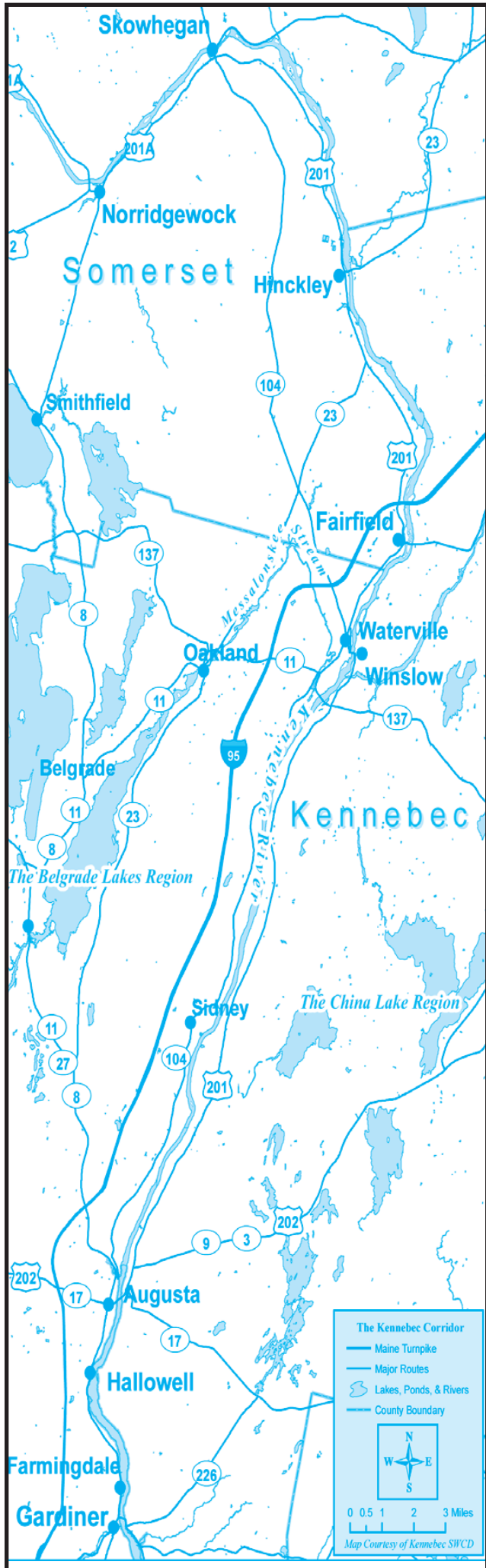
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— Katy's Column —

More than Citizen of the Year-- More like Lady of the Century!

Few people living along the Kennebec River today can trace their family genes back to the late 1700s but Alice Ballard Buck is one who can. Her father, the late Robert Ballard, was the seventh generation of midwife Martha Ballard's descendants. In spite of the length of time elapsed, those who know Alice Buck feel she is just as "historic." Of course, she has not been recorded in history as was the lady more than 200 years ago but Alice Ballard Buck is as well known today as her ancestor was in her day!

Alice was interested in the health of her family and friends so studied nursing once out of high school and followed that talent until she married and had a family. When the kids were off to school, she was behind the counter at Boynton's Market on Water Street in Hallowell aiding Jake and Lorraine Baker for many years.

Today her world is far different but she is often seen at the NEW Boynton's Market just next door. Same Alice, same smile, same interest in answering questions and helping find something you need. That aspect of this unique Lady has never changed.

As with Martha Ballard, I suspect, Alice has faced difficult times but one story I have permission to recount assures us that Alice always sees the cup more than half full and never half empty.

Just before the last months of the original Boynton's Market closed, her delightful daughter, Karen, was the manager. The entire Hallowell community was awed when it was announced the store was closing one February for repairs. Weeks passed and the store did not open. Then tragically it was learned that Karen had passed away – very unexpectedly one night. Not only was the Buck family stunned, the entire city was as well.

A gathering was easily planned for all who wanted to attend - a simple service on the lawn of the family home atop Winthrop Hill overlooking the sky and fields across the road. It was truly a beautiful site. Prayers, memories, witty and many admiring comments were provided by family, friends, local clergy and even the local animals that were part of the Buck family.

A few days later I stopped in to see Alice. We chatted a bit and then she told me a story.

"Katy, remember that guy who spoke? Well, when he came back from the burial service at the cemetery he asked to speak to me. He told me that he put a pack of cards and a cribbage board into the casket before it was placed in the ground – he did that and told Karen – "Tonight, dear Karen, you and your Dad enjoy a game of cribbage together!"

With that Alice wiped her eyes and provided her usual smile.

Alice Ballard Buck was honored one year as the Hallowell "Citizen Of The Year." People who know Alice truly believe she is the model of a person who makes this unique 250-year-old city a "Genuine Maine Community."

Katy Perry is an author, and news commentator who knows, loves, and respects Maine.

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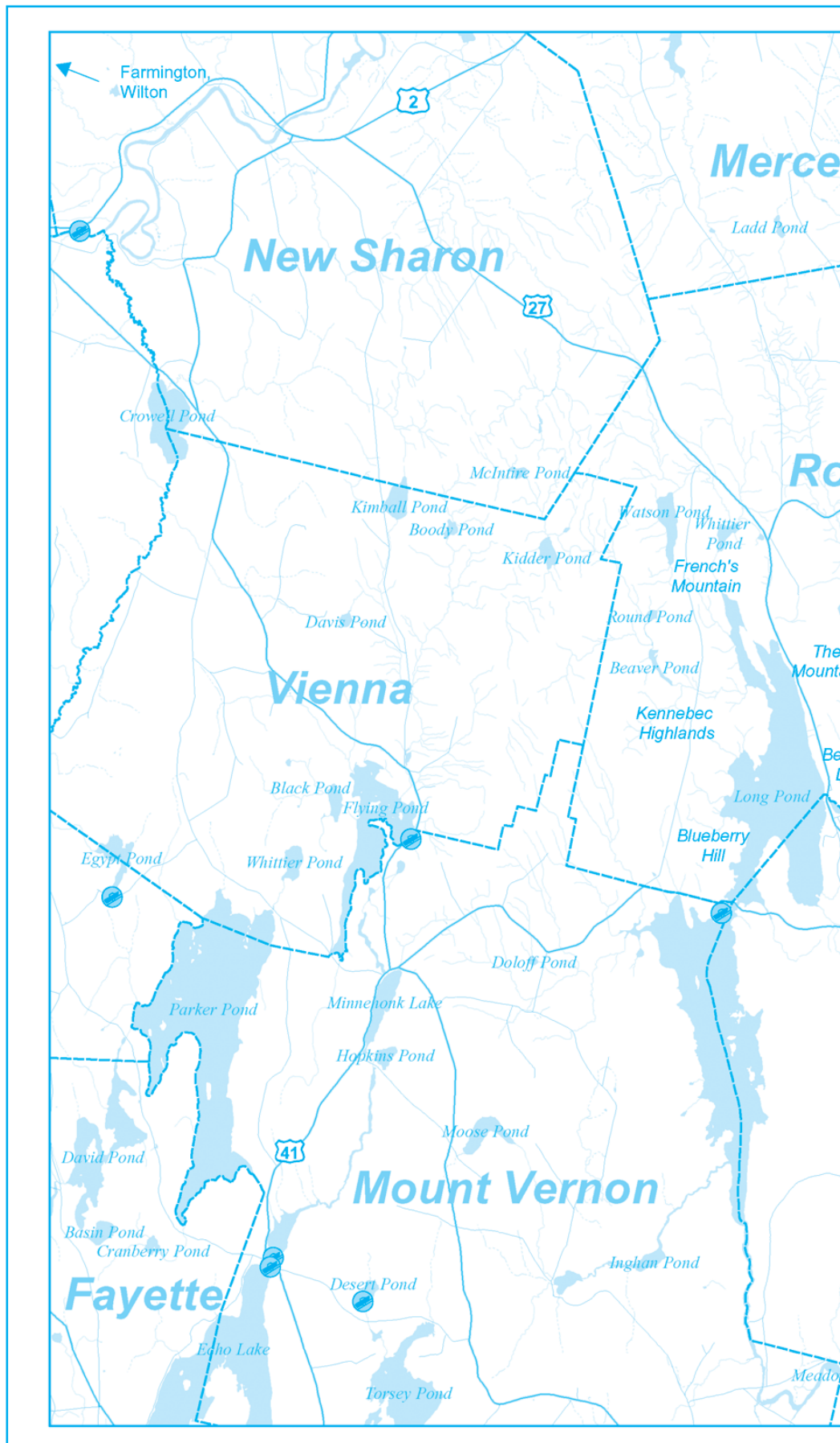
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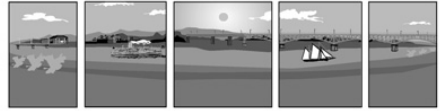
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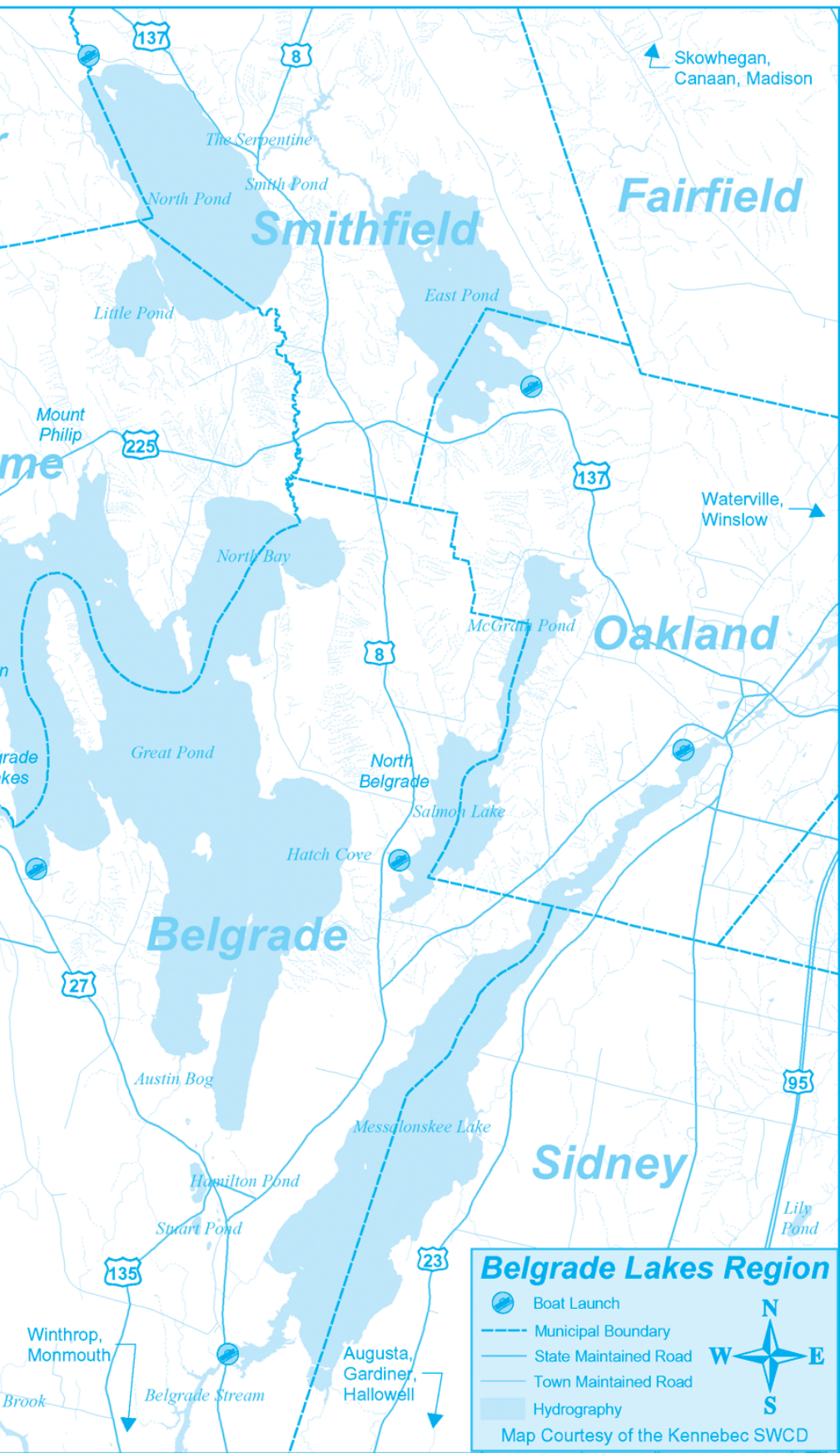


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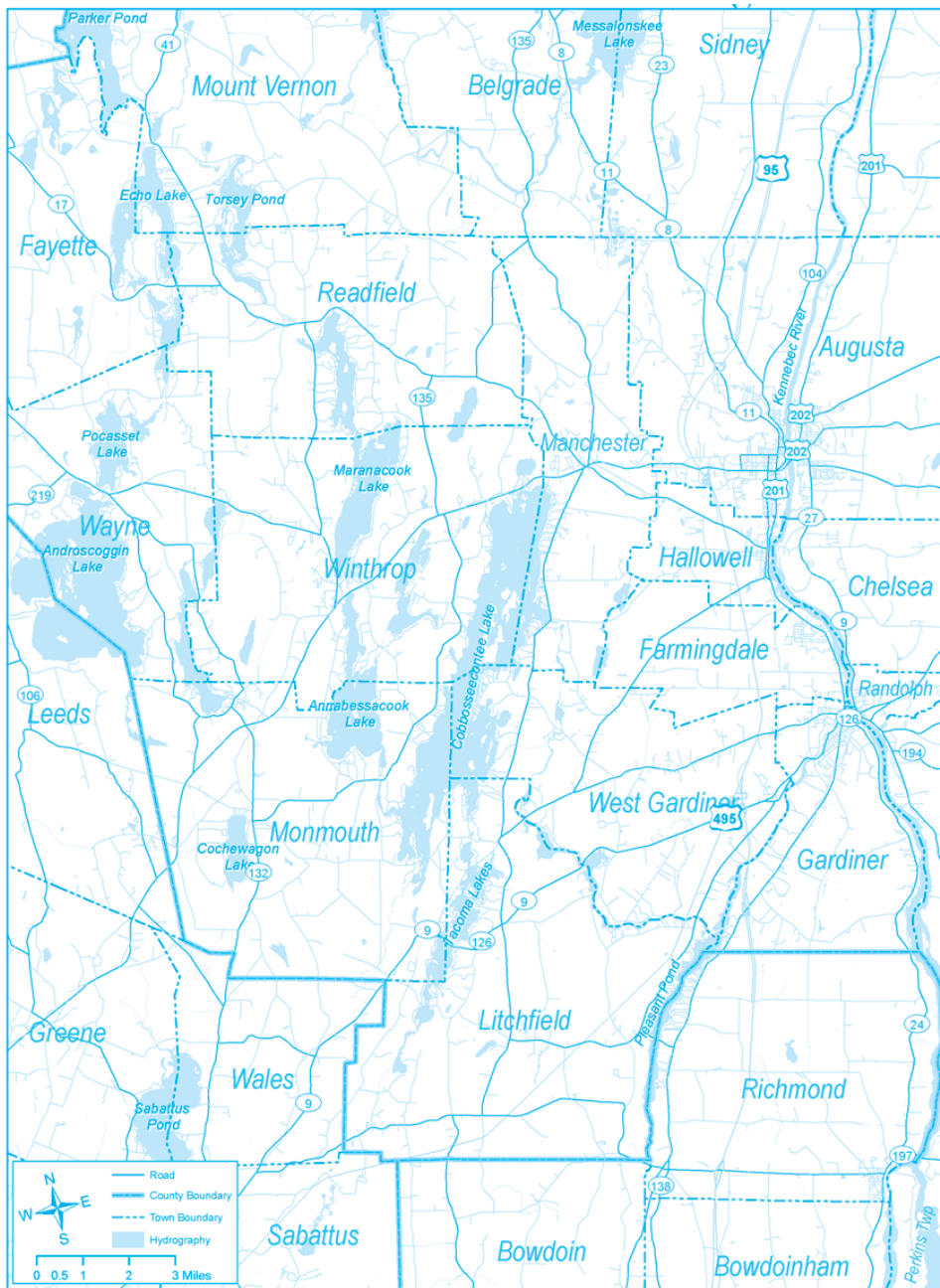


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ries in the evening

-Attend the one-room schoolhouse
-Stay in an authentic reproduction of an 1870s Farmer's Cottage with old-fashioned beds and where bathroom facilities are chamber pots and privies

-Enjoy 3 authentic farm meals, evening snack, one night's lodging, and instructional materials

Fees are \$125 per adult and \$95 for children under 12 years old. Registration and fees are due by August 17, 2012. For safety reasons, the physical activities, and the need to participate, this program is open to adults with children age 10 and older – 4th grade plus. Children must be chaperoned. Live-Ins last a full 24 hours, from 2:30 pm Friday to 2:30 pm Saturday.

Sign up by August 17. A minimum of 12 participants is required. Space is limited to a maximum of 16 participants. For more information or to register for the August 2012 Live-In Experience, e-mail Norlands@norlands.org or call 897-4366.



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Cobbossee Corner

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The Hickey Family of West Gardiner – overall winners of the 2010 Annual "Spotter's Sprint" Canoe & Kayak Paddle.



Come join the Friends of the Cobbossee Watershed's day of watery fun at the 2nd Annual "Spotter's Sprint" Canoe & Kayak Paddle! This year's paddle will start at 10:30 am on Sunday, August 19, 2012 at the YMCA Camp of Maine on Cobbossee Lake. The event is family-friendly, offering single and tandem race categories for multiple age categories. Following the race, a cookout lunch will be provided by the YMCA Camp. Spectators are welcome to join the lunch cookout for \$6 per person with no pre-registration required. Those that are interested in racing but do not have a canoe or kayak are still encouraged to enter with rentals available

through the camp.

Pre-registration is \$20 per person and guarantees you a free race t-shirt and lunch if registered by noon, Monday, August 13, 2012. Online registration is available, or you can download a registration form to fill out and mail in, via the Friends website: www.watershedfriends.com

"Spotters Sprint" is sponsored by Sprague & Curtis Real Estate and Winthrop Area Federal Credit Union. For more information, contact the Friend's office at 621-4100 or tamara@watershedfriends.com

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— Upcoming —

AUGUST

• Pianist Lan Lam and violinist Geoffrey Day will perform Saturday, August 11, 2 pm, at Jewett Auditorium, University of Maine Augusta to benefit the "Concerts at Jewett" Series sponsored by the College of Arts and Sciences and UMA Senior College. 621-3551

• The First Annual Reggae Fest Jamaican Style will be held at Lakeside Orchards in Manchester on Saturday, August 11, 5 pm 'til close, featuring Stream Reggae and barbecue dinner, for \$25 per person, advance purchase only. 622-2479

• On Saturday, August 11 at 7:00 pm Martin Swinger will be the feature performer at the Union Coffeehouse in Belgrade Lakes. Donation \$5 at the door includes refreshments.

• The Winthrop Sidewalk Art Show will be held on Saturday, August 18, 10 am-4 pm, with many sales, food, Farmers' Market, Pam Baker Blues Band at Norcross Park (1-3 pm) and other activities throughout the day. 377-8020

• The Annual Meeting of the Kennebec Land Trust and potluck BBQ will be held at the Wayne Yacht Club on Sunday, August 19, 4-6 pm; field trips 2-4 pm. 377-2848

• On Wednesday, August 22, Antonio Rocha, storyteller of tales from around the world, will perform at Johnson Hall Mini-Park in Gardiner, noon-1 pm. 582-7144

• A guided walking tour of Skowhegan Island with Melvin Burnham, sponsored by the Skowhegan History House Museum, is scheduled for Thursday, August 23 at 7 pm. 474-6632

• On Thursday and Friday, August 22 and 23 the annual Maine Farm Days will be held at Misty Meadows Farm in Clinton, a large dairy farm (over 800 cows) that grows hundreds of acres of crops. There will be a kid's tent, equipment displays, a wagon tour, many exhibits and concessions - all free to the public. www.MaineFarmDays.com

• A Guided Walking Tour of Skowhegan Island with Melvin Burnham will take place on Thursday, August 23 at 7 pm. 474-6632

• Blistered Fingers Family Bluegrass Festival takes over the Litchfield Fairgrounds August 23-26 with camping, field pickin', and a great rundown of bands. Gate opens Monday 8/20 for early birds. 873-6539

• On Friday, August 24 "Music for the Soul," baritone vocalist Larry Gowell presents an afternoon and evening of inspirational music, Broadway hits, pop music, classical and other favorites at the

Araxine Wilkins Sawyer Memorial in Greene. Free admission, 2 and 7 pm. 946-5311

• "Sweet Wednesday" will perform on Thursday, August 30 at 6:30 pm at the free, outdoor Summer Concert Series 2012 at Lithgow Public Library, Winthrop Street, Augusta.

SEPTEMBER

• The Skowhegan History House on Elm Street will celebrate its 75th Anniversary on Saturday, September 8. 474-6632

• The Monthly Bean Supper at the Mt Philip Grange in Rome will be on Saturday, September 15, 4:30-6 pm; tickets \$7, under 5 years free, family of 4 or more \$20 to help fund the Grange's September donation of dictionaries to all the 3rd grade students in Rome, Belgrade, Sidney & Oakland as part of the Grange's "Words For Thirds" program.

• ACAT Theatre in Waterville will present "Office Hours" September 21-23 and 28-30 at the Waterville Opera House Studio Theater. 873-7000

• The 19th Annual 5K Road Race "Rise 'N Shine" will be held on Friday, September 28 at 6:35 am, beginning and ending at Kennebec Savings Bank, State Street, Augusta. 622-5801



L to R: **Sam Tippet** – Sr. Account Executive, **Roxanne Robinson** – Client Services Assistant, **David Veilleux** – Sr. Account Executive, **Kenneth Viens, CFP®** – Sr. Account Executive, **Joe Jabar, CFP®** – Sr. Account Executive / LPL Branch Manager, **Cheryl Flewelling** – Client Services Director



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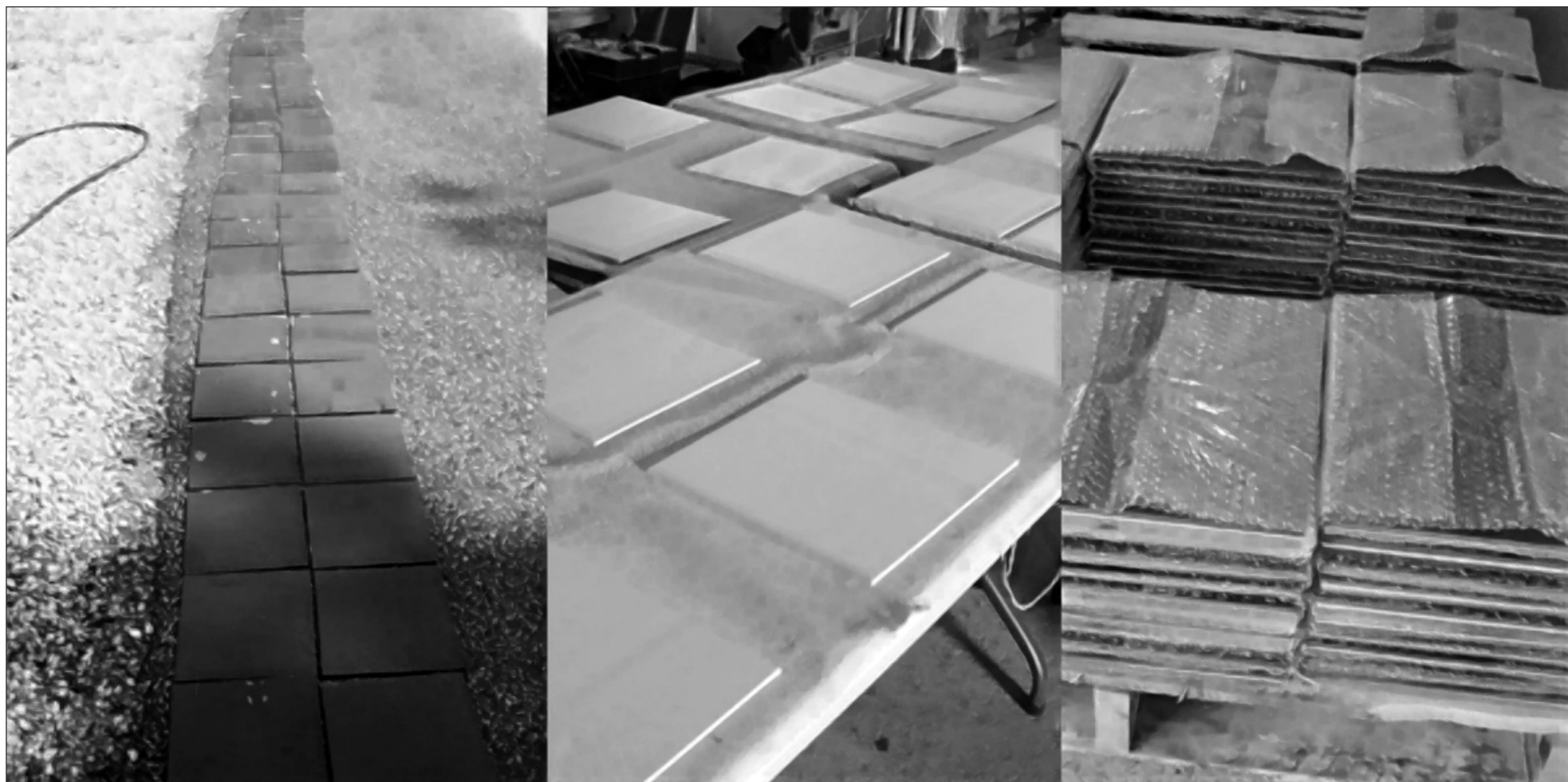
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August ArtTalk at the Harlow Gallery to feature Amy Stacey Curtis



Process shots for "place," one of nine installations at SPACE, Curtis' 7th of 9 solo biennials (Winthrop Commerce Center).

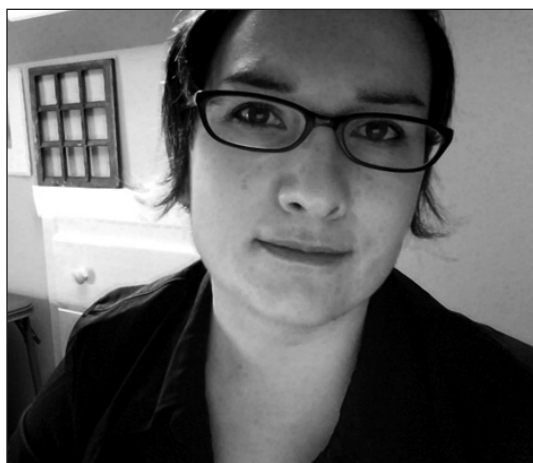
On Thursday, August 9 at the Harlow Gallery in Hallowell, award winning artist Amy Stacey Curtis will speak about her long-term solo-biennial project which has taken place in empty mill spaces all over the state every two years since 2000. Curtis's seventh of nine biennials, SPACE, will take place October 6-26, 2012 throughout 27,500 square feet of the Winthrop Commerce Center, formerly Carlton Woolen Mill in downtown Winthrop.

The Harlow Gallery ArtTalk series are proudly sponsored by The Bank of Maine; a local Maine business and long-time supporter of the Harlow Gallery – bank locally!

Your \$3 suggested donation supports arts programming at the Harlow Gallery.

In 1998, Curtis began what would be an 18-year commitment to art-making, a project culminating through 9 solo-biennial exhibits from 2000 to 2016. In the end, Curtis will have installed 81 large-in-scope, interactive installation and new-media works in the vast mills of 8 or 9 Maine, USA towns. Each solo-biennial exhibit is a 22-month process, each exhibit exploring a different theme while requiring audience to perpetuate its multiple installations.

The recipient of the Maine Arts Commission's 2005 Individual Artist Fellowship for Visual Art and five Good Idea Grants, Curtis has committed to this work to convey that we are a part of a whole, that everyone and everything is connected and affected. For information about SPACE including opportunities to get involved by volunteering, email Amy Stacey Curtis at amy@amystaceycurtis.com, or visit the artist's website at www.amystaceycurtis.com



Left: Artist Amy Stacey Curtis

Below: Pre-installation shot of one of three levels Curtis is using in the Winthrop Commerce Center for SPACE, her 7th of 9 solo biennials




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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, 9 Bass Lane, Belgrade, 495-9217, www.belgrade-cottages.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

Loon Ridge, cottages, 1339 Augusta Road, Rt 27, Belgrade, 495-2294, www.LoonRidge.com

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

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

Mercer Old Home Days August 4 & 5

From activities for children to a Lobster Dinner, Mercer Old Home Days is a lot of celebration. The weekend schedule runs on Saturday from 9 am to 11 pm and on Sunday from 11 am until the talent program is over. Activities include: Craft Fair, local vendors, Lobster Bake, "Bog Water Carry" ATV Obstacle course, tractor show, Street Dance, Lil Miss Mercer and Mrs. Mercer competitions. For the full schedule visit www.mohd.shutterfly.com.

Blueberry Festival In Wilton August 3 & 4

On Friday, August 3 and Saturday, August 4, the Wilton Blueberry Festival provides entertainment, sales, rides, races, parades, fireworks and blueberry goodies. Crafts, food and history site tours are available all day; downtown Main Street will be closed to vehicles; bus service will be provided; and blueberries will be served in a variety of different dishes. For a complete schedule visit www.wiltonbbf.com or call 778-4726.

Rome Yacht Club Race August 4

The bugle will blow promptly at 10 am on Saturday August 4 to kick off the 36th Annual RYC Regatta and Treasure Hunt. Sailboats will convene in front of the Vines' Camp on North Cove in Rome. There are two classes of boats permitted to participate. A small boat category (1 sail) and a large boat (2 or more sails). Only wind and paddle energy are allowed. A victory cookout and official ceremonies will be held on Crooked Island at or around noon. For more information call 397-3247.



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Dining

Augusta

• **Riverfront Barbeque & Grille and Gin Mill Lounge**, 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
- **Pete's Pig**, 81 Main St., Belgrade Lakes Village, 495-4095, www.petespig.com
- **The Village Inn**, Rte. 27, Belgrade Lakes Village, 495-3553, www.villageinnducks.com
- **Whisperwood**, Salmon Lake/McGrath Pond, Taylor Woods Rd, Belgrade, open to the public by reservation only, 465-3983, www.whisperwoodlodge.com
- **Wings Hill Inn and Restaurant**, Rt. 27, Belgrade Lakes Village, 495-2400 or 800-495-2400, www.wingshillinn.com

Fairfield

• **Cacciatores**, 29 Main St, Fairfield, 872-9700.

Oakland

- **Alden Camps**, Lunch or dinner by reservations, Sat. - Wed., space permitting, 3 Alden Camps Cove, Oakland. 465-7703. www.aldencamps.com
- **Riverside Farm Restaurant and Wine Market**, 291 Fairfield St, Oakland, 465-4439. www.riversidefarmmarket.com

Waterville

• **Restaurant & Pub at the Waterville Grand**, 375 Upper Main St, Waterville. 873-0111.

Winslow

• **Lobster Trap & Steakhouse**, 21 Bay St, Winslow. 872-0529. www.lobstertrap-seafood.com.

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The Small Garden Guide

Come join the Sue Gawler Flower Show

Recipe of the Week from Sue Gawler's Collection

August Corn, Tomato, & Feta Salad

- 6 ears corn, shucked
- 1 pint cherry tomatoes, halved (or 2 cups chopped garden tomatoes)
- 1 cucumber, peeled, seeded, and finely copped
- 1 orange or green bell pepper, finely chopped
- 1/3 cup finely chopped red onion or shallot
- 1 Tbsp. finely chopped fresh oregano (optional)
- 1 Tbsp. thinly sliced fresh basil
- 2 Tbsp. finely chopped fresh parsley
- 3/4 tsp. kosher
- 1/4 tsp. ground black pepper
-
- 1/2 cup extra-virgin olive oil
- 3 Tbsp. red wine vinegar
- 6 oz feta (or chevre), 1 c. crumbled

- Boil corn no more than 4 minutes
- Immediately put into cold water.
- Put everything else except oil & vinegar & feta into a large bowl.
- Cut corn off cob & add to bowl.
- Toss gently.
- Whisk together the oil & vinegar.
- Drizzle the dressing over the vegetables and add 2/3 cup to feta.
- Toss gently to combine
- Garnish the salad with the remaining feta and serve.

All are welcome to join the fun and show off their talent by submitting a creative floral arrangement at the market, located at the Maine Lakes Resource Center, on Sunday, Aug 12. There will be awards and prizes for entries in several categories. Please submit bouquets between 8:00 to 10:00, judging will occur between 10:00-12:00, with public viewing from 12:00-5:00. There will be a "People's Choice Award" presented to the arrangement with the most votes cast (no later than 1:00) by the public.

You may enter as many as 3 arrangements, no larger than what can fit in 24'x 24' square with unlimited height, in any of the following youth (16 and under) or adult categories:

1. Floral Design
2. All One Color
3. Natural Habitat, anything wild, (not cultivated)
4. Tea Table, small table sized
5. Miniature, container and arrangement less than 5' high

Exhibitors will determine category and give their entries a suitable name. All arrangements must be of fresh plant material grown or gathered locally. Judging will be on condition of plant material, design and originality. There will be 1st, 2nd, and 3rd place ribbons for each category, with an award for 'best in show'. Pick up a registration form at the market, or from the Belgrade Lakes Farmers' Market and/or the Maine Lakes Resource Center websites. Donations accepted, bouquets for sale by request. All entries are welcome so don't hesitate, grab those nippers and gather up a little of nature's beauty!



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-Business Directory-

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See page 20

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Maine Wilderness Tours, fishing, canoeing/kayaking, lobster picnic, bird watching, 7 Croquet Lane, Belgrade, 465-4333, www.MaineWildernessTours.com

ANTIQUES

Barbara's Antique & Collectibles Group Shoppe, Rt 201, 414 Lakewood Rd, Madison, 474-2550, 474-8357

Heirloom Antiques & Vintage, 35 Concourse E, Waterville, 877-7877

Stoney Creek Antiques, 881 Civic Center Drive, Augusta, 626-9330

BANKING

Kennebec Savings Bank, 150 State St, Augusta, 622-5801, www.kennebecsavings.com

Maine State Credit Union, 200 Capitol St, Augusta, 623-1851, www.maine.statecu.org

Skowhegan Savings Bank, Rt 27, Belgrade, 495-7787, www.skowsavings.com

BEVERAGES

Jokas' Discount Beverage, 52 Front St, Waterville, 873-6228, www.jokas.net

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

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BOAT LIFTS

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BOAT MOORINGS

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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

Belgrade Boat Shop, Rt 135, Belgrade, 485-6953

Kennebec Boat Repair, 907 Oakland Road, Belgrade, 465-9012, www.KennebecBoatRepair.com

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.midmainemarine.com

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, 495-3421, 314-3287, www.belgradeboatstorage.com, www.belgradeboatrentals.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

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

DENTAL CARE

The Complete Dental Center, 107 Birch St, Farmington, 860-2781

DINING

(See Dining Directory on page 21)

DOCKS

G&L Contracting, Belgrade, 215-7951, agardner81@yahoo.com

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

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, 495-3421, 314-3287, www.boatstorage.com

David Stevens, P.O.Box 146, Belgrade, 465-3815, cell 314-0314

EYE CARE

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

FARMSTANDS

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, www.goldenpondwealth.com

Kennebec Wealth Management, 150 State St, Augusta, 622-5801, www.kennebecsavings.com

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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, www.springgallery.com

GIFTS

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

GOLF

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

GROCERIES

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

HEALTH CENTER

Belgrade Regional Health Center, 4 Clement Way, Belgrade Lakes, 495-3323, www.healthreachchc.org
Inland Hospital, The Clinic at Walmart, walk-in health care, 80 Waterville Commons Dr, Waterville, 680-2110, www.inlandhospital.org

HEATING

Jim Webster, West Road, Belgrade, 495-2370, 462-3472

ICE CREAM

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

JACKING

Mainly Molding & Restoration, 449 Wilder Hill Rd, Norridgewock, 634-2821, www.mainlymolding.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, Boothbay Harbor, Brunswick, Damariscotta, Fairfield, Farmington, Greenville, Pemaquid, Portland, Skowhegan, 866-HAMMOND, www.hammondlumber.com

LAKE ASSOCIATIONS

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

LANDSCAPING

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

MASONRY

Michonski Brothers Mason Contractors, PO Box 656, Norridgewock, 634-2516 www.michonskibrothers.com

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

PHYSICAL THERAPY

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

PIANO SUMMER CAMP

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

PRINT, MAIL & MORE

Color Storm, Inc, Main St, Belgrade Lakes, 592-5990

PROTECTIVE COATINGS

Normile Sealcoating, pavement and roofing, 332-4131, normile.chris@gmail.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
Rizzo Mattson Realtors, 219 Capitol St, Aigista. 622-9000. 800 894-7979, www.rizzomattson.com
Sprague & Curtis Real Estate, 75 Western Ave, Augusta, 623-1123, www.spragueandcurtis.com
Webber Real Estate. Main Street, Mount Vernon. 293-2601, www.webberrealestate.net

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.granitehillstates.com

SCHOOLS

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

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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, www.newbalance.com

SPA

Belgrade Lakes Day Spa, "Your Premier Wellness Center," 495-2560, www.belgradelakesdayspa.com

STONEMWORK

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

VETERINARY SERVICES

Lakeside Veterinary Clinic, 88 Libby Hill Rd, Oakland, 465-7387, 465-8387, www.lakevets.com

WINDOWS

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

WINDOW TREATMENTS

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

YOGA

School Street Yoga, Waterville-Hallowell, 330-1450, www.schoolstreetyoga.com



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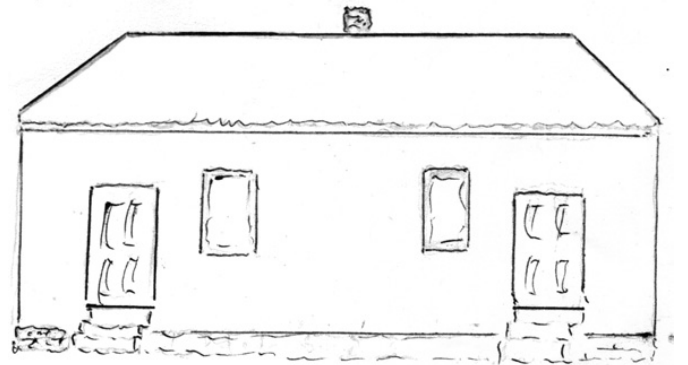
Belgrade's Town House



Recent View of Town House



Earlier Photo Image



Or was it like this originally in 1815?

One of Belgrade's earliest remaining structures, the "Town House", is now a topic of conversation. Think "cemetery." In its modesty, it is hidden in the middle of Town...a small square building, white with green metal roof, sitting at the road side of Woodside Cemetery, the oldest of the three town cemeteries which stretch between Routes 11 and 27.

The only building owned by the Town since 1815, it was used for town meetings until 1872 and for voting until about 1962. At various times it provided shelter for an Indian recovering from smallpox, visitors to the cemeteries, the horse-drawn hearse, lawn mowers, and most recently, a raccoon (not inside).

Town business was transacted here, as can be seen by scribbles on the lime-plaster wall. Lawrence Sturtevant, town sexton, was proud of the original wide-board horizontal wainscot in his office. We hope it is still there, just covered with modern panelling.

Remnants of that wainscot can be seen behind an enormous steel water tank inside the north wall of the Town House. For years water was pumped for cemetery lots from Hamilton Pond, under Route 27 and up the hill into the tank. Old town reports record frequent problems with the pump or the piping. A well now supplies water in the cemetery.

Every Memorial Day outdoor services are held from the small porch which was added to the front of the Town House in the 1930's.

And now the Belgrade Historical Society hopes to restore this building, one of the earliest town halls in Maine, and call it home for its small collection of historical artifacts, papers and Belgrade memorabilia. The Board of Selectmen voted to allow the Historical Society to restore and to use the Town House at their own expense. The Town will continue to own and maintain the integrity of the building.

If you have missed our programs this summer, we apologize and hope to see you Thursday, August 16 at the Center for All Seasons, 7 p.m. We will have a short program on the impact of the War of 1812 on Belgrade – and then a discussion of upcoming steps for the Town House project.

We welcome your input and ideas. Call Nan at 465-7924 or any member.

Will the Euro Survive? A Perspective on the European Sovereign Debt Crisis.



Edwin M. Truman

Senior Fellow

Petersen Institute for International Economics

Wednesday, August 8

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Dinner, Keynote Address: 7:00 p.m.

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Fishing

The Good, the Bad & the Wicked Cute!

by Mike Guarino

Yes, I know the title of this week's article is supposed to read, "The Good, The Bad & The Ugly" after the 1966 film starring Clint Eastwood and Eli Wallach. In the movie these guys were rough and tumble characters that didn't trust each other during their search for hidden gold in a remote cemetery. It was a western classic designed to highlight tough guys, tumbleweeds and beef jerky. But did you look at the photo attached to this article?? Did you? How can you use the word ugly when you have a 7-year old boy with a smile like that? And to top it off, you have one proud dad helping to hold the fish. Seriously, that picture would make Clint Eastwood smile, or at least he'd think about grinning.



Travis and Josh with a big old smallie caught on July 26!

The bottom line is that Travis (dad) and Josh (kid) were focused on some serious father/son time on the water. What we didn't realize is that Josh was a natural fisherman. Seriously, this kid can flat out fish and it's obvious he inherited his skills from his father! We arrived at our fishing spot early in the morning and Josh was ready. We had four poles rigged and loaded with a tube jig, 2 Senkos and a top water lure. The fishing poles we were using were 7-foot Cabelas Pro Guide series with 8 pound fluorocarbon line, designed for long casts. Bottom line is, young Josh caught 5 fish on his first five casts! Seriously – and he kept catching fish throughout the morning. Travis caught his share, too, but honestly we were both focused on the young boy. There was something special about watching young Josh learn to cast and set the hook and reel in his fish. It was one of those days you wished never ended and who knows, we might see that kid on the BASS tournament someday.

So that explains the "cute" in the title, but how about the good. Well, the good is the fact that big smallmouth bass live in the Belgrade Lakes, and they have been hitting hard and often. Honestly, I can't remember such good smallmouth fishing in the heat of the summer. Ask Dave Mallui who summers over on Great Pond down by Blueberry Island. This past week, he caught his personal best smallie on a hot July day. The bass was fooled by a wacky worm in about 12 feet of water. The interesting thing about Dave's trip was the fishing was pretty stale. They really were not biting well, but the fish that did bite were big! Sometimes it's a nice compromise to catch big fish instead of a lot of fish. Both Dave and I agreed – we were fine with that! During the course of our morning's fishing, Dave caught and released a

few nice bass and caught and "quick released" a few more. The bigger fish were taking senkos, but the strikes were light and often the fish would shake the hook before getting to the boat. Smallmouth bass are professional hook shakers so anglers need to deal with the disappointment. I call it a "big fish bummer" and it happens to anglers on a daily basis. Fishermen handle the disappointment better when they get to see the bass near the boat or she jumps out of the water and throws the hook. At least you had visual contact (and let's face it, hooking the fish and seeing the fish is just as much fun!). One tip that's helped this summer is to increase your hook size and sharpen your hooks! For wacky worms, I've been throwing 2/0 Gamakatsu octopus hooks. I know it sounds like the hooks are too big, but even the small bass inhale the bait and for the most part the hook set is right in the corner of the mouth. As for sharpening hooks, I use a file designed specifically for fish hooks but any file will work. Every morning while I'm in the boat, I sharpen hooks that have been used. Anglers should sharpen their hooks often because it makes a HUGE difference in catch rates.

Ok, now for the ugly part of the article. This story shouldn't be called ugly, it should be called scary!

Last Wednesday I was fishing with Simon and his two boys Scott and Adam. They were from the U.K. and we had a great time fishing. On Wednesday we were fishing on one of the Belgrades when a thunderstorm rolled in. It was about noon and our trip was pretty much over (besides, the boys were hungry – as usual). We all reeled in quickly and laughed as the rain came roaring across the lake. OH OH – we're going to get wet! I cranked the motor up and off we ran at about 30 m.p.h, trying to get out of the rain. As we clipped across the lake I saw a movement out in front of the boat – keep in mind that we are in about 100 feet of water and at least a half-mile off the shoreline. Basically we are out in the middle of the lake in a heavily travelled area. To make a long story short, the movement I saw was a young boy swimming across the lake! He was waving toward my boat, but the rain was coming

down so hard he was difficult to see. In all honesty, I could have run him right over, and I thank God I saw him when I did. First emotion was shock, second emotion was fear, and third emotion was anger. Why was a little boy swimming way out here in the middle of a channel during a thunderstorm? There were no boats around him to supervise, and he was almost impossible to see. I lurched back on the throttle and stopped the boat 20 yards in front of the kid (who didn't look more than 12 years old). As we looked through the driving rain, Simon and I were flabbergasted to see two more young boys out there swimming, too! Honestly, with visibility at about 50 feet, being way out in the middle of the lake, swimming with no support boat nearby, a thunderstorm looming, etc, etc –who would have expected that! To say the least we were shaken; and I'm still shaken as I write this. So I'll end this article with "The Ugly" and ask that everyone please make good decisions out there on the water. We live and play in such a beautiful area, and I hope that everyone has a safe and happy summer. Good Luck!

Mike Guarino can be contacted at 465-4333
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Pet World

Noise Phobias

Considering how much noise an average dog can make when he's excited, it is a little ironic how many canines are deeply disturbed by loud noises, like thunder, fireworks and gunshots. Reactions to such noises are not uncommon: loud noises from overhead are difficult to orient to. While many dogs get accustomed to them (habituation), others may become more sensitive, resulting in additional fear with each exposure. When fear escalates to shaking, hiding, howling, running away, house soiling, or downright destruction of the house, the problem can be daunting for owners. In such cases the term "phobia" better describes the pet's reaction. Even normally happy, well adjusted dogs can become full of panic at the sound of thunder or fireworks and can end up hurting themselves, others or their residence.

What can be done to help our canine friends "weather the storm" with less panic? If your dog seems agitated or restless, you may be able to assist him in securing a safe haven and help him relax during storms. Dogs often try to hide to avoid a thunderstorm; this is a normal response. This safe location should be readily available, especially when no one is home. You can try to limit exposure to the overwhelming and fear-evoking noises by closing doors and windows, and using white noise, TV or music to block out the sounds. You can also redirect the dog to alternative and anxiety-incompatible behaviors such as obedience exercises, or fun activities (agility or food puzzle toys). Each dog and family may need to

implement different strategies based on their dog's unique response. If your dog shows little or no response to noises, you need not do anything.

For very anxious animals, however, it is essential to reduce anxiety during a storm or firework display to prevent escalation of the anxiety and allow management and treatment options to be successful. Chose interventions based upon the severity of the anxiety and the severity of the noise. A number of non pharmacological alternatives are available that may help calm the moderately fearful dog. Pheromone intervention (e.g. D.A.P.® Dog Appeasing Pheromone, Adaptil® collars, room diffusers and premise sprays) can be used alone or in combination with another intervention. Nutraceutical or natural products such as Composure® treats or Bach's Rescue Remedy may also be beneficial. A promising new product that is becoming widely available is the Thundershirt®, a snug fitting vest that swaddles the dog, giving him the feeling of being securely held, and possibly triggering pressure points that act to calm him.

A dog with severe anxiety may benefit from long-term management with anxiolytic medications (such as fluoxetine or clomipramine) that must be given daily; in addition (or instead), rapidly-acting anxiolytics (similar to Xanax or valium) may be given immediately prior to or even during a storm or firework display. It's important to consult with your veterinarian before giving any prescription medications

to your pets, however.


And try not to forget how exquisitely atuned your canine friend is to your own responses. Don't panic or show your own anxiety during storms to avoid making your dog's anxiety worse. You should try to reassure him to encourage relaxation or direct him with obedience or trick cues. If your dog's anxiety is minimal and he startles but recovers quickly, it may be appropriate for you to ignore him or praise him calmly, reinforcing his natural ability to adapt to noises (habituation). Ignoring severe anxiety or extreme displays when the dog is not likely to adapt naturally is not recommended. If his anxiety persists, seems extreme or your pet is at risk for self injury, be sure to consult a professional.

It should be noted that loud noises per se don't cause a seizure disorder, but they can escalate a problem if the pet is prone to seizures. While thunder and lightning or the sound of fireworks can trigger seizures in a dog, normally the dog has a pre existing or underlying condition, such as epilepsy, that is exacerbated by the fear response. Similarly, dogs with separation anxiety may have a harder time with loud noises. Some dogs are more anxious during thunderstorms when they are alone, and thunderstorm and noise fears are common in dogs with separation anxiety. Planning ahead to make sure your fearful pet is in a safe place and you have the necessary tools to help when bad weather is predicted or fireworks are expected is best.



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

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McGrath Pond/Salmon Lake Association Annual Meeting

The 2012 Annual Meeting of the McGrath Pond/Salmon Lake Association will be held on Thursday, August 9 at 6:30 pm at the North Belgrade Community Center on Route 8. The following topics will be on the agenda:

- There will be a discussion of the status of the Eurasian Milfoil infestation at Kozy Cove.
- Toni Pied from the Belgrade Regional Conservation Alliance will address the new

“Eyes on the Water” initiative.

- Noah Teachy from Colby College will be discussing the Belgrade Lakes Sustainability Project, examining the human dimension of conservation behavior.
- Michael Donihue, Professor of Economics from Colby College will officially launch a survey of households in the Belgrade Lakes Watershed to collect information for an economic impact

study.

- There will be an election of officers and request for an amendment to the bylaws to be approved by the members.

Everyone is welcome to attend. McGrath Pond and Salmon Lake lie in the towns of Oakland and Belgrade.

President’s Message

A lake is priceless. It is fragile, vulnerable and, sometimes, dangerous. It requires concern, watchfulness, involvement and effort by those who love it and use it to keep it safe, clean, beautiful and well managed. This is the goal of the McGrath Pond/Salmon Lake Association, formed by a small group of lakeshore property owners (in August 1989) and since grown to include hundreds of members, lake dwellers and non-lake dwellers, seasonal and year round who care deeply about our watershed.

Here is a partial list of the Association’s accomplishments and on-going projects:

- Purchase buoys for channel markers and lake hazards
- Educational efforts for our lake community
- Actively involved in water quality and inva-

sive plant issues

- Donate time and money to lake efforts
- Produce several newsletters to better keep the public informed
- Provide financial support to enable Courtesy Boat Inspectors and the Conservation Corps.

Perhaps even more important than these accomplishments, the Association can speak as one voice, representing the views and wishes of its members at all levels of government on issues affecting the lake and its surroundings. Incidentally, we also have fun – parties and meetings where you can form new friendships or renew old ones, glean all the latest lowdown on topics from Variable Leaf Milfoil to Boat Inspections, vote on Association issues and activ-

ities, and even propose new ones. There is also a newsletter to keep your membership informed between meetings. We do all this for modest annual dues. But even more important, we need everyone’s interest and involvement to protect the future of the lake.

The McGrath Pond/Salmon Lake Association is open to anyone who is concerned about preserving the beauty and protecting the natural environment of the ponds. Our goal is to maintain a lake that is clean and safe for swimming, boating, skiing, fishing, and to preserve it for today and for future generations. Together we can make a difference!

Ron Purnell,
from the website www.salmonlake.org



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FAIRFIELD ~ MARTIN STREAM
Nature lovers/sportsman's paradise. 130 +/- acres, landscaped, stream frontage. 1 BR guest house & Gazebo on water's edge. (1059190) **\$299,900**

MERCER ~ NORTH POND
Gorgeous sandy beachfront, expansive views, 3 BR year-round home. Totally re-done with quality and new baths. A must see! (1044644) **\$299,000**

NEW PRICE ~ BELGRADE, GREAT POND Beautiful 3 BR, 2 BA, lg. deck, 2 car garage w/ loft, paved drive, yr. round road. Daylight basement, Western exposure, mtn views. Furnished! Excellent location! (1001646) **\$495,000**

NEW PRICE ~ VIENNA, FLYING POND Attractive year-round home on 2.5 ac, open concept, master suite. Over-sized deck w/ great waterfront views. A must see! (1054497) **\$234,900**

BELGRADE ~ 2.60 acres, 3 BR, custom KIT, dining area, LR w/ cathedral ceiling & brick hearth, porch & patio, fire pit. 2 boat landings & town beaches nearby. (1059520) \$189,000

BELGRADE ~ Spacious ranch on well landscaped lot adjacent to the Belgrade Lakes Golf Club. 3 BR, 2 BA, LR & FR w/ fireplace. 2 story barn in excellent condition. (1058052) **\$199,000**

NEW PRICE ~ VIENNA, FLYING POND Enjoy spectacular views from this remodeled cottage w/ 100' frontage. Totally remodeled, lrg FR & walk out basement. FULL 1 YEAR WARRANTY. (1051972) **\$179,000**

NEW LISTING ~ BELGRADE, GREAT POND Access Classic Maine Cottage just steps from the water. Lrg priv dock w/ views. Screen porch, 1 BR & a lrg loft. Lots stg space. Some furnishings included! (1061966) **\$289,000**

MERCER ~ NORTH POND Great rustic camp w/ nice level, open lot & beautiful views. Enjoy your morning cup of coffee on the dock, and enclosed porch for sleeping! Mostly furnished! (1057571) **\$115,000**



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