

Summertime in the Belgrades

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

—A Cider Mill Press Publication—

VOLUME 17, NUMBER 10



Messalonskee on Milfoil: "We Can Control"

by Esther J. Perne



Removing milfoil by the bagful

As one of the first and the most heavily invaded aquatic plant (variable milfoil) infested lakes in Maine, Lake Messalonskee, also known as Snow Pond, has searched over a decade for a viable solution...until now.

With a small budget, a lot of volunteers and a plan, the Friends of Messalonskee Lake are forging ahead with the milfoil management goals of: eradicate new colonies, prevent spread and control and confine.



To achieve this they have successfully applied for and received grants, they have two DASH (diver-assisted suction harvesting) boats working on the lake every day, they are conducting a composting experiment, they have on staff a Milfoil Director, they have a slide show presentation for pitching potential grants and they have received an internship grant for 8 people.

Milfoil mapping of the Belgrade Stream from the Wing's Mill Dam on Long Pond to the mouth

Continued on page 2

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Continued from page 1

of the stream where it passes under Route 27, has been completed this summer and mapping of Messalonskee Stream to the Kennebec River is scheduled for this fall. Messalonskee's maps of invasives will be linked to their website soon.

Additionally, there's the current plan of laying benthic barriers, developing Cove Patrols and maintaining CBIs (courtesy boat inspectors) at boat launches; the Outreach Program of holding workshops with area high schools and partnering with the Goodwill-Hinckley Academy of Natural Sciences; and the "clam-shell" benthic barrier program available to landowners.

Aside from a large contingent of volunteers and help and support from the Department of Environmental Protection, the Friends of Messalonskee Lake have benefited from their first year of writing grants. The total budget this year of \$85,000 breaks down into roughly \$45,000 from DEP grants, \$30,000 from a combination of small grants and generous contributions from the Towns of Belgrade, Oakland and Sidney, and \$9,000 from memberships that currently number around 500 of a potential 1100.

The Friends' membership also has a roster of 30 Business Friends, including New England Music Camp and the new Snow Pond Center For The Arts that offers year-round music programs and has in development plans for incorporating lake studies and a lakes resource section in one of the recital halls.

While writing grants, building membership



and laying benthic barriers are ongoing projects of the Friends of Messalonskee Lake, removing milfoil is the immediate focus. Following the success this summer of clearing part of the Belgrade Stream in the vicinity of the Route 27 bridge near the former (now closed) boat landing, the organization would like to open channels and inhibit spreading upstream, especially around the Wings Mills Dam which is all that separates the milfoil from Long Pond.

But in addition to progressing upstream through 7 miles of heavily infested water, the project faces a safety issue in that two unofficial boat landings on the stream are in use and at this point the Friends are seeking temporarily closure

of the landings in order to have a "work window" to more safely send DASH boats, divers and volunteers to remove milfoil.

With most people who live along the stream supportive (why not, they remember when it was clear of vegetation), and the Department of Environmental Protection "incredibly helpful," the Friends of Messalonskee Lake report that so far representatives of the Department of Inland Fisheries and Wildlife have not been receptive.

Nonetheless, the Friends of Messalonskee ended their recent annual meeting on two very positive notes: water quality is the best in the Belgrades and the annual loon count revealed 30 adults and 5 chicks.



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Belgrade Lakes: Village With A Friends' Vision



No place for a pram!!

often strolled after their dinner meal from one end of the town to the other...and even stopped at the Brass Knocker Gift Shop as late as 9:30 at night to do some evening shopping.

In those days the sidewalks were smooth and maintained. Children could be pushed in prams and ladies would not trip as they walked leisurely along. There was even a water system that ran from a water tower on the West Road to the hotel and down to the spillway at the dam and back again. The Remains today of those sidewalks are downright dangerous and you need an all-terrain stroller to walk your little ones up to the Grill and back.

But change is happening! The State of Maine DOT has determined the .3 mile of roadway through the village needs to be rebuilt....from the ground up. They will dig down over three feet and install a new foundation and drainage system. Funds for the project will be a combination of state and federal funds with the Town of Belgrade being responsible for 20% of the cost of new asphalt sidewalks. The SelectBoard has approved the project that is now scheduled for spring 2018 (construction will be paused during July and August) and has money put aside for their share of the cost.

We have a once in a lifetime chance to make substantial improvements to the basic plan. The Friends of Belgrade Lakes Village is a newly formed 501©3 organization that includes volunteers from neighboring towns who consider Belgrade Lakes as their downtown. They are tasked with raising the funds to pay for major enhancements. These include upgrading the sidewalk from asphalt to brick, installing pedestrian lighting, benches, bike racks and flower containers along Main Street. The sidewalks will all be ADA compliant and include properly marked crosswalks and a Heartwalk with be included with strategically placed benches for resting. .

The new road will include lined parking spaces and granite curbing that will result in a loss of approximately 16 “spaces” based on our current close parking on both sides of the road. It is hoped that enough money can be raised to purchase land for a parking lot that will include public handicapped accessible restrooms. The Friends would also like to continue the sidewalks from the bridge up over the hill in to Rome and install a sidewalk from the Union Church past the Catholic Church.

This is a huge project and the Friends are finalizing plans and preparing their fundraising efforts. It is hoped the sidewalks and bike racks will encourage healthy habits and the lighting will signal motorists to “SLOW DOWN” as they come in to the Village. They are exploring green alternatives for the new “Comfort Station.” DOT and DEP are working closely to make sure best practices are utilized during the planning and construction phases. They are exploring porous pavers, storm drains, rain gardens and other environmentally friendly ideas.

If you would like more information or would like to be involved in the project, please contact President Diane Oliver at 207-495-2205 (daysstore.diane@gmail.com) or Vice-President Liz Fontaine at 207-592-5990 (liz@belgradelakepoint.com).

Summertime in the Belgrades

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Legacies

First Annual Kiwanis Club of Dexter Cruise-In



Custom '40 Ford coupe



'64 Corvette

The Dexter Sunrise Kiwanis Club will be holding its 1st Annual Cruise-In on Saturday, August 8, 2015 from 4:30 PM TO 8:00 PM in the Municipal Parking Lot behind the Bangor Savings Bank on Main Street, Dexter. Rain date will be August 22nd. Proceeds will benefit the many Kiwanis activities in our area. There will be music, food & non-alcoholic drink

and of course, "doughboys"! The event will feature Don Boudreau, an "Elvis" tribute singer. Contributions will be \$3 per car (occupants free) and \$1 for walk-ins.

Although classic car owners' personalities are as varied as their prized possessions themselves, there are certain attributes like commitment, respect and even curiosity that make

ownership less daunting and better able to meet the challenges of such ownership. After all, these vintage vehicles are frequently older than their owners and need lots of TLC.

So come and have a blast and meet ALL the "personalities" at this first ever Dexter Kiwanis Cruise-In on August 8th 4:30 PM to 8:00 PM in the Municipal parking Lot



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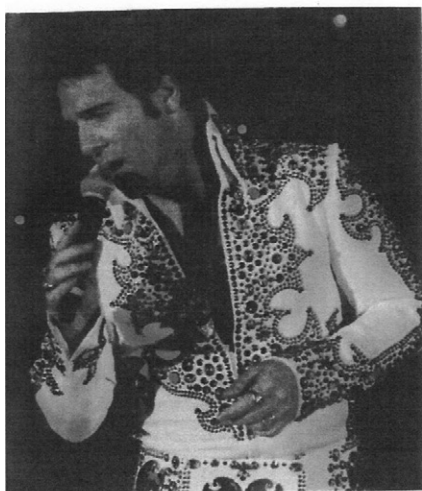
E P Rock (Don Boudeau) is a Elvis Tribute Artist from Sidney, Maine, who has performed through-out Maine and all of New England with his renditions of Elvis's music of the 50's, 60's and 70's



Dexter Sunrise Kiwanis

E P Rock Show 6:45 P.M.

Bring your own Chairs



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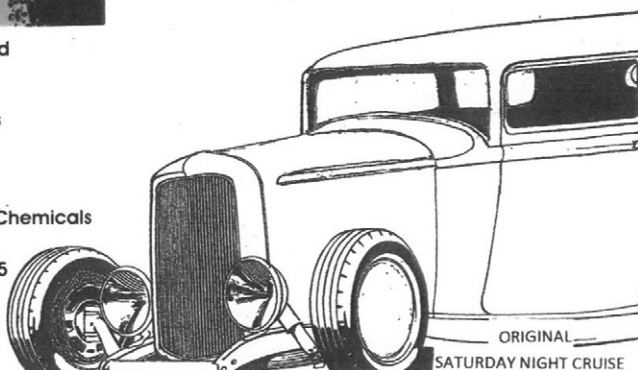
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—Conservation—

Maine Wildflowers



A slide show presentation by Paul Johnson



Prior to retiring in 2005 Paul worked as a fishery biologist for the Maine Department of Inland Fisheries and Wildlife in the Moosehead Lake Region. In his travels throughout the region he was intrigued by the diversity of plant and animal life found in the Maine Woods. Over the years he captured the things he saw in photographs in order to share them with others. His program will highlight some common, as well as some not so common, wildflowers found in Maine's wetlands, woodlands, and open lands. This is a great opportunity to test your skills at identifying some of Maine's flora.

Oakland Public Library, Tuesday, August 18, 7 PM
18 Church St., 465-7533



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Calendar Directory

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AUGUSTA

- **Viles Arboretum**, 224 acres with 6 miles of year round walking trails, including art and sculpture trail, open dawn to dusk, Visitor Center open Monday-Friday, 9 am-4 pm, admission free, 626-7989, www.vilesarboretum.org, 153 Hospital Street
- **Farmers' Market at the Arboretum**, indoors, Friday 1-5 pm
- **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
- **Children's Discovery Museum, CDM**, hands-on displays, activities, Tuesday-Thursday 10 am-4 pm, Friday-Saturday 10 am-5 pm, Sunday 11 am-4 pm, admission, 622-2209, www.childrensdiscoverymuseum.org, 171 Capitol Street
- **Danforth Gallery**, Jewett Hall, art exhibits, UMA-1234, www.uma.edu
- **Governor's Mansion**, 1830 Blaine House, Tuesday-Thursday 2-4 pm, 287-2121, www.blainehouse.org, State Street
- **Holocaust and Human Rights Center of Maine**, Michael Klahr Center, Monday-Friday 8 am-4 pm, 621-3530, www.hhrc.uma.edu, University of Maine at Augusta, off Route 27
- **Kennebec Historical Society**, Wednesday-Friday 10 am-2 pm, 622-7718, www.kennebechistorical.org, 107 Winthrop Street
- **Maine State Museum**, Tuesday-Friday 9 am-5 pm, Saturday 10 am-4 pm, \$2 adults, \$1 ages 6-18, 287-2301, www.maine statemuseum.org
- **Maine State House**, Hall of Flags, House and Senate Rooms, Klir Beck dioramas, Monday-Friday 8 am-5 pm, book tours at Maine State Museum, walk-ins welcome 9 am-1 pm, 287-5600, www.maine.gov, State Street
- **Maine State Library**, Monday-Saturday opens 9 am, 287-5600, www.maine.gov/msl/, State Street
- **Museum in the Streets**, walking/history tour, www.augustamaine.gov, Water Street/downtown.
- **Old Fort Western**, 1754 fort, house, store, 1-4 pm daily, admission \$6, 4-14 years \$4, 626-2385, www.oldfortwestern.org, Cony Street
- **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 Street
- **UMA Fitness Trail**, 2 miles of wooded trails, near Civic Center, Route 27
- **Farmers' Market at Mill Park**, Tuesday 2-6 pm, 626-2305, www.farmersmarketmillpark.org/, North Water Street
- **Farmers' Market at Turnpike Mall**, 549-5112, Wednesday and Saturday 10 am-1 pm, Western Avenue

BELGRADE LAKES

- **Great Pond Mailboat**, 592-1537, Monday-Saturday 9 am, Post Office, Main St.
- **Spring Gallery**, cast bronze display at MLRC, 495-3113,

www.springgallerymaine.com, 137 Main Street

- **The Belgrade Community Center for All Seasons**, pool and lakefront, gym, playground, picnic area, rec programs, 495-3481, www.belgrademaine.com, 1 Center Drive
- **Union Church Coffee House**, check for schedule, 7:00 pm, \$5, 495-3599, www.unionchurchmaine.org, Main Street
- **Belgrade Historical Society**, 465-7924, belgradehistoricalsociety.org
- **Farmers' Market**, Sun 8 am-1 pm, 465-7058, www.belgradelakesfarmersmarket.org, Main Street
- **Peninsula Park on Long Pond**, picnic tables, Main Street
- **Maine Lakes Resource Center**, 512-5150, www.maine lakesresourcecenter.org, 137 Main Street

FAIRFIELD

- **Fairfield Historical Society**, 1890 Cotton-Smith History House, every Tuesday 9 am-12 noon and 1-4 pm and second Saturday of month, 453-2998, www.fairfieldmehistoricalociety.net, 42 High Street
- **Farmers' Market**, 948-5724, Wednesday 2-6 pm, Saturday 9:30 am-1:30 pm, Nazarene Church parking lot, 81 Main Street

FARMINGTON

- **Farmington Historical Society**, Titcomb House Museum, 778-4275, Wednesday and Saturday, 11 am-2 pm, July-August, www.farmingtonhistory.org, 118 Academy Street
- **Nordica Homestead Museum**, opera singer Lillian Nordica costumes, jewelry, mementos, 778-2042, Tuesday-Saturday 10 am-12 noon and 1-5 pm, Sunday 1-5 pm, www.lilliannordica.com, 116 Nordica Lane, Holley Road
- **Contra Dance**, 491-9928, www.starleft.org 2nd Saturday of the month, all welcome, 6:30-7:30 pm family dance, 8-11 pm regular dance, admission, Grange Hall, Bridge Street, Route 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, Friday 9 am-2 pm, Better Living Center parking lot, Front Street; Saturday 8 am-12 noon, Main Street
- **Meetinghouse Park and Gazebo**, weekly concerts throughout summer, downtown
- **Fairgrounds**, events throughout summer, Franklin County Fair in September, High Street

GARDINER

- **Artdogs and Circling the Square Fine Art Press**, Friday 1-5 pm, Saturday 10 am-4 pm, 582-6600, www.theartdogs.com, 275-277 Water Street
- **Johnson Hall Performing Arts Center**, 582-7144, www.johnsonhall.org 280 Water Street
- **Monkitree**, art exhibits, 512-4679, www.monkitree.com, Tuesday-Friday 10 am-6 pm, Saturday 12-6 pm, 263 Water Street
- **SpinOff Studio**, 588-7297, spinoffstudio.org, Monday-Friday 8:30 am-4:30 pm, 405 Water Street
- **Farmers' Market**, 512-8022, www.gardinerfarmersmarket.org, Wednesday 2-6 pm, rain or shine, The Common
- **Kennebec River Rail Trail**, 623-8162, www.krrt.org, access near Gardiner/Randolph Bridge, 6.5 miles to Augusta
- **Waterfront Park**, picnicking, events throughout summer, Kennebec River
- **The Center for Maine Craft**, 9 am-8 pm daily, 588-0021,

www.mainecrafts.org, West Gardiner Service Plaza, Route 126 off Routes 95 and 295

GREENE

- **Araxine Wilkins Sawyer Memorial**, free entertainment programs, monthly - Fri 2 and 7 pm, 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- Sat, 12-6 pm, 160 Water Street
- **Gaslight Theater**, 626-3698, www.gaslighttheater.org City Hall, 1 Winthrop Street
- **Museum in the Streets**, history / walking tour, www.historichallowell.org, downtown
- **Farmers' Market**, 622-1350, Sun 3-6 pm, Water Street
- **Vaughn Woods**, 166 acre park / trails / homestead, Middle Street
- **Kennebec River Rail Trail**, www.krrt.org, to Augusta, Farmingdale/Gardiner, Water Street
- **Waterfront Park**, North Water Street

HINCKLEY

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

KINGFIELD

- **High Peaks Artisan Guild and Gallery**, local artwork and crafts, 245 Main St., Friday, Saturday and Sunday 11-5
- **Ski Museum of Maine**, 265-2023, www.skimusuemofmaine.org, 256 Main Street
- **Stanley Museum**, 265-2729, www.stanleymuseum.org, memorabilia/displays on photographs, violins and Stanley Steamers, Tuesday-Sunday 1-4 pm, 40 School Street

LIVERMORE

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

MADISON

- **Lakewood Theater**, Maine's Summer Theater, Young Performers Camp, 474-7176, www.lakewoodtheater.org, Route 201
- **Skowhegan School of Painting and Sculpture**, 474-9345, www.skowheganart.org, summer evening artists lecture series, East Madison Road

MONMOUTH

- **Monmouth Museum**, local and regional Maine history, Wednesday-Sunday 1-4 pm, 933-2287, www.monmouthmuseuminc.org, 751 Main Street
- **The Theater At Monmouth**, The Shakespeare Theater of Maine, Cumston Hall, 933-9999, www.theateratmonmouth.org, Main Street

MOUNT VERNON

- **D.E.W Animal Kingdom**, Zoo, 293-2837, 918 Pond Rd, Route 41
- **Villages Market**, farmers/crafters, Saturday 10 am-2 pm (start 6/29), next to Flying Pond Store, sharihamilton@gmail.com, Route 41



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NEW PORTLAND

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

NEW SHARON

- **Farmers' Market**, Saturday 9 am-1 pm, Douin's Market, 491-9025, 150 Mercer Road, Routes 2/27
- **New Sharon Historical Society**, Saturday 1-3, Routes 778-4167, 2/27

NORRIDGEWOCK

- **Norridgewock Historical Society Museum**, 1838 building, Saturday 10 am-1 pm, 634-5032, www.norridgewock.com, Mercer Road, Route 2
- **Oosoola Park**, picnic area, great playground, boat launch, on Kennebec River, Route 8

OAKLAND

- **Macartney House Museum**, Oakland Area Historical Society, 465-7549, Wednesday 1:30-4:30 pm, 1815 home with antique furnishings and Oakland artifacts, 25 Main Street
- **Town Parks**, playground, picnic tables, swimming area, boat launch area, Belgrade Road on Lake Messalonskee and McGrath Pond Road on McGrath Lake
- **Farmer's Market**, Friday 2-6 pm, 465-3094, Pine Acres Parking Lot, 895 Kennedy Memorial Drive

READFIELD

- **Readfield Historical Society and Museum** in 1853 school-house, 685-4662, www.readfieldhistorical.org, Thursday and Saturday 10 am-2 pm or by appointment, Route 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, Routes 135/225
- **Trails: Mount Philip**, Route 225; The Mountain, Route 27; **French's Mountain** and **Kennebec Highlands**, Watson Pond Road; for information call 495-6039 or visit www.belgradelakes.org; maps available at BRCA, 137 Main Street, Belgrade Lakes

SIDNEY

- **New England Music Camp**, concerts free and open to the public, Bowl-in-the-Pines on Lake Messalonskee, 465-3025, www.nemusiccamp.com, 8 Goldenrod Lane, Route 23
- **Sidney Historical Society**, 724-8032, www.sidneyhistoricalsociety.org, 2986 Middle Road
- **Silver Spur Riding Club**, horse shows, River Road, Route 104

SKOWHEGAN

- **Margaret Chase Smith Library**, residence, home, museum exhibits, 474-7133, www.mcslibrary.org, free, Monday-Friday, 10 am-4 pm, 54 Norridgewock Ave.
- **History House Museum**, 1800s local history and culture, heirloom gardens, free, Tuesday-Saturday, 10 am-4 pm, 474-6632, www.skowheganhistoryhouse.org, 66 Elm Street
- **Fairgrounds**, weekly horse shows/competitions, free public

events, covered arena, Skowhegan State Fair in August, 474-3621, Madison Avenue, Route 201

- **Farmers' Market**, Wednesday 3-6 pm, Saturday 9 am-1 pm, weekly entertainment, 938-3906, Somerset Gristmill parking lot, downtown

SMITHFIELD

- **Fairview Grange**, 362-2791, Route 8
- **Smithfield History Society** "The Groves House," 634-4392, 21 Lakeview Drive
- **Sunbeam Roller Rink**, 362-4951, 830 Village Rd, Route 8
- **Sunset Camps**, public beach, 362-2611, www.sunsetcamps.com, 834 Village Road, Route 8

UNITY

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

WATERVILLE

- **Aqua City Actor's Theatre (ACAT)**, 873-7000, www.acattheatre.org. Waterville Opera House Studio Theater, Main Street
- **Museum in the Streets**, downtown history / walking tour, www.themuseuminthestreets.com/waterville.htm
- **Head of Falls Park/Two Cent Bridge**, historic foot bridge over Kennebec River connecting Waterville and Winslow, Front Street
- **Common Street Arts**, 872-2787, www.commonstreetarts.org, Wednesday-Saturday 12-6 pm, 16 Common Street
- **Colby College Museum of Art**, 859-5600, www.colby.edu/museum/ Tuesday-Saturday 10 am-5 pm, Sunday 12-5 pm, free admission, Colby College Campus, Mayflower Hill
- **Colby College Special Collections**, Miller Library, Monday-Friday 10 am-12 noon and 1-4 pm, free admission
- **Thomas College Art Gallery**, 180 West River Road
- **Waterville Historical Society and Redington Museum**, 1814 home and pharmacy, 872-9439, www.redingtonmuseum.org. Tuesday-Saturday tours at 10 and 11 am, 1 and 2 pm, 62 Silver Street
- **Waterville Opera House**, 873-7000, www.operahouse.com, 93 Main Street
- **Farmers' Market**, Thursday 2-6 pm, 680-2055, www.watervillefarmersmarket.org, The Concourse parking lot

WAYNE

- **Farmers' Market**, 685-4657, <http://waynefarmersmarket.weebly.com>, Saturday 9 am-noon, Town Green, at the Mill Pond, Main Street

WILTON

- **Wilton Farm & Home Museum**, 645-2091, 645-4578, www.thewiltonfarmandhomemuseum.org, Saturday 1-4 pm or by appointment, 10 Canal Street

WINSLOW

- **Fort Halifax on the Kennebec River**, historic fort tower, park, Route 201

WINTHROP

- **Norcross Park**, playground, picnic site, boat launch on Maranacook Lake
- **Farmers' Market**, 446-2899, Tuesday and Saturday 9 am-1 pm, town office parking lot, 17 Highland Avenue

ASSOCIATIONS/GROUPS

THE BELGRADES...

- **East Pond Association**, Smithfield/Oakland, www.eastpond.org
- **North Pond Association**, Smithfield/Rome/Mercer, www.northpond.net
- **McGrath Pond/Salmon Lake Association (MPSLA)**, Belgrade/Oakland, PO Box 576, Oakland, 04963, 873-5285, www.mcgrathpond-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.belgradelakesassociation.com
- **Friends of Messalonskee Lake Watershed**, Oakland/Belgrade/Sidney, PO Box 532, Oakland, 04963, 465-4622, 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 518, Belgrade Lakes, 04917, 465-4915, www.belgradelakesmaine.com
- **Maine Lakes Resource Center/Docks to Doorways**, PO Box 431, 137 Main Street, Belgrade Lakes, 04918, 495-3617, 620-6029, www.mainelakesresourcecenter.org

BEYOND...

- **Friends of the Cobbossee Watershed**, PO Box 5003, Augusta, 04332-5003, 621-4100, www.watershedfriends.com
- **Franklin County Soil & Water Conservation District**, 107 Park Street, Farmington 04938, 778-4279, www.franklincswcd.org
- **Kennebec County Soil & Water Conservation District**, 21 Enterprise Drive, Augusta 04330, 622-7847, ext. 3, www.kcswcd.org
- **Somerset County Soil & Water Conservation District**, 12 High Street, Skowhegan 04976, 474-8324, www.somersetswcd.org
- **Kennebec Land Trust (KLT)**, PO Box 261, 331 Main Street, Winthrop, 04364, 377-2848, www.tkl.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, PO Box 132, Mt Vernon, 04352, 685-4956, www.30mileriver.org
- **Maine Lakes Society**, formerly Congress of Lake Associations, PO Box 447, 137 Main Street, Belgrade Lakes, 04918, 1-855-463-2652
- **Central Maine chapter of the New England Mountain Bike Association (CeMeNEMBA)**, 441-6227, www.cemenemba.org



Additions/Updates/Corrections: Please contact Summertime in the Belgrades, 495-3777, with changes to this Directory.



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— Calendar —

...Through Sunday 8/9 - Topsham Fair, agricultural exhibits, animal pull events, 4-H, crafts, midway and harness racing.

...Thursday 8/6 through Sunday 8/9 - "Laughing Stock," farce, 474-7176, Lakewood Theater, Route 201, Madison.

...Thursday 8/6 - "The Great Stephan," Children's Day program, magician Steve Cornish amazes children and adults alike as he combines astonishing magic with funny wit to create an afternoon like no other, close-up magic, personality changes and comedy acts, free admission, children should be accompanied by an adult, air-conditioned, 2 pm, 946-5311. Araxine Wilkins Sawyer Memorial, Sawyer Road, off Route 202, Greene.

...Friday 8/7 through Sunday 8/9 - 45th Annual State Appaloosa Horse Show, covered arena, food concessions, free admission, 368-4914, Fairgrounds, Route 201, Madison Avenue, Skowhegan.

...Friday 8/7 and Saturday 8/8 - Wilton Blueberry Festival, book sale, yard sales, arts

and crafts, tours, BBQs, Blueberry Bazaar, juried art show, boat tours, entertainment, parade theme "Reading & Writing," events all day both days, Saturday no parking on Main Street, fireworks, downtown Wilton.

...Friday 8/7 and Saturday 8/8 - Readfield Heritage Days, food, music, fireworks, lawn sale, car show, book sale, history walk, fun fair, party palooga, humorist Gary Crocker and more, downtown Readfield. 685-4939

...Friday 8/7 - Southside Cemetery, "Southside Stone Stories," led by Kay Marsh and David James, met at cemetery entrance on Main Street, 10 am, 474-6632, Skowhegan History House, Skowhegan.

...Friday 8/7 - "Buster B," Market Square Melodies, free live music on your lunch hour, 11 am-1 pm, Market Square Park, Water Street, Augusta.

...Friday 8/7 - ArtWalk Gardiner, showcasing original fine art and crafts by area artists, a community celebration in artists' studios, galleries, shops and other venues along historic Water Street, free refreshments, demonstrations, children's activities, live music, horsedrawn wagon rides, 5:30-8 pm, 712-9734, downtown Gardiner.

...Friday 8/7 and Saturday 8/8 - "Into the Woods," presented by New England Music Camp Musical Theater, 7:30 pm, 465-3025, Alumni Hall, Route 23, Pond Road, Sidney.

...Friday 8/7 - Britannica Acoustic Duo, British rock music, recreating the sound and intricate harmonies of the Beatles, rolling Stones, Moody Blues and other musical groups, sponsored by the Friends of the Belgrade Public Library, \$12 adults, \$6 children 6-15, refreshments available, 7 pm, Center for All Seasons, Route 27, Belgrade Lakes.

...Friday 8/7 - Acadia Wind Ensemble, band of music educators from across Maine, guest conductor Anthony Maiello from George Mason University in Virginia, free performance, 7 pm, aforster@rsu18.org, Messalonskee Performing Arts Center, Oakland.

...Friday 8/7 - "Fallen Angels," by Noel Coward, 7:30 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

...Friday 8/7 - Summer Movies On The Lawn: Alfred Hitchcock's 1946 "Notorious," vaughnhomestead.org, Hallowell.

...Saturday 8/8 and Sunday 8/9 - Attean

Family Pow Wow, tribal representatives from Maine, New England and around the country, native dancers, drummers, craft vendors, singers and traditional food booths, learn about Native American culture and heritage, 657-4977, Maine Wildlife Park, Route 26, Gray.

...Saturday 8/8 - Silent Auction, over 200 items, open 9 am-noon when bidding ends, 685-3612, Cary Memorial Library and Williams House, Old Winthrop Road, Wayne.

...Saturday 8/8 - Skowhegan River Fest's family fun day, featuring free raft rides, rock climbing wall, Main Street Craft Fair, live music and beer garden, Plein Air Art, Rustic Overtones concert, fireworks, 474-3621, downtown Skowhegan.

...Saturday 8/8 - North Pond Association (Smithfield, Mercer, Rome) Annual Meeting, social hour 9:30-11 am, silent auction featuring homemade pies, meeting 11 am-noon, 12 pm buffer plant giveaway, free but please RSVP at 362-5533, Fairview Grange, Route 8, Main Street, Smithfield.

...Saturday 8/8 - Smithfield Historical Society Open House, 10 am-2 pm, 362-5340, the Groves House, 21 Lakeview Drive,



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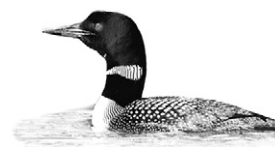
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...**Saturday 8/8** - 200th Anniversary celebration of the Old Town Meeting House, first annual Belgrade Fair, lawn sale, plants, baked item, crafts, food booth, sponsored by the Belgrade Historical Society, 10 am-4 pm, Cemetery Road, Belgrade Lakes.

...**Saturday 8/8** - Readfield History Walk, including new pathway from Community Library to Union Meeting House, 441-9184, 10 am, meet at Gile Hall, 8 Old Kents Hill Road, Readfield.

...**Saturday 8/8** - "Fool of the World and the Flying Ship," family play, 1 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

...**Saturday 8/8** - Teddy Bear Tea, especially fun for preschool and Kindergarten ages, bring your favorite bear for teddy bear "tea," learn the history of the teddy bear, enjoy teddy bear art, 2 pm, 238-4250, L.C Bates Museum, Route 201, Hinckley.

...**Saturday 8/8** - Concert on the Lake by the School Street Band, Day's Store Annual Dam Jam, 2-5 pm, 495-2205, Day's Store, Main Street, Belgrade Lakes.

...**Saturday 8/9** - "Aladdin," Missoula Children's Theatre Camp production starring local students, 873-7000, 2 pm, Waterville Opera House, Main Street,

Waterville.

...**Saturday 8/8** - New England Music Camp Student Concert at "Bowl in the Pines," open to the public, free of charge, everyone welcome, 3 pm, 465-3025, NEMC Camp, Route 23, Sidney.

...**Saturday 8/8** - Oakland, Williams, Messalonskee Alumni Association annual banquet, dwwrig@myfairpoint.net or 314-6676, Elks Banquet Center, 76 Industrial Street, Waterville.

...**Saturday 8/8** - Sandy River Ramblers, fiddle and banjo instrumentals, three-part harmony vocals, Maine humor and great song about Maine, \$7 adults, \$5 students 5-18, free under 5, to benefit the Mt. Phillip Grange, 7 pm, Mt Phillip Grange, corner of Routes 27 and 225, Rome.

...**Saturday 8/8** - Contradance, Adama playing and Rickey Holt calling, 8-10:30 pm, \$6 adults/\$5 students or \$15 family max, all dances taught, beginners are welcome, no partner necessary, 491-9928, Farmington Grange, Bridge Street, West Farmington.

...**Saturday 8/8** - Simon & Goodwin, featured performer, Union Coffeehouse, followed by Open Mic Hour, 7 pm, \$5 donation at door, refreshments, Union Church, Route 27, downtown Belgrade Lakes.

...**Saturday 8/8 and Sunday 8/9** - "The Real Inspector Hound," by Tom Stoppard, 7:30 pm Saturday, 1 pm Sunday, 933-9999, Cumston Hall, The Theater At Monmouth.

...**Sunday 8/9** - The Harold Alfond Memorial Pro Am Golf Tournament to benefit water quality in the Belgrade Lakes watershed, 18 foursomes with Pro, 10 am registration, 11 am shotgun start, 4-6 pm reception, team of 4 \$2,800, 495-6039, Belgrade Lakes Golf Club, West Road, Belgrade Lakes.

...**Sunday 8/9** - Summer Concerts at Norcross Point, 2-4 pm, Norcross Point, Maranacook Lake, Winthrop.

...**Sunday 8/9** - New England Music Camp Student Concert at "Bowl in the Pines," rain or shine, free to the public, everyone welcome, 3 pm, 465-3025, NEMC Camp, Route 23, Sidney.

...**Sunday 8/9** - "Merry Go Roundup," cowboy songs, Coburn Park Concert Series, 5 pm, free, refreshments for sale on premises, 474-6894, Philbrick Gazebo, Coburn Park, Water Street, Skowhegan.

...**Sunday 8/9** - "Fallen Angels," by Noel Coward, 7 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

...**Sunday 8/9** - Matt Venuti in Concert, songs of the Heart, Hang and Gubal,

designed for adults, \$20 tickets at the door only, 7 pm, 465-3524, Mt. Vernon Community Center, 2 Main Street, Mount Vernon.

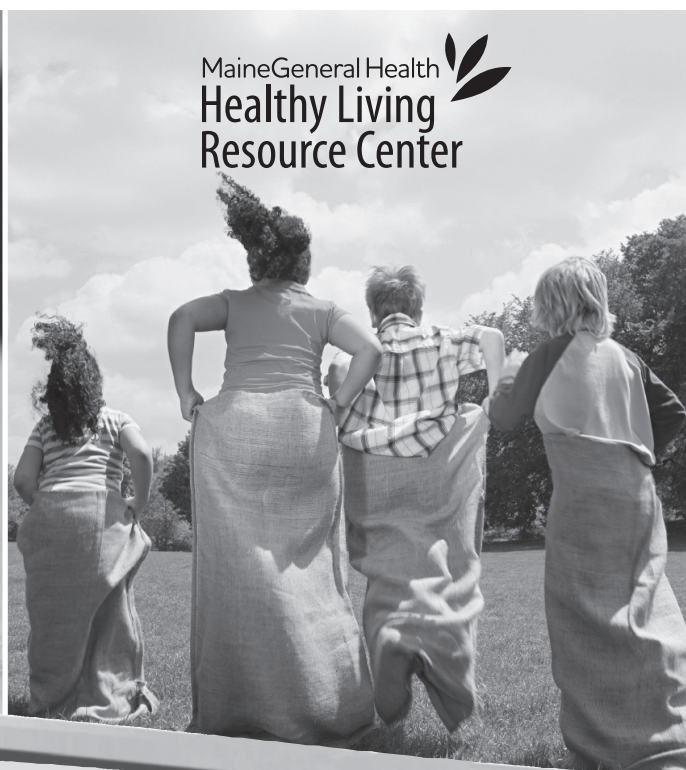
...**Monday 8/10** - Mount Everest & the Nepalese People, tales and pictures of Carol "Ruby" Rubin's trek to Everest Base Camp, short musical treat from singer/songwriter Matt Venuti playing his unique Swiss-made instruments, special selection of fine eloquently prepared appetizers and liquid refreshments, cocktail attire, \$20 proceeds to benefit the Maple Tree Community School, 6:30-8:30 pm, old Readfield Grange building, 12 Church Road, Readfield.

...**Tuesday 8/11 through Thursday 8/13** - Docent Training Program, train to be a junior docent for the museum, fun hands-on tips and behind the scenes wonders, 10 am - 12 noon, 238-4250, L.C. Bates Museum, Route 201, Hinckley.

...**Tuesday 8/11** - "Fool of the World and the Flying Ship," Family Show, 1 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

...**Tuesday 8/11** - Ice Cream Social and R.B. Hall Band Concert, bring lawns chairs, rain date August 19, 6:30 pm, 465-7549, parking lot in front of Macartney House Museum, 25 Main Street, Oakland.

Continued on page 16...



Family Fun Field Day

Tuesday, Aug. 11 from 6 - 7:30 p.m.

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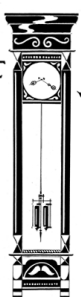
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— Upcoming —

AUGUST

• "Cinder Fella" will be performed by Out & Allied Youth Theatre, Tuesday and Wednesday, August 18 and 19, in the Studio Theater at the Waterville Opera House. Adults \$5; children \$3. 660-1672

• The Belgrade Public Library will be hosting a World Policy lecture by Scott Erb on "Children and War," on Wednesday, August 19, 6-9 pm. 495-3508

• On Wednesday, August 19, Wayne's Cary Memorial Library's Summer Speakers Series will host visiting archaeologist Dr. Richard Liebhart who will give an illustrated talk on The Oldest Wooden Structure in the World, also known as the tomb structure of ancient King Midas in present day Turkey. 685-3612

• Gaslight Theater in Hallowell presents "Picasso at the Lapin Agile," by Steve Martin on August 21-23 and 28-30. 626-3698

• A Pulled Pork Supper will be served at the Oakland United Baptist Church on Saturday, August 22, 4:30-6 pm to benefit "Blessings in a Backpack - SnackBag." Suggested donation \$7 adult, children 5-12 \$5, under 5 free. 465-7828

• On Saturday, August 22 at 7 pm the Messalonskee High School Chamber Singers will be serving delicious treats while performing music at the Belgrade Center For All Seasons; \$5.

• Come to Maine Farm Days, August 26 and 26, 9 am-4 pm, at Misty Meadows Farm, 71 McKenney Road in Clinton and enjoy the wagon tours, corn mase, children's learning center, food booths, farm equipment exhibits and more. Admission free, public welcome. www.maine farmdays.com

• The 45th Blistered Fingers Family Bluegrass Music Festival will be August 26-29 at the Litchfield Fairgrounds with 11 great bands, camping, extra large audience tent area, children 16 and under free with adult. 873-6539

• Beginning Sunday, August 30 through Labor Day, September 7 the Windsor Fair will offer a midway, harness racing, exhibition halls, livestock competitions, an Historical Society Museum, entertainment, food, fun, more and camping - 446-6461.

SEPTEMBER

• On Saturday, September 5, the 8th Annual Race for the Lakes 5K, timed Road Race, with food and great prizes, will be held at Camp Runoia in Belgrade to benefit the Belgrade Regional Conservation Alliance. 495-6039

• The 3rd annual Cirque du Geek is coming to Waterville September 11-13. 680-2055

• The Autumnfest Horse Show will be September 12 and 13 at Skowhegan Fairgrounds. Free admission, covered arena, concessions. 735-3699

• The 3rd Annual Power of 3 Golf Tournament to benefit Make-A-Wish will be held on Wednesday, September 16 at Natanis Golf Course in Vassalboro at 9 am. Enjoy 18 holes of golf, with cart, lunch and goodie bag. \$100 individual golfer. 557-0224

• A 5K Walk/Run "On Track To Recovery" will be held on Wednesday, September 19 on the Kennebec River Rail Trail. Everyone welcome, many perks, check-in 7:30 am, registration or pledges to benefit Crisis & Counseling Centers. 213-4523

• The monthly Mt Philip Grange Supper in Rome will be held on Saturday, September 19, to benefit the 3rd grade classes in Rome, Belgrade, Sidney and Oakland so children can take part in the Scholastic Reading Program.

• Rise 'N Shine 22nd Annual 5K Road Race to benefit the Kennebec Valley YMCA will take place on Friday, September 25 at 6:29 am (sunrise), beginning and ending at the YMCA in Augusta. Pre-register by September 18 for a long sleeved t-shirt. 622-9622

OCTOBER

• On Saturday, October 3 the Special Olympics Maine Equestrian Competition will be held at Skowhegan Fairgrounds. 879-0489

• The Kennebec Valley Chamber of Commerce Business Expo will be on Wednesday, October 14, 4-7 pm in the Main Auditorium of the Augusta Civic Center. 623-4559

• "England's West Country" will be presented by Monty Brown on Friday, October 16 at the Sawyer Memorial in Greene at 2 and 7 pm. This free (open to the public) film begins in Bath and includes magnificent scenery, two national parks, wild rocky coastlines and visits to Wells Glastonbury, Cheddar Gorge and Somerset Folk Festivals. 946-5311

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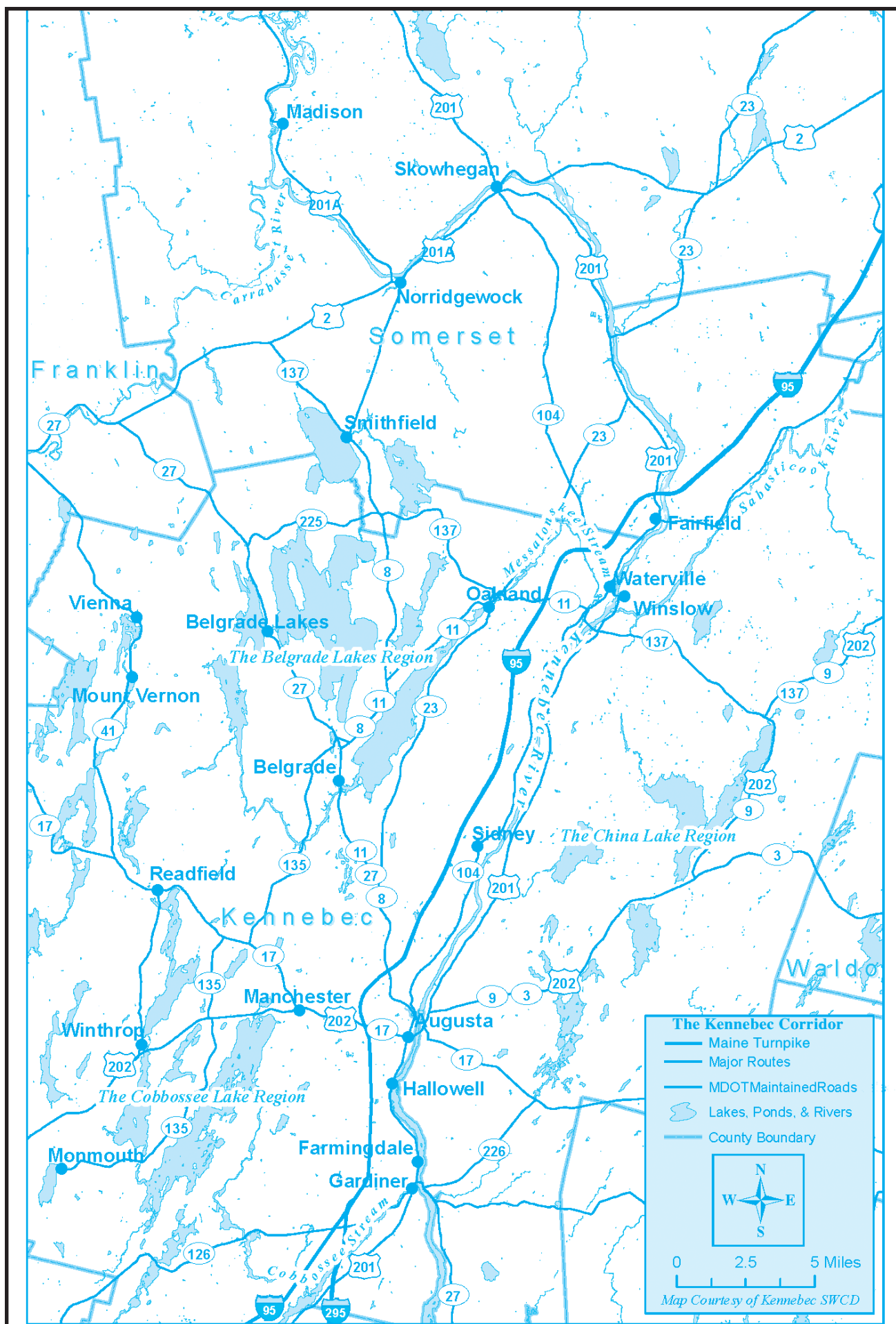
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Acadia Wind Ensemble

The Acadia Wind Ensemble will present a summer concert on Friday, August 7th at 7pm in the Messalonskee Performing Arts Center in Oakland, ME. Last year's performance received rave reviews. This year, we are pleased to announce the return of guest conductor, Anthony Maiello from George Mason University in Virginia for his fourth year directing Acadia. Maestro Maiello's credits include conducting the American Wind Symphony, Honorary Conductor of the United States Navy Band, and conducting the National Symphony Orchestra. He has also conducted several All State student ensembles for the Maine Music Educator's Association. Friday's concert is free of charge. (donations are welcome).

For additional information, contact Jennifer Fortin at jfortin@msad54.org or Andy Forster at afoster@rsu18.org



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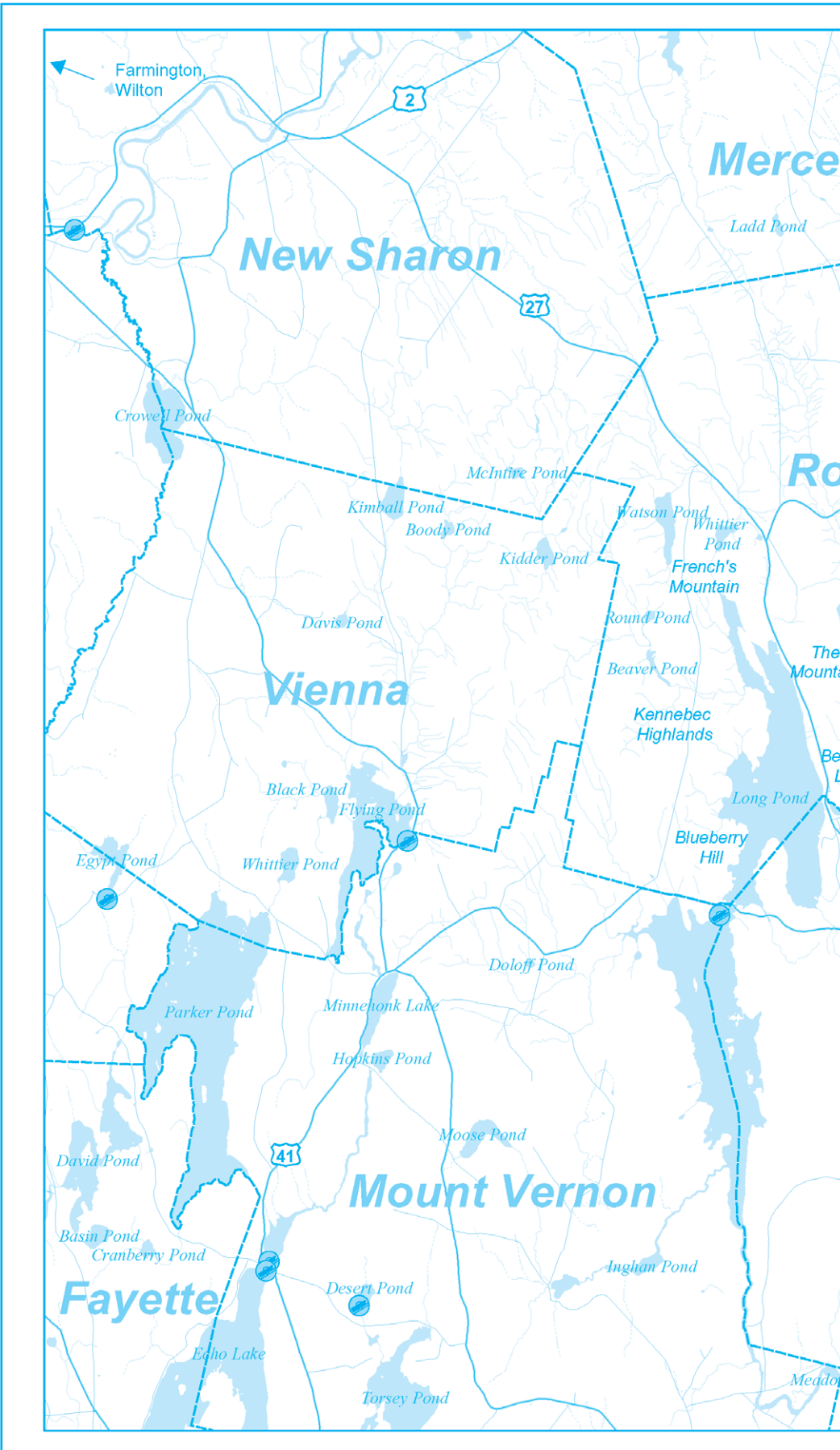
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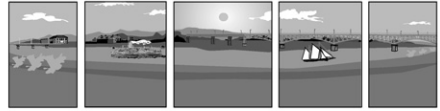
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GREAT POND, BELGRADE:

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cust kit, LR, deck, 1BR
bunk house w/full bath,
LR, laundry room.
150' frontage. #1210659
\$395,000



GREAT POND, BELGRADE:

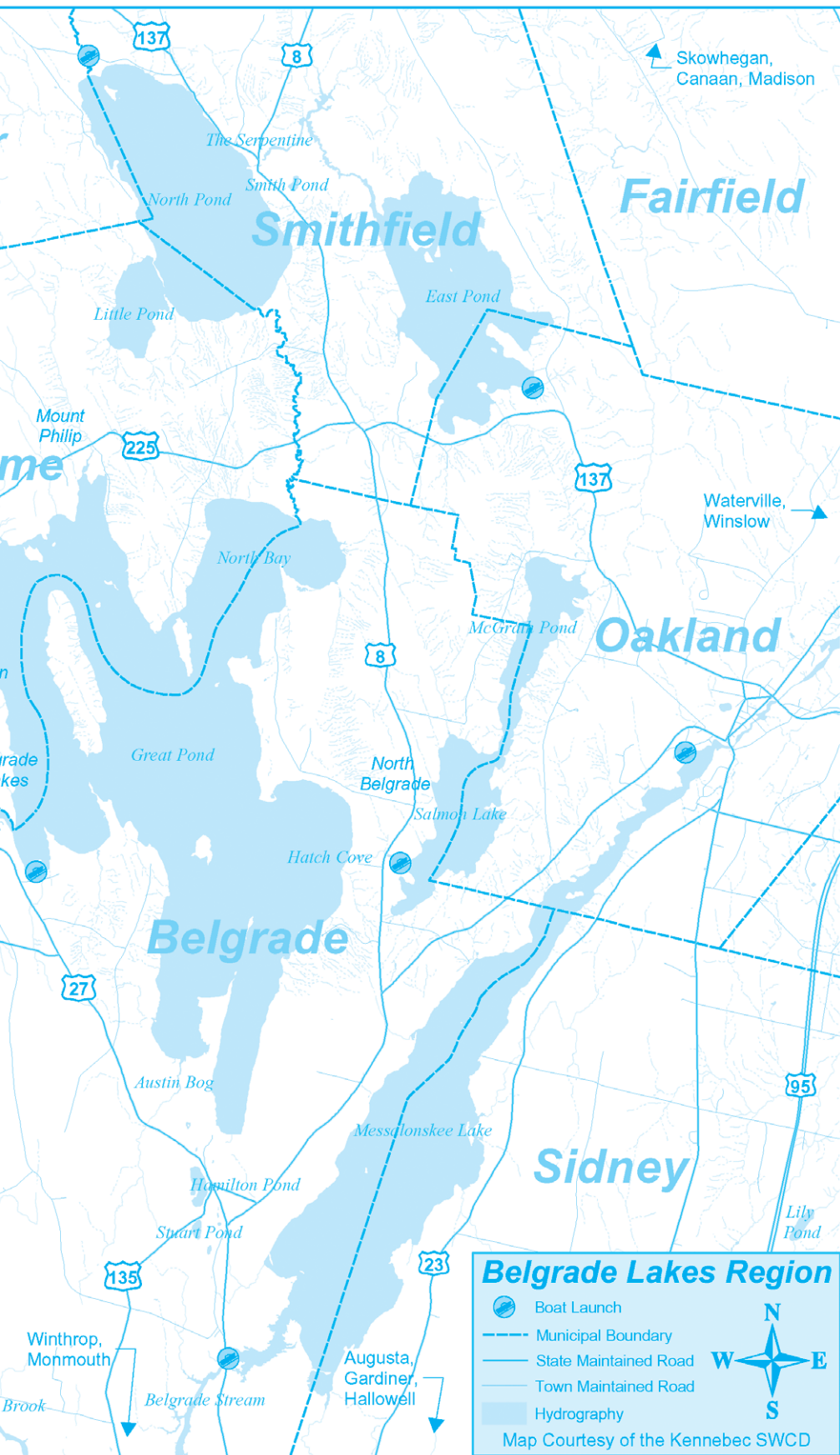
4BR/3BA year-round, land-
scaped, level w/130' +/-
waterfront. Screened
porch, deck, family room,
2 car garage. #1212913
\$384,900



MCGRATH POND,

OAKLAND: Yr-rnd, renovat-
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each floor, stunning lake
views from living room and
screened porch. #1142908
\$180,000

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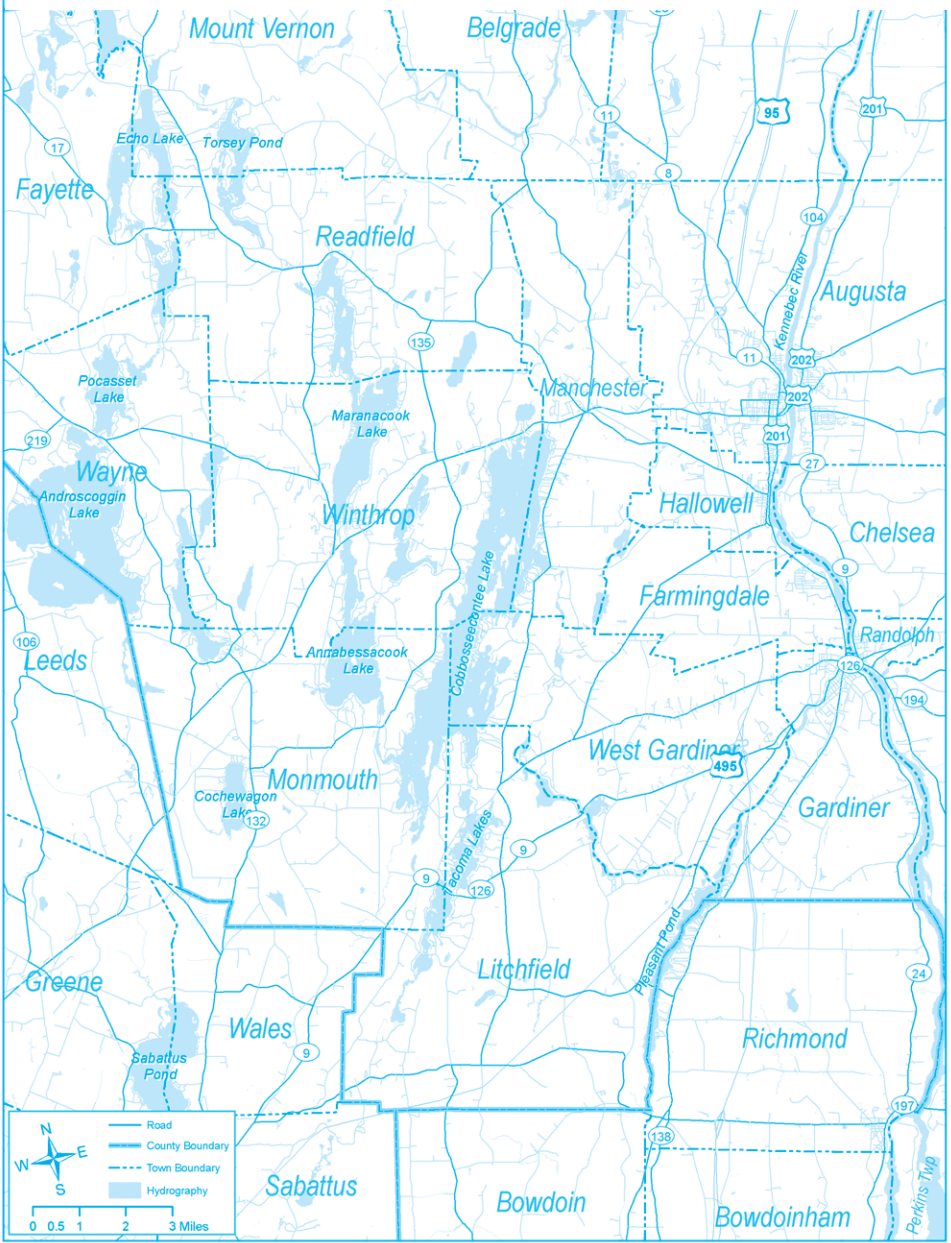
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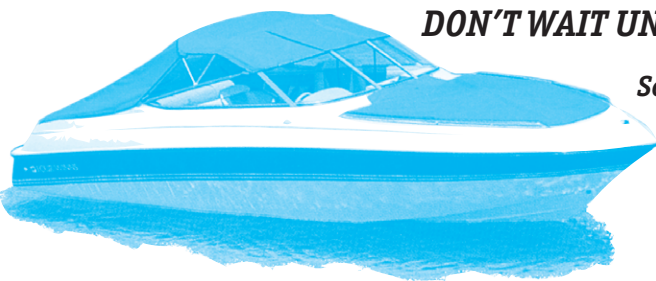
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Dinner 6:30 p.m. **Reservations:** \$35.00 pp. plus tax and gratuity
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Please call 207 377 2323 or 207 557 3791 so that we can plan your menu. See you soon!

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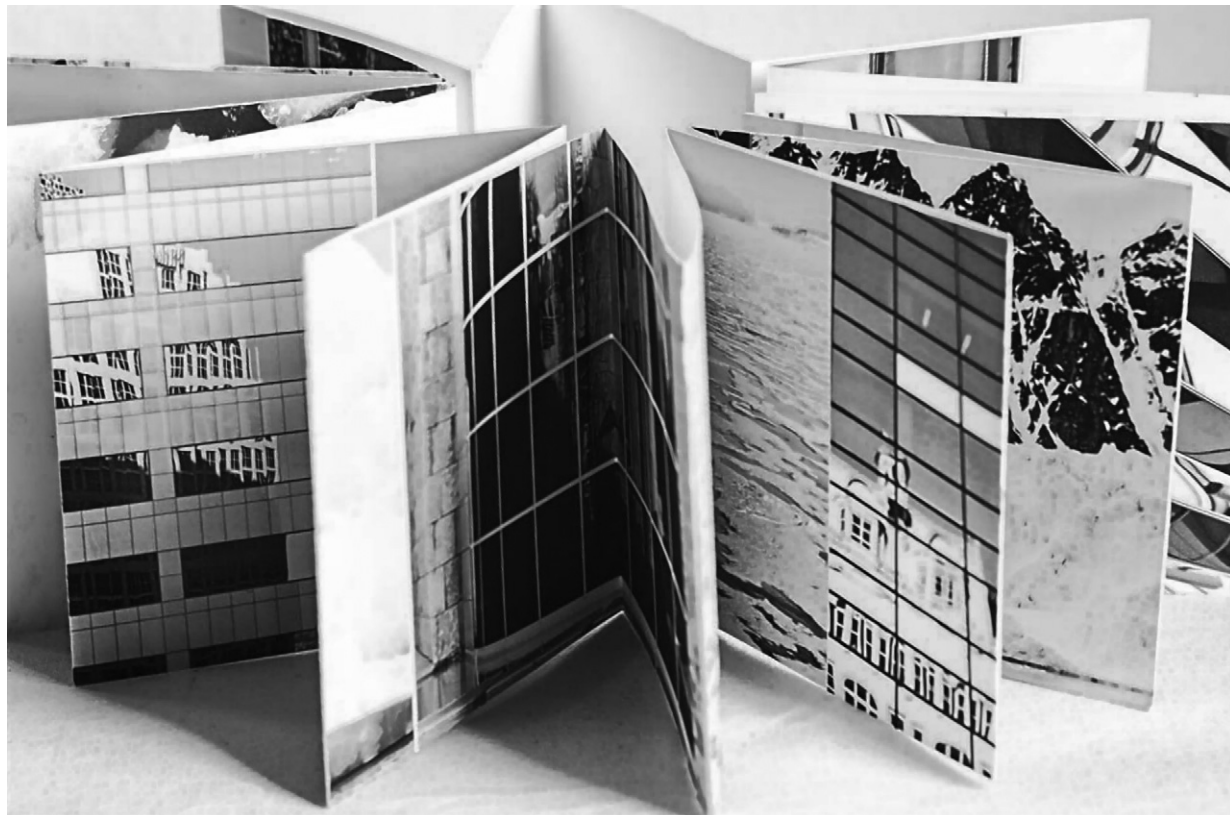


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Handmade Artists' Books on View at Maine Fiberarts



Artist Book entitled "Glass and Ice," by Elizabeth Berkana on display at Maine Fiberarts through September 30. Photo: Christine Macchi



Artist Book entitled "Circling Back," by Sissy Buck on display at Maine Fiberarts through September 30. Photo: Christine Macchi

"Handmade Artists' Books: One of a Kind" is an exhibition on view now through September 30 at Maine Fiberarts, 13 Main Street, Topsham. The exhibition includes 62 works of art by 22 Maine artists who have created unusual and remarkable pieces resembling and moving far away from traditional book structures.

A reception for the show will be held on Saturday, August 29 from 1-2:30 p.m. and will include poetry readings by Gary Lawless and Stephen Petroff. Lawless is a poet and co-owner of Gulf of Maine Books in Brunswick. Petroff has books and paintings displayed in the current show. Hands-on workshops and other events will be posted at the group's website at www.maineiberarts.org.

Artists include Libby Barrett of Cape Elizabeth; Sandra Barry, East Boothbay; Kathleen Bender, Portland; Elizabeth Berkana, Portland;

Sissy Buck, Cumberland Foreside; Bonnie Faulkner, Yarmouth; Rebecca Goodale, Freeport; Sarah S. Harvey, Woolwich; Solange Kellermann, Portland; Natasha Kempers-Cullen, Topsham; Richard Lee, posthumously; Kathleen Leggett, Falmouth; Anna Low, Portland; Cynthia Motian McGuirl, Thomaston; Arlene Morris, Brunswick; Susan Colburn Motta, Kennebunk; Scott Mullenberg, Biddeford; Jill Osgood, Portland; Stephen Petroff, Topsham; Abigail Robbins, Brunswick; and Sue West, Brunswick.

Many of the artists showing work are associated with the Kate Cheney Chappell '83 Center for Book Arts at the University of Southern Maine. Several have been students of CBA Program Coordinator Rebecca Goodale.

A definition of "artists' books" can be as varied

Continued on page 22...

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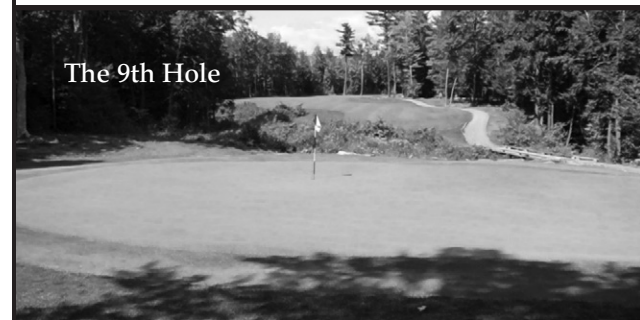
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...Calendar continued from page 9

...**Tuesday 8/11** - "Biomes: Connecting Climate with Geography," presented by Chewonki, from forests to deserts and grassland to oceans, an exploration of different biomes of the planet sponsored by the Belgrade Lakes Association, 2-3 pm, 512-5150, Maine Lakes Resource Center, Main Street, Belgrade Lakes.

...**Tuesday 8/11** - Rock on the River Concert series, 7-8:30 pm, on the Kennebec, Water Street, Hallowell.

...**Tuesday 8/11 and Wednesday 8/12** - "Fallen Angels," by Noel Coward, 7:30 pm Tuesday and 1 pm Wednesday, 933-9999, Cumston Hall, The Theater At Monmouth.

...**Tuesday 8/11** - Movie Night, on Long Pond behind Day's Store, free outdoor viewing, weather permitting, at dusk, 495-2205 for titles and times, Day's Store, Main Street, Belgrade Lakes.

...**Wednesday 8/12** - "The Winter's Tale," by William Shakespeare, 1 pm, 933-9999, The Theater at Monmouth.

...**Wednesday 8/12** - North Cemetery "Useful Citizens" Walking Tour, led by Director Melvin Burnham, meet at the

cemetery gate behind Walton Apartments on Madison Avenue at 10 am, 474-6632, Skowhegan History House, Skowhegan.

...**Wednesday 8/12** - Art Program, fun mini workshops, using many mediums, be inspired by the collections, 1 pm, 238-4250, L.C. Bates Museum, Route 201, Hinckley.

...**Wednesday 8/12** - Turkey Supper, with all the fixings and homemade pies, adults \$8, children 6-12 \$4, 5-7 pm, Oakland-Sidney Methodist Church, West School Street, Oakland.

...**Wednesday 8/12** - A World Policy lecture on "The Middle East in Down East: Waterville 1900-1960" by Eric Hooglund, focusing on the history of the immigration of ethnic Arabs to Waterville from Lebanon, the immigrants' residential neighborhoods, the creation of religious and social institutions, and the community's emphasis on education, 6-8 pm, 495-3508, Belgrade Public Library, 124 Depot Road, Belgrade.

...**Wednesday 8/12 through Saturday 8/15** - "Laughing Stock," 474-7176,

Lakewood Theater, Route 201, Madison.

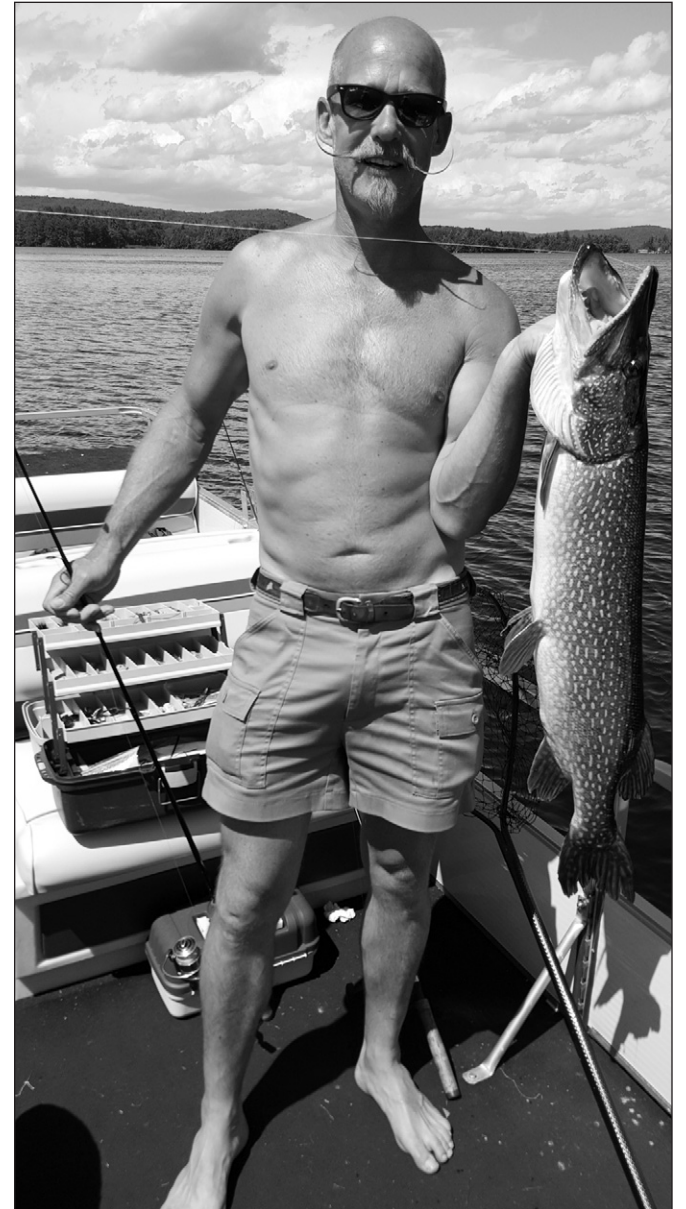
...**Thursday 8/13 through Saturday 8/22** - Skowhegan State Fair, midway, harness racing, exhibits, livestock, 4-H display, nightly entertainment, food, fun, more, www.skowheganstatefair.com, Fairgrounds, Route 201, Madison Avenue, Skowhegan.

...**Thursday 8/13** - "The Turn of the Screw," 1 pm; 933-9999, Cumston Hall, The Theater At Monmouth.

...**Thursday 8/13** - Tricky Britches concert, free, 6 pm, Waterfront Park, Gardiner.

...**Thursday 8/13** - Open Mic with Joey Charles, le Professeur Music, 6-9 pm, 495-2205, in back of Day's Store, Main Street, Belgrade Lakes.

...**Thursday 8/13** - "Like Father, Like Sons" The Burbank Family in the Revolutionary War," presented by Linda Snow McLoon, 7:30 pm, 465-7924, Maine Lakes Resource Center, Main Street, Belgrade Lakes.



Wim Matthijssen of Bridgewater, NJ caught this 37.5 inch, 11.5 pound pike on Long Pond south of Castle Island on August 1st.



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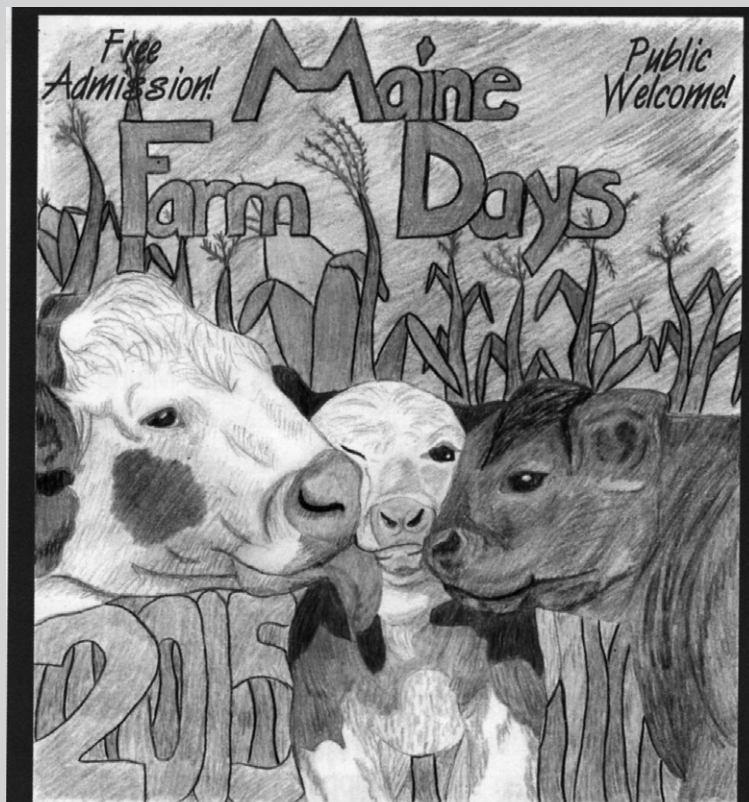
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August 26 & 27

Wednesday & Thursday

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— Take It Outside —

Grandkids Return – Fun on the Lakes

by Pete Kallin



Maddy with nice bass (over 3 pounds) that hit while she was putting her PFD back on after swimming.

Right: Trolling two grandkids behind the boat.



Top center: Nathan with a nice one he got on his flyrod.

Above: Three pound Brown trout caught by Dick Greenan trolling just below the thermocline

Last week was a mixed bag weather-wise. We had a bit of hot and humid with no wind and a bit of intermittent thunderstorms with rain and wind. A couple of times I got out on the lake when it was dead calm flat early in the morning and could see schools of baitfish at the surface being chased by larger fish underneath. Some of my favorite fishing is when I cut the motor and drift up on these schools and cast a streamer fly that looks like an alewife into and around the school. That almost always produces quick strikes from hungry bass or brown trout. Now that the surface water is above 70 degrees the brown trout have gone deep (about 25 to 30-ft in Long Pond and Great Pond) but the bass are still up at the surface. A small silver crankbait such as a Rapala or a swimbait on a light spinning rig also produces well under these circumstances.

My grandkids came to visit this week and we spent a couple of days fishing and exploring the lake. It was hot in the sun so every hour or two the kids wanted to jump in the lake to cool off. We swam in "The Graveyard" in lower Long Pond and near Loon Island in upper Long Pond. After climbing back into the boat near Loon Island, Maddy picked up her pole and cast out a silver medium-running Rapala. I told the kids they had to put their PFDs back on once they were in the boat so Maddy put her rod into the rod holder while she began to don her PFD as I engaged the motor and we started moving. Just as she picked up her life jacket, her rod bent over and line started streaming out. She grabbed the rod and in a few minutes brought in a 3-pound plus bass about 18-inches long. Nathan caught several nice

bass on his flyrod but none quite as big as Maddy's. She also caught a nice yellow perch that we took home and cooked up for lunch. Along the way we spent some time watching a mother loon teaching her brand new chick how to swim and spotted an osprey catching a fish and carrying it off to a tree to eat it. All in all, a good time had by all, especially Grandpa. On Saturday, August 15, Barbara Skapa from Echo Ridge Farm in Mt Vernon will lead a mushroom walk, which will take place at 10 AM in the Kennebec Highlands beginning at the Roundtop Trailhead parking lot. Please call 495-6039 to register. Check the BRCA website and Facebook page for other guided trips (www.belgrade-lakes.org) or get out and explore on your own. And take a kid or two along.

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Castle Island Camps, cottages on the water, Long Pond, American Plan meals, boat and kayak rentals, Castle Island Road, Belgrade Lakes, 495-3312, www.castleislandcamps.com

Whisperwood Cottages, overlooking Salmon Lake, American Plan meals, fishing boat rentals, open to the public for dining by reservation only, 103 Taylor Woods Road, North Belgrade, 465-3983, www.whisperwoodlodge.com

Wings Hill Inn, historic Inn & Restaurant, casually elegant accommodations, centrally located in Belgrade Lakes Village, Route 27, Belgrade Lakes, 495-2400, 866-495-2400, www.wingshillinn.com



— Notebook —

2015 General Tire Summit Cup Fishing Tournament

• The 2015 General Tire Summit Cup will be held on Belgrade lakes from August 25-30, 2015. Thirty Major League Fishing pros will start the competition with a Day One Elimination Round on Messalonskee Lake. During the competition, several other lakes will also be fished. The Belgrade Lakes chain offers superb black bass fishing for smallmouth bass and largemouth bass. www.majorleaguefishing.com

Forest Soils Workshops

• Two Forest Soils Workshops are scheduled at 1 pm on Thursdays in August: 8/20 at the Somerset County Extension office in Skowhegan and 8/27 at the Town Office in Farmington. Knowing the soils within the forest, which are different from agricultural soils, is the first step in making informed management decisions.

State Soil Scientist Dave Rocques will give an overview of the physical, chemical and biological properties of forest soils and their implication on forest vegetation and other impacts. Workshops are free, rain or shine, no need to pre-register, anyone is welcome. 592-2238

Lakes Environmental Association

• The new Maine Lake Science Center in Bridgton has two programs scheduled for Thursday, August 6: Kid's Fun Day at 9 am and The Science and Technology of LEA's Water Testing Program at 6:30 pm.

LEA has been providing classroom and non-formal education to children for over 20 years and will design the Kid's Fun Day activities around who has signed up. The event will last approximately two hours and is \$5 for non-members. 647-8580

For over 40 years LEA has been testing the quality of water in the Lakes Region. The Thursday program is a fun and informative presentation about the technology and science behind LEA's water testing; learn about the equipment, see the microscopic inhabitants of lakes, hear what the results mean. Non members \$5. Register at 647-8580.

Augusta

• You're invited to the 45th Annual Golf Scramble to benefit United Way of Kennebec Valley on Monday, August 17 at the Augusta Country Club. Individual golfer registration is \$125 with other ticket options available. There will be a Hole in One Contest, Putting Contest, On the Green/Off the Green and Closest to the Line Contest, as well as raffles. Lunch and dinner are included. Tee off time is 12 pm. Reserve at 626-3400

Belgrade

• Belgrade has its own Revolutionary War hero, Eleazer Burbank, who built his house near the intersection of Routes 8/11 and Cemetery Road and was one of three members of the Burbank family who marched to Boston to fight the British as soon as war broke out at Lexington & Concord in April 1775. Captain Silas Burbank brought along his 11-year-old son Eleazer to be a fifer for the company, while 13-year-old David served as a drummer. The Belgrade Historical Society is sponsoring "Like Father, Like Sons - The Burbank Family in the Revolutionary War" on Thursday, August 13 at 7:30 pm at the Maine Lakes Resource Center in Belgrade Lakes. Linda Snow McLoon will present the illustrated lecture on the Burbank adventures as they fought the British. The program includes details of the Burbanks' interaction with General George Washington and the British spy, Major John Andre. Admission is \$5, members free. 465-7058

Greene

• Travis Mills will present his film "A Soldier's Story" at the Sawyer Memorial on Friday, August 14 at 2 and 7 pm. On April 10, 2012, United States Army Staff Sergeant Travis Mills of the 82nd Airborne was critically injured on his third tour of duty in Afghanistan by an IED (improvised explosive device) while on patrol, losing portions of both legs and both arms. He is one of only five quadruple amputees from the wars in Iraq and Afghanistan to survive his injuries. In September 2013, Travis founded the Travis Mills Foundation, a nonprofit organization, to benefit and assist wounded and injured veterans. Shows are at 2 and 7 pm. Free admission. 946-5311

Mount Vernon

• Join us for a sublime concert experience! Award-winning composer and masterful instrumentalist Matt Venuti will perform his heart-inspiring songs while accompanying himself on three exquisite instruments from the Swiss-based PANArt company - makers of the extraordinary Hang and Gubal. This concert is designed for adults. Tickets at the door only - \$20. Concert begins at 7 pm, Mount Vernon Community Center, 2 Main Street, downtown. 465-3524

Oakland

• A Yard Sale on Saturday, September 5 at the Ministry Center of the United Baptist Church will benefit the "Blessings in a Backpack-SnackPack" programs. Backpack is entering its 5th year. All of the money raised will be used to provide weekly nutritious food staples, snacks and hygiene items for teens in RSU 18, who are either homeless or couch surfing (legal definition of homeless adolescent in Maine is one who is not living with or receiving support from immediate family in the last sixty days). For 2 years, the church has provided tote bags filled with healthy snacks for Atwood and Williams Elementary school children that receive free or reduced lunches, with snacks for their February and April vacation weeks. Contributions for the Yard Sale can be dropped off at the Ministry Center on Church Street, or arrange for pick-up at 465-3584

Skowhegan

• River Fest 2015, Tuesday, August 4 through Saturday, August 8, promises food, music and fun for the whole family. Highlights of the event include:

Tuesday - Lion's Club Chicken BBQ, Classic Car ride-in, Skowhegan Community Band Concert.

Wednesday - Hospice bingo 1-8 pm, Pub Crawl with Limo Bus 5-9 pm.

Thursday - Moonlight Madness 6-10 pm,

Continued on page 19...

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Dining

Augusta

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Belgrade

• **Pete's Pig**, 81 Main Street, sandwiches and platters for picnic-style eating on the premises or to go, also offering a full range of catering, Main Street, Belgrade Lakes Village, 495-4095, www.petespig.com

• **Whisperwood Lodge and Cottages**, Salmon Lake/McGrath Pond, homestyle cooking, traditional fishing camp diningroom, open to the public by reservation only, 103 Taylor Woods Road, Belgrade, 465-3983, www.whisperwoodlodge.com

• **Wings Hill Inn and Restaurant**, gourmet fine dining in historic inn, daily culinary chef's specialties, Route 27/Main Street, Belgrade Lakes Village, 495-2400 or 800-495-2400, www.wing-shillinn.com

Oakland

• **Alden Camps**, lunch or dinner by reservation Saturday-Wednesday space permitting, lobster bakes on Friday night by reservation, 3 Alden Camps Cove, Oakland, 465-7703, www.aldencamps.com

• **Riverside Farm Restaurant & Wine Market**, simple, whole-some food and drink since 1990, 291 Fairfield Street, Oakland, 465-4439, www.riversidefarmmarket.com

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Pizza & Picnic Fare North Augusta

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Belgrade Lakes

• **Day's Store**, pizza, sandwiches, desserts, beverages, to go, tables in store and lakeside, docks available from Great and Long Ponds, 180 Main Street, Belgrade Lakes, 495-2205, www.go2days.com

Smithfield

• **Smithfield Village Store**, breakfast, lunch, and picnic foods drinks candies, 858 Village Road, Smithfield, 362-5022



Belgrade Regional Health Center to Hold Free Healthy Fun Fair

Belgrade Regional Health Center is excited to invite the public to a free Healthy Fun Fair on Thursday, August 13 from 2:00 p.m. to 4:00 p.m. This family friendly event will mix fun with free screenings and more.

The Healthy Fun Fair will be held on the Health Center's grounds and will include great kids' games, music, prizes, vision screenings, blood pressure screenings by Delta Ambulance, as well as Healthy lunch box and Quick Breakfast suggestions (with samples) from Debbie Barnett of the Maine Cooperative Extension. Guided walks will be offered along the health center's ADA-accessible walking trail.

Each year the second week in August is dedicated to celebrating the services and contributions of community health centers. This year's theme is America's Health Centers: Celebrating Our Legacy, Shaping Our Future. National Health Center Week showcases the importance of these facilities and the impact they have on their communities, providing access to affordable, high quality, cost effective

health care to medically vulnerable and underserved people throughout the United States.

About Belgrade Regional Health Center

Belgrade Regional Health Center is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Dedicated providers deliver high quality health care to citizens in over 80 rural communities. To ensure access for everyone, HealthReach accepts Medicare, MaineCare and major insurances. In addition, an Affordable Care Program is available to uninsured and underinsured residents as well as assistance with applications for programs that help with the cost of health care and medications including the Health Insurance Marketplace. A private, non-profit celebrating a 40-year history, HealthReach is funded by patient fees, grants and individual donations.

Belgrade Regional Health Center is located at 4 Clement Way, off Route 27 in Belgrade. For more information, call (207) 495-3323 or visit www.BelgradeCHC.org.



...Continued from page 18

Southside Tavern Sundowner Canoe Race 6:30 pm

Friday - Rotary Club Lobster Bake and Bigelow Brewing Company beer garden 11 am-8 pm, Drivers & Duffers Golf Classic at Lakewood Golf course 1 pm, Glow Stick River Run after dark.

Saturday - raft rides, Move More Kids Day, craft fair, climbing wall, vendors, Hospice Duck Derby, Langlais Park opening, Rustic Overtones 6 pm, music, pig roast, fireworks and more. 474-3621

Waterville

• Literacy Volunteers Waterville Area teaches adults to read and is sponsoring a 3-day tutor training workshop on Thursday, September 10,

Tuesday, September 15 and Thursday, September 17, 5-8 pm at Educare Central Maine, 56 Drummond Avenue. 873-7786

Wayne

• On Wednesday, August 5, at 6:30 pm at the Cary Memorial Library, Mark Rochkind, long time summer resident of Wayne, will share photography and impressions from recent travels in Asia. Included will be: Hiroshima (Japan), Manila (Philippines), Orangutan (Borneo), Borobudur (Indonesia), Komodo Island (Indonesia), Bangkok (Thailand), Eagles Nest Monastery (Bhutan), Kathmandu and Everest (Nepal) and more. Free admission and open to the public; handicapped accessible and air-conditioned. 685-3612



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-Business Directory-

ACCOMMODATIONS

See page 18

ADVENTURE

Belgrade Canoe & Kayak, Route 27, Belgrade, 495-2005, www.kayakandcanoe.com

ANTIQUES

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

APPLIANCES

Brown House Appliances, 71 Francis St, Waterville, 873-4777, www.brownhouseproperties.com

ART MUSEUMS

Colby College Museum of Art, 5600 Mayflower Hill, Waterville, 859-4000, www.colby.edu/museum/

BANKING

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

Maine State Credit Union, 200 Capitol Street, Augusta, 623-1851, www.maine-state-cu.org

Skowhegan Savings Bank, 450 Civic Center Drive, Route 27, Augusta, 1-800-303-9511, 623-2300, www.skowsavings.com

BEVERAGES

Tree Spirits, 152 Fairfield St, Oakland, 861-2723, www.treespiritsofmaine.com

BICYCLES

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

BOAT COVERS

Waterville Upholstery & Canvas, 1042 Kennedy Memorial Dr, Oakland, 465-7847, www.watervilleupholstery.com

BOAT CRUISES

Snow Pond Cruises, Lake Messalonskee/Snow Pond, 97 Rocky Shore Lane, Oakland, 314-3520, www.snowpondcruises.com

BOAT LIFTS

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

BOAT MOORINGS

Great Pond Marina, 25 Marina Drive, Route 27, Belgrade Lakes, 495-2213, www.greatpondmarina.com

BOAT RENTALS

Belgrade Canoe & Kayak, Route 27, Belgrade, 495-2005, www.kayakandcanoe.com

Brightside Wooden Boat Services, Great Pond, 21 Hulin Road, Belgrade Lakes, 495-3680, 778-1706, www.brightsidewoodenboat.com

Castle Island Camps, Long Pond, 441 Castle Island Road, Belgrade Lakes, 495-3312, www.castleislandcamps.com

Great Pond Marina, 25 Marina Drive, Route 27, Belgrade Lakes, 495-2213, www.greatpondmarina.com

Sunset Camps, North Pond, 834 Village Road, Smithfield, 362-2611, www.sunsecamps.com

Whisperwood Cottages, Salmon Lake/McGrath Pond, 103 Taylor Woods Road, Belgrade, 465-3983, www.whisperwoodlodge.com

BOAT REPAIR AND RESTORATION

Belgrade Boat Shop, 769 Oakland Road, Belgrade, 465-9720, 485-6953

Brightside Wooden Boat Services, 21 Hulin Road, Belgrade Lakes, 495-3680, 778-1706, www.brightsidewoodenboat.com

BOAT SALES AND SERVICES

Belgrade Canoe & Kayak, Route 27, Belgrade, 495-2005, www.kayakandcanoe.com

Clark Marine, 57 Puddledock Road, 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

BOAT STORAGE

Belgrade Boat Storage, 46 Oakland Road, Belgrade, 495-3421, 314-3287, www.belgradeboatstorage.com

Belgrade Lakes Marine and Storage, Inc, 366 Augusta Road, Belgrade, 495-2378, www.belgradelakesmarine.com

Clark Marine, 57 Puddledock Road, Manchester, 622-7011; and Route 202, Monmouth, mail@clarkmarine.biz, funonthewaterstartshere.com

Great Pond Marina, 25 Marina Drive, Route 27, Belgrade Lakes, 495-2213, www.greatpondmarina.com

Hamlin's Marine, 290 West River Road, Waterville, 872-5660, www.hamlinsmarine.com

Maple Leaf Self Storage, 688 Manchester Road, Route 135, Belgrade, 495-2191, 441-5529

Mid-Maine Marine and RV, 885 Kennedy Memorial Drive, Oakland, 465-2146, www.midmainemarine.com

BOOKS

Children's Book Cellar, 52 Main Street, Waterville, 872-4543, childrensbookcellar.com

The People's Book Shop, 605 Wings Mill Road, Mount Vernon/Belgrade line, 620-2392

BUILDERS

Craig's Carpentry/North Bay Estates, Route 8, North Belgrade, Craig Alexander, 649-3749

G&L Contracting, 116 Lakeshore Drive, Belgrade Lakes, 215-7951, 495-2325, 233-7408, gandlcontractingmaine.com

LakeHouse Renovations, 242-3663, www.lakehousedesignbuild.com

BUILDING MATERIALS

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

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

CANOES AND KAYAKS

Belgrade Canoe & Kayak, sales and rentals, 1005 Augusta Road/Route 27, Belgrade, 495-2005, www.kayakandcanoe.com, www.belgradecanoeandkayak.com

CANOE REPAIR AND RESTORATION

Kimball Pond Boat Barn, 21 Day Road, Vienna, 578-0876, boatbarn.wcha.org

COMPUTER CONSULTANTS

Macintosh Solutions, **Michael Breault**, 24 Welch Road, Wilton, 645-5083, cell 578-0226, m.o.breault@michaelbreault.net, www.michaelbreault.net

DINING

See Dining Directory on page 19

DOCKS

G&L Contracting, 116 Lakeshore Drive, Belgrade Lakes, 495-2325, 215-7951, 233-7408, gandlcontractingmaine.com

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

ELDER CARE

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

ENGINEERING

Thayer Engineering, septic design, storm water mitigation, permitting, 17 Hasson Street, Farmingdale, 582-7762, www.thayereng.com

EXCAVATING

Belgrade Boat Storage, 46 Oakland Road, Belgrade, 495-3421, 314-3287, belgradeboatrentals.com

David Stevens, P0 Box 146, Belgrade, 465-3815, cell 314-0314



EYE CARE

Eye Care of Maine, 325 E. Kennedy Memorial Drive, Waterville, 873-2731, www.Maine2020.com

FARMSTANDS

Lakeside Orchards & Farm Market, 318 Readfield Rd. , Manchester, 622-2479, www.lakesideorchards.com
Winterberry Farm, 538 Augusta Road, Route 27, Belgrade, 495-2593, 649-3331, www.winterberryfarmstand.com

FINANCIAL PLANNING

Golden Pond Wealth Management, 129 Silver Street, Waterville, 873-2200, www.goldenpondwealth.com

FIREWOOD

J & M Logging, Inc. 853 Civic Center Drive, Augusta, 622-6353

FLOORING

Hammond Lumber Company, Auburn, Bangor, Belgrade, Boothbay, Brunswick, Damariscotta, Fairfield, Farmington, Greenville, Pemaquid, Portland, Skowhegan, Wilton, 866-HAMMOND, www.hammondlumber.com
Maine Hardwood Floors, 313-6600

GIFTS

Day's Store, 180 Main Street, Route 27, Belgrade Lakes, 495-2205, www.go2days.com

GOLF

Natanis Golf Course, 735 Webber Pond Road, Vassalboro, 622-3561, www.natanisgc.com

GROCERIES

Damon's Quick Stop, 670 Civic Center Drive/Route 27, North Augusta, 622-3334
Day's Store, 180 Main Street, Route 27, Belgrade Lakes, 495-2205, www.go2days.com

HEALTH CENTERS

Belgrade Regional Health Center, 4 Clement Way, Belgrade Lakes, 495-3323, www.healthreachhc.org, belgradechc.org
Inland Hospital, 200 Kennedy Memorial Drive, Waterville, 861-3000, 1-800-491-8600, www.inlandhospital.org
MaineGeneral Medical Center, Alfond Center for Health, 35 Medical Center Parkway, Augusta; Thayer Center for Health, 149 North Street, Waterville, 1-855-4463, www.mainegeneral.org

ICE CREAM

Day's Store, 180 Main Street/Route 27, Belgrade Lakes, 495-2205, www.go2days.com

JEWELRY

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

KITCHENS

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

LAKE ASSOCIATIONS

Belgrade Lakes Association (BLA), Long Pond and Great Pond, PO Box 551, 137 Main Street, Belgrade Lakes, 512-5150, www.belgradelakesassociation.com

LANDSCAPING

G&L Contracting, Belgrade Lakes, 215-7951, 495-2325, 233-7408, gandlcontractingmaine.com
Lynch Landscaping, Skowhegan, 474-2420, lynchlandscaping.com

MEATS

Day's Store, 180 Main Street, Belgrade Lakes, 495-2205, www.go2days.com

MOVIE THEATERS

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

MUSEUMS

Colby College Museum of Art, Mayflower Hill, Waterville, 859-4000, www.colby.edu/museum/

MUSICAL PERFORMANCE

Snow Pond Center For The Arts, New England Music Camp, 8 Goldenrod Lane, Sidney, 465-3025, www.snowpond.org

PHYSICAL THERAPY

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

PIANO ENJOYMENT

Diane Gorman, 906 Manchester Road, Belgrade, 495-3222,

PLUMBING

Paul Hanna's Plumbing, Belgrade, 495-3805

REAL ESTATE DEVELOPMENTS

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

REAL ESTATE

Coldwell Banker Thomas Agency, 75 Main Street,

Winthrop, 377-2121, www.coldwellbankerthomas.com
Day's Real Estate, 262 Augusta Road, Route 27, Belgrade Lakes, 495-3111, 1-888-495-3111, www.daysrealestate.com
Lakepoint Real Estate, 221 Main Street, Belgrade Lakes, 495-3700, www.belgradelakepoint.com
Sprague & Curtis Real Estate, 75 Western Avenue, Augusta, 623-1123, www.spragueandcurtis.com

LODGING RESERVATIONS

See page 18

RESTAURANTS

See Dining Directory on page 19

RETIREMENT COMMUNITIES

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

SCHOOLS

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

SEAFOOD

Day's Store, 180 Main Street, Belgrade Lakes, 495-2205, www.go2days.com

SECURITY SYSTEMS

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

SELF STORAGE

Maple Leaf Self Storage, 688 Manchester Road., Route 135, Belgrade, 495-2191

STONEMWORK

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

SURVEYING

Acme Land Surveying, 108 Fairbanks Road, Suite 5, Farmington, 778-4081, www.acmelandsurveying.com

VETERINARY SERVICES

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

WINDOWS

Hammond Lumber Company. Auburn, Bangor, Belgrade, Boothbay, Brunswick, Damariscotta, Fairfield, Farmington, Greenville, Pemaquid, Portland, Skowhegan, Wilton, 1-866-HAMMOND, www.hammondlumber.com



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...continued from page 15

as the artists who make them. Formats include traditional structures, altered books, inventive structures, flags, accordions, pamphlets, and stars. Material may include paper of every kind, fabric, metal, glass, photographs, prints, thread, paint, ink, and found objects—all of which may be assembled, disassembled, or reassembled. Artists' books "read" in their own way. They may or may not include words or images, but you will find they always have something to say.

Books on view at Maine Fiberarts spiral, hang from the ceiling, spill over, are hand-stitched, feature watercolors, have metal pages, are comprised of receipts, or are made of glass. One can even be worn! The books are inventive, unusual, disconcerting, and beautiful. Stories are told through images, pages, imagination and form.

Since the year 2000, statewide nonprofit Maine Fiberarts has hosted exhibitions that change every two or three months. The group also hosts an online Maine Fiberarts Tour of artists' studios, fiber farms and other craft destinations at www.maineiberart-stour.com. Visit the gallery in Topsham from Tuesday-Friday, 10-4, Saturday, 11-2, or at its flagship website at www.maineiberarts.org.

A Tip from LakeSmart



Install a rain garden. The shallow swale captures and filters run-off from hard surfaces (roofs, driveways, etc.) or lawns. It prevents erosion and minimizes pollutants from entering the lake.

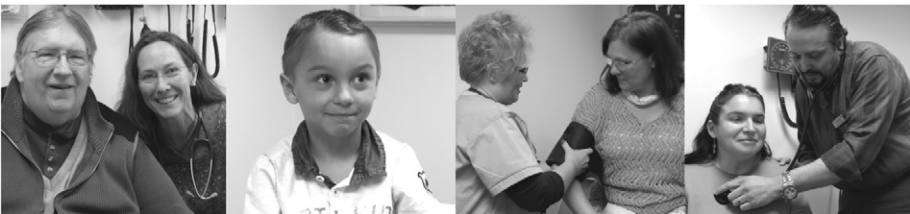
Contact Nathan Durant at the Youth Conservation Corps to help you with its installation.
brcacc@belgradelakes.org



Artist Book entitled "Heroin's Journey," by Bonnie Faulkner on display at Maine Fiberarts through September 30. Photo: Christine Macchi

BELGRADE REGIONAL HEALTH CENTER

4 Clement Way, Belgrade, ME 04917 • 207.495.3323 • Fax: 207.495.3353 • BelgradeCHC.org



Dear Friends,

Welcome to the spectacular Belgrade Lakes Region. We at Belgrade Regional Health Center hope that your visit is memorable and that you enjoy good health during your stay. 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 (207) 495-3323, and we will see you as soon as possible at the health center. Our appointment hours are Monday through Friday, 7:30 a.m. to 12:30 p.m. and 1:30 to 4:30 p.m., and Tuesday evening 4:30 to 7:00 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 or laceration, 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.

Sincerely,

Robert Cianfarano, PA Lisa LaGrange, FNP Amy Madden, MD

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WINTHROP— Walk to the Beach, Library & shopping! Offering spacious rooms. LR w/pellet stove, appliances kitchen & 2BR. Nice yard & huge garage for storage, workshop & vehicles. Paved drive. Many updates! **MLS 1132314 \$129,000**



TOGUS STREAM- AUGUSTA— Seasonal cottage close to water's edge - very private setting! 2 BR, large sunroom & decks. Level lot & waterfront- 190'. Built in 1930, addition 1990. Outdoor shower, 0.75 AC. Lot has plenty of open space, new septic, lake water & dug well. **MLS 1098625 \$118,000**



FLYING POND- MOUNT VERNON — Beautiful sunsets from this lovely year round home with 123+/- feet of shore frontage. Some original features by artist Klir Beck. Eat-in kitchen w/bar, formal DR w/ water views & large back deck. 2 car attached garage & separate shed/boat-house. Brick hearth w/woodstove in LR. **MLS 1227339 \$249,000**



ANDERSON POND- AUGUSTA — Beautiful 4BR, 3BA, 3,000SF Contemporary. Lovely setting w/15 acres, 800' frontage. Pretty views, very private. Open interior, vaulted ceilings, 3 levels, wood beams, master suite w/deck, screened porch. Small barn/stalls. 5 mi. to I-95 **MLS 1130302 \$339,900**



THREE MILE POND- VASSALBORO — 1920's Bradbury Waterfront Cottage- completely redone in 2005. Nice spot with expansive views. Open & bright interior; two BR, cathedral ceilings, beautiful wood floors, all new kitchen & bath, large deck w/ water views- worth a look! Road accessible year round. **MLS 1156384 \$190,000**



LONG POND- WINDSOR — Wonderful Lakefront Cottage. Charming w/ cathedral ceiling, fireplace, open LR/DR. Lovely stone patio & rock wall & fire pit for relaxing. Dock & even a sandy beach for swimming. The complete package for years of enjoyment! **MLS 1220056 \$275,000**



BOND BROOK- AUGUSTA — Well maintained 2BR, 2Bath home on large 0.6 acre lot. Enclosed porch, updated kitchen, heating system, roof, electrical, more. Nice flat lot, convenient location. Great value. **MLS 1226835 \$88,000**



KENNEBEC RIVER- GARDINER — Fabulous frontage/views. On water's edge, open views up & down the river. Well maintained 2+BR ranch home with expansive front deck, lots of windows/light. New birch kitchen, updated BA, handsome HW flrs. Private, special. **MLS 1156583 \$239,900**



LAND-TOGUS STREAM-RANDOLPH — Fabulous, unique 60+/- ac parcel of land- fields, woods, 2,000' +/- of frontage & extensive hiking/ walking trails throughout the property along the stream. Formerly a disc golf course, has a 20 +/- car gravel parking lot, cleared trails, man-made ponds, wooden bridges. Lots of uses incl. a home-site or sites, recreational, farming, multi-family, campground, retreat & more! **MLS 1223154 \$149,000**



—Conservation Too—

Demystifying Mulch

by Josh Platt

Mulching is one of the most effective and cost efficient Best Management Practices (BMP's) we have to work with. For stabilizing construction sites, eroded banks, and topdressing buffer plantings, mulch is great in protecting water quality. First a short discussion on why mulch is such an effective BMP. When bare soil is exposed to the elements, erosion begins to occur. Rain and wind can remove topsoil very quickly and deposit soil particles in the water. As these particles are transported in stormwater, they act like little magnets picking up pollutants and nutrients along the way. Once in the lake (or river or stream) these pollutants are deposited. Result - problems including algae blooms and elevated levels of toxins.

Mulch applied to an exposed site in the right amounts will serve several functions. A primary function is to protect the underlying soil from erosion and keep soil out of a water body. A secondary function occurs when a mulched area is located on the down side of a slope towards the water. The mulch will filter out most soil particles, fertilizers or toxins found in storm water runoff. In some cases, a mulch berm between a driveway, lawn or parking lot and the water can be added to provide this filtration even if there is no exposed soil to cover. Another major benefit to mulching is the moisture holding capabilities of this product. Mulching landscaped areas with tree and shrub plantings ensures that water, either from rain or from a hose, will percolate to the roots and keep the

soil cool and moist.

While this seems simple enough the confusion begins when you start shopping for the right type of mulch for a specific kind of job. Mulch comes in many textures and colors. Sorting out the differences between "conservation mulch", "erosion control mulch", "bark mulch" and "wood chips" can become a daunting task. I will try to sort some of these names out.

"Wood chips" are simply trees or brush that have been run through a chipper. There are several reasons why wood chips are not the best choice to protect against soil erosion. These chips are generally 1-2 inches square and have not yet been exposed to the elements or begun to decompose. Because of their shape, chips do not weave together or hold much water. Some mulch is sold as "conservation mulch" at nurseries or by landscaping or contracting companies. Usually these mulches are standard pine or cedar bark mulch just like that used for landscaping flower or shrub plantings in your yard. This mulch holds soil in place in fairly flat areas and retains moisture well. Because this type of mulch is often used for landscaping and around plantings, 3-4" is recommended. Because it is referred to as "conservation mulch" people may THINK this product would be suitable for steep slopes and heavy runoff areas. Other products will perform better!

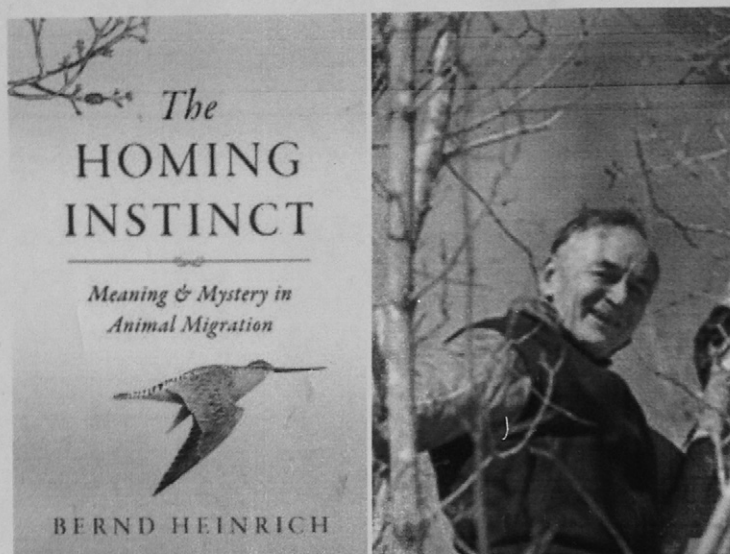
Erosion control mulch (ECM) was developed to

protect soil from erosion in areas that receive high traffic, exposure to the elements or occur on steep slopes. ECM, sometimes called slope stabilizer, is not your standard landscape bark mulch. The best way to describe ECM is "chunky". While regular bark mulch is fairly fine with strands of bark no longer than 6", ECM has larger pieces of woody material, bark and small stones. These small rocks mixed in with the bark provide additional structure to the product and add weight for keeping slopes intact. One key to the effectiveness of ECM is the size and shape of the bark material. When applied, the long and fairly thin material essentially weaves itself together and creates a kind of blanket over the soil. ECM traps plenty of moisture, similar to standard bark mulch. Thickness of application can vary depending upon several factors but 4-6" is average. Sites with extreme exposure to wind and water may need more while mulch berms may be 18-24" tall.

Buffer plantings are ideal sites for ECM. When the District installs a watershed buffer planting, ECM is what we mulch with. One important thing to remember is that 4" is too much mulch around the trunk of a tree or shrub. Remember to pull back the top 2" of material leaving 1-2" around plants. If the look of the ECM is too chunky for your taste, topdressing with an inch of standard landscaping bark mulch is fine.



For information about any of our conservation projects please contact Dale Finseth at 622-7847, x 3 or check our website at www.kcswwcd.org



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8'x8' Aluminum Swim Raft White Aluminum	\$1,999
Rip Raft – Tan or Orange	\$809

Ladder sold separately

3 step pivot ladder	\$279
4 step pivot ladder	\$319
5 step pivot ladder	\$389
Nylon Rope Ladder (Rip Raft only)	\$55
2 step Rip Raft Ladder	\$205

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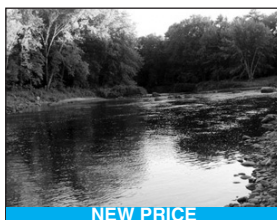
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NEW PRICE

SANDY RIVER, NEW SHARON: 1,234' +/- frontage on Sandy River. 47 acres, with great views, potential for a private home or home site. MLS #1202175 **\$79,000**



NEW LISTING

GREAT POND, ROME: 3BR/2BA on 4.72 acres w/135' +/- lakefront. Classic interior, log beams, fireplace, wrap around deck to every bedroom. #1225870 **\$530,000**



LONG POND ACCESS, BELGRADE: 3BR/1BA year-round with new updates. Just a short walk to Belgrade Lakes Village and all its amenities. #1151577 **\$124,900**



SALMON LAKE, BELGRADE: 3BR/2BA Contemporary. Open flr plan, exposed beams, new kit, large yard, "Nature Lovers" 300' +/- waterfront. #1225706 **\$299,000**



MINNEHONK, MT VERNON: 400' frontage, 3/4 surrounded by water. 1800's renovated New Englander w/3BR/2BA, lg deck, porch & more. #1211882 **\$199,900**



GREAT POND, BELGRADE: 3BR/2.5BA main home. 2BR/1BA guest quarters above 2 car heated garage. Pvt sandy frontage, on 4.110 acres. #1141526 **\$995,000**



LONG POND, BELGRADE: Quaint cottage at water's edge. Kitchen, living room, 2BR +loft/1 bath, 140' western exposure on a private lot. MLS #122143 **\$349,000**



LONG POND, BELGRADE: 250' +/- on 1.6 ac w/sandy-walkout and deep, Shoremaster dock, soil tested, surveyed, road moved for larger bldg site. #1145291 **\$239,000**



NEW LISTING

MESSALONSKEE LAKE, BELGRADE: 3BR/3BA open concept. Master BR and dining overlook the lake. 4 bay gar, landscaped location. #1226839 **\$479,000**

MOUNT VERNON 5K

JOIN US!

- Walk/run around beautiful Minnehonk Lake and Hopkins Pond
- Lap once for a 5k or be bold and do a few laps!
- Healthy and educational

After your lap, enjoy

- A swim at the beach
- Dining
- Local shops

THE LOON LAP

Sunday, August 16th
10 am-Noon

9:00 am-10:30am Registration at the
Mount Vernon Community Center
\$10 for Adults
Children under 12 free
www.mtvernonme.org

A local event to support the Greater Minnehonk Lake Association and the Mount Vernon Community Partnership Corporation's efforts to protect and improve the community of Mount Vernon and its lakes.

