

Summertime in the Belgrades



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

VOLUME 22, NUMBER 6

Never Give Up - Never Quit

Travis Mills Foundation – 2020

If you drive by the Travis Mills Foundation this summer, you'll see construction under-way. Currently, the Travis Mills Foundation is working on rejuvenating the Elizabeth Arden tennis court for tennis and basketball as well as winter use as a skating/sled hockey rink. The Retreat's Lakeside Cottage has also undergone a major winterization to allow for use during the winter family retreats, for ice fishing, snowshoeing, and other winter activities on or near the lake. In the foreseeable future, the Foundation is working to break ground for a new Health and Wellness Center. The 9800 square-foot facility will have an in-ground pool and fitness center to promote health and wellness year-round for veterans and their families. Amazing growth since 2017 when the Foundation first welcomed Veterans and their families. Every year brings an expansion with plans to serve more families throughout the year.

While at the moment, the Travis Mills Foundation is unable to host in-person programming, the Foundation has adapted and overcome the current challenges that everyone has been facing by launching our Modified Recalibrate Program. Our recalibrate program was formed to support veterans and their families by identifying their needs and connecting them with the correct tools or assistance needed. Thanks to your support, we have been able to continue this program and keep giving back to our veteran families! Check out the video



that our friend and participant Josh Keller made using the new tools that the Travis Mills Foundation was able to provide to him through our modified recalibrated program! <https://www.facebook.com/liferollson365/videos/444620286402565/>

Since June 1st, 2020, the Travis Mills Foundation has worked to extend the "Long Term Program" declaration in the Mission Statement. Over 70 families have engaged in



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Continued from page 1

this program to further their wellness. Dr. Kelly Roseberry summed up the Foundation efforts: "We have sent LOTS of gift cards to Home Depot and Lowe's to help with everything from new/accessible flooring to new decks/porches, landscaping, and various other home improvement projects. Gift cards to Dick's for kayaks, Tractor supply for a trailer for kayaks, U-Haul for a bike rack, Amazon, a bike trainer, groceries, date night in a box, Top Golf family outings, subscription for monthly dog toys for a service dog, Costco membership, Beach Body workout subscription, I-Pad and hand modification grip for drawing, home workout equipment, Wayfair, Crate-n-Barrel, and Hayneedle gift cards for updating furniture and providing new outdoor furniture and play sets for families, new grills, and many, many, many restaurant gift cards for use when they start to venture back out."

"Unfortunately, we could not have the families come to us this year, so we went to them."

During our volunteer hours, my husband and I have been blessed to meet and hear the stories of the Veterans who come with their families. Here is just one account –the struggle of one Veteran and what an R & R break at Travis Mills can mean to a Vet going through recalibration. Tough work for Veterans who never give up.

by John Romac, Volunteer Coordinator and Kelly Roseberry, Program Director, Travis Mills Foundation

One Veteran's experience at Travis Mills Foundation

"I Couldn't take anymore rehab. Had to get away. Travis Mills Foundation -- exactly what I needed."

Late one afternoon when the scheduled events were over, we helped put the dock in order. Kayaks were pulled out of the water, and totes with life jackets, supplies and water bottles were put away. As we headed uphill to the cabin, a couple in a golf cart motioned for us to come over. They were sitting there enjoying the view of the lake. The Vet had an amputated leg, very high on the thigh with some metal protruding from the stump. He introduced himself and his wife and thanked us for being volunteers explaining that we couldn't possibly know how great it was to be here.

He came from Walter Reed Hospital where he has been receiving treatment, surgeries and therapy for many years. He is undergoing a new procedure that will hopefully allow him to wear a prosthetic leg. The procedure is called osteo-integration – a difficult, painful process. The man said he wants to see this through, but last week, he had had it -- couldn't go on another day. He told the hospital staff that he was leaving, had to get away – just for a little while. He absolutely had to get away. Now! Didn't care where. The staff member he spoke with said he just might have an idea - a place he'd heard about that would be the perfect little get-away. The Travis Mills Foundation in Rome, Maine.

He told us that being here in these beautiful surroundings, going to the lake, talking with the other families, was exactly what he needed. Perfect. We spent quite a bit of time with this gentleman. He explained in-depth his experiences since his injury many years ago. We could see that he wanted to tell his story. His lovely wife nodded agreement and occasionally added comments and anecdotes. They both had good things to say about their medical treatment, Walter Reed hospital and the personnel there. They were both experts about all things relating to amputations. It was touching to hear how their lives revolved around this injury for so many years and how it had changed them. But it was clear how devoted to each other they were; and how they were determined to make the best of things.

Then he told us, in detail, all the things he and his wife had done during their stay here. "I needed this, really needed this. And it's not over yet. Tonight -- is lobster night! How good is that?"

He thanked us again. No sir. Thank you.

by Volunteer Kay Overfield

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From Arden Estate to Travis Mills Foundation



Summertime in the Belgrades

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Of the many unique uses of old properties for new enterprises, the Elizabeth Arden landmark is one of the most impressive and one of the most visible.

Located on the Castle Island Road near where Belgrade, Rome and Mount Vernon merge, the mansion on the hill overlooking Long Pond was familiar to generations of residents and vacationers first as elegant and elite, later as grandly fading and unused. Almost everyone who drove by knew it was the Arden Estate.

According to the Vienna Historical Society, Elizabeth Arden made her appearance in Maine in 1929, when she purchased The Gables in

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—The Luckiest Boy—

Belgrade Hotel Memories

by Rod Johnson and Sandra Lewis

During the first half of the last century, articles and ads featuring the Belgrade Hotel were prevalent. Maine publications and some from Boston and New York were often quoted. Here are several that were researched by Belgrade Historical Society member Sandra Lewis, and some memoirs of my own from the early and mid 1950's. These short articles speak to "The Belgrade" being planned, the spring opening in 1905, a visitor's memory in 1934, the proposed auction sale in 1942 and lastly an article announcing summer opening in 1956—only four months before it burned to the ground.

From Sandra's research:

January 6, 1899. The Waterville Mail reports that plans are already drawn for an elegant summer hotel that is proposed to be built the coming year at Belgrade Mills. It is proposed to have a house of 30 sleeping rooms ready for the opening on the first day of June. The land has already been purchased and there is no question that the company will be organized within a few weeks. The work will begin as soon as possible after the snow is off the ground.

June 15, 1900. New time table for Maine Central: the fast train between Boston and Bar Harbor will stop at Belgrade. This is brought about through the erecting of the Hotel Belgrade. The train will not make regular stops there for everybody and anybody but only for those who hold tickets from Boston.



July 8, 1905. A new and modern hotel, The Belgrade, first class in all its appointments is located at Belgrade Mills, or Belgrade Lakes as it is now called, between Great and Long Ponds in close proximity to the fishing grounds. This is ready for occupancy and the opening of the fishing season. The famous hostelry is reached from Belgrade Station on the back route of the Maine Central Railroad. This is a famous and deservedly popular resort for sportsmen and summer tourists.

July 5, 1934. This is an excerpt from an article written by a visitor to the Belgrade area: In this water system is the lovely lake called Belgrade Lake, which fronts the lovely gardens and façade of the Hotel Belgrade at the village of Belgrade Lakes itself. Everybody knows all about this beautiful sheet of water, but beside this there is a Great Lake which seems to have hidden itself. At least that is how it all seemed to me. The first time I ever saw it was passing down a tiny stream in behind the village of Belgrade Lakes, then suddenly out into a sheet of water so impressive that it almost takes one's breath away. It is full of fish and the shores are deeply indented. Lights twinkle here and there from camps and cabins when the evening shadows come.

May 9, 1942. Lewiston Daily Sun notice of sale. One of Maine's famous summer hotels situated in the heart of the beautiful Belgrade Lakes Region is to be sold at public auction on May 11, 1942. The four story building is approximately 335 feet long, with veranda. It contains 90 rooms and 63 baths. The main floor contains a large dining room, beauty parlor business and telephone office. Most of the rooms were newly equipped and furnished in 1936, and are in excellent condition. There are 3 guest cottages, separate annex for domestic help, golf course and 1000 feet of shore frontage with boat house and diving tower. Owner decided to sell for cash, the hotel and cottages including furnishings. Cash or certified check for \$3000 required at the time of sale, balance due upon delivery of deed. Auction will take place May 11, 1942 at 11:00 a.m. on the grounds of the Belgrade Hotel, Belgrade, Maine. For more information: Smith, Stanley Inc., 66 Maine Street, Waterville, Maine. Tel. 636

June 20, 1956. Advertisement: Now open, The Belgrade Hotel and Cottage Resort, Belgrade Lakes, Maine. You are invited. Maine people are always welcome at the famous Belgrade Hotel to enjoy its many

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— Take It Outside —

Paddling, Pedaling, and Hiking

by Pete Kallin

A bit more rain and a lot of hot weather last week. I enjoyed visits from both my daughters and their families (after negative COVID tests for the MA contingent). For the 4th of July, my younger daughter, Joan, drove up from Brunswick with our newest grandson, while her husband, Taber, pedaled his bicycle. We went for a short cruise to cool off and then headed to the top of The Mountain for a hike to burn some calories and get Bayard ready for a nap. He walked (ran actually) quite a ways and then was ready to ride on Mom's back. It reminded me of hiking with my own kids three or four decades ago. All have been hiking as long as they can remember and are now providing similar experiences for their kids.

Eventually, Taber arrived, and shortly thereafter, my older daughter, Barb, and her family, including three of my eight granddogs and a grandcat. We had an awesome cookout that included hot dogs, venison burgers, and all the fixings including smoked Long Pond pike. After my younger daughter and her family left, Barb and Sandy settled in for the rest of the week. The next morning, we hiked into Round Pond in the Kennebec Highlands for a picnic with the dogs, while I brought one of my flyrods to do some fishing. I caught some nice bass and watched a Northern water snake hunt frogs. All in all, another relaxing day.

The next day, we decided to kayak the Great Meadow Stream from the Rt 225 bridge to Great Pond. It was a bit cloudy but spectacularly beautiful with the purple pickerel weed and pink swamp milkweed in full bloom.

We saw lots of birds (eagles, loons, Great Blue Herons+), muskrats, and other wildlife, and I caught a few white perch for some fresh fried perch filets with dinner. Later in the week it was back into the kayaks for a trip to lower Long Pond. Barb and Sandy did a 7 to 8-mile circumnavigation of most of the lower basin including Ingham Stream, while I fished. We met for lunch and a short hike at the 7-Lakes Alliance Fogg Island Preserve on the Mount Vernon shore. It was a full, relaxing day followed by a solid night's sleep, especially for the paddlers.

This area offers some great outdoor recreation, whether you like to hike, bike, birdwatch, fish, sail, or paddle a canoe or kayak. I encourage all parents and grandparents to take advantage of opportunities to get your kids and grandkids (or even parents and grandparents) out on the lake for fishing or swimming or up in the hills for some hiking. All the experts agree that outside is the safest place you can be these days. Just be considerate of others and get out safely. Pick up a map of the local trails at Day's Store or from the 7 Lakes Alliance at the Maine Lakes Resource Center (MLRC). Individual trail maps can be downloaded from the 7-Lakes web site at: <https://www.7lakesalliance.org/trailsystem>. And make sure you take a kid along on your next outdoor adventure. Also, please check the 7-LA FaceBook page for details on some interesting events scheduled this summer (<https://www.facebook.com/7lakesalliance/>). There are invasive plant paddles planned for most of the lakes in the next few weeks.



Cruising Long Pond with mom and Nana.



Barb coming ashore at Fogg Island.



Northern water snake coming ashore



Hiking The Mountain with mom.



Swamp milkweed.



Sandy and Barb paddling the Great Meadow Stream.

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Notebook

Neighbors Driving Neighbors On-Line Auction

• Neighbors Driving Neighbors provides transportation to those who need it in the towns of Belgrade, Fayette, Mt. Vernon, Rome and Vienna. All drivers are volunteers and all rides are free. In lieu of an in-person auction this year, NDN is holding an auction on-line offering art, home-made items, desserts, adventures, gift cards and many other treasures. Items will be added throughout the course of the auction. Go to BiddingOwl.com. It is fun, easy and a great way to support the work of Neighbors Driving Neighbors! 860-0677

Webinar on Invasive Milfoil July 17

• Come learn the latest news on milfoil and other invasive aquatic plants in the Belgrades via webinar on Friday, July 17, 6-7 pm. See pictures from the field and learn about the latest methods being used to prevent the spread of invasive species. This is a great opportunity to ask questions, contribute to the conversation about invasive aquatic plants in the Belgrade lakes and learn how to get involved. Presented by the 7 Lakes Alliance 495-6039.

Rafting Is Revving Up

• Starting at the beginning of July, Maine's river rafting has resumed, offering family outdoor adventure vacations, rustic accommodations, good food, relaxation and fun. Great for a getaway to a remote region of the state. Companies are following CDC and Maine state guidelines for Covid-19. For Kennebec River expeditions,

some companies to check out are: North Country Rivers - 672-4814, Northern Outdoors - 663-4466, Magic Falls - 800-207-7238 and Moxie - 866-6943.

7 Lakes Alliance To Lead Invasive Plant Patrols

• Every year, 7 Lakes Alliance leads invasive plant patrols on East Pond, North Pond and Salmon Lake. Using Aquascopes and snorkels, a team of 7 Lakes Alliance staff volunteers and lake association members search each lake. No experience required. All are welcome from any waterbody. Plant paddles are a great way to learn how to identify invasive aquatic plants and protect the watershed. Patrols will be held on the following dates:

- North Pond, Monday, July 20, rain date 7/21
- Salmon/McGrath Pond, Wednesday, July 22
- East Pond, Saturday, August 1

For more information or to volunteer contact: 931-7710, 495-6039

2020 Annual

Lake Association Meetings

• The tentative schedule for the 2020 annual meetings of the lake associations in the Belgrades is as follows:

- East Pond Association - cancelled until 2021
- North Pond Association - Tuesday, July 28, 7-8 pm, on Zoom, hosted by Maine Lakes Society, register at www.mainelakesociety.org
- Friends of Messalonskee - Saturday, August 1, 1-3 pm, virtual and location to be announced, www.friendsofmessalonskee.com
- McGrath Pond/Salmon Lake Association - Thursday, August 6, 6-7:30 pm; guest speaker will be Matt Scott, an aquatic biologist formerly with the Lakes Division at Maine, DEP; his talk

"All Maine Lakes are Vulnerable - Some More So Than Others" will include a discussion of McGrath and Salmon. To register for Zoom go to mcgrathpond-salmonlake.org

- Belgrade Lakes Association - Sunday, August 16, 1 pm, via Zoom, www.belgradelakesassociation.org

Rome Yacht Club 44th Annual Regatta

• Wear a mask, hop on a sailboat and enjoy a Saturday on Great Pond. The annual Rome Yacht Club Regatta - 44 years and 45 races old - will be held on Saturday, August 8, promptly at the 10 am bugle. This year's race will use a traditional format: there will be no race clues, no contact, no cook-out, no Commodore's Ball and the dues have been waived. The course will be distributed before the bugle and will end at Crooked Island. There will be a very brief award ceremony, maintaining social distancing guidelines, a brief remembrance for friends that were lost this year and an inauguration of the new Commodore and Vice Commodore. It is strongly encouraged that all crews consist of direct families. All visitors must be tested for Covid-19. Masks will be provided upon request. Changes and updates will be posted on www.facebook.com/RomeYachtClub

Taste of Waterville Scheduled for October 11, Accepting Applications

• Mid-Maine Chamber of Commerce's 28th Annual Taste of Waterville is planned for Sunday, October 11, 11 am-9 pm at the Head of Falls, downtown Waterville. The format will be in keeping with the celebration of Maine's Bicentennial and will feature cultural foods and

Continued on page 10...



At MIFF23. Photo by Gregor Smith

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- Conservation Too -

Wild blueberries have become part of the culture of Maine. It seems like they have been around forever, and every year people are more and more encouraged to consume this fruit fresh for its health benefits (antioxidant, anticarcinogenic, etc.). Maine is the top producer of wild blueberries in the country, consisting of around 44,000 acres of production. And what is most incredible about this crop is that most of the fields occurred naturally and were discovered hundreds of years ago. As the years have gone past, and production of these has become widely important, the cultural practices have changed. Now production has been established as a two year cycle, one for growth and one for harvest.

Once the harvest is done, plants are pruned so they start their vegetative growth cycle again. Traditionally, farmers have used burning as their pruning technique. More recently, as a way to reduce emissions and protect air quality, farmers have been encouraged to mow these fields. But before pruning, farmers have to remove the rocks and boulders from the fields. Since wild blueberries were some of the first plants to appear after the glaciers receded, these rocks were left standing in these fields and are one of the reasons that farmers burn, as a way to work around them. These rocks can cause major problems for mowing equipment, and it is better to take them out ahead of time. It cannot be denied that burning has its advantages, as the incidence of pests (insects, diseases) is lower. But mowing presents some incredible advantages of its own. Most people who burn their fields use flammable oil, and the price of oil these days is not a pretty sight to look at. Plus every acre of blueberry crops burned consumes around 80 gallons of flammable oil, pretty high price for a farmer to incur every 2 years. Mowing presents a great opportunity for farmers to reduce their cost of pruning. Additionally, by mowing farmers can take advantage of the removed vegetation to increase the organic matter of the soil, thus promoting a healthier environment for the new stems to grow in. Truth be told, pest management has to be more intensive when the stems are mowed. The farmers have to be much more perceptive to issues like mummy-berry, blight and insects including the blueberry maggot and flea beetle. However, with a good scouting system and enough monitoring this should not be a problem. As long as these pests are detected early on, they can be managed/sprayed as needed. Even with its greater management level, mowing makes for a healthier and more environmentally friendly system.

Blueberry plants spread throughout the field as rhizomes that branch out of the mother plant, which is also known as a clone. Each of these clones will be different, and an average clone

Let's Get Blueberries: Conservation Practices in Blueberries

Guest Article by Luis Aponte via Kennebec County Soil & Water Conservation District.

The practices identified by Luis are equally valid for landowners considering ways to manage their property and the stormwater erosion that may occur there. Plus you learn more about Wild Blueberries.



can cover up to 250 square feet of land. As these rhizomes spread, the field will be covered more evenly. The spread of rhizomes throughout the field will increase the production and can sometimes even double the average production values. There has been extensive research on how to promote these rhizomes to spread more rapidly, and as some of the techniques involve maintaining soil health and nutrient management, there is a conservation practice that stands out. Mulching has proved to be an important practice in the production of blueberries. By mulching, farmers are creating an environment that greatly improves conditions for these plants to spread evenly and be healthy. Mulching not only increases soil organic matter, but also moderates soil temperature, increases soil moisture, protects plants from frost heaving and reduces soil erosion. There are various types of mulch that farmers can use, from sawdust to bark. But the vast majority of farmers use wood chips, as they are cost effective and easy to find. It has become a very important practice inside the blueberry community, and its increased use has helped farmers achieve greater yields.

There are some other conservation practices that could help blueberry farmers maintain a healthy environment and keep the plants productive and healthy. Pollination is very important in blueberries, and the establishment of a native pollinator habitat can help increase yields. Soil erosion in blueberry fields is a big concern, especially in farms with little cover and steep slopes. To address erosion issues lined waterways can be established to slow down the flow of water and reduce soil loss. Establishing an integrated pest management plan can reduce the use of chemicals and develop a more efficient system to deal with pests. There are many more, but the general idea is to work in the most environmentally friendly way to make the land more productive and the operations more efficient.

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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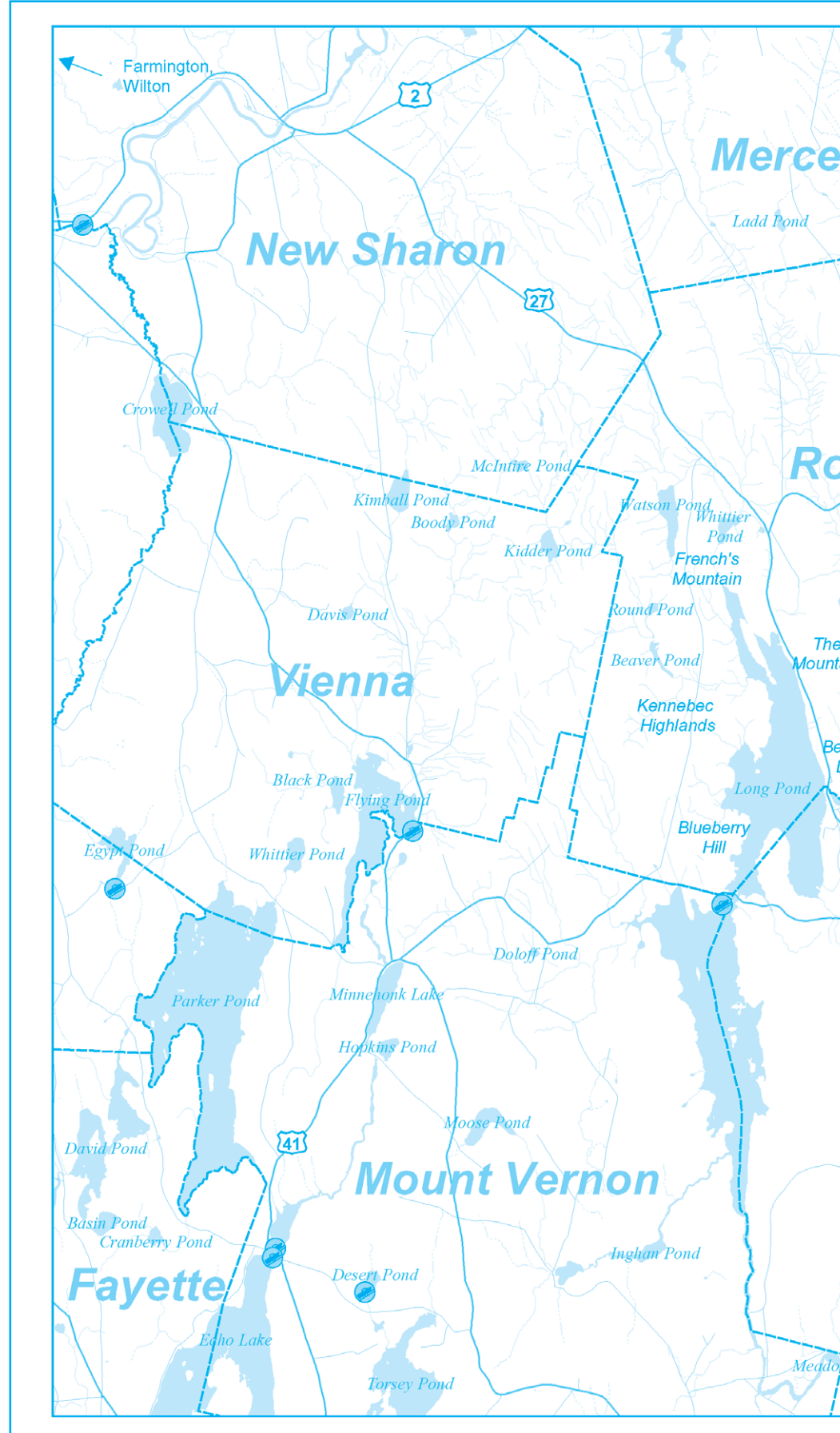


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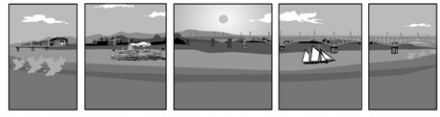
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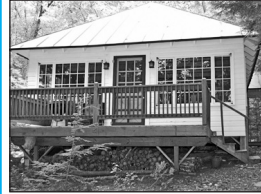
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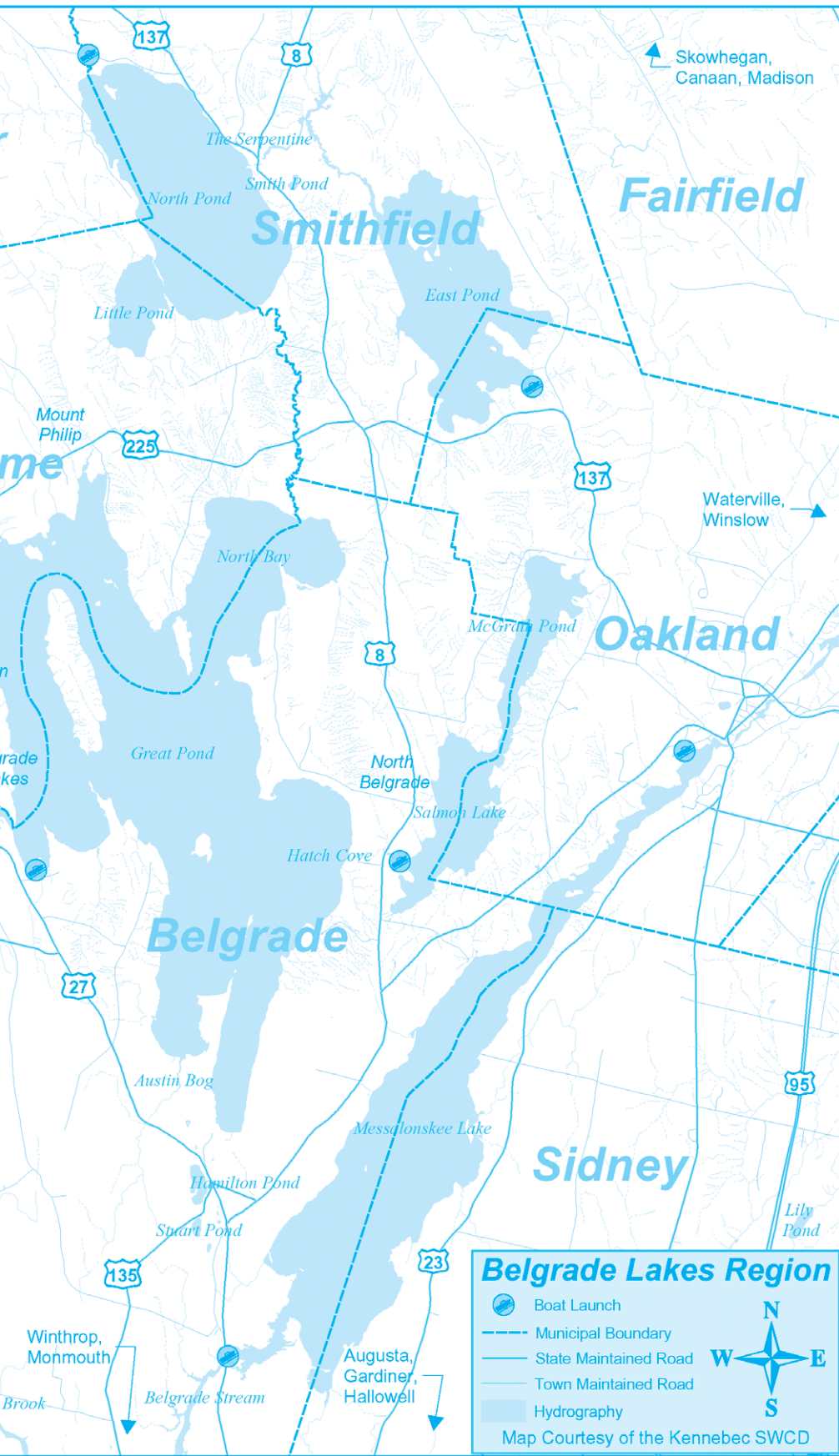
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...Notebook continued from page 6

demonstrations focused on the ethnic diversity of the area. It will be an adult-focused, day-long event with entertainment, live music, beer/wine gardens and brew samples. Applications are now being accepted for restaurant, bite, booth, food truck and food-related vendor participants from both Mid-Maine Chamber members and non-members from throughout the region. Contact Cindy@midmainechamber.com. For more information visit www.tasteofwaterville.com or call 873-3315.

...Luckiest Boy continued from page 4

summertime activities. We offer golf, swimming, boating, fishing, tennis, etc. Come and enjoy the finest food in Maine, tastefully served in the delightful hotel main dining room. Come early and stay late. You'll enjoy Belgrade hospitality and fine food with moderate prices. Cocktail lounge always open. Luncheon, 12:30-2 p.m. Dinner, 6:30-8 p.m. on weekdays. Sunday dinner is served 12:30-2 p.m. and 6:30-8 p.m. This summer, dine at the Belgrade Lakes Hotel, easy driving from any point in Central Maine.

Author's note: Just four months after the above ad circulated on June 20, 1956, the grand old Belgrade Hotel burned to the ground. Fire departments from many surrounding towns were unable to even slow down the inferno that took the old wooden icon in just a couple of hours. The town's people gathered into a large group where the Sunset Grill is now. We all watched as the roaring fire, aided by a southwest wind, quickly transformed the glorious old building into a pile of blackened rubble. Many elders were clearly shaken with tears in their eyes. The loss of the Belgrade Hotel marked the end of an era, but it seems that a new move by summer visitors to build and own their own cottages was already in the works. A few new camp roads were being built along the shorelines to access some of the previously inaccessible areas. A new era was upon us.

Next are a couple of memories from the Luckiest Boy: After the Belgrade Hotel burned in October, winter came along quickly. We kids went off to school daily as usual, not

...Continued from page 3

Mount Vernon. Born in poverty in rural Canada the former Florence Nightingale Graham had become enamored of the Belgrade Lakes area while visiting a friend.

By the early 1930s, her property, now renamed the Maine Chance Farm, opened its doors to business women as a spot to relax and recuperate. In addition to the main lodge there were several guest houses and a bath house near the lake. Illustrious and wealthy women from all over the world were pampered with beauty treatments, special diets and exercises. Maine Chance offered treatment rooms, steam rooms, exercise rooms, recreation rooms and a riding stable. The resort's operating farm produced much of the food for the spa.

In a write-up in 1949 in the Boston Post Magazine, reporter Frank G. Jason called Maine Chance "the most noted establishment on the Belgrades."

He also pointed out, "Lest it be misunderstood, Miss Arden's Maine Chance Farm is not the place where her racing horses are bred and

caring about the old hotel's demise. We did mill around the charred wreckage after school and took over a small piece of the golf course to play baseball and other games. We also continued a right of passage that all boys in town were expected to do. The huge water tank sitting up on a hill behind the hotel had been emptied for the season not long before the fire. We all climbed up the long steel ladder and down into the inside of the tank. A few years later the tank was cut up with a torch and removed as scrap. Soon thereafter the property was sold to a developer named Tobey. The entire acreage was surveyed into building lots where many homes and cottages have been built over the last 65 years.

In the summer of 1956, the Belgrade Hotel hosted some large gathering, probably a conference of some sort. A large golf match was scheduled as part of the weekend fun. All the older boys in town were scheduled to be golf caddies. The golf pro apparently ran out of boys by late morning and sent a runner down into the village to gather up younger boys, not normally considered big enough to caddy. At age 9, myself and three or four others were scooped up while swimming at the dam. Within an hour we had all reported for duty and got our first chance to be a caddy. I remember we were all about four feet tall and the golf bags dragged on the ground. We all went home later in the day with a few dollars in our pockets and some very sore shoulders.

We hope you all enjoyed these tidbits of history. Thanks to Sandra Lewis for making the old articles available for the Summertime News readers.

trained, though her stable goes under that name, rather it is, shall we say, a reconditioning establishment for ladies of the social set who are inclined to over indulge in crumpets and caviar."

It wasn't all hard exercise and spartan dieting though. Local lore has it that the fishing guides who worked at Maine Chance would sneak their clients sandwiches and candy bars.

Another local story is that Castle Island, a popular fishing camp today, was claimed by both Elizabeth Arden whose land extended that far east and fishing guide Horatio Castle who owned from the island to West Road in Belgrade. When Arden with a battery of city lawyers took Castle to court he represented himself and won.

Today, the Elizabeth Arden Estate is again one of the most noted establishments on the Belgrades. It has been transformed into a retreat of great recuperative health and wellness magic for Veterans and their families and almost everyone who drives by knows it's the Travis Mills Foundation.



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• **Riverfront Barbeque & Grille and Gin Mill Lounge**, world class barbeque, seafood, pasta and vegetarian entrees, full service dining, catering, bulk take out, 300 Water Street, Augusta, www.riverfrontbbq.com, 622-8899

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• **Winterberry Farm Café**, homemade treats, pie, cookies, granola bars, grilled organic cheese sandwiches, veggies, drinks,

538 Augusta Rd, (Route 27), Belgrade, 649-3331

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• **Engine 5 Bakehouse**, freshly baked goods made in a real firehouse, 140 Western Ave, Waterville, engine5bakehouse.com, 616-3772

• **Pete's Pig**, barbecue, catering, carry out, limited dining, 35 Water Street, Waterville, www.petespig.com, 616-0969

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The Small Garden Guide

A Farm Home and Food Security for Maine's Somali Bantu

With community support, the long-held dream for a farm home may become a reality for the farmers of the Somali Bantu Community Association (SBCA) based in Lewiston. The Somali Bantu are descendants of slaves brought to Somalia from East Africa and comprise a population of about 1000 in Maine. Partnering with the Agrarian Trust, a national organization that secures affordable land access for next generation farmers, the Somali Bantu have formed the Little Jubba Central Maine Agrarian Commons. With the help of Maine Farmland Trust the farmers have found an ideal 105-acre property in Wales, Maine and are now fundraising to purchase the land. To learn more about Little Jubba and give to this land, food and farming project contact: info@somalibantuaine.org or 784-5556



African Flint Corn

Farm Property To Conservation Easement in North Pond Watershed in Mercer

Working with generous landowner, Virginia Hunter, 7 Lakes Alliance created its first conservation easement in the North Pond Watershed and its largest in Mercer at 205 acres.

Hunter states, "I had the great good fortune to grow up on a working farm in Mercer. In addition to the fun of watching cows being milked, eggs being collected, pigs being fed there was the bounty of a large vegetable garden to enjoy plus wild raspberries and several apple varieties, not to mention the infamous choke cherries. Access to North Pond provided innumerable hours of swimming, boating, fishing and waterskiing. I am grateful that a local Land Trust was there when the time came to preserve my parents' property. As my father told me, "Hold on to the land. They're not making any more of it."

This easement will allow public access for education and recreation. Hiking trails may be developed in the future. The property has valuable riparian habitat, including 46 acres of wetlands and 2.5 miles of streams. It also provides 44 acres of critical Inland Waterfowl & Wading Bird habitat and considerable deer wintering habitat. By creating this easement, 7 Lakes Alliance pro-

pects a major tributary to North Pond, Pattee Brook. The property contains 158 acres of working forest and is now under a Forest Management Plan. By working with landowners to create conservation easements, the 7 Lakes Alliance protects natural resources like forests, waterbodies and habitat for wildlife.

- excerpted from North Pond News, Summer 2020

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Belgrade Needs Volunteers For Kids' Meals Program

Needed desperately: volunteers to hand out free kids' breakfasts and lunches for RSU 18 at the North Belgrade Community Center from 9 am-11 am each weekday. 495-2258

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-Business Directory-

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www.hathawaymillantiques.com

APPLE ORCHARDS

The Apple Farm, 104 Back Road, Fairfield,
453-7656, www.applefarm.us

ARCHITECTURAL DESIGN

LakeHouse Design, Build, Renovate, 17 Birchwood
Road, Augusta, 242-3663.
www.lakehousedesignbuildmaine.com houzz

ARTS

Waterville Creates, 10 Water Street, Suite 106,
Waterville, 616-0292, www.watervillecreates.org

AUTOMOBILE STORAGE

Belgrade Lakes Marine and Storage, Inc, 366 Augusta
Road, Belgrade, (Rte. 27), 495-2378,
www.belgradelakesmarine.com

BANKING

Maine State Credit Union 200 Capitol Street, Augusta,
623-1851, www.mainestatecu.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 Street (Rte. 23), Oakland,
861-2723 or 465-3007, www.treespiritsofmaine.com

BOAT COVERS

Covers It All Upholstery, 1042 Kennedy Memorial Dr,
Oakland, 465-7847,
www.coversitallupholstery.com

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Farmington, Greenville, Machias, Portland, Rockland,
Skowhegan, 1-866-HAMMOND,
www.hammondlumber.com

BOAT MOORINGS

Great Pond Marina, 25 Marina Drive, (off Rte. 27),
Belgrade Lakes, 495-2213, www.greatpondmarina.com

BOAT RENTALS

Castle Island Camps, Long Pond, 441 Castle Island
Road, Belgrade Lakes, 495-3312,
www.castleislandcamps.com
Great Pond Marina, 25 Marina Drive, (off Rte. 27),
Belgrade Lakes, 495-2213, www.greatpondmarina.com

BOAT SALES AND SERVICES

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

BOAT STORAGE

Belgrade Lakes Marine and Storage, Inc, 366 Augusta
Road, Belgrade, 495-2378,
www.belgradelakesmarine.com
Great Pond Marina, 25 Marina Drive, (off Rte. 27),
Belgrade Lakes, 495-2213,
www.greatpondmarina.com
Mid-Maine Marine, 885 Kennedy Memorial Drive,
Oakland, 465-2146, www.midmainemarine.com

BOOKS

Children's Book Cellar, 52 Main Street, Waterville,
872-4543, www.facebook.com/ChildrensBookCellar/
Oliver and Friends, Bookshop and Reading Room, 87
Main Street, Belgrade Lakes, 707-2123

BUILDERS

G&L Contracting, 116 Lakeshore Drive, Belgrade Lakes,
215-7951, 495-2325, 233-7408,
gandlcontractingmaine.com
Horne Construction, Seavey Corner Road, Mount
Vernon, 293-2382, 242-6111
LakeHouse Design, Build, Renovations, 17 Birchwood
Road, Augusta, 242-3663. 512-8161
<https://www.houzz.com/pro/contact7917/lakehouse-design-build>

BUILDING MATERIALS

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Skowhegan, 1-866-HAMMOND,
www.hammondlumber.com

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495-2965

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

COMPUTER CONSULTANTS

Macintosh Solutions, Michael Breault, 24 Welch Road,
Wilton, cell 578-0226, www.michaelbreault.net

DINING

See Directory on page 11

DOCKS

G&L Contracting, installation only, 116 Lakeshore
Drive, Belgrade Lakes, 495-2325, 215-7951, 233-7408,
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Hammond Lumber Company, at 21 locations: Auburn,
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Skowhegan, 1-866-HAMMOND,
www.hammondlumber.com

ELDER CARE

Assistance Plus, 1604 Benton Avenue, Benton, 453-4708,
www.assistanceplus.com
Maine-ly Elder Care, 28 Center Street, Oakland,
465-3249, www.maine-lyeldercare.com

EXCAVATING

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, 1-800-660-3403, www.Maine2020.com
Maine Eye Doctors, 25 First Park, Suite A, Oakland,
820-2020, www.maineeyedoctors.com

FARMSTANDS

Winterberry Farm, 538 Augusta Road, (Rte. 27),
Belgrade, 649-3331,
www.winterberryfarmstand.com

FINANCIAL PLANNING

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

FILMS

Maine International Film Festival, July 7-16,
Skowhegan Drive-In Theater, 201 Waterville Road (Rte.
201), Skowhegan, ticket reservations - 861-8138, miff.org

FIREWOOD

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

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Skowhegan, 1-866-HAMMOND,
www.hammondlumber.com

GENERATORS

Generators of Maine, 262 Augusta Road (Rte. 27),
Belgrade, 495-2285, www.generatorsofmaine.com

HOME CARE

Assistance Plus, 1604 Benton Avenue, Benton, 453-4708,
www.assistanceplus.com
Maine-ly Elder Care, 28 Center Street, Oakland,
465-3249, www.maine-lyeldercare.com

JEWELRY

L.Tardif Jeweler, 62 Main St., Waterville,
872-7542, ltardifjewelers.com



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Hammond Lumber Company, at 21 locations: Auburn, Bangor, Bar Harbor, Belfast, Belgrade, Blue Hill, Boothbay Harbor, Brunswick, Bucksport, Calais, Camden, Cherryfield, Damariscotta, Ellsworth, Fairfield, Farmington, Greenville, Machias, Portland, Rockland, Skowhegan, 1-866-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, belgradelakesassociation.org

LAND AND LAKE CONSERVATION

7 Lakes Alliance, PO Box 250, 137 Main Street, Belgrade Lakes, 931-7710, www.7lakesalliance.org

LANDSCAPING

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

Lynch Landscaping, 78 Maple Street, Norridgewock, 474-2420, 405-0880, www.lynchlandscaping.com

Paradis Landscape Construction, Sidney, 547-4867, jrparadis@paradislandscape.com

PHYSICAL THERAPY

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

PIANO ENJOYMENT

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REAL ESTATE APPRAISALS AND PLANNING

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REALTORS

Coldwell Banker Plourde Real Estate, 143 Silver Street, Waterville, 660-4001, 872-7650, www.coldwellbanker.com

Amy Bernatchez, Coldwell Banker Plourde Real Estate, 143 Silver Street, Waterville, 314-2353, abernatchez@cbplourde.com

LakeHome Group, 75 Main Street, Belgrade Lakes, 495-2500, www.lakehomegroup.com

Lakepoint Real Estate, 221 Main Street, Belgrade Lakes, 495-3700, www.belgradelakepoint.com

Gail Rizzo, Lakepoint Real Estate, 242-8199, gail@gailrizzo.com

Pat Donahue, Lakepoint Real Estate, 730-2331, pldcamp@msn.com

Stephanie Yeaton, Lakepoint Real Estate, 495-4046, 592-5577, stephanie@belgradelakepoint.com

Trisha Cheney, Lakepoint Real Estate, 716-6494, trisha@belgradelakepoint.com

Sprague & Curtis Real Estate, 75 Western Avenue, Augusta, 623-1123, www.spragueandcurtis.com



The Dams Keeper Report

Well it looks like we may have finally broken out of that long term drought forecast which we have only been living with for the past five years! They had been forecasting 26% less precipitation through the end of 2020 but that has all been changed. They are now forecasting 'just' 21% less precipitation for this coming August and September, BUT now a 21% INCREASE in precipitation for October.

Fortunately, we are missing tropical storm Fay which is now going out west of Maine. We much prefer light rain events versus those flooding rains and the resultant phosphorous runoff.

As I wrote this weeks column, we had received 1.72" of rain in the past ten days and are forecasted for another 1.06" for the next 10 days. All good news for our lands, farmers and

water levels, not to mention our wells.

I am pleased to report that both Great and Long Ponds are now cresting their spillways 1/2" which means that we are at Full Pond. This has not happened at this point in the summer for the past five years. And as a reminder, Great Pond and Long Pond dams have been completely shut down for well over a month now so your Dams Committee remains in the "preserve the water levels at all cost" mode.

For more good news, our 'permanent' repair on Wings Mill starts this week. This project has been in the works for three years and it's good to see our efforts finally coming to fruition.

Enjoy the family, your vacation and this incredibly beautiful weather and please stay safe!

Dick Greenan

Secretary, Belgrade Lakes Watershed Dams Committee



RECREATIONAL VEHICLE AND TRAILER STORAGE

Belgrade Lakes Marine and Storage, Inc, 366 Augusta Road (Rte. 27), Belgrade, 495-2378, www.belgradelakesmarine.com

RESERVATIONS

Belgrade Vacation Rentals, lakeside camp and cottage rentals throughout the area long and short stays many size accommodations ad rates, 1-800-760-1503, www.belgradevacationrentals.com

Lakeside Cottage Rentals, featuring over 70 private homes, 24/7 customer-friendly service, 25 Marina Drive, Belgrade Lakes, 592-5577 or 495-4046, www.lcrentals.com

RESTAURANTS

See Dining Directory on page 11

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 3-year-old through 8th, 56 Sewell Street, Augusta, 623-3491, www.smsmaine.org

SECURITY SYSTEMS

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

SURVEYING

Acme Land Surveying, 108 Fairbanks Road, Suite 5, Farmington, 778-408, 1800-778-408, www.acmelandsurveying.com

TREE REMOVAL

Paradis Landscape Construction, Tree Service, 3675 Middle Road, Sidney, 547-4867

WINDOWS

Hammond Lumber Company, at 21 locations: Auburn, Bangor, Bar Harbor, Belfast, Belgrade, Blue Hill, Boothbay Harbor, Brunswick, Bucksport, Calais, Camden, Cherryfield, Damariscotta, Ellsworth, Fairfield, Farmington, Greenville, Machias, Portland, Rockland, Skowhegan, 1-866-HAMMOND, www.hammondlumber.com

WINE AND SPIRITS

Tree Spirits, 152 Fairfield Street, Route 23, Oakland, 861-2723 or 465-3007, www.treespiritsofmaine.com



Changes?

Updates?

New contact information?

Please let us know...

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or

ebelnews@earthlink.net



Wildness Within Wildness Without

by Martha F. Barkley

"Exploring Maine's Thoreau-Wabanaki Trail", three different years in fact, is a huge photo coffee table size paperback that holds center stage in our living room here on Great Pond and in SC as well. Both homes show off the cover photo of a lone canoe paddler heading towards Mount Katahdin during a pastel sunrise or sunset. It steals the show on our Charleston marble top coffee table and our Marsden furniture that came with our old camp by the lake.

Bridget Besaw is the gifted photographer and Bill McKibben writes the Foreword in this very exquisite publication by Besaw and sold in Patagonia retail stores. Our son Matthew sent us this special Christmas gift from CA. Matthew has opened my eyes to the terrific outdoor books published by Patagonia and other prize-winning books sold on site at these clothing shops for outdoor ventures.

I discovered an old DownEast Magazine that told the story of Yvon Chouinard, founder of Patagonia and raised in Lewiston, Maine for nine years before his family moved to CA. Yes, this fast-growing business that honors environmental issues worldwide, has its roots in Maine. President Trump has even been sued by Patagonia over the Bears Ears National Monument land preservation and the current changes.

No doubt about it, this book will catch your eye. "This book is dedicated to the Wabanaki people, in whose footsteps Henry David Thoreau followed. May the wisdom of the trail inspire many more thoughtful travelers."

My husband Frank and I ventured to Greenville several summers ago. We found a motel and planned on taking the Katahdin steamer the next day on Moosehead Lake, enormous in size. We found a little restaurant



with deliciously served fresh fish, so many meals there between walking the small town and after our voyage which took most of the day but covered less than half the lake.

A monument near the lake honored Henry David Thoreau, a beautiful sculpture. His three routes all converge at Bangor and Greenville. We boarded the steamer on the shorter tour that went almost to Mount Kineo, within sight before our tour returned to Greenville. Everywhere the shoreline looked undeveloped and natural in the

great vastness of Moosehead.

Acquaintances at that favorite eating place in Greenville had spent their day in a canoe on a moose hunt. They found one with the help of their expert guide. Photos shared.

On Walden Pond is the book many of us read. Thoreau's experiment for a little more than two years in the woods where his small, one room house actually had occasional visitors. He was not too far from town, but he tried to isolate and wrote about this self-imposed experience.

Seems to me that these long travels so carefully documented in the North Woods of Maine are more of an experience of being "away" than his famous classic On Walden Pond. 1846, '53 and '57 routes reveal lengthy paths between villages and water routes of note.

Both Bangor and Greenville are the southern towns, parts of the great loop passages Thoreau returned to and branched out from. The campsites of the 1857 trail, his third exploration, is the most extensive, as far north as Eagle and Chamberlain Lakes.

Just studying the various maps and relating it to our small venture on the steamer, I wonder how Thoreau accomplished these three trails, even the shorter ones seem ever so long. Dates are superimposed on one map so you can understand the time it took Thoreau to explore.

"[T]he wilderness that worried him most was the one inside, the most polluted by constant contact with a world where only man was present...The woods of Maine...is a place to start turning this around. This new trail will be haunted by...loon call and bear-scat."

Thoreau writes, "It is the lighting up of the mist by the sun."

Tom Slayton explains that Penobscot guides helped Thoreau in the 1850s. "The routes they followed are part of a much larger system of primeval waterways used by Native American peoples for thousands of years, both before Thoreau's journeys in the 1840s and 1850s and since".

This 2008 coffee table gem is also supplemented by a wonderful 2015 biography, The Queen Bee, the story of Roxanne Quimby, founder of The Burt's Bees business and giver of Maine land for monument and national park preservation.

Our Belgrade Public Library Book Group read and discussed this fine biography by Phyllis Austen, reviewed in Summertime a couple of years ago. A Maine author of accomplishment telling a comprehensive life story of an extremely successful Maine business woman who has chosen to buy up natural lands for preservation, for public use.

"The photographic documentation of the trail(s), with its culmination as traveling exhibit and book, would not have been possible without the vision and generosity of Roxanne Quimby. Roxanne recognizes the importance of protecting our wilderness areas for their value as places that nurture our hearts, minds and bodies...I am thankful for this opportunity to grow creatively and spiritually while photographing these beautiful areas of Maine".

On line I found this precious book priced at \$150, but of course, you can buy used copies for less. Come visit and look at my copy.

Other gifted writers within this photo book are: Neil Rolde, Maine Historian; Reuben "Butch" Phillips, Elder, Penobscot Indian Nation; Jennifer Barton, Project Coordinator, Maine Woods Forever Cherwonki Trip Leader; Garrett Conover, Maine Wilderness Guide, North Woods Ways; and Alan Hutchinson, Executive Director, Forest Society of Maine.

A feast of a read with many On Walden Pond selections, too. The photos are full of Maine North Woods wonder explored and documented by H. D. Thoreau, writer extraordinaire.



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W GARDINER - Lakefront retreat at the end of a point. Spectacular setting w/lots of privacy, south and west facing/sun and sunsets, over 800' water frontage/beach area. Custom, quality built, contemporary cape home, attached 2 car garage w/separate guest/living space (4th BR) w/kitch & BA over the detached 2 car garage/storage bldg. Open interior, 10' ceilings, tile w/radiant floor heat. Lg kitchen w/ island, DA opens to cedar screened porch, oversized LR w/lots of glass, angled walls & impressive curved stairway. 2nd floor BDS w/cathedral ceilings, oversized windows & hardwood floors. Amazing cathedral master BR w/lots of glass, lovely BA, sitting area, woodstove, small deck, walk in closet. Additional waterfront buildable land available. **MLS #1405662 \$1,495,000**

BOOTHBAY - Attractive cape cod style home in this newer neighborhood. Close to Boothbay Harbor Village and Maine Botanical Gardens. Spacious kitchen and LR w/gas fireplace, 2 BR, full BA. 2nd floor can easily be finished. Full daylight walk out basement. Large backyard deck. All offers must be made through the homepath online offer systems at: www.homepath.com **MLS #1459808 \$212,000**

FAIRFIELD - A rare find in this current real estate market, a 4 BR, 1 and a 1/2 BA house in a lovely location. Many updates include newer roof, new kitchen and some new flooring. **MLS #1459549 \$135,000**

MT VERNON - Very well-maintained waterfront home on beautiful Belgrade Stream. Nature lovers and kayakers take notice. Home sits on the shore of lovely Belgrade Stream. Large glassed-in year-round porch. 1 BR on main floor & 2 more BRS in the finished basement. Large windows in basement let in tons of natural sunlight! Open floor plan on the main floor w/stunning waterfront views. Also included is a large 2 bay garage w/potential to finish 2nd floor. Home priced well below the town assessed value. **MLS #1453753 \$204,900**

WINSLOW - Charming 2 BR, 1 BA home. Eat-in kitchen w/DR & LR. Upstairs includes the 2 BR. Mudroom upon entry. Freshly painted interior. 1 car detached garage. Back covered porch overlooks a lovely back yard. Affordable living here! **MLS #1459737 \$90,000**

AUGUSTA - Large 3.5 ac lot, 125' of road frontage, reasonably flat lot that abuts the Interstate 95, very high daily traffic count. Located near F.W. Webb, Augusta Tool Rental, Maine Commercial Tire, State DOT Building. Good development site with lots of possibilities. There is a colonial style house w/breezeway, 1 car garage, 3BR, 1.5BA, 1,318 SF, full basement, in decent condition. **MLS #1239435 \$199,900**

WINTHROP - 2 BR ranch w/1 BR apartment above FR. Open kitchen/LR/DR plus a sunroom & FR. Apartment w/ separate entrance, one BR, LR, kitchen, and bath and would be ideal for a relative or as a rental unit. Large paved parking area, outbuilding for storage and nicely landscaped. Unique offering! **MLS #1450671 \$220,000**



— Real Estate Update —

It's A Good Time To Sell



Prices are up. Buyers are plentiful...and very interested. It's a good market. It's a good time to sell.

It's a good time to sell because the recent stay-at-home guidelines have been a thought-changer. New paths and lifestyle choices that seemed in the distant future have come into focus: downsizing, retirement, mobility, trying a new location, moving closer to family, even wanting to pass the experience to a new, excited family.

It's a good time to sell because travel restrictions are being lifted, area real estate brokers have a good handle on what buyers want and this unusually beautiful summer will be your agent.

Maine DEP Deems CBI Essential

The great news this Spring from the Maine Dept. of Environmental Protection is that Courtesy Boat Inspections are considered essential. That means North Pond and indeed all the Belgrade Lakes can continue to prevent the spread of invasive aquatic plants and animals that may hitchhike on boats, trailers, fishing equipment as well as canoes and kayaks. New rules have been implemented to help protect our CBIs and the boaters from spreading Covid-19. CBIs are asked to wear masks and practice 6 feet social distancing when approaching a boater. They are instructed not to touch any part of the boat or trailer and especially avoid contact with gear inside the boat. Removing plant fragments is acceptable, but the CBIs are encouraged to ask the boater or paddler to remove the plants themselves. The use of hand sanitizer after each inspection is recommended. Handing out DEP flyers and information is no longer allowed. Instead, the NPA has a folder in the KIOSK for boaters and fishermen to pick up any materials. The porta potty at the boat launch provided by the NPA has been locked and is for use by our CBI Staff only.

Louise Proulx is the new Volunteer CBI contact for North Pond. "New" may not be the right word as Louise has been volunteering as a CBI since the program was introduced on North Pond in 2003. Back then, all CBIs were volunteers. Since then, Louise has continued to protect North and Little Ponds from invasive plants by inspecting boats at the launch, participating in Invasive Plant Patrols (IPP) and helping to fund our CBI Program by picking up redeemable cans and bottles from the NPA Bin on North Shore Drive and from the "Bottle Boat" at Tri Pond Variety. Louise even volunteered to hand pull invasive variable leaf milfoil in Great Meadow Stream after it was discovered in 2010.

The 2020 Paid CBI Weekly 60 Hour Schedule for the North Pond Public Boat Launch is: Monday through Thursday 7am - 1pm and Friday, Saturday and Sunday 7am - 7pm.

Louise is working with 7 Lakes Alliance CBI Director Amy Soper to make sure our CBIs are doing their best while staying safe. The paid CBI program will continue until Labor Day at which point the NPA hopes volunteers will continue through September. If you have any questions or you would like to Volunteer as a CBI, Louise can be reached at 362-5120 or email her at ljproux67@yahoo.com.

Reprinted from the North Pond Association 2020 Summer Newsletter



News From the L.C. Bates Museum

The museum is closed, the trails are open for visitors and there are a lot of activities for families this summer. That is the current news from the L.C. Bates Museum, Route 201, Hinckley

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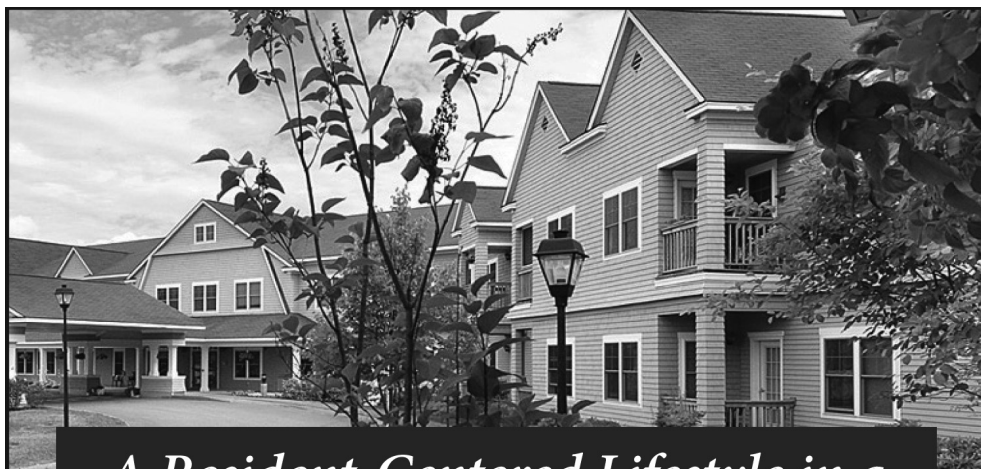
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