

Summertime in the Belgrades

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



VOLUME 22, NUMBER 11

Fall 2020: Going With The Flow

by Esther J. Perne

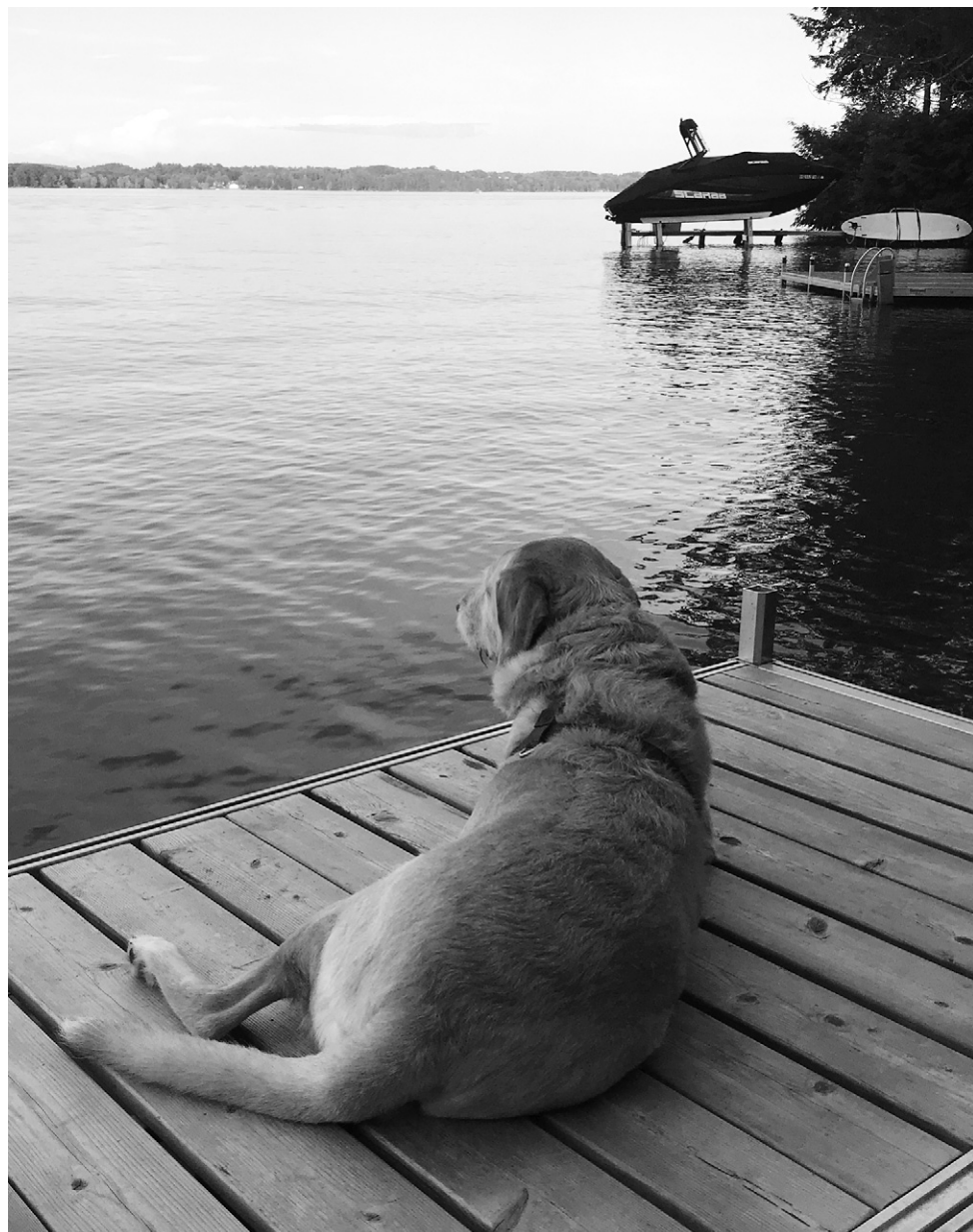
Welcome to the fall of 2020. Welcome to a beautiful time of year - clear, crisp, colorful, mellow - a wait-and-see for what the world will bring, a not too late to make up for lost adventures here. Welcome to the playground that is the whole outdoors full of lakes and trails and scenic vistas and places to pause for a nap or a snack. There is a flow to fall that in 2020 will not be changed from all the falls that have topped off beautiful summers in this region.

Fall can be a daily wondrous discovery for everyone of nature evolving, especially for those new to the season. Colors creep slowly around the lakes and across the hills. Sunny days are calm and comforting. Rain falls gently and in wild winds and downpours the adventure of a cozy indoors seems special.

Fall is the visit of a lifetime for travelers from other corners of the country, especially southern and western states who venture here for the foliage. It is unpredictable whether fewer leaf-peepers may visit here this year but it is predictable that there will be a visual feast regardless, that there will be cold snaps beyond a southerner's imagination, that the feelings of remoteness and rusticity will intensify and be totally appreciated and that the days of Indian summer will defy any attempt to define them, which is why that trip here is the trip of a lifetime.

For those who live in the region, fall is still unfailingly a flurry of preparation for winter much of which is chronicled and cheered on by daily drivers-by. There are inspiring, invigorating days for outdoor work, for shopping for bundles of provisions against impending blizzards and for projects that go on inside that the drivers-by don't see but do imagine. There will also be the language of fall, terms of the season that are bantered around - not lightly - such as studded tires, woodpile cords, plastic wrap, muck boots, neck-ups, blaze orange and a few not printable but as colorful as the turning leaves.

Fall leads forward to seasonal departures, to learning situations, to practicing of sports and this year maybe or maybe not to school. Students are already leaving summer jobs in the area, hiring signs are going up, and employers are evaluating how long they can stay open in a labor-desperate market. They will persevere, of course, and certain stores and



Cameron (here and on page 2) still enjoys fishing on North Pond regularly. Cameron does abide by social distancing too as you can see with him alone on our dock...

Photo courtesy Cindy McDermott

Continued on page 2

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Continued from page 1



restaurants will be a source for forays into town well into the holidays.

The students leaving, the leaf peepers visiting, the hard work of preparing for winter, the awesome transitions of the outside world, the simple enjoyment of daily discoveries. It's all in the fall and it's all good.



7 Lakes Alliance Water Quality Grants

by Laura Rose Day

7Lakes Alliance has three Maine DEP Clean Water Act Section 319 grants. Two grants – one for North Pond and one for Salmon Lake-McGrath Pond – are being used to fix erosion problems. The third grant supports the development of the Great Pond Management Plan which will be completed in 2020. Funds from lake associations, towns and individuals also contribute to Section 319 projects.

Soil erosion carries phosphorus into lakes, feeding algae and contributing significantly to algal blooms. North Pond has recently experienced an algal bloom; Salmon Lake-McGrath Pond does not have algal blooms to date, so the focus is on keeping algal blooms from developing. Section 319 grants help achieve erosion control that is critical to both controlling and helping prevent algal blooms.

The Great Pond Management Plan will include recommendations to reduce erosion to improve water quality. Public input is important to the Plan, and the public will have the opportunity for input in the months ahead.

Please contact 7 Lakes Alliance at info@7lakesalliance.org if you have an erosion problem, want more information about the 319 grant programs, the Youth Conservation Corps or LakeSmart Program. *Funding for these projects was provided, in part, by the U.S. Environmental Protection Agency under Section 319 of the Clean Water Act. Section 319 grants are administered by the Maine Department of Environmental Protection in partnership with EPA.*



...continued from page 5



Miles Moore with sunfish.

grandson, Miles, caught several fish off the Tracy Cove swim dock. You can tell by his smile that he enjoyed it. His parents and grandparents were smiling just as much.

It is hard to believe that this is the final issue of "Summertime in the Belgrades" for this year. I hope this column has inspired some of you to get out and explore the outdoor recreation opportunities the region has to offer and I hope you took a kid or two along. Until next year, I encourage everyone to "Take it Outside." For those of you who will be around for the winter, I encourage you to join me on the local trails on snowshoes or skis. Carpe skiem!



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End of Season Letter



Dear Readers:

You did it readers! All of you. You got through the summer of 2020 pretty darn well, you hugged the outdoors, you kept your distance, you wore masks, you read *Summertime in the Belgrades*, and we thank you.

Our columnists did it and we thank them. They kept the columns coming, they kept everyone informed and entertained, they provided dozens of tips on how to partake and profit from the great outdoors from childhood shenanigans (Rod Johnson) to reading great books on the dock (Martha Barkley) to hiking, boating, fishing, greeting guests and inviting everyone else to enjoy the outdoors - with kids - every single day (Pete Kallin) to tips about conservation (Dale Finseth) to the fractional facts and enthusiastic loon observations of dam keeping (Dick Greenan).

We also thank the many individuals, associations, trusts, friends and organizations who work with so much dedication to promote the protection and preservation of this very beautiful, very special region of the world.

Most of all we thank our advertisers for keeping us afloat, for endorsing *Summertime*, for encouraging and appreciating our promotion of the region. You are all great and special and ever so flexible and innovative with the cautions and precautions of Covid-19.

As always thanks is due our staff who work so hard while juggling other lives and to our young troopers, Ethan and Corey, who live the *Summertime* life.

Don't forget fall and winter are full of opportunities for outdoor recreation and sports, strolling along the sidewalks of historic downtowns or simply sitting outside.

Always remember masks.

The Summertime crew: Esther, Corey, Ethan, Michael, Gregor



Summertime in the Belgrades

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Colby on the Kennebec: Campus Life in the 1880s

By Gregor Smith

Three weeks ago, we wrote about Colby College's new Arts Collaborative, the college's latest investment in downtown Waterville. Today, we look at very different era in the college's history, when the college was much smaller than it is today and well before it made its move to Mayflower Hill. This look back was inspired by the serendipitous discovery of an old Colby Oracle, the college's yearbook, from 1889.

When the Class of 1889 started at Colby four years earlier, the main campus comprised six buildings, which were clustered half a mile north of downtown Waterville between the Kennebec River and College Avenue. The yearbook stated that at the time, the campus was run down:

"The graduate of '84 remembers a back campus, devoted to swamps, alders, and ash heaps, and a front campus where walks were well nigh impassable in winter and spring; a gymnasium in which exercise was practically impossible because of lack of apparatus, and abundance of dust and urchins; and sanitary arrangements of the most primitive kind. All of these defects have been, at least in some measure, corrected."

During the class's four years, however, the back campus was cleared up and the walks repaired or rebuilt. The college spent several thousand dollars to fix up the gymnasium and stock it with new athletic equipment. It also connected campus buildings to a newly formed municipal water system and installed "water closets" (toilets) in one of the dormitories.

In 1885, the college bought and renovated the house of a former professor for use as Ladies' Hall, its first dormitory for women. The house was at 31 College Avenue, where the U.S. Post Office now stands. Until Ladies' Hall opened, the college's few female students roomed with faculty or townfolk, as the two previously existing dormitories, Chaplin Hall and South College, were for men only.

And in April of 1889, Col. R.C. Shannon, Class of 1862, announced his gift of \$15,000 to the college to build a Physical Laboratory and Observatory, which was sorely needed as the existing facilities for physics and astronomy in other build-

ings were badly overcrowded.

At that time, tuition was \$45 per year and room rental, \$12. The total cost for a year at the college, including "board, washing, fuel, and lights" ranged from \$225 to \$275. The college did offer several merit awards of \$25 or \$50 each, as well as scholarships averaging \$50/year for needy students.

Instead of semesters, the academic year had three unequal trimesters, of 12, 10, and 14 weeks, respectively, with a week off between the first and second trimesters and six weeks between the second and third. The academic year began the first Wednesday of September and ran through the first week of July, when commencement was held. (In 1998, commencement fell on July 4.)

The class of 1889 comprised fifteen men and two women. Although Colby enrolled its first female student, Mary Low, in 1871, making it the first previously all-male college in New England to admit women, by the end of the 1880s, the student body was still overwhelming male. In the '88-'89 academic year, only 19 out of 134 students in all four classes were female, 10 of them freshmen.

The yearbook gives incredibly detailed statistics for each member of the senior class, including height, weight, hat size, shoe size, collar size, age at graduation, political and religious affiliations, and expected future career. A few highlights:

On average, the students were older than today's graduates, with their average age at graduation being 23 years, 4 months. The oldest was 28 years and the youngest, 20 years, 3 months.

For careers, the class included four prospective teachers, four future clergymen, three would-be businessmen, one doctor, one lawyer, one "sporting man," and three who were undecided.

In politics, all 17, including those not eligible to vote, were members of or sympathizers to the Republican Party. On the two hot-button political issues of the day, the tallies were 8-9 against Prohibition and 14-3 against women's suffrage. (Curiously, the two women split on the suffrage question, one for and one against.)

By religion, the class comprised nine Baptists, four Congregationalists, two Episcopalians, one Universalist and one Unitarian. That Baptists held the majority is not surprising, as the college was founded in 1818 as a Baptist seminary. Although the Theological Department was closed after only ten years and the college re-formed as a liberal arts institution, it didn't hire its first non-Baptist faculty member until 1894 and formally retained its Baptist affiliation until the mid-20th century.

The yearbook listed a faculty of thirteen, including the college's registrar and its president, George D.B. Pepper, who besides running the college taught philosophy. The other eleven faculty taught rhetoric, Latin language and literature, Greek language and literature, "modern" languages and literature, chemistry, mathematics and art, history and economics, physics and astronomy, mineralogy and geology, rhetoric and elocution, and physical education. Note that one taught both math and art — two seemingly disparate subjects — and that rhetoric was the only subject taught by two people.

At the bottom of the page is listed a single staff member, "Samuel Osborne, Janitor." A former slave hired at Colby in 1867 as its sole custodian, his lowly title and lowly position on the page belies his significance. In his 1963 History of Colby College, Ernest Marriner devotes an entire chapter to Osborne, writing, "Samuel Osborne was more than a janitor. He was a campus policeman, unofficial guidance counselor, advisor alike to students and faculty, and above all a man of touching kindness." Osborne worked at the college for 37 years and fathered its first African American alumna, Marion Osborne, Class of 1900. In the fall of 2017, Colby president David Greene renamed the president's house on Mayflower Hill as Osborne House.

Although there was no tennis team listed, the yearbook's report on athletics noted, "Lawn tennis exceeds in interest all other games with the students in general. While only a small number can win success on the ball field, it is in the power of almost every student to become a fairly good tennis player."

The yearbook did give a roster for the football team, but the athletics report gave just one sentence to sport, stating, "Football at Colby has never been very popular, one of two unfortunate accidents having thrown it into disfavor." The report does not say what those accidents were or when they occurred.

We hope you have enjoyed this glimpse into the past. You can find a longer version of this article at www.sumbelnews.com. We thank Rhaeto Pfister for supplying the old college yearbook that was the primary source of information for this article.



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— Take It Outside —

As I mentioned last week, Mother Nature is marching forward with her schedule, pandemic or not. Suddenly the days are getting a little shorter and I am noticing more swamp red maples beginning to turn red in the wetlands and birches turn yellow high on the hillsides. It is still quite warm during the day but the nights are growing cooler. Like the birds and squirrels, I am double checking my summer “to do” list and trying to make sure everything gets done. I am amazed at how many things are still on the list. In addition to looking for mushrooms and elderberries when I hike, I find myself keeping my eyes peeled for grouse, deer, and turkey signs. Those seasons are rapidly approaching, and last year’s venison supply is running low in the freezer. Both the loons and the bass and pike in the lakes are chasing large schools of baitfish (mostly landlocked alewives) and trying to build up fat reserves to get through the winter. Additionally, the loons with chicks are teaching their offspring how to catch their own food. When the chicks are first born, the parents chew up fish and crayfish and basically regurgitate food morsels into their chicks’ eager open mouths. The chicks grow rapidly, and the parents soon simply bring the chicks, still wriggling morsels, which the chicks grab hungrily. After a week or so of this routine, the parents simply drop the food in the water near the chicks and the chicks need to catch their food before it escapes. At the same time, the chicks are learning to dive underwater, which is a major step in evading airborne predators such as eagles. Soon the chicks are foraging for their own food alongside the parents. Over the next two months or so, the loons will molt, replacing their insulating down with feathers, and begin to learn to fly. Those chicks that learn to fly before the lake freezes over will head to the ocean for the winter and eventually return to the lake.

The local hiking trails remain quite busy. All the medical experts agree that “Taking it Outside” is the safest way to recreate this summer and many families are taking the opportunity to get out hiking. With fewer out-of-state visitors than a “normal summer,” more Maine families are exploring Maine. On a recent hike up Mount Phillip, I ran into the Dionne Family from Fort Fairfield (up in The County). Dad was working in Madison at a mill that was adding a new product line (I believe probably the former Madison Paper Industries Mill, which is now manufacturing wood fiber insulation) while the family has been renting a camp on a pond in Emden for the summer. Mom has been exploring the area with the kids and recently discovered the 7-Lakes Alliance trails. It is good to see that some new jobs are being created in Madison and good to have new visitors to our area who are hoping to move here permanently.

Other families are taking the opportunity to visit grandparents for a bit before returning to school for the fall semester. Parents and kids are learning



Dionne Family from Fort Fairfield, Aroostook County exploring Mount Phillip.

See You Next Year

by Pete Kallin

new education-related vocabulary, including “remote,” “hybrid,” “in-person,” or “home-school.” A nice visit to the lake can ease the stress a bit before heading home. My neighbors, Joel and Kathi King, had one of their daughter’s families in town for the week, swimming, boating, and fishing. Their young

Continued on page 2...



Loon parent feeding chick.



Enjoy the rest of your summer!

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Notebook

Lakewood Theater Schedule

Continues With 3 On-Stage Plays

• Lakewood Theater on Lake Wesserunett in Madison offers the following schedule for the 2020 Summer Season: Two on the Aisle Three in a Van - August 20-29, Something Fishy - September 3-20, But Why Bump Off Barnaby? - September 17-26. Times vary by day. www.lakewoodtheater.org 474-7176

Cobbossee Family Lake/Learning Adventure August 21 and 22

• The season's final Family Tadpole Patrol Adventure on the 22' pontoon boat, the Otter II, will be offered August 21 and 22. Sponsored by the Friends of the Cobbossee Watershed, the educational outing costs \$50 for up to six family members. 395-5239

Trail Running Competition at Sugarloaf August 22

• The 5th Annual Flume trail running race - a rugged backcountry foot race through the Sugarloaf Nordic Trail network - will take place in Carrabassett Valley on Saturday, August 22, 8 am-2 pm. There will be both 5K and 10K options, plus a 5K Canicross division. There will be social distancing guidelines to help keep runners safe. Space is limited, the drive there exceptionally scenic. Sugarloaf.com 237-2000

Downtown Augusta Hosts Smartini Event August 25

• Join GrowSmart Maine on Tuesday, August 25 (rain date August 26) for their first ever Smartini (21+) event. This socially distanced Covid-compliant event will take place 4-6 pm in Waterfront Park with food and a choice of one alcoholic or nonalcoholic beverage. Tickets are \$10; \$12 at the door. Patrons are encouraged to stay and explore downtown Augusta with its unique outdoor dining, sidewalk shops and impressive renovations. info@augustadowntown.com

Stuff The Bus School Supply Drive Seeks Drop-Off/Shipped Donations

• "United Way of Mid-Maine's Annual Stuff the Bus School Supply Drive will take place on Wednesday, August 19, when drive-thru donations may be dropped-off 10 am-2 pm at the Waterville Walmart. Through the end of August donations can be dropped off at the Skowhegan Regional Chamber of Commerce, Verizon stores in Skowhegan and Newport, and GRUB in Waterville. Donors may also shop the online registry and have donations shipped. Visit <https://tinyurl.com/y2mj57af> To learn more visit www.uwmm.org

VA Caregiver Support Program Resource Fair August 26

• On Wednesday, August 26, VA Maine Caregiver Support will be holding a Drive-By Resource Fair, 11 am-2 pm in Togus, Bangor, Lewiston and Saco. There will be Resource Bags for Veterans and Caregivers, promotional products and information about VA and Community Programs. 623-8411

Town of Belgrade To Host Seasonal Residents Meeting 8/27

• A special meeting to address seasonal residents' questions and concerns and hear their input will be held on Thursday, August 27 at 6 pm on Zoom. All are welcome to attend. TownofBelgrade.com/SummerMeeting. 495-2258

Colby College Museum of Art: Make a Recycled Boat

• If you haven't had a chance, spend the last bit of summer creating your own boat, inspired by the Amada installation in Hew Locke: Here's the Thing exhibition. Detailed instructions/suggestions are on the museum website but the tools are in your house and the materials are old food boxes or soda bottles, colored pieces of paper, yarn, ribbon, birchbark, even chopsticks and cargo that consists of bamboo, old sacks and canning jar lids. Have fun; build a flotilla. www.colby.edu/museum

Waterville Rocks Online: Rustic Overtones August 28

• Waterville Creates, one of Maine's leading arts and cultural organizations with a mission to promote Waterville as a vibrant destination in central Maine is pleased to announce the 5th consecutive year of Waterville Rocks! will happen thanks to a virtual Livestream Facebook concert with Rustic Overtones on August 28 at 7 pm. This free concert will be streamed live from the Waterville Opera House. www.operahouse.org

Hallowell Seeks Steward for Fire Station

• The City of Hallowell is looking for proposals for the adaptive reuse of the historic Second Street Fire Station that will preserve the historic character of the building, invigorate the downtown and protect the residential feel of the adja...

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Free Online Volunteer Training-

Contact BLA for more information and to log on!



The Long Pond Watershed Survey is a community effort to improve the water quality in Long Pond now, and for future generations.

Project partners include: BLA, 7 Lakes Alliance, Watershed Towns, Maine DEP, Lake Stewards of Maine, and Ecological Instincts

What is a Watershed?

A watershed is the area of land that drains to a waterbody. The Long Pond Watershed covers approximately 37 sq. miles of land in Belgrade, Rome, Mt. Vernon, Vienna & New Sharon. Changes to the land in a watershed can affect the water quality of the lake and all the downstream lakes as well. Long Pond receives water from upstream Great Pond, North Pond, East Pond, and Salmon Lake-McGrath Pond. Water flows out of Long Pond into Belgrade Stream, Messalonskee Lake, and to the Kennebec River and the Atlantic Ocean.

What is a Watershed Survey?

A watershed survey helps identify and prioritize current sources of soil erosion and stormwater runoff on developed land in the watershed. This includes shoreline properties, state, local and private roads, stream crossings, agriculture and forestry, and commercial properties. The last watershed survey for Long Pond was conducted in 2002. Current information is needed to develop long-term planning strategies that will improve the water quality in Long Pond, which is currently listed as an "impaired lake" in Maine due to declining water quality over time.

Watershed Survey Benefits:

- ▶ Raises public awareness about the need to protect Long Pond from stormwater runoff and soil erosion.
- ▶ Documents current problems that affect water quality.
- ▶ Provides landowners with information about how to reduce or eliminate soil erosion and polluted runoff from their property.
- ▶ Provides the means by which to acquire state and federal grants to fund future projects that will improve water quality.

Volunteers are needed for this monumental event!

For more information or to register: Contact BLA at (207) 512-5150 or email: info@BLAmaine.org.



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It's Not Easy Going Green

by Dr. Danielle Wain, Lake Science Director, 7 Lakes Alliance

Even if you don't live on North Pond, you might have heard that North Pond recently experienced a significant bloom of cyanobacteria (blue-green algae). So why did this happen?

Lakes are natural systems and algae plays a key role in maintaining the ecological health of the system. Algae are the base of the food chain – they are eaten by zooplankton, which are eaten by small fish, which are eaten by big fish. But when there are excessive nutrients (particularly phosphorus) in a lake, the algae growth can get out of control, leading to an algal bloom. When there are extended periods of hot weather, cyanobacteria in particular can thrive. Cyanobacterial blooms have the potential to be toxic, so it is key to take action to avoid these! Excessive algal blooms decrease water clarity, turn lakes green, impair recreation, habitat, and reduce property values. You can find more detailed information and resources about the impacts, prevention and management of algal blooms at www.7lakesalliance.org.

For most lakes, the primary source of phosphorus is the watershed - the surrounding land that drains into a lake or other waterbody. When it rains, some water seeps into the ground, but a lot of it runs off the surface and into the lake, bringing sediments and phosphorus with it. Phosphorus sources are different in each lake but can also come from septic systems, the atmosphere, and lake sediments that have accumulated phosphorus under certain conditions.

So what can be done about it? The old adage "An ounce of prevention is worth a pound of cure" applies here. The best way to reduce the phosphorus in your lake is to protect the shoreline from erosion and runoff. This means fixing any sites on your property where sediment might be entering the lake. Talk



North Pond algae, left foreground. Algae is hard to see in black and white photos. Visit www.7lakesalliance.org

to your lake's LakeSmart coordinator to learn how to create buffers between your property and the lake to absorb the phosphorus. Support or implement projects that prevent erosion from roads. Individuals can take many small actions to protect the lake to help avoid big, complex and expensive actions to remediate algal blooms after they happen.

In the meantime, the North Pond Association, the 7 Lakes Alliance-Colby College Water Quality Initiative, the state and others are working together to monitor various aspects of the current bloom. We are also collecting data to help determine where the phosphorus is coming from so that a management plan can be developed. For more information on this, watershed management plans for other lakes, and LakeSmart contacts, visit www.7lakesalliance.org.

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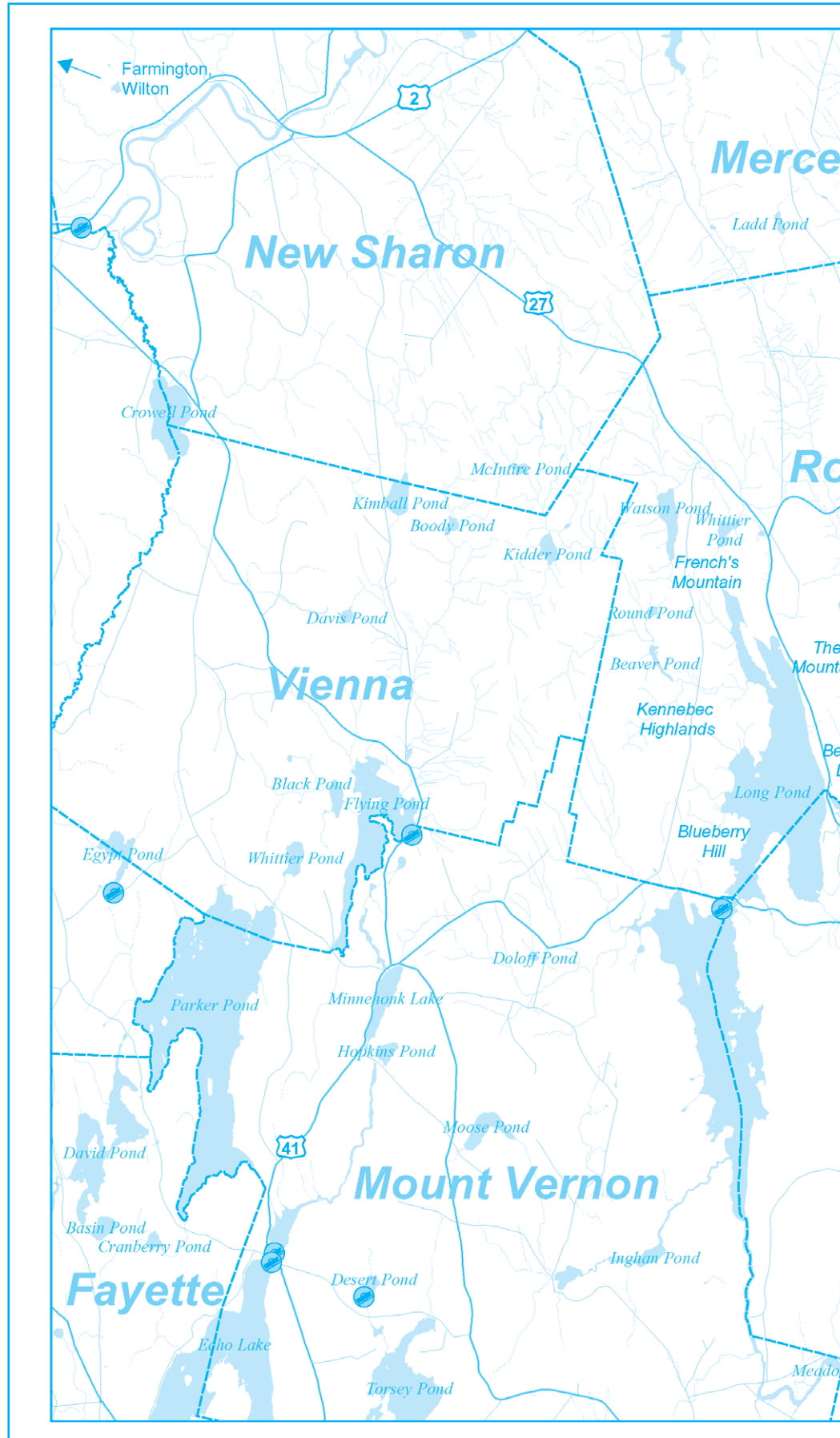
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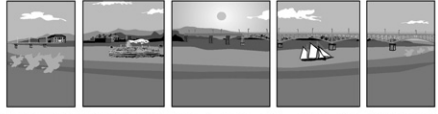
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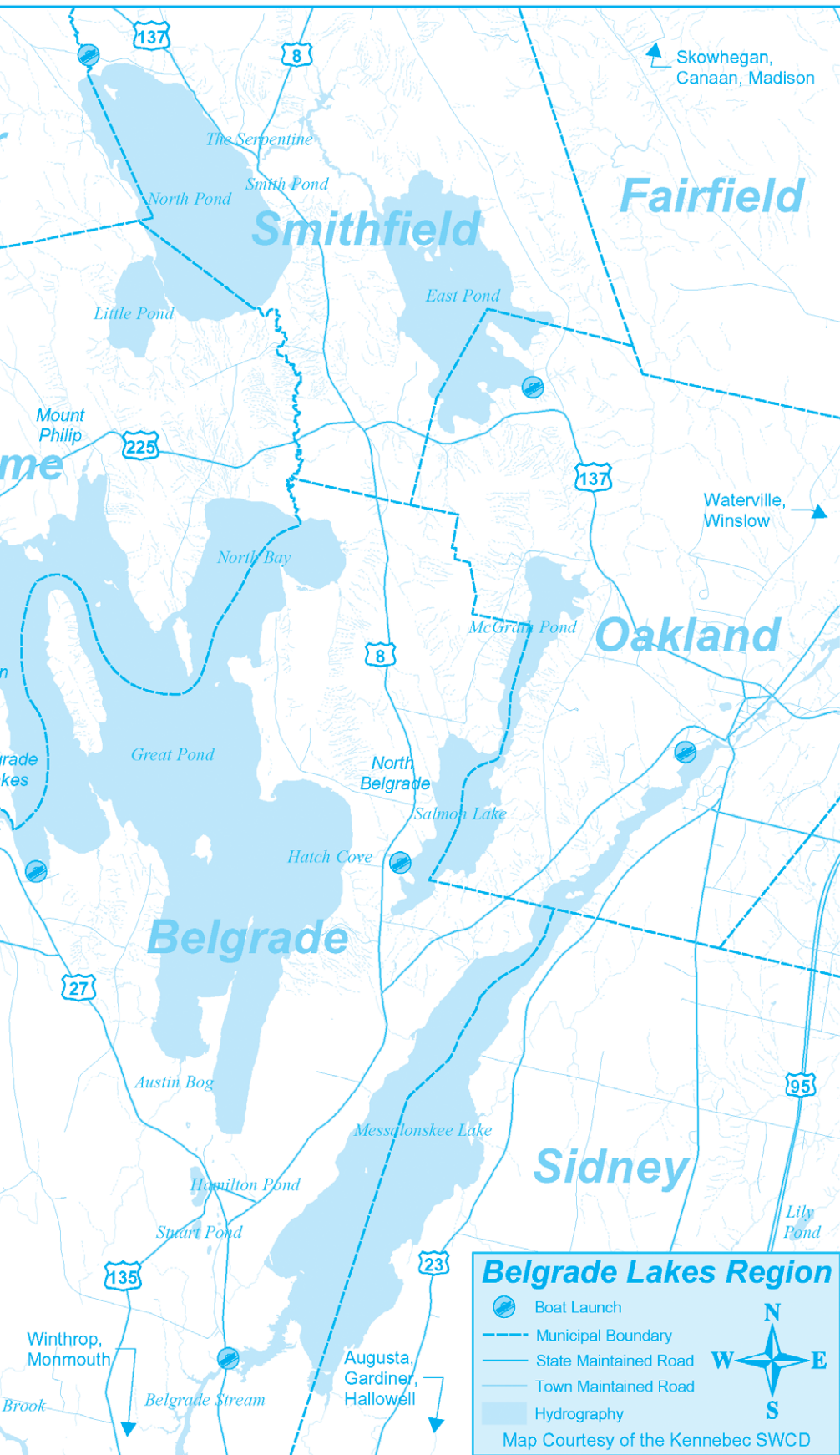
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Camp Tracy Adopt-A-Shoreline

News Articles By Laura Rose Day



Camp Tracy campers learn to identify and help protect the lakes from aquatic plant invaders with 7 Lakes Alliance

Camp Tracy, located on the waterfront of McGrath Pond in Oakland, recently adopted about a mile of shoreline, adding to a growing number of landowners in the Belgrade Lakes who have committed to surveying their shorelines for invasive aquatic plants. Adopt-A-Shoreline is a citizen-science initiative where 7 Lakes Alliance works with and trains volunteers from the community to survey their shorelines twice each summer, identify invasive aquatic plants, and share their findings with 7 Lakes Alliance.

At Camp Tracy, 7 Lakes Alliance staff shared several outdoor and environmental education lessons about the health of the Belgrade Lakes with campers of all ages. Topics included watersheds and erosion, Atlantic salmon migration, orienteering, and invasive aquatic plants among others.

After learning about invasive aquatic plants, around 30 campers ranging in ages from 9 through 14 paddled kayaks and canoes along

their "adopted" shoreline with 7 Lakes Alliance staff. They used Aquascopes and plant identification cards to survey over a mile of shoreline for invasive aquatic plants. Happily, no invasive plants were found!

"The campers were awesome and had a blast searching for invasive plants, learning about their lake, and being good lake stewards. We're grateful to Camp Tracy and all of the campers for helping protect the lake!" said Cody Pajic, 7 Lakes Alliance's Adopt-A-Shoreline Coordinator.

Through Adopt-A-Shoreline, future campers will have the opportunity to study and survey for aquatic invaders each summer, learning how to identify variable milfoil and also helping protect the lakes. These young campers will help protect the lake from invaders for years to come!

Learn more about Adopt-A-Shoreline and other ways to stop/prevent invasive plant infestations at 7lakesalliance.org, or contact Cody at adoptashoreline@7lakesalliance.org.

7 Lakes Alliance Welcomes New Erosion Control, LakeSmart Coordinator



Art in 7 Lakes Alliance Rain Garden

Are you interested in learning about LakeSmart, a program that assists and rewards landowners for voluntarily protecting water quality while improving their property? Do you want information about erosion control

programs such as the Youth Conservation Corps?

7 Lakes Alliance's newest team member, Art Grindle, can help. Art will coordinate LakeSmart efforts on Great Pond and Long Pond, provide assistance to other LakeSmart efforts in the region, and help implement watershed management efforts on Great Pond. He joins 7 Lakes from the Kennebec County Soil and Conservation District where he's been a conservationist for 14 years. A native of Bucksport, Maine, Art has an Environmental Science degree from Unity College. 7 Lakes Alliance and Belgrade Lakes Association are providing major support for the position with assistance from Maine Lakes.

Soil erosion is a leading – but largely controllable – source of phosphorus to the Belgrade Lakes. It is critical to curtail erosion to protect habitat, protect property values and address the threat that algal blooms pose to the recreational, economic and ecological health of the region. Call Art at (207) 495-6039 to learn how you can help.



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Local business, local craftsman, local ingredients and a lot of fun! In a socially-distancing time when tasting rooms and bars have been categorized together and have yet to be able to re-open due to Covid-19 precautions, Tree Spirits in Oakland has been successfully offering tastings all summeroutdoors.

The small (one man does it all) winery and distillery located at 152 Fairfield Street since 2010 is the success story of Bruce Olson and the tastings, with state approval of the outdoor tables, continue almost as always.

Although tables are appropriately distanced, masks are required, there are no tours of the production facility, there is a plastic screen between Bruce and the customers and the customers write their choices on menus that are plastic and easily cleaned, a tasting remains a much-appreciated opportunity to go out.

Following a short talk about the business by Bruce, the sampling begins. A \$5 tasting menu includes 5 choices of products that feature apple, pear and maple picnic wines, sparkling wines and brandies (absinthe costs a dollar more) and customers keep the glass.

Significantly, the taste is local: the apples and pears that go into the products are from the Apple Farm in Fairfield and the maple syrup is from the Bacon Farm in Sidney.

Following the tasting, customers may purchase the Tree Spirits products, which incidentally make great gifts. People have been buying a lot more this season, Bruce explains. He also points out that a lot more locals, people who have been driving by for years, are stopping. And, although a tasting is an adult outing, for those without a sitter, there's no law against bringing kids along - with, hopefully, something to entertain them in the car or parking lot.

Tree Spirits is open Wednesday through Saturday, noon to 5:30 pm and does not require reservations. For more information visit treespiritsofMaine.com, call 465-3007 or go take in a tasting



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

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The Dams Keeper Report

Well, Mr. Stevens reported this morning that our single Great Pond loon chick is still doing well, growing by leaps and bounds, and every day that passes, the inherent threats lessen. Great news. Long Pond continues to have just three chicks, all in the upper basin. Fortunately, the Belgrade Lakes Association has taken up the task to study our loon population to hopefully, allow us all a better understanding of this natural resource, its challenges and what the future might hold for all of us.

We are back in the drought as the only precipitation we have recorded in the past 10 days has been the .94" of rain recorded at the Wings Mill Dam from the entire Tropical Storm Isaias. But with the absence of precip, both Great and Long Ponds are fortunately holding their own at full pond, with all dam gates still closed and still covered with cobwebs! Our neighbors on Salmon and McGrath are still at 6" below full pond and could really use some rain. Snow Pond is doing somewhat better at 3" below full, but we could all still use some rain.

The repairs on the Wings Mill dam have finally begun as of this morning. The floating cofferdam to deter the water flow while they do the reconstruction has been placed and will take several hours to fill with water. If you drive by the Wings Mill Dam (at the only bridge on the Wings Mill Road, Belgrade), you will see the 100' x 8' x 17' black nylon cofferdam in place in addition to a floating particulate boom structure below the dam to contain any debris which has been disturbed in addition to preventing any of the invasive variable leaf milfoil from Belgrade Stream making its way back to the dam via wind or whatever mode. The first part of the reconstruction should be completed by September 30th with the remainder finalized early in 2021.

Your Dams Committee wishes to Thank All for your continued support of all of our dams projects. Like all of our feathered friends, our Dams are a 'natural' resource to be protected.

Enjoy the family, your vacation and this incredibly beautiful weather! Hopefully, you still have a bit more time to enjoy your escape from reality!

Dick Greenan

Secretary, Belgrade Lakes Watershed Dams Committee



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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...

mo.breault@gmail.com

or ebelnews@earthlink.net



Morning Star Wolf by Morning Star Wolf (Katherine Dodge)

by Martha F. Barkley

"Soon the trees would be adorned with all the spectacular colors of fall. It was a busy time of year in Maine. Everyone was preparing for the winter months. Grammy Mae Fox did her last canning of vegetables for winter. Grandpa Fox was getting his storm windows on the house. The farmers were getting their last crops in before a big frost."

This does not sound like a troubled or abused Morning Star Wolf, does it? She has a love for her protective grandparents throughout this tortuous tale of an unfortunate adoption. She runs to the woods for refuge and has a yearning for animals that somehow helps bring her through. "Up higher in one of the trees was [the gray squirrel's] dwelling-place, his spherical nest formed of intertwined twigs with leaves attached and lined with leaves and bark...It was wonderful to sit and watch the squirrel prepare for his winter months."

"I thought how nice it would be to be just like him, so peaceful and not a worry in the world."

Morning Star Wolf was thinking these thoughts just before her fifteenth birthday at her beloved grandparents' home next door to her locked in bedroom and wrists tied at night torture chamber of an adopted home since the age of three. This odd adoption happened to remove her from a regimented home for orphans. Unfortunately, Agnes despised Morning Star Wolf's mother and the "Indian blood" in her veins...her rage seemed irrational to most observers.

Bread and butter sandwiches were all Agnes sent to school with Katherine, her neglected adopted daughter. A third grade teacher saw the meager meal each day and provided an apple or orange to supplement a very hungry, skinny student.

When Agnes baked cookies that smelled so very good, she only allowed her son to have them and denied the "Indian savage" even a small taste. As children so often are sensitive, the little boy would secretly share a cookie that she would wolf down so no one found out.

The piano teacher was another kind person who senses Elizabeth's strain. While practicing, Agnes would scream from the kitchen. Once the spatula from the frying pan became a weapon that bloodied her fingers at the keyboard, actually breaking two. Just yesterday I discovered a colorful Cree basket on Dianne Gorman's kitchen wall. Many a piano student goes to her Belgrade home for weekly lessons and encouragement by caring parents, unlike wicked Agnes.

Lizzy, a nickname for Elizabeth, had many ups and downs, with too many downs due to the extremely abusive Agnes. In public places, security had to be called to remove Agnes. Read the story and try to imagine how you would handle each turn of events. I still wonder how Elizabeth survived and would enjoy talking to her about her life and ending up living in the beautiful Belgrade area.

I will give my copy to our Belgrade Public Library. Check it out. Just this week they are taking inter-library loans as well. By appointment to enter for half an hour, call ahead. Just knock on the library door when you arrive for curbside books or entry. Return books to outside box only for proper processing due to the virus

Author's Note:

I met the author and her husband at the Sunday Gazebo Maine Made Artisans a few weeks ago. The Cree Nation of Canada baskets were colorful and some even beaded. Her autobiography was for sale and the caring husband explained that they met at Hammond Lumber in Belgrade. Who can turn down a local romance like that?

I bought the book with a beautiful young Morning Star Wolf dressed in her Cree regalia on the cover. Quite stunning. Of course, I skipped to the end to read about their meeting while working at Hammond and their courtship. You can just picture the lovely places he took his sweetheart for meals on the coast and selecting the diamond ring, a perfect carat.



Sprague & Curtis
Real Estate

s p r a g u e a n d c u r t i s . c o m

6 2 3 . 1 1 2 3

75 Western Ave. • Augusta, ME

PALERMO - Beautifully maintained farmhouse on 90 +/- acres. This incredible home includes 3 BR and 2 BA, kitchen w/cherry cabinetry, updated appliances, a library, LR, office, a large great room w/cathedral ceilings. First floor master suite w/BA. Upstairs w/2 BR, sitting room, separate bathroom. First floor laundry. Screened-in porch to enjoy wildlife and your very own spring fed pond. Two car detached garage. New furnace and wood burning furnace both in 2016.
MLS #1464206 \$399,000

AUGUSTA - This 4 BR, 2 BA home is turn-key! Brand new kitchen w/stainless steel appliances. First floor master BR & BA. Beautifully refinished hardwood flooring and trim-work maintain the original character of the home. Energy efficient w/vinyl replacement windows and blown-in insulation. New furnace and hot water heater. Walk-out basement. MLS #1464094 \$185,000

AUGUSTA - Wonderful neighborhood, terrific family home, convenient east side Augusta location. A lovely 4 BR Mayfair Colonial. Open kitchen / dining / LR / FR - fireplace w/propane insert, built-ins and a box bay window. Glass doors to a private yard w/patio area, 18' x 36' inground pool. 4 BR up, hardwood floors throughout, lower level rec room w/kitchenette, oversized lot, attached 2 car. Even a laundry chute. Vinyl siding, updated windows, new roof shingles, more. MLS #1464150 \$299,000

WATERVILLE - Sweet Cape in a lovely neighborhood. Spacious kitchen, Dining room and large living room. First floor bedroom and two upstairs. Very well cared for home inside and out. Come see for yourself. MLS #1464281 \$140,000

BOOTHBAY HARBOR - Unobstructed panoramic westerly views of Boothbay Harbor from this front row, one owner condo. Recent updates include stainless steel appliances, flooring & monitor heating system. Relax and watch the gorgeous sunsets, boating activity, fireworks over the harbor and the large Windjammers coming into the harbor under full sail. Walk to the marina for your easy boat access. 2 parking spaces, walking distance to foot bridge & downtown! MLS#1464315 \$259,900

WINTHROP - Top Quality home to be built. One story with attached two car garage. Neighborhood with cul-de-sac. Multiple house plans available or bring your own.
MLS #1445324 \$215,000

AUGUSTA - Large 3.5 acre lot, 125 feet 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 #1239429 \$199,900

WEST GARDINER - Lovely cape on a beautiful 1.87 acre, landscaped lot. The home features hardwood floors, and LR w/stone fireplace. Separate DR and country kitchen with tile floor & lots of natural light. 1st floor offers BA & BR. Two more spacious bedrooms up, and an extra room. A one car garage with a storage room, has a screened room in the back with access to the nice backyard. Easy commute to I95. MLS #1464590 \$195,000

Caregiver Support Program Resource Fair

August 26, 2020
11AM-2PM

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- Join us for our Drive-By Resource Fair!
- 4 Locations Throughout Maine
- Resource Bags for Veterans and Caregivers
- Promotional Products
- Information About VA and Community Programs

Lewiston CBOC

15 Challenger Drive
Lewiston, ME 04240

Saco CBOC

655 Main Street
Saco, ME 04072

Bangor CBOC

35 State Hospital Street
Bangor, ME 04401

Togus VAMC

1 VA Center
Augusta, ME 04330

For more information, contact the VA Maine Caregiver Support Office
(207) 623-8411 Ext. 5906



— Real Estate Update — There's A Reason For Off-Season



Purpose and Connection

As things slowly reopen and people start venturing to places other than the local grocery store, we find ourselves adjusting to a new normal and spending more time at home than we have in the past. It might seem like you've watched every TV show and read every book on the shelf, so now what?

We asked Program Directors at all Northbridge communities, including Dawn Cerullo at Granite Hill Estates, to share fun projects they've incorporated into daily life at their senior living communities. We've picked just a few to share with you. These projects are fun and easy to recreate in your own home!

1. Watercolor painting: Most people don't realize how much they enjoy creating art until they have the time to really experiment with it. Try purchasing some watercolor paint, paint brushes and paper to create your own masterpiece! Programmer tip: watercolor pencils work great and are nice for those just starting out!

2. Painted Rocks: all you need for this project is acrylic paint, posca pens, and a few inspirational quotes! To start, take a nice outdoor walk, collecting medium-sized rocks along the way. Paint your collected rocks and let the acrylic paint dry, then write your fun and inspirational messages on the rocks. The last step is to take another walk leaving your rocks along the way for others to read and enjoy.

3. A Daily Jot: keep a daily journal and if you feel like it, invite other friends or family to keep one along with you. You can pick topics to write about and share your entries with each other. Granite Hill Estates Program Director, Dawn, asks her residents to contemplate these 6 daily questions: What am I grateful for today? Who am I checking in on, or connecting with today? What expectations of "normal" am I letting go of today? How am I getting outside today? How am I moving my body today? What beauty am I creating, cultivating, or inviting in today?

If you are keeping a journal at home, you can answer these questions as part of your daily jot!

4. Baking: one of our favorite signature programs at Northbridge is Memory Making Baking. Memory Making Baking involves using nostalgic smells and tastes to bring to life pleasant memories and emotions from the past. This can be as simple as cookies or as complex as blueberry crumble. It's not so much the food that you're making but the memories you have attached to the dish. Never underestimate the power of a simple chocolate chip cookie!

Keeping your mind active and engaged is just as important as keeping your body active and engaged as you age. After retiring, finding projects that engage us and make us feel a sense of purpose are vital. Everyone needs to feel a connection to the larger society. Projects like painting rocks to spread joy to others and daily jots to stay connected with friends and family give us purpose and connection.

For more information about the creative and wonderful way of life at Granite Hill Estates contact Steve Roy at 207.626.7786 or email SRoy@granitehillestates.com



Off-season in central Maine is when summer isn't. It's when the whole outdoor world is a burst of brilliant color or wrapped in white or coming to life in shades of green.

Fall sports or snow sports or even thawing spring sports beckon, hot drinks and cozy camps are the reward and dreams and plans for the next summer abound.

Off-season is when no matter where you are summer isn't far...nor is owning a place on a lake or a hillside or in a quiet community. Off-season is a good time to shop for property in your mind, online or during an off-season market tour.

Off-season is also a good time to put current property ownership into perspective. It's a good time to sell.



Call 495-3777 to advertise in Summertime in the Belgrades

...Notebook continued from page 6 cent neighborhood.

The building was conveyed to the City in 1828, served as town hall until 1899, was a fire station from February 1900 until 2018 and is currently used by the local food bank and a local artist. It is ready for its next 100+ years. Interested parties can learn more at hallowell.gov/office.com, 623-4021.



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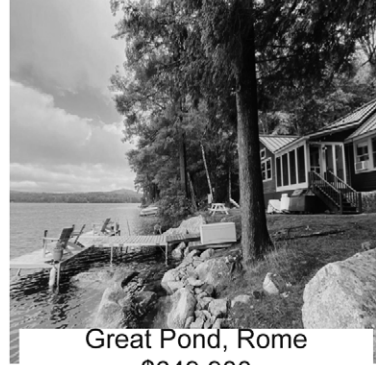
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Belgrade Lakes Region Real Estate Market Update

We have all experienced a summer different than any before. As a result, our local towns, businesses, visitors and locals have adapted to try and bring a sense of normalcy to everyday life in the Belgrades.

The real estate market has reacted with a high demand for lakefront properties.



Great Pond, Rome
 \$649,900

Here's a quick look at what our market has seen since May 1:

**57 Lakefront Properties Sold
 50% More than 2019
 40% Increase in Property Values
 Only 25 Average days on Market**

This is a market our area has never experienced. This demand, and historically low mortgage rates make this a great time to sell your waterfront property.



Belgrade Lakes Village
 Long Pond | \$747,000

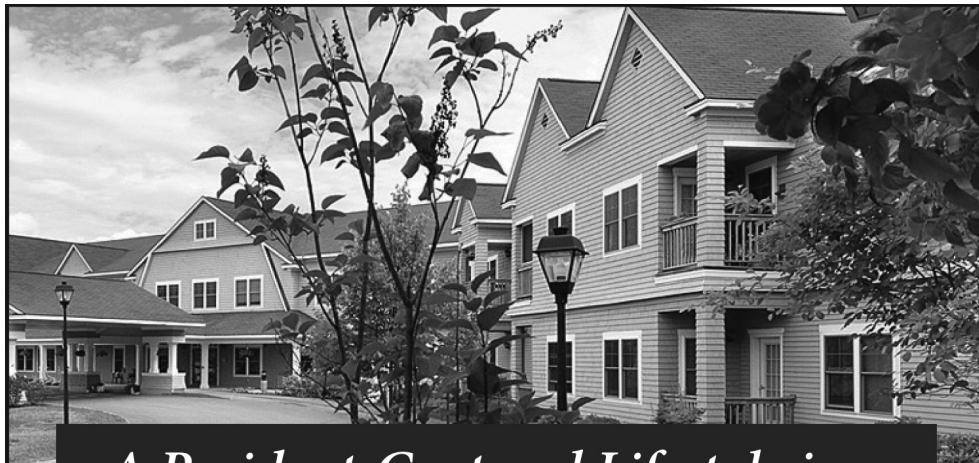
If you're thinking about selling, wondering what your property is worth, or just want to understand the market better, give us a call.

No obligation, completely confidential.

We are local. We are experienced.

We look forward to helping our community through these times.

Lakepoint REAL ESTATE
 (207) 495-3700
 221 Main Street, Belgrade Lakes



A Resident-Centered Lifestyle in a Classic Maine Village

Granite Hill Estates residents enjoy easy access to fabulous dining, arts and entertainment, shopping and outdoor activities. Our campus offers the privacy of your own cottage or apartment with all the benefits and amenities of a full-service community!

Best of all, there is always a helping hand, should the need arise.

GRANITE HILL ESTATES

A Northbridge Senior Living Community

Cottage Homes, Independent Living,
 Assisted Living & Memory Care

60 Balsam Drive | Hallowell, ME | 207.626.7786

GraniteHillEstates.com

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