

Summertime in the Belgrades

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

VOLUME 23, NUMBER 1



2021: When Summer Lies Ahead

by Esther J. Perne

When summer lies ahead, when the days are light and inviting, when the outdoors calls and when the setting is simpler, saner, safer - can fun be far behind?

Can there be any excuse good enough, strong enough, long enough to not join in the enjoyment of a summer outing - a visit to a lake or park, a trail, a scenic overview, a sunset, relaxation on a dock, deck, balcony or porch?

When summer reigns, clues to getting out and about, to enjoying the season are everywhere? Canoes sail down roads - on top of vehicles; bicyclists hug the shoulders in tight synchronous convoys; roadways in all directions reveal

As summer immerses this unique area in beauty, opportunity and activity, our appreciation and thanks go out to the uncountable and unsung legions of professionals, volunteers and community members in the region and statewide who in response to the COVID-19 pandemic have made and continue to make possible a 2021 season that holds possibilities and promises of laughter and lightheartedness, recreation and outings, group gatherings and social functions and quiet, peaceful, reflective times. Thanks to all the State's administrators and decision-makers, health care workers and medical clinicians, emergency responders and transportation facilitators, frontline caregivers and back-of-the-scenes maintenance crews, food pantry coordinators, food providers, business owners, restaurant and food store employees, community groups and associations anyone inadvertently not mentioned. Thank you to Maine's many ordinary, hard-working, caring residents who collectively contributed to the good health of the State. And above all, special thanks to our adaptable, hopeful, inspiring children - our future.

visual feasts of open waters and wooded hills; athletes exercise and pedestrians stroll along the edges of streets and byways (please drive carefully!); and children happily demonstrate time and again how amazing and amusing playgrounds and swim areas can be.

When greenery, gardens and undergrowth take over, small town lifestyles and activities do, too, with ball parks hosting games and practices...spectators lugging lawn chairs...anglers casting from bridges and dams...boats traveling across lakes... kayaks hugging shorelines.. seasonal businesses re-opening...and lines, long lines, of

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adults, dogs, youngsters, seniors surrounding ice cream stands.

What flavor will it be? One of those Maine-named originals or an old standby? When summer lies ahead so does the possibility of sampling them all. That’s a double dare!!

When summer lies ahead it’s great to go back - way back to the lifestyle patterns and traditions and legacies of previous generations or just back to yesterday to a first-time stopover that will turn into many returns, many homecomings.

Homecoming is the hallmark of summer whether it’s the return to a vacation house or camp - a category for which Maine ranks number one in the nation; day visits to lakes and waterways (access users compose one-third of Maine’s annual lake visitors); or the social or celebration visits by extended family, friends, friends of friends or just acquaintances - too numerous and spontaneous to quantify.

Will there will be a going back to a year ago’s concerns and cautions and precautions over COVID-19? A plan proven is already in place. It prescribes: take to the trails, the lakes, the bikes, the watercraft, take up gardening, yardscaping, wood stacking, dine outdoors, take take-outs to scenic parks and shady picnic tables and take strolls along quiet back roads. Above all, take the family, the children, the dog and those guests along.

When summer lies ahead, time is a trickster. It



has it ways of re-starting with the turn of a key in a long unturned lock, with a greeting from fresh breezes and whitecap-force winds, with the sound of a motor boat crossing a cove or a loon calling for rain or the excited voices of children heading to the water.

Most of all summer re-starts with Nature’s revealing great marvels of perseverance, re-starts with each opportunity for humans to help: to brake for turtles, turkeys and deer, to allow ducklings and goslings to cross the road, to become a no-wake boater near shorelines, to fight invasive plants and polluting run-off

All the season is a trickster, too. Today, the second half of June stretches long ahead. Tomorrow,

there are the promising days of July, then August. September is a great, glorious waiting secret. And Indian summer, or summers as the trend usually is, are the best late great demonstration of it’s not over until it’s over. There’s almost always one more idyllic day of good weather, of adventure, of outings ahead.

When summer lies ahead, good, wholesome, family-oriented, healthy fun (solo fun, too) is sure to follow. A day off, a weekend, a week are encouraged. Isn’t it about time to learn to bait a hook, examine without fear what lives under rocks, park the car and walk, walk, walk and stay outdoors as much as possible?

Summer lies ahead, go for it!



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Welcome Letter



Dear Readers:

Welcome to the summer of 2021 - to the good times, the traditions and the memories that the season and the region offer and to *Summertime in the Belgrades* - the weekly connection to this beautiful central Maine area for vacationers, visitors and residents.

The first issue of *Summertime in the Belgrades* each season is greeted at our many delivery stops with "now we know summer is here" and it is - a new summer full of hope and anticipation, outings and adventure, peacefulness and escape.

When *Summertime in the Belgrades* announced its start-up as the Belgrade Lakes Guide 3 decades ago we were frequently asked how can you find enough to write about? The question we have most frequently asked ourselves is how will we fit everything in?

Like the ever-changing Maine weather the contents of *Summertime in the Belgrades* have been ever changing, too, with some seasons so full of events that we couldn’t include them all and some seasons - like a year ago - when the lakes, the trails, the quaint Main Streets and the quiet family outings have claimed every page.

Predictions are that the summer of 2021 will offer an intriguing balance....and we are ready.

Our familiar weekly columns will be back, covering news, history, conservation, recreation, books, the state of the lakes and - new this summer - a chronicle of our beloved loons. Our reporting on events - updated, adapted, streamlined and reintroduced as they might be - will be part of every issue, too.

Welcome to summer and welcome to the pages of *Summertime in the Belgrades*.

The *Summertime in the Belgrades* staff.
Esther, Michael, Gregor, Corey and Ethan



Summertime in the Belgrades

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— Calendar —

Welcome to the weekly chronicle of what's up, i.e. the Belgrade Lakes region - plus Calendar of Events.

The 2021 Calendar of Events is an event in itself as activities and outings are changing daily, new events are being added daily, some events are pending, some are scheduled for 2022 and some are being replaced. Be prepared to confirm an event in advance, to follow the guidelines of a specific event and to expect change. For some, tickets are non-refundable; some venues are requiring masking and social distancing; some will take only cash; some will not take cash. All of them offer the reward of scenic routes along the way and other sights and sites to enjoy.

Please let us know of any changes, additions, cancellations and corrections concerning this season's events. Enjoy those outings.

Thursday 6/10 and every Thursday - Downtown Waterville Farmers Market, 3-7 pm, Head of Falls and Riverwalk, Waterville.

Thursday 6/10 through Sunday 6/13 - "But Why Bump Off Barnaby?" murder mystery, 474-7176, Lakewood Summer Theater, Route 201, Madison.

Friday 6/11 - Birding Walk with Skowhegan Outdoors, pre-register 612-2571, 8-10 am, Yankee Woodlot Demonstration Forest, 7 County Drive, Skowhegan.

Saturday 6/12 - Yard Sale to benefit Friends of the Belgrade Public Library, 495-3508, 8 am-1 pm, Day's Real Estate, Route 27, Belgrade.

Saturday 6/12 - Wild Foraging Workshop with Tom Seymore - naturalist, outdoorsman and author, 612-1571 to register, Yankee Woodlot Demonstration Forest, 7 County Drive, Skowhegan.

Saturday 6/12 - The Sandy River Ramblers, Lakeside Orchards, bring lawn chairs and snacks, store will be open, \$12, under 12 free, 6-8 pm, Route 17, Manchester.

Saturday 6/12 - Maine Squeeze, ArtsFarmington, 6:30 pm, 778-5074, six-member accordion ensemble, Outdoors at Titcomb Ski Lodge, Morrison Hill Road, West Farmington.

Sunday 6/13 and every Sunday - Belgrade Lakes Farmers Market, 9 am-2 pm, 7 Lakes Alliance, Main Street, Belgrade Lakes.

Wednesday 6/16 and every Wednesday - Fast Eddie's Drive-In Weekly Cruise-In, 377-5550, 5-8 pm, live music, 50/50 raffle, food and ice cream specials, Route 202, Winthrop.

Wednesday 6/16 and every Wednesday - Dutch Treat Weekly Cruise-Ins, 645-2145, 5:30-7:30 pm, Route 2, Wilton.

Thursday 6/17 and every Thursday - Outdoor Storytime

495-3508, 11 am, Belgrade Public Library, Depot Road, Belgrade.

Thursday 6/17 and every Thursday - Gardiner Classic Car Cruise-In, 592-7019, 3-7 pm, music, demonstrations, giveaways, 50/50, , local foods, www.gardinermain-street.org, Waterfront Park.

Thursday 6/17 through Sunday 6/20 - Monmouth Fair, great small agricultural fair, concessions, displays, competitions, food, family fun, Monmouth.

Thursday 6/17 and every Thursday - Art in the Park, new theme every week, 3-5 pm, Head of Falls, Waterville.

Thursday 6/17 through Sunday 6/20 and Wednesday 6/23 through Saturday 6/26 - "Four Old Broads," 474-7176, Lakewood Summer Theater, Route 201, Madison.

Thursday 6/17 through Sunday 6/20 - Blistered Fingers Family Bluegrass Music Festival, 873-6539, great bands, food, camping, Fairgrounds, Litchfield.

Friday 6/18 through Sunday 6/20 - First Annual Central Maine BBQ Cook-Off, Fairgrounds, Route 201, Skowhegan.

Saturday 6/19 - Amy Buxton's Underdog Jog, Memorial 5K, 215-4608, 60 Pierce Drive, Augusta.

Saturday 6/19 through Saturday 8/14 - Summer Reading Program, win prizes, 495-3508, Belgrade Public Library, Depot Road, Belgrade.

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— Take It Outside —

Greetings to the greater Belgrade Lakes Community and welcome back summer residents and visitors. I am heartened by the rapid decline in COVID-19 cases in Maine as more of the population is vaccinated and we are approaching what infectious disease experts call, "herd immunity." After an incredibly stressful and crazy year, we appear to be finally approaching a bit of normalcy. The pandemic has changed many things about how we interact with other people, do shopping, and the types of activities that we are comfortable carrying out. It has also clearly shown the great value we place on having clean, healthy lakes and forests where we can safely spend time with family and friends and at least temporarily find refuge from external stresses. Every study continues to show outside activities are far safer than those conducted inside.

When I was growing up and there was any kind of ruckus in the house, which was pretty common with six kids, my mother would tell us to, "Take it outside!" We would then head out to the woods behind the house to find something to do. My mother was a wise woman. Fifty years before Richard Louv wrote *Last Child in the Woods* in 2008, she had an innate understanding of "Nature Deficit Disorder" and knew that direct exposure to nature is essential for a child's healthy physical and emotional development. Louv and others later proved that kids who spend a lot of time outside are healthier, have longer attention spans, and are less likely to suffer from depression or childhood obesity. If you haven't read Louv's book, you should. I hope this

column will inspire you to take advantage of all the outdoor recreation opportunities in our area and especially about the importance of getting youngsters outside and interacting with Mother Nature. Mother Nature is an amazing teacher and we can all learn from her, especially in these stressful times.

During the current pandemic, public health officials are also telling us to "Take it outside." Staying physically active is one of the best ways to keep your mind and body healthy, and carefully planned and executed outdoor activities are inherently safer than indoor activities. As I write this, all the local 7-Lakes Alliance and State of Maine (Kennebec Highlands) hiking trails and preserves are open for use by the public in accordance with CDC guidelines. I encourage people to get out and use the trails, especially with your families. But follow all guidelines and be safe. Visit the 7-Lakes Alliance website (<https://www.7lakesalliance.org/>) for the latest guidance and updates and to download maps of the trails.

Like last year, this winter seemed to come and go, with snow followed by melting, rain, and then more snow and cold. The ice went out in the first week of April, about a week earlier than last year, followed by a cool, windy spring. The fishing has been good, especially for bass, pike, and trout. Just before Memorial Day Weekend, I found a big school of 16-18" (2 to 3 pounds) smallmouth bass that were sitting on top of a bigger school of landlocked alewives in a 30-ft deep hole surrounded by about 20-ft of water. The

Welcome Back

by Pete Kallin



Large school of big smallies eating alewives near the bottom.



18-inch smallmouth.



Red, white, and blue rainbow trout that hit red, white, blue Mooselook wobbler on Memorial Day Weekend. Was carefully released due to its demonstrated patriotism!

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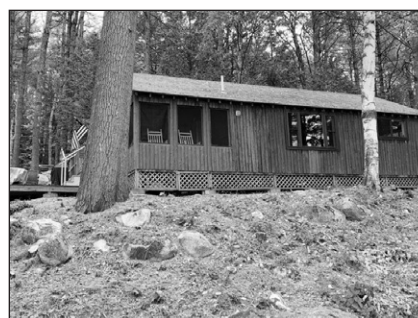
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— Call of the Loon —

Welcome to the inaugural column of the “Call of the Loon”!

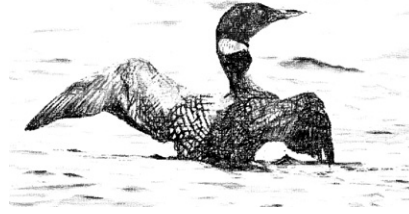
As many know, our Belgrade Lakes Association is into their third year of their Loon Preservation Project to develop a responsible comprehensive plan in order to support our loon population in a sustainable manner.



2021 Great Pond loon in his wing

In the past several years we have had a respectable adult population but as of late, 2020 in particular, Great Pond had only one chick that fledged in other words, making it to their six week life span which can be so easily shortened due to predation, boat traffic and most unfortunately, territorial disputes. Long Pond fared somewhat better with just three chicks fledging.

We just completed our first survey of the 2021 season on both Great and Long Ponds two weeks ago in order to assess each of our loon territories where we have or had activity in the past. Our loons typically nest around Memorial Day and, with an average 27-28 day gestation period, we should expect to see our first chicks as early as Father’s Day on June 20th this year, up until around the 4th of July. As of last week, we have only three nests on Long Pond with egg(s), but it’s still a bit early and by tomorrow it could be an entirely different prognosi



and I have to agree.

This Spring, we have refurbished four of our existing floating nests and placed two new floating nests, both on Great Pond. Some have referred to these new nests as the “Taj Mahal” of loon nests



2020 Family with their chick on an upper Long Pond floating nest

We have purposely not disclosed the exact locations of our Loon Nesting Sanctuaries as they need all of the privacy that we can afford them. The State-wide 200’ No-Wake Zone, although important for so many obvious reasons, when actually practiced, is just not adequate to ensure our loon’s safety. Well-intentioned canoes, kayaks, and in particular paddle-boards, result in way too many birds being flushed from their nests because the birds perceive a threat from a standing human.

If you have a particular questions regarding our Belgrade loon population, please email your inquiry to: info@blamaine.org and we will try to answer your question either in this column or via email.



2021 Adult Loon pair successfully staring down and chasing off two geese competing for “their” new floating nest at Great Pond’s Horse Point.

Dick Greenan, Chairman, BLA Loon Preservation Project



— One Person’s Poetry —

Business owner, lake dweller, muse, Lionel Tardif of Waterville and Belgrade takes inspiration from familiar lake scenes and from his observations of Nature, especially the changes of the seasons. Following are some excerpts from his collection of poetry.

Am I Here so I can Write These Things?

A pair of bald eagles lifts off
From my swamp front on a wind
That’s twelve knots at the dock.

Their wings stay stiff as aircrafts.
They slip away, across the wind.

They have to accept the cold
And still spread their wings.
Am I here so I can write these things?

Naming Your Boat

Half the reason for having a boat is watching
it bobbing away in front of your modest
frontage.
If I wanted to be on the water I would go there,
go anywhere, but now I’d rather watch it and
read

Maybe I should get in it and be on the water,
and be anywhere on it, or not, just stay there.
Her
movement is so lithe, like the waves themselves,
and
she could be a projection of you in a jiffy, a trice.

That might be a good name for her, jiffy. But
it’s not true. Wooden boats take time. She could
be
Viking for her style, or Helga, after Wyeth’s true
love
or Jiffy or Trice, but those aren’t nice

I’ll just watch Helga!

Mysterious

Leaves fall in the yard
Some fall on the bench
Slip through the slats, ad
Lie on the covered porch floor.

An hour before setting the sun
Barely warms my back. Every leaf
On the water seems a turtle’s head
Until a zephyr turns them, shows

They’re hollow. A few leaves glide
On the current out of the stream.
Mallard children, three females and
A green head, come out first

Behind me, towards the sun
A big fish strikes. I turn,
But there are no ripples.





7 Lakes Alliance Hard at Work to Keep the Belgrade Lakes Watershed Beautiful

While most of the world, including the state of Maine hit a huge PAUSE button in 2020, the team at 7 Lakes Alliance was hard at work to repair and protect the Belgrade Lakes watershed that we all cherish. Although we share a deep love for our lakes and surrounding land, we simply can't continue to take them for granted. They are uncommonly beautiful but unquestionably fragile, under constant threat from a myriad of environmental challenges as never before. Climate change, increasing development and destruction of natural habitats, man-made run-off, and destructive invasive species have taken a huge collective toll. We are facing the reality of an accelerating downward spiral toward grave degradation of water quality in the Belgrade Lakes. Unfortunately, for the most part, we have been poor stewards of the pristine water and surrounding lands we inherited from our parents' and grandparents' generation.

In our Belgrade Lakes watershed, East Pond reached a tipping point after years of human created phosphorus loading. This triggered a constant cycle of algal blooms, changing the entire lake ecosystem and negatively impacting the quality of life on the lake, not to mention the threat to property values and the local economy. Summer camps, Inns, restaurants and contractors are but a few of the many businesses that benefit from the lakes. In fact, it is estimated that Maine lakes provide more than 50,000 jobs for families in Maine.

Likewise, North Pond experienced a significant cyanobacteria (blue-green algae) bloom in 2020. Cyanobacteria can produce toxins that can seriously irritate skin and be harmful to both people and pets. These blooms occur because there is too much phosphorous in the lakes and phosphorus is FUEL for algae. The end result is a GREEN and gross lake that no one wants to swim, fish or boat on. Great Pond and Long Pond are currently designated as impaired by the DEP, while McGrath, Salmon and Messalonskee are designated as threatened.

Due largely to the efforts of 7 Lakes and the East Pond Association, in partnership with Colby and the Maine DEP and US EPA, the largest alum treatment to date in New England was done on East Pond. Prior to actual treatment, 7 Lakes and Colby had done extensive scientific research, including establishing the optimal dose for the alum treatment. According to Dr. Danielle Wain, limnologist (lake scientist) and 7 Lakes Science Director, the treatment has resulted in greatly improved water quality. However, she stresses that in-lake remediation efforts that work well in one lake may not work well in another because each one of our Belgrade lakes is unique, although closely connected.

According to Dr. Wain, alum treatments are just one of the many tools in our toolbox. She stresses that reducing phosphorus inputs from the watershed through erosion control and reduction in polluted stormwater runoff is goal number one. 7 Lakes Youth Conservation Corps and LakeSmart



programs are two important resources that help local land owners and managers become a vital part of the solution to "keep the dirt out of the lake." This is key to water quality improvement and comes with a MUCH lower price tag than other remediation efforts, such as multimillion-dollar alum treatments. The bottom line is that PREVENTION is more effective and far less costly than remediation.

On the prevention front, the numerous science-based water quality projects we undertake will be some of our most critical initiatives.

Led by Dr. Wain, in partnership with Dr. Whitney King of Colby, our hard-working lake associations and tireless volunteers, 7 Lakes is using the latest state of the art data collection equipment, much of it recently purchased by generous donors. This equipment is critical to our efforts to understand the scientific factors that link and also differentiate each of the 7 lakes in order to take direct and immediate action, custom tailored to each lake with the goal of restoring water quality.

Through science-based work, we learn what the unique factors are that cause algal blooms. For example, new autosamplers allow us to quantify the amount of phosphorus coming into the lakes through individual tributaries. If a large downpour occurs at 2 am, this equipment will be able to capture the valuable data so 7 Lakes scientists can identify the actual flux of phosphorus from the watershed coming into the lakes. Armed with this data, 7 Lakes is able to take meaningful remediation steps to keep the phosphorus out of the lake at every offending site.

Clearly, we are at a critical moment in the Belgrade Lakes watershed. The work of the 7 Lakes Alliance has been far reaching and impactful but there is much more to be done. As a non-profit center for lake science and an accredited land trust, 7 Lakes Alliance conserves the waters and lands we all love. We hope you will join us to become part of the solution to keep the Belgrade Lakes watershed clean and beautiful. Visit www.7lakealliance.org or call us at (207) 495-6039 for information on how to donate, volunteer or connect with your local lake association.



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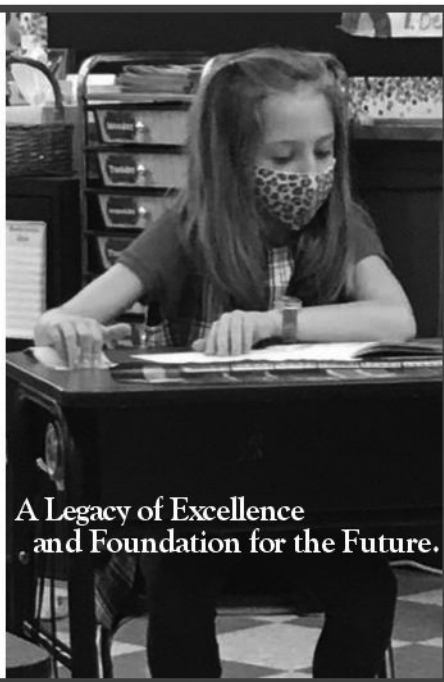


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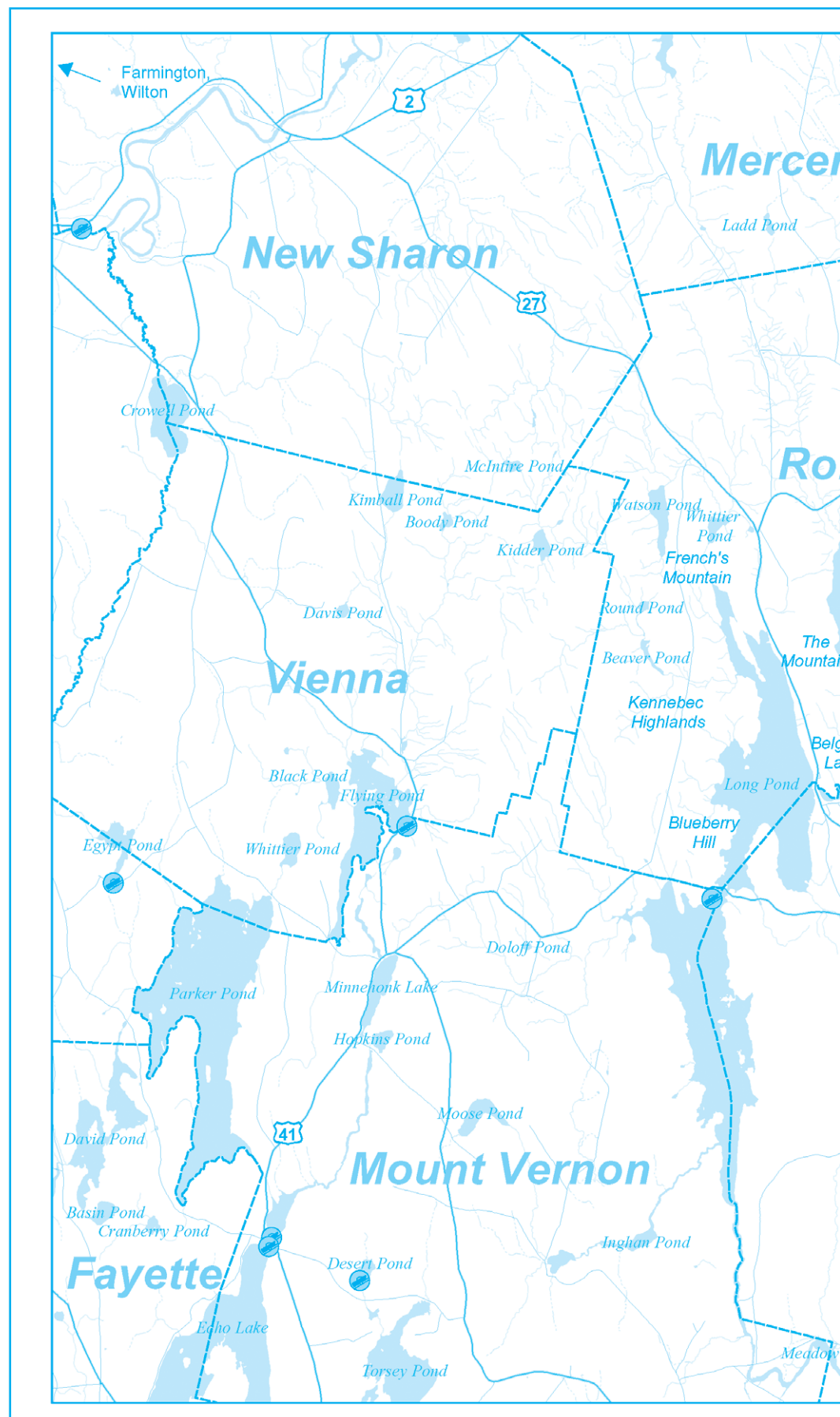
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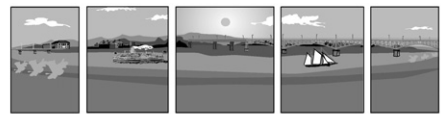
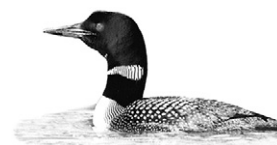
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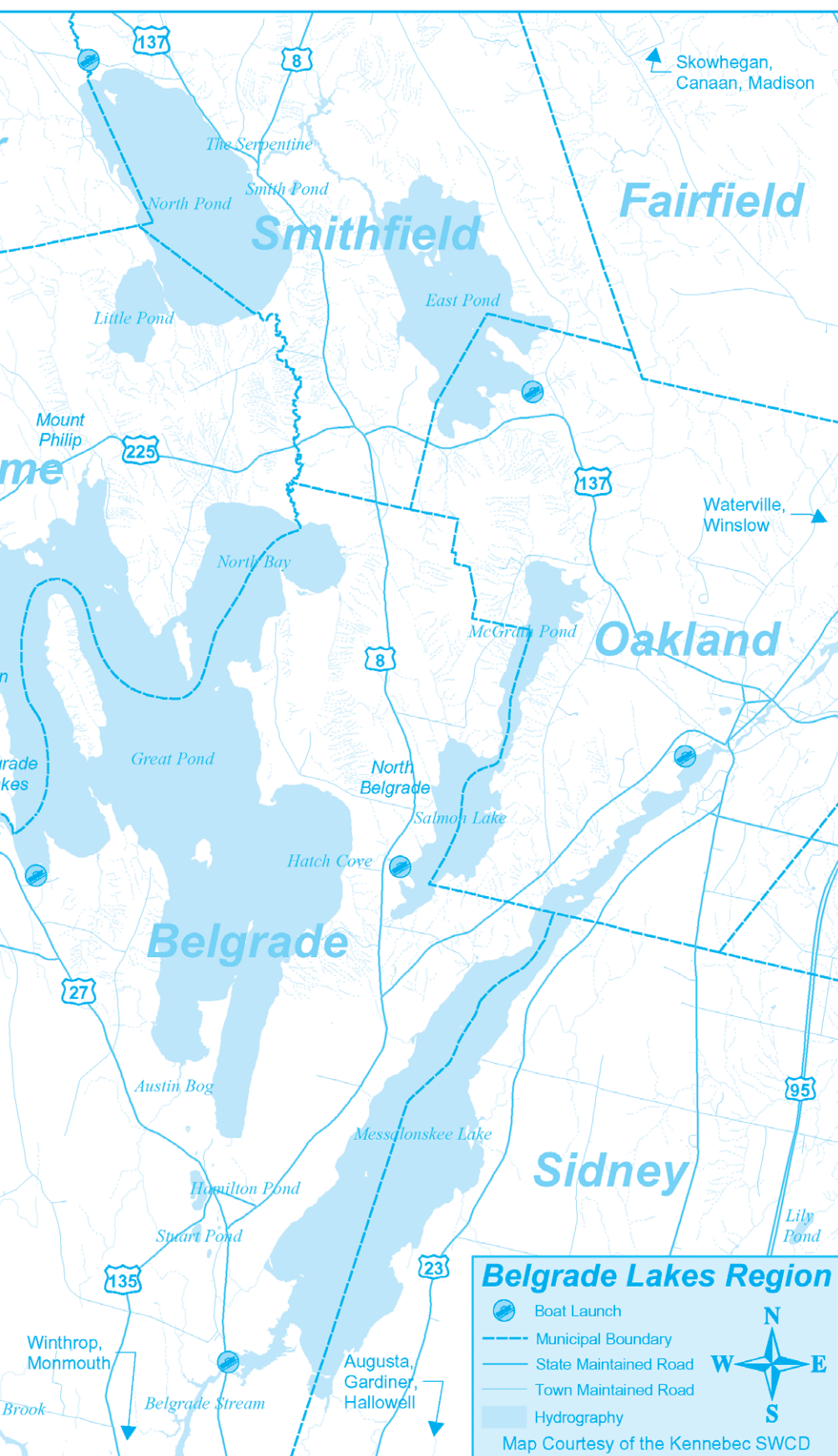
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– Conservation Too –

Your Part in Protecting Water Quality

By Dale Finseth

As I usually start the season, I'll start with the basics such as a brief definition of "non-point source pollution" or NPS. The term means just what it implies. The pollution comes from many sources instead of a single "point". It's the rain runoff from roofs, parking areas and roadways. It includes the unimpeded runoff from your yard/lawn or a farmer's field. It may include the runoff from a local commercial/retail activity. Some of it may come from an area of the watershed where septic systems are not working effectively. NPS at all those sites add up and have a cumulative effect on our lakes. It all carries silt and chemicals into the water. Often it may be referred to as "stormwater runoff".

How do we address these NPS sites? We use another "three letter abbreviation", a BMP or "Best Management Practice". [I prefer to use the term "Better Management Practice". It's presumptuous to think we know what is best.] A BMP is a practice used to address the problem caused by the Non-Point Source. It can be as simple as modifying where the water runoff goes as it heads downhill. Perhaps it is adding vegetation or a berm to slow the impact of rain and slow the runoff as it flows across your yard. Your local watershed group is able to identify different types of BMP's designed to intercept water runoff. The BMP either removes or decreases that runoff's impact on a stream or pond.

What can I do to help protect and even improve the water quality of our marvelous watersheds? This summer's issues of *Summertime In the Belgrades*, will help readers identify different conservation issues and how to address them. Some of those will be suggestions for how to mediate an NPS site on your own property. It is not essential that you live 'on the water' in order to have an impact on the water quality. We all live in a watershed. The water that leaves your property ends up in one of our streams or ponds. Even if it seems to disappear down a storm drain, that water runoff ends up somewhere. Think about your impact on that water and what it carries to the larger water body.

I recently saw an article from the 30 Mile River Watershed Association which outlined excellent

steps to take when opening up your camp for the season. They apply to anyone whether or not they are living along the shore's edge. I've added them below.

Be LakeSmart: Camp Opening Tips

Thank you to 30 Mile River Watershed Association for sharing these tips for opening you camp and protecting water quality.

A springtime ritual for many families is opening up their camp for the season. Follow these tips to protect the lake and its wildlife:

- **Raking:** Do NOT rake up the layer of leaves and pine needles – the "duff" -- that builds up under the trees. This natural mulch acts like a sponge and filter and helps prevent pollutants from getting into the lake.

- **Check for erosion:** Check your property for signs of soil erosion, such as exposed rocks and roots and the formation of channels. Stabilize these areas with plants or erosion control mulch. For trouble spots caused by high water flow from steep paths, roofs or driveways, simple conservation practices like these found here will keep soil from polluting the lake.

- **Septic system:** Check your leach field for any breakouts and consider having the tank pumped if it has not been recently (tanks should be pumped every 2-3 years for year-round residences and every 4-5 years for seasonal residences). Do NOT use any starter products to reactivate the system, as they are unnecessary and can lead to failure of your leach field. A properly functioning septic system prevents harmful pollutants from getting into the lake.

- **Boats:** Dispose of drained lubricating oils at a recycling facility or bring the oil to your local dealer for disposal. Wash the boat away from the water or at a commercial car wash. Check to make sure that the boat, trailer and other equipment are free of any hitchhiking plants.

- **Cleaning products:** Use natural products like baking soda and lemon juice when cleaning and save money while protecting your health and nature.

For information about any of our conservation projects please contact Dale Finseth at 207-480-3927 or check our website at www.kcswwd.org



...continued from page 11

All of the above are good practices for humans, too.

Be A Safe Camper

- Camping is great for family togetherness or getting away from the everyday. Keep it fun and safe with the following guidelines:

- Be weather wise; hear a forecast before departing
 - Carry a first aid kit; learn how to treat emergencies
 - Bring adequate supplies; include emergency aids
 - Check the site; set-up early and in a safe place
 - Scope out hazards; check for poisonous plants insects, possible flooding
 - Practice fire safety; burn far from the tent; always be present
- Have fun.

Sharing the Road with Horse-Drawn Buggies

- With the growth of Amish communities in central Maine, motorists are meeting more horse-drawn buggies. Sharing the road with horses requires enhanced courtesy, focus and safety awareness. Tips for motorists include: slow down and pay attention; don't honk your horn; don't rev your engine; dim headlights at night. Motorists are required by law to stop and remain stationary if anyone handling an animal signals that the animal is frightened. When passing, leave plenty of room - at least 3 feet of space; slow down when driving over a blind hill or around a sharp turn; and remember buggies can travel up to 20 mph so give yourself plenty of room to return safely to your lane. Also learn to recognize the reflector and lighting systems used on Amish buggies.

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H.J Blake's for Goodness Sake's, fresh, homemade, tasty take out, signature lobster rolls, hot dogs, burgers, scenic outdoor seating, 945 West Road, Belgrade, 462-2280

• **Sadie's Boathouse Restaurant** at Great Pond Marine, hearty contemporary American fare, 25 Marina Drive, Belgrade Lakes, 495-4045, 242-1273

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

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

Mount Vernon

• **Old Post Office Café**, fresh-baked goods and quiches, omelets, homemade soups, specialty sandwiches and salads, 293-4978

Waterville

• **Engine 5 Bakehouse**, fresh, from-scratch baked goods including pies, cookies, bars, and gluten free items, *take-out only*, 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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Notebook

Maine Bicentennial Parade Returns

• Postponed for a year due to COVID-19, the State of Maine Bicentennial Parade, a celebration of Maine's people, culture, landmarks and history will be held on Saturday, August 21 in Auburn/Lewiston. For more information about this gathering of floats, bands and participants from across the State visit maine200parade.com

Belgrade Book Theme for Summer Activities

• Book Discussion - The Overstory by Richard Powers at the Belgrade Public Library. All of the library's summer programs revolve around the Community Read, in partnership with the Belgrade historical Society and 7 Lakes Alliance, with the goal to raise awareness of the importance and beauty of our natural environment with a focus on trees. Registration required, 495-3508.

Old Hallowell Day July 17

• Old Hallowell Day, a traditional summer celebration in historic downtown Hallowell will be held on Saturday, July 17. Events will include a parade, music, tournaments, kids activities, arts and crafts, food and fireworks over the scenic Kennebec River.

Free Waterfront Concerts in Gardiner

• Historic Johnson Hall's Free Waterfront Concerts at Waterfront Park on the Kennebec River will be held throughout the summer, 6 -7:30 pm, with a line-up including:
7/9 Pat Colwell & Soul Sensations
7/16 Calypso Soldiers
7/23 Blistered Fingers
7/30 Laura Lindsay Crosby
8/6 Borderline Express
8/13 The Half Moon Jug
8/20 The Tim Sullivan Band
8/27 Astro Planet

Summer Pet Safety

• Hot days are dangerous for man's best friend. To keep dogs safe, follow these reminders:
- Never leave a dog in a car. Even with the windows cracked, the inside of a car can heat up to 120 degrees.
- Provide hydration. Refill water bowls more often. Add ice cubes to cool dogs and prevent vomiting.
- Avoid hot surfaces such as pavement, concrete, wood, stone, metal and sand - or use dog booties.
- Retreat to the shade. Prevent overheating with shady breaks every 30 minutes.
- Exercise during cooler hours - morning and evening.
- Protect white, light or hairless dogs from the sun with doggie blankets.

Continued on page 10....

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www.hathawaymillantiques.com

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453-7656, www.applefarm.us

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Road, Augusta, 242-3663.
www.lakehousedesignbuildmaine.com houzz

ARTS

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

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Skowhegan Savings Bank, 450 Civic Center Drive,
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623-2300, www.skowsavings.com

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Oliver and Friends, Bookshop and Reading Room, 87
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LAKE ASSOCIATIONS

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

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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

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



The Dams Keeper Report

Welcome back to another Summertime in the Belgrades and the sixth year of the Dams Keeper Report. As of this writing, we are beginning our summer with the Great Pond's Village dam 0.36" above full pond with both gates completely closed. At basically 1/3" above full, the water is just barely going over the top of the spillway. Long Pond's Wings Mill dam is .72", also above full pond with both gates also completely shut down. Salmon/McGrath is now 1" below full pond with it's single gate opened just the mandated 1 cfs. flow. With another impending drought, we began the spring at 3" above full pond with which to begin the summer, but, we have already been experiencing a few days in the 90's and the resultant evaporation.

The long-term forecast is only for 74% of normal rain for both June and July, but increases to 84% of the normal rainfall for August and September. This 10% increase in rain will be great news for our farmers, those with shallow wells and of course, our ponds.

This July, we will begin our second and final year of the Wings Mill Dam remediation which will finally put an end to Long Pond's incessant leakage. All of the other dams, although in need of routine maintenance, remain in good shape.

If you have a particular questions regarding our Dams and/or water levels, please email your inquiry to: dickgreenan@outlook.com and we will try to answer your question either in this column or via email.

Enjoy your summer! It should be beautiful.

Welcome back!

Dick

Dick Greenan

Chairman, Belgrade Lakes Watershed Dams Committee



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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 accomodations 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

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 sumbelnews@gmail.com](mailto:sumbelnews@gmail.com)



Closer to the Ground by Dylan Tomine

by Martha F. Barkley

This 2012 family story of outdoor living by the water and in the woods keeps returning vividly in my life years later. Have you ever read a book like that? Maybe a walk in the woods or a conversation with a friend reminds you of something in "that book".

Yvon Chouinard who founded Patagonia clothing and outdoor gear comments, "Closer is a good-humored guide to teaching our kids how to learn from nature as teacher and mentor...You can see in Dylan's kids, the more time they spend foraging and fishing with their dad, just how different their relation is to the food they eat, and how they develop a confidence anyone of any age could envy."

All four seasons are covered in well organized chapters to dip in and out of. Summer recipes included are Strawberry ice cream, Stacy's crab cakes, Cucumber...salad, etc. The book tastes good already, especially since Stacy and her brother and sister are active cooks with ingredients fresh from outdoors.

Every member of the family is shared up close and personal with something interesting happening. After all, they are outside enjoying nature closer to the ground everyday together.

"Dad...they're really biting now. Can't we please stay longer? I just want to catch one more...(trying to look stern) Well...okay. But just one more". Aren't six-year-olds wise?

I just love the flash of pink petals on page 152: Light in the Forest for the autumn section. My flash of pink appears by Great Pond in the spring when lady slippers curl out of the brown leaves and sometimes even fragile white slippers sneak through the winter dark leaf ground cover.

One glorious May day neighbor Sandy Cobb and I counted hundreds in special spots that she has watched far longer than I have by Camp Runoia along the dirt road and down the hill towards the lake. Sandy knew where to look for the delicate lady slipper blooms and we found them together. Such a spring surprise!

The Significance of Birds has four parts, one for each season. I certainly agree. Birds awake me in SC with their early calls, even when windows and doors are shut for Winter. Owls hoot at night by our cypress garden swamp backyard. Maine camp is open and bird calls are more easily noted if motorboats do not dominate close to shore.

Just look at page 172 and wonder at the motionless tall fisher that "slowly lifts a foot and takes a cautious, halting step, illuminated by warm light".

"My grandfather was an artist, a forager of spring fiddleheads and forest mushrooms..." I love watching fiddleheads unfurl by the lake in May. If you sit quietly, you can almost hear them grow and uncurl. The mushrooms appear on our hillside later on in July. Belgrader Pal Tripp told me which ones were good to eat. Be careful.

Ragweed waves it's yellow flowers about a month before the first frost. Oh no, is winter coming so soon? Every August/September brings this closer to the ground experience around the Belgrades.

Even though Maine is three thousand miles from the Pacific tales told in this precious outdoor book, I find common ground sitings and feel ever so close to their family life of sharing this good earth. Even at the dinner table with kids cooking yummy dishes. Are you hungry? Go find this book and recipes for every season of the year, easy enough for kids to cook.

"Owl calls boom back and forth through the velvety night air. A choir of frogs and crickets swells, suddenly falls silent, and swells again on some mysterious cue. To the east, the starry black sky fades to deep blue; it's going to be light soon. Summer is here". SUMMER, welcome!



Take it Outside continued from page 5....



Lane Palleschi and Evan Carlson celebrating Lane's birthday in style.

bass were keeping the baitfish pinned in that area and having their way with them. I caught and released about 25 bass in less than two hours, mostly on white zonker streamer flies. Several of the bass regurgitated alewives in my net as I unhooked them. I also caught a nice red, white, white and blue rainbow trout that hit a red, white, and blue Mooselook wobbler, that I released due to its demonstrated patriotism. Over on Messalonskee Lake, Lane Palleschi celebrated his 15th birthday in style with his friend, Evan Carlson. They went fishing with Mike

Guarino and caught lots of nice small-mouth bass. By the time this article is published, the water temperature will be in the mid to high 60's in most of our lakes and the bass will be in the shallows, either on their own beds or chasing sunfish on theirs. Fast action can be had with streamer flies, surface poppers, jerk baits, or Senko type jigs.

The 7 Lakes Alliance (former BRCA) and Friends of Messalonskee (FoM) have been preparing for summer, hiring Courtesy Boat Inspectors (CBIs), milfoil divers, and Youth Conservation Corps (YCC) members to help protect our lakes. These programs protect our lakes and enable young people to gain valuable job skills in a beautiful outdoor setting.

The hiking trails (including some new ones!) in the Kennebec Highlands and nearby 7-Lakes Alliance (former BRCA) properties like French Mountain, Mount Phillip, Fogg Island, and The Mountain are beautiful, verdant, and awash in spring and early summer wildflowers like trillium and lady slippers and birds and other wildlife. I have been doing a lot of hiking and am encouraged by the number of families out on the trails with young kids. Check the 7LA Website and FaceBook site for upcoming events: (<https://www.facebook.com/7lakesalliance/>). Upcoming programs include a presentation by Chewonki (June 17) on animal adaptations and a full moon hike (June 24). I encourage everyone to take advantage of the wealth of recreational opportunities this area offers. Do like they used to in "the good old days" and take a kid fishing, or on a hike, or paddling in a canoe. It's how memories are made. Or take a parent, so they can become a kid again.



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WINTHROP-What a view! If you have ever wanted to live on a lake - this is it -- you can't get any closer to the water unless you are on a boat! This beautiful year-round home offers an open kitchen/living/dining room with custom oak kitchen. Full BA & BR also on main level. 2nd floor offers a den or family room and massive master BR w/large BA w/whirlpool tub. What a view! Lower level features a FR, BR & walk out to the lake. Maranacook lake is very clean and a spectacular body of water, just 15 minutes to Augusta and the interstate. Move right in. Enjoy lake living - boat, swim, fish or just relax at the lake.
- MLS #1490657 \$649,000



WAYNE-Beautiful & spacious 4 BR, 2.5 BA Wayne Colonial in a spectacular setting w/privacy & 32 acres of land. Picturesque, wonderfully landscaped, even a small pond. Great layout with lots to offer. Open kitchen/dining area/family room with fireplace. Delightful kitchen w/granite counters and center island. Pretty views of the backyard. Formal DR and LR w/ hardwood floors. 1st floor den/office, half bath, laundry room. Large attached 2 car garage. Upstairs has 4 spacious BR. Master w/spacious BA w/whirlpool tub, walk in closet. Full basement. Wood and oil heat. Delightful back patio and pleasing wraparound "farmers" porch. MLS #1485864 \$549,900



LITCHFIELD-Once in a lifetime opportunity! 3-4 BR, 3 BA waterfront home on 2 acres +/- . Stunning unobstructed views of the water with 200' of meticulously maintained frontage on Pleasant Pond. Open kitchen/dining/living room. Gorgeous sunroom to sit and enjoy your very own private retreat. Walk-out basement with family room and guestroom with an attached bathroom. Two decks overlooking the water provide flawless views of the loons, osprey, eagles and more. Detached 2 car garage, plus additional garage great for storing your boat and kayaks. High speed internet available.
MLS #1494056 \$595,000





— Real Estate Update —

It's A Good Time To Sell

Welcome to the summer of 2021 - a time of many changes in lifestyles and goals, a time to plan personal transitions, a time to consider selling property.

It's a good time to sell because the market is strong, prices are up, signs aren't up very long, properties are moving fast and there's profit in the air.

There are many reasons to sell - or to consider selling - now when the season is turning and personal and family transitions rank high among the reasons for change. Job changes - back to the good, old in-office setting; school changes - beginnings, graduations; closing a gap in distance among family members: these are all major motivators.

Retirement is a major motivator, too. Due to the pandemic, loss of jobs and staying home has created a surge in retirement and with that it an interest in downsizing and relocating, a desire to experience freedom and wanderlust, a more social setting, a warmer climate and on the practical side proximity to health care.

Finally, it's time to sell maybe because it's just time: time to close a chapter in life, time to start the next chapter and time to pass the torch. There's nothing as satisfying as giving over the keys (but keeping the beautiful memories) to new occupants full of excitement and appreciation.

As summer starts up, it's a good time to speculate about selling, to think the hypotheticals, to pose the questions. For real estate brokers, your questions are their questions. They live here, work here, play here, raise children and care for senior family members here. Talk with a real estate representative today. It's a good time to sell.



Belgrade/Rome Food Pantry

Summer is here and the Belgrade/Rome Food Pantry is busy supplying food and household items to its many clients. The Food Pantry has been open for business since April 1992 and is available to all residents of Belgrade and Rome. The pantry is open on Tuesdays from 9:00 a.m.-11:00 a.m. and is located at 508 Smithfield Road in the North Belgrade Community Center (207-495-2022). If you are in need of food assistance, whether it be one time or ongoing, you are encouraged to visit the pantry. If transportation is a problem, call, we partner with Neighbors Driving Neighbors and accommodations can be made. Our mission is to serve the needs of our neighbors, the residents of Belgrade and Rome.

During these difficult COVID times, safety of our clients and volunteers has always been our utmost concern. Because of the pandemic, beginning in March 2020, new precautions and protocols were implemented at the pantry and we continued to function smoothly with a new group of volunteers. However, beginning in June 2021, we now have returned to our pre-pandemic protocols. Clients visiting the pantry can once again enter the pantry, visit with volunteers, share their grocery needs, choose produce and other items. Because of the new CDC guidelines and Maine state guidelines, masks are encouraged but not required. Clients may visit the pantry every two weeks. The Food Pantry is always operating, serving clients, distributing food and ready to assist where and when needed. We should note - the pantry should be recognized as an essential component of town services provided to its citizens to promote and enhance the quality of life of the community. Nutrition is a key component of good health and quality of life.

For all the summer visitors - please remember us when you are leaving Maine at the end of your stay. When you are emptying your cupboards remember we have collection boxes at the Belgrade Lakes Post Office, the Belgrade Post Office and the Belgrade and Rome Town Offices. Also, remember we have a bottle redemption box available for all residents at the Belgrade Transfer Station for your bottle deposits. Monetary contributions can be made directly to the pantry at Belgrade/Rome Food Pantry, P.O. Box 236, Belgrade ME 04917 or by sending a contribution to Good Shepherd Food Bank, Auburn ME and designating your donation be given to the Belgrade/Rome Food Pantry.

Thank you to all of our volunteers, the towns of Belgrade and Rome and all the individuals, businesses, churches and organizations who help to make these services possible. We are always trying to reach out to those in need - please share this information with others. You can find us on Facebook or call 207-495-2022. Enjoy the summer!



...Continued from page 4

Sunday 6/20 - Father's Day, take a Dad figure fishing, take him on a picnic, do the dishes for him, introduce him to Bubble Gum ice cream!

Monday 6/21 - Chamber Golf Classic, sponsored by the Mid-Maine Chamber of Commerce, raffles, food, contests, 11 am shotgun start, 873-3315, Natanis Golf Course, Vassalboro.

Tuesday 6/22 - Tinkergarten - Outdoor Playtime, 495-3508, 10 am, Belgrade Public Library, Depot Road, Belgrade.

Thursday 6/24 and the last Thursday of July and August - Lunch and lit on the Lawn, 12:30-1:30 pm, Public Library, Winslow.

Thursday 6/24 - Chewonki: Owls of Mine - Live animal presentation, 3 pm, Gazebo, Village Green, Route 27, Belgrade Lakes village.

Thursday 6/24 - Fabulous Full Moon Night Hike, sponsored by 7 Lakes Alliance, reservations 495-6039, 7:30 pm, French Mountain, Watson Pond Road, Rome.

Friday 6/25 through Sunday 6/27 - 41st Annual Downeast Horse Congress Horse Show, 850-1773, Skowhegan Fairgrounds, Route 201, Skowhegan.

Friday 6/25 - Mallett Brothers Band, 6 pm, Congregational Church, Madison.

Saturday 6/26 - 7 Lakes Alliance Land Tour, registration required www.7Lakesalliance.org, 495-6039, 9 am, Mount Vernon.

Saturday 6/26 - Kingfield POPS Festival, 4:30-10 pm. live symphonic music, food, fireworks, Kennedy Farm, Kingfield.

Sunday 6/27 - Belgrade Summer Craft Show, unique Maine made treasures, 10 am -3 pm, the Village Green, Route 27, Main Street, Belgrade Lakes.

Sunday 6/27 - Cony All-Sports Boosters Car Show Fundraiser, 480-0635, 10 am-2 pm, all based on donations, silent auction, raffles, food, drinks, Mill Park, Augusta.

Monday 6/28 through Sunday 8/8 - Atlantic Music Festival, Colby College, Waterville.



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<p>FAIRFIELD 4 Bedroom Victorian with high ceilings, large windows and freshly painted inside and out. MLS 1490247 \$169,900</p>	<p>MESSALONSKEE Custom built home on Messalonskee with lake views and amazing sunsets! MLS 1490243 \$845,000</p>	<p>LONG POND Renovated in 2016 this Maine vintage camp has it all. 13 private acres, 450' lake frontage MLS 1490247 \$789,000</p>	<p>MESSALONSKEE Completely remodeled in 2016. New well, septic, roof and deck looking over 110' frontage. MLS 1488907 \$799,900</p>	<p>CHINA LAKE Turnkey lakefront cottage. Lots of upgrades. Spectacular sunsets. 20' boat slip. MLS 1493509 \$299,000</p>	<p>LONG POND This well maintained 2 bed cottage boasts 200' of waterfront and gorgeous views. MLS 1488118 \$475,000</p>
<p>MESSALONSKEE Beautiful log home with open concept living. Enjoy sunsets from the large deck. MLS 1488076 \$749,900</p>	<p>RICHARDSON LAKE Investors take notice! One of the oldest fishing and hunting camps in Maine. MLS 1488076 \$875,000</p>	<p>CARRABASSETT VALLEY 3 BD, 2 Bath chalet just moments from Sugarloaf. Enjoy the great outdoors. MLS 1485100 \$399,000</p>	<p>CUMBERLAND Beautiful one level home in an oceanside neighborhood. Shared water access. MLS 1492232 \$800,000</p>	<p>GREAT POND 7.5 very private acres with 481' of water frontage. Bring your plans for your dream camp MLS 1478168 \$200,000</p>	<p>MESSALONSKEE Own your own private Island! Build your dream getaway. MLS 1475710 \$529,000</p>