

# Summertime in the Belgrades



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

VOLUME 25, NUMBER 5

## Who Will Help the Lakes?



Lakes are a source of tradition: the mailboat on Great Pond. Photo by Frank Barkley

MAine's lakes are legendary. An estimated 6,000 of them dot the landscape, blue the maps and bring belonging to the hearts of uncountable humans. Maine's lakes are a source of indescribable beauty, a substantial economic contributor to their communities, a habitat for many of the state's beloved wildlife, birds and plants and an indicator of environmen-

tal health. As a crucial, sought-after commodity that doesn't exist in much of the world or in many other states, the plentiful natural water in Maine deserves to be protected against diminishing water quality, invasive aquatic plants (and fish species), excessive watercraft wakes and crowded development.

Protections against these challenges include state laws and their oversight by the Department of Environmental Protection, the Department of Inland Fisheries and Wildlife and the Department of Conservation. Others include the coordination and work of statewide organizations such as Maine Lakes and the Lake Stewards

*Continued on page 2*

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Continued from page 1  
of Maine. And many protections are put in place by regional and watershed organizations such as the 30-Mile Watershed, the Cobbossee Watershed District and the 7 Lakes Alliance - each of which serves as an umbrella organization for the lake associations in their jurisdictions.

The 7 Lakes Alliance, for example, (see anniversary article on page 4) represents the 7 lakes in the Belgrade chain: Great Pond, Long Pond, East Pond, North Pond, McGrath Pond, Salmon Lake and Messalonskee Lake/Snow Pond. These lakes, in turn, are represented by 5 lake associations: The Belgrade Lakes Association (Great and Long Ponds), East Pond Association, North Pond Association, McGrath Pond/Salmon Lake Association and the Friends of Messalonskee Lake.

Individual and unique, each lake association tends to focus on challenges, concerns and projects. Last summer, 2022, for example BLA reported on its impressive loon project; East Pond the alum treatment which cleared the algae bloom; North Pond on current state of algae blooms; McGraw Pond/Salmon Lake on the Lakesmart program of lake-friendly property improvements and the Friends of Messalonskee on loon translocation.

Although they have not met yet this season, annual meetings are scheduled, beginning with the East Pond Association on July 15, North Pond Association on July 24, Belgrade Lakes Association on July 30 and McGraw Pond/Salmon Lake Association on August 10.

## Belgrade Bean Hole Supper

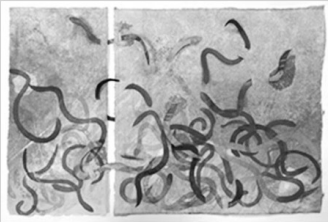


**Beanhole Bean Supper to benefit Belgrade Fire & Rescue Association. Meal includes: Baked Beans cooked overnight in the traditional way using a wood burning fire pit, Hot dogs, coleslaw, rolls, brown bread, homemade desserts and drinks. Admission Adults- \$12.00 Children 5-12 \$7.00 under 5 years old eat free. Meal will be served at the Belgrade Center for all seasons located at 1 Center Drive, Belgrade ME 04917. We are once again very luck to have music provided by the Gawler Family! Thank you all for the support and we hope to see you there!**

## Fourteenth Annual VARIATIONS Six Art Variations



Scott King



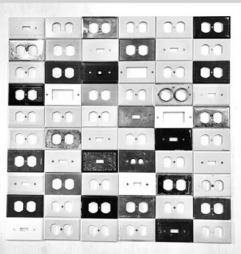
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Central Maine Garden Club  
Nurtures Native Garden

by Donna Sawyer

Nestled in the Redington Museum’s yard sits the Native Garden, a return to the past in hopes of saving the future. The thirty or so native plants offer food and shelter to insects and wildlife. This plant community contains food and shelter for pollinators that are the foundation of our food cycle and a return of beneficial insects. One of their jobs is to rebuild our ecosystem.

The Central Maine Garden Club embraced the project of creating The Garden, in 2008. It used to be in full sun, but gradually the surrounding trees grew and shaded the plants and inhibited their growth. In 2019 a renovation of the garden was initiated; a grant was submitted to the Oak Grove Foundation and funding was secured. The Club’s energies then focused on how native plants help our environment.

The work began with members of the Club having “Work Parties” to clean, weed and add perennial plants. Native plants originate in this region and have evolved over time. Native plants, because of their evolution do not need much maintenance. Flowers and fruit are products of native plants. The flowers and fruits provide food for pollinators. Local and regional wildlife often enjoy these biproducts.

As the “work parties” plant and weed the garden, we think of the processes of our building nature for future generations. We are recreating healthy ecosystems. Native gardens bring diversity and beauty to our gardens. Native gardens are our future and our past.

Join us for a garden tour from 1:00 – 3:00, on July 18, 2023 in the Redington Museum’s gardens at 62 Silver Street, Waterville, Maine. Our rain date is July 19, 2023.



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## Something to Celebrate: 7 Lakes Alliance is turning 5!



Because of their efforts, and the more recent work by 7 Lakes, families can still enjoy a timeless Belgrade Lakes experience.

7 Lakes board chair, Peter Kallin, instrumental in conserving the Kennebec Highlands, noted that “the conservation mantle has been successfully passed to 7 Lakes with an outstanding record of conservation work these past five years”. Kallin added that the Belgrade Lakes watershed needs a new rallying cry today for additional conservation by the next generation.” According to Kallin, just 10% of the region is in conservation and that should be closer to 30% to fully protect water quality and preserve undeveloped land. He continued:

“Many people have worked non-stop since the 1970’s to protect this special place and I hope that everyone who calls this their happy place can get behind this next conservation chapter.”

All are welcome to join the Summer Celebration at the 7 Lakes building on July 16th at 4:30 to toast the volunteers, donors, lake associations and partners whose support makes this birthday celebration possible. This is a complimentary event, thanks for our lead sponsor, Lakehome Group Real Estate and supporting sponsor, Golden Pond Wealth Management. Please RSVP at [7lakesalliance.org/events/summer-celebration](http://7lakesalliance.org/events/summer-celebration) or call 207-495-6039.



The 7 Lakes building in the heart of the Belgrade Lakes Village is home to a team of year-round scientists and other hard-working staff whose overarching goal is to protect the waters and land in the 115,000 acre Belgrade Lakes watershed. This summer, 7 Lakes Alliance is celebrating its 5th anniversary!

Although just five years old, 7 Lakes is built on nearly half a century combined legacy of two predecessor organizations, Belgrade Regional Conservation Alliance and Maine Lakes Resource Center. These groups were founded by dedicated conservationists who fought tirelessly to safeguard seven iconic lakes and the unspoiled lands surrounding them.

## More Maine Shorts

by Gregor Smith



Natural Force



Nash

Last week, we described the Maine Documentary Shorts, which had their premiere last Saturday and will be shown again this Saturday at 3:00 p.m. in Cinema 1. The other two Maine Shorts compilations, Maine Narrative Shorts and Mostly Maine Horrors, debuted on Thursday, but will screen again on Saturday, at 1:00 in the Waterville Opera House and at 9:00 in Cinema 1, respectively. All quotes below are taken from the MIFF website.

The Maine Narrative Shorts are six fictional shorts, from 3 to 20 minutes each, coming to 70 minutes altogether. They include a 3-minute, animated adventure from repeat MIFF contributor Gordon LePage about two raccoons in search of food; a tale of two women in their early 20s who confront their uncertain, post-college futures with the aid of a Grim Reaper at a Halloween party; a 4-minute “visual poem about being a solo dad amidst the terrific and terrifying absurdity of modern life”; the saga of a little girl who solicits magical guardians to save her father from a life-changing ill-

ness; a cartoon adventure of a boy and a magical duck who try to avert an epic catastrophe on Mount Katahdin in 1960; and the drama of a young lobsterman who must overcome his opioid addiction “in order to save his livelihood and his relationships.”

Mostly-Maine Horrors presents four diverse Maine horror stories. In the 45-minute centerpiece of this collection, which is as long as the three shorts combined, a popular co-ed meets an socially awkward boy who can intuit what will make her happy. Based on the 1976 Stephen King short story of the same name, “I Know What You Need” is a love story, but with a twist. The other three shorts deal with a 9-year-old boy who seeks the monster that killed his mother, a mentally disturbed teenager who falls in love with a creature from Scandinavian folklore, and a directionless twenty-something who “returns to her childhood home to find closure over a family tragedy, and instead discovers she may have inherited a sinister curse.”







## — Take It Outside —

## Grandkids Can Catch Them but Shouldn't Eat Them

by Pete Kallin

**H**ard to believe this is already the 5th column of the summer! The hot weather last week, combined with the 4th of July holiday, resulted in a lot of grandkids back out on the lake. There was a lot of swimming, tubing, and general cooling off in and near the water. I was encouraged to see a lot of youngsters out fishing with their families. My neighbor, Eric Hasenfus' son Adam was visiting from Scarborough with his family and he was teaching his daughters, Emily and Aly, how to fish from the swim dock. The girls were catching red-breasted sunfish and smallmouth bass. Michael Szela was hosting Sol (8) and Mirah (11) Caballero from Washington, D.C., along with their Aunt Lindsay. The kids were fishing from the bow and stern of Mike's boat, tied to his dock. As I noted last week, my grandson, Bayard was back this week to go after "the one that got away" last week. He and I went out and he caught two very nice yellow perch (~13") that I turned into fish taco salad, shortly after his dad came and picked him up. My wife and I had a delicious dinner after they left.

I still remember the pride I felt when I first brought home fish the family would eat for dinner. I looked forward to sharing the bounty and learned to clean, cook, and eat fish. My Scandinavian family ate fish at least three or four times a week, especially during the summer. Fresh fish is still one of my favorite meals. Unfortunately, our grandchildren won't have that option, at least not until they

are over the age of 8. Maine Inland Fish and Wildlife (IFW) and Maine Center for Disease Control (CDC) have issued safe consumption guidelines (<https://www.maine.gov/ifw/fishing-boating/fishing/laws-rules/consumption-advisory.html>) for Maine's freshwater fish, which are contaminated with mercury. Pregnant and nursing women, women who may get pregnant, and children under age 8 are advised to eat NO freshwater fish from Maine's inland waters, except that they may safely consume one meal per month of brook trout or landlocked salmon. All others are advised to eat no more than two freshwater fish meals per month, except for brook trout and landlocked salmon, which can be safely consumed once a week. The primary source of the mercury in Maine's lakes and rivers is air pollution from coal-fired power plants in the Midwest. These plants are being phased out but WAY too slowly. Maine is particularly susceptible to mercury pollution because of our acidic precipitation and thin soils with little or no carbonates that can provide buffering. There are other site-specific restrictions for other contaminants, such as PFAS, PCBs, DIOXINS, and DDT. So far none of those are in our watershed (although there is a PFAS warning as close as Messalonskee Stream in Waterville and Oakland. Please check the IFW website above before consuming your fish. And please contact your federal legislators and ask them to support stricter air pollution standards so we can eat the fish we catch!

On a brighter note, I did get out hiking a bit and had good success foraging fresh yellow chanterelle mushrooms, as well as some wild red-and black-raspberries. At the Mountain, I met Doug Bastow from Gardiner, who was hiking with Artur and Julia, two Ukranian refugees, recently arrived in Maine. Unlike asylum seekers, refugees are allowed to seek work immediately. They were celebrating the fact that Artur, a merchant seaman, had just been offered a job as a painter at Bath Iron Works. He will start as soon as he passes his security checks. A great way to celebrate 4th of July!

This area offers some great outdoor recreation, whether you like to hike, bike, birdwatch, fish, sail, or paddle a canoe or kayak. I encourage all parents and grandparents to take advantage of opportunities to get your kids and grandkids (or even parents and grandparents) out on the lake for fish-

*Continued on page 13...*



Emily (6) and Aly (4) Hasenfus.



Doug Bastow with Artur and Julia.

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## — Calendar —

Additions and changes to events, activities, outings, visits, etc. are welcome and appreciated. Email, call, or stop us on the street with ideas and information.

**Through Sunday 7/16** - 26th Maine International Film Festival, over 100 films, many other activities, miff.org, Schupf Center and Waterville Opera House, Main Street, Waterville.

**Through Saturday 7/15** - Half Time, the true story of ten determined dreamers who audition to dance at half time for a major basketball team, 474-7176, Lakewood Theater, Route 201, Madison.

**Through Sunday 7/16** - Pittston Fair, animals, fun events, midway rides, food, a small family-oriented agricultural fair, great for kids, Saturday 7:30 pm - Motor Booty Affair, Route 194, Pittston.

**Friday 7/14 - Sunday 7/16** - The Maine Event Sunrises & Saddles Summer Horse Show, covered arena, concessions, free to public, Fairgrounds, Route 201, Skowhegan.

**Friday 7/14 - Sunday 7/16 and 7/21-23** - The Brothers' Grimm, Vaughn Historic Homestead Outdoor Pavilion, 7/14 and 7/15 at 7 pm, 7/16 at 2 pm, donations accepted, Litchford Road, Hallowell.

**Friday 7/14** - Mad Science of Maine presents: Sounds Like Science, pitch, frequency, vibration, the science of sounds, 1

pm, sponsored by Belgrade Public Library, Belgrade Center for All Seasons, Route 27, Belgrade Lakes.

**Friday 7/14** - Muddy Ruckus, Johnson Hall Free Waterfront Concert, 6-7:30 pm, Waterfront Park on the Kennebec River, Gardiner.

**Friday 7/14** - New England Music Camp Student Recital, 1-844-476-6976, 6 pm, free, Bowl in the Pines, Goldenrod Lane, Sidney.

**Friday 7/14** - Richard II by William Shakespeare, 7:30 pm, Cumston Hall, Theater at Monmouth.

**Saturday 7/15** - Maine Audubon Society Annual Loon Count, contact maineaudubon.org.

**Saturday 7/15** - Old Hallowell Day, food, art, parade, competitions, kids activities, shopping, fireworks, events start Friday evening, end Sunday afternoon, all day Saturday.

**Saturday 7/15** - New England Music Camp, weekend concert, free, 3 pm, snowpond.org, Bowl in the Pines, Goldenrod Lane, Sidney.

**Saturday 7/15** - Union Coffeehouse, 7 pm, refreshments, \$10 donation at door, Union Church, Main Street, Belgrade Lakes.

**Saturday 7/15** - Sandy River Ramblers, bluegrass with a Maine flavor, \$15, 7 pm, Union Meeting House, Readfield.

**Sunday 7/16** - Cornhole Tournament, fundraiser, sign up by 11 am, \$40 per team, food available, Chinese Auction, 487-1488, Turner-Poulin Union Hall, Rt. 201, Skowhegan.

**Sunday 7/16** - High Spirits, Concert at Norcross Point, free, 2-4 pm, Winthrop.

**Sunday 7/16** - 7 Lakes Alliance 5th Anniversary Celebration, 4 pm, 495-6039, www.7LakesAlliance.org, 137 Main Street, Belgrade Lakes.

**Sunday 7/16** - Country Comfort, Concerts in the Park, 5-6:15 pm, Coburn Park, Skowhegan.

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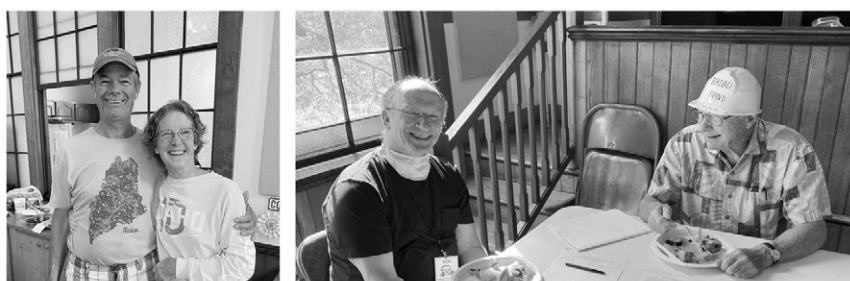
### Auditions to be held by RSC

Recycled Shakespeare Company will be holding auditions for their theatrical production, The Poe Experience.

Auditions are on Monday, July 17, from 6 to 8pm at the Fairfield House of Pizza in Fairfield and Wednesday, July 19, from 6 to 8pm at the South Parish Congregational Church in Augusta.

This one night only show will take place on Sunday, October 8, at 7 pm at the South Parish Congregational Church in Augusta. It will consist of a reader theater approach with and pantomime. Please be prepared to do a cold read. There are roles for readers, silent performers, and help with staging, costuming, tech, and more. Everyone, age 23 and over, who wants a part gets a part and actors are encouraged to help with various aspects of the production.

If you cannot audition during these times, please contact Shana Page at 207-286-5713 or [shanalynnpag@gmail.com](mailto:shanalynnpag@gmail.com).



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## —Along the Kennebec River Corridor—

### A Second Week at the Maine International Film Festival

by Gregor Smith

Although the 26th annual Maine International Film Festival is winding down, there is still much to experience. The festival's closing days will bring the visit of MIFF's second special guest and a second chance to see all the Maine features and shorts. Other highlights of the second week-end include the Maine Student Film and Video Festival, a Maine filmmakers forum, and the Closing Celebration.

This year, the festival has two special guests, Hungarian director Ildikó Enyedi, who received MIFF's Mid-Life Achievement Award last Sunday, and American documentarian Bill Morrison. Over the past two decades, Morrison has produced six feature films and dozens of shorts. According to Morrison's website, "[h]is films typically source rare archival footage in which long-forgotten, and sometimes deteriorated, imagery is reframed as part of a collective mythology." The festival will present his two most recent features.

In 2014, Smithsonian Magazine gave Morrison an American Ingenuity Award for Historical Scholarship for *The Great Flood* (2013). That film chronicles the Mississippi River flood of the Spring of 1927. The MIFF website calls that flood, which consumed 27,000 square miles, "the most destructive river flood in American history" — a description to which one might add, "so far." As climate change makes massive floods more likely in the future, the film becomes a prescient warning. That film screening was scheduled for Thursday, July 13, at 6:00 p.m. in the Schupf Center's Cinema 1.

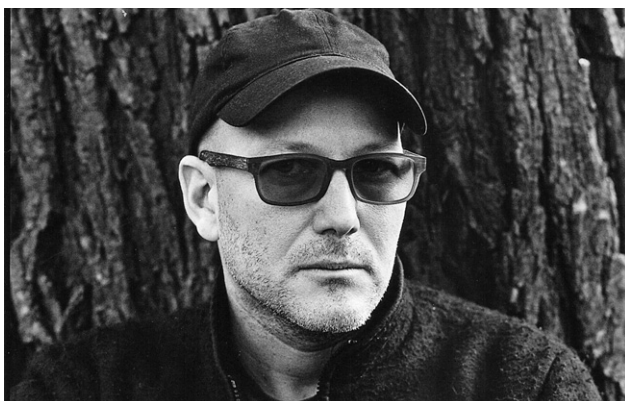
A day later, at the same time and place, one can



Dawson City

watch the second film, *Dawson City: Frozen Time* (2016). In 1910s and 1920s, Dawson City was the end of the line for movie distribution. Many silent reels that made it to this Yukon outpost never left. During a 1978 construction project, some 533 of them were literally unearthed from the permafrost. According to the MIFF site, "Morrison deftly combines excerpts from this remarkable collection with historical footage, photographs, and original interviews, to explore the complicated history of Dawson City, a Canadian Gold Rush town founded across the river from a First Nation hunting camp, and then traces how the development of that town both reflected and influenced the evolution of modern Cinema." A reception will be held at OPA at 139 Main Street after this screening.

Saturday opens with the 44th Maine Student Film & Video Festival at noon in Cinema 1. The festival was open to submissions from Maine students, up to age 19, of short films, up to 10 minutes long. Films were judged by a panel of educators, media arts professionals, and festival alumni in three age groups (Grades K-6, Grades 7-8, and Grades 9-12) and in three categories (Narrative, Documentary, and Creative.) At this free screening, the winning films will be shown and the



Bill Morrison photo Wolfgang Wesener awards will be presented. The maker of the best film will receive a \$500 prize.

That same afternoon and evening, one can watch (or *re-watch*) the Maine features and shorts shown at this year's festival. Six of the seven features and all three of the shorts compilations (Maine Documentary, Maine Narrative, and Mostly Maine Horrors) will have their second and final screenings on Saturday, July 15. Check the MIFF website or program book for titles, times, and locations. (The seventh Maine feature, the Opening Night Film *Hangdog*, will have its second screening on Sunday at 3:40 p.m. in Cinema 2.)

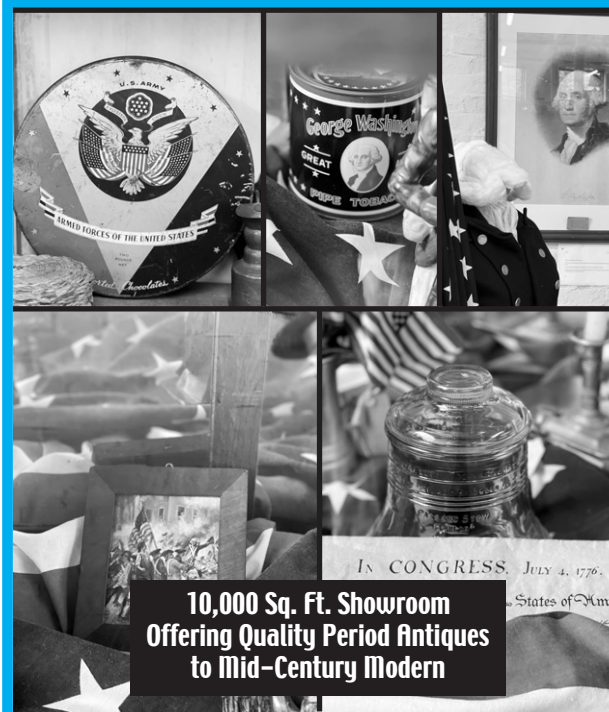
Some of these screenings overlap, so plan ahead. Otherwise, you'll have to decide at the last minute which ones not to see. Moreover, several of these screenings have already sold out, but do not despair. In festival parlance, "sold out" means that advance ticket sales have been halted, as 80% of the seats have been sold. The remaining seats are reserved for pass holders who arrive more than 15 minutes before the screening. Any unclaimed seats will then be sold to last-minute ticket buyers.

From 4:00 to 6:00 p.m. Saturday, MIFF will hold a panel discussion on making movies in Maine. Three Maine filmmakers will discuss tax credits, fundraising, and the current and future state of the film industry in the Pine Tree State. The first hour of the event is for networking and refreshments; the panel discussion will start at 5:00. This event will take place in the Greene Block + Studios at 18 Main Street in Waterville. While admission is free, advance reservations are required. Go to [miff.org](http://miff.org) for more information.

The main event on Sunday will be the closing festivities in the Waterville Opera House at 7:00. The featured film, *I Like Movies*, is the coming-of-age story of a socially awkward 17-year-old Canadian cinephile who works in a video rental store — the film is set in 2003, when such stores

*Continued on page 15...*

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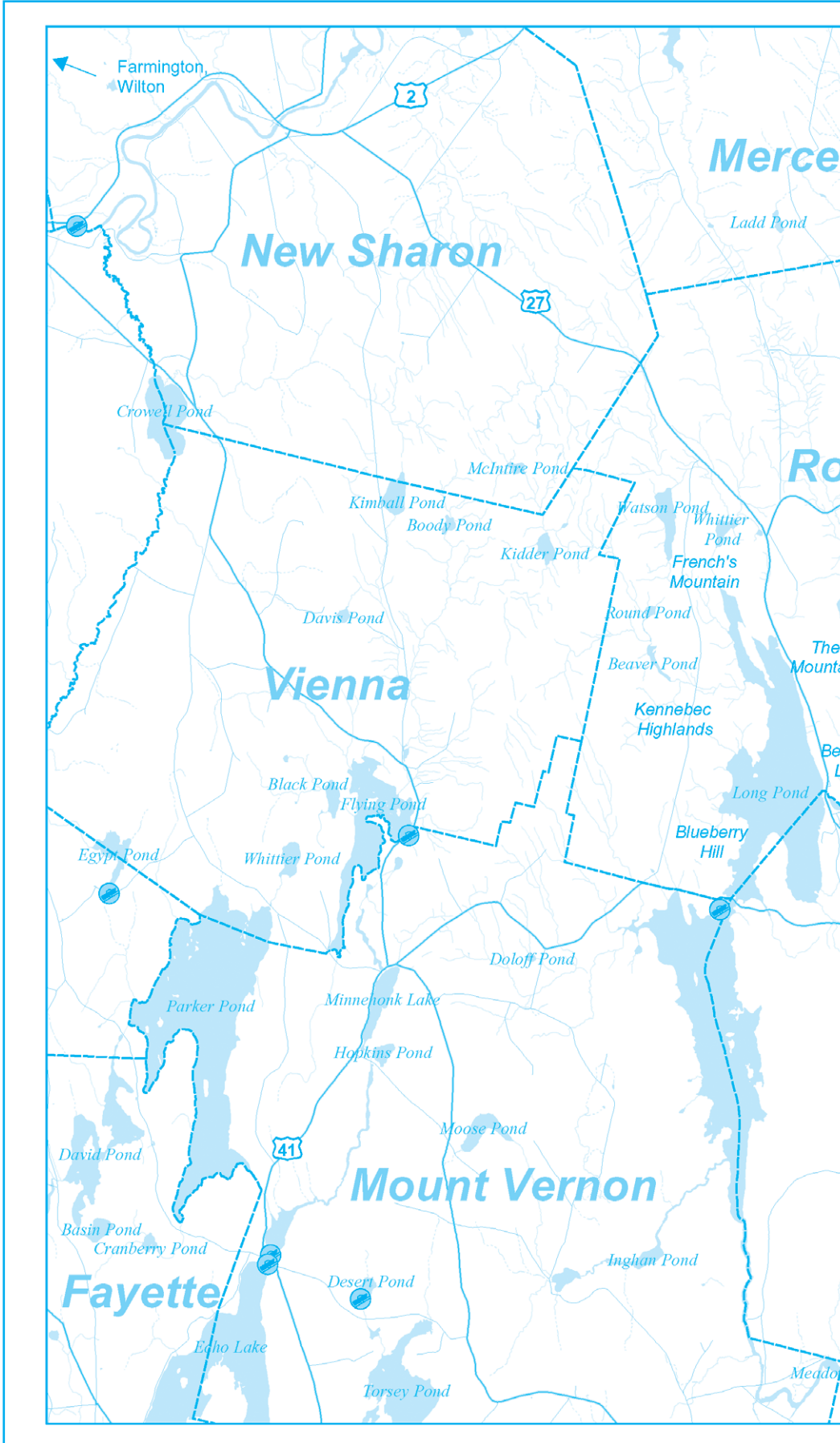
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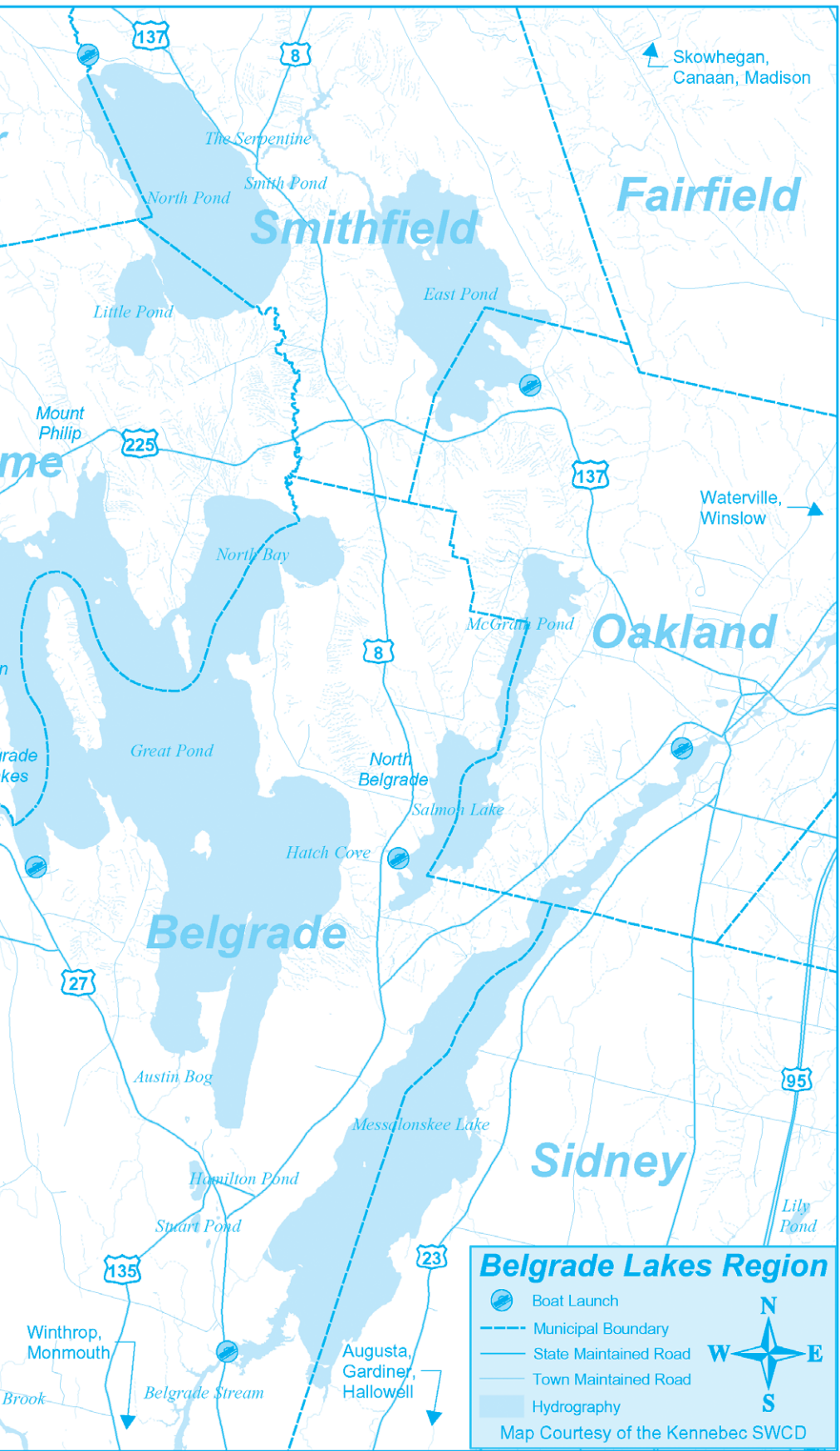
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## Call of the Loon

### Loon Ruminations



As an intern with the BLA Loon Preservation Project here in the Belgrade Lakes, we often borrow kayaks from volunteers to survey hard-to-reach places. Last Sunday, after a quick paddle on Long Pond where I recovered an abandoned loon egg to be sent away for testing, I had the pleasure of meeting several kids who had lots of questions about the beautiful birds that they'd seen so often from their grandparents' dock. After explaining what I could, I found myself unable to answer some of the family's questions about what exactly would happen to the egg after I collected it. So, this week's story is for you guys!

To learn more about the laboratory side of loon research, I caught up with Lucas Savoy, who has studied loons and water birds with the Biodiversity Research Institute (BRI) for over 20 years. He describes BRI's loon project as a "North American collaboration," pooling data from all over the US. Working with labs and universities nationwide, they study emergent diseases and contaminants as well as compile other data from many loon monitoring projects.

They've been working with Belgrade's loons for several decades, too. "Much of our sampling is focused on contaminant exposure, specifically mercury, with lead and PFAs as well," Savoy says. The Belgrade loons' notable characteristics include an "unusually high" turnover rate for nesting pairs, meaning that one breeding pair does not hatch chicks in a particular territory for many consecutive years as often as do loons in other populations. Using the colorful leg bands placed on breeding loons, biologists are able to identify returning birds and those that may have traveled.

Much of BRI's loon data comes from studying abandoned eggs that are collected by many different local projects (such as here in the Belgrade lakes) and pooled by BRI over the summer. In recent years, BRI receives around 50 eggs annually, but formerly studied up to several hundred, aiming to identify hotspots for contaminants like mercury. Mercury levels are starting to decline in the northeast, Savoy says, and they're monitoring hotspots and areas of concern more closely. So, how do they study the eggs? Every year, on "Egg Day," in early fall, biologists process all the eggs at once. First, they take measurements such as height and weight, then open the egg with a scalpel and assess the development of the frozen contents. Coupling this data with what they've found in past years and in other samples, they can sketch a picture of the parents' health. "There's a tendency for higher mercury eggs to be infertile," Savoy says. High-mercury eggs are also smaller, which can damage the prospective chick's chances of survival.

So, why is studying loons so important? Loons are critical bioindicators, which means that their health and pollutant levels convey important data about the health of the overall ecosystem. They are long lived, highly territorial, and high on the food chain, all factors that make them the ideal subjects for a study.

While there's not a lot that the average lake resident can do to decrease mercury levels (much of current mercury pollution comes from industrial waste), volunteer citizen scientists working through an organization can collect other important data. Additionally, with new pollutants such as PFAs rising in concern, keeping our waters clean remains critical as ever. All you need to contribute useful data to loon studies is a camera. Submitting a good picture of your local loons showing off their brightly colored ankle bands can add to our understanding of loon behavior. As always, reduced boat speeds, fishing with lead-free equipment, and extra caution around nests and chicks are ways than anyone can help protect these beloved and iconic birds.

Brynne Robbins –  
Colby Loon Project Intern



Brynne holding the chick while mother loon is being banded during our 7/2/23 Banding Night



2023 Abandoned Long Pond egg



2022 Banded Great Pond female showing off her jewelry!





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Belgrade Lakes, 495-4045, 242-1273  
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Weekly Farmers' Markets

**Tuesday** - Augusta Farmers' Market, 2-6 pm, Mill Park, Water Street.

**Wednesday** - Fairfield Farmers' Market, 2-6 pm, 81 Main Street, Nazarene Church Parking Lot, 81 Main Street.

**Thursday** - Downtown Waterville Farmers Market, 2-6 pm, Head of Falls and Riverwalk.

**Friday** - Farmington Farmers' Market, 10 am-1 pm, parking lot near Better Living Center, Front Street.

**Saturday** - Farmington Farmers' Market, 9 am-12

....Continued from page 6

**Monday 7/17 and Wednesday 7/17** - Recycled Shakespeare Company auditions for "The Poe Experience" - reader theater approach, 6-8 pm, 286-5713, 7/17 at Fairfield House of Pizza; 7/17, South Parish Congregational Church on 7/19 in Augusta.

**Monday 7/17** - The Blenders, Friends of Lithgow Library Summer Concert Series, 6:30 pm, on the front lawn, free, Lithgow Library, Winthrop Street, Augusta.

**Monday 7/17** - Western Maine Foothills Band, selections from Big Band, marches and other eras, 7-8:30 pm, Meeting House Park, Main Street, Farmington.

**Tuesday 7/18** - 7 Lakes Alliance Live Animals with Chewonki - Owls of Maine, 3 pm, 495-6039, [www.7LakesAlliance.org](http://www.7LakesAlliance.org), 137 Main Street, Belgrade Lakes.

**Tuesday 7/18** - In His Honor, Rock on the River series, 7-8:30 pm, Grandstand, Water Street, Hallowell.

**Tuesday 7/18** - New England Music Camp, Student Honor Recital, free, 7:30 pm, [snowpond.org](http://snowpond.org), Alumni Hall, Goldenrod Lane, Sidney.

**Wednesday 7/19** - Invasive Plant ID Workshop, 10-11:30 am, 7 Lakes Alliance, Main Street, Belgrade Lakes.

**Wednesday 7/19** - Mr. Drew and His Animals Too, a natural science and exotic animal rescue and rehabilitation center in Lewiston, provides a hands-on approach to learning about science and animals, 1 pm, sponsored by Belgrade Public Library, Belgrade Center for All Seasons, Route 27, Belgrade Lakes.

noon, in front of Court House, Main Street.

**Saturday** - Hallowell Farmers' Market, 9 am-12 noon, Steven's Commons.

**Saturday** - Skowhegan Farmers' Market, 9 am-1 pm, Somerset Grist Mill.

**Saturday** - Wayne Farmers' Market, 9 am-12 noon, on the Green at Mill Pond.

**Sunday** - Belgrade Lakes Farmers' Market, 9 am-2 pm, 7 Lakes Alliance, Main Street, Belgrade Lakes.

**Wednesday 7/19** - Sharon Hood and Dixon Road, free summer concert series, 6 pm to sunset, Mill Park, Water Street, Augusta.

**Thursday 7/20** - Invasive Aquatic Plant Workshop, 10-11:30 am, Fairview Grange, downtown Smithfield.

**Thursday 7/20** - Cruise In, Waterfront Park, 5-7 pm, Gardiner.

**Thursday 7/20** - Blues Prophets, WaterFront Music Series, 6-8 pm, WaterFront Park, Oakland.

**Thursday 7/20** - Denny Breau, Village Green Music Series, 6:30-8 pm, 495-3481, [recreation@townofbelgrade.com](mailto:recreation@townofbelgrade.com)

**Thursday 7/20** - Student Honor Recital, New England Music Camp, 7:30 pm, free, Alumni Hall, Goldenrod Lane, Sidney.

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453-7656, [www.applefarm.us](http://www.applefarm.us)

ARCHITECTURAL DESIGN

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Augusta, 242-3663. [www.lakehousedesignbuildmaine.com](http://www.lakehousedesignbuildmaine.com) [houzz](https://www.houzz.com)

ARTS

**High Peaks Artisan Guild**, art gallery open Friday,  
Saturday, Sunday 11 am-5 pm, other times by chance or  
appointment,  
245 Main Street, Kingfield, 340-1045,  
[highpeaksartisanguild.homestead.com](http://highpeaksartisanguild.homestead.com)  
**Waterville Creates**, 10 Water Street, Suite 106, Waterville,  
616-0292, [www.watervillecreates.org](http://www.watervillecreates.org)

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**Belgrade Lakes Marine and Storage, Inc**,  
366 Augusta Road, Belgrade, (Rte. 27), 495-2378,  
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623-1851, [www.maine.statecu.org](http://www.maine.statecu.org)

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861-2723 or 465-3007, [www.treespiritsofmaine.com](http://www.treespiritsofmaine.com)

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**Belgrade Lakes Association (BLA)**, Long Pond and Great  
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512-5150, [belgradelakesassociation.org](http://belgradelakesassociation.org)  
**McGrath Pond-Salmon Lake Association (MPSLA)**,  
Belgrade and Oakland, PO Box 576, Oakland, ME 04963,  
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## PHOTOGRAPHY

**Kevin Couture Photography**, HS Seniors, Weddings, Families, Aerial drone images, 474-0754, 858-5382, [www.kevincouturephotography.com](http://www.kevincouturephotography.com)

## PHYSICAL THERAPY

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

## PIANO LESSONS

**Diane Gorman**, 191B Bartlett Road, Belgrade, 495-3222 [Gorman3366@roadrunner.com](mailto:Gorman3366@roadrunner.com)

## REALTORS

**Coldwell Banker Plourde Real Estate**, 143 Silver Street, Waterville, 660-4001, 872-7650, [www.coldwellbanker.com](http://www.coldwellbanker.com)

**Ellen Wells, Coldwell Banker Plourde Real Estate**, 649-1471

**Lakepoint Real Estate**, 221 Main Street, Belgrade Lakes, 495-3700, [www.belgradelakepoint.com](http://www.belgradelakepoint.com)

**Amy Bernatchez, Lakepoint Real Estate**, 314-2353, [amy@belgradelakepoint.com](mailto:amy@belgradelakepoint.com)

**Trisha Cheney, Lakepoint Real Estate**, 716-6494, [trisha@belgradelakepoint.com](mailto:trisha@belgradelakepoint.com)

**Stephanie Yeaton, Lakepoint Real Estate**, 495-4046, 592-5577, [stephanie@belgradelakepoint.com](mailto:stephanie@belgradelakepoint.com)

## RECREATIONAL VEHICLE AND TRAILER STORAGE

**Belgrade Lakes Marine and Storage, Inc**, 366 Augusta Road (Rte. 27), Belgrade, 495-2378, [www.belgradelakesmarine.com](http://www.belgradelakesmarine.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](http://www.granitehillestates.com)

## STORAGE

**Fieldstone Storage**, by appointment only, 270 Summer Street, Oakland, 314-5523, [FieldStoneStorage.com](http://FieldStoneStorage.com)

## SURVEYING

**Acme Land Surveying**, 108 Fairbanks Road, Suite 5, Farmington, 778-408, 1800-778-408, [www.acmelandsurveying.com](http://www.acmelandsurveying.com)

## WINDOWS

**Hammond Lumber Company**, at 22 locations: Auburn, Bangor, Bar Harbor, Belfast, Belgrade, Blue Hill, Boothbay Harbor, Brunswick, Bucksport, Calais, Camden, Cherryfield, Damariscotta, Ellsworth, Fairfield, Farmington, Greenville, Machias, Portland, Rochester (NH), Rockland, Skowhegan, 1-800-HAMMOND, [www.hammondlumber.com](http://www.hammondlumber.com)

## WINE AND SPIRITS

**Tree Spirits**, 152 Fairfield Street, Route 23, Oakland, 861-2723 or 465-3007, [www.treespiritsofmaine.com](http://www.treespiritsofmaine.com)



## The Dams Keeper Report

Well, the water temperature is finally warming up a bit more to my liking!! Upper Long Pond is a delightful 80.6F today (on the surface) and in my opinion, perfect! My toes will tell you that it is nowhere near 80F down there but it's all still very refreshing! But remember, with these warm water temperatures and with 85°F air temperatures, we lose  $\frac{3}{4}$ " per day of water just to evaporation, so fortunately this year we've got water to spare.

As I write this week's column, Mother Nature has been unusually kind to us here in the Belgrades! The weather for our July 3rd Fireworks couldn't have been better as well as the weather for the 4th Boat and Street Parades despite the forecast for showers, rain and torrential thunderstorms. Boy, did we luck out and we deserve it especially considering the rain that we've had to endure this season. We had 3.55" of precipitation for the past ten days and they are forecasting a 'paltry' 1.93 for the next 10 days

which if it happens, I hope it's only at night.

As you are aware as you drive around, all of our gates are open to reduce local flooding and send what we don't actually need downstream to the Kennebec. The Village spillway dam is presently at 3.36" above full pond which is still a bit high but Craig has opened the gate from two to three feet to lower Great Pond a bit more. Long Pond, at least at the Wings Mill Dam, has come back up to exactly full pond with both gates at 3.5' and 4.5' respectively. Snow Pond is still holding at 1.92" below their spillway which is excellent. Salmon and McGrath are in good shape at 1.2" above full pond with the 1 cfs calibrated valve opened 15 turns.

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

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

Dick Greenan

Chairman, Belgrade Lakes Watershed Dams Committee



....Continued from page 5



Sol (8) and Mirah (11) Caballero at the Szela Camp with their Aunt Lindsay.

ing or swimming or up in the hills for some hiking. Pick up a map of the local trails at Day's Store or from the 7 Lakes Alliance at the Maine Lakes Resource Center (MLRC). Individual trail maps can be downloaded from the 7-Lakes web site at: <https://www.7lakesalliance.org/trailssystem>. Also, please check the 7-LA webpage for details on upcoming interesting events scheduled this summer (<https://www.7lakesalliance.org/>) and watch the sign out front as events are added. And make sure you take a kid along on your next outdoor adventure.



Grandson, Bayard, with the one that didn't get away.



The perch that became fish taco salad.





# Blueberries for Sal Cookbook by Robert McCloskey

by Martha F. Barkley

This newly published book has all your favorite blue pen and ink drawings from the Caldecott Honor Classic of long ago, but it seems like yesterday. The waitress said tonight that was her favorite. Our 49 year old son loved this read aloud at bedtime. Heads were nodding YES at the table next to our's.

Now this new book has a collection of blueberry recipes that will make your mouth water. Breakfast, lunch and dinner ideas plus extra drinks and in-between snacks that are healthy with blueberries.

July was declared National Blueberry Month by President Nixon. New Jersey claims it as the state berry. How did Maine allow that? Lowbush wild berries are in the story and high bush berries are the ones Maine exports all over.

Canned or frozen or fresh are all good for these "Sweet Recipes Inspired by the Beloved Children's Classic". Piers Sanford adds a few more illustrations.

McCloskey's love of Maine is evident in four out of eight of his picture books for children: One Morning in Maine, Time of Wonder, Burt Dow and Deep-water Man.

Picking tiny sweet Maine-blueberries in July, what could be better? Healthy, too, for your insides and outside exercise good for ALL.

Bears and birds are also covered in this recipe book, so go to Oliver and Friends to further your knowledge and summer enrichment.



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FINALIST - Best Feature Film - LA Femme International Film Festival 2020



The total eclipse of the sun is coming to Maine April 8th, 2024

It's a good time to see In The Moon Shadow which captures the 2017 Total Eclipse magnificently. Curious as to the effects? Come support the new pickle-ball/basketball fundraiser and see!



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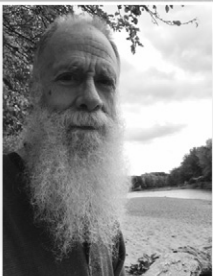
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— Real Estate Update —

In early 2020 the COVID pandemic created uncertainty in most business segments globally and in Maine.

The real estate market began a 2-year influx of people coming to Maine creating a historic demand for housing. The market peaked in mid-2022 but has remained strong since. The metrics that measure the strength of the real estate market are the number of homes sold, what these homes sell for, how long they are on the market and how many are available. All of these statistics achieved record numbers in 2022.

In the Belgrade Lakes Region here is the growth we saw in our local real estate market, for waterfront properties compared to pre-COVID

numbers:

- § The number of homes sold increased by 26%
- § The average price increased by over 100%
- § The days on market decreased by 80%, down to 29 days
- § The number of homes available decreased by 73%

The end of 2022 and first half of 2023 have brought a rise in mortgage rates, inflation and a volatile stock market which has begun a shift in the real estate market. We have experienced a moderation in sales price growth, although prices do continue to rise, just at a slower rate. Inventory is still very tight which keeps the demand high for waterfront properties. This low

Has the COVID Market Rally Come to an End?

inventory trend will likely continue throughout 2023, so a significant decline in prices seems unlikely.

All of the measurable statistics in the real estate market are still much higher than pre-COVID levels, and nobody in the industry is predicting a 'burst' of the bubble. The Belgrade Lakes Region is a desirable destination to live or own a vacation home, so we don't always follow the trends seen nationally. 2023 will continue on the path of normalizing our market, but until more homes are available for sale, the prices for both waterfront and residential will remain high.



...continued from page 7

still existed — and for whom the movies he watches and those he creates in his mind are more real than the world around him.

At this screening, two sets of awards will be announced. Sponsored by the Unity Foundation and the Louis M. Rabinowitz Foundation, the Tourmaline Prizes are in their second year. Named after Maine's state gem, they will be presented to the best Maine feature and best Maine short shown at this year's festival. The winners, chosen by a jury comprising two filmmakers and a film scholar, will receive prizes of \$5,000 and \$2,500, respectively.

Festival organizers will also announce the Audience Favorite Awards. Upon leaving a screening of an eligible film, each attendee may rank the film on a scale of one to ten. Except for the Closing Night film, any new feature film shown at this year's festival is eligible. The three films with the highest

average ranking win. The filmmakers receive neither a cash prize nor a trophy, but they do get bragging rights.

After the winners of the Tourmaline and Audience Favorite Awards are announced, we will add the list of winners to the online version article of this article. The festivities will conclude with a reception at Silver Street Tavern.

Except for the Maine Student Film and Video Festival, which is free, admission to any of the abovementioned screenings costs \$14. If you have not bought a festival pass, we urge you to buy your ticket in advance, either online or at the festival box office on the first floor of the Schupf Center. If you do have a pass, please come at least 15 minutes early for your best chance of getting a seat.



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<b>MLS 1561641    \$1,250,000</b>	<b>MLS 1557401    \$995,000</b>	<b>MLS 1559378    \$1,325,000</b>	<b>MLS 1557385    \$419,900</b>	<b>MLS 1563361    \$369,000</b>	<b>MLS 1563388    \$475,000</b>
<b>LOVEJOY POND-</b> 400 sqft cozy cabin with 4.36ac of land and 300' of waterfront. <i>Readfield</i>	<b>WATERVILLE-</b> 3BD/2.5BA home with 4,136 sq. ft. of living space situated on 1.55 acres of land.	<b>VASSALBORO -</b> 3BD/2BA home with 1,344 sq. ft. of living space situated on 1.80 acres of land.	<b>COMMERCIAL-</b> Historical commercial property on the corner of busy route 27 and route 225 in Rome with maximum traffic exposure.	<b>GREAT POND-</b> 7.5 Acres and 481 feet of frontage on gorgeous Great Pond. <i>Belgrade</i>	<b>LONG POND -</b> 16+ acres of land with 563 feet of waterfrontage on Long Pond. Wonderful sunsets! <i>Belgrade</i>
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