

# Summertime in the Belgrades



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

VOLUME 27, NUMBER 3

## Meet The Day Camp Kids

by Esther J. Perne

Meet the day camp kids. Meet the smiles and the smell of sunscreen. Meet the kids who dive or wade or splash into a lake, a pool, a project, a future hobby or passion - or who just have fun and carry memories of that fun with them into life.

Meet the kids who finish a day camp session with new skills in athletics, a stronger character in teamwork, a deeper understanding of the region, a greater sense of observing safety and an enhanced appreciation for the outdoors.

Day camp in central Maine fills the "schools out" gap for working families, replaces the "it's boring" syndrome of hanging at home, adds one more great reason for vacationing families to seek a getaway but with structure and provides a setting of recreation and enrichment that takes advantage of these beautiful natural surroundings.

As July begins and August lies ahead and many day camps appear to be in full action (and some fully booked), there are still opportunities to find openings for this summer. There also are opportunities to apply for scholarships and financial aid.

Best sources to find enrollment openings and scholarships are community recreation centers and community nonprofit organizations, school sports camps, nonprofit organizations, colleges, faith-based groups, museums and art and creative centers....and word-of-mouth, bulletin boards and eavesdropping on the enthusiastic chatter of kids talking about camp - like



the specialty camps below.

Meet the day camp kids and may one of them be yours....

Specialty Summer Day Camps: A Sampler

### Sailing

**Belgrade Lakes:** SailMaine Youth Camp, ages 9-13 and 14-17, beginner and intermediate, Belgrade Community Center for All Seasons; 1/2-day program, weekly sessions 7/7-8/15; \$235; scholarships available, SailMaine.org or 235-3173

### Nature and Science

**L.C. Bates Museum, Hinckley:** Young Naturalist, Wetlands, Earth is a Planet and Experimental Ecology camps are being offered in 2025 starting July 7; age range 6 years through middle school; camps

Monday-Friday, 9 am to 12 or 2 pm; price range \$180-\$300; financial assistance available; 238-4250.

**Children's Discovery Museum, Waterville:** Kids in the Woods, ages 6-9, full day, \$275; Kids at the Museum, ages 3-5, half day, \$150, 2 weeks left in August

### Theater

**Gardiner:** Spark Theater Camp, Johnson Hall Opera House, one-week classes, 9 am-3 pm, ages 10-14, \$200, scholarships available, 582-7144.

**Madison:** Young Performers Camp, Lakewood Theater, ages 6-17, 2-week sessions, \$500, 474-7176

### Art

**Waterville:** Ticonic Gallery and Studios, Hummer Artist and Maker Camp, 8/11-15, 9 am-12 noon.



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# 7 Lakes Hosts Conversation With Beloved Authors Ernest Thompson and Jennifer Finney Boylan

All are invited to attend an unforgettable afternoon of stories, insight, and inspiration with two acclaimed authors who share a deep love of the Belgrade Lakes region. On Saturday, July 12, from 3 to 5 p.m., join 7 Lakes Alliance at 137 Main Street, Belgrade Lakes, for a special conversation featuring Academy Award-winning writer, actor and director Ernest Thompson and best-selling author and President of PEN America, Jennifer Finney Boylan.

Thompson, best known for On Golden Pond, will join Boylan for a special reading of selections from this classic, and offer a preview of his soon to-be-released novel, Out Clause. He'll also talk about his new short film, The Constituent, which he wrote, directed and stars in, alongside Emmy-Award-winning actor Gordon Clapp (NYPD Blue). The film will be featured at the Maine International Film Festival (MIFF) on Sunday, July 13 th at 4 p.m. Boylan, longtime summer resident and nationally celebrated author, will read from her newest book, Cleavage: A Memoir, Men, Women, and the Space Between Us. In this book, Boylan offers a witty and captivating examination of the divisions -as well as the common ground - between the genders drawing on her



deeply personal experience. This is Boylan's 20 th book which follows best-selling novels, Mad Honey, with Jodi Picoult and Good Boy, My Life In Seven Dogs. DDG Booksellers will be at the event with numerous titles available for purchase and to have signed, including pre-orders and book plates for Ernest's next novel, Out Clause.

Don't miss this opportunity to engage with two literary voices whose work resonates within and far beyond our Belgrade Lakes community. Light refreshments will be served. The event is free, but space is limited. To attend, please register at <https://7lakesalliance.org/events/>.



# The Same Morning for 70 Years on Great Pond

By Lee Hall Delfausse

I've often heard that history repeats itself, but does life? Maybe.

Lakes have always fascinated me because they provide a mirror on the world, especially when they rest quietly, with nary a ripple. The glassy surface becomes both a reflecting mirror and a microscope at the same time. When I look out to the distant shore line, I can see the double reflection of the trees and the gently moving clouds overhead, creating a balance and symmetry. Then, looking down into the clear water, I spot the trout, even their shadows on the sandy surface. The shore-line rocks dip below the water's surface telling tales of glaciers over 10,000 years ago.



One lake, called Great Pond, far north in Maine, has taught me more life-long lessons in geology, in community, in botany, and in spirituality than any four year college could instill.

When I jump into the warm August lake, I can be any age. As I slide deep into the clear water, the caress can feel like my mother's touch when I was five years old. Of course, at that age, my jump was propelled by the desires to learn to swim and to overcome the fear of the depth. While dog-paddling

Continued on page 5...

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Vietnam Veterans Memorial To Be Featured in Farmington

Honoring the 58,000 men and women who gave their lives and the more than 3 million Americans who served in the United States Armed Forces during the Vietnam War, The Wall That Heals memorial will be in Farmington July 1 through 6. It will be open to the public 24 hours a day from July 3 through 6 at 123 Narrow Gauge Square.

The Wall is transported in a 53-foot trailer that opens up into a showcase of exhibits that tell the story of the Vietnam War and has visited communities large and small across the United States. In 2023 the truck traveled nearly 18,000 miles, visited 32 communities large and small and was escorted by an estimated 3,000 vehicles. Veterans and visitors to the Wall who look for the names of family and of members of the community have exceeded 220,000.

For more information visit: <https://thewallthathealsjuly2025farmington.com/>. The Farmington schedule includes:

- Event Schedule**
- Tuesday, July 1st, 2025**
- Welcome & Escort the truck in
  - The Wall That Heals arrives in Farmington, Maine close to 2:00 PM
- Wednesday, July 2nd, 2025**
- Setup Day 8 AM until done
  - Volunteer Training 6 PM
- Thursday, July 3rd, 2025**
- 8:00 AM: The Wall That Heals Opens
  - 4:50 PM – 5:00 PM: Introduction for Travis Mills
  - 5:00 PM – 5:30 PM: Travis Mills speaks at the Apex of the Wall
  - 5:30 PM – 6:00 PM: Break
  - 6:00 PM – 6:30 PM: Static Display and Blackhawk Flyover of Narrow-Gauge Cinema
  - 6:30 PM – 7:00 PM: Folding of the American Flag & Missing in Action Table Recognition at The Wall
  - 7:00 PM – 7:45 PM: Orchestra Set 1
  - 7:45 PM – 8:00 PM: Break
  - 8:00 PM – 8:45 PM: Orchestra Set 2
  - 8:45 PM – 9:00 PM: Break
  - 9:00 PM – 9:10 PM: Welcome, introduction, and announcement of National Anthem speaker
  - 9:10 PM – 9:15 PM: Singing of the National Anthem (on stage)
  - 9:15 PM – 9:35 PM: Fireworks display (silent display streamed inside Narrow Gauge Theater)
  - During Fireworks: Setup for Houston on the drive-through stage.
  - 9:35 PM – 11:00 PM: Country singer Houston Bernard (Drive-through stage)
  - The Wall That Heals is open 24 hours a day to visitors.
- Friday, July 4th, 2025**
- The Wall That Heals is open 24 hours a day to visitors.
  - 12 PM Quilt of Valor Recognition
  - PTSD Awareness Ceremony (Dusk)
  - 9:00 PM TAPS (Sunset)
- Saturday, July 5th, 2025**
- The Wall That Heals is open 24 hours a day to visitors.
  - TAPS (Sunset)
- Sunday, July 6th, 2025**
- Closing of The Wall That Heals Ceremony 1:45 PM
  - The Wall That Heals closes to the public at 2:00 PM
  - Volunteers begin wall breakdown at 2:00 PM

Summertime in the Belgrades

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7 LAKES ALLIANCE Summer Celebration

Sunday, July 13, 4-6 pm

137 Main Street, Belgrade Lakes

Please join us for our annual summer gathering to learn about the important work being done by 7 Lakes Alliance to conserve the lakes and lands we all love. Together, we'll celebrate the wonderful supporters and volunteers who make this work possible.

Thanks to our generous sponsor, there is no fee for this event. Kindly RSVP at [7LakesAlliance.org/events/](https://7LakesAlliance.org/events/) so we may have an accurate head count.

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## Colby Students Dive Into Lake Research at 7 Lakes Alliance

by Matt Farragher, Lake Scientist, 7 Lakes Alliance

Every year in late-May, the Lake Science team at 7 Lakes Alliance is joined by a group of summer research students from Colby College to work on research projects across the seven lakes. In addition to helping with our routine monitoring program, the students work closely with us and Dr. Whitney King's lab at Colby on individual projects investigating how lake water quality is influenced by characteristics of chemistry, biology, and physics. We're thrilled to have another group of motivated and hard-working students working with us this summer! Here is a brief description of what each student is working on this summer, in their own words:

Ella Novion ('28), Kansas City, KS. Biochemistry Major. "I am collecting water and sediment samples from the lakes and measuring the amount of key elements like phosphorus, aluminum, and iron."

Maddy Tran ('28), Los Angeles, CA. Chemistry and Computer Science Majors. "I'm working on analyzing the characteristics of waves from wake boats, and working with other high-frequency buoy data."

Sam Bunge ('27), Chicagoland, IL. Biology Major. "I am analyzing biology samples to study food web dynamics and nutrient cycling between zooplankton and phytoplankton."

Soomin Lee ('27), Brookline, MA. Biochemistry Major. "I am investigating

how the ratios of phosphorus and nitrogen contribute to the phytoplankton population in the Belgrade Lakes."



The Colby College summer crew heading out for training on Great Pond.

7 Lakes Alliance's lake conservation work but also help ensure that these waters remain healthy for generations to come. As you enjoy the beauty of the Belgrade Lakes region this summer, know that a dedicated team of scientists, both seasoned and emerging alike, is working every day to keep our lakes clean and thriving.

We're grateful for their work and invite our community to join us on July 31st at 5 p.m. at the 7 Lakes Alliance building to hear more about their scientific findings and what impact it has on informing lake science at 7 Lakes Alliance.



## The Case of the Missing Keel- Another Great Pond Boat Story

Submitted by BHS member Rod Johnson

It was sometime the late 90's, maybe 2000, but not really important to what happened on Great Pond in Belgrade, Maine.

Summertime and humid heat had finally arrived, and about every Mainer who owned a boat had hit the water wherever they could. Those would include everything from a tiny tin pram to an antique wooden speedboat and everything in between. Oh, and let's not forget the sailors, with their sails up and keels



down, that is, whenever the wind decides to play fair. One particular sailboat, a 22 foot Catalina sloop, was owned by friends John and Melissa Romac. It was berthed at their camp at Woodland on Long Point and was equipped with the normal basics, a jib and mainsail, rudder and keel. The keel was called a swing keel, the kind that could be retracted up into the boats hull when not under sail or in shallow water, then let down with a cable on a winch when the winds heightened and water deepened. From time to time the keel would somehow get stuck and the sailor was unable to either retract or lower the huge keel. John had battled with it off and on, and one day his problem went away-literally! Here's the story:

John's sister, Lynn, came to camp with her two young children and took a nice sail. It was a day made for sailors-you know, plenty of wind to work with, but not over the top. It was the kind when a big old boat can move along at a nice pace of 5 or 6 knots, with wash from the hull making a lullaby lapping sound as it slaps the hull and passes by the stern. The kind that makes you smile in a subtle sort of way and appreciate your surroundings with the upmost respect.

Lynn was able to sail around Hoyt's Island without getting becalmed on either end, then decided there was time to go around again as she cleared the North end and was pointed to Indian Island to keep some wind. Suddenly, all hell broke loose. As she was in a nice broad reach and the boat was heeled enough to be exhilarating, a strange twang came from the cabin, followed by a heavy thump under the hull. She managed to free the mainsheet with a quick grab and secondly pulled the jib sheet from the cam cleat. After the boat settled,

*Continued on page 11...*



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— Take It Outside — School’s Out, Families in the Woods

By Peter Kallin



Three generations of Nickersons: Randi, Ashton, Eileen and Levi.

Last week was the first week of summer vacation for most schools in the area and families with kids are beginning to show up everywhere. Almost all of the summer camps and sporting camps are back to a normal schedule. It is good to see our friends from away returning. These camps are not only very important to the local economy, but often bring visitors from all over the country who learn the joys of living near a lake in Maine. Many later come back to settle here in their retirement. There are many former Camp Kennebec alumni around Salmon Lake, Pine Island alumni and Runoia alumnae around Great Pond, Manitou and Matoaka alums around East Pond, and Snow Pond Center for the Arts alumni everywhere. This is also true of former visitors to Bear Springs, Alden Camps. Whisperwood, Castle Island, Wheeler Camps, and other family camps in the watershed. Residents of Taconnet have been playing tennis with the same “kids” for decades. A recent UMO study estimates youth summer camps alone generate about \$323M direct and indirect economic benefits in Maine, annually.

Over Father’s Day weekend, I got to take care of my youngest Grandson, Bayard (AKA Bub). We spent a fair amount of time fishing. Bub caught and released 15 red- breasted and pumpkin-seed sunfish off our dock using a small jig with a bit of worm on the tail before we headed out to the lake for a bit on Saturday afternoon. I caught a nice smallmouth that my grandson officially measured as “Humongous.” It was actually only 19”, about 4 pounds, but still pretty nice. The next morning, we went to the Farmer’s Market by boat and met Nana there for a bit, which included popsicles, fresh bread and cookies, and making a frog in the gallery. Bayard and I headed back in the boat and we each caught a couple of nice bass. Bub caught a solid three pounder trolling a white zonker streamer. He wouldn’t hold it up for the camera but is sitting with it and pointing at it in the picture below.



Bub with one of 15 sunfish he caught.



My “humongous” bass (Photo by Bub)

A couple days after the end of school I went for a hike on Mt Phillip and met three generations of the Nickerson Family from Norridgewock finishing their hike. Randi Nickerson was hiking with her mom, Eileen, and her two sons, Ashton and Levi. Ashton is going into third grade next year and Levi will be headed to the Middle

Continued on page 10 ...

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to the water’s edge and climbing up the steep rocks, I learned how to take risks.

At the age of ten when swimming out into the middle of the wave-strewn water, I learned the importance of team work. Then, my friends and I would swim, side by side, out to the Point, then to Pickerel Rock, and finally to Oak Island, a mile away. If I started to falter, the others would encourage me.

As a teenager, while standing in the shallows, I could look down and see the sunfish, trout, and pickerel all nibbling at my ankles, questioning me, I, the un-fishy intruder. I never wanted to catch them or eat them because they belonged to this lake more than I did. Each species had a specific purpose that worked in harmony to keep the lake clean. I, then, was beginning to question my purpose, my goals.

Always curious, I loved to walk the narrow path along the steep shoreline and watch how the pines grew taller over the decades, how they pushed their roots into the overhanging embankment, supporting the embankment. I learned how one generation of trees could encourage the growth of the next generation as if they could talk to each other. Always, the soft-piney smells would waft on the breezes, creating an aroma that could transport me into any age, especially when I closed my eyes. I could be a child, a teenager, a young adult, a mother, a grandmother.

Throughout my college years as a geography/ geology major, I looked forward to returning to the lake in order to see firsthand the work of the glaciers 10,000 years ago. The lateral moraines formed the shore line and a medial moraine dissected the lake, creating its sandy bottom. In places I could walk 50 feet out into the middle of the four mile lake.

Now as a 70 year-old grandmother, I look forward to exploring the lake with my grandchild. But now, instead of teaching him about all the scientific evidence I had seen a lesson that would undoubtedly bore him I will talk about the feeling of peace, about the importance of finding silence, about the sense of eternity that abides in the infinitude of this mirror on the earth and its microscope into my soul.

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## — Calendar —

**Through Saturday 6/28** - Monmouth Fair 2024, midway, exhibition hall, pulling events, pig scramble, bike drawing, stage show, food, Saturday is Woodsman's Day, free parking, 13 and over \$7, 12 and under free, Academy Road, off Route 202, Monmouth.

**Through Saturday 6/28** - "Footloose," the Musical, 474-7176, Lakewood Summer Theater, Route 201, Madison.

**Friday 6/27 through Sunday 6/29** - Antique Tractor Festival, Maine Antique Tractor Club, over 30 years of preserving Maine's agricultural heritage, over 100 antique tractors, displays, demonstrations, 20 local Maine crafters and vendors, children's activities, food trucks, giant flea market and swap meet area, 431-2718, 351 Waterville Road, Norridgewock.

**Friday 6/27** - The Nest at Natanis Golf Tournament, presented by the Messalonskee High School Class of '26, 9 am shotgun start, silent auction and fun competitions, 135 Webber Pond Road, Vassalboro.

**Friday 6/27** - Bites & Sites, the Downtown Skowhegan Food Tour, visit and sample at 6 sites, tours at 2 pm and 4 pm, \$75, reservations required at Main Street Showegan, tours leave from Joe's Flat Iron Cafe, Water Street, Skowhegan.

**Friday 6/27** - Halee Lyn Cummings Memorial Barrel Race, sign up 2-4 pm, start time 5 pm, other activities during weekend, camping available, Silver Spur Riding Club, West River Road, Sidney.

**Friday 6/27** - Mike Van Summern & Tejas Blues, Johnson Hall Free Waterfront Summer Concert, 6-8:30 pm, food trucks 6-7:30, fireworks to follow, Waterfront Park on the Kennebec River, Gardiner.

**Friday 6/27 through Sunday 6/29** - "A Bench in the Shade," ACAT - Aqua City Actors Theater, \$15 adults, \$12 students and seniors, 7:30 pm Friday and Saturday, 2 pm Sunday, The Playhouse at Waterville Station, 17 Railroad Square, Waterville.

**Saturday 6/28** - Hallowell Artwalk, displays of art by local artists in downtown Hallowell, exhibits, live music, workshops, food trucks, 10 am-4 pm, Water Street, Hallowell.

**Saturday 6/28** - Lumberjack Throwdown, sponsored by Hammond Lumber Company, axe throwing, hot saws, fire builds, springboard chopping and more, 10 am, Route 8, downtown Smithfield.

**Saturday 6/28** - Chicken Barbeque, Smithfield Volunteer Fire Department, \$15, 1/2 chicken, 2 sides, roll, drink, dessert, 11 am 'til sold out, Smithfield.

**Saturday 6/28** - The Sweet Potato Races, free family fun, build it, decorate it, race it, children and adults, prizes, 1 pm, downtown Smithfield.

**Saturday 6/28** - Kingfield POPS Music Festival, Maine's premier outdoor concert featuring the Bangor Symphony Orchestra, 4:30-10 pm, music, food, fireworks, [kingfieldpops.org](http://kingfieldpops.org), Kennedy Farm, Route 142, Kingfield.

**Saturday 6/28** - A Very Special Evening with Karla Bonoff, folk/pop singer/songwriter, \$45-\$54, 8 pm, 873-7000, Waterville Opera House, Common Street, Waterville.

**Saturday 6/28** - The Pickle Ball, pickleball/basketball fundraiser, 21 and over, DJ Jamie, , silent auction, 6-9 pm, tickets \$40 for one, \$75 for two, dress up attire, Center for All Seasons, Route 27, Belgrade Lakes.

**Saturday 6/28** - Hallowell-Kennebec Contra Dance, \$15-\$25, 7-10:30 pm, Hallowell City Hall Ballroom, Winthrop Street, Hallowell

**Monday 6/30** - Western Maine Foothills Band, selections from Big Band, marches and other eras, 7-8:30 pm, Meeting House Park, 139 Main Street, Farmington.

**Tuesday 7/1** - Neighbors Driving Neighbors Online Auction Fundraiser through 7/31, Neighbors Driving Neighbors, [neighborsdrivingneighbors.org](http://neighborsdrivingneighbors.org), serving the towns of Belgrade, Fayette, Mount Vernon, Readfield, Rome and Vienna.

**Tuesday 7/1** - Boneheads, Rock on the River concert series, 7-8:30 pm, Bandstand, Water Street, Hallowell.

**Thursday 7/3** - Waterville Farmers' Market, 2-6 pm, Head of Falls, Waterville.

**Thursday 7/3** - Cruise-In Night, 5-7 pm, Waterfront Park, Gardiner.

**Thursday 7/3 through Saturday 7/12** - "Ravenscroft," Lakewood Summer Theater, 474-7176, Route 201, Madison.



## SAVE *the* DATE!

Lakeside Entertainment with the Laura Hudson Project.  
Light Fare by Lisa's White Flour Catering  
Cocktails & Mocktails  
Formal invitation to follow

### Lakeside Libations & Celebration!

**Thursday,  
August 21, 2025**

**The YCamp of Maine\*  
Winthrop, Maine  
5:30 PM**

\*305 Winthrop Center Rd,  
Winthrop, ME

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photo credit Remington French

## A Night to Remember! Pickle"Ball" Fundraiser

Join us for an unforgettable evening of dancing,  
elegance, and community spirit!  
**Saturday, June 28th, 2025**  
**6:00pm-10:00pm**  
**Location: Belgrade Center for All Seasons**  
**207-495-3481**  
**Tickets available at CFAS**  
**\$40/ticket or \$75 for a couple**  
All proceeds go towards a new outdoor  
pickleball court!

*Ages 21+ \* Music \* Refreshments/ Cash  
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**Formal attire encouraged but not required.**

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### Friday July 4th

### 9 am – 1 pm

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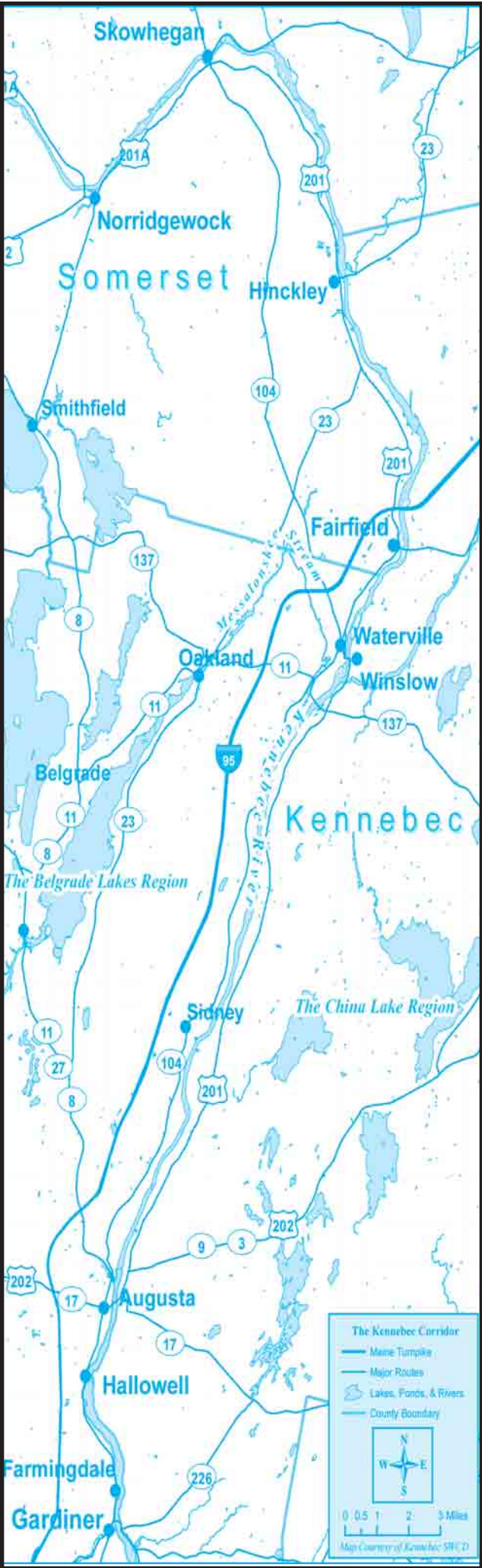
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—Along the Kennebec River Corridor—



Waterville Station Summer Bash Craft Fair June 28



Remember Railroad Square? Now it's Waterville Station - the same great downtown location near the train tracks where audiences gather for sociability and enrichment and food and fun and...

On Saturday, June 28, rain or shine, the gathering at Waterville Station will feature a Craft Fair from 10 am to 5 pm with local artists offering arts, crafts, clothing, jewelry, food, fun and more.

There will also be a Vendor Fair hosted by Friends Consignment Shop and in the evening a play, at The Playhouse at Waterville Station, "A Bench in the Shade" performed by ACAT (Aqua City Actors Theater). 485-0795

Skowhegan River Days Celebration June 27

An annual celebration of recreation and life on the Kennebec River, Skowhegan River Days will hold its first scheduled day of events on Friday, June 27. to highlight the future home of the Skowhegan River Park, the community trails, the shops and eateries of downtown, children's activities and live music. Other 2025 celebrations will be held on July 11, August 8 and September 13. For details visit [runofriver.org/river-fest/](http://runofriver.org/river-fest/)

**FRIDAY, JUNE 27th**  
**Carriage Rides with Seavey Farms 5-8 PM** | Rides leave from the Skowhegan Chamber of Commerce (23 Commercial Street, Skowhegan)

**Bites & Sites: The Downtown Skowhegan Food Tour Sponsored by Franklin Savings Bank Tours at 2 PM & 4 PM** | 65 Water Street, Skowhegan Discover the flavors of Skowhegan on a guided walking tour featuring locally sourced bites and behind-the-scenes stories from our vibrant food scene. Perfect for foodies, visitors, and locals alike—come hungry and leave inspired. Stops will include Joe's Flat Iron Cafe, The Miller's Table at Main Grains, Crooked Face Creamery, The Maine Meal, The Bankery, and Unwined. Tickets are \$75 and include free samples at all stops, and a branded tote bag!

**I Met a Moose in Maine One Day - Story Walk on the Debe Trail** provided by *Somerset Public Health* 3 PM - 8 PM | **Debe Trail** Take a stroll at your own pace along the scenic riverside Debe Trail and enjoy a page-by-page reading of *I Met a Moose in Maine One Day* by Edward Shankman. This self-guided Story Walk is perfect for families and nature lovers alike. Enjoy a whimsical Maine adventure brought to life in the great outdoors.

**Children's Activities with Skowhegan Outdoors 3 PM - 8 PM** | Riverfront Greenspace (151 Water Street) Join Skowhegan Outdoors for a geocaching adventure

**Live Music at the Old Mill Pub!** 6-9 PM | 39 Water Street, Skowhegan Adam Babcock will be rocking the river!

**Glow Stick Paddle** Sponsored by *Computer Improvements Meet* at 7 p.m. | Cleaver Landing Boat Launch Join Skowhegan Outdoors at Cleaver Landing for the River Fest Glow Stick Paddle 2025! Bring glow sticks to light up your watercraft while paddling down the Kennebec. We will launch at 7:30 p.m., so arrive early to decorate your boats!

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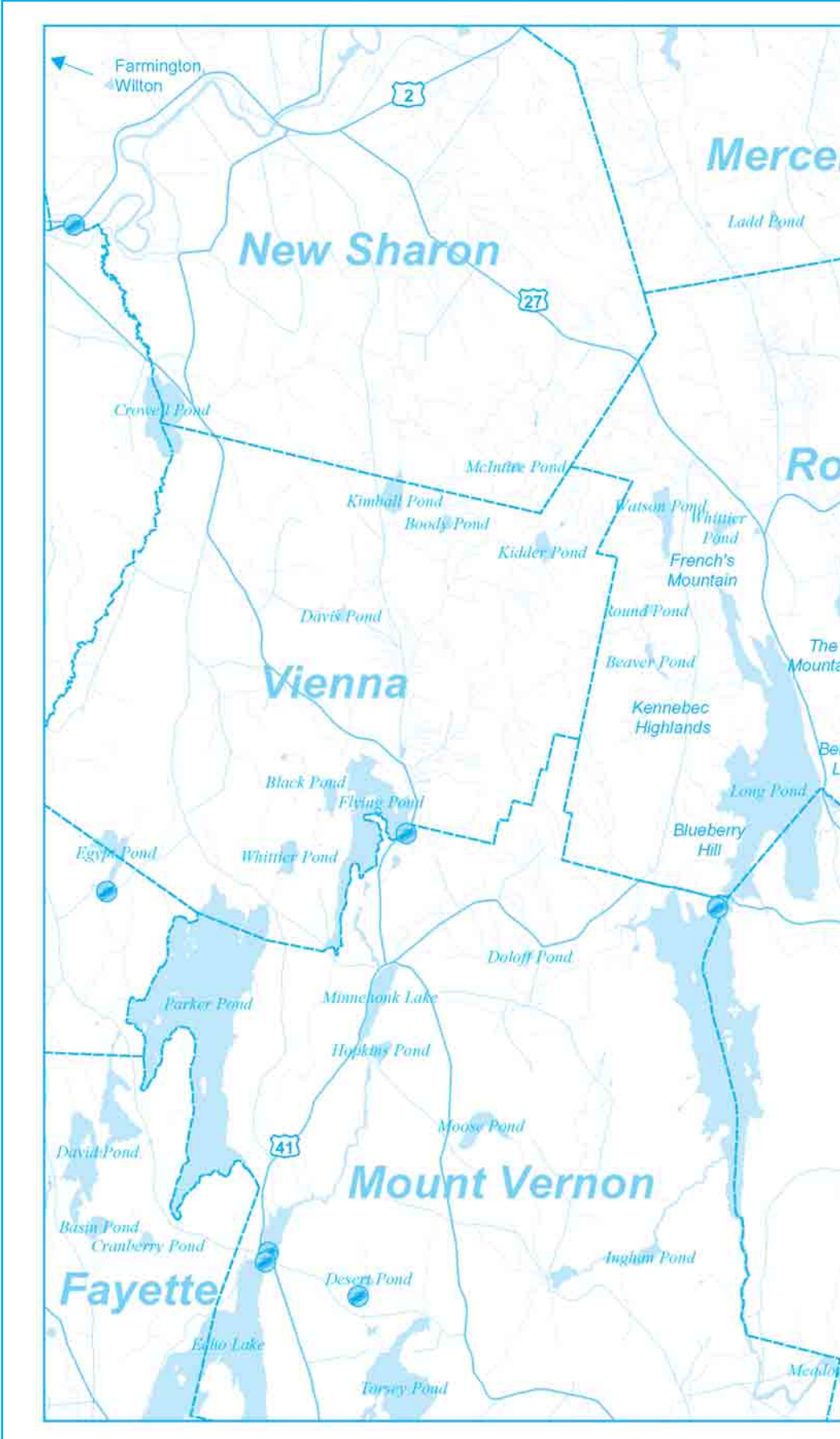


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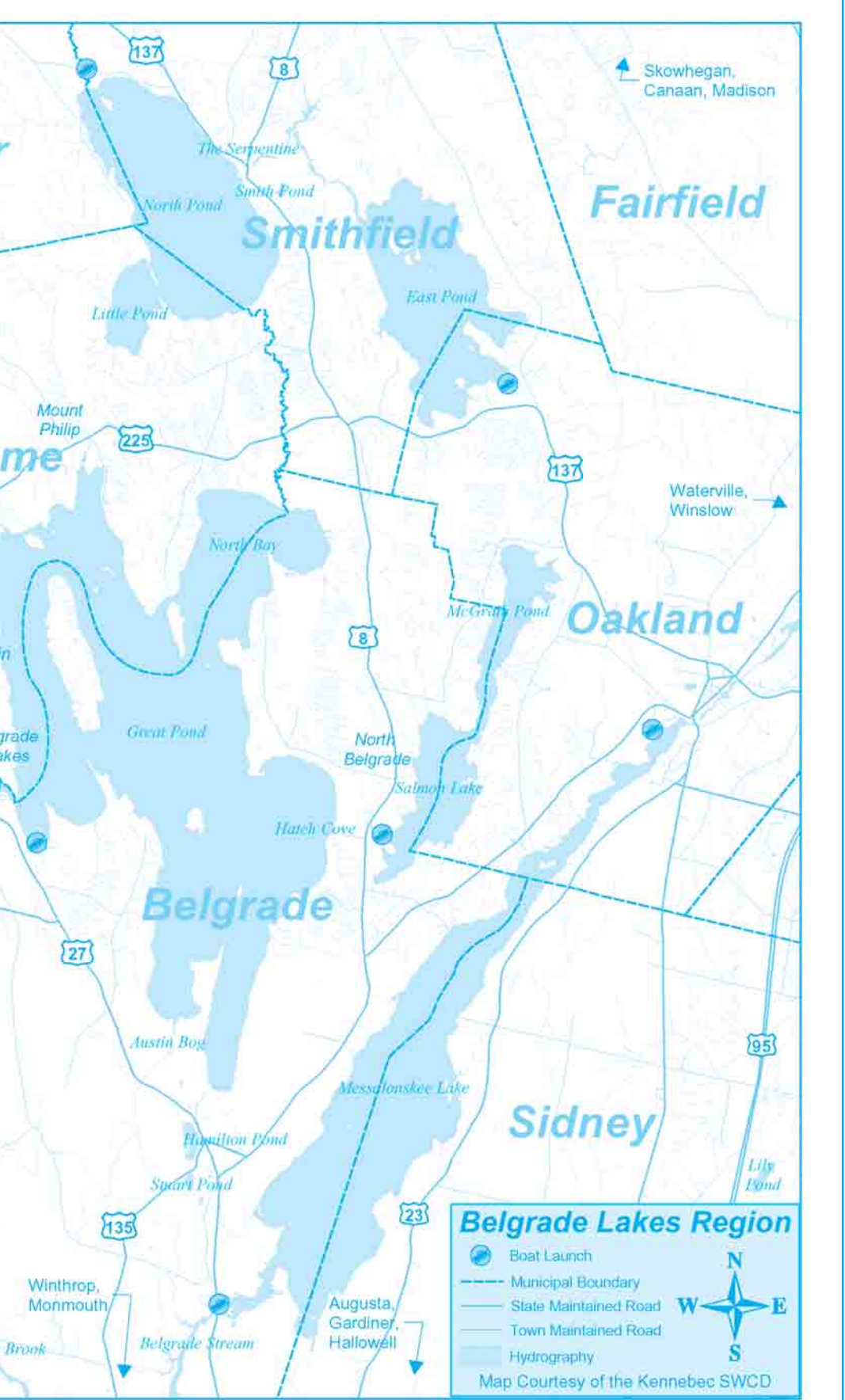
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## Smithfield Chicken BBQ, Lumberjack and Lumberjill Throwdown & Sweet Potato Races

On Saturday, June 28, the ANNUAL SVFD CHICKEN BBQ FUNDRAISER is bigger and better this year! \$15 = 1/2 chicken, 2 sides, roll, drink, dessert! 11am All proceeds benefit our Smithfield Volunteer Fire Department! There is a Lumberjack Throwdown at 10am sponsored by Hammond Lumber! Smithfield native, Abby Stevens Lewis, is donating her time and TALENT to this incredible competition! Watch the pros go head to head axe throwing, hot saws, fire builds, springboard chopping and more! Cheer them ON!

The SWEET POTATO RACES are Free Family Fun! 1pm Build it. Decorate it. Race it. Children and adults compete for prizes and bragging rights! It is ridiculous fun and wait til you see the official race track!

### Smithfield Timber Throwdown

Experience the thrill of lumberjack competitions and enjoy delicious chicken BBQ at this exciting family-friendly event!

**June 28<sup>th</sup>, Events Starting at 10am**

Come cheer on **STIHL Series competitors** as they face off in many lumberjack events!

All proceeds will support emergency services provided by the Smithfield Volunteer Fire Department

### SMITHFIELD 2025 SWEET POTATO RACE (2024 WAS ZUCCHINI)

WE HAVE REPLACED THE ZUCCHINI WITH A SWEET POTATO DUE TO THE TIME OF YEAR NOT BEING IDEAL FOR ZUCCHINI

**WHAT IS A SWEET POTATO RACE?**

1. Grab a sweet potato
2. Affix it with wheels
3. Decorate it
4. Race it down a 3-lane, 16-foot track
5. Experience the thrill of victory or the agony of defeat

**RULES**

1. Your racer cannot be any wider than 10 inches; each lane is 12 inches wide
2. The sweet potato must be the main body. Strapping your SP to an existing platform is not allowed.
3. The Sweet Potato can have 3 or 4 wheels and must be gravity-powered.
4. There will be 2 classes, 12 years and under, and all the rest, including adults. Prizes will be awarded for 1st and 2nd place in each class. There will also be prizes awarded for the 2 best-decorated racers. You may enter as many racers as you want.
5. Please bring your racer to the track area 1/2 hour before the race begins at 1:00 pm.
6. If you want to get an idea of what a vegetable racer looks like, look up Zucchini racer on u-tube, it will be helpful in designing your racer.

...Continued from page 5

School in Skowhegan. They were very enthusiastic about the 7 Lakes trails and said they tried to hike them as often as they could.

The trout fishing has been slow for the past month as the water warms. Once the surface water temperature gets above 70, the trout will tend to stay below the surface mixed layer in the cooler water below the thermocline (currently about 25 feet down). I have still been catching some nice rainbows trolling streamer flies or small spoons just off the bottom in areas 20 to 25 feet deep. The bass are off their beds and feeding on alewives, as are the pike. The sunfish are still spawning in the shallows and provide a lot of action for youngsters just learning to fish



Bub's three pounder caught trolling.

Check the 7LA Website (<https://www.7lakesalliance.org/>) and FaceBook site for upcoming events. Our Thursday afternoon (3 to 4 PM) Chewonki presentations begin on June 26th (Owls of Maine). We will also be offering regular expeditions on our new education boat on Tuesday mornings at 9 AM and Invasive Plant Workshops on Sunday mornings during the Farmers' Market. Check with Sally (495-6039) in the gallery if you are interested in signing up. 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.





## Notebook

### Belgrade Lakes: Village Green Summer Concerts

• Every Thursday, 6-8 pm, outdoor concerts will be held on the scenic Village Green in Belgrade Lakes. Enjoy this great line-up: July 3 - Lefty and The Ladies, July 10 - The OutCats, July 17 - Bess Jacques and The Strays, July 24 - Pat Pepin w/The Boneheads, July 31 - Denny Breau w/Bob Colwell Trio, August 7 - Katie Daggett Band, August 14 - Kevin Libby Band, August 21 - Robby Coffin Family w/Denny Breau, August 28 - Magnie Fam-Jamily. 495-3481.

### Farmington: Where's Waldo?

• Find Waldo in downtown Farmington July 1 through 31. Pick up a Waldo passport at DDG Booksellers, 193 Broadway, and get it stamped at 20 businesses where Waldo is hiding. 18 stamps qualify entry in the grand drawing. It's a great family game..

### Gardiner: Summer Ritual Market!

• Ritual Market features 50 plus vendors, food trucks, live music, interactive workshops and kids activities along the Kennebec River in Gardiner's beautiful Waterfront Park. The park is a short walk to Historic Downtown Gardiner, restaurants and shops. The market will take place Sunday, July 13, 10 am-4 pm. [www.ritualmaine.com](http://www.ritualmaine.com)

### Hallowell: Old Hallowell Day Great Parade

• Who knows what there'll be? The Old Hallowell Day Great Parade 2025 is July 19 at 10 am (check-in for participants will be 8:30-9:30 am); the deadline for parade application is July 9; the line-up will be available July 12. A request form is available at [oldhallowellday.org/events/join-the-parade](http://oldhallowellday.org/events/join-the-parade). A voluntary donation of \$30 is requested.

...Continued from page 4

with a quick peek into the cabin she realized that the quarter inch stainless steel cable from the winch was laying limp. The 525 pound cast iron keel had somehow broken away from the swivel pin made into the hull and disappeared into the depths of Great Pond!

After much ado, being unable to make any headway with the keelless Catalina, Lynn decided not to ruin her children's day. She opted to use the 7.5 horsepower kicker outboard motor and proceed to Crooked Island. There, she and her children used a rope swing and enjoyed the afternoon. After motoring slowly back to the camp dock as the sun lowered into the hills over Blueberry Hill, a quick swim with the mask and fins confirmed what she already knew: that the keel was gone. The big stainless swivel pin was still in place. It was apparent that the cast iron had broken away where it swiveled on the pin.

That evening, with the family gathered back at camp, she told the story. John, an ex- Navy pilot, was not shaken by the loss, as his mind instantly went to thinking that it could be found and retrieved. After all, only 2 falls ago the very same 7.5 horsepower Johnson outboard that now powered the sailboat had fallen off his son's skiff late in the season. After it wintered on the bottom of Great Pond, John was able to find and retrieve it the next summer. Something as big as a 525 pound keel should be a piece of cake.

Continued on page 14....

For spectators this parade is an annual favorite!

### Monmouth: Food Truck Fridays

• Food Truck Fridays at Cumston Hall will be held on the lawn every Friday 5-8 pm during the summer. The event is open to the public and seating is available. On Friday, June 27 and July 18, Cruzin' Slice will be selling pizza. There will be no truck on the 4th of July.

Trucks featured for the rest of the summer include: July 11 and August 22 - Reggae Eats (Caribbean), July 25 - L/A Taco, August 1 - Red Barn (Seafood/Chicken & More, August 8 - Bao and Beyond (Buns of Fun), August 15 - Inni Mama's (Paninis/Burgers), August 29 - Smokin' Dave's BBQ (Smoked Goodness).

### Waterville Creates: Art In The Park

• Waterville Creates, Waterville Public Library and the Colby College Museum of Art have joined forces to offer a free Thursday art program, 3-5 pm, for all ages and experience levels. Held outdoors at Castonguay Square, the program starts with a book read aloud followed by a creative project based on that book or a community theme. In case of rain or extreme heat Art in the Park will move into the Paul J. Schupf Art Center. Programs are scheduled as follows: July 3 - Assemblage Art, July 10 - Animal Self-Portraits, July 17 - Lazy Susan Animation and Festival Fun, July 24 - Weaving with Nature, July 31 - Indigo Bandanas.

### Winthrop: 2nd Annual Heritage Day July 26

• Free, fun, for all ages, the 2nd Annual Winthrop Heritage Day will be held Saturday, July 26, 10 am-5 pm at Norcross Point. The event will include a Car Show, Touch a Truck, a bounce house, face painting, live entertainment, history exhibits, corn hole and other games, food trucks, ice cream and more. The rain date is July 27. [winthropheritageday@gmail.com](mailto:winthropheritageday@gmail.com)



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**Hathaway Mill Antiques**, Multi-Dealer Emporium, 10 Water Street, Waterville, 877-0250, [www.hathawaymillantiques.com](http://www.hathawaymillantiques.com)

APPLE ORCHARDS

**The Apple Farm**, 104 Back Road, Fairfield, 453-7656, [www.applefarm.us](http://www.applefarm.us)

ARCHITECTS

**Bench & Field Architecture, LLC**, Andrew Hankermeyer, Maine Licensed Architect, residential homes, cottages and light commercial, 649-2561, [ahankermeyer@gmail.com](mailto:ahankermeyer@gmail.com)

ARTS

**Designing Women**, bridging art and community, [www.designingwomen.org](http://www.designingwomen.org)  
**High Peaks Artisan Guild**, art gallery, books and antiques, 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)

AUTOMOBILE STORAGE

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

BAKERIES

**Main Street Bake Shop**, located at Balloons & Things, 174 Main Street, Belgrade Lakes, 495-3864  
**Sunrise Bagel**, 50 Main Street, Oakland, 716-1014, [sunrisebagelme.com](http://sunrisebagelme.com)

BANKING

**Maine State Credit Union**. 200 Capitol Street, Augusta, 623-1851, [www.maine.statecu.org](http://www.maine.statecu.org)  
**Skowhegan Savings**, Augusta, Waterville, Farmington, Skowhegan and 7 more central Maine Branches, 1-800-303-9511, [www.skowhegan.com](http://www.skowhegan.com)

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**Great Pond Marina**. 25 Marina Drive (off Rte. 27), Belgrade Lakes, 495-2213, [www.greatpondmarina.com](http://www.greatpondmarina.com)

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BOOKS

**Oliver and Friends Bookshop**, 150 Main Street, Waterville, 707-2123, [www.oliverandfriendsbookshop.com](http://www.oliverandfriendsbookshop.com)  
**Peoples Book Shop**, used books, 605 Wings Mill Road, Mount Vernon, 620-2392, [hosehead51@roadrunner.com](mailto:hosehead51@roadrunner.com)

BUILDERS

**G&L Contracting**, 116 Lakeshore Drive, Belgrade Lakes, 215-7951, 495-2325, 233-7408, [gandlcontractingmaine.com](http://gandlcontractingmaine.com)

BUILDING MATERIALS

**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)

CAMP JACKING AND LEVELING

**Eric Lancaster**, Norridgewock, 634-2821, [ejlancaster77@gmail.com](mailto:ejlancaster77@gmail.com)  
**Webster Camp Jacking and Leveling**, 32 Webster Way, Belgrade, 313-8439

CHAMBERS OF COMMERCE

**Mid-Maine Chamber of Commerce**, 50 Elm Street, Waterville, 873-3315, [www.midmainechamber.com](http://www.midmainechamber.com)

CHIMNEY SERVICES

**Mark Meserve**, 5 Winter Street, Apt. G, Waterville, 708-2777, [www.easternchimney.com](http://www.easternchimney.com)

COMPUTER CONSULTANTS

**Macintosh Solutions Consultant** Michael Breault, 24 Welch Road, Wilton, 578-0226, [www.michaelbreault.net](http://www.michaelbreault.net)

DINING

**1958 Cafe @ Day's Store**, dine in lakeside breakfast, lunch, dinner, 182 Main Street, Belgrade Lakes, 495-2205, [www.daysstore.com](http://www.daysstore.com)  
**Alden Camps**, lunch or dinner by reservation, Saturday-Wednesday space permitting, 3 Alden Camps Cove, Oakland, 465-7703, [www.aldencamps.com](http://www.aldencamps.com)  
**H.J. Blake's for Goodness Sake's**, fresh, homemade, tasty tak out, signature lobster rolls, hot dogs, burgers, scenic outdoor seating, 945 West Road, Belgrade, 465-2280  
**Riverfront Barbecue & Grille and Gin Mill Lounge**, world class barbecue, seafood, pasta and vegetarian entrees, full service dining, catering, bulk take out, 300 Water Street, Augusta, 622-8899, [www.riverfrontbbq.com](http://www.riverfrontbbq.com)  
**Sadie's Boathouse Restaurant at Great Pond Marina**, hearty contemporary American fare, 25 Marina Drive, Belgrade Lakes, 495-4045, 242-1273

DOCKS

**G&L Contracting**, installation only, 116 Lakeshore Drive, Belgrade Lakes, 495-9009, 215-7951, 233-7408, [gandlcontractingmaine.com](http://gandlcontractingmaine.com)  
**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)

DOG CARE

**White Willow Retreat for Dogs**, boarding and daycare, 24/7 services year round, 495-3596, [www.whitewillowretreat.com](http://www.whitewillowretreat.com)

ELDER CARE

**Assistance Plus**, home care services, personal care, homemaking, companionship, 1-800-781-0070, [www.assistanceplus.com](http://www.assistanceplus.com)

EXCAVATING

**David Stevens**, Belgrade, 465-3815, cell 314-0314

EYE CARE

**Maine Eye Doctors**, 25 First Park Drive, Suite A, Oakland, 820-2020, [www.maineeyedoctors.com](http://www.maineeyedoctors.com)

FINANCIAL PLANNING

**Golden Pond Wealth Management**, 129 Silver Street, Waterville, 873-2200, [www.goldenpondwealth.com](http://www.goldenpondwealth.com)

FILMS

**Maine Film Center, Maine International Film Festival**, 861-8138, [miff.org](http://miff.org), [miff@mainefilmcenter.org](mailto:miff@mainefilmcenter.org)

FIREWOOD

**J & M Logging, Inc.** 853 Civic Center Drive, (Rte. 27), Augusta, 622-6353, [www.jmlogginginc.com](http://www.jmlogginginc.com)

FLOORING

**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)

GENERATORS

**Generators of Maine**, 262 Augusta Road (Rte. 27), Belgrade, 495-2285, [www.generatorsofmaine.com](http://www.generatorsofmaine.com)

GROCERIES & PROVISIONS

**Day's Store**, 8 am-8 pm, 182 Main Street, Belgrade Lakes Village, 495-2205, [www.daysstore.com](http://www.daysstore.com)

HOME CARE

**Assistance Plus**, home care services, personal care, homemaking, companionship, 1-800-781-0070, [www.assistanceplus.com](http://www.assistanceplus.com)

INSURANCE

**Allen Insurance and Financial**, 51 Main Street, Waterville, 1-800-244-9046, [AllenIF.com/Waterville](http://AllenIF.com/Waterville)

KITCHENS

**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)

LAKE ASSOCIATIONS

**Belgrade Lakes Association (BLA)**, Long Pond and Great Pond, PO Box 551, 137 Main Street, Belgrade Lakes, 512-5150, [www.belgradelakesassociation.org](http://www.belgradelakesassociation.org)  
**McGrath Pond - Salmon Lake Association**, Stewards of Our Belgrade Lakes, <https://www.mcgrathpond-salmonlake.org>

LAND AND LAKE CONSERVATION

**7 Lakes Alliance**, PO Box 250, 137 Main Street, Belgrade Lakes, 931-7710, [www.7lakesalliance.org](http://www.7lakesalliance.org)

LANDSCAPING

**Gagne & Son Concrete Products**, patio setups, stone, masonry products, complimentary outdoor heating, lighting, furniture, 1583 Augusta Road, Belgrade, 495-3313, [gagneandson.com](http://gagneandson.com)





**G&L Contracting**, 116 Lakeshore Drive, Belgrade Lakes, 215-7951, 495-9009, 233-7408, [gandlcontractingmaine.com](http://gandlcontractingmaine.com)  
**Lynch Landscaping**, 78 Maple Street, Norridgewock, 474-2420, 405-0880, [www.lynchlandscaping.com](http://www.lynchlandscaping.com)

## LODGING

**Alden Camps**, American Plan cottages, boat rentals, 3 Alden Camps Cove, Oakland, 465-7703, [www.aldencamps.com](http://www.aldencamps.com)

## MAILBOAT RIDES

**Great Pond Mailboat Rides**, calm days are the best, maximum number of riders is 4 small adults, \$20 each, 2-hour ride, leave 9:20-9:40 am Belgrade Lakes Post Office, Main Street, Belgrade Lakes, to reserve text 592-1537

## PATIO SETUPS

**Gagne & Son Concrete Products**, stone, masonry, outdoor lighting, furniture, 1583 Augusta Road, Belgrade, 495-3313, [gagneandson.com](http://gagneandson.com)

## 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**, 212 Depot Road, 660-2546

## PIANO LESSONS

**Dianne 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, 649-147, [cbplourde.com](http://cbplourde.com)

**John Blouin**, Laer Realty Maine, 103 Water Street, Suite 202, Hallowell, 446-7708,

<https://www.laerrealty.com/agents/118618-john-blouin>

**Portside Lakepoint Real Estate**, 221 Main Street (Rte. 27), Belgrade Lakes, 495-3700, 888-495-3711,

[www.belgradelakepoint.com](http://www.belgradelakepoint.com)

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

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

## RECREATIONAL VEHICLE AND TRAILER STORAGE

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

## SURVEYING

**Acme Land Surveying**, 108 Fairbanks Road, Suite 5, Farmington, 778-4081, 800-778-408, [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)

## WORKSPACE/TECH COACH

**Winthrop Workspace**, shared office space by day, week or month, contact for tour and free trial day, hands-on help with phones, tablets, computers, 117 Main Street, Suite 10, Winthrop, 395-5019, [www.winthropworkspace.com](http://www.winthropworkspace.com)



## Call of the Loon

### Birthing and Banding



Spring and Summer are indeed the seasons that embody rebirth and renewal in nature, especially with birds like our Phoebees, Robins, Loons and Eagles tending to their nests and chicks. What an exciting time!

Here at the homestead, we have been taken over by our Phoebees and Robins that have kept our ingress and egress into our own home to the very minimum, less we disturb our latest nesting residents! And now my better half just reminded me that Phoebees can have two broods a season! So much for using the downstairs door for the next



Our Long Pond Robin's eggs!



3 Eaglets on their Long Pond Pinewold Point's nest with Days Store in the background.

but doable considering the overall health of our lakes due to our watershed efforts!

These eaglets/chicks (they are not laughing hyenas) were only 7-8 weeks old yet approximately 14"

tall! A BRI technician climbed this 200' pine tree, captured each eaglet and carefully lowered each to the ground. The technicians, assisted by Loon Interns, Ari and Makena, collected the necessary samples along with the banding.

Just yesterday (as I penned this article), interns Ari, Makena and I were surveying Long Pond and discovered Long Pond's first chicks of the year. We knew that this particular nest was in the hatch window but it was still an incredible experi-



Makena holding her eaglet/chick!



Ariana holding her eaglet/chick!



Colby loon interns Ari and Makena observing our loons and chicks from a safe and respectable distance.

great Summer enjoying the "Call of the Loon"!

Dick Greenan, Chairman, BLA Loon Preservation Project



ence to come across both new parents tending to their 1-2 day old brethren. A special time was had by all!

Spring and Summer are certainly exciting times here in the Belgrades!

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





## Grandma Gatewood's Walk by Ben Montgomery, Pulitzer Prize Finalist

by Martha F. Barkley

How exciting to hear about this history made on the AT by a grandmother carrying her own small sack of supplies from GA to ME. The cover photo shows an unathletic looking elderly woman with swollen feet, bunions as revealed in the first chapter, and cover subtitle, "The Inspiring Story of the Woman Who Saved the Appalachian Trail." What?

My reading friend in San Diego, quite a hiker herself, said yes, this unlikely person saved the famous east coast AT...and she did it ALONE. Not even telling her eleven children back in Ohio. What?

When I inquired at my local public library, the librarian became quite animated about this story from seeing a documentary on this special, famous grandma hiker. She ordered the book through inter-library loan and I had it in my curious hands in a week or two. Maps everywhere so the reader can follow easily her progress from the top of Georgia Mt. Oglethorpe to the top of our hazardous Maine Mt. Katahdin.

Of course, I quickly skipped to the last 100 miles of the AT, notorious for its difficulty, and quickly find out that Grandma Gatewood's exact trail trod was difficult to decipher because this part of the AT has been constantly changed and improved through the years. She did it somehow, thirty pounds lighter since GA, and everyday walked and fell and broke her glasses (she is blind without glasses) and twisted her ankle or knee...

Back to the beginning: "She stood finally, her canvas Keds tied tight, on May 3, 1955, atop the southern terminus of the AT, the longest continuous footpath in the world, facing the peaks on the blue black horizon that stretched toward heaven and unfurled before her for days...she was 67 years old. She stood five feet two and weighed 150 pounds and the only survival training she had were lessons learned earning calluses on her farm. She had a mouth full of false teeth and bunions the size of prize marbles. She had no map, no sleeping bag, no tent...She had started walking in Jan. while living with her son Nelson in Dayton, Ohio. She began walking around the block, and extended it a little more each time...By April she was hiking ten miles a day."

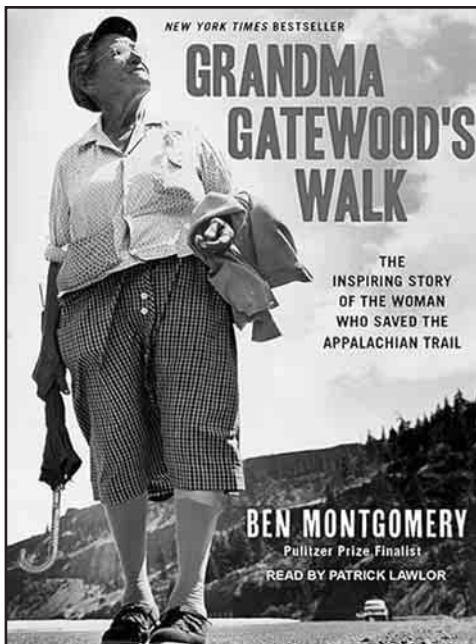
Brave and/or stupid? Her years of raising eleven children and caring for numerous grandchildren, beyond an abusive husband, drove her to walk out and about, knowing all her children were grown and independent.

"Her legs were sore when she set off a few minutes after 9:00 AM on May 5...a picnic table for a makeshift bed," after a long day's hike and swollen feet. The second day of hiking through Cherokee country began before daylight. Grandma sighted coiled up copperheads and wisely gave them "wide birth". She spent her second night at the Doublehead Gap Church where a nearby neighbor provided a satisfying meal of warm cornbread and cold buttermilk.

Along the way doors opened like this often, but not always. She still had not informed her family what she was doing. Really?

Read about her daily ventures and I will skip to "Boonesboro, Md., July 8 —(AP) —After 66 days and nearly 1000 miles, Mrs. Emma Gatewood is still pretty determined to become the first woman ever to hike the 2050-mile AT alone...Lugging a pack of about 35 pounds...she has worn out two pairs of shoes but none of her enthusiasm".

Photos along the way have the lovely sticker corners, for scrapbooks, page 152, and many more following pages with black and white photos of



daily ventures.

She does reach the top of Katahdin alone. In 1955 that was her first claim to fame. "In 1957, she became the first person —man or woman—to walk the world's longest trail twice". Two times!!

Exhausted yet, dear reader? So Grandma also did a trek west following the Oregon Trail. Yes, she did! The \$1.50 umbrella on the cover photo featured that challenging walk with highway trucks' speedy whirlwind almost ripping the open umbrella out of her hands. She hung on...

The Duncannon, PA walk caught my eye as well, since I used to live near those mountains. Grandma's 1958 hike in sections of the AT, the way most hikers manage to do it, took her to Adams, Mass.

Her 1959 hike from Ohio to Portland, Oregon was followed by press everywhere. Quite different from the

AT, alone and quiet path. A Groucho Marx interview took place at the end of this hike with jokes about Gallipolis, Ohio farm and grandma giggles on tv. At 72, the grandma for everyone hiked 2,000 miles and Groucho wondered why? "Well, I like to walk..."

Then she shared another hike with the captive audience: from Centennial up to Portland from Independence, Missouri, "the audience turning to each other mid-gasp,...the woman who now had a small smile on her lips."

I am a reader in mid-gasp by now: if this story were fiction we would all be laughing (can't be true) by now, but this is history. Can not make "this stuff up". There is a trail named for this accomplished woman. Read the rest of the book to find it. Maybe you will hike it, too, along with crowds who honor her memory every year on an annual trek, along her favorite walking path.

Better yet, hike The Mountain Trail here in Rome today and see your friends and neighbors from around the beautiful Belgrade Lakes. I bet you all are a lot younger than Grandma Gates? Maybe some strong old ones out there are her vintage too? Let Esther Perne know, please!

PS Art Linkletter also had Grandma on his tv show.



....Continued from page 11

It was not to be. After persistently scouring the lake bottom in the general area described by Lynn, including widening the radius of search by divers, the keel was never found. John was not a man to give up easily, but with a final resignation gave up the search. His courage was dented but not exhausted and he made a new keel out of steel plate to replace to cast iron keel, though not completely successful. Somewhere, not known to man, there is a 525 pound keel on the bottom of Great Pond in Belgrade. A true story!!

Author's Note: Having just called John to get an O.K. to print this, he reports that the 7.5 outboard is still running today. Never give up the ship! Carry on mates!



...Continued from page 14

- Consult your town's Shoreland Zoning Ordinance before making any changes to your land or home.
- Work only with qualified contractors who understand shoreland regulations.

Owning a lakefront home is a dream come true for many. If you're fortunate enough to live on or near the water, be a good steward. Our lakes, rivers, and streams belong to everyone—and it's up to all of us to keep them healthy for generations to come.



Dan McCarron

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— Real Estate Update —

Lakefront Living Comes With Responsibilities

This is a topic we address every summer as a reminder of our responsibilities as lakefront property owners.

With Lakefront Living Comes Responsibility

Owning lakefront property—or even property near a lake—comes with more than scenic views and recreational perks. It comes with responsibility. While Maine’s lakes, waterways, and watersheds are protected by multiple agencies—including the EPA, Maine DEP, state and local governments, and nonprofit conservation groups—the ultimate responsibility lies with us: the landowners.

Understanding Shoreland Zoning

The Shoreland Zoning Act, enacted by the State of Maine in 1971, established minimum standards for managing and protecting waterfront areas. Each town is required to adopt ordinances that meet or exceed these standards—and in our region, most go well beyond the state’s minimum requirements. Every town has its own ordinance, accessible online, at the town office, or through the Code Enforcement Officer. If you live or own property in the Shoreland Zone, it’s essential to know and follow your town’s specific regulations before making any changes to your land or structures.

The Role of Conservation Organizations

Nearly every major waterbody in our region has a conservation organization dedicated to protecting that specific lake or watershed. These groups rely heavily on local landowners and community members for planning, implementation, and funding. Programs often include:

- Invasive plant removal
- Courtesy Boat Inspections
- Soil erosion mitigation
- Community education initiatives

A great way to get involved is through the LakeSmart Program—a free, voluntary, non-regulatory initiative that helps homeowners manage their landscapes in ways that protect water quality. It’s one of the best tools for anyone wanting to make a positive impact on our lakes.

A Realtor’s Role and Responsibility

As real estate professionals, we are committed to educating buyers and sellers about the responsibilities that come with owning lakefront or watershed property. We’re also legally required to inform buyers about key regulations, including the need for septic inspections for homes located within the Shoreland Zone.

Why It Matters

The health of our lakes drives the local economy, fuels the recreational lifestyle we enjoy, and shapes the desirability of the Belgrade Lakes Region. Whether you’re a year-round resident, a seasonal homeowner, or a visitor, preserving our lakes is a shared responsibility.

How You Can Help

- Contact your lake’s conservation association – In the Belgrade Lakes Region, 7 Lakes Alliance works collaboratively with all lake-specific groups.
- Educate yourself on how your property impacts water quality.

Continued on page 14....



The Dams Keeper Report



Salmon Lake Dam with Great Pond in the background. Photo by Alexander Wall

Oakland and Sidney) that participate in our uncommon and very successful Interlocal Governmental Agreement.

When Central Maine Power sought to divest themselves of our three local dams (Belgrade’s Village, Wings Mill and Salmon Lake Dams) back in 1987, CMP designed, proposed and sold this Interlocal Governmental Agreement. Whereby the respective Towns’ residents would have control over the dams operations and water levels. To facilitate the project, CMP held numerous town meetings with all stake holders, including IF&W, DEP, Municipality officers, etc

That project was the genesis of today’s Belgrade Area Dams Committee! Each of the five Towns are represented by a pro-rata appointment of volunteer delegates/members based on the size of their respective shorelines. Belgrade has the largest share of delegates (4) and 48% of the costs due to their 37.6 shoreline miles. Mt. Vernon has the smallest share at 7% with a one delegate allotment and 5.5 shoreline miles. We currently have nine active members of the Dams Committee that attend their public monthly meetings at the Belgrade Town Office the second Monday of the month, throughout the year.

For the past year, we have further benefited from an adhoc committee of our cohorts on East Pond. East Pond empties into North Pond and ultimately Great Pond via Great Meadow Stream so East and North Ponds are integral to our operations. We want to extend a sincere Thank You to Mt. Vernon and all of the five signatory Towns and their residents for their continued and undaunted support.

Well, as we pen this week’s column, the ten-day forecast is predicting 1.05” of precipitation, so all of our gates are, as of today, closed. Great Pond’s Village dam is currently 1.44” above full pond. Long Pond’s Wings Mill dam is holding nicely at 2.88”, also above full pond. Salmon/McGrath is right at full pond with

its calibrated valve set to the mandated 1 cfs. flow. Messalonskee is down 3.72” due to their electricity generation needs!

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.

Welcome back!

Dick

Dick Greenan

Belgrade Lakes Inter-lakes Dams Committee



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