

# Summertime in the Belgrades



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

VOLUME 27, NUMBER 6

## The Heroes in Our Midst

by Esther J. Perne



**T**here is a Retreat in Maine where heroes gather, a beautiful complex on Long Pond in the Belgrades where post-9/11 recalibrated veterans and their families participate in one of seven life-changing programs, all at no cost to them.

Developed and supported by the Travis Mills Foundation, these programs have been inspired through the dedication of Mainer U.S. Army SSG (Ret.) Travis Mills who became a quadruple amputee while serving in Afghanistan. Mills, who is also a motivational speaker, an actor, an author, an advocate, a husband and a Dad is a local legend for his interactions with school and community activities.


The Retreat, although nationally recognized for the Travis Mills Foundation programs, is a local legend, too, for its former role as the Elizabeth Arden estate, Maine Chance, where ladies of fashion would recuperate and get in shape. Many residents and visitors to the Belgrades remember driving by what was at the time considered a mansion with its spacious lawns from the main house down to the scenic waterfront of Long Pond.

For both eras, program participants have benefited from the beauty and tranquility of the lake setting, the therapy of the Maine lifestyle and the

*Continued on page 2*

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Continued from page 1

opportunity to focus on rest, relaxation and recreation, but whereas the Arden ladies were tasked with refraining from the consumption of too many crumpets, the Travis Mills Foundation participants are provided with the immensely greater mission of rehabilitation from injury in active duty.

The seven programs at the Travis Mills Foundation include: Family Program - adapted sports and activities to meet the needs of all; Warrior PATHH - how to “struggle well” and achieve post-traumatic growth; Caregiver - designed specifically to encourage self-care; Ambassador - training to represent TMF at various events across the country; Virtual - when it works better for certain participants; Recalibrate - capitalizes on a participant’s motivation.

Each week-long program has been carefully developed to meet the needs of veterans and their families and to provide life-changing opportunities. The mission of the Travis Mills Foundation requires a dedicated staff, an accessible infrastructure, the therapeutic Maine setting of water and woods, the amazing medical response network of the extended region, and volunteers - nearly 500 each month.

To learn more about the programs of the Travis Mills Foundation and to volunteer contact 480-3490 or travismillsfoundation.org



## Physician Response Program Vital to TMF

To the Editor:

Throughout my life, from childhood to present day, Central Maine has been where I’ve lived, worked, and grown. I was not only raised among a family of civil servants dedicated to emergency medical services, but I also worked on farms and remain involved in equestrian sports, maintaining a small stable of horses.

My father was a career firefighter in Portland for 25 years, and my grandfather served as the fire chief in Litchfield for more than 30 years, totaling over 50 years with the department. With my mother also being in the fire department, I naturally gravitated to this particular area of service and joined both the Litchfield and Vassalboro Fire Departments.

Through these two passions of EMS and farming, I’ve witnessed firsthand the life-saving work done by our region’s professional and volunteer firefighters and paramedics - but they can’t do it alone, and they shouldn’t have to.

The Kennebec County EMA MD3 - Central Maine’s first EMS physician response program - is that support. One of only two such programs in Maine, it enhances the care provided by firefighters and paramedics in our communities. The program not only supports emergencies in the field, but it also offers ongoing education for first responders.

I was honored to accept an invitation to join the MD3 Board of Directors, and I can’t help but think

back to those calls that could have benefited from the presence of a mobile emergency physician.

I’d like to shift perspectives and speak as Executive Director of the Travis Mills Foundation and highlight how this service can provide vital support to organizations such as TMF. Nearly every week of the year, the Retreat hosts programs for our nation’s heroes and their families to overcome physical and emotional obstacles. Combined with the TMF staff, the number of people on campus each week warrants the need for MD3 service in Kennebec County.

I know I feel more at ease because MD3 service exists in Central Maine.

Time and again, this service has proved tremendously impactful, largely because these physicians reside in the same communities where we work and live.

On-scene physician support during the program’s initial months of operation in 2024 saw 76 emergency responses by April, and feedback from first responders who collaborated with the service says that it was positive, noting a vital benefit: physicians sometimes arrive on scene before EMS vehicles.

As access to medical services continues to decline in parts of our state, MD-3 has the potential to serve as a life-saving resource during moments of critical need.



Heather Labbe

Litchfield



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Summertime in the Belgrades

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Made-in-Belgrade  
Horror Film Debuts at MIFF

by Gregor Smith



Dee Cooke

Among the four made-in-Maine features to debut at this year’s MIFF, one of them stands out. *Sight Unseen* is the only fictional film – the other three are documentaries – and the only one to have been shot right here in Belgrade.

*Sight Unseen* is a ghost story of the type told around a camp fire, but with a dash of millennial angst. Three young adult siblings, two sisters and a brother, slightly estranged from each other and extremely estranged from their late father, reunite after his death in a lakeside cabin that he bequeathed to them. But they soon discover that they not alone, as the cabin seems to be haunted.

The film will have its world preview at MIFF on Saturday, July 19, at 9:00 in Cinema 1 on the Schupf Center’s second floor, with a repeat screening in the same room the next day at 3:00. As of this writing, the Sunday screening has already sold out. Given the lateness of the hour, the Saturday screening is not likely to sell out, but it is better to buy your ticket or make your reservation early.

Oriana Schwindt and Stephen Parkhurst, who met in 2019 and subsequently married, wrote and produced the film. Parkhurst, who also directed and edited the film, grew up in St. Albans and Pittsfield, while Schwindt comes from, in her own words, “the other end of I-95, down in Central Florida.” The duo now live and work in New York City.

The film has just five speaking roles. Three New York City actors, Daniel Burns,



Oriana Schwindt and Stephen Parkhurst

Continued on page 15...

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Neighbors Driving Neighbors  
July 2025 Events

Saturday, July 19, 9–11 am: Neighbors Driving Neighbors Annual  
Community Breakfast, Mount Vernon Community Center

July 1–31: Neighbors Driving Neighbors Online Auction Fundraiser;  
<https://new.biddingowl.com/> NeighborsDrivingNeighbors





## Belgrade History Beyond Belgrade Shipping Apples

Submitted by BHS member Dianne Dowd

During the late 1800s and early 1900s, Maine apples were one of the top exported crops. In particular, the apples from Belgrade, Maine were considered highly desirable especially in the United Kingdom. Apples were shipped by railroad or transported to Gardiner and loaded on ships

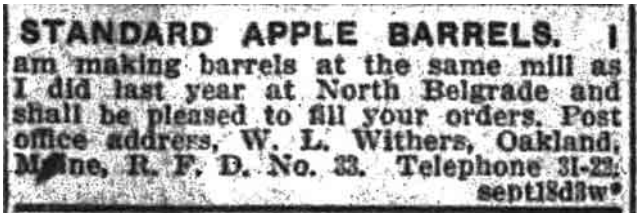
As a farming community, Belgrade had several fine orchards. The best known was that of Joseph Taylor. In 1857, Taylor erected a 2-story stone house on the west side of the road at the foot of Belgrade hill (presently the Oakland Rd). He dedicated himself to the cultivation of an exceptional orchard. Eventually he advertised himself as “Joseph Taylor, North Belgrade, Maine, Grower of Choice Apples and Pears”. By 1880, his orchard of six acres boasted 500 to 600 trees and grossed up to 500 bushels. His leading varieties were Baldwins, Northern Spy, Rhode Island Greening, Spitzenberg, King of Tompkins, Hubbardston, Nonesuch and Yellow Bellflower. Following her father’s death in 1882, Joseph’s youngest daughter, Louise L. Taylor continued to successfully manage the orchard. Subsequent owner, Oral Page also continued to harvest apples.

Apples for export were packed in barrels and boxes. Originally, Maine barrel makers used whatever they had on hand to make an apple barrel. The barrel could be made any size and out of any material and hooped with ash, elm, gray birch or even hay wire. Flour barrels were often reused until a shortage of flour barrels occurred when flour packaging changed to sacks.

Eventually in 1916, the Maine legislature adopted regulation of apple barrels and boxes. Each barrel and box had to conform to the specific sizes and be marked on the side of the barrel, about half way between the top and bottom, and shall be in plain good-sized letters, “STANDARD BARREL” or “STANDARD BOX”.



Load of apples.



Kennebec Journal 1912

Local barrel maker, William Withers was certainly aware of the new regulations when he placed this ad in the Kennebec Journal.

The apple industry of Maine declined in the early 20th century after the United Kingdom began producing its own food sources following World War I and devastating winter freezes of the early 1930s wiped out more than half of Maine’s apple trees.







### What to know More!

The Belgrade Historical Society will be hosting apple historian, John Bunker on Wednesday, July 30th at 6pm at the Belgrade Old Town Meeting House.



### Protect the Place you Love: The Belgrade Lakes

Please give generously to the 2025 Annual Fund: Goal \$1.2M  
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— Take It Outside —

Maintaining Trails

By Peter Kallin



Lucy and Nate Pelsma celebrating their anniversary.

Summer continues to fly by and every week seems busier than the last. I got out hiking last week and stopped at French Mountain to see if I could find kids hiking with their parents. As I began my hike up the hill, I met Lucy and Nate Pelsma from Oakland finishing up their hike. They told me they frequently hike the local trails with their kids but today they were celebrating their 15th anniversary, and the kids were staying with their grandparents for the day so they could celebrate by themselves. They decided to start their day with a relaxing celebratory hike. On Monday I did my biweekly water quality monitoring in Long Pond. As I was recording my data, I noticed a very small, gaff-rigged cat boat sailing across the lake, headed for Loon Island. When I finished my data collection, I headed that way to do some fishing. I found my old friend Klaus Thalinger and his daughter, Ellie, had landed at the island to explore and pick blueberries, which were not quite ripe yet. He and Ellie had sailed their Optimist across from their camp near the Belgrade Public Beach. Klaus used to fly seaplanes here in the Belgrades but now is an airline pilot based out of Fort Lauderdale.

Klaus and his wife homeschool Ellie because they spend so much time in FL. About a decade ago, a younger Klaus towed a younger Adam Gardner on water skis behind his seaplane while another friend photographed the event. They entered the photo in a contest sponsored by Captain Morgan and ended up winning first prize. The group used the prize money to build the teen center at the Center for all Seasons.

Later in the week, we hosted three generations of in-laws, kids, and grandkids for a few intense days of swimming, hiking, and exploring, including the Chewonki “Mammals” presentation at the MLRC. The younger cousins had a great time getting reacquainted. We hiked French Mountain just after the 7-Lakes Stewardship Committee had completed a new rock staircase on the eastern side of the loop. The three younger cousins gave their stamp of approval to the new staircase.

The 7-Lakes Stewardship Committee puts in a lot of time keeping the local trails in safe, hiking condition and able to withstand wet weather without serious erosion. If you enjoy getting out on the trails, please consider signing up for one or more of our trail work days. Contact Dan Woughter (495-6039) for the latest schedule, which is usually posted on the sign in front of the Resource Center.



Ellie and Klaus Thalinger sailing.

Take advantage of the rest of the summer and get out on the lakes or hike or bike in the hills. And take a kid along. Or a parent or grandparent. You will be creating memories that will last. 7-Lakes Alliance is hosting many interesting events, including Thursday afternoon (3-4 PM) presentations by Chewonki. More info is available at the 7 Lakes website. Pick up the latest map of the local trails from the 7 Lakes Alliance at the Maine Lakes Resource Center (MLRC). Individual trail maps for most of the trails can be downloaded from their web site at: <https://www.7lakesalliance.org/trailsystem>



Ellie and Klaus exploring Loon Island.

Continued on page 10 ...

At The Vienna Union Hall

The Vienna Historical Society Presents

JULY 24-26, 2025  
Thurs, Fri, and Sat at 7 PM  
Sat Matinee 2pm  
Admission: \$ 12

AUNT HANNAH'S PREMONITION

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## — Calendar —

**Through Sunday 7/20** - Maine International Film Festival, MIFF, films and schedules available at [MIFF.org](http://MIFF.org), Schupf Center and Waterville Opera House, Main Street, Waterville.

**Through Saturday 7/26** - Theater People" or the angel next door, 474-7176, Lakewood Theater, Route 201, Madison.

**Friday 7/18 through Sunday 7/20** - 7 Lakes Alliance Paddle Sojourn, Friday McGrath Pond & Salmon Lake (4 miles), Saturday Great Pond: Great Meadow Stream to Belgrade Lakes Village (7 miles), Sunday Long Pond: Belgrade Lakes Village to Wing Mills Dam (7 miles), RSVP 495-6039, 7 Lakes Alliance, 137 Main Street, Belgrade Lakes.

**Friday 7/18 through Sunday 7/20 and 7/25-7/27** - "A Play About a Dragon," Gaslight Theater, Friday and Saturday 7 pm, Sunday 2 pm, Vaughan Homestead, Hallowell.

**Friday 7/18 - Sunday 7/20** - East Madison Days, art show, yard sale, silent auction, food, fun, East Madison Road, East Madison.

**Friday 7/18 and Saturday 7/19** - New England Music Camp, free concerts, 3 pm, Bowl in the Pines, Sidney.

**Friday 7/18** - Pat Colwell & The Soul Sensations, mix of Motown/Memphis soul music, 2 pm and 7 pm, free, air-conditioned, 946-5311, Sawyer Memorial, 371 Sawyer Road, Greene.

**Friday 7/18** - "A Peace of Forest," Maine-produced film, 7-9 pm, The Playhouse at Waterville Station, Railroad Square, Waterville.

**Friday 7/18** - "Ms Holmes and Ms Watson - Apt. 2B," Opening Night, in repertory through 8/22, 933-9999, Cumston Hall, The Theater at Monmouth.

**Friday 7/19** - Cowboy Angels, Americana, Country and Rock Music Johnson Hall Free Waterfront Concert, 6-7:30 pm, Waterfront Park on the Kennebec River, Gardiner.

**Saturday 7/19** - Annual Loon Count, 7-7:30 am, last year 1,624 volunteers counted on 407 lakes, to volunteer check with a local lake association or contact [conserve@maineaudubon.org](mailto:conserve@maineaudubon.org), sponsored by Maine Audubon.

**Saturday 7/19** - Old Hallowell Day, super celebration, day-long schedule, food, contests, fun, music, parade, book sale, bake sale, fireworks and much more, [www.OLDHallowellday.org](http://www.OLDHallowellday.org), Water Street, downtown Hallowell.

**Saturday 7/19** - Neighbors Driving Neighbors Annual Community Breakfast, delicious buffet, catch up with neighbors, live auction, 9-11 am, 860-0677, Mount Vernon Community Center, downtown Mount Vernon.

**Saturday 7/19** - East Pond Association Annual Meeting, 10 am, [www.eastpond.org](http://www.eastpond.org), Brickett Point, East Pond Road, Oakland.

**Saturday 7/19** - Karen Montanaro presents "Tanzspiel," Mime & Dance on Tour, admission by donation, open to all ages, 7 pm, 779-0660, [www.chestervillemeetinghouse.org](http://www.chestervillemeetinghouse.org), Chesterville Center Union Meeting House, 3 Borough Road, Chesterville.

**Sunday 7/20** - Belgrade Lakes Farmers' Market, stock up on summer favorites, 8 am-1 pm, 7 Lakes Alliance, Main Street, Belgrade Lakes.

**Sunday 7/20** - Barbie Demo Sing-A-Long, Concerts in the Park, 5-6:15 pm, Coburn Park, Skowhegan.

**Monday 7/21** - Gravel Road Workshop, design, installation and maintenance, 8:30 am-3 pm, \$20 pre-registration, \$30 day of, register at [7lakesalliance.org/event/gravelroadworkshop/](http://7lakesalliance.org/event/gravelroadworkshop/), 7 Lakes Alliance, Main Street, Belgrades Lakes.

**Monday 7/21** - Explore Messalonskee Lake by Kayak, sponsored by the Adult Ed office at Messalonskee High School and Friends of Messalonskee Watershed, take a kayak lesson and visit sites of environmental interest on Messalonskee Lake with Mike Guarino of Maine Wilderness Tours, preregister at [midmaine.maineadulted.org](http://midmaine.maineadulted.org), \$7, course meets at State of Maine Boat Launch, Route 27, Belgrade.

**Monday 7/21** - Western Maine Foothills Band Concert in the Park, big band, marches and other eras, 7-8:30 pm, Meetinghouse Park, downtown Farmington.

**Tuesday 7/22** - Great Pond Invasive Aquatic Plant Tour, 10 am-12 pm, please RSVP 495-6039, 7 Lakes Alliance, 137 Main Street, Belgrade Lakes.

**Tuesday 7/22** - Matt Gagnon, Oosoola Park Muic Series, free admission, food trucks, 5-7 pm, Ferry Road, Route 2, Norridgewock.

**Tuesday 7/22** - An Immigration Story by Andrew Finn Magill, The Connections Between the Fiddling Traditions of Ireland, Scotland, and Appalachia, free and open to the public, 6 pm, 626-2415, Lithgow Public Library, Winthrop Street, Augusta.

**Tuesday 7/22** - Pat Pepin Plus, Rock on the River 2024 series, free, 7-8:30 pm, Bandstand, Hallowell.

**Tuesday 7/22 and Thursday 7/24** - New England Music Camp, Student Recitals, free, 7:30 pm, Alumni Hall, Snow Pond Center for the Arts, Sidney.

**Wednesday 7/23 through Saturday 7/26** - The Kneading Conference and Maine Artisan Bread Fair, [www.kneadingconference.com](http://www.kneadingconference.com), downtown and fairgrounds, Skowhegan.

**Daily through August 31** – Story Stroll on the walking trail around the Belgrade Regional Health Center, 4 Clement Way, Belgrade (off Rt 27). "Sugar in Milk" by Thrity Umrigar. Sponsored by the Belgrade Library Trustees.  
Free.

**Wednesday 7/23** - Invasive Aquatic Plant Identification, 10-11 am, please RSVP 495-6039, 7 Lakes Alliance, 137 Main Street, Belgrade Lakes.

**Wednesday 7/23** - Summer Concert Waterfront Park, free, 6 pm, Water Street, Augusta.

**Thursday 7/24 through Sunday 7/26** - Maine Quilts 2025 exhibit, over 500 quilts on display, lectures, demonstrations, workshops, 9 am-5 pm, Civic Center, Route 27, Augusta.

**Thursday 7/24** - Volunteer Trail Work Day, French Mountain - Rome, please RSVP 495-6039, 7 Lakes Alliance, Main Street, Belgrade Lakes.

**Thursday 7/24** - Open House, Old Town Meeting House Historical Museum, 1-4 pm, Belgrade Historical Society, Route 8, Belgrade.

**Thursday 7/24** - Weaving with Nature, Art in the Park program, free, all ages, rain or shine, read-aloud book presentation, create artwork based on that book, 3-5 pm, Castonguay Square, Main Street, Waterville.

**Thursday 7/24** - Biomimicry: Chewonki Animal Presentation, 3-4 pm, please RSVP 495-6039, 7 Lakes Alliance, 137 Main Street, Belgrade Lakes.

**Thursday 7/24** - Cruise-In Night, DJ, concessions, 5-7 pm, Waterfront Park, Gardiner.

**Thursday 7/24** - Night Train, WaterFront Music Series, 6-8 pm, WaterFront Park, Oakland.

**Thursday 7/24** - Pat Pepin with The Boneheads, Village Green Music Series, 6:30-8 pm, 495-3481, [recreation@townof-belgrade.com](mailto:recreation@townof-belgrade.com)

**Thursday 7/24 through Saturday 7/26** - "Aunt Hannah's Premonition," Vienna Historical Society Annual Summer Play, 7 pm Thursday and Friday, 2 pm and 7 pm Saturday, food concession, Union Hall, Vienna.

**Thursday 7/24** - The Complete Works of Jane Austen, Abridged, preview, in repertory through August 23, 933-9999, The Theater at Monmouth Cumston Hall, Main Street, Monmouth.



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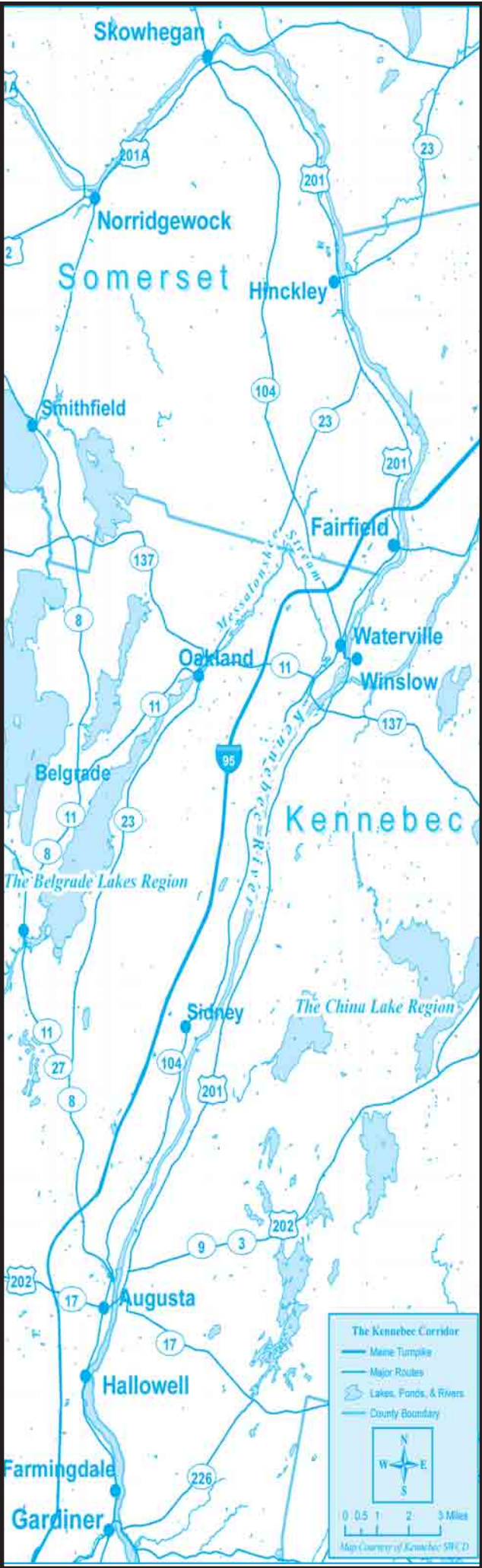
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—Along the Kennebec River Corridor—



Old Hallowell Day: Celebration By The Kennebec



2025 OLD HALLOWELL DAY  
—Hallowell, Maine—

On Saturday, July 19, sturgeons will be jumping, eagles soaring, people participating in a super day-long celebration and a parade progressing along Water Street that touts “Who knows what you’ll see?” will be the talk of the town at 10 o’clock in the morning.

Maine’s smallest city holds a huge celebration - Old Hallowell Day - annually on the third Saturday in July dating back to 1968. What began as a community effort to clean up the Kennebec River - which has been accomplished to an impressive extent - has evolved into a community celebration of art, music, history, food, athletic prowess and spectatorship.

Highlights of Old Hallowell Day include a 7 am start time for the Hills & Thrills Bike Ride, 25 miles in distance and a climb of 2,000 feet, a 7:30 start time for the 5K Road Race and the conveniently-timed 7 am healthy breakfast at the Sacred Heart Cafe - followed by many other eating opportunities throughout the day. Food will be available at a vegetable bake-off, a bake sale, farmers’ market, food court, strawberry shortcake luncheon and the many downtown Hallowell eateries.

Food all day, music all day and activities for children and families all day can be discovered at

[oldhallowellday.org/schedule](http://oldhallowellday.org/schedule). Don’t forget the fireworks set off from the Kennebec River at 9 pm.



A Moment in the Sun Check MIFF’s movie schedule to see this!

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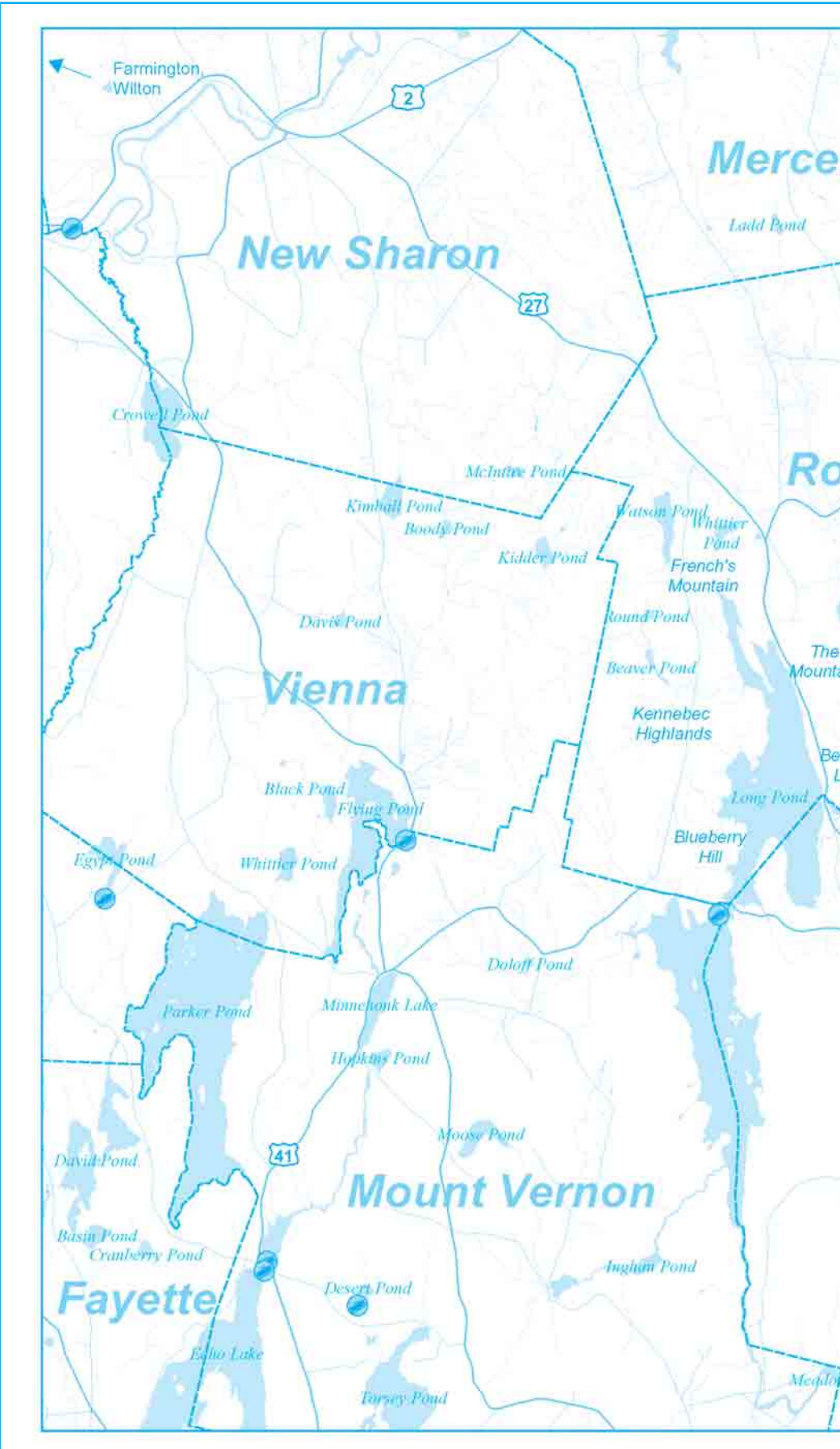
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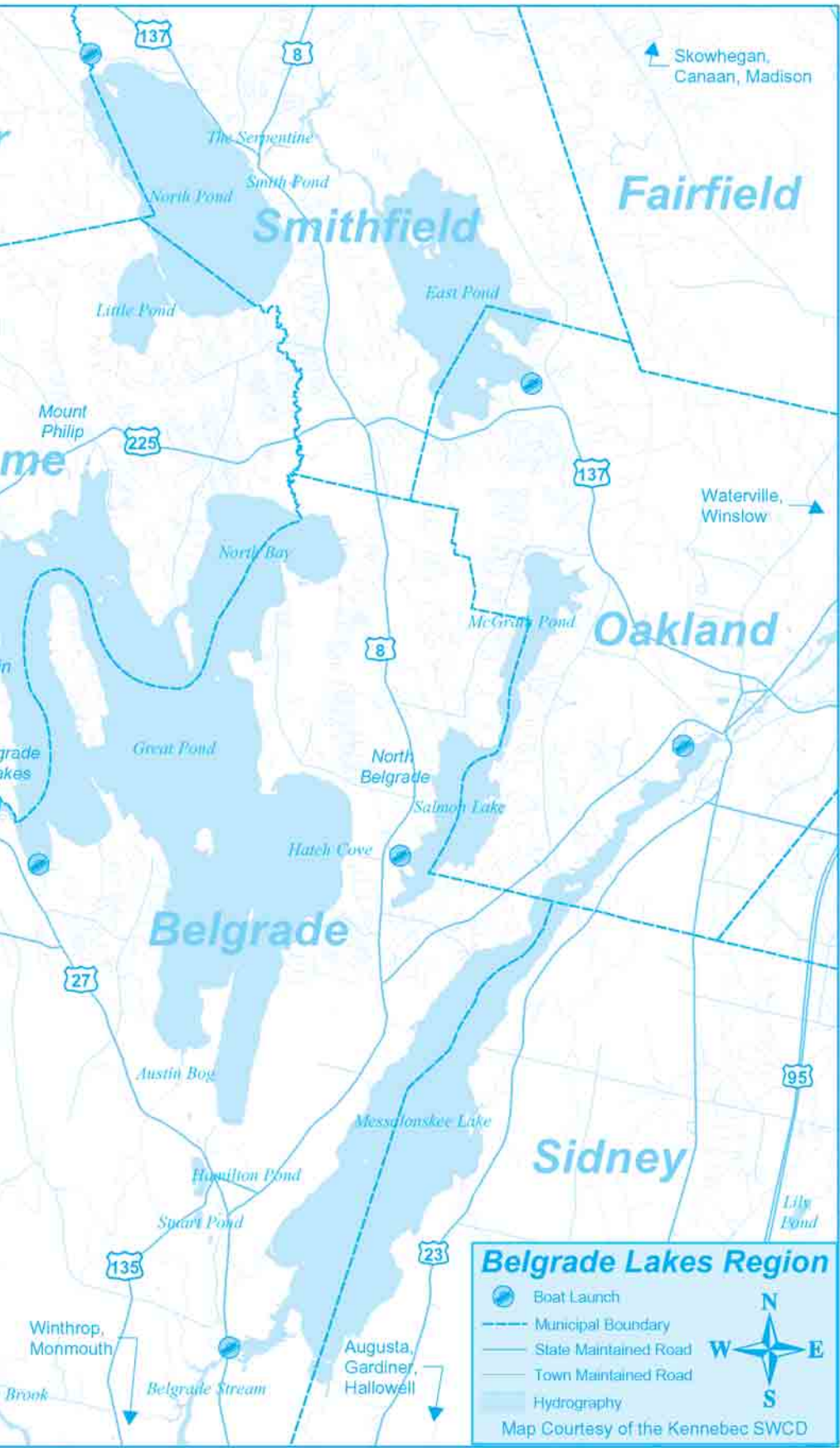
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## More In Store in Film Festival's Last Three Days

By Gregor Smith

Highlights of the festival's closing days include an achievement award presentation, the debut of three Maine-made features and two collections of Maine-made shorts, the return of the Maine Student Film and Video Festival, screening of a few more rediscovered classics, and a closing night film with more award announcements.

On Friday, the festival will give its Lifetime Achievement Award to its chief programmer, Ken Eisen. Co-founder of Railroad Square Cinema in 1978 and of the festival itself twenty years later, the unassuming Eisen has been guiding Waterville to fine films for nearly half a century. His influence extends well beyond the Waterville area, however. In 1984, he co-founded Shadow Distribution, which has released over 30 international and independently produced films to theaters across the country.

The festival's closing weekend will bring a bevy of Maine movies. Three of the four made-in-Maine feature films will have their premieres: *A Moment in the Sun*, a documentary love letter to Houlton, Me., the easternmost U.S. town in the path of the April 2024 total solar eclipse; *InhuMaine*, a sober look at the homelessness crisis in Bangor; and *Sight Unseen*, a shot-in-Belgrade horror thriller, which will be discussed further in a separate article. (The fourth Maine feature, *76 Days Adrift*, debuted on Thursday and will be shown again on Saturday, but the Saturday showing has already sold out. Check the MIFF website or program book for screening times and locations for the other three films.)

Additionally, as part of a retrospective on the work of Huey, the longtime Maine filmmaker who uses just one name, MIFF will present his *Wilderness and Spirit: A Mountain Called Katahdin* (2002), a meditative homage to Maine's highest mountain the people who revere it. This screening will take place Saturday at 7:00 in the Opera House.

Moreover, both compilations of Maine shorts will have their first and last screenings during the festival's last three days. The ten Maine Documentary Shorts will screen at 4:00 on Friday and at 1:00 on Saturday, and the eight Maine Narrative (Fictional) Shorts will be shown at 4:00 on both Saturday and Sunday. All of these screenings will take place in the Opera House.

Finally, the Maine Student Film and Video Festival returns to MIFF's second Saturday, after an absence of several years. The student festival presents the best short films, no more than 10 minutes each, from Maine's youngest filmmakers, grades K-12. Submissions will be divided into three categories — Narrative, Documentary, and Creative — and judged by a panel of educators, other media arts professionals, and past festival participants. Prizes will include filmmaking equipment and a grand prize of \$500. The student festival, which has free admission, will take place from 12:00 to 1:30 in Cinema 1.

MIFF's final film will be *Sunfish (& Other Stories on Green Lake)*, to be presented Sunday at 7:00 in the Opera House. Set on a fictional lake, the film interweaves stories of its denizens, including a girl learning to sail, a musician aspiring to first chair, two sisters running an inn, and a fisherman in pursuit of "the big one" to, in the word of the MIFF site, "craft an engaging and heartfelt portrait of a place and this specific place's effect on the people who call it home."

At that screening, the winners of the Audience Favorite and Tourmaline Awards will be announced. Named after Maine's state gem, the Tourmaline Prizes will be presented to the festival's best Maine feature and best Maine short shown. All eighteen of the Narrative and Documentary shorts are eligible, as are the four new Maine-made feature films described above. The features winner gets \$5,000, and the shorts winner, \$2,500.

...Continued from page 5



Ken Eisen



Sunfish (& Other Stories on Green Lake)



Above: Assorted members of the Kallin and Lavin Family.



Left: Cousins Bayard, Becky, and Evie on the new staircase.





## Notebook

### Friends of Messalonskee: Annual Meeting, Annual Raffle

• The Friends of Messalonskee lake association will hold its 2025 annual meeting on Saturday, July 19, 3-6 pm, at Sunrise Bagel in downtown Oakland. To raise money for the organization, FOM is offering a Summer Giveaway Raffle for \$5,000. Ticket packages start at \$20 and are available all summer. [www.friendsofmessalonskee.com](http://www.friendsofmessalonskee.com)

### East Pond: Band on a Boat

• East Pond in Smithfield/Oakland will celebrate its 4th annual "Band on a Boat" and "Shake the Lake" to the sounds of The Smith Collaboration on Saturday, July 26, 5:30-8 pm. The event is a thank you to the family of East Pond for the hard work and accomplishments in preserving a beloved and beautiful lake. They are invited to come by boat, kayak, canoe, paddle board or to enjoy the band from their own shore. To receive the location of the band on the 26th, email [info@eastpond.org](mailto:info@eastpond.org).

### Skowhegan School of Painting and Sculpture: Lecture Series

• The Skowhegan School of Painting and Sculpture located in Madison is holding the 2025 Barbara Lee Lecture Series by Resident and Visiting Artists, free and open to all during July and August. The lectures span a range of art-making approaches, cultural perspectives and theoretical frameworks. [skowheganart.org](http://skowheganart.org) Fresco Barn, 39 Art School Road, Madison.

### Augusta:

#### The Ironman 70.3 Is Coming

• Ironman 70.3 Augusta, billed as Escape To Maine, will take place July 25-27, where the Ironman Village will be set up near the YMCA. The course includes a 1.2 mile swim down the Kennebec River, a 56 mile bike ride and a 13.1 mile run. Ironfans are encouraged to be volunteers or spectators. [ironman.com/races/im703/maine](http://ironman.com/races/im703/maine)

### Oakland:

#### It's Time for Oakfest

• On Friday, July 25 and Saturday, July 26, Oakland will celebrate Oakfest with a Parade and a Street Dance on Friday night - Main Street will be closed and have live music, food and drink. Saturday there will be a full schedule of events including a classic car show, a kids section, live music, crafters and artisans, an ATV club barbecue and a Messalonskee Trail Riders Glow Ride through town.

### Skowhegan:

#### Paddling Film Festival

• The Paddling Film Festival World Tour will be in Skowhegan on Thursday, August 7, 5-9 pm, for a screening featuring a handpicked selection of films that capture the adventure, challenge and beauty of the paddling lifestyle from around the globe. The evening will include live music, delicious local eats, artisan vendors and a riverside beer garden. Admission is free, suggested donation \$10. Space is limited. Reserve at [amber@mainstreetskowhegan.org](mailto:amber@mainstreetskowhegan.org) Show is at Riverside Greenspace, 151 Water Street.

### Waterville:

#### Love Your Langlais

• The Colby College Museum of Art is offering an exhibit at the Paul J. Schupf Art Center, on Main Street in Waterville titled Love Your Langlais, celebrating the beloved Maine artist whose signature style of using wood offset to carve renderings of animals. Langlais, who was born in Maine in 1921, spent 3 summers at the Skowhegan School of Painting and Sculpture. His works can be found throughout the State and can be found by following the Langlais Art Trail. Colby College has a collection of 200 Langlais sculptures. 859-5600

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**Waterville Creates**, 10 Water Street, Suite 106, Waterville, 616-0292, [www.watervillecreates.org](http://www.watervillecreates.org)

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**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)

FARRIER SERVICE

**Ray Linck Farrier Service**, Farmington, Maine, [www.farriermaine.com](http://www.farriermaine.com), 207-446-3758

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)

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**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)

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LAKE ASSOCIATIONS

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

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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**, 212 Depot Road, Belgrade 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

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## 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

### A Summer of Loons

By Makena Logan, Loon Preservation Project Intern



Before this summer, I did not know a lot about loons. Most of the knowledge I did have came from one lab in a freshman year ecology class where we kayaked for hours in an attempt to find loons, but were unsuccessful. I started this loon monitoring internship excited to learn more and actually see loons in their natural environment. Previously I have worked with birds in a wildlife rehabilitation setting. That work is extremely meaningful and I was able to learn a lot about animal behavior, but I had never had the opportunity to focus on one species for an extended period of time out in the field.



One of the first skills we had to learn was how to use the boats, which was very new and exciting to me.



A foot waggle, one of my favorite behaviors to observe (that also happens to make our job of seeing the bands much easier).



Mother feeding her chicks with a Long Pond minnow.



A loon on a nest in a floating raft, which is one conservation method.



This internship has been an amazing learning experience. On the very first day on the boat with Lee Attix, from the Loon Conservation Associates, I came in not really sure what to expect. By the end of the day I was able to recognize loon behaviors, and at least was able to partially identify which band colors were present on some of the loons, which was initially a struggle. Since then I've learned so much more about loons, from their different calls to the best places to look for nests. I went from being impressed and confused how Lee could see some of the bands so well, to several weeks later confusing my sister on a visit who did not understand how my fellow intern Ariana Raschid Farrokhi and I

were able to see the color of the bands from a distance. I really appreciate the support and knowledge of Lee, Dick Greenan, from the Belgrade Lakes Association, and Cathy Bevier, from Colby College, who have made this experience possible and so rewarding.

Every time we go out on the lakes is different, and we are constantly deciphering loon behaviors to attempt to understand more about their lives. I love having the opportunity to get to know Great Pond and Long Pond and the loons that inhabit them. It is a job filled with joy, especially when we have moments like watching loon pairs feed their day old chicks. It is very special being able to witness the chick raising process from seeing the beginning of a nest to the chicks hatching to watching them grow up. Another exciting moment was getting to help band eagle chicks, which was an unexpected but incredible experience. Even when not officially working, I get excited to see or hear loons. I've been trying to explore many of the Maine state parks and on several occasions have stopped doing anything else to observe loons.

I've also appreciated getting to know members of the Belgrade Lakes community. People have been very welcoming and their passion for protecting loons is inspiring. I am very grateful that we have so many volunteers making observations and letting us borrow their boats so we can better monitor loon territories.

Some days are a challenge like when we have a heat wave or can't figure out exactly what is happening in a territory, and some of the worst days are when we learn that a chick didn't survive. But knowing that this work contributes to a better understanding of loons, what allows them to be successful, and how we can help makes it all worth it. I'm looking forward to continuing to discover more about these amazing creatures throughout the rest of the season.

If you have particular questions regarding our Belgrade loons, please email your inquiry to: [info@bla-maine.org](mailto:info@bla-maine.org) and we will try to answer your question

either in this column or via email. Have a great Summer enjoying the "Call of the Loon"!

Dick Greenan, Chairman, BLA Loon Preservation Project







Russian Voices on the Kennebec by Robert S. Jasper

by Martha F. Barkley

This paperback was difficult to find. Perhaps in Maine inter-library loan will take care of it, dear reader. Pacific Grove, CA is closer to my Menlo Park home, but this 2009 publication from Park Place was...you do not want to know.

Next summer I do want to drive to nearby Dresden and see the final resting place of the founder of our country's largest Russian community: Baron Vladimir Poushental died in Miami in 1978, age 84.

This unlikely history of Maine's unlikely colony was brought to my attention by our editor Esther Perne. We were enjoying turkey soup and cranberry sauce on a cool rainy August summer afternoon at Moose Cottage, Loon Ridge Cabins located on the busy road to Augusta.

Russians settled here and nearby Belgrade? Who knew? I certainly was hungering to peruse this unique and surprising history ASAP. Took awhile but the search proved satisfying.

The cover, how unusual and beautiful, with no words needed, for the binding clearly prints Jasper Russian Voices On The Kennebec, all caps!

Russian Orthodox immigrants settled in the 1950s. Like most immigrants to the US, they were a variety of peoples from many countries: vets of the White Russian Army who fought the Bolsheviks, Ukrainians, Belorussians, etc.

"Maine's first Russian settlement soon became the largest Russian-speaking community in the US." They settled and thrived in Maine's Kennebec Valley. Some readers may remember the 1950s, I do. But my Maine summer visits did not bring me to this unique part of our large beautiful state.

Historian Jasper graduated from Columbia's Russian Institute and he wrote in World Politics about Soviet foreign policy. It wasn't until the author moved to



Maine that he discovered this Russian-speaking community. Years of research and many interviews brought about this original history, similar to his other history entitled South Africa's Other Whites: Voices for Change, St.Martin Press, 1993. Shirley Kew Jester, his wife, was instrumental in the writing of that book.

Poushental spent half the year in Miami and half in Maine, returning to Chateau Blue Heron, sculling and duck hunting on the Kennebec. Russian settlers were appreciative of this man's gift of land to them. Some of them bought a farm from Poushental's large tract.

Gov. Payne of Maine cooperated in the purchase of the land to give away to "White Russians, not Communists." Leaders of this endeavor lived in Richmond. "There the survivors and families of those who had served the White Russian cause could live out their lives in peace among others who spoke their language and who shared their cultural background and Orthodox faith..."

Poushental loved to hunt and he had only a modest house in the woods near Pittston. Boothbay Harbor was where his wartime friend first introduced

him to Maine.

Kiev opera singer Alexandra Sherbakoff, also a folk dancer, emblazes the dramatic black and white photo cover. Her life in Richmond is covered in chapter three where pages of photos offer insights.

Many interviews and memories of the Old World before finding refuge in Maine. Who knew these immigrants were so very close by our beautiful Belgrade Lakes? Sneak a peak at photos of Richmond and environs, all full of familiar landmarks. Heard any Russian recently?



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Registration for our Paddle Sojourn is now open! We're hosting 3 guided day-paddles throughout the watershed, and you are invited! Paddle one, two, or all three days (July 18-20). This series of paddles travels through 4 of the 7 lakes in the Belgrade Lakes watershed.

Participants should provide their own boat and lifejacket. 7 Lakes has limited boats available to borrow. See the event page on our website for more information below. To review the Paddle Sojourn daily itineraries, FAQs, and to register, please visit us online @ [7lakesalliance.org/series/paddle-sojourn/](https://7lakesalliance.org/series/paddle-sojourn/).

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...continued from page 3



Kellie Spill, Daniel Burns, and Lauren Pisano

Lauren Pisano, and Kellie Spill, portray the siblings, with two local actors, Bart Shattuck, as their late father, and Debra Lord (“Dee”) Cooke as a neighbor and real estate agent.

That last bit of casting is, to misquote Oscar Wilde, a classic case of art imitating life. Besides being an actress, Cooke is a real estate agent for Lakehome Group in Belgrade Lakes Village. That agency is sponsoring a reception following the Sunday screening, where attendees can meet the filmmakers and some of the cast.

Except for a few brief scenes of the siblings driving down country roads, the entire film was shot in and around Cooke’s family cabin on Great Pond. The shooting location may seem familiar, as most of the Maine scenes in Cooke’s previous movie, In the Moon’s Shadow, were shot at the cabin as well, although it has since been renovated and expanded.

What follows are excerpts of an interview by email with Oriana Schwindt, edited for length, with a few parenthetical additions by yours truly. To read a longer version of this interview and see additional photos, please visit [www.belgradelakesnews.com](http://www.belgradelakesnews.com). You can also learn more at the film’s website, [www.sightunseen.xyz](http://www.sightunseen.xyz).



The Dams Keeper Report

As I write this column (7.9.25), our lakes are in great shape. They are now forecasting 2.74” of precipitation for the next 10 days. For the record we had only 0.19” for the past 10 days. If we do in fact get this forecast, we’ll be able to open up the flow to freshen Mill Stream coming into the Village from Great Pond. This will help our residents on the Stream who rely on this water.

The Village spillway dam is presently at 1.7” above full pond with both gates still closed. Long Pond, at the Wings Mill Dam, is 1.8” also above full pond with both gates still closed. Snow Pond is holding at 2.88” below their spillway which is still good considering their electricity generation needs. Salmon and McGrath are in great shape and exactly at 0.6” below full, basically full pond with the 1 cfs. calibrated valve opened 15 turns.

We received an interesting question this past week: “What would happen if the dams were removed.” Well, in 1975, Central Maine Power (CMP) stated the following during a public meeting:

“QUESTION: What would happen to the lakes if the dam gates were permanently removed and the water allowed to drop to original lake levels?

ANSWER: Salmon Lake-McGrath Pond would drop about six feet. Great Pond roughly seven feet and Long Pond about three, subject to levels of the stream bottoms immediately ahead of these dams. The impact on individual lake and stream front properties would vary according to the character of the shoreline. Docks, water intakes, swimming and boating conditions would be affected and some property lines may be altered. Without the dams the remaining lakes would be subject to wide variations in levels which would be uncontrollable.” Knowing what we know now, the impact on water quality due to further erosion and run off would also be catastrophic.

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  
Belgrade Lakes Inter-lakes Dams Committee



# Belgrade Story Stroll

July - August  
Belgrade Regional Health Center  
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Featuring *Sugar in Milk*  
Written by Thrity Umrigar  
Illustrated by Khoa Le

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