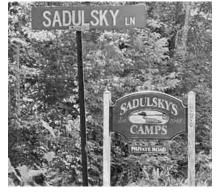
... Serving the Central Maine Lakes & Kennebec River Corridor

VOLUME 27, NUMBER 8

Sadulsky's Camps on East Pond

by Jodie Mosher











icture this...You are 8 years old. Breakfast is done. Your parents yell, "Go outside and play!" They want peace and quiet in the camp while they enjoy their coffee on the porch. Under their watchful eye, you push the camp door open and run as fast as you can down to the shorefront to climb and hang from the jungle gym, then you splash into the water to cool off before heading over to the swingset. You're so excited to see friends you met last summer...

This is an example of a typical start to a day at Sadulsky's Camps on East Pond in Smithfield, Maine. Sadulsky's is not only for families renting one of their camps but what was also happily experienced by the children, grandchildren and great grandchildren of Walter and Viola Sadulsky. What better way to preserve family history on a Maine lake than by passing on those memory making moments to the next generation?

Sadulsky's Camps is an example of a thriving camp rental business dating back to 1948. The prior land owners had charged patrons, including Walter's father, Andrew, to fish and store boats. Once purchased, Walter and Viola took it to the next level. Starting with just a path, the 50 acres purchased came with the boathouse and soon after, they purchased several wooden rowboats to rent out. This is

the 77th year the business has been in operation since Walter and Viola said yes to a fisherman wishing to pay to sleepover in the boathouse so he could wake up and fish another day.

An enterprise was born!

Walter and Viola were onto something with this simple business model and they proceeded to create a plan from their vision. Then they got to work. With the plan in place, a road was painstakingly constructed using the walking path as a guide from East Pond Road. To form beaches along the shoreline, rocks were repositioned to become rock walls, docks were made to tie canoes and boats to and eventually one camp was completed, and another, then another as demand rose.

Each year more adjustments and improvements were made. The original boathouse became Camp 1, and a variation of it still stands on the same spot, called The Beach Bungalow. Additions like indoor plumbing and bedrooms were later added. The Sadulsky's had a great work ethic, putting in more hours after their 40 hour work week to help develop their dream of a summer camp rental business. And they did all this with their 3 children in tow!

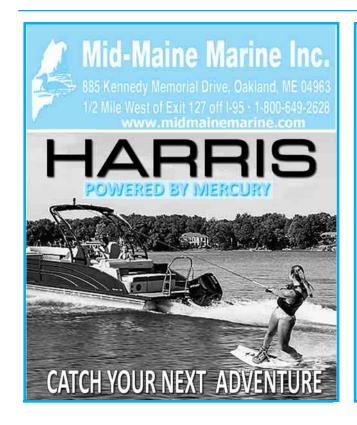
Between 1965 and 1971, Colby College, a 15 minute drive, offered a summer school for eye doctors and Sadulsky's was bombarded with rental

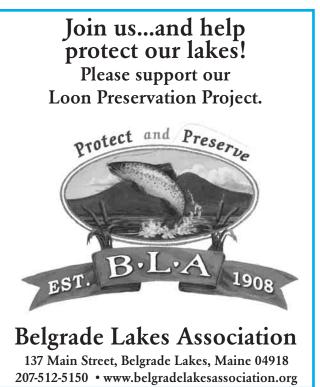
requests. A few duplex cabins went up in a hurry to accommodate the overflow of visitors that would stay all summer. Looking at the registration book, word of mouth created a demand for the camps from doctors and lawyers from across the country.

Walter helped build the duplexes, did any and everything he could on his own and was quite a character. He thought anything could be done more efficiently with the use of dynamite! There was a stubborn stump from an old, 4-5' in diameter white pine tree to be removed to make way for the expansion of the barn/storage shed. Walter was frustrated because it was not coming out by hand digging then pulling with his trusty old dump truck. So he ventured to the hardware store to purchase sticks and blasting caps!

At his age at the time, around 84, he was forbidden by the store owner from buying blasting caps, which would have allowed him to make a shortened stick of dynamite. That did not stop him! He told the kids and other onlookers to get behind the dump truck then he tossed the entire stick of dynamite into the stump hole. As you can imagine, it was loud and destructive. As everyone watched, the stump flew 50' into the air and crashed down on the rooftop, creating a giant hole. Success at a price - as he asked,

Continued on page 2









Continued from page 1

"Do you think Vi will notice the hole?"

After 50 years of working and living a life they loved on East Pond, retirement arrived for Walter and Viola. Daughter Sandra and husband David Marston became the next owners. One of three children growing up watching her parents work while she and her siblings played on the grounds and in the water, she could not imagine a life without Sadulsky's Camps. She told her parents, "You are not selling to anyone but me!"

Sandra and David continued to maintain and make improvements yearly to keep it a beautiful vacation spot for return visitors and new ones alike. Their four children, Karen, Mike, Ken and Craig were also there every summer. The children were expected to pitch in where needed and so the childhood adventures began! Sandra and David managed for 23 years and her face lit up talking about those years of family coming to camp and spending time in a space they all loved.

Their daughter Karen's husband, Bill DeCelle, slid into the management position after their retirement, with the much appreciated help of the late, Laurie Holt, who lived up the road. They also had help from other family members to keep Sadulsky's Camps maintained and full of eager summer renters. An amusing story passed on through the years was remembered by Bill and involved a newscaster visiting from New York with his new girlfriend.

"The story goes that it was their first time at a Maine camp on a lake and he wanted to impress her with a Maine experience. With no prior knowledge of driving one, he rented a small power boat. Even

circles! He was circling close enough to the dock that a rope was thrown to him and he was pulled in. So, he proceeded to rent a canoe instead. Again, with no prior experience in canoeing, they were given instructions. They were facing each other paddling, going nowhere fast! When they were told you have to face the same way or one has to paddle in the opposite direction, he replied, "She's just so pretty I want to be able to see her beautiful face."

Fast forward to today and you will find Walter and Viola's great grandson, Nick Marston, the youngest of their great grandchildren and the only great grandson, managing the 16 camp rentals with assistance from his father, Ken Marston and his Uncle Bill. Nick was a hired hand for 2 summers and worked with his grandfather, David, learning all aspects of the business from him so it seemed a natural fit when it came time for the next generation to take over. Ken worked from camp before fully retiring and was able to be flexible to assist Nick with any and everything. Nick, Ken and Uncle Bill make a great team. Nick's responsibilities include everything from the dubious task of keeping track of scheduling in the off season, welcoming campers, being on call 24/7 all summer, opening and closing camps each spring and fall, splitting campfire wood, grading the road, fixing whatever needs to be done at all hours of the day or night, and more, right down to the perk of happily enjoying a lobster dinner with campers as a thank you for all he does.

Nick and Ken shared the mystery of the number "system" of the camps that Walter and Viola adopted. The eight rustic camps spread out along the waterfront are numbered left to right; 3, 2, 5, 4, 1, 8, 6,

with instructions he could not stop it from running in 7. The "system" was simple...they were numbered as they were built. The others, numbered in the same fashion, are nestled in the wooded areas, each with privacy space and views of the water. Each has a screened in porch with seating, fully furnished and stocked interiors, wood stoves to break the chill of a cool Maine evening or morning and firewood provided. All camps are 2-3 bedrooms and all you provide are your own bed linens, towels and food.

> Everyone also enjoys four communal campfire pits with free standing pits, many days fires are lit just before the spectacular sunsets. There are common sandy swimming areas, playground equipment, and water toys and life jackets provided, if you need them. Pontoon boats and fishing boats are available to rent for a nominal fee and use of kayaks, paddle boats and SUPs are free to use on a first come, first serve basis.

> As you can see, there is a deep history at Sadulsky's Camps. The village atmosphere, sharing common spaces on the lakefront and enjoying the friendships made over the years. Unlike a typical online rental experience, this community feeling is palpable. One family I spoke with has been renting for 43 years, while another extended family rents 10-12 camps each summer during the same week.

> Both Walter and Viola would love seeing the generations carry on their vision. Walter was eager to make Sadulsky's Camps memorable for campers and he thought it was, "the most beautiful place on Earth facing the western sky." He was most likely referring to the striking sunsets seen from the cove shoreline each evening over East Pond.

Great work, Walter and Viola! Thank you for all you've done!

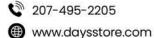


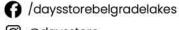
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Summertime in the Belgrades

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www.belgradelakesnews.com

The Complete Works of Jane Austen, Abridged Opens at Theater At Monmouth



Theater at Monmouth's 56th season continues with The Complete Works of Jane Austen, Abridged by Jessica Bedford, Kathryn MacMillan, Charlotte Northeast, and Meghan Winch. A funny, fast-paced frolic through the masterpieces of Jane Austen. Three actors take on all of Austen's beloved heroines, friends, and love interests – and her incisive social satire – in just 80 minutes. But when they lose a cast member, the two remaining Janeites must teach an understudy about her work. It is a truth universally acknowledged that an audience in possession of high spirits must be in want of a ticket to this big-hearted comedy that will delight Austen fans and newcomers alike. Step into the Regency Era Thursday, July 24th at 7:30 p.m. through Saturday, August 23rd including matinee and evening performances both weekdays and weekends.

The Complete Works of Jane Austen, Abridged features Sandy Clancy, Kelly Letourneau*, and Lucas Prizant. Directed by Adam P. Blais, Lighting Design by Jim Alexander, Scenic Design by Germán Cárdenas Alaminos, Sound Design by Ryan McGowan, Costume Design by Elizabeth Rocha, Wardrobe and Wig Supervision by Adriaen Shi; with Stage Management by Melissa A. Nathan*, Assistant Stage Management by Elana Sheinkopf, and Ethan Shaw serving as an Understudy to the performers.

*Appearing through an agreement between this theatre, Theater at Monmouth, and Actors' Equity Association, the Union of Professional Actors and Stage Managers in the United States.

Performance Calendar: PREVIEW 7/24 at 7:30 p.m.; OPENING 7/25 at 7:30 p.m.; additional performance dates 8/2, 8/9, 8/14, & 8/21 at 1:00 p.m; 8/6, 8/16, & 8/23 at 7:30 p.m.

The World Premiere of *The Complete Works of Jane Austen, Abridged* was produced by Tiny Dynamite, Philadelphia PA, 2019. The Complete Works of Jane Austen, Abridged is presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc. *www.concordtheatricals.com*

Opening Nights are Educator Nights. Educators receive 20% off the general ticket price with a valid photo ID at the Box Office.

Under 30 Rush Tickets. For patrons under 30, \$18 Rush Tickets are available for up to 20 audience members at each performance in the season excluding the Family Show and Special Events. Contact the Box Office by email *boxoffice@theateratmonmouth.org* or by calling 207.933.9999 after 10 a.m. on the day of the show. Requests made before the Box Office is open will not be processed.

For calendar and reservations, please contact the TAM Box Office at 207.933.9999 or visit www.theateratmonmouth.org.



Annual Meeting Aug 7th @ 6:00 pm Pleasant Point Park

Presentation by Mel Croft

Listening to the Rocks: 400M Years of Our Belgrade Lakes



Protect the Place you Love: The Belgrade Lakes

Please give generously to the 2025 Annual Fund Your Donation Matters!

Mail a check or give online at www.7lakesalliance.org/donate

Why We Give to the 7 Lakes Alliance

by Lynn Matson

hyllis and I give a five-figure donation every year to the 7 ▲ Lakes Alliance. Here's why we think it's a good invest-

We bought our home on Long Pond in 2007 and moved here full-time in 2010. We came here for one reason ... the lakes. Over the last fifteen years we've come to appreciate and love so much more about this community but it's the lakes that drew us here and keep us here.

Every year we make major financial investments in our Long Pond home. There's annual maintenance, dock installation and removal, landscaping like flowers and mulching, homeowner's insurance and real estate taxes. We've also done some major renovation and remodeling.

All of these expenses are required to protect our property and allow us to fully enjoy it. And we're happy to pay them. It's just an accepted part of home ownership.

In the same way, Phyllis and I think we should make an investment in protecting the very reason we moved here in the first place ... our lakes ... and the beautiful undeveloped land and forest surrounding them. Doesn't that make good sense?

We know our lakes and land have problems and face real threats. We've got aquatic invasive plants, like milfoil, excess phosphorous that can trigger algal blooms and turn our lakes pea green, logging and quarrying, erosion and runoff. And climate change is exacerbating all these problems.

Fortunately, we also have a top-notch highly professional science-based conservation organization that is tackling all these problems and enjoying It's the 7 Lakes Alliance, headquartered right here in

Belgrade History Beyond Belgrade Oh, How Things Have Changed

Submitted by BHS member Rod Johnson

ES, it is tough to argue that things do continually change. This is never more evident than when a large piece of time passes, and someone with a good memory reviews a long life. I would like to take you all back to the 1950's, a much quieter time right here in Belgrade. This is all from memory so bear with me!

It's August 8th, 1957-or thereabouts. The day is born with noticeable humidity in the air. The houses feel clammy as air conditioning is unheard of in that era here in Belgrade, and I suppose throughout our nation. As we local kids awaken, we are likely pondering the same thing; that today will be a swim-day. After breakfast is behind us, it isn't long before we start to question our moms about when we could go swimming. The answers varied I'm sure, from perhaps later this morning to after lunch. Each family will vary as some have multiple children, some of whom take naps. We won't know who else might be going, or when, until we get to Sandy Beach. What we do know is that fun will be had for several hours by jumping off the small dock that protrudes out into the waterway known as Mill Stream, swimming underwater across the stream and doing cannonballs when the occasional boat comes by. Most mothers didn't work away from the home and were their own baby sitters. By noontime or shortly thereafter, moms and their children can be seen scuffing their way down Skunk Alley (so nicknamed) in Belgrade Lakes, actually named Red Oaks Lodge Road or The Hulin Road. Ken and Eunice Pray own the land that "our beach" is located on. Beach is a misnomer, actually a gravel strip that runs along the stream for 60-80 feet or so. The waterway is often called the narrows of Mill Stream where boats nearly collide when coming in or out of Great Pond. The area was dragged and widened in the 1930s to accommodate larger boats.

Boat traffic in or out of the stream is light as usual during our childhood swims, as there were few boats on the lake compared to now. A few aluminum or fiberglass boats might be seen, but these materials are just coming into common use. Mostly the boats are wood and range from Chris-Craft type inboards to small Rangeley type fishing boats. The latter are rented down by the dam to locals who want to go fishing. The rental shop is owned by Ralph Stuart, soon sold to my dad, Clifford Johnson. The bigger boats are coming in for gasoline at Everett Johnson's Marina, which is located across from Bartlett's Store, soon to be Day's Store.

We boys tend to hog the little dock at the beach and have battles to push each other into the water. The mothers look on discreetly as they sit on their towels and chat. If a boat comes and we recognize the people (or not) we give our best

Belgrade Lakes Village.

The 7 Lakes Alliance has 14 full-time year-round staff members and employs over 90 summer staff and volunteers. They work closely with the lake associations and very much appreciate their support. But it's the 7 Lakes Alliance staff members who are in the field doing the work. And they've got a great track record. Look at what they're doing:

- It's the 7 Lakes Alliance staff that is pulling the invasive milfoil and Curley Leaf Pondweed and works to keep them from spreading.
- It's the 7 Lakes Alliance staff that managed the alum treatment on East Pond that transformed it from a pea green algae lake into one of the cleanest in the Belgrades. They are now working on the same kind of plan for North Pond.
- It's the 7 Lakes Alliance that has acquired and conserved over 3,000 acres of land for water protection and recreation.
- It's the 7 Lakes Alliance that stewards our conserved land every year to improve existing trail systems and create new ones, and to meet the requirements of our membership as a nationally accredited land trust.
- It's the 7 Lakes Alliance that takes over 2,000 water samples every year to keep our other lakes from turning green.
- It's the 7 Lakes Alliance Youth Conservation Corps that has done over 600 erosion control projects since 2021 to stem runoff.
- It's the 7 Lakes Alliance that manages over 70 Courtesy Boat Inspectors at all our boat ramps.
 - It's the 7 Lakes Alliance that runs our LakeSmart program.
- It's the 7 Lakes Alliance that organizes over 80 community outreach events and educational programs every year.
- And it's the 7 Lakes Alliance that advocates in Augusta and Washington DC for funding and stronger protection of our land and waters.

Continued on page 14...



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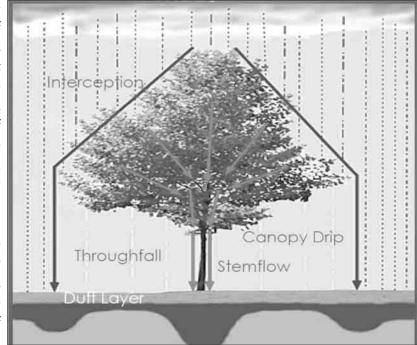
Take It Outside -

Transpiring, Recyclable, Energy Efficient, Stormwater System

By Peter Kallin

picked a lot of blueberries last week-lowbush on top of Vienna Mountain (newest addi-**⊥**tion to Kennebec Highlands) and highbush along a few spots along the shoreline of Long Pond. I also managed a few mushroom foraging trips for chanterelles and black trumpets. It has been very dry this month and the mushrooms are not quite as abundant as most years. The best mushroom foraging has been in healthy forested areas that are significantly moister and cooler than more developed areas. Recently 7-Lakes closed on almost 200 acres with 1250 feet of frontage along the east shore of Long Pond just north of Timber Point. We purchased that land with a grant from Maine's Land for Maine Future (LMF) and matching funds from generous private donors. Last year we purchased approximately 260 acres off the Dunn Rd in Belgrade that had been heavily cut over a few years ago that we are in the process of restoring. That inspired me to update a Watershed Wisdom column I first wrote a decade ago that is still quite relevant.

Conserving forested land around the lakes is by far the most cost-effective way to preserve water quality. Recent studies by Portland Water District have concluded that every dollar spent on conserving forested land in the Sebago Lake Watershed saves them ten dollars in restoration and mitigation. Regrowing the trees on our cutover parcel will greatly improve water quality and protect it permanently. A tree is more than just a piece of standing wood with leaves on it. It is actually a remarkable stormwater control system



that is better described as the Transpiring, Recyclable, Energy Efficient Stormwater System, or TREES for short. This key component of Mother Nature's basic watershed design is a wonder of efficiency, and coupled with vegetated wetland buffers, does an outstanding job of protecting the water quality of lakes and streams.

As anyone who has ever taken shelter under a tree during a rainstorm knows, trees do a great job of protecting the land under them. When the large raindrops hit the vegetation, they are broken up into many little droplets that continue to fall towards the ground, breaking up into ever smaller droplets as they hit more layers of vegetation, a process engineers would call "energy dissipation." The large surface area of the leaves and small branches becomes coated with water that never reaches the ground, a process hydrologists call "interception." The water that continues to fall to the ground ends up as a fine mist, or slowly moving drops that drip off the lower parts of the tree. This moisture falls gently onto a thick spongy "duff layer" of decomposing leaves and pine needles that comprises the forest floor, soaking in slowly. As the runoff filters slowly through the forest floor, it continues to soak into the sediments below where it enters the groundwater table. A substantial portion is taken up through the roots of the plants and transpires directly back to atmosphere via evapotranspiration from the leaves. Except in very large rain events, very little stormwater actually runs off from a forest.

Contrast this with rain that falls on a plowed field, paved surface, or a dusty camp road. The raindrop hits the ground at high speed, with enough kinetic energy to erode the surface of the soil and splatter up muddy water. This water begins to puddle up and move down the hill, carrying dirt, manure, or other pollutants such as oil or grease along with it. If the surface topography is steep, the stormwater gains momentum and continues to erode, picking up an even higher pollutant load. Typically the stormwater from these developed areas is routed rapidly through ditches and pipes direct-Continued on page 10 ...

UNION CHURCH PIANO CONCERT



Featuring Acclaimed Concert Pianist Carolyn Enger

Tuesday, August 5 - 7:00 PM Union Church - Route 27 in Downtown Belgrade Lakes **Donations Gratefully Accepted**

Union Church of Belgrade Lakes Presents Carolyn Enger

The Union Church of Belgrade Lakes is proud to present a piano concert by the internationally celebrated concert pianist Carolyn Enger on Tuesday, August 5, at 7 PM. The concert will be held in the sanctuary of the church at 67 Main Street, Belgrade Lakes. Ms. Enger has gained critical acclaim for her exquisite lyrical playing, as well as her deeply felt interpretations. In addition to an active performance schedule on two continents, including performances at The National Gallery Oslo, the Weill Recital Hall at Carnegie Hall, the National Gallery of Art in D.C., and Noontime Concerts in San Francisco, Ms. Enger has enjoyed remarkable success as a recording artist. The New York Times selected her Naxos recording of intimate Ned Rorem miniatures, Piano Album I & Six Friends, as one of the newspaper's "Best In Classical Recordings", writing "Among the 90th-birthday tributes this year to the essential American composer Ned Rorem, this recording especially stands out." The Union Church is happy to present Ms. Enger to the central Maine area again. Donations will be gratefully accepted and will be used to benefit local communities. A reception will be held at the church following the concert..





WEBBER POND - Welcome to 48 Pleasant Point Road, a charming retreat nestled in the heart of Vassalboro. This delightful property offers a unique opportunity to embrace lakeside living with deeded ROW access to Webber Pond, perfect for boating, fishing, and swimming. Notably, Webber Pond is the largest and lowermost pond in the Seven Mile Stream drainage and is renowned for its production of trophy largemouth bass. The dock area also offers a small area for entertaining at the water's edge, perfect for enjoying the serene views. Enjoy the tranquility of this location while still being conveniently close to local amenities. The inviting residence, offering 1779 square feet of total living space and set on a generous 3.71-acre lot including both sides of the road, provides ample space for relaxation and entertaining. The home also boasts a convenient U-shaped driveway for easy access. You'll appreciate the attached two-car garage with additional space behind it, offering plenty of room for vehicles and projects. For even more storage or a potential future bunkhouse, there's also a shed on the property While currently configured as a single-family home, this versatile property has a history as a duplex, offering potential for various living arrangements. Adding to its appeal, a new leach field will be installed this summer, ensuring modern functionality. Don't miss your chance to own a piece of Maine's idyllic landscape and envision the possibilities! \$524,900



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– Calendar –

Thursday 7/31 through Saturday 8/2 - Laser Show and Concert, to benefit Winslow Community Cupboard Food Pantry, vendors and food trucks will be on grounds, \$29 per carload, call for tickets and show times 701-6114, Fairgrounds, 1450 Bangor Road, Clinton.

Thursday 7/31 - Sunday 8/3 and Wednesday 8/6 - Saturday 8/9 - "Anything Goes," madcap antics aboard an ocean liner, 474-7176, Lakewood Theater, Route 201, Madison.

Friday 8/1 - "Cymbeline" by William Shakespeare, Opening Night, in repertory through August 12, 933-9999, Cumston Hall, Theater at Monmouth.

Friday 8/1 - Atlanta Rhythm Section, Waterville Rocks concert, free, family-friendly, 6 pm beer garden opens, 7 pm music starts, (rain location Waterville Opera House), Head of Falls, downtown Waterville.

Friday 8/1 - Sump Pumps, Indie Rock, Synth Punk Rock, Johnson Hall Free Waterfront Concert, 6-7:30 pm, Waterfront Park on the Kennebec River, Gardiner.

Friday 8/1 - Don Campbell Trio, \$25, 7 pm, doors open at 6:30 pm, Vienna Union Hall, Mountain Road, Vienna.

Friday 8/1 and Saturday 8/2 - Rome Yacht Club annual Commodore's Ball and Sailing "Regatta," a 50 year tradition, Ball Friday 6 pm, Regatta Saturday 10 am, scavenger hunt style saiing race, rsvp and info ryccommodores@googlegroups.com, Great Pond, Rome.

Saturday 8/2 - Tea and Silent Auction, fund-raiser to renovate the Tiffany Church in Sidney, add heat and turn it into a community center, 2-4 pm, donations accepted, 547-4108, United Methodist Church, West School Street, Oakland.

Saturday 8/2 - 8th Annual Kennebec River Brewfest, sponsored by Kennebec Valley Chamber of Commerce, over 100 unique brews, cider, meads and spirits, tickets \$35 in advance, \$45 at door, \$15 designated driver, 2-6 pm, Mill Park, downtown Augusta.

Saturday 8/2 - Beanhole Bean Supper, sponsored by Belgrade Firefighters Association, music by the Gawler family, \$12 adults, \$8 children 5-12, free under 5, 5-7 pm, Belgrade Community Center for All Seasons, Route 27, Belgrade Lakes.

Saturday 8/2 - Belgrade Lakes Loon Calling Contest, hosted by Castle Island Camps, sign-up 6:30 pm, contest begins at 7 pm, all ages welcome, Lakepoint Real Estate parking lot on the Belgrade Stream, Route 27, Belgrade

Lakes.

Sunday 8/3 - Belgrade Lakes Farmers' Market, 8 am-1 pm, 7 Lakes Alliance, 137 Main Street, Belgrade Lakes.

Sunday 8/3 - Brian Richmond, Concerts in the Park, 5-6:15 pm, Coburn Park, Skowhegan.

Sunday 8/3 - North Pond Association Annual Meeting, 6:30-8:30 pm, Pine Tree Camp, Rome.

Monday 8/4 - Western Maine Foothills Band, Concert in the Park, 7-8:30 pm, Meetinghouse Park, downtown Farmington.

Monday 8/4 - Night Sky Tour with John Meader, 8:30-9:30 pm, Vienna Mountain, 7 Lakes Alliance, 137 Main Street, Belgrade Lakes.

Tuesday 8/5 - Wonders of Water Quality Boat Tour, 10 am-12 pm, please RSVP, 495-6039, 7 Lakes Alliance, 137 Main Street, Belgrade Lakes.

Tuesday 8/5 - Between the Lines, Oosoola Park Music Series for local performers, food and ice cream trucks, 5-7 pm, Oosoola Park, Ferry Road, Norridgewock.

Tuesday 8/5 - 30 Years Dead, Jerry and the Dead Tribe, Rock on the River series, 7-8:30 pm, Grandstand, Water Street, Hallowell.

Tuesday 8/5 - Carolyn Enger, internationally acclaimed concert pianist, 7 pm, Union Church of Belgrade Lakes, 67 Main Street, Belgrade Lakes.

Wednesday 8/6 - House & Garden Tour and Guided History Hike, 10 am, \$10, reservations recommended vaughanhomestead.org, 622-9831, 2 Litchfield Road, Hallowell.

Wednesday 8/6 - Invasive Plant ID Workshop, 10-11 am, 7 Lakes Alliance, 137 Main Street, Belgrade Lakes.

Wednesday 8/6 - DJ Matt James, free summer concert series, 6 pm to sunset, Mill Park, Water Street, Augusta.

Wednesday 8/6 - Faculty Recital, soloists and ensembles, 7:30 pm, Alumni Hall, New England Music Camp, Route 23. Sidney.

Thursday 8/7 - Saturday 8/16 - Skowhegan State Fair, rides, exhibits, entertainment, music, food and much more, www.skowheganstatefair.com, Route 201, Skowhegan.

Thursday 8/7 - Great Pond Plant Paddle, 9 am-12 pm, please RSVP 495-6039, 7 Lakes Alliance, Main Street, Belgrade Lakes.

Daily through August 31 -

 self-paced 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.

Thursday 8/7 - Chewonki's Animal Adaptations Presentation, 3-4 pm, 7 Lakes Alliance, 137 Main Street, Belgrade Lakes.

Thursday 8/7 - Downtown Waterville Farmers' Market, 2-6 pm, Head of Falls, Front Street, Waterville.

Thursday 8/7 - Cruise-In, 5-7 pm, Waterfront Park, Gardiner.

Thursday 8/7 - Paddling Fillm Festival World Tour, 5-9 pm, suggested \$10 donation, Riverfront Greenspace, 151 Water Street, Skowhegan.

Thursday 8/7 - McGrath Pond/Salmon Lake Association Annual Meeting, open to anyone who is concerned about preserving the beauty and protecting the natural environment of our ponds, 6-7:30 pm, Pleasant Point Park, McGrath Pond Road, Oakland.

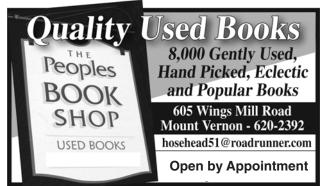
Thursday 8/7 - Blues Prophets, WaterFront Music Series, 6-8 pm, WaterFront Park, Oakland.

Thursday 8/7 - 2nd Chance UKE Band, pop, Hawaiian, balads, country and jazz, Live at Lithgow Summer Concert Series, Lithgow Public Library, Winthrop Street, Augusta.

Thursday 8/7 - Katie Daggett Band, , Village Green Music Series, 6:30-8 pm, 495-3481, recreation@townofbelgrade.com, Main Street, Belgrade Lakes.



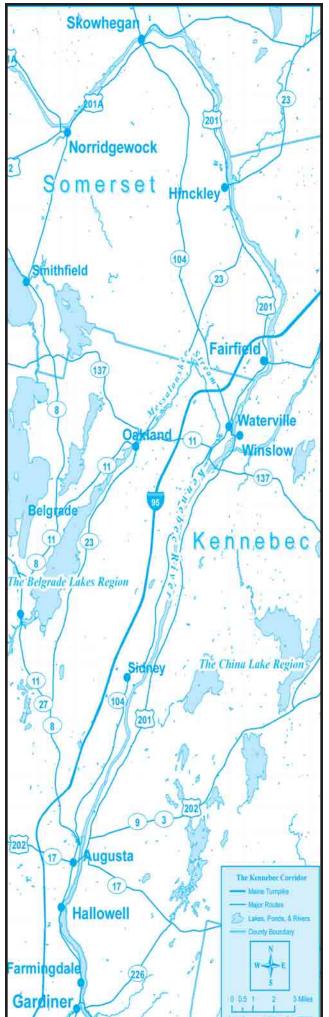








Along the Kennebec River Corridor



informing lake science at 7 Lakes Alliance.

Colby Research Student Presentations

very 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 Dr. Danielle Wain, Matt Farragher, 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.

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."

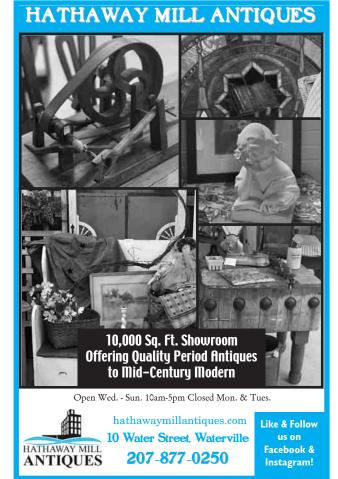
Elisa Arteaga ('26), Houston, TX. Chemistry and Spanish Majors. "I'm working on identifying and analyzing the kinds of phosphorus in the lake water and sediment of the Belgrade Lakes!"

Cogan Lawler ('26), Boston, MA. Physics and Math Majors. "I am investigating the chemical characteristics of stream inputs around the watershed to better understand how they affect lake water quality."

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



Join the Loon Calling Contest Crowd on Saturday, August 2 in Belgrade Lakes Village.













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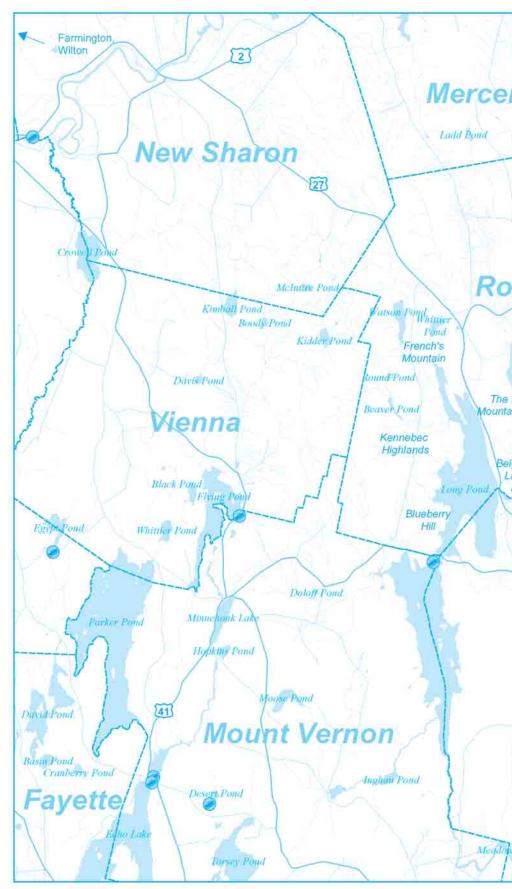
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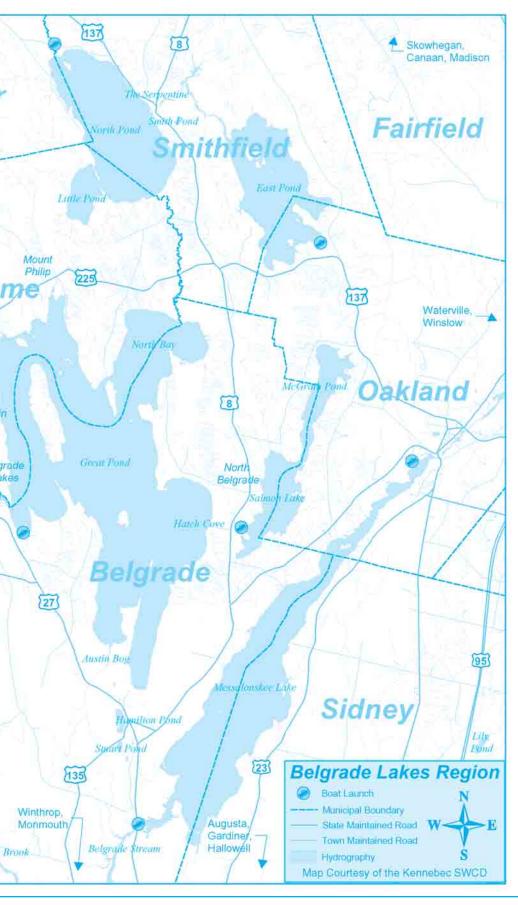
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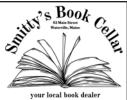
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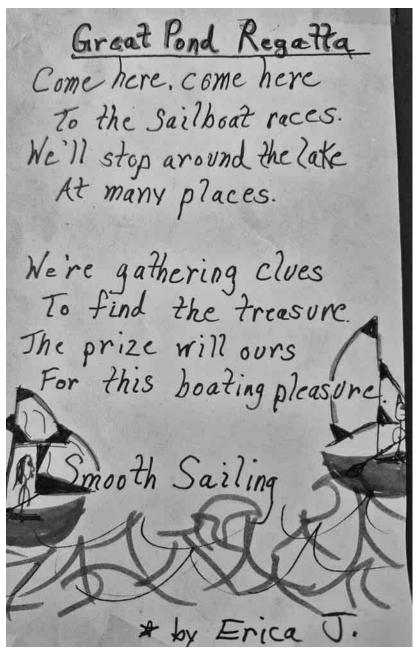
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Rome Yacht Club Regatta -Aug.2, 10:00am

By Kay Overfield



very August, Northbay Lane resi-Ldents set up lawn chairs along the shore to watch 10 to 15 sailboats cruise across the bay. Many different styles of boats and sails, all beautiful as they gracefully skim across the cove. And there's always a bit of excitement as the children spy the black sail with skull and crossbones. For many years, the beach here held one of the clues. As one of the sailors came ashore to get that clue, our five-year old neighbor squirted him with a water gun. The victim immediately grabbed his chest and fell down on the dock crying, "Ya got me."

All the boats have to collect about seven clues before heading to Crooked Island for a cookout and presentation of awards. Lots of fun traditions.

My granddaughter Erica, now 24 years old, was a young girl when she wrote this poem about the regata. It inspired my husband and I to join the regata a couple of times, once winning a prize – a cute little paddle for coming in last. Great fun.

The evening before the regatta, all are invited to attend the Commodore's Ball. No need to wear a fancy gown. Attendees mostly wear shorts, tank tops and flip-flops. Always plenty to eat and drink. Pizza, snacks, beer, wine and soda. And lots of laughs. A wonderful tradition.

...Continued from page 5

ly to the nearest stream, river, or lake. The turbulent motion generates kinetic energy that allows the flowing water to carry a large load of suspended sediments. When the polluted water eventually reaches a large pond or lake, the velocity will slow and the suspended sediment will settle out. The coarser sediments settle rapidly near the shore forming a delta near the inlet (check out the north end of Long Pond where Rt 27 drains into the lake at Tracy Cove) but the finer sediments (and attached pollutants) move out into the lake, creating turbidity, or cloudiness. These fine sediments settle very slowly, spreading pollutants and nutrients such as phosphorus to the deepest portions of the lake.

Under Mother Nature's system, thanks to the trees and surrounding vegetation, there is much less water flowing across the land surface towards the water. This water continues to be slowed and filtered by vegetation and rarely develops enough momentum to cause erosion or carry a heavy sediment load. As the flowing water approaches a stream or lake, it typically flows into a heavily vegetated wetland buffer that acts as a large sponge to absorb the water and further slow the flows, allowing suspended sediments to settle. Some of the fine sediments adhere to the surface of the plant stems in the water column, a process known as "adsorption." The end result is that the water finally reaching the lake is clean and clear.

Another important and often overlooked advantage to Mother Nature's system is that much of the water entering the lake or feeder streams comes not over the surface of the land, but infiltrated through the ground. This not only filters and cleans the water but also chills it to the groundwater temperature, which around here is about 50° F (10° C). Contrast this to water running off a hot asphalt road or parking lot in the summertime, which can easily exceed 80° F. The cooler water is much healthier for the lake, enabling higher dissolved oxygen levels and much happier fish, especially trout and salmon. The standing biomass of trees sequesters carbon, including much of that in the roots.

So, how do we protect our watershed and maintain high water quality? One way is to protect as much forested land as possible within the watershed. This is one of the main drivers for 7-Lakes Alliance's land conservation programs. 7 Lakes Alliance has recently been approved for an LMF grant to purchase several parcels that will help create a conservation corridor linking Mt Phillip to the Kennebec Highlands and protecting Robbins Mill Stream, which drains into Great Pond. We are actively seeking matching donations to bring this project to fruition. Please contact Laurie Raleigh at https://www.7lakesalliance.org/ (496-6039) and tell her you want to contribute to the Land Conservation Fund.



Notebook

Augusta: **Brewfest**

• Sponsored by the Kennebec Valley Chamber of Commerce, the Kennebec River Brewfest will be held Saturday, August 2, 2-6 pm in Augusta's Mill Park with over 100 brews, ciders, meads and spirits from local suppliers. Food trucks and live music will also be at the event. Tickets are \$35 in advance and \$45 at the door and include unlimited tastings, a free glass and swag. Tickets for a designated driver \$15. kennebecriverbrewfest.com

Oakland: **Turkey Supper**

• The Oakland-Sidney United Methodist Church is holding a Turkey Supper - with all the fixings on Wedneday, August 13, 4:30-6 pm. Supper includes turkey, stuffing, potato, veggies, cranberry sauce, rolls and homemade pies. The cost is \$12 for adults and \$6 for children ages 6 through 12; 45 West School Street, Oakland.

Skowhegan: Shakespeare in the Park

Step into a world of magic, romance and mischief as Shakespeare's A Midsummer Night's Dream comes to life under the stars in Coburn Park. Bring a blanket or chair and a picnic. Admission is free; donations accepted. Friday, August 1 and Saturday, August 2 at 6 pm and Sunday, August 3 at 2 pm. www.lightsupskowhegan.org





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Vienna: Vintage Hitchcock

The Vienna Woods Players will perform "Vintage Hitchcock - A Live Radio Play" at the Vienna Union Hall on Thursday, August 7 through Saturday, August 9 at 7 pm and Sunday, August 10 at 2 pm. Admission is by charitable donation. vienna.woods.players@gmail.com

Winthrop: **Seeking Singers**

• Like to sing? CODA Chorus is for you. Now in its 57th year, CODA is an all-inclusive community chorus located in Winthrop. No experience, no auditions necessary. Rehearsals start September 16 at Winthrop United Methodist Church. Registration at 6 pm, rehearsals 6:30-8:30 pm. Winter concerts in December at Johnson Hall in Gardiner and Winthrop Performing Arts Center. www.codachorus.com





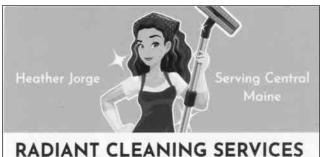




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High Peaks Artisan Guild, art gallery, books and antiques, open Friday, Saturday, Sunday 11 am-5 pm, other times by chance or appointment, 245 Main Street, Kingfield, 340-1045, highpeaksartisanguild.homestead.com

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

AUTOMOBLE STORAGE

Belgrade Lakes Marine & Storage, Inc., 366 Augusta Road (Rte. 27), Belgrade, 495-2378, 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*

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Maine State Credit Union. 200 Capitol Street, Augusta, 623-1851, www.mainestatecu.org

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Great Pond Marina. 25 Marina Drive (off Rte. 27), Belgrade Lakes, 495-2213, www.greatpondmarina.com

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Mid-Maine Chamber of Commerce, 50 Elm Street, Waterville, 873-3315, *www.midmainechamber.com*

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Belgrade Lakes Association (BLA), Long Pond and Great Pond, PO Box 551, 137 Main Street, Belgrade Lakes, 512-5150, 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, 495-6039, www.7lakesalliance.org



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Call of the Loon



Nesting Loons and Human Interference

We are observing way too many occurrences of loon nest interferences here in the Belgrades. Approaching a common loon nest must be done with extreme caution and respect, as loons are sensitive to human disturbance and may abandon their nests if they feel threatened.



These paddlers were recorded by a nest camera on an Adirondack lake. We have to assume that such irresponsible behavior would never occur here in Maine!

So how is it best to approach a loon or a nest both responsibly and ethically? The rule is, just don't approach if you don't have to. If you're just observing or photographing, use binoculars or a telephoto lens from a distance (at least 150 feet / 50 yds away). And please, never bring pets anywhere near a loon or a nest. We see this a lot with dogs on a paddleboard, in a kayak or a canoe. For the record, loons are also federally protected and harassment or disturbance is illegal.



Flattened loons are a warning sign that you are too close!





The nesting loon did flush but in this case renested.

If the nest is on a floating platform or island, you'll never want to approach directly and always quietly observe their behaviors from a responsible distance. You'll also want to stay low to avoid creating a tall, intimidating silhouette. Another reason why paddleboards are considered a major threat. Remember that there is so much to learn from the bird's behavior if we can just step back for a while and observe without their reactions to our presence.

Watch for the warning signs. If the loon slides off the nest and swims away you will need to back off immediately! Vocalizes (yodels, tremolos), especially the "wail" call is your clue that you are much too close and the loon feels threatened and distressed. If the loon flattens himself, he/she does not want to be seen and feels threatened. As a result, we never want to just linger there. Prolonged presence is a major cause of nest abandonment.

Thank you for your awareness and help in educating those less observant. If you have questions regarding our Belgrade loons, please email your inquiry to: *info@blamaine.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"!





Yummy Ice Cream Cone, Lick and Crunch

by Martha F. Barkley

My delicious treat today was almond pistachio. Friends at the table near me each had a different flavor showing drippy colors of the rainbow.

I kept thinking of my new interlibrary loan book: Words with Wings and Magic Things by poet Matthew Burgess and illustrator Doug Salati. The exterior covers do reveal a tall ice cream cone on the back, but looking inside the paintings are grander and some even double page without a word or a poem.

Part of poet Burgess's Ice-Cream Dream poem is:

Lemon meringue tickles the tongue and torte — you're meant to savor it.

I sometimes crave a chocolate bar but ice cream is my favorite.

Tiramisu is lovely too and mousses have a sheen. Chocolate cake is truly great but I dream of ice cream.

The inside ice cream cone is much more exotic and grand compared to the back cover AND the entire Ice-Cream Dream poem is delicious, too.

Go find this tantalizing book of poems that is written by an award winning writer of non-fiction and poetry. The pictures by Caldecott Medal AND Ezra Jack Keats Illustrator Award winner prove grandly imaginative.

Continued from page 4...

cannonball off the dock to spray them. I recall my father came through once slowly towing a broken down rental boat that he had rescued from Great Pond. We bombarded him hard and that night at the supper table I got read the riot act. From time to time my older brother and his friends come by us water skiing, and spray us worse than we do them. Short term mayhem ensues, and the mothers reprimand all involved, including the water skiers when they get home. There was no speed limit in those days, if you can imagine!

I really don't know how, but we all lived through it and seldom anyone was hurt. Today I sit here on our porch and watch kids driving boats that go much much faster and worry they will be hurt badly. Yes, times do change, but some things never do.

Beanhole Bean Supper at

Belgrade Community Center

Belgrade Community Center

Saturday, Jugust 2

5:00 pm to 7:00 pm

Baked Beans, Rolls, Hotdogs,

Homemade pies, Coleslaw,

and Brown Bread.

* 12.00 Adults

* 8.00 Children - Age 5 thru 12

Under Age 5 - Free

Music by the Gawlet, family

Sponsored by Belgrade Firefighters Association



"To reach the place of things unseen, words can be your trampoline."

Part of Hammock Song:

Between two trees you swing and dream, a breeze flows through and you're midstream.

The trees will lift you to a place that's to the left of time and space,

where you can be a little boat, whose single wish is just to float...

Birch trees look like our Belgrade bowing and bending trunks around the Belgrades, holding up the hammock with a sleepy, smiling kid.

Find this gorgeously illustrated book of poems and a smile will appear on your face, too.

... Continued from page 4

These people deserve not only our thanks but also our financial support. They are the ones protecting and preserving the very things we all love about the Belgrades and the reason we are here in the first place ... our lakes and forest land.

Here's another reason to support the 7 Lakes Alliance. If your lake turns pea green every summer with smelly algal blooms or is clogged with milfoil, are you going to be happy? We know that lakefront properties facing these problems typically lose 30% of their value and are much harder to sell. Isn't it worth making a generous donation every year to the Lakes Alliance to avoid these problems?

Also consider this fact. The 7 Lakes Alliance has an annual budget of about \$3 million dollars. Yes, it's expensive to acquire land and do all this work. About one-third of these funds comes from donations that you and I need to contribute every year. Then they use our donations to raise the other two-thirds from grants, foundations and government programs. That means every dollar we give brings in two more.

I know we all love and cherish the Belgrade Lakes. And we want to protect and preserve it so our kids and grandkids can have the same experience here that we've been so fortunate to enjoy. The best way I can think to do just that is to support the work of the 7 Lakes Alliance.

I would urge you to make a very generous annual donation. If you really love this place, make the 7 Lakes Alliance one of your top charities. Keep in mind, we all directly benefit from their work. Your support is more essential than ever in this era of federal government EPA cutbacks.

As a guideline, consider giving 1% of your property value as your annual gift. That will do wonders in protecting and preserving this very special place that we are all so fortunate to have in our lives.

Thank you.



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Real Estate Update

ummertime in the Belgrade Lakes Region is all about lake breezes, sunsets On the dock, and time with family—but it's also the perfect season to check off those home maintenance projects that help protect your property's value and beauty year after year.

Whether your place is a year-round home or a seasonal camp, mid-summer is a key time to inspect, maintain, and upgrade before cooler temps return.

1. Inspect and Treat Wood Surfaces_

Decks, docks, siding, and railings take a beating from sun, wind, and water. Mid-summer is the ideal time to:

- Power wash decks and siding___
- Re-stain or seal wood to prevent rot and UV damage____
- Check for loose nails or splintering boards_ Pro Tip: Clear away overgrown vegetation touching your siding—it holds in moisture and can lead to mildew.

2. Manage Trees & Overgrowth_

Tree limbs hanging over your roof or dock can be risky during storms. Mid-season is the time to:

- Prune shrubs and remove invasive plants_
- Maintain lake views while staying environmentally respectful
- Remove leaves and branches from gutters____

3. Check Septic and Water Systems_

For lakefront properties, water quality and waste systems are critical:

- Inspect filters and fixtures for signs of wear____
- Schedule a septic pump if it's been over 3 years_



The Dams Keeper Report

s of this writing (7/24/25) we have received just .64" of precipitation in Athe past 10 days with just .22" forecasted for the next 10! Great Chamber of Commerce weather but we are still very short of our normal 3.25" of precipitation for the month. The forecast for August is now just 2.28", resulting in another 26% loss in the precipitation department. Hopefully, Mother Nature can help our farmers, gardeners and dam operators with a little bit more precipitation! We'll let you know when enough is enough!

Great Pond is still exactly at full pond. Long Pond is just .36" below full, basically full pond. Upper Long Pond, nine miles from the Wings Mill Dam, is 2.5" below full. Salmon is now 2.25" below full and also feeling the heat. Our neighbors on Messalonskee with their electricity generation needs and those blessed with A/C, are today down to 4.92" below full. Although we are basically at full pond across the board, it feels as if the water levels are lower due to starting our recent summers at 3" above full pond. So, Salmon actually feels and looks like 5.25" below full.

While you're looking out for the rocks near shore, you might give an even wider berth and and observe Maine's 200' no wake zone law. In Maine, a "boater safety zone" mandates that all boats maintain headway speed, which is essentially no wake, within 200 feet of the shoreline. This applies to Great Pond's Mill Stream into the Village, Long Pond's Ingham Stream, the Taconnet and Chute's Island thoroughfares, etc. This rule applies to both the mainland and island shores. Additionally, a new law, effective August 9, 2024, specifically addresses wake boats and wake surfing, requiring them to operate at least 300 feet from the shoreline and in water at least 15 feet deep when engaged in wake-surfing activity. These laws are there for a multitude of reasons.

If you have questions regarding our Dams and/or water levels, please email your inquiry to: dickgreenan@outlook.com and we will try to answer your guestion either in this column or via email – but please keep them simple!

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

Summer in the Belgrade Lakes: Time to Relax—And Maintain!

• Ensure graywater isn't leaching toward the lake___

4. Refresh Interior Comfort_

With warm temps and more guests, it's a great time to:

- Install or maintain ceiling fans and dehumidifiers_
- Touch up paint, especially in bathrooms and kitchens__
- Clean or update window treatments and screens___

5. General Property Clean-Up_

Curb appeal at the lake matters:

- Tidy up pathways and driveways_
- Refresh gravel where needed_
- Clean porch furniture, patios, and weedy areas____

6. Inspect Lake Equipment___

Make sure your summer toys are safe and functional:

- Inspect dock hardware and moorings_
- Clean kayaks, paddle boards, and life jackets____
- Service boat motors and check registrations

Bonus Projects That Add Value If you're thinking long-term:

- Add outdoor lighting for safety and ambiance_
- Upgrade to a screened-in porch or covered sitting area_
- Install a fire pit or outdoor kitchen to enhance rental or resale appeal_

Preserve the Magic of Maine

Regular maintenance isn't just about value—it's about keeping your Belgrade Lakes getaway safe, comfortable, and ready to enjoy for generations. Whether you plan to stay for decades or pass it on, these mid-summer projects are a smart investment in both your property and your memories

Dan McCarron

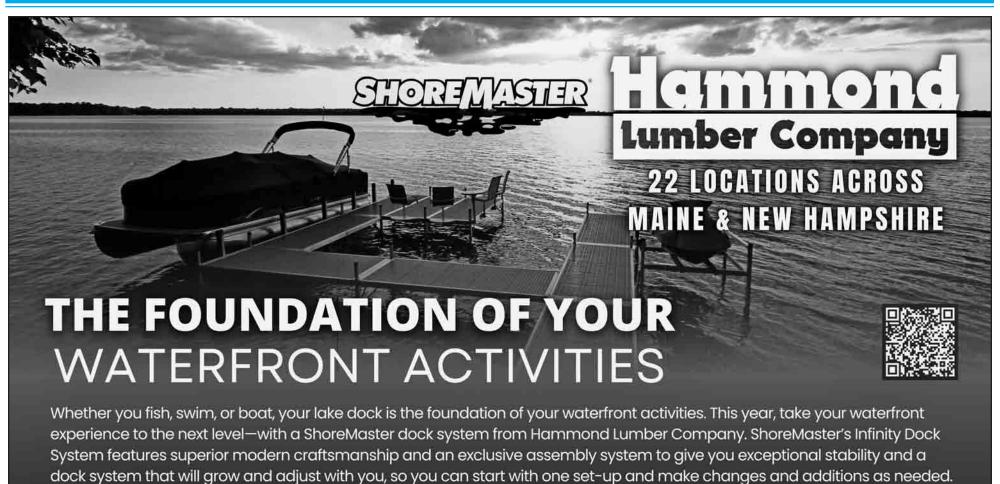




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Your Hammond sales representative will walk you through ShoreMaster's many options and accessories and match you with

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\$569,900



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MLS 1631793



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221 MAIN STREET, BELGRADE LAKES

2025 LOON CALLING

SATURDAY, **AUGUST 2ND** AT DUSK









