

Summertime in the Belgrades



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

VOLUME 26, NUMBER 8

Building Community Through Recreation

by Esther J. Perne



Recreation envelops this region, this state, this corridor of the country; ensuring access to it is the mission of a dynamic program based in Skowhegan and open to the rest of Somerset County.

The Skowhegan Outdoors AmeriCorps Program, an initiative of Main Street Skowhegan, was created in 2019 in partnership with Volunteer Maine, the Outdoor Sport Institute and

local organizations. The goal was to ensure equitable access to the outdoors and to enable participants to achieve healthier, more active lifestyles with free, guided outdoor activities and gear.

Since January, the heart and face of Skowhegan Outdoors is the Basecamp. Located at 65 Water Street with an entrance on the Kennebec River side of the building, the Basecamp is a well-stocked gear library of free

sports equipment and a clearing house of program information.

It is also where visitors and borrowers can meet members of AmeriCorps (a unique federal program of individuals who give their time and talent to strengthen communities) and benefit from their enthusiasm for the program and their enjoyment of Maine. Home states of current

Continued on page 2

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AmeriCorps staff include Washington, Oregon, Minnesota and Virginia and one of them is on duty at Basecamp from 9 am to 3 pm each weekday.

(Note: Basecamp can also be accessed from the Water Street Side through Joe's Flat Iron Cafe where good coffee, food and wifi service are available.)

The key to scheduling a free outdoor activity is the Skowhegan Outdoors monthly calendar which is displayed at many downtown businesses and bulletin boards, on the website and at Basecamp.

August, for example, offers regularly-scheduled sessions of whitewater rafting and kayaking, stand up paddleboarding, a WalkAbout, yoga and community smores during an Outdoor Day at Lake George where some of the water activities are held.

The August schedule begins, significantly, with Skowhegan River Fest during which a number of events such as a Glowstick Paddle, a Golf Tournament, Inflatable Kayaking and a Move More Kids 5K FUN Run,

Walk, Race on the calendar are outdoors (Dinner in the Park is outdoors, too) and are recreation-based and when Basecamp is sponsoring the Maine Outdoor Film Festival on August 1 and Inflatable Kayaking in the Skowhegan Gorge on August 2 and 3.

Along with the positive reception and growth of Skowhegan Outdoors further recreation visions are in the works. The Skowhegan River Park - Run of River - is a plan to develop the downtown river gorge into accessible river access, enhanced whitewater, and a two-mile riverfront promenade for pedestrians and bikes.

Permits are expected to be received this fall and the venture can move forward knowing that, thanks to Skowhegan Outdoors, river programs and gear are already in place - building community through recreation.

For more information visit skowheganoutdoors.com



Annual Beanhole Bean Supper
 at
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 5:00 pm to 7:00 pm
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Celebrating Love, Compassion, and Freedom: The Double B Equine Story

The heartwarming stories from Double B Equine, a non-profit sanctuary founded in 2006 in Industry, Maine. We have been able to provide a loving home to 40 equine beauties, saving them from slaughter pens around the country.



At Double B Equine, we believe in love stories that go beyond just human connections. Brenda and Lenny Green, the founders of our sanctuary, met while working together for the betterment of these magnificent creatures. Now, they are celebrating their 15th wedding anniversary, a testament to their commitment to both each other and the welfare of the horses they hold dear. From Slaughter to Sanctuary there is a Second Chance for Equine Beauties.

For Brenda, the sanctuary holds a special place not just because of her own love story but also because it serves as a haven for horses that would have otherwise faced a grim fate in slaughterhouses. Many of these horses were rescued from abused farms and were on the brink of being sold for slaughter. But now, they have found a loving home at Double B Equine, where they can roam freely, heal, and build trust. One such success story is Jimmy, a thoroughbred racehorse who was rescued at just 4 months old due to a knee injury that rendered him useless for racing. At 7 years old now, Jimmy enjoys the freedom of galloping among his Double B family and friends, forever safe from the threat of slaughter.

Double B Equine's work extends beyond rescuing horses; we are also dedicated to raising awareness about the challenges these majestic animals face in the United States. The issue of horses being sold for slaughter remains one of the many hardships they endure in their quest for a life free of abuse and suffering.

Non-profit equine rescue and sanctuary facilities like Double B play a crucial role in safeguarding the welfare of horses in society. However, limited funding and capacity pose significant challenges to expanding our efforts to care for the current population of unwanted and neglected horses in the U.S.

In our quest to raise awareness and funds for our sanctuary, we are excited to invite you to our upcoming event, the 5th Annual Run for the Horses 5K. The picturesque countryside road race will take place on Sunday September 1st in Madison, Maine Event Starts at: Hight Chrysler Jeep Dodge, 507 Lakewood Rd. Madison, ME US 04950. It promises to be a fun-filled community event where you will have the opportunity to meet the founders, Brenda and Lenny Green, and some of the equine beauties who call Double B Equine their forever home.

Your participation and support will make a significant difference in our mission to continue saving horses from slaughter and providing them with a safe and loving sanctuary to thrive. Double B Equine continues to be a beacon of hope and compassion for horses in need. We are eternally grateful for your support, which enables us to rescue and care for these equine beauties and spread awareness about their plight. Together, we can make a difference, one horse at a time.

<https://www.mainehorsescue.com>

<https://runsignup.com/Race/ME/Madison/RunForHorses5K>



Summertime in the Belgrades

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Lake Science Team at 7 Lakes Alliance Reports on Water Quality

By Matt Farragher, Lake Scientist, Dr. Danielle Wain, Lake Science Director

Compared to last year where Maine saw record rainfall events, this summer has been hotter and drier. Weather conditions are a major influence on lake water quality, with lakes responding differently based on interacting characteristics like lake depth, water chemistry, and erosion. Heavier rainfall means increased runoff and erosion around the watershed, which introduces sediment to the lakes that contains phosphorus—a key nutrient required for the growth of algae. Not only does more rain lead to reduced water clarity because of debris and floating particles, but also because of the potential for excess algae growth due to greater phosphorus availability. Current water clarity is better compared to July 2023 on Long Pond (Upper and Lower), Great Pond, Salmon Lake, McGrath Pond and Messalonskee Lake (see table below).

Comparison of current water clarity (as of July 23rd, 2024) compared to July 2023 for each lake.

East	- 7 ft	McGrath	+ 5 ft
Great	+ 1 ft	Messalonskee	+ 1 ft
Long-Lower	+ 3 ft	North	- 9 ft
Long-Upper	+ 2 ft	Salmon	+ 5 ft

Meanwhile, the two more shallow waterbodies, East Pond and North Pond both have poor water clarity this year due to an increase in cyanobacteria growth. Cyanobacteria are a type of microorganism that can thrive in warm waters due to excess nutrients like phosphorus. The hot temperatures at the end of June last month initiated a severe algae bloom in North Pond (defined as water clarity lower than 2 meters/6.5 feet by the Maine Department of Environmental Protection). While East Pond's water clarity is poorer than last year, it is 6 feet better than it was in July 2017, before the 2018 alum treatment. We do not expect East Pond to reach severe bloom



Two Colby College Summer Researchers (Dierdre O'Rourke '25, and Tatar Anurakwongsri '26) collecting sections of a sediment core on North Pond in June.

status like North Pond. While last year's cooler weather coincided with better water quality for North Pond and East Pond, this year's drier weather coincides with better clarity among the deeper lakes. However, every rainfall results in runoff, and reducing erosion on your property is the best way to ensure that minimal amounts of nutrients will enter the lake when it rains. A changing, unpredictable climate is not something we can control, but we

can collectively do a great deal to minimize the impacts of erosion on every property in the Belgrade Lakes watershed.

Note that cyanobacteria are ubiquitous; in addition to being among the oldest organisms on Earth and the first to produce oxygen, cyanobacteria are the most widely dispersed algae on the planet and can be found in nearly every terrestrial, freshwater, and marine environment. The cyanobacteria *Dolichospermum* that is currently blooming in North Pond has also been

Continued on page 7...

Belgrade History Beyond Belgrade

Submitted by BHS member Dianne Dowd

On a vacation trip to Bar Harbor, I was thrilled to stumble upon another piece of Belgrade history at the Seal Cove Auto Museum in Tremont. There, nestled among magnificent automobiles of yesteryear sat a 1914 red, twelve passenger Stanley Steamer Mountain Wagon. The signage read "used in the Belgrade Lakes Region."

With twelve removable seats, the Mountain Wagon was the ideal vehicle for transporting passengers and luggage from the railroad station in the depot to the Belgrade Lakes hotels and surrounding area. The owner of Woodland Camps, Chester Thwing purchased a 1914 model for fetching his clientele to Belgrade Lakes, where they were ferried by boat to the camp. Built in 1917, Woodland Camps was only accessible by water until a road could be built several years later.

In his memoir, "History re: Belgrade Lakes," H. Leslie Brown mentions that the red Stanley Steamer, housed in Wilson Clement's upper garage was regularly sent to meet the train and bring summer visitors back to Belgrade Lakes Village. It was usually driven by Percy Dillingham or Edwin

Partridge. I have been told Percy Dillingham would drive the steamer down to the shore on Hulin Rd to fill the 50-gallon water tank which would allow for a 40-to-50-mile range.

The upper garage, also known as the Central House Garage, could hold up seventy cars. Each vehicle was housed in a 10X18 stall enclosed in heavy wire netting. In this era, long road trips usually required a chauffeur and were an adventure. Later additions were added to the building to house a bowling alley and the Acme Movie Theatre. In the late 1930s, the building was known as the Belgrade Lakes Casino where boxing and wrestling matches were held. Eventually the building was sold to Day's Marina and then to Clark Marine to be used for boat storage. Unfortunately, the boat storage building collapsed in 1983 due to a heavy snow load. Today the land is occupied by a newer building operated by Carter's Marine + Storage.

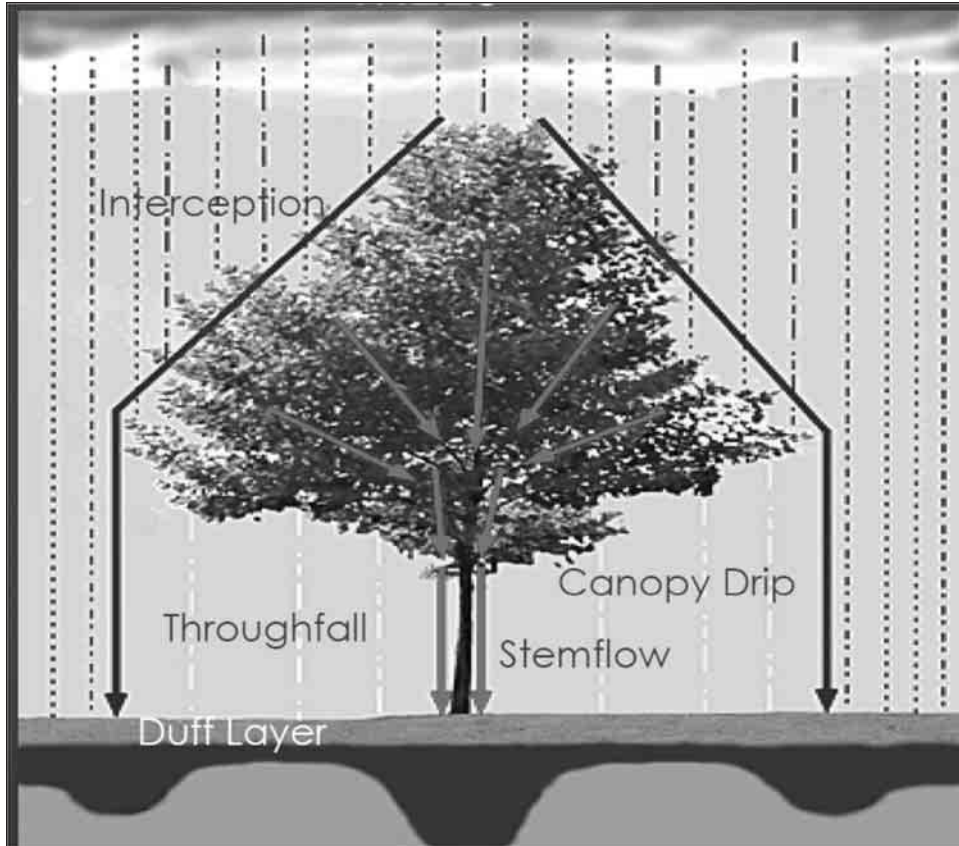
In 2021, I was lucky enough to return to Seal Cove Museum for a Steam Day Event. Among the vehicles scheduled to be fired up was the 1914

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— Take It Outside —



Trees dissipate energy, slow the flow, reduce erosion, infiltrate and cool the water, cool the air, and sequester carbon.

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 directly 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 sus-

Continued on page 15 ...

Transpiring, Recyclable, Energy Efficient, Stormwater System

By Peter Kallin

I picked a lot of blueberries last week- lowbush on top of Vienna Mountain (newest addition 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. While on one of these trips, I met the Sthediell Family from Bethlehem, PA, taking it outside with their seven kids. They were staying at a friend’s camp near Great Pond and mentioned how much good information about where to go they found on the 7 Lakes website. My friend, Mike Guarino, spent time fishing with the Savage Family, visiting from Australia. Hayden Savage caught some nice pike and smallmouth. I spent much of the week in meetings, that culminated in 7-Lakes purchasing about 280 acres off the Dunn Rd in Belgrade that had been heavily cut over a few years ago. 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. Regrowing the trees on our cutover parcel will greatly improve water quality. 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.

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Calendar

- **Through Saturday 8/3** - Skowhegan River Fest, dozens of activities downtown, on the Kennebec River and throughout the surrounding area, food, competitions, river events, dinner in the park, live music, bed races, parade, fireworks and much more, downtown Skowhegan.
- **Thursday 8/1 - Sunday 8/4** - Smithfield Leap Year Celebration, events for all ages, fun for the entire family, Leap Year Skate Night at Sunbeam Roller Rink, Learn to Line Dance, fishing derby, Loon Call 5K and much more, smithfieldmaine.us/events, downtown Smithfield.
- **Thursday 8/1 - Saturday 8/3** - Book Sale, The Friends of Lithgow Library, also Bake Sale 8/1, cash or paypal only, to support the mission of the Friends of Lithgow Library, starts 9 am, 626-2415, 45 Winthrop Street, Augusta.
- **Thursday 8/1 - Sunday 8/4 and Wednesday 8/7 - Saturday 8/10** - "Something Rotten," 474-7176, Lakewood Theater, Route 201, Madison.
- **Friday 8/2 - Thursday 8/8** - "Souvenir," "Much Ado About Nothing," "Shakespeare's Will," "The School for Husbands," in repertory, 933-9999, Cumston Hall, Theater at Monmouth.
- **Friday 8/2** - Tour of Messalonskee Lake, with Gary Bennett of Snow Pond Cruises, offered through Mid-Maine Adult Education, handicap accessible boat, pre-register and read full course description at midmaine.maineadulted.org, Oakland.
- **Friday 8/2** - 12/OC, country music, Waterville Rocks concert, free, family-friendly, 6 pm, beer garden opens 5:30 pm, (rain location Waterville Opera House), Head of Falls, downtown Waterville.
- **Friday 8/2** - Barney Martin and The Boys in the Band, James Taylor Tribute Band, Johnson Hall Free Waterfront Concert, 6-7:30 pm, Waterfront Park on the Kennebec River, Gardiner.
- **Saturday 8/3** - 2024 Kennebec Classic Tennis Tournament, 6th annual, sponsored by the Kennebec Historical Society, 8 am - mid-afternoon, 313-6976, \$16 open singles, \$20 doubles team, North Street Tennis Courts, Waterville.
- **Saturday 8/3** - Robin Hood, Missoula Children's Theater, 12 noon, tickets \$9-11, www.watervillecreates.org, Waterville Opera House, Common Street, Waterville.
- **Saturday 8/3** - Kennebec River Brewfest, sponsored by Kennebec Valley Chamber of Commerce, over 100 unique

brews, cider, meads and spirits, tickets \$40 in advance, \$50 at door, \$15 designated driver/groupie, 2-6 pm, Mill Park, downtown Augusta.

- **Saturday 8/3** - Summer Supper, enjoy baked beans, casseroles, salads, 5:30 pm, \$10, Smithfield Baptist Church, Lake View Drive, Smithfield.
- **Saturday 8/3** - 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 8/3** - 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.
- **Saturday 8/3** - Pete Kilpatrick, folk/rock, 7 pm, doors open at 6:30 pm, Vienna Union Hall, Mountain Road, Vienna.
- **Sunday 8/4** - Art Show in memory of Sarah Aronson, 1921-2023, over 75 paintings, free refreshments, to benefit Starling Hall renovations, www.starlinghall.org, Main Street, Fayette.
- **Sunday 8/4** - Jim the Fish, Concert at Norcross Point, free, 2-4 pm, Winthrop.
- **Sunday 8/4** - Barbie's Sing-A-Long, Concerts in the Park, 5-6:15 pm, Coburn Park, Skowhegan.
- **Monday 8/5** - Western Maine Foothills Band, Concert in the Park, 7-8:30 pm, Meetinghouse Park, downtown Farmington.
- **Tuesday 8/6** - Aaron Nedeau Group, wide blend of songs, great vocals, Rock on the River series, 7-8:30 pm, Grandstand, Water Street, Hallowell.
- **Tuesday 8/6** - Chewonki's Natural History Show with live animals, 3 pm, 7 Lakes Alliance, 137 Main Street, Belgrade Lakes.
- **Wednesday 8/7** - Invasive Plant ID Workshop, 10-11:30 am, 7 Lakes Alliance, 137 Main Street, Belgrade Lakes.
- **Wednesday 8/7** - Game Day, dozens of games, cribbage, yahtzee, card games and more, bring your lunch, no need to be a Belgrade resident, 10 am-3 pm, 465-6306, North Belgrade Community Center, Route 8, Belgrade.
- **Wednesday 8/7** - Volunteer Trail Day, French Mountain, maintenance project, dan.woughter@7lakesalliance.org, 7 Lakes Alliance, Main Street, Belgrade Lakes.

- **Wednesday 8/7** - DJ Matt James, free summer concert series, 6 pm to sunset, Mill Park, Water Street, Augusta.
- **Thursday 8/8 - Saturday 8/17** - Skowhegan State Fair, rides, exhibits, entertainment, music, food and much more, www.skowheganstatefair.com, Route 201, Skowhegan.
- **Thursday 8/8** - Nature Journaling with Master Naturalist, 10 am, 7 Lakes Alliance, Main Street, Belgrade Lakes.
- **Thursday 8/8** - House & Garden Tour and Guided History Hike, 10 am, \$10, reservations recommended vaughanhomestead.org, 622-9831, 2 Litchfield Road, Hallowell.
- **Thursday 8/8** - Cruise-In, 5-7 pm, Waterfront Park, Gardiner.
- **Thursday 8/8** - Joan Kennedy, WaterFront Music Series, 6-8 pm, WaterFront Park, Oakland.
- **Thursday 8/8** - The Denny Breau Trio, Village Green Music Series, 6:30-8 pm, 495-3481, recreation@townofbelgrade.com, Main Street, Belgrade Lakes.

* * * * *

Farmers' Markets: breads, meats, baked goods, produce, preserves, flowers, fruit and vegetables in season.

- Tuesday** - Augusta Farmers' Market, 2-6 pm, Mill Park, Water Street.
- Wednesday** - Fairfield Farmers' Market, 2-6 pm, 81 Main Street, Nazarene Church Parking Lot, 81 Main Street.
- Wednesday** - Gardiner Farmers' Market, 2-6 pm, The Common
- Thursday** - Downtown Waterville Farmers Market, 2-6 pm, Head of Falls and Riverwalk.
- Friday** - Farmington Farmers' Market, 10 am-1 pm, parking lot near Better Living Center, Front Street.
- Saturday** - Farmington Farmers' Market, 9 am-12 noon, in front of Court House, Main Street.
- Saturday** - Hallowell Farmers' Market, 9 am-12 noon, Steven's Commons.
- Saturday** - New Sharon Farmers' Market, 9 am-1 pm, Douin's Market
- Saturday** - Skowhegan Farmers' Market, 9 am-1 pm, Somerset Grist Mill.
- Saturday** - Wayne Farmers' Market, 9 am-12 noon, on the Green at Mill Pond.
- Sunday** - Belgrade Lakes Farmers' Market, 9 am-2 pm, 7 Lakes Alliance, Main Street, Belgrade Lakes.



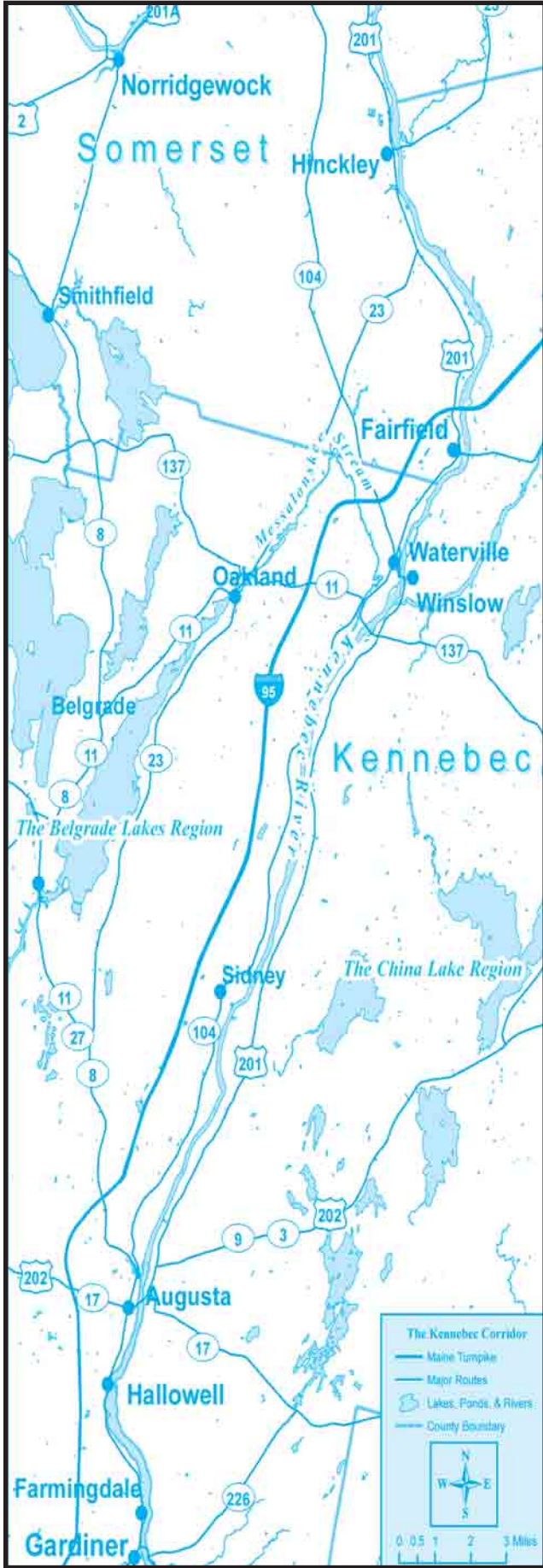
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— Along the Kennebec River Corridor —



Celebrate First Friday - August 2 - in Downtown Waterville

In downtown Waterville the first Friday of the month is a community-wide celebration of the arts sponsored by Waterville Creates. Everyone is invited on Friday, August 2 to enjoy a wide array of arts experiences, to meet artists, listen to live music, eat delicious food and shop at the many local businesses. Most activities 5-7 pm at multiple locations, Main Street, Downtown Waterville.

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found in every other lake in the Belgrades this season. The reason *Dolichospermum* has grown excessively in North Pond is due to excess phosphorus that is released from the lake sediment when deep-water oxygen is depleted throughout the summer. While some types of cyanobacteria can produce harmful toxins, we have not detected any toxins in our routine monitoring. However, we advise that you do not swim in algal scums, and to not swim in waterbodies if you cannot see your feet in the water. We partner with Colby College to collect and analyze samples for water and sediment chemistry on North Pond and all the other lakes in the Belgrades and develop science-based strategies to improve water quality.

Left: Great Pond Water Quality Testing Station 10-July. Right: Lowering a Secchi Disk into the water at the North Pond Water Quality Testing Station 9-July.



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Stanley Steamer Mountain Wagon. After a few attempts, the car started up with a cloud of steam. As it pulled away down the road, I found myself imagining passengers arriving by train at Belgrade Depot and boarding this beautiful vehicle to taxi them to Belgrade Lakes Village.

To find out more about Seal Cove Auto Museum visit www.sealcoveautomuseum.org. To learn more about Stanley Steamers visit the Stanley Museum in nearby Kingfield, www.stanleymuseum.org.

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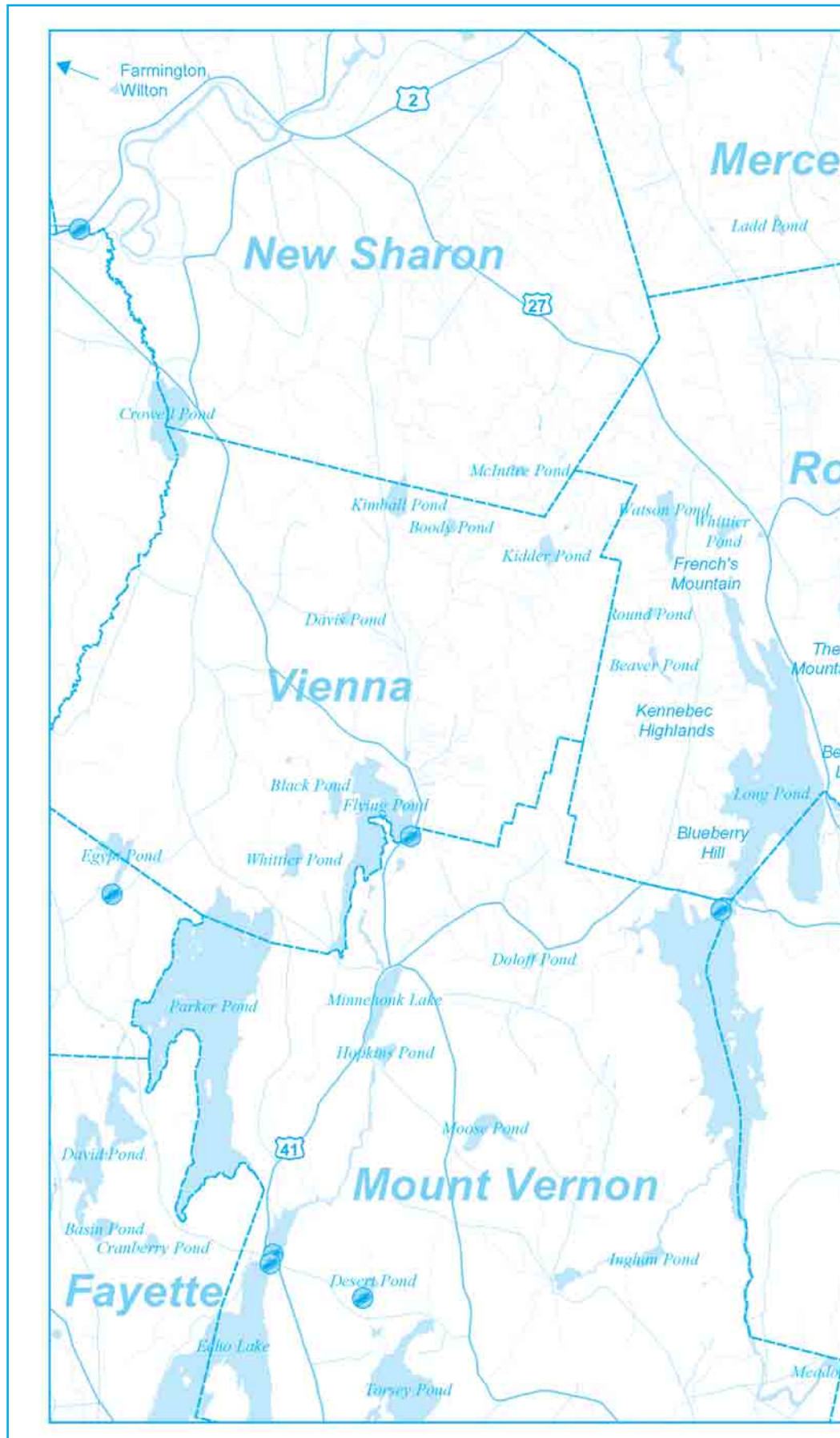
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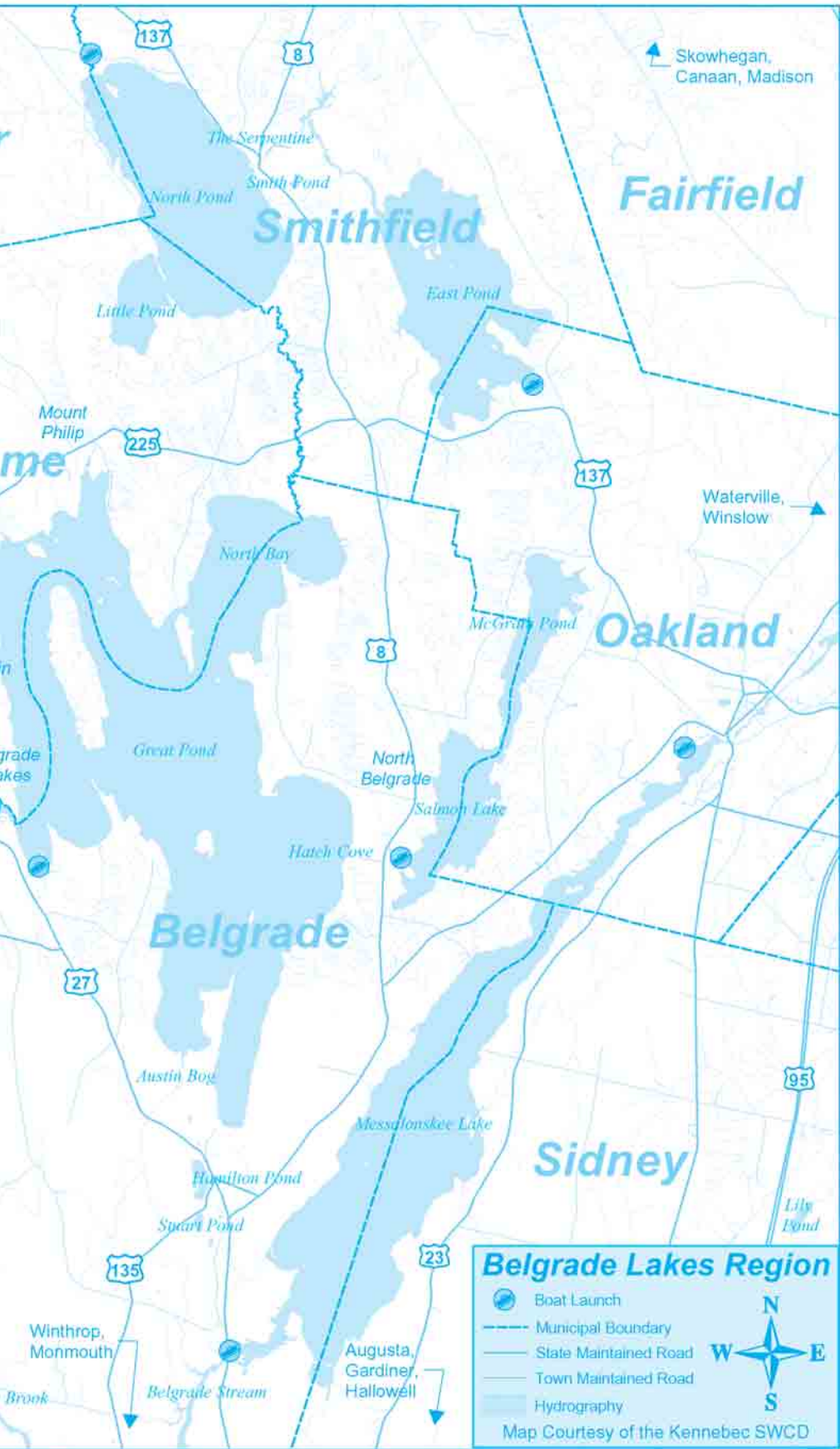
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New Wake Boat Laws



Beginning on August 9, 2024, a new law goes into place that prohibits the operation of a motorboat engaged in a wakesurfing activity in less than 15 feet of water or within 300 feet of the shoreline.

Wakesurfing activity: is defined as an activity that involves using a surfboard, wakeboard, or similar device while being propelled by a motorboat's wake or while on or in a motorboat's wake directly behind that motorboat.

Watercraft dealers who sell a motorboat in the State must provide the purchaser of that motorboat with information related to the boater safety and education courses offered by the department as well as information related to those operators who are required to complete those courses.

Boater Safety and Education: Participating in a recreational boating safety education course will teach you how to safely operate and maintain a boat and introduce you to Maine boating laws and resources. Beginning January 1, 2024, a person born on or after January 1, 1999, may not operate a motorboat greater than twenty-five (25) horsepower for recreational boating purposes on inland waters of this State or territorial waters, unless that person is 12 years of age or older and has completed a boater safety and education course. These persons must possess and present a boater safety and education course certificate for inspection upon request to a law enforcement officer. *Exceptions: registered Maine guides (hunting, fishing, and recreational guides only), commercial fisherman, daily boat renters, and merchant mariners.*

A person born after January 1, 1999 is also required to complete a boater safety and education course and be at least 16 years of age to operate a personal watercraft (such as a jet ski) on inland waters and territorial waters of the State or to supervise a person under 12 years of age who is operating a motorboat.



Union Church of Belgrade Lakes Presents Carolyn Enger

The Union Church of Belgrade Lakes is proud to present a multi-media piano concert by the internationally celebrated concert pianist Carolyn Enger on Tuesday, August 6, at 7 PM. The concert will be held in the sanctuary of the church at 67 Main Street, Belgrade Lakes. Ms. Enger's concert, *Resonating Earth*, creates a meditative space for listeners to engage with music and environmental art in order to inspire environmental action. An hour-long cinematic concert collaboration with video artist and Peabody-winning producer Elliott Forrest (WQXR), artist and activist J. Henry Fair, and visual storyteller Myles Aronowitz, *Resonating Earth* pairs Enger's live piano performance of music from the Baroque period to the present with arresting natural imagery. This diverse program invites the audience to think about a range of periods, locations, and communities, and to reflect on the relationship between humans and nature—from the

environment's impact on composer output, to human impact in the era of industrial acceleration. A reception will be held at the church following the concert.



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Unique Hawaiian Public Supper at Vassalboro Methodist Church



Simone Antworth, Nancy Adams and Pastor Karen Merrill from the Vassalboro United Methodist Church are preparing for a Hawaiian luau at the public supper slated for August 17th.

Sukeforth Foundation, the United Methodist New England Conference, the Maine Community Foundation, the United Methodist Foundation of New England, Joni & Friends Christian Fund for the Disabled and an anonymous \$10,000 matching grant. We are encouraged and feel grateful for such generous support. Recently though, we discovered a problem that necessitates an additional \$43,000 for repairs to the roof and steeple. Raising the funds necessary for that on top of what we are already doing

The Vassalboro United Methodist Church (VUMC) monthly public supper is taking a twist on August 17th from their traditional menu. One of the organizers, Simone Antworth said, "We had been thinking for some time about offering pulled pork as an alternative and when we realized that Hawaii is celebrating 65 years of statehood in August we decided to honor Hawaii by offering some of their traditional foods this time." We will be serving our usual baked beans in addition to some made like they do in Hawaii as well as pulled pork, shrimp dishes, breads, salads and desserts all cooked with a tropical flair. "The Hawaiians love Spam so we might sneak in a dish using that - and there will be pineapple dishes of course! There will be surprises too," said Antworth with a smile. "Guests will have to find out about those when they get there." The supper will take place 4:30-6:00, unless food runs out before, for a \$10.00 suggested donation per person. So join VUMC on August 17th for a great meal, and a fun-filled Hawaiian luau celebration.

Public suppers are held at VUMC every third Saturday, May through October. Proceeds support the operating costs of the church and bolster member's current efforts towards broadening accessibility to online and on-site services and programs. Harvey Boatman, accessibility project coordinator said, "Our fundraising goal to improve accessibility is \$80,000 which will make it possible for us to install safety and accessibility features inside the church. In addition to individual donations and proceeds from fundraising events we have raised \$57,500 in grants from the

adds an increased level of strain on our congregation. We need support from the community and pray folks will attend our public suppers and other events we offer and/or come forward to help us with however much they can give. No donation is too small."

VUMC was built in 1988 and serves as a community center for people of Vassalboro and surrounding towns who come to attend Sunday services, special programs, concerts, public suppers and more. VUMC members provide outreach through participation in the local fuel fund, food pantry, senior programs, Scouting, kids' scholarships to Camp Mechuwana and by delivering welcome baskets to new residents. VUMC also organizes and publishes a community calendar each year, and delivers them door to door throughout town.

All are welcome to VUMC 10:00 a.m. Sunday services at 614 Main Street, which is also the mailing address. Public suppers take place in the church fellowship hall every third Saturday 4:30-6:00 p.m. Senior public luncheons for 55+ year olds are held in collaboration with the Vassalboro Recreation Department every second Wednesday 11:30 a.m.-1:00 p.m. FMI visit Vassalboro United Methodist Church on Facebook, phone Pastor Karen Merrill at (207) 873-5564 or email karenmerrill62@gmail.com.

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Call of the Loon — Myths and Half-Truths



An adult just moving away from a threat or preparing for take off!

I thought we would have some fun with this week's column of the Call of the Loon! There's been so much discussion, myths, and half-truths, etc. regarding our feathered friends so let's set the record straight today! For the answers, see the end of this article (no cheating!).

Myth #10: The Chippewa Native Americans believed that the cry of the loon was a harbinger of death. True or False?



A banded adult male doing the "Super Slinky" while trying to be invisible!



Local photographer, Alex Wall, even captured a dragon fly getting in on the action!

Myth #9: Loons lose and then grow all their flight feathers pretty much all at once, instead of one or two at a time. True or False?

Myth #8: Loons have hollow bones like seagulls? True or False?

Myth #7: Do both adult male and female loons have red eyes? True or False?

Myth #6: Are the loon legs sold at the Sunset Grill real loon legs? True or False?

Myth #5: Only the female adult loon uses the Yodel as a mating call. True or False?

Myth #4: What is the lifespan of a loon? A. 5-7 years B. 10-15 years C. 20 to 30 years

Myth #3: How many pounds of fish and aquatic life does an adult loon eat each day? A. 1 lb. B. 2 lbs. C. 5-7 lbs.

Myth #2: How fast can a loon swim underwater? A. 8-10 mph. B. 20 mph. C. 30 mph.

Myth #1: How fast can a loon fly? A. 30 mph. B. 40 mph. C. 50 mph. D. 70 mph.

Bonus: And now our Favorite Myth: Do loon mate for life? True or False?

Answers: 10. True, 9. True, 8. False, 7. True, 6. False, 5. False, 4. C, 3. B, 2. B, 1. D, Bonus = False. Congratulations – particularly if you got them all!!

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



Adult loon fishing during a leisurely breakfast!





The Berry Pickers: A Novel by Amanda Peters

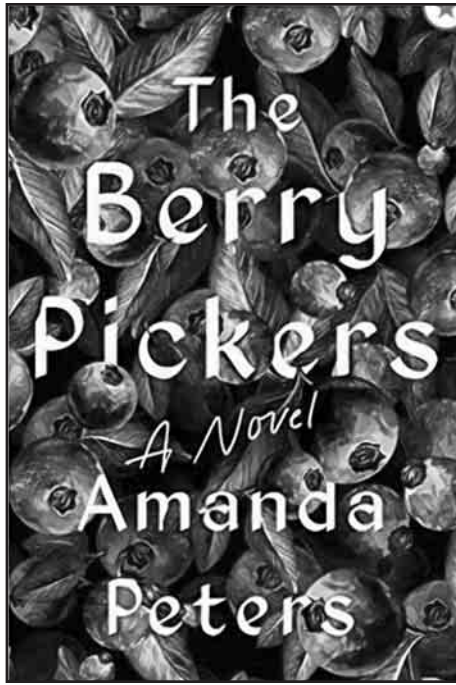
by Martha F. Barkley

Every book purchase is a big deal to me because libraries are my main source. While teaching in Md. public schools, I read library hard copies of books before buying the paperback years later. I kept seeing this Maine title on multiple lists like best books of the month or best books of the year, so my local librarian told me it was on order.

When visiting the library, "my personal happy place," I wondered where the book was? It was available to me on screen only, so off I went to Kepler's Bookstore in Menlo Park, CA. Book of Maps was purchased at this vast bookstore last year by our son long before I had my copy in SC.

Finally holding the lovely covered book of large lush blueberries, I happily told the clerk my story. He shared the recent news of the biggest blueberry grown, as big as a ping pong ball: yes, March news was from an Australian farm beating the record from another Aussie farm a few years ago. Watch those blueberry growers down under! Maybe you heard it in the news, too?

Besides the health value of blueberries on my morning cheerios, this beautiful fruit has an historic fiction novel worth reading in my possession finally. "Blueberries for Sal Cookbook" by Robert McCloskey et al (additional blue pen illustrations) was a best seller last summer. Sold out at Oliver and Friends. I bet this new novel will sell this summer in Waterville at Renee Cunningham's moved and missed bookstore. Scott Cunningham helped



with both bookstores, needless to say...

Opening my newly purchased book which I have longed to hold for months, I found a beautiful simple map of Maine showing the easy location of the berry pickers work territory near Bangor area and their home migration route.

Migrant workers are in the news a lot, so this story began with high interest on my part.

Amanda Peters creates the beginning of her tale by writing, "I sit with my back to the wall, my pillows flat."

Mae and Leah are introduced. Older brother Ben and mother are on the first page, too, and so is Joe.

Moving right along is what I like in a novel, so I turn the page. A missing child from the blueberry fields causes great sadness, especially when the local cops show little sympathy. "[L]oneliness that comes with sickness" is a phrase that grabs. How often have you felt this, dear reader of book reviews?

Find this novel at the library or your favorite bookstore and steep yourself in family losses and blueberries picked not too far from Belgrade Lakes.

I know I can not wait to wave to the mailboat everyday and hope for a warm blueberry bag gently placed on my dock some sunny morning in Maine. He always surprises and has a smile...I make blueberry pancakes from his backyard patch that is shared with many mailbox stops, not just mine.



New Invasive Swollen Bladderwort Found in Cobbossee Watershed

In a significant development, a new aquatic invasive plant species has been identified in the Cobbossee Watershed. The diligent efforts of our Courtesy Boat Inspectors and conservation teams have led to the discovery of an unidentifiable bladderwort species removed from a motorized boat exiting the Pleasant Pond boat launch this month. Prompted by this finding, the Friends team conducted a swift follow-up survey and confirmed the presence of *Utricularia inflata*, commonly known as Swollen Bladderwort, around both the upper and lower boat launches.

Swollen Bladderwort, a free-floating submerged plant native to the Atlantic and Gulf Coastal plains, was recently added to Maine's "watch" list of Aquatic Invasive Species. It has the potential to spread rapidly as small fragments can hitch a ride on motorized boats, fishing gear, and other recreational equipment. This invasive species has now been documented in four additional waterbodies across Maine.

This discovery highlights a broader trend in the Courtesy Boat Inspection program's findings this season. Our inspectors have conducted over 7,000 boat inspections so far, identifying and removing invasive species from several vessels. These efforts include the removal of Curly Leaf Pondweed from a boat entering Cochnewagon Pond, Eurasian Water Milfoil from a boat visiting Cobbossee Lake from another state, and European Frog's-bit from a boat exiting Cobbossee Lake.

The detection of Swollen Bladderwort at Pleasant Pond marks the Cobbossee Watershed's fourth known aquatic invasive plant. To assess the

extent of the infestation, the Friends team will conduct a comprehensive survey of Pleasant Pond in the coming weeks. Collaborating closely with the Maine Department of Environmental Protection, the Friends aim to integrate this species into the overall management plan for Pleasant Pond, which has been dealing with Variable Leaf Milfoil since before Friend's began staffing the launch with CBIs in 2003.

The Friends of the Cobbossee Watershed remain committed to preserving the health and biodiversity of our waterbodies. We extend our gratitude to the Courtesy Boat Inspectors and all volunteers who contribute to these crucial efforts. Public awareness and cooperation are vital in preventing the spread of invasive species and protecting our natural resources.



Remaining 2024 Annual Meetings Lake Associations of the Belgrades:

- North Pond Association (NP), towns: Smithfield/Rome/Mercer, www.northpondmaine.org, founded 1985, 2024 Annual Meeting 8/11, 6-8:30 pm, Pine Tree Camp, Rome.
- Belgrade Lakes Association (BLA) for Great Pond and Long Pond, towns: Belgrade/Rome/Mount Vernon, PO Box 551, 137 Main Street, Belgrade Lakes, 04918, 512-5150, www.belgradelakesassociation.org, founded 1909, 2024 Annual Meeting 8/11, 4-6 pm, Belgrade Lakes Golf Course.



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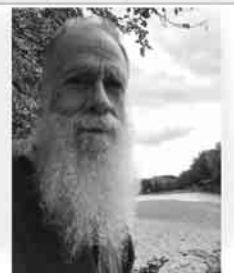
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...continued from page 5



Stiedel Family from Bethlehem, PA at The Mountain.

pendent 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 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



The Dams Keeper Report

Well, we can throw out the long-term forecast that your Dams Committee has not 'really' been following, but somewhat, taking into consideration. But with the aforementioned long term forecast's prediction of 26% less precipitation for this summer and skirting a drought, we think we can now move on with some 'confidence.'

As we cannot afford to discard any data in this business, we have learned to take everything with a grain of salt and some days, just hope for the best! As I pen this weeks' column, we have endured what seems like endless showers for the past 10 days, which in reality, was 'just' 1.6" of precipitation. We really feel for those who have been camping out in what feels like a monsoon season! Our hats are off to you!! But sunshine is on its way!

Where we were trying to conserve the waters that Mother Nature had endowed us with, the gloves are now off!! With all of our pond water levels ABOVE full pond, it's time for your Dams Committee to chill, relax and handle these afternoon showers as the nuisance they really are. The water level at Great Pond's Village dam is now just 1.8" above full pond with the main gate opened as of this writing, just 6". Long Pond's Wings Mill dam is at 3" above full pond with just one gate opened 1' to move some of this rain water downstream to the Kennebec. Salmon/McGrath is, because of the mandated 1 cfs. 24/7 flow, 2.88" also above full which is great. Messalonskee, aka. Snow Pond, is 2.64" below full pond due to our electricity generation needs.

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

Enjoy the Family, your vacation and our beautiful Belgrade Lakes – but keep your umbrellas handy! There I go again – does anyone still use umbrellas????

Dick Greenan

Belgrade Lakes Watershed Dams Committee



Jack and Hayden Savage from Australia.

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 50o F (10o C). Contrast this to water running off a hot asphalt road or parking lot in the summertime, which can easily exceed 80o 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. Please visit our web site at <https://www.7lakesalliance.org/> to view our new "Land for the Lakes video.to see how you can help.



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