

Summertime in the Belgrades



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

VOLUME 23, NUMBER 3

Oh, To Go To A Maine Fair

by Esther J. Perne



Maine Agricultural Fairs start up in June and extend practically nonstop into October; they date back to 1820; they number in the couple of dozen; and, they are back on the circuit this year.

Currently 26 licensed agricultural fairs are scheduled throughout the summer, throughout the state, and of all the returning summer events they provide the best combination of fun, education and entertainment while each maintains a distinctive setting, schedule and sense of community.

Through the gate to a country fair lies a wonderful and unique world that sparks excitement, warm memories, the youth in everyone's heart and adventure both enjoyable and enlightening among the vast and varied exhibits and enter-

tainments.

Initially just for cattle judging, agricultural displays soon expanded to include many types of farm animals, harness racing, pulling competitions and exhibits of gardening and homemaking. Food and entertainment, especially music and dancing, became mainstays of a fair, which once was often the last community social outing before winter.

Midways at fairs originated with the World's Columbian Exhibition in Chicago in 1893, which was the first world's fair with a distinctly separate amusement area. It is also where the Ferris Wheel originated, built for the midway's centerpiece.

Most of Maine's fairs today include midways where the centerpiece ride is often the merry-go-

round. While other rides require a sense of adventure, of agility, of smallness for kiddee rides, the carousel's appeal is agelessness, and agelessness is the key to a visit to a fair.

Not only does a fair bring out the memories of visits to ancestral family farms among many fairgoers but there are opportunities at many fairgrounds to review the past in permanent museums and historic buildings on display.

What are the takeaways of a Maine fair? Education is one of the most unsung benefits for visitors. From judging areas to petting zoos to sheep dog demonstrations to chainsaw woodcarving there is a continuous schedule of spectator events.

The openness of fairs is another great take-

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away. Access to livestock barns, homemaker exhibits and all manner of demonstrations and competitions are as accessible and as close as many attendees ever get to agriculture and farming.

And food!! From healthy and wholesome to heavily breaded and deep fried, fair food is no time to diet. Candied apples, cotton candy, doughboys and delicious home-cooked menus at church and Grange booths, barbecues hosted by fire departments and other organizations and ice cream fresh from the cart all add up to: Do go there hungry!

Take the children hungry, too. Fair food is kids' heaven as they frolic among the exhibits, marvel at the livestock, join in the activities - how about the pig scramble? - and long to be winners at the midway games or in the frequent bike giveaways.

Although fairs convene all summer, September has the most fairs in Maine and October offers the latest and largest - Fryeburg, the time to start is now. Some fairs are a short drive in central Maine and some are hours away (but they do offer camping).

Fairs offer a range of entry fees and special days - seniors, woodsmen, school field trip, etc. It is advisable to check in advance about hours and admissions and about pandemic precautions that are in place at individual fairs.

But in terms of food, rides and the best of a region's agricultural output every fair is a fair bet.

The First Fair of the Season: Monmouth

Calling itself "A Little Fair With A Lotta Pull!" Monmouth Fair, which dates to 1907, will run from Wednesday, June 23 through Saturday, June 26, 2021 and offers an ambitious schedule of everything a fair should be and then some.

Throughout the schedule, there will be a midway by Smokey's Greater Shows featuring \$15 ride bracelets on weekdays, \$20 on Saturday, bicycle giveaways each day and musical entertainment each evening including The Curtis Bogwater Band, Sharon Hood & Dixon Road, Samuel Jack Tea, and 12/OC. Daytime programming will include Mr. Drew and His Animals Too, Dana's Ventriloquist & Magic Show and Sparks' Ark, a Youth Horse Show and many pulling events including Pedal Tractor Pull, Red Neck Tractor Pull, Farmers' Steers & Oxen Pull and Open Horse Pull.

Unique contests range from a Baby Show to a 4X4 Off Road Truck Rock Crawl to the Hay Bale Toss and Frying Pan Toss.

In addition to the many agricultural aspects of the Monmouth Fair, Woodsman Day 2021 on Saturday provides a variety of lumberjack and lumberjill competitions that represent many aspect of Maine's logging industry including sawing, axe throwing and tea boiling.

Such an impressive schedule comes, of course, with a caution: that CDC guidelines for social distancing and face masks be followed. As the first fair of the season, Monmouth Fair is a pace-setter, maybe even a test, for the many fairs to come.

Admission to Monmouth Fair is: 12 and under free; 12-17 \$3; 18 and over \$6; 65 and over \$3 and free on Senior Citizen's Day Wednesday, June 23. For more information visit www.monmouthfair.com or call 933-4082.



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Youth Conservation Corps Matching Donation Program



Alan Charles on Great Pond.

Perhaps more than ever, this summer families and friends look forward to reconnecting with each other and enjoying what they love in the Belgrade Lakes. They will swim, boat, fish, and listen to loons. Healthy lakes have supported people and wildlife in the Belgrade Lakes for generations.

However, we can’t take the health of our lakes for granted. Every day, dirt erodes into our waters, carrying with it phosphorus that feeds algal growth. Soil erosion is the leading cause of excessive, harmful - and potentially toxic – algal blooms that can turn our waters green. Last summer, an excessive algal bloom on North Pond (below) kept people from enjoying the lake and even drove many off the lake early.

Right now, you can help fight this threat by supporting 7 Lakes Alliance’s Youth Conservation Corps --

DOUBLING your gift to keep dirt out of our lakes and keep them from turning green. The family of Alan Charles, Great Pond,to honor his memory, has joined with Bill & Joan Alfond Foundation and John & Flor Atkinson to match every dollar donated to the YCC up to a total of \$15,000 for a total of \$30,000 total donation to help the YCC continue to offer reduced-cost erosion control work while also gaining job experience while protecting the lakes! Learn more about this opportunity to invest in our lakes at www.7lakesalliance.org.

Since it began in 1994, the YCC has completed over 1,625 Best Management Practices such as buffers and infiltration steps designed to halt soil erosion. The 2021 crew is in place and ready to go right now! The Youth Conservation Corps:

- Works with landowners to complete as many projects as possible to keep algae-feeding phosphorus out of the lakes;
- Protects property values that support our lake communities;
- Supports summer jobs, skills training and leadership opportunities for area youth; and
- Helps promote a conservation ethic and develop future lake stewards.

For more information call 207-495-6039.

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ple with Alzheimer’s Disease and Mild Cognitive Impairment. Not only does walking protect brain structure, but it also works to slow the decline in memory loss. *

Diet, exercise and caffeine intake are just a few contributing factors but a great place to start in improving brain health! Remember, when making big lifestyle changes it is best to start small and keep your goals manageable. Hopefully, this article will give you a few ideas on small but positive changes you can make to improve and maintain memory and brain health.

To learn more about the wonderful way of life at Granite Hill Estates contact Steve Roy at 207.626.7786 or email sroy@granitehillestates.com. Granite Hill Estates is located at 60 Balsam Drive, Hallowell, ME

*Sources: mdedge.com

Summertime in the Belgrades

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Calendar

Know before you go: check for mask/vaccine/distancing requirements; check to make sure the event is still taking place and please let us know about any changes, additions, cancellations and corrections.

Enjoy the outings listed below....

Wednesday 6/23 through Saturday 6/26 - "Four Old Broads," 474-7176, Lakewood Summer Theater, Route 201, Madison.

Friday 6/25 and every Friday - Farmington Farmers' Market, 10 am-1 pm, parking lot near Better Living Center, Front Street, Farmington.

Friday 6/25 through Sunday 6/27 - 41st Annual Downeast Horse Congress Horse Show, 850-1773, Skowhegan Fairgrounds, Route 201, Skowhegan.

Friday 6/25 - Mallett Brothers Band, 6 pm, Congregational Church, Madison.

Saturday 6/26 - 7 Lakes Alliance Sustainable Forestry Site Visit, 9 am, registration required www.7Lakesalliance.org, 495-6039, 9 am, 7 Lakes Alliance, 137 Main Street, Belgrade Lakes.

Saturday 6/26 - Kingfield POPS Festival, 4:30-10 pm. live symphonic music, food, fireworks, Kennedy Farm, Kingfield.

Sunday 6/27 and the last Sunday of every month - Belgrade Summer Craft Show, unique Maine made treasures, 10 am -3 pm, the Village Green, Route 27, Main Street, Belgrade Lakes.

Sunday 6/27 - Cony All-Sports Boosters Car Show Fundraiser, 480-0635, 10 am-2 pm, all based on donations, silent auction, raffles, food, drinks, Mill Park, Augusta.

Sunday 6/27 and every Sunday - Belgrade Lakes Farmers Market, 9 am-2 pm, 7 Lakes Alliance, Main Street, Belgrade Lakes.

Monday 6/28 through Sunday 8/8 - Atlantic Music Festival, Colby College, Waterville.

Tuesday 6/29 and every Tuesday - Early morning paddle on Great Pond, 7 am, canoes, kayaks and paddleboards available, no fee, The Center for All Seasons, Route 27, Belgrade Lakes.

Tuesday 6/29 - Tinkergarten - Outdoor Playtime, 495-3508, 10 am, Belgrade Public Library, Depot Road, Belgrade.

Wednesday 6/30 and every Wednesday - Fast Eddie's Drive-In Weekly Cruise-In, 377-5550, 5-8 pm, live music, 50/50 raffle, food and ice cream specials, Route 202,

Winthrop.

Wednesday 6/30 and every Wednesday - Dutch Treat Weekly Cruise-Ins, 645-2145, 5:30-7:30 pm, Route 2, Wilton.

Thursday 7/1 and every Thursday - Downtown Waterville Farmers Market, 3-7 pm, Head of Falls and Riverwalk, Waterville.

Thursday 7/1 and every Thursday - Outdoor Storytime 495-3508, 11 am, Belgrade Public Library, Depot Road, Belgrade.

Thursday 7/1 and every Thursday - Gardiner Classic Car Cruise-In, 592-7019, 3-7 pm, music, demonstrations, giveaways, 50/50, , local foods, www.gardinermainstreet.org, Waterfront Park.

Thursday 7/1 and every Thursday - Art in the Park, new theme every week, 3-5 pm, Head of Falls, Waterville.

Thursday 7/1 and every Thursday - Waterville Farmers' Market, 2-6 pm, Head of Falls, Front Street, Waterville.

Thursday 7/1 and every Thursday - Art in the Park, 6/24 Celebrate Cats, 3-5 pm, Waterville Farmers' Market, Head of Falls, Front Street, Waterville.

Thursday 7/1 and every Thursday - Music on the Village Green, 7:30-8 pm, Route 27, Belgrade Lakes.



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— Take It Outside —

Although the calendar says summer has barely begun, it already seems to be flying by with lots going on with the various groups I work with, all trying to transition to in-person events in a safe manner as we begin to approach a bit of normalcy after more than a year of intense restrictions under the shadow of the COVID-19 pandemic. Almost all of the summer camps and sporting camps are beginning to host clients and vaccinated families are beginning to travel again. It is good to see our friends from away returning.

Among the many hats I wear, I chair the Advisory Board of Maine Lakes (Former Maine Lakes Society), a state-wide nonprofit dedicated to protecting the health of Maine's lakes for future generations through science-based education, action, and policy (<https://www.lakes.me/>).

Among other things, they provide resources and training for Maine's LakeSmart Program. Last week they held their 51st annual meeting virtually, which is normally an all-day meeting of over 100 people, with multiple speakers on various aspects of Maine's lakes. Last year they held a series of webinars every other Wednesday that are available for viewing at any time at: <https://www.lakes.me/mainelakesconference>. Check it out. I guarantee you will find something that piques your interest. Another group I work with, is Lake Stewards of Maine, which provides training for volunteers who do in-lake water quality monitoring at lakes across the State (I do Long Pond every two weeks) and others who monitor for invasive aquatic plants. They host a series of weekly webinars on citizen science and

water quality monitoring. Check out "Fridays at Four for Lakes" and other interesting links at <https://www.lakestewardsofmaine.org/>.

Mother Nature has continued to ignore the pandemic and provide a venue where people can relax and find a bit of sanctuary in the relative safety of the outdoors. The lakes are continuing to warm, the palette of wildflowers and birds in the forests continue to change and the fishing remains good. I have been hiking the local 7-Lakes Alliance trails including Mt Phillip, which got so much use last year that it now has a second parking lot with a new trail that connects to the main trail. I also recently hiked French Mountain and met the Sharpe Family from Asheville, North Carolina. They were visiting friends from Gardiner, ME who took them to French Mountain after hiking there last year with friends from Augusta. It is now one of their favorite hikes. It also seems to be a favorite of a bunch of Pileated Woodpeckers, a crow-sized bird that is the largest woodpecker in North America (and the inspiration for the cartoon character, Woody Woodpecker). They are attacking a number of large hemlock trees in search of their favorite food, carpenter ants. These birds chip a large hole in the side of the tree until they intercept an "ant tunnel." They then extend their more than 4-inch-long tongue down the tunnel capturing ants. Their tongue is so long they retract it into a special cavity that wraps around their skull.

The trout fishing has been good for the past month but is beginning to slow down as the water warms. Check out the nice brookie that

Summer Arrives

by Pete Kallin



Sharpe Family from Asheville, NC, on top of French Mountain.



Tree under attack by Pileated Woodpecker.

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SUMMER CELEBRATION FOR THE BELGRADE LAKES WATERSHED

Friday, July 9 from 5 to 7 p.m.

Please join us at Pine Tree Camp,
114 Pine Tree Camp Road, Rome

Reconnect with old friends and meet new neighbors at this social gathering. Hear brief remarks on watershed protection partnerships from Dr. Whitney King of Colby College, 7 Lakes Alliance-Colby College Water Quality Initiative and 7 Lakes Board.



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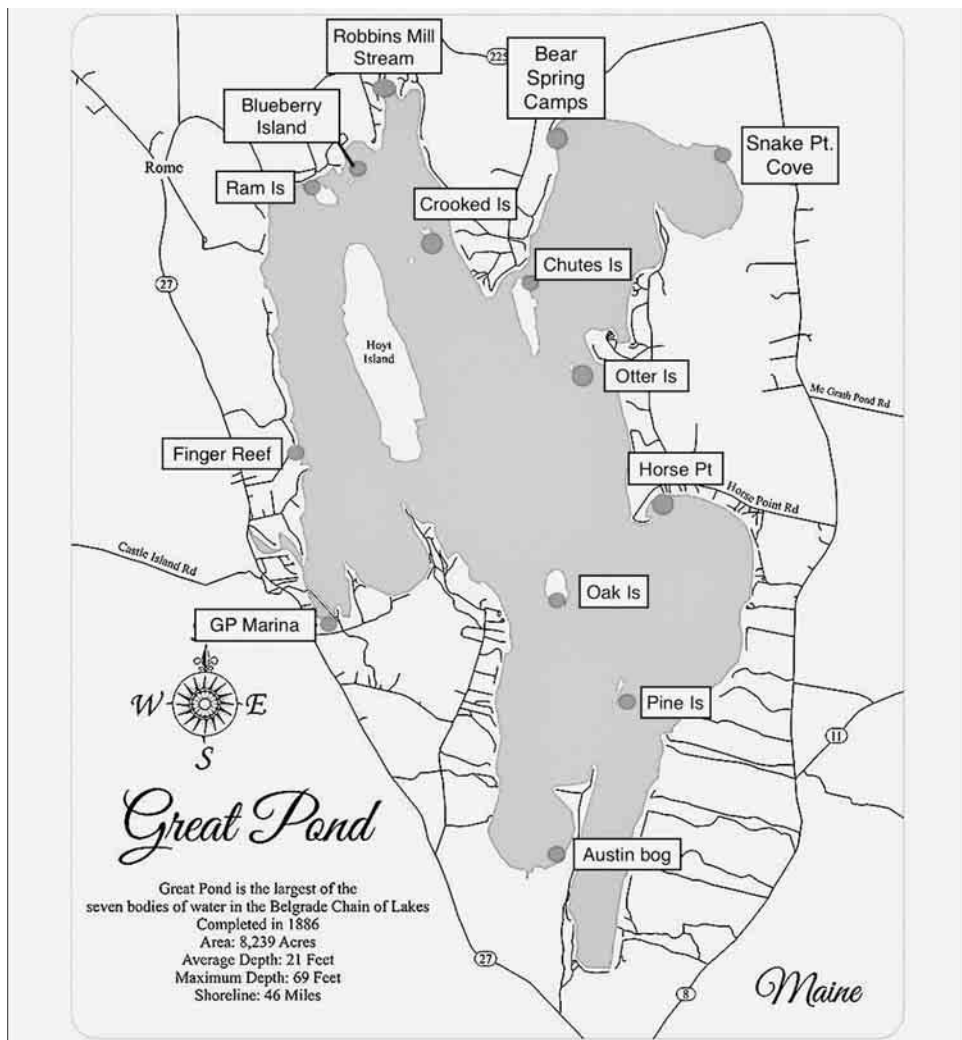
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Call of the Loon

What is a LOON TERRITORY? In our discussions about loons, we sometimes refer to a loon territory and will be in future columns. Great Pond currently has fourteen and Long Pond, eleven know territories. Rather than attempt to assign a specific value to a territory such as the average territory consists of five acres, etc., territories are in most cases, very environment specific coves, islands and even sometimes Great Pond Marinas which is the case here in the Belgrades. Loons will select territories by weighing the effect of the prevailing winds and subsequent wave action, potential predator activity, human activity, protection from loon intruders looking for a good territory with easy pickings, maybe some shade and protection from avian raptors (think eagles; ospreys are not considered a threat) and maybe just because they think it looks good!



2021 Known Great Pond Territories

Well, if that is the case, then why do we have a nesting loon in the Great Pond Marina? They don't need to gas up. They can't climb the stairs to Sadies. It's hard to find a busier place in the summer! The one factor that could ensure their safety and security is that where they nest is relatively safe from predators, in other words, we don't find eagles hanging around the Marina although the nesting pair do have to navigate their way through the pontoon boats which they apparently consider a risk worth taking for this prime real estate.

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ing to national studies of all 50 states.

This author blends personal experiences and interviews with history of giant importance. I find her history revealed and present day Angus King efforts all so very relevant to making Maine better than simply "Vacationland". Hunger in Maine, water and air pollution around mills, soil leaching of toxins, what issue does this author not touch on?

Read her frustration with trying to connect the dots held within boxes and boxes of files documenting Cancer Valley in Maine. She claims no solution, but her years of research is so very personal in her family life and loved ones lost.

"This book was printed on paper bleached without chlorine gas, chlorine dioxide, or any other chlorine-based bleaching agent". The shiny, glossy National Geographic magazines we all love so dearly are from Rumford mill paper as are those shiny tourist post cards. Her delving into chlorine to make pampers concerns me as we used many 46 years ago...the story is repeating history and why have we not learned yet?

The Mexico flip from Obama to Trump was an on the ground explanation of the 2016 election. Kerri even visited Trump Tower. Her changes in thought regarding Roxanne Quimby land purchases and designation as national monuments show growth and acceptance. I especially loved

her history of Mardens Discount Store with Mickey Marden and all. My neighbor in SC is Liz Marden Bliss who helped her brothers pump gas in Albion. Small world. Hurricane Hugo offered many wet goods for the Marden brothers to dry out and sell in Maine. Our paper mill in SC is providing jobs like the Rumford Mill and I often stop while train loads of wood chips are hauled to the plant on the Cooper River.

"Mill Town is a powerful, blistering, devastating book. Kerri Arsenault is both a graceful writer and a grieving daughter in search of answers and, ultimately, justice." Dani Shapiro, author of *Inheritance*

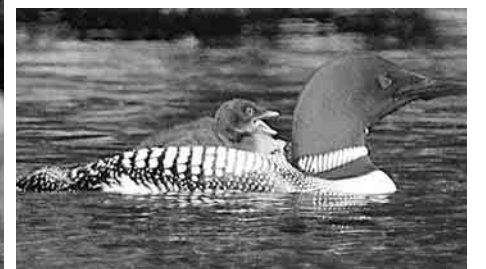


always out of the big waves.

Nesting sites within a territory may change over the years due to individual preferences which makes surveying these elusive birds interesting. They sometimes nest (read "hide") in nothing more than a tiny separation in the shoreline rocks, but



Great Pond Marina loon calling



(Left) 2021 Long Pond Adult Loon on an island nest in a defensive posture due to our presence. (Above) Can't you go any FASTER?



Great Pond island nest, but awful close to the water and possible flooding

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

Dick Greenan, Chairman, BLA Loon Preservation Project





Good News Bad News and A Local Initiative

by Bonnie Sammons

Good news!! The water quality of a significant number of rivers, streams and lakes in Maine has improved.

According to the recent report of the Maine Climate Council, negative impacts from development, agriculture, and forestry practices have been mitigated by regulations and laws designed to protect water quality

Lake associations have also helped improve protect lakes by assessing threats, making recommendations to remediate them and helping implement the recommendations. Their efforts include:

- Watershed surveys that identify erosion hazards and make specific recommendations to fix them. Several of these have been completed in the Belgrades.

- Monitoring for invasive plant species, taking secchi disk readings of water clarity and helping with Colby College's water quality monitoring activities.

- Acquiring grant funding to help property owners implement erosion control measures.

- Lake Smart coordinators do free analyses for property owners to help them protect water quality by installing better buffers and other features to slow erosion that carries phosphorus into the lake.

With all of these excellent efforts one might conclude that we are doing all that we can to protect our water quality. But there is one threat to our lakes - indeed to our ecosystems and planet - that persists.

Here comes the bad news!! Climate disruption is having several impacts as described in the Maine Climate Council's Report:

- Maine Lake surface temperatures have increased by 5.5 degrees since 1984, more than the global average. Warming temperatures can

- eliminate cold-water adapted species.

- decrease ice thickness and duration
- alter food webs.

- More intense rainfall events facilitate
 - stormwater transport of soil, nutrients and other pollutants into lakes.
- Higher nutrient levels that shift biota to less-
 - desirable species including
 - nutrient-loving invasive species,
 - cyanobacteria and possibly toxin-producing algal bloom species

In addition to protecting water quality because we love the lakes, there are practical considerations. Studies indicate that shoreline property values decrease when water quality suffers. This causes a domino effect with respect to property taxes by shifting the tax burden from shoreland properties to upland properties. Studies cited in the MCC Report estimate that Maine lakes generate annual revenue of approximately \$4 billion (amount adjusted for inflation). Locally, Michael Donihue's 2015 study of the economic impact of the Belgrade Lakes states, "We find an estimated annual impact of \$6.8 million in spending, including multiplier effects, and support for 68 full and part-time jobs in the watershed."

Clearly there are many motivations for maintaining the quality of the lakes and other Maine waters.

What can be done to prevent or at least diminish the negative impacts of climate disruption which is a local, national and global problem. We need actions that can impact the state, the country and the world.

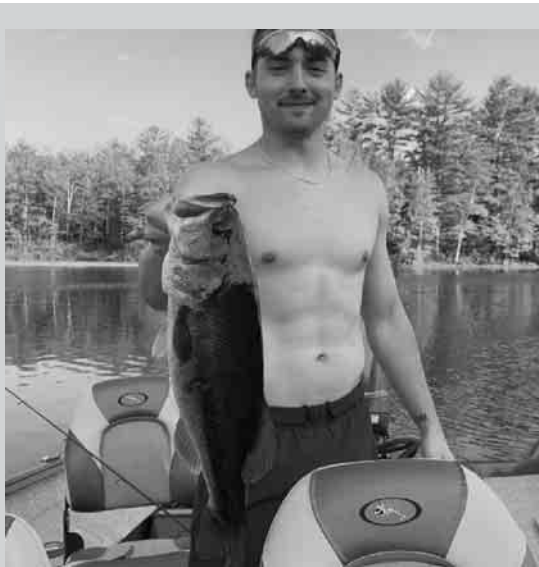
One such grassroots action called Carbon Cash Back 4 Maine has been undertaken by a dedicated group of volunteers in over 30 Maine communities. These volunteers began with a goal of bringing climate into the conversation locally and

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Matt Scott with Kimball Pond Brookie.



Troy Brown with Long Pond Largemouth.

Matt Scott caught recently while fishing with his son, John, at Kimball Pond, which abuts the Kennebec Highlands on the Vienna side. Judging by the smile on Matt's face, I would say he is still enjoying "Taking it Outside" as he has for more than 8 decades. Also check out the nice Largemouth Bass that Troy Johnson of Oxford Hills caught while fishing on Lower Long Pond with Mike Guarino, not far from 7-Lakes Alliance's Fogg Island Preserve.

This area offers some great outdoor recreation, whether you like to hike, bike, birdwatch, fish,

sail, or paddle a canoe or kayak. Pick up a map of the local trails at Day's Store or from the 7-LA at the Maine Lakes Resource Center (MLRC). Upcoming events include a "Full Moon Hike" (6/24), a sustainable forestry site visit (6/26) and a presentation by Chewonki staff on "Predators" (7/1). Keep an eye on the sign in front of the MLRC and check the 7-LA web site (<https://www.7lakesalliance.org/>) for more information. And make sure you take a kid along on your next outdoor adventure!



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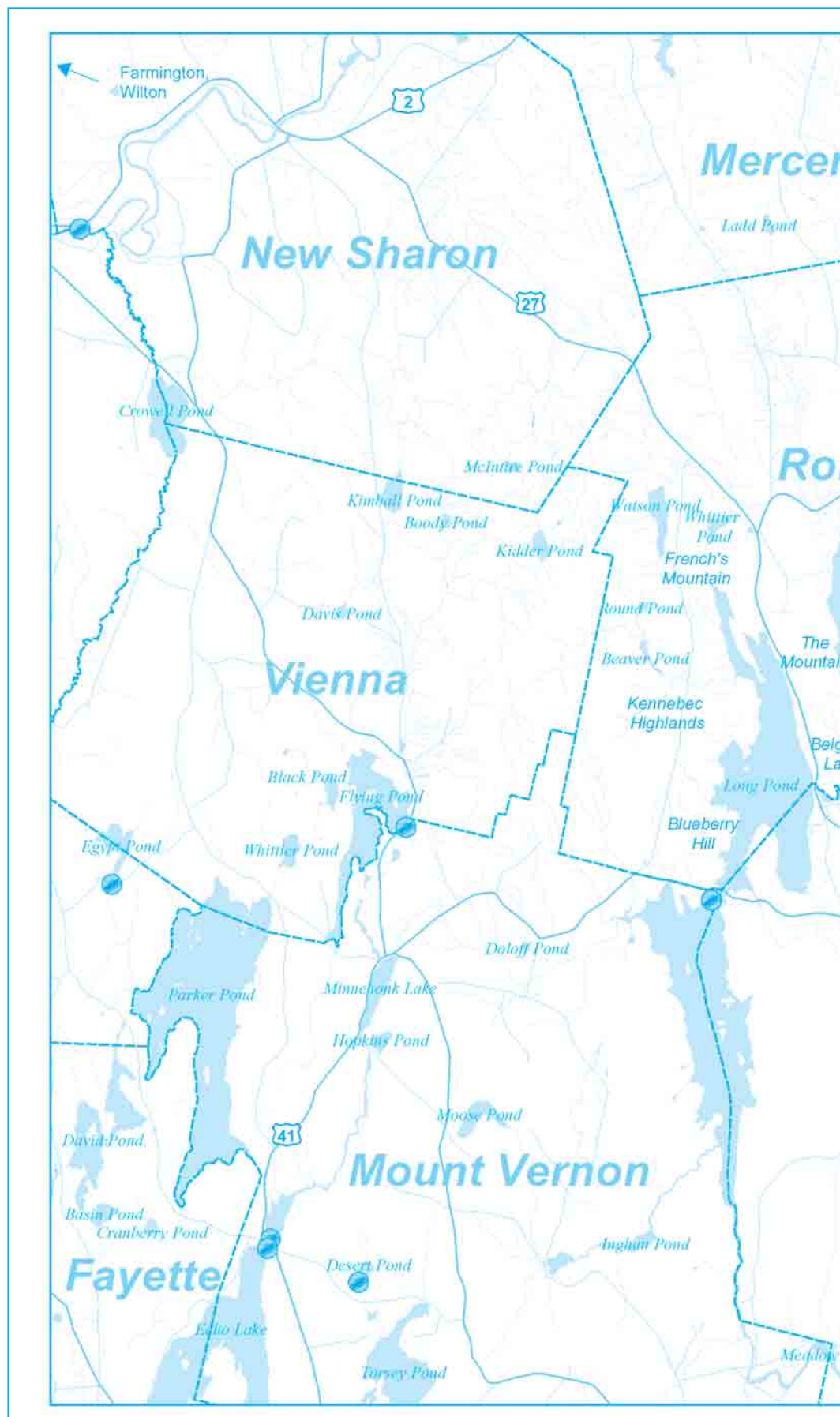
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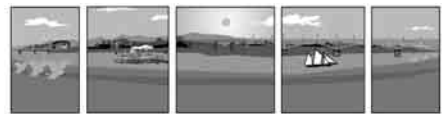
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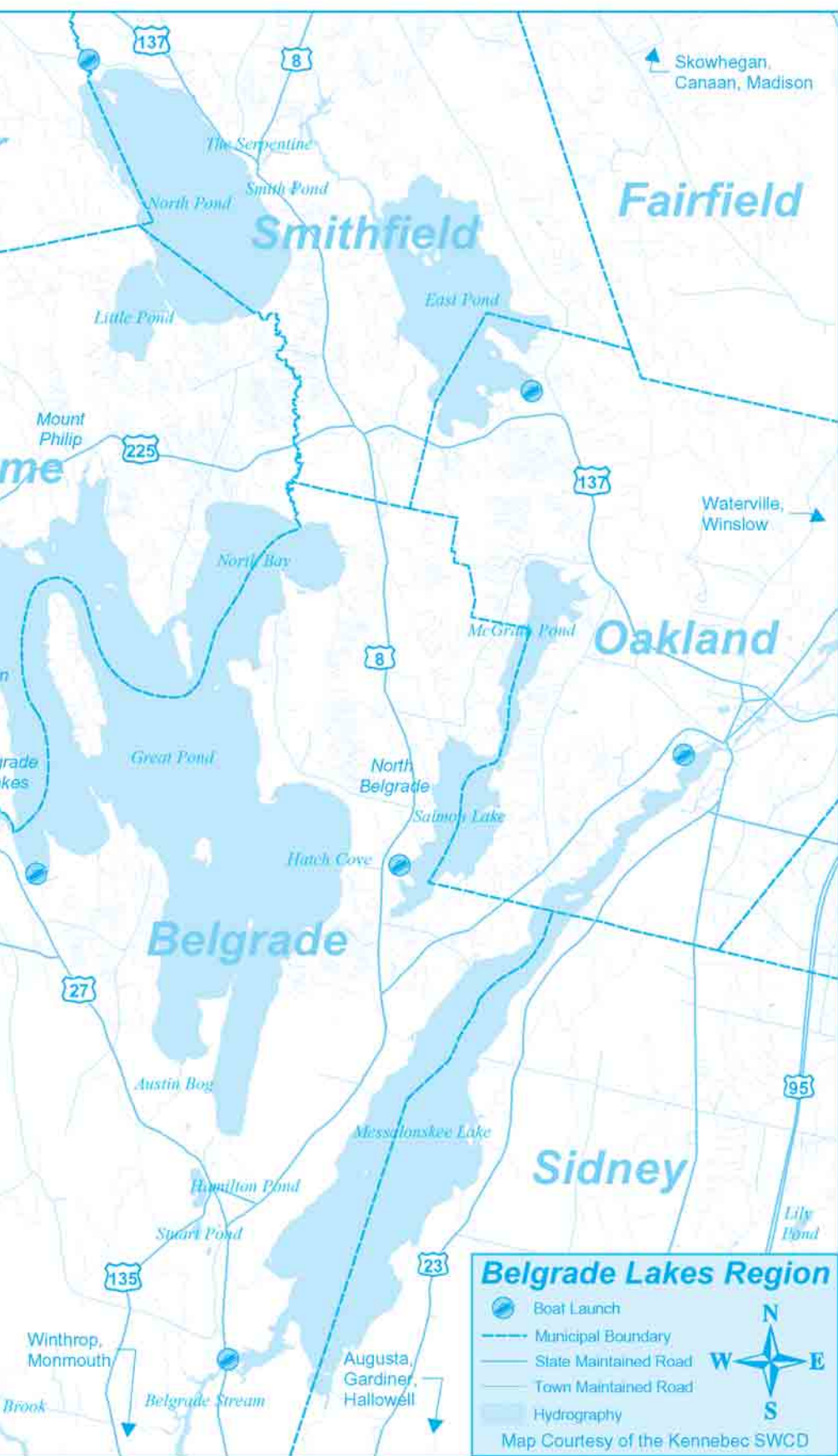
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– Conservation Too – Planning to Work on Your “Camp Road” or Driveway?

By Dale Finseth

It is that time of the year when you may be planning to work on your driveway or your road association road.

Gravel roads are this week's topic. In rural Maine we frequently need to travel on and are often responsible for a gravel camp road or our own gravel driveway. Those road surfaces will collect and direct runoff into our lakes, ponds, streams and wetlands if not maintained properly. Unlike public roadways, you or your road association are directly responsible for their impact on water quality.

Gravel road erosion is a major source of sediment into our lakes and that sediment carries phosphorus in addition to other toxins like road salt, oil and the like. Gravel roads and their associated ditches can also serve to concentrate the stormwater runoff from adjacent properties and direct it into our lakes or the associated streams. Improving the way those gravel roads function is an excellent way to help protect water quality.

During the disruption caused by the COVID 19, some people's season homes were used much more over the past 18 months. That meant more traffic on those gravel roads. And this summer we anticipate that camps and seasonal homes will also get a great deal of use. An improved road costs less money over time and can minimize the impact on water quality. We have begun to recommend that people consider both a spring gravel road maintenance and a fall maintenance schedule. Doing maintenance in the fall may make the spring effort easier and less expensive. The Kennebec SWCD and local watershed groups are focusing on Gravel Road Management/Maintenance Plans to provide landowners a better understanding of how their road impacts water quality and how to manage its maintenance to minimize that impact. A good Road Management Plan provides landowners with information to better budget the resources they devote to their roadway. Those resources include the dues paid by landowners and the volunteer or contractor work to maintain it. A better maintained road can



Don't let your road start looking like this.

save a property from damage caused by stormwater leaving the roadway and damaging adjacent property. It is important for people to better understand how the road “works”.

The feedback is good from people about Road Plans written in the past few years. People appreciate the advantage of having a long-range plan to protect the investment already made in their roadway and make plans and budget for the future. The Road Management Plan is usually for a “shared” road i.e. the responsibility of all the property owners. But, many of the recommendations and Best Management Practices can be modified to help the individual camp owner better manage their own driveway. We do NOT want to see these gravel roads simply become a means to transport silt and phosphorus to our waterways. Intercepting that stormwater is an excellent way to help protect water quality.

And with the improved attention to long term maintenance people can expect better long-term water quality. Definitely a “win, win” situation.

Remember, there is a lot to do in order to protect water quality.

For information about any of our conservation projects please contact Dale Finseth at 622-7847, x 3 or check our website at www.kcsxcd.org



Book Sale

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Saturday July 3rd

9 am – 1 pm

(severe weather date July 4th)

Sale will be held outside, in front of
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124 Depot Rd, Belgrade

YOUR HEALTH IS IMPORTANT TO US! Please follow current social distancing guidelines and use hand sanitizer. Note that there are NO toilet facilities available at this location. Park along street by ball fields NOT in front of homes.

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• **H.J. Blake's for Goodness Sake's**, fresh, homemade, tasty take out, signature lobster rolls, hot dogs, burgers, scenic outdoor seating, 945 West Road, Belgrade, 462-2280

• **Sadie's Boathouse Restaurant** at Great Pond Marine, hearty contemporary American fare, 25 Marina Drive, Belgrade Lakes, 495-4045, 242-1273

• **Winterberry Farm Café**, homemade treats, pie, cookies, granola bars, grilled organic cheese sandwiches, veggies, drinks, 538 Augusta Rd, (Route 27), Belgrade, 649-3331

Mount Vernon

• **Old Post Office Café**, fresh-baked goods and quiches, omelets, homemade soups, specialty sandwiches and salads, 293-4978

Waterville

• **Engine 5 Bakehouse**, fresh, from-scratch baked goods including pies, cookies, bars, and gluten free items, *take-out only*, 140 Western Ave, Waterville, engine5bakehouse.com, 616-3772

• **Pete's Pig**, barbecue, catering, carry out, limited dining, 35 Water Street, Waterville, www.petespig.com, 616-0969

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Notebook

Smithfield Fire Department BBQ 6/26

• The Smithfield Volunteer Fire Department will hold its annual Chicken BBQ on Saturday, June 26, 11 am until sold out at the fire department on Route 8. Meals are \$9 each. To benefit the fire department, tickets to a glider, handmade by Darrell Warren Builders are on sale for \$10 each or 3 for \$25. Monetary donations to the fire department and purchases of tickets may be made at the Smithfield Town Office.

Antique Tractor Festival in Norridgewock 6/25-27

• An Antique Tractor Festival will be held in Norridgewock, Friday, June 25 through Sunday, June 26 at 351 Waterville Road, including displays, competitions, concessions. Admission is \$5 adults, \$3 children 10-17 years of age, and under 10 years of age free.

Belgrade Library Book Sale 7/3

• Friends of the Belgrade Public Library are holding their annual book sale on Saturday, July 3 outside the Belgrade Public Library on 124 Depot Road, Belgrade Depot 9 am to 1 pm. There will be a silent auction at the sale filled with different items that people will be able to sign up to bid on. For information call 649-4238

Waterville Rocks Free Concert Series Start 7/12

• Four free, family-friendly live concerts have been scheduled as part of the Waterville Rocks series this summer: Spencer Albee on July 23; the Wolff Sisters on July 30; Casey Abrams on August 6 and The Big Takeover on August 13. All concerts are 6-8:30 pm at the Head of Falls. There will be a beer garden opening at 5:30 pm. BYO lawn chair or blanket. 873-7000.

Make a Date With a Maine Fair

• Mostly within an hour's drive of central Maine's lake districts, the following fairs are ideal for day trips. They are all family-friendly and provide a range of exhibits, demonstrations, barn areas, entertainment and competitions. Many of them include midways. And there's always plenty of food. For detailed information and for information about the complete list of Maine Agricultural Fairs visit mainefairs.org.

Monmouth: June 23-26

Pittston: July 22-25

Topsham: August 8-15

Skowhegan: August 12-21

Windsor: August 29-September 6

Clinton: September 9-12

Litchfield: September 10-12

Farmington: September 19-25

Common Ground (Unity): September 24-26

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www.hathawaymillantiques.com

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The Apple Farm, 104 Back Road, Fairfield,
453-7656, www.applefarm.us

ARCHITECTURAL DESIGN

LakeHouse Design, Build, Renovate, 17 Birchwood
Road, Augusta, 242-3663.
www.lakehousedesignbuildmaine.com houzz

ARTS

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

AUTOMOBILE STORAGE

Belgrade Lakes Marine and Storage, Inc, 366 Augusta
Road, Belgrade, (Rte. 27), 495-2378,
www.belgradelakesmarine.com

BANKING

Maine State Credit Union 200 Capitol Street, Augusta,
623-1851, www.maine.statecu.org
Skowhegan Savings Bank, 450 Civic Center Drive,
Route 27, Augusta, 1-800-303-9511,
623-2300, www.skowsavings.com

BEVERAGES

Tree Spirits, 152 Fairfield Street (Rte. 23), Oakland,
861-2723 or 465-3007, www.treespiritsofmaine.com

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Covers It All Upholstery, 1042 Kennedy Memorial Dr,
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Skowhegan, 1-866-HAMMOND,
www.hammondlumber.com

BOAT MOORINGS

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

BOAT RENTALS

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

BOAT SALES AND SERVICES

Mid-Maine Marine, 885 Kennedy Memorial Drive,
Oakland, 465-2146, www.midmainemarine.com

BOAT STORAGE

Belgrade Lakes Marine and Storage, Inc, 366 Augusta
Road, Belgrade, 495-2378,
www.belgradelakesmarine.com

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

Mid-Maine Marine, 885 Kennedy Memorial Drive,
Oakland, 465-2146, www.midmainemarine.com

BOOKS

Children's Book Cellar, 52 Main Street, Waterville,
872-4543, www.facebook.com/ChildrensBookCellar/

Oliver and Friends, Bookshop and Reading Room, 87
Main Street, Belgrade Lakes, 707-2123

BUILDERS

G&L Contracting, 116 Lakeshore Drive, Belgrade Lakes,
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gandlcontractingmaine.com

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DINING

See Directory on page 11

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465-3249, www.maine-lyeldercare.com

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cell 314-0314

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Waterville, 873-2731, 1-800-660-3403, www.Maine2020.com

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Belgrade, 649-3331,
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Waterville, 873-2200, www.goldenpondwealth.com

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201), Skowhegan, ticket reservations - 861-8138, miff.org

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622-6353, www.jmlogginginc.com

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GENERATORS

Generators of Maine, 262 Augusta Road (Rte. 27),
Belgrade, 495-2285, www.generatorsofmaine.com

HARDSCAPES

LakeHouse Design, Build, Renovations, 17 Birchwood
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Belgrade Lakes Association (BLA), Long Pond and Great Pond, PO Box 551, 137 Main Street, Belgrade Lakes, 512-5150, belgradelakesassociation.org

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7 Lakes Alliance, PO Box 250, 137 Main Street, Belgrade Lakes, 931-7710, www.7lakesalliance.org

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Ellen Wells, Coldwell Banker Plourde Real Estate, 649-1471
LakeHome Group, 75 Main Street, Belgrade Lakes, 495-2500, www.lakehomegroup.com
Lakepoint Real Estate, 221 Main Street, Belgrade Lakes, 495-3700, www.belgradelakepoint.com
Gail Rizzo, Lakepoint Real Estate, 242-8199, gail@gailrizzo.com
Pat Donahue, Lakepoint Real Estate, 730-2331, pldcamp@msn.com
Stephanie Yeaton, Lakepoint Real Estate, 495-4046, 592-5577, stephanie@belgradelakepoint.com
Trisha Cheney, Lakepoint Real Estate, 716-6494, trisha@belgradelakepoint.com
Amy Bernatchez, Lakepoint Real Estate, 314-2353, amy@belgradelakepoint.com
Sprague & Curtis Real Estate, 75 Western Avenue, Augusta, 623-1123, www.spragueandcurtis.com



The Dams Keeper Report

As of this writing, our Belgrade Lakes just received a paltry one half inch of light rain which was a little less than what we needed. Both Great Pond's Village dam and Long Pond's Wings Mill dams are currently 0.96" above full pond with all gates still completely closed. Salmon/McGrath is now 2.24" below full pond with it's single gate opened just the mandated 1 cfs. flow. Our neighbors on Messalonskee are down 4.68" below full which, as we've said, is representative of both this dry period and the fact that Essex Hydro uses the Oakland Dam to provide us with electricity. Some nice gentle rain while we're all asleep would be nice.

If you have a particular questions regarding



Anatomy of our Wings Mill crib style dam

Dick Greenan

Chairman, Belgrade Lakes Watershed Dams Committee



RECREATIONAL VEHICLE AND TRAILER STORAGE

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Lakeside Cottage Rentals, featuring over 70 private homes, 24/7 customer-friendly service, 25 Marina Drive, Belgrade Lakes, 592-5577 or 495-4046, www.lcrentals.com

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Granite Hill Estates, 60 Balsam Drive, Hallowell, 626-7786, 1-888-321-1119, www.granitehillestates.com

SCHOOLS

St. Michael School, grades pre-K 3-year-old through 8th, 56 Sewell Street, Augusta, 623-3491, www.smsmaine.org

SECURITY SYSTEMS

Cayer Security Services, Inc, 208 College Avenue, Waterville, 453-9177, www.cayersecurity.com

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Acme Land Surveying, 108 Fairbanks Road, Suite 5, Farmington, 778-408, 1800-778-408, www.acmelandsurveying.com

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Tree Spirits, 152 Fairfield Street, Route 23, Oakland, 861-2723 or 465-3007, www.treespiritsofmaine.com

Changes?

Updates?

New contact information?

Please let us know...

mo.breault@gmail.com

or sumbelnews@gmail.com



Mill Town by Kerri Arsenault

by Martha F. Barkley

This "Reckoning with What Remains" is a mixed bag of the good, the bad and the secretive ugly in the author's life story and our Maine towns of Rumford and Mexico on the Androscoggin River. Kerri Arsenault is fourth generation Acadian immigrant and thrived in her community and returns to her Mom and friends from her Connecticut home. She still feels the community spirit of warmth and friendship in spite of the mill devastation.

"You can't go home again," by Thomas Wolfe is a refrain repeated several times within this non-fiction book of environmental science and author memoir. Also, I wish there were an index to look up the half a dozen or more times that "Silent Spring" by Rachel Carson was quoted. Fewer birds now, water not as clean, dioxin air pollution and toxins leaching downstream. History repeating itself, I wonder.

The talented author from Maine makes history seem like yesterday. Didn't Carson warn us in 1963 and the federal EPA responded by preventing the environmental DDT poisons from diluting our waters and soils and air? Not really.

Arsenault delves into Poland Springs bottled water and the Nestle fiasco, just one of many hidden environmental issues in Maine covered in this important history. The Maine Environmental Protection Agency has mountains of files just about Cancer Valley where the Rumford Paper Mill continues paying wages and reaping its daily paper production.

She gathers people and information about Nestle and then the group asks her to leave: I admire the author's guts in revealing this social media kind of occurrence. Kind of like Apple firing Steve Jobs as Walter Isaacson so eloquently explains in the biography written while Jobs is dying. Apple, of course, rehired its creator before his demise...

Arsenault researched her family background back to villages in France near Chartres. My husband Frank and I have gazed upon the great gothic cathedral there where the bejeweled stained glass windows dazzle every-

one's eye. The author found a village nearby where there were many Arsenault ancestors buried in Catholic cemeteries.

Arsenault's family settled in Rogersville, New Brunswick in Canada. Later "[t]hey were part of l'emigration en chain (chain migration); one family member would depart, settle in the US, and send for other family members..." Sound familiar, like our present day US/Mexico border immigrants?

Good paying jobs at the paper mill in Rumford brought many from Canada to Maine. Her great grandfather was cook for lumberjacks in the Maine woods. The natural abundance of trees and the 176 foot Rumford Falls provided an outsider great investment potential. Hugh J. Chisholm and his partner William Augustus Russell "combined seventeen pulp and paper companies, including the Rumford mill, to establish International Paper, then [1898] and today the biggest paper company in the world."

I live in North Charleston, SC where we occasionally smell the weekend process of the International Paper Mill on the Cooper River. Rumford had the stronger "rotten egg" or even "pig-pen" odor as Kerri grew up.

Just her revelation of Doc Martin's decades of patient records was enough to convince me of the poisons from the Rumford Mill. She tells so many personal stories of get togethers with friends. Doc Martin's widow moved up Rangleway and shared her husband's files. While a practicing physician, he bravely presented this information to the proper authorities, but was silenced. "There's an old saying around Mexico and Rumford by a misinformed few," Doc Martin wrote later to the DEP, "that the stench in the air is the smell of money. What should be added is the smell of death and suffering".

The mill offered a kind of first aid for workers who experienced burning eyes, sinuses, lungs and dizziness and worse: Milk of Magnesia, take it easy and go back to work. Later, when cancers occurred, mill workers asked for their health charts and simple recordings of flu like symptoms or pneumonia were on record. All to protect production at the mill and steady jobs.

Kerri Arsenault took four years to finally figure out her own father's death certificate and the complications of his health at the end. So many in Cancer Valley have been lost. Children in 2018 now are the victims accord-

Continued on page 6...

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CHINA- Here is a wonderful 2 BR, 2 full BA yr round home on desirable China Lake. This home has lots to offer including a large, open floor plan on the 1st floor that includes the kitchen, LR, dining area, and one full BA. The 2nd floor has both bedrooms and another full bathroom. The spectacular westerly sunset views from this home are truly second to none. You can enjoy them from either the picture window, while on the spacious deck, or while you are dipping your feet in the lake while sitting on the dock. This home has been largely renovated over the past 10 years, and will not last long. Welcome Home! **MLS #1495700 \$329,000**



READFIELD- Wonderful lakefront cottage on spectacular Maranacook Lake. Cottage faces westerly so enjoy sunsets from your deck or dock. End of a dead-end private rd, this cottage has been remodeled & updated. Open kitchen, LR, dining area just a few feet from the water. Two BR and BA. Enjoy cool lake breezes and summers on Maranacook Lake. Lake living at its best. Maranacook Lake is 1800 acres in size so plenty to explore. Only 20 minutes to I-95. Make memories here -- you'll love it! Go jump in the lake! **MLS #1495676 \$460,000**



Belgrade Public Library



Summer of 2021
**Community
Art Project**

Please help us spread awareness about the importance of nature conservation in the Belgrade Lakes watershed and beyond.
Artists of all ages are welcome!

As part of our community read, featuring *The Overstory* by Richard Powers, we are building a community art exhibition throughout the town of Belgrade!

Submissions should embody the beauty and wonder of our natural environment, with a special focus on trees. All qualifying submissions will be entered into a drawing for a chance to win a gift card to a local business.



— Real Estate Update —

When the Focus is on Family

It's not new news. Camps, vacation homes, the go-to getaways that promise a good fit for families have long been the goal of property buyers in this beautiful summer region. From carriage to college, children or the plan for them to be part of the second home have motivated the search.

The newer news is the continuity that families seek today. No matter what pushes or pulls around personal lives, the benefits of a place where roots can be established, memories collected, upsets grounded and where everyone can be nearby is a high priority.

Not only do families thrive in the relative freedom of the region, the many outdoor adventures and the structure of camps, classes, schools and sociability but family vacation property now serves as office and home and haven where youth or independent young adults of a family or extended family can return to and stay during tentative times.

Of course, if family continuity is centered elsewhere, it's an excellent time to sell.

...continued from page 7

statewide and building support for climate action. Another key goal of the initiative is to communicate the need for a price on carbon that will help us all reduce carbon emissions and transition to a future where renewable energy sources replace fossil fuels. A unique benefit of the plan that CCB4ME advocates for is that fees collected from the carbon price are paid out monthly to each US household rather than using it for more government programs.

Will putting a price on carbon help maintain our water quality? There is a long chain of events that leads from burning carbon-based fuels to impaired water quality. The chain must be broken. There is no silver bullet that will protect water quality and mitigate all climate impacts. We have to pull out all the stops - including a price on carbon that reflects its true cost as an essential part of an overall plan.

Currently over 20 Maine towns and Cities have voiced support for carbon pricing and the Carbon Cash Back Volunteers are continuing their work with more Maine towns and cities.

For more information go to carbncashback4me.org

3 Tips for Improving and Maintaining Memory and Brain Health

Everything from how much you sleep to what you eat and even how much caffeine you consume play a role in your brain health and memory. You are never too young to start thinking about brain health and incorporating small changes into your everyday life. At Granite Hill Estates we focus on the overall health of all residents and incorporate these tips into everyday life at the community. Want to learn more about how you can improve your brain health? Read the tips below!

1. Eating Healthy foods- all Northbridge communities, including Granite Hill Estates, take part in an Eat Fresh, Eat Local Northbridge Signature Program where communities partner with local farms and growers to ensure residents enjoy fresh, seasonal and delicious food all year round. Communities also incorporate the MIND Diet which stands for: Mediterranean-DASH Intervention for Neurodegenerative Delay. The goal of the MIND Diet is to reduce dementia and the decline in brain health that happens as you age.

a. Foods to enjoy: berries, green leafy vegetables, unsalted nuts, red wine (4 oz/day), olive oil, poultry, seafood and whole grains.

b. Foods to limit: red meat (beef, lamb, pork), sweet foods, butter/margarine and fried foods.

2. Caffeine (in moderation)- before you get too excited about adding an extra cup of coffee to your daily routine let us explain why caffeine may help with memory. A study by Johns Hopkins University was able to provide information that caffeine may boost memory consolidation, the ability to strengthen memory and make memories more permanent. In the study participants were shown various photos and given caffeine after; they then came back the next day and were tested. Participants that were given caffeine after being shown the images were better able to identify the images from the previous day. This process implies not only does caffeine provide more alertness but may also play a role in memory. Be aware that too much caffeine, especially for someone living with memory impairment, may exacerbate certain symptoms like paranoia and anxiety so be sure to enjoy caffeine in moderation.

3. Exercise- keeping active will help in preventing cognitive decline as you age. Did you know, walking two hours a week over a year's time can help prevent cognitive decline? In a study done by the Radiological Society of North America it was found that walking five miles per week protects brain structure in people.

Continued on page 3....

Guidelines

- Paintings & Drawings
(Any size between 3"x5" - 11"x14")
- Quilting & Embroidery
(Any size between 5"x7" - 16"x20")
- Poems & Short Stories
(No longer than 2 pages)
- Photographs
(Any size between 3"x5" and 11"x14")
- Small Sculptures
(No larger than a cubic foot)

Art submissions can be brought to the Belgrade Public Library or submitted electronically at Library@TownofBelgrade.com

Submissions will be accepted from April 30th - July 15th.

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