

Volume 6,
Issue 3

Sebago Happenings

Summer / Fall
2014

Sept., Oct.,
Nov., Dec.

Approved by the Board of Selectmen



INSIDE THIS
SUMMER - FALL ISSUE:

| | |
|------------------------------------|---|
| Notes from Ambulance 5 | 2 |
| Visit the Sebago Lake Land Reserve | 2 |
| Sebago Fuel Fund | 2 |
| Recreation Dept. Events | 3 |
| Answer the Lion's Roar | 3 |
| From the Doghouse | 3 |
| Community Calendar | 4 |

Thanks for "Sebago Days" Support!

By Carl Dolloff, President
Sebago Days Committee

Hello everyone, I wanted to follow-up with you all and let you know that Sebago Days was another great success this year. The committee is very grateful that Mother Nature was so cooperative and gave us some cool summer days for our event, which is very unusual for the middle of July.

We are also very thankful for the continuous support from all the local businesses. We really can't thank you enough for the many years of continued support. We'd like to specifically say thank you to these local businesses for donating our four Grande Prizes: the digital camera was donated from Christensen's Custom Homes, two wooden picnic tables were donated from George Anderson & Sons, a 48" flat screen television was donated from Jordan's Store and a canoe was donated from Bear Creek Ca-

noe. A great big thank you also goes out to the sponsors of our other events that take place during Sebago Days. They are Tinkham's Stop & Chop, Stone Surfaces, Osgood Electric, Jordan's Store, Gemme's Store, Christensen's Custom Homes, Treehouse Stained Glass, Sebago Volunteer Association, Susan & Rick Gassett, W.H. Nason & Sons and Nason's Beach. We appreciate the fact that these businesses have given a great deal of support to Sebago Days for many years.

The Fun Run was a huge success with 138 runners participating in this year's event. Special thanks go out to Jeff and Marie Cutting and the crew. The Talent Show was a huge success. This year the committee chose not to have a live band on Friday night in order to extend the Talent Show. We had twenty participants which is not only a great turnout but very entertaining and a chance for some local folks to show off their hidden

talents. Thanks go out to the judges and our announcer Denise Olsen. The town sponsored "Dunk Tank" turned out to be quite successful in raising funds for the fuel assistance program.

As you can see, it sure takes a lot of time, effort and sponsor funding to make "Sebago Days" the successful event that it is. We would like to thank not only the many volunteers behind the scenes, but also the dedicated folks that sometimes travel long distances to join us and/or contribute to our ongoing fundraisers for items such as our amazing fireworks. Finally, I would like to say thank you to the hardworking and dedicated Sebago Days Committee members; without you, there would be no Sebago Days. We are always looking for people to join our team, please contact me at 787-3732 if you would like to help out.



Hours of Operation:

Town Office

- Tuesdays - 10am - 7pm
- Wed., Thurs., Fri.
8am - 5pm

Transfer Station

- Tues., Thurs., Sat., Sun.
7am - 5pm

General Assistance

- Tuesdays - 1pm - 3pm



OH, GO JUMP IN THE LAKE!



Have you ever wanted to tell someone to go jump in the lake? Well, have we got an opportunity for you! On November 15th at 11:00 am the "Freezing for Heating" polar dunk event will be taking place at the town beach. This event will help raise funds for the town's Fuel Assistance Fund. This is a fund that has been set-up to help Sebago

residents that "fall between the cracks" for the town's General Assistance program but need a little extra help with fuel costs. They still have to meet certain criteria in order to qualify for this assistance. So, for a small donation of just \$2.00 you can tell the Tax Collector, Michele Bukoveckas, or the Deputy Tax Collector, Maureen Scanlon, to

literally "go jump in the lake". Go ahead, you know you want to! Perhaps, you'd rather join us in jumping in for this worthy cause, just stop by the Town Office for your "pledge packet" or check out the information on the town's website for the specifics and plan on joining us to go jump in the lake!





NOTES FROM AMBULANCE 5

By Anita Chadbourne-Field, EMT-P
Captain, Sebago EMS

Let's talk about the flu.

In this installment of Notes from Ambulance 5, I'd like to talk about seasonal influenza. The flu is a respiratory illness and is spread from person to person by coughs and sneezes in much the same way a cold is. A cough or sneeze can spread droplets containing the flu virus up to 3 feet, landing on another person's nose/mouth/face or a surface, such as a table or telephone, that is then touched by another person. If the person then touches his or her nose/mouth/face the flu virus may be passed on. Flu viruses can live on hard surfaces for approximately 2-8 hours! Flu viruses are killed by heat, hydrogen peroxide, bleach, soap, iodine-based antiseptics, and alcohols when used at the proper strength and for sufficient contact time.

Symptoms of the flu include: headache, body aches, cough, sore throat, a runny or stuffy nose, fatigue and fever of 100-104° F. The big difference between cold symptoms and flu symptoms is the fever. If you have a fever AND cold symptoms, you may have

the flu. Seasonal influenza is NOT associated with nausea, vomiting or diarrhea in adults. A lab test is required to determine if you truly have the flu virus as it is hard to tell based on symptoms alone if someone has the flu.

If you are exposed to someone with the flu, you may get sick within 1-4 days. You can help to prevent illness by washing your hands frequently, covering your cough with a tissue or coughing into your arm not your hand, staying home when you are sick, and getting a flu shot. In the State of Maine, influenza season is October to May. Those at highest risk for contracting the flu are: children less than 5 years old, adults over 65 years old, those with chronic medical conditions such as cardiac, respiratory, endocrine, or neurological diseases and those who are immunocompromised (weak immune system due to disease or medication). Complications of the flu may include pneumonia, dehydration, or worsening of a chronic condition. The flu can be fatal

and, according to the Maine Center for Disease Control, approximately 36,000 Americans a year die from flu related complications.

If you find yourself in the ambulance and are experiencing flu-like symptoms, please don't be surprised if the crew member is wearing a mask or asks you to wear one. The back of the ambulance is a small space and your crew members do not want to get sick. EVERYTHING in the back of the ambulance is within 3 feet of the cot so the crew cannot avoid droplets in the air after a cough or sneeze. The best way to avoid an ambulance ride during cold & flu season is to remember to stay home when you are sick, cover your cough or sneeze with your arm (or a tissue), and wash your hands frequently. These are all effective techniques for avoiding a cold as well as the flu.

Enjoy the rest of the newsletter and remember to support your local public safety providers. It could save your life.



Come Visit the Sebago Lake Land Reserve!

By Sarah Plummer &

Rod Beaulieu, Portland Water District
The 2,500 acre Sebago Lake Land Reserve surrounds Lower Bay and is a managed forest intended to protect Sebago Lake, the source of drinking water for 200,000 people in the Greater Portland region. About 1,700 acres of The Land Reserve have been open to the public since 2005 for recreation such as hiking, snowshoeing, fishing, and horseback riding. Visitors must stop at one of twelve kiosks to complete a permit each day they visit. The Land Reserve's trail network connects to other local trail

systems, including the Sebago to the Sea and Mountain Division Trails.

In 2013, PWD concluded a three year project on the Land Reserve trails to improve access and usability. Trails were cleared, defined, and identified using GPS technology, signs were installed, and a new trail map was created. The map, available at kiosks and the Sebago Lake Ecology Center, depicts over 13.5 miles of trails within the 500 acre Otter Ponds section of the Land Reserve.

New Additions: A second phase of trail work was completed in the fall of

2013. This section contains arguably the most scenic portion of trails in the Otter Ponds section, with beautiful spots overlooking the ponds. These trails are accessed via the Johnson Fields parking lot off of Route 35 in Standish. Follow the Mountain Division Trail for approximately a third of a mile, and look on the left for the "Half Moon" and "Otter" trail signs.

If you'd like to receive information about our events and efforts to protect Sebago Lake, like us on Facebook or join our email list at: sebagolake@pwd.org to sign up.

SEBAGO FUEL FUND "KEEPING OUR NEIGHBORS WARM"

By Edythe Harnden,
General Assistance Administrator
The Sebago Days "Dunk Tank" was a huge success. Maureen started it off on Friday night, followed on Saturday by several members of EMS, the Nazarene Church, several teenagers, and ending with a Yankee fan. The pop-up canopy was won by Donna Cook. Several rag dolls and loaves of bread helped to contribute to our fund.

I also want to thank all who ordered pizza kits. All profits went to the fuel fund. This would not have happened without the help of Donna Cook, Ann Farley, my husband Phil and all the rest of you. We are always looking for more ways to raise funds. So, once again, Camp O-AT-KA recently hosted a delicious turkey dinner and the Lions Club is planning to put on a breakfast in the coming months to help us out.

The "Freezing for Heating" polar dunk will be held on November 15th at the town beach. See the front page of this newsletter for more information on this event.

Thank you, Edie





Recreation Department Events



Basketball - \$25 fee/\$40 max per family. Registration forms will be available at the Town Office in October. (November - 3rd and 4th grade practices begin. December - 5th and 6th grade practices begin.)

Town Halloween Party - Friday ("Fright Day") October 24th, 6:00-7:30p.m. Thanks to Bridgton Hayes True Value the ever popular Bounce House has kindly been donated once again. The second annual "Trick or Trunk" event will take place immediately after the party in the Town Hall's parking lot. Don't forget to bring your "goodies" bag. **Volunteers are needed**, if you would like to help out, please contact Corinne Davis at (207) 595-8173.



Town Christmas Tree Lighting - This event will be held at the Sebago Elementary School. Watch our website for more details.

Adult Snowshoeing - Residents of Sebago ages 18 years and older may borrow snowshoes from the Town's Recreation Department at no cost to you. This is a great way to have fun and get some exercise during the upcoming winter months. Contact Corinne Davis at (207) 595-8173 if you would like to borrow a pair or two for an outing.



Here's a Chance to Answer the Lion's Roar (also known as "A Call for Volunteers")

The Sebago Lions are looking for community service minded individuals who would like to make a difference in the community. The Sebago Lions Club is a group of folks who raise funds for a variety of causes to benefit the town and region. All money raised at our events goes back to the public.

In the past year we have funded:

- Assistance with eye glasses
- Vision screening for children
- Sebago Warming Hut/Food Pantry
- Holiday food baskets

- Summer camp programs (Camp Susan Curtis, Salvation Army's Camp Sebago)
- Service dog training (Fidelco)
- College scholarships for local students
- Student of the Month awards

We have sponsored breakfasts and dinners to support causes such as:

- ◆ Heating Fuel Assistance
- ◆ Sebago Elementary Holiday Gift Program

- ◆ Local families that have suffered catastrophes

We also put on the annual Memorial Day and Veteran's Day ceremonies.



We meet at 7:00 p.m. on the 1st and 3rd Thursdays of each month at the "Old Town Hall" building.



If you would like to join us in these efforts, please talk to a Lion you meet or call Lion Sue Bowditch at 787-3668.

2014 Tax Bills have been mailed out. The first half is due on 11/4/2014. The second half is due on 5/5/2015. Please call the Town Office at 787-2457 if you have not received your bill.



From the Doghouse

By Jacquie Frye, Animal Control Officer
Call 642-4343 (Standish Dispatch) for Animal Control Issues

I hope you all have had a great summer. This Fall don't forget your hunter safety "orange" for you and your four legged loved ones before going out for a walk. Unfortunately preventable accidental shootings have occurred even on private property. Stop a tragedy before it happens.

Dog Licenses - All dogs must be licensed by January 31st in order to avoid the \$25.00 late fee that will be charged after that date. Once again, Wizard of Paws in Bridgton is donating a "pet friendly" gift basket and a \$50.00 gift certificate that will be raffled off on February 1st. Register your dog by January 31st for a chance to win. One entry per registration whether registered at the Town Office or on-line. If you no longer have your previously registered pet, please contact the Town Office at 787-2457 in order to avoid a reminder phone call/visit from me and a potential fine.

2015 Dog Licenses Available starting October 15th. Renewals are due by January 31st of each year. \$6.00 for spayed/neutered dogs. \$11.00 for unaltered dogs.



Rabies Clinic - The annual Rabies Clinic is usually held the first Saturday in January. Watch the town's website for more details on this annual event. Don't forget that you must bring the most recent rabies certificate to receive a 3-year shot, otherwise a 1-year shot will be administered. Dogs must be on a leash and cats must be in a carrier. **No sick or pregnant animals will be accepted.**



**Town of Sebago,
Maine**

406 Bridgton Rd.
Sebago, ME. 04029

Phone: 207-787-2457
Fax: 207-787-2760

**SUBSCRIBE TO
"SEBAGO HAPPENINGS"
ON-LINE**

HAVE A GREAT DAY!!

**We're on the Web!
www.townofsebago.org**

**PRST STD
US POSTAGE
PAID
DENMARK, ME.
PERMIT #2**



MISSION STATEMENT



To provide truthful, up-to-date and educational information on how the community works, in order to provide the opportunity for making informed decisions while also enriching the lives of our citizens that want to live here, prosper, and raise their families.

**CARRIER ROUTE
PRESORT POSTAL PATRON
ECRWSS**

COMMUNITY CALENDAR



BOARD OF SELECTMEN MEETINGS
(Tuesdays at 6:00 p.m.)

September 2 & 16
October 7 & 21
November 4
December 2



ELECTION DAY

Tuesday, Nov. 4, 2014
(Polls are open
8:00 a.m. to 8:00 p.m.
at the Town Office Building.)



**MEDICAL EQUIPMENT
LENDING CLOSET**

In the last edition of "Sebago Happenings" we told you about the plans for a "Medical Equipment Lending Closet".

Thanks to the efforts of some special folks that have volunteered to organize and maintain a supply of donated medical equipment such as crutches and walkers we can now offer the use of these items at no charge. If you need to borrow from or donate items to the "Medical Equipment Lending Closet" please contact



Corinne Aucoin at 787-2177.

DAYLIGHT SAVINGS TIME ENDS

Sunday, November 2, 2014
at 2:00 a.m. daylight savings time ends in the United States (except Hawaii & Arizona).
Don't forget to
"FALL BEHIND" one hour.



**WINTER SALT/SAND AVAILABLE FOR
SEBAGO RESIDENTS**

Sebago residents and taxpayers may obtain salt/sand from the designated area in the lean-to building located in front of the Public Works Garage (and next to the EMS Bldg.) to use only on their own property located in the Town of Sebago. Contractors shall not obtain or use any town salt/sand for commercial purposes. Your safety is our concern!



PLANNING BOARD MEETINGS

(Tuesdays at 7:00 p.m.)

September 9
October 14
November 12 (* Wednesday)
(* Due to the Veteran's Day holiday on 11/11/14)
December 9



ZONING BOARD OF APPEALS

There is an open position for the Zoning Board of Appeals. If you are interested in joining, contact Maureen Scanlon at the Town Office at 787-2457.

