

ITEMS OF INTEREST

Cottage Rental

Dick Harris is renting his family cottage on Garland Swamp Road for the summer of 2008, from the 15th of May through September 30th. If anyone from the lake has friends or relatives who are looking for a place on the lake for at least a month, call Dick at 207-838-6989. Preference will be given to full-season rentals. Price is negotiable.

✓ Howard & Terri Sherman are looking for folks who might be interested in meeting either in the AM or the PM to do Yoga or stretching routines. This has been proven effective at reducing muscle and joint pain and in improving overall strengthening. Equipment needed would be a rubber mat or beach towel. Doing this routine by the water would add to the overall sense of calm and healthfulness. This exercise could be done periodically or as the group chooses. An instructor could be hired or one might volunteer to lead the stretching

routine. DVD programs are available. Those interested, please call Howard or Terri Sherman at 781-639-8482 or 207-998-8155 or e-mail violinhw@comcast.net.

✓ The Annual 4th of July Boat Parade will begin at 10 AM on Friday, July 4th. Load up your boats with decorations and join the fun. It will begin at Hemlock Campground, as always. This year we have coordinated with Ernestine and Gil Albert, owners of the campground, so, hopefully, we'll all be starting out at the same time. **(Please keep in mind boat safety & etiquette, so as not to swamp some of the smaller, slower boats. Thank you.)**

✓ If your address, phone number, or e-mail address has changed over the past year, please let us know so we can stay current with your information for mailings or in case we need to get in touch with you for some reason. Thank you. sueb2@fairpoint.net or 998-2580.

✓ FYI: Dues that are received this year will be credited to this year unless otherwise specified. The TLIA calendar year runs from January through December. Thank you all for becoming members and supporting TLIA. Our membership grows each year, which allows us to continue the stewardship of beautiful Tripp Lake. Encourage your Tripp Lake friends to become members, too, if you haven't already.

✓ Don't forget to check out the TLIA web site at Tripplake.com. Tell your friends and relatives about it so that they can enjoy it, too. If you would like to add to it or have changes or suggestions, be sure to get in touch with a board member or e-mail sueb2@fairpoint.net.

✓ Be sure to visit our lake "store" at Claire & Marion Chesley's home at 89 Meguire Hill Road. You can

shop for Tripp Lake "throws," T's and sweatshirts (children and adult sizes), and visor caps. Call 998-4389 ahead of time to be sure they are home. These are very good quality items for family or for gifts.

✓ Experience is what you get when you don't get what you want."

✓ The Annual Grade Four Essay Contest was held in April with six students entering from Poland Community School. The judges extraordinaire (Marion and Clair Chesley) chose two essayists, Jake Bourget and Gabi Tompkins, to receive the weeklong camp scholarship to The Maine Conservation School at Bryant Pond. The cost to TLIA is \$550 each, with parents paying \$25 for the registration fee. We expect that the students will enjoy learning about our natural world and will bring back to our community best conservation practices.

✓ Don't forget to volunteer for the Beach Clean-up Day on July 13th at 8 AM.

✓ If you are outdoors and the mosquitoes and other bugs are having a ball eating you alive, pour some Listerine in a spray bottle and spray it around the area you are inhabiting. It lasts a couple of days and is inexpensive. Don't spray directly on your wooden front door, but all around the frame and window frames.

✓ The best way to remove ticks: Apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-soaked cotton ball and hold it there for 15 to 20 seconds, after which the tick will come out on its own and be stuck to the cotton ball when you lift it away.

✓ News from the Town Office: A new committee has begun work on conservation in Poland. Don Stover is

Seasonal Hours



Where family and friends meet for frozen treats.

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