

Forest Lake News



Spring/Summer 2013

Association Officers

Karen Hall	President	657-6933
Jim Gameros	Vice President	657-6933
Ralph Ludington	Treasurer	829-5217
Janene Gorham	Secretary	829-3878

Our Mission

The Forest Lake Association endeavors to maintain the quality of the lake water, along with the quality of life within the watershed. The association also endeavors to improve the feeling of community for a lake watershed shared by four towns.

Dues

Don't forget to pay your dues! An annual household membership (June 1st through May 31st) costs only \$25.00. Membership dues are used to pay for water quality testing, annual meetings, newsletter printing, and grant-related expenses.

ANNUAL MEETING

Saturday — July 20th — 8:00 a.m.
West Cumberland Methodist Church Hall
on Blackstrap Road
Coffee and Potluck Breakfast
Raffle, Door Prizes, Pie Auction
Save the Date!

Annual Meeting Agenda

8-8:30 (a.m.)	Coffee/Potluck Breakfast
8:30	Welcome (Karen Hall, FLA President)
8:40	Secretary's and Treasurer's Reports (Janene Gorham, Ralph Ludington)
8:50	Water Quality Report (Ed Keenan)
9:00	Safety Report and Q&A (Ed Keenan)
9:20	Plant Patrol Report/Plant Education (Jim Gameros)
9:40	Map Update/Survey Updates
10:10	Membership Voting/Election
8:30-10:30	Pie Auctions and Raffles
10:30(ish)	Meeting Adjourned

4th of July Boat Parade!



Decorate your kids and kayaks, your dogs and dinghy, your parents and pontoons! Boats meet at 11 a.m. in the cove by Loon Island for a spin around the lake. Show your Independence Day Spirit!

Trustees Needed! Would you like to be a more active member of the Lake Association? We have positions open for alternate trustees. Alternates attend board meetings and learn about the various activities and duties of the association and board. Ideally, alternates transition into regular trustee positions over time.

Board members are expected to take on leadership roles in lake safety, water quality, plant patrol, and public relations. Plus, you get to sit around and eat hors d'oeuvres on Monday night board meetings with some exciting people!

Potluck Breakfast: Please bring a favorite breakfast food to the annual meeting. We won't have access to a stove or microwave, so hot dishes should be in crockpots or hot from your oven and wrapped well. Breakfast casseroles, bacon, egg dishes, home fries, fruit, scones, blueberry pancakes, whatever you can bring is welcome. We'll provide plates, utensils, syrup, butter, and beverages. If you have questions, call Janene Gorham, 829-3878, or Karen Hall, 657-6933.



Notes from Karen Hall, FLA President and News Editor:

Once again I'll start with an apology—I'd hoped to get two newsletters out this year but never completed the first in December. Maybe if I start the Winter 2013 one now, I'll actually get it done! That said, I've tried to pack in as much information as will fit onto these pages. On the previous page, you'll find the text for a **brochure** that will be part of a Forest Lake Association **welcome packet** for new lake neighbors. If you can think of information or handouts you'd like to see in a welcome packet, or if you have a new neighbor who should receive one, please call me (657-6933), email ForestLakeNews@aol.com, or come to the annual meeting where we'll discuss this. If you'd like to help out, I'd love to assign the work to a welcome packet coordinator!

I've also included a copy of the minutes (thanks, Janene!) from last year's **annual meeting**. Please try to attend the next one on July 20th and encourage your neighbors to attend as well. Breakfast is always delicious and bountiful, and I promise to make my famous whoopie pies for the pie auction! This year we're going to set aside half an hour for a map/survey update project and the more participants from around the lake, the more successful we'll be. This work will be the foundation for our next watershed survey and grant application.

As always, please post information on keeping invasive plants out of our lake where your renters and friends who bring in boats and jetskis can see it. You'll get a report at the annual meeting on the latest activities of the **Invasive Plant Patrollers**. In the meantime, please consider joining the team. Call Ed Keenan (657-6463) for more information.

Please also review the **boating safety regulations**. Remember—Maine law requires that motorized boats and personal watercraft maintain headway speed only when less than 200 feet from shore, including islands. This is extremely important both for swimmer safety and for shoreline erosion prevention. For boats modified for **wakeboarding**, please familiarize yourself with lake depths to prevent lake bottom scouring (this is when the force of the propulsion rips up plant material and silt and churns it into the water).

I've included an updated **depth map of Forest Lake** in the boating safety section of this newsletter.

Finally, the board has lost some extremely active and important members over the past year: Bob and Nancy Heyner sold their house and moved to Ogunquit; Ed Keenan is stepping down from the board in July and will be transitioning out of his volunteer work as a water tester, safety officer, coordinator of the plant patrol, and doer of all things that need doing; and Ralph Ludington will be giving up his position as treasurer after too many years to count. Although he's not stepping down, my beloved partner Jim has become the muscle behind my mania, gracefully lifting buoys or sluice boards or runaway dock pieces, and I'd like to find some strong young men (and women!) who aren't afraid to sweat and who can give him a break. **If you've considered joining the board of trustees, now is a great time to do it!** We have nine regular trustees and up to five alternates. Alternates typically move into regular trustee positions when they're ready. The time commitment is minimally attendance at five meetings (one each in September, November, February, April, and June) and the annual meeting in July. Meetings typically last 90 minutes. Sometimes I feed you. Additionally, board members are expected to take on leadership roles and/or coordinate lake association activities such as water testing, plant patrols, community advocacy, archival work, newsletter production, buoy maintenance and installation, and attendance at various Maine lake conferences. Sometimes the work can be difficult and time-consuming, but mostly it is enlightening, character-building, rewarding and just plain fun.

See you at the annual meeting!



2012 FOREST LAKE ASSOCIATION ANNUAL MEETING MINUTES

Meeting held on July 21, 2012, Methodist Church Hall, Cumberland

Meeting called to order @ 8:45 am after all enjoyed delicious potluck breakfast buffet.

Secretary report: read and accepted. Treasurer report: read and accepted.

Water quality: Bob Heyner

Surface temp 82 degrees; at 12 feet temp is 54 degrees; Secchi disc reading shows water clarity to 4.9 m/15 feet.

E coli check to be done over Labor Day. Lake in good shape. Holding her own.

Concern was expressed over fireworks going off and falling into lake. One of the attending members asked if anyone knew what the effects on the lake are. The board agreed to research to see if any significant harm is caused by the fireworks. Members then had a discussion about the overall improvement in lake quality. They discussed past of poor lake quality, trash in lake. It was noted that in the early 1990s, FLA became more aggressive in stewardship of lake. Workshops were sponsored. Entire watershed survey was completed, and federal 319 clean water act grants enabled significant work to be done that has decreased phosphorous run-off into the lake.

Safety report: Ed Keenan

Ed's 8th season as safety officer. Thanks Ed!

Ed opened by asking if there are any new attendees and introduced a new couple on lake, Charlie Mitchell and Kim Higgins.

Safety boating rules were reviewed: Reminder of headway speed in areas marked with buoys or near shore (state law requires headway speed within 200 feet from shore). No power crafts between rafts and shore. Life jackets must be on board and out of plastic wrappers. Must be worn if < 10 yrs of age. Towing skiers dusk to dawn only. Must have spotter. Running lights must be on after dark.

Jet skis over age 16 after safety course.

All motorized watercraft must be registered and stickered.

Fishing license required for 16 years old and up. Out of state 12 years and up

Alcohol level same as cars. Don't drink and drive a boat. This is Maine law.

Karen Hall added that we need to stress a sense of community to keep the lake clean and safe. Watch out for neighbors. If dock washes up, tie it up. If a boat is swamping, bail it out. If you see something wrong, report it or contact owner. Inform renters, etc. of lake rules, especially counterclockwise boating.

Break for raffle and Pie Auction.

Plant Patrol Report: Karen Hall

Milfoil scare turned out to be just that a SCARE. WE DO NOT HAVE INVASIVE, NON-NATIVE MILFOIL IN FOREST LAKE. We have native species of Farwells and low water milfoil. Growths have died back as cycle ended. Likely a "bloom and doom" scenario.

We have 4 known naiad species, which is a sign of a healthy lake.

Many other species, a lot of bladderwort this year.

Karen suggested that anyone interested in learning more about the plants in the lake should consider joining the plant patrollers. Snorkeling is fun and opportunity to see all the plant life.

Connor Hughes passed around samples of native plants.

Contact Karen or plant patroller if you see something you worry about.

General: Jim Gameros

Property maintenance essential to lake health. Clearcutting in 0-250 feet from shore (shoreland zoning) is illegal. Any other plant removal or tree cutting needs to be approved by town and done with shoreland zoning permit. If you see unpermitted work, especially clearcutting, take pictures, report to town code officer.

Members discussed video documenting the shoreline so that we have comparison pictures when someone decides to clear trees and plants without a permit. Clearcutting is harmful to the lake because it allows more phosphorus runoff.

Water level can no longer be lowered or raised. Risk of harming properties. Eutrophication is occurring naturally in swamp area on southeast area of lake.

Large tree fallen in water at corner of Heyner's property. This is a danger to boaters as it is mostly submerged. Bob would appreciate anyone's willingness to pull it out. Self-monitoring, helping our neighbors, watching each others' property was emphasized.

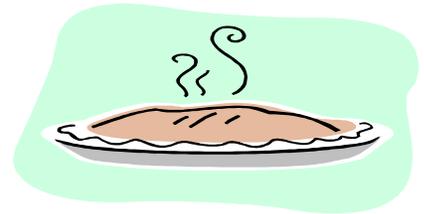
Elections

Officers: President : Karen Hall, Vice President: Jim Gameros

Secretary: Janene Gorham, Treasurer : Ralph Ludington

Approved and accepted unanimously.

Pie Auction Annual Meeting, July 20



Please bring your favorite home baked pie, cake, or other deliciousness to the annual meeting. Proceeds from the auction will be used to support lake association activities such as water quality testing.

Important Contacts:

Lake Association Officers

Please call if you have questions about lake association activities and meetings:

Karen Hall	President	657-6933
Jim Gameros	Vice President	657-6933
Ralph Ludington	Treasurer	829-5217
Janene Gorham	Secretary	829-3878

Other board members: Ed Keenan, John Gorham, Greg Schulz, Barbara Tellefson, Elizabeth Hamilton, Paula Curcio.

Invasive Plant Patrollers

Please contact one of the patrollers if you find a suspicious plant in or near your water. These folks are trained to recognize invasive plant species.

Ed Keenan	657-6463 ekeenan@maine.rr.com
Jim Gameros	657-6933 jgameros@aol.com
Janene Gorham	829-3878 jgorham6@maine.rr.com

Code Enforcement Officers

Please contact if you see code/building violations on watershed properties, especially work that will result in wastewater or phosphorus run-off into the lake.

Gray

Tom Markley, Code Enforcement Officer
657-3112
code@graymaine.org
tmarkey@graymaine.org

Windham

Heather McNally, Director of Code Enforcement
hmcnally@town.windham.me.us
892-1901

Invasive Aquatic Plant Species

An invasive aquatic plant species is a plant that is introduced to an area where it does not naturally belong. Since these species are not native (belong naturally) to that area, they have no local predators and can begin to reproduce and grow unchecked. Generally, aquatic invasive species are harmful to all aspects of a watershed including water quality and health, recreational activities, and the local economy in terms of businesses and property values. Organisms like zebra mussels, milfoil, and mystery snails begin to dominate an area and outcompete other aquatic life for necessary resources like living space and nutrients.

Lake associations do their part by helping to spread information and employing Courtesy Boat Inspectors, who are like the last line of defense before an invasive species enters a body of water. They check boats and trailers before they enter a lake and again as they come out for unwanted hitchhikers, like milfoil. Invasive Plant Patrollers search lake bottoms and shorelines for invasive plants. The goal of the IPP is early detection of these invaders, so that they can be removed before they cause problems in the lake.

The more you know about aquatic invasive species, the more you can do to help prevent their introduction and spread in a watershed. (Information from Maine COLA, <http://www.mainecola.org/EDUCATION/LakeScienceintheField/AquaticInvasiveSpecies/tabid/193/Default.aspx>)

Cumberland

Bill Longley, Code Enforcement Officer
829-2207
wlongley@cumberlandmaine.com

Boating/Fishing Safety

Anonymous Boating Regulation Violations
1-800-253-7887

Maine Game Warden, Gray Regional Headquarters
657-2345/1-800-482-0730

Maine Department of Inland Fisheries and Wildlife
287-8000

Wildlife Injury or Death

Maine Audubon Society
Susan Gallo, wildlife biologist
781-2330

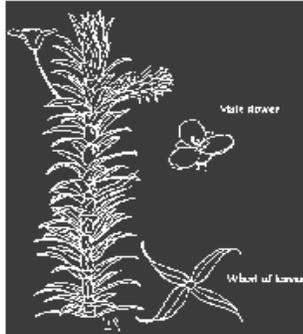
Maine Department of Environmental Protection (DEP)

The "on-call" system: If you have a question relating to permitting or licensing, enforcement, or general questions related to water quality, please call your nearest regional DEP office, describe your question to the receptionist, and ask to speak to the "on-call" person. Portland (Southern Maine Regional Office) 822-6300; 888-769-1036

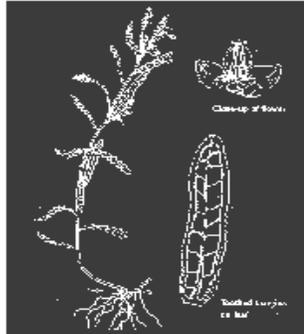


MAINE'S ELEVEN MOST UNWANTED

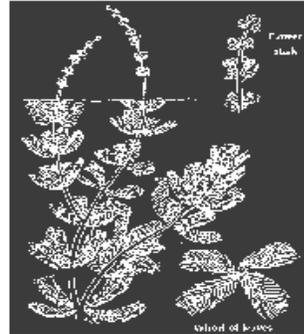
Under Maine law, it is now illegal to transport ANY aquatic plant on the outside of a vehicle. It is also illegal to sell, propagate, or introduce to Maine waters these eleven invasive aquatic plants.



Brazilian elodea
(*Egeria densa*)¹



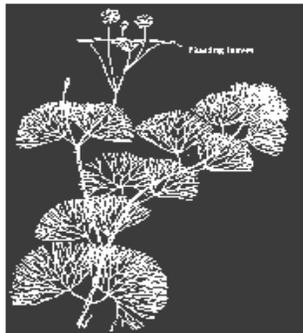
Curly-leaf pondweed
(*Potamogeton crispus*)²



Eurasian watermilfoil
(*Myriophyllum spicatum*)¹



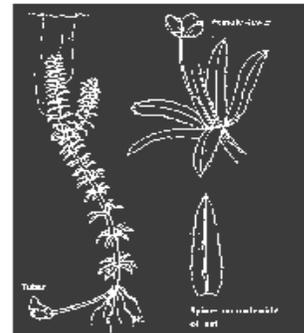
European naiad
(*Najas minor*)²



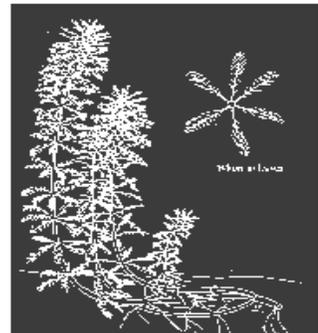
Fanwort
(*Cabomba caroliniana*)³



Frogbit
(*Hydrocharis morsus-ranae*)⁴



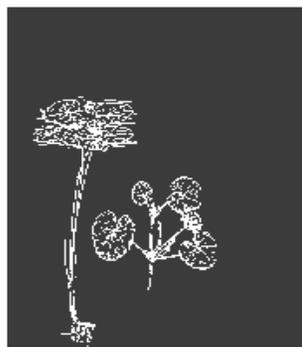
Hydrilla
(*Hydrilla verticillata*)¹



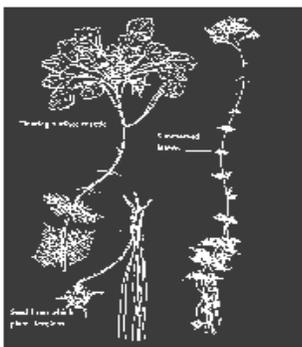
Parrot feather
(*Myriophyllum aquaticum*)¹



Variable-leaf watermilfoil
(*Myriophyllum heterophyllum*)³



Yellow floating heart
(*Nymphoides peltata*)⁵



Water chestnut
(*Trapa natans*)³

¹ Aquatic plant line drawings are the copyright property of the University of Florida Center for Aquatic Plants (Gainesville)

² Water Plants for Missouri Ponds. Copyright 1990 by the Conservation Commission of the State of Missouri.

³ Aquatic Plants of New England Series. G.E. Crow and C.B. Hellquist 1983. Illustration by Pam Bruns.

⁴ "The Families of Flowering Plants: Descriptions, Illustrations, Identification, and Information Retrieval." L. Watson, and M.J. Dallwitz.

12th Version: January 1998

⁵ Aquatic and Wetlands Plants of Northeastern North America. G.E. Crow and C.B. Hellquist. University of Wisconsin Press, Madison

Boating & Swimming Safety

Common sense and courtesy should dictate your actions on the lake this summer, but if you are a new boat or personal watercraft owner, or if you just haven't reviewed the rules for operation of watercraft lately, take a look at the illegal practices chart below. Also note the lake depths, especially if you are wakeboarding!

Be Aware of Swimmers!

In a lake as small as Forest Lake, it's easy to forget that boats and jet skis are supposed to stay 200 feet from shore when operating above no-wake speed. As you move closer to shore, be aware that your wake may swamp the floatation device of a poor swimmer or send a wave crashing over the head of a small child.

Watch out for swimmers who swim the shoreline (or cross the lake!). Swimmers, if you'll be swimming away from the shoreline or crossing a waterski pickup or drop off point, wear a brightly colored bathing cap. Swim with a buddy. Use a spotter for a cross-lake trek.

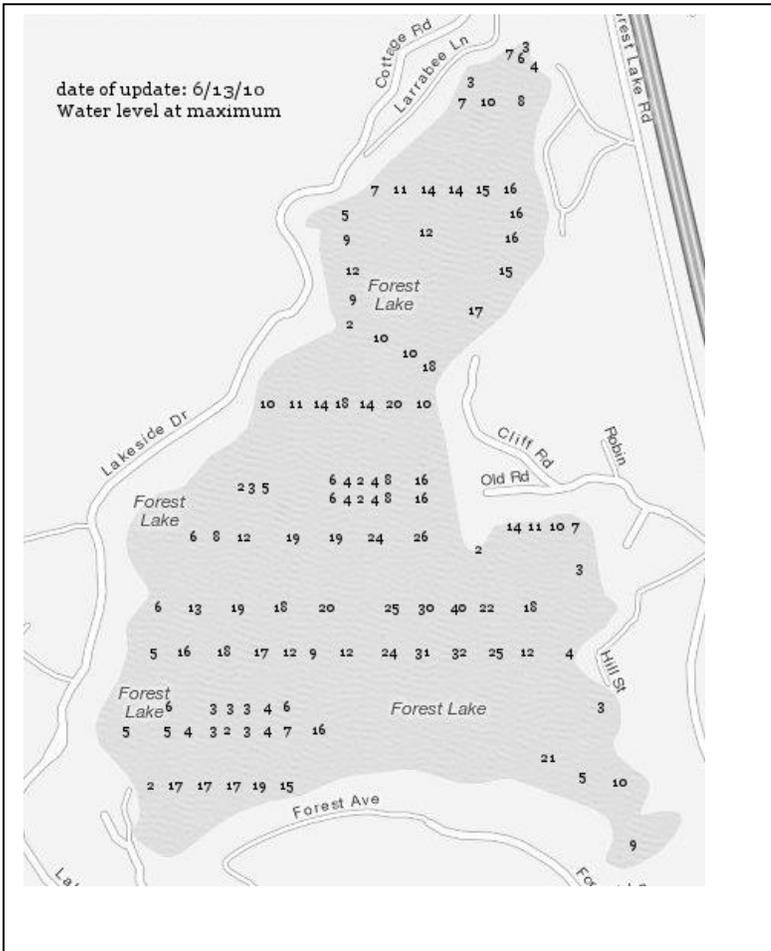
Parents, don't leave your young children unattended in the water.

According to the CDC, nearly 4000 drownings occur in this country each year; that's over 10 drownings per day. Let's keep Forest Lake safe!

Unlawful Watercraft Operation

Maine law states that these dangerous operating practices are illegal:

- **Reckless Operation** of a vessel, water ski, surfboard, or similar device is operating in a manner that recklessly creates a substantial risk of serious bodily injury to another person. For example, weaving your vessel through congested waterway traffic is illegal, reckless operation.
- **Operating To Endanger** is operating a vessel, water ski, surfboard, or similar device in a manner that endangers any person or property.
- **Imprudent Operation of a Vessel** is engaging in prolonged circling, informal racing, wake jumping, or other types of continued and repeated activities that harass another person while operating on Maine waters.
- **Operating Within a Bathing Area** is operating a motorboat in an area that is marked or buoyed for bathing (swimming).
- **Operating To Molest Wildlife** is chasing, molesting, harassing, driving, or herding wildlife with your vessel, unless allowed during the open season on that species.
- **"Headway Speed"** means the slowest speed at which it is still possible to maintain steering and control of the vessel.
- **Improper Speed or Distance** is not keeping a proper speed and distance while operating a vessel. You may not:
 1. Operate at a rate of speed that is not reasonable and prudent for existing conditions.
 2. Operators must regulate their speed to avoid endangering, injuring, or unnecessarily inconveniencing another vessel and its occupants, whether anchored or underway.
 3. Operators also must also consider the effect of their vessel's wake on waterfront piers, floats, other property, or shorelines.
 4. Operate a vessel at greater than "headway speed" while within 200 feet of any shoreline, including islands.
- **Unlawfully Permitting Operation** is negligently permitting another person to operate your vessel in violation of Maine law.
- **Exception:** Vessels may operate at greater than headway speed in the areas listed above while actively fishing or while following a direct course to pick up or drop off skiers.



Forest Lake Association
PO Box 793
Gray, ME 04039

2013/2014 Membership
Dues and Information

Yes, I'd like to do my part by becoming a current member of the Forest Lake Association.
(Dues year runs June 1st through May 31st)

Name(s) _____ (one household is one membership)

Mailing Address _____

___ My check for \$25.00 made out to "Forest Lake Association" is enclosed

___ I am interested in being contacted in regards to special projects

___ I am interested in being considered for the Board of Trustees (3 year position) at
the annual meeting

Phone number _____

------(cut here to return membership)-----

Forest Lake Association
PO Box 793
Gray, ME 04039