



## 2024 ANNUAL MEETING

# July 20, 2024

### 8 AM Breakfast Potluck • 8:30 AM Meeting

West Cumberland United Methodist Church  
5 Upper Methodist Rd., Cumberland

## Message From Jan Lavallee

### LAKE ASSOCIATION PRESIDENT

Greetings Forest Lake Association members and friends,

My collection of lake decorations has grown over the years and many of them share a common lake saying such as "Life is better at the lake" or the direct "Go jump in the lake." Some of them even have an arrow to point the way! One of my favorite sayings is "If you're lucky enough to live near the lake, you're lucky enough." I've reminded myself of that saying quite a bit lately with all that's happening in our world. Looking out onto the lake this spring listening to the peepers and the first loon calls, I really do feel lucky. Lucky to have this little piece of paradise and lucky to be surrounded by neighbors that love this lake as much as I do. Unfortunately, we cannot depend on luck to keep our lake clean and healthy. As stewards of Forest Lake, we all have a responsibility to protect and preserve it.

Our annual meeting will include information on invasive species that could threaten our lake's survival and beauty. We all need to be vigilant in cleaning our boats and making sure we are doing all we can to protect Forest Lake. We are lucky to live near a lake, but we need to take actual steps to keep it around for future generations.

I hope to see you at our Annual Meeting in July. Here's to another great year on the lake!

Sincerely, *Jan*



## Forest Lake Board of Trustees

### OFFICERS

Jan Lavallee,  
*President*

Gino Sferra,  
*Vice President*

Ted Ney, *Treasurer*

Paula Curcio,  
*Recording Secretary*

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Janene Gorham

Heidi Joy

Greg Schulz

Cathy Whorf

Connor Hughes [Alt]

Donald Hughes [Alt]

Hilarie Kennedy [Alt]

Pat Larrabee [Alt]

Antonio Rocha [Alt]

### THANK YOU NEWSLETTER CONTRIBUTORS

**Editors:** Debbie Hastings, Heidi Joy, Cathy Whorf

**Contributors:** Paula Curcio, Janene Gorham,  
Connor Hughes, Jan Lavallee, Ted Ney

## Annual Raffle

CHANCE TO WIN JUST FOR ATTENDING!



Everyone that attends the annual meeting on July 20th will receive a raffle ticket to put toward winning donated goods and services. Additional tickets can be purchased at the meeting.

**DONATE A PRIZE!**

Gift certificates, hand crafted items, services, ornaments, anything is accepted!

**Email: [president@forestlakeme.org](mailto:president@forestlakeme.org)**

# Shoreline Safety

## MAINE LEGISLATURE PASSES NEW BILLS

ARTICLE BY DEBBIE HASTINGS & TED NEY

The Maine Legislature finalized a set of bills intended to protect and enhance water quality on freshwater lakes and ponds. The bills, each passing with bipartisan support, tackle a variety of emerging freshwater issues, including aquatic invasive species, shoreland zoning, and wake boats. The bills passed include:

### LD 2101 – An Act to Strengthen Shoreland Zoning Enforcement

State and municipal shoreland zoning laws help protect water quality and wildlife habitat by limiting development and clearing along the shores of Maine lakes. Some homeowners and developers violate shoreland zoning laws by cutting healthy trees along the water's edge, removing shrubby vegetation that stabilizes shoreline and helps keep water clean, or by adding jetties, stairs, boat launches, sand, and other features without the necessary permits. Fines may be assessed and paid as the "cost of doing business," but the damage remains. This bill gives Maine's towns and the Land Use Planning Commission (LUPC) a necessary tool to help stop these egregious violators, including the ability to suspend or revoke violator's permits; and file civil action to recover fees or penalties. *This bill was enacted by the Maine State Legislature on April 1, 2024.*

### LD 1342 – An Act to Increase Funding for the Prevention and Control of Invasive Aquatic Species

This bill adjusts the cost of the "Preserve Maine Waters" sticker, which all motorized watercraft must display in Maine, to better fund our state's natural resource agencies' work to help combat invasive species. The Maine State Legislature's Inland Fisheries and Wildlife Committee unanimously agreed to amend the original bill to include an increase in the cost of these stickers next year by \$10 for in-state and \$15 for out-of-state boats in order to help generate hundreds of thousands of dollars for this essential work, along with another funding bump in 2028. *This bill was enacted by the Maine State Legislature on March 28, 2024.*

### LD 2284 – An Act to Implement Recommendations in the Department of Inland Fisheries and Wildlife's Report on Wake Boats

"Wake boats" are powerful boats equipped with ballast tanks and other mechanical systems designed to enhance the size of the boat's wake for wake surfing. The boat's extra-large waves crash against shorelines with more force than typical watercraft, causing erosion, disturbing sediments, and, sometimes, washing over the nests and eggs of Common Loons. Maine already has a "boater safety zone" law that requires boats to make headway speed within 200 feet of shore, but that distance is not enough to dampen the impact of these new, larger waves. Informed by a diverse stakeholder process facilitated by the Maine Department of Inland Fisheries and Wildlife held over the summer of 2023, the legislation addresses wake boat-related impacts to wildlife and human communities, including language to prohibit an individual from operating a motorboat in less than 15 feet of water or within 300 feet of the shoreline when the motorboat is engaged in a wakesurfing activity. *This bill was enacted by the Maine State Legislature on April 3, 2024.*

### NEW LAW FOR BOATERS UNDER 25

Beginning January 1, 2024, a person born on or after January 1, 1999, may not operate a motorboat greater than twenty-five (25) horsepower for recreational boating purposes on inland waters of this State or territorial waters, unless that person is 12 years of age or older and has completed a boater safety and education course. These persons must possess and present a boater safety and education course certificate for inspection upon request to a law enforcement officer.

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

### BE A NEIGHBORLY BOATER

Please remember that the boat traffic pattern on Forest Lake is **COUNTER CLOCKWISE**. This is especially important for boaters pulling skiers, boarders, and tubers.



# Water Quality Report

REPORT WAS SUBMITTED BY JANENE GORHAM

Paula Curcio and Janene Gorham are the certified water quality monitors on Forest Lake. Greg Schulz is scheduled to take the refresher course. Greg was one of the first on the lake to start monitoring 30 years ago and is an excellent resource for water quality assessments.

It is necessary to have a boat that allows easy access to water. We do the testing every 2 weeks as recommended by LSM once we have access to the water. Ideally this should be done starting in early May to October.

We routinely run two tests: Dissolved Oxygen & Secchi. These testing measures require classes and certification by Lake Stewards of Maine. Information on how to become certified can be found on the Lake Stewards of Maine site: [lakestewardsofmaine.org](http://lakestewardsofmaine.org).

## Dissolved Oxygen

DO, dissolved oxygen, monitors oxygen content of water at surface, then down one meter at a time. An adequate level of dissolved oxygen (DO) in lake water is essential to most life in the lake. DO is also a sensitive indicator of lake water quality, and it influences lake chemistry.

DO levels in lakes are strongly affected by water temperature, which is why the two indicators are nearly always displayed together. Lake water temperature has a strong bearing on many physical, chemical and biological processes in lake ecosystems.

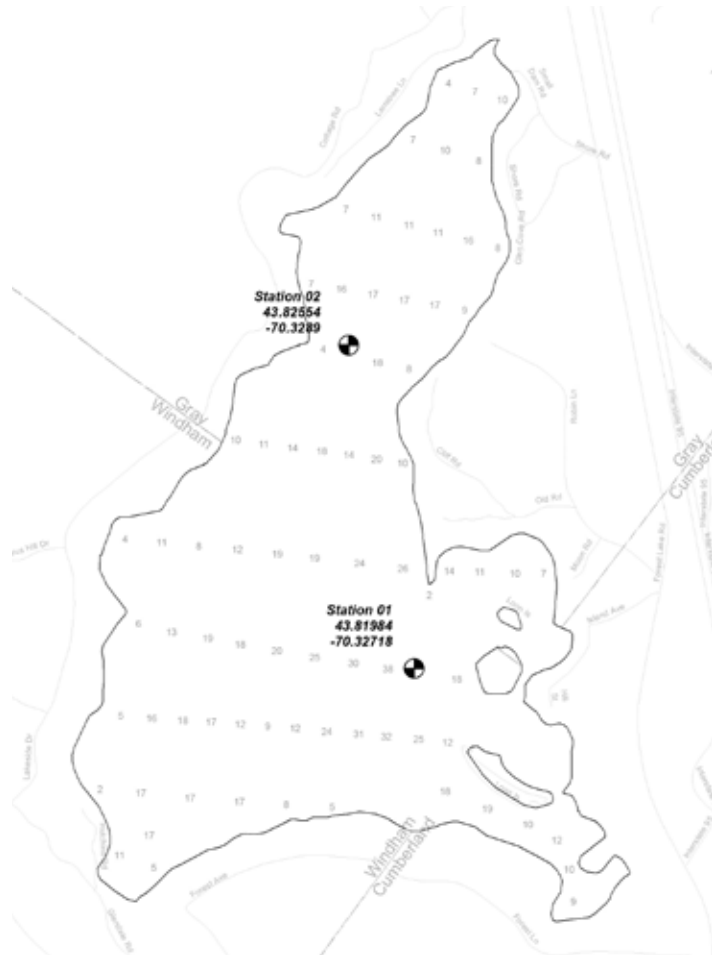
Dissolved oxygen falls to zero during summer months at about 6 to 7 meters.

## Secchi Disc

The Secchi Disc a black and white disc that is lowered into water that measures water clarity. Forest Lake water clarity and dissolved oxygen levels have been stable for past 10 years.

Clarity is on average 4 to 5 meters deep (how far down you can see the Secchi disc) . That is 12 to 15 feet.

Both measuring devices will be available to see at the Annual Meeting.



2023 SECCHI DISC & DISSOLVED OXYGEN LEVELS

Secchi readings were lower than usual in 2023 due to increased color of water from tannin caused by heavy rainfall.

Date	Secchi	DO Drop Off
9/21/23	4.1 M	7 M
9/04/23	3.7 M	5 M
8/14/23	3.9 M	5 M
7/24 /23	4.7 M	5 M
7/09/23	3.2 M	6 M
6/16/23	3.6 M	NA



WANT TO LEARN MORE?

[LakeStewardsOfMaine.org](http://LakeStewardsOfMaine.org)

GOOD TO KNOW YA!

# Meet Our Winter Swimmer: Amy Sturgis

INTERVIEW & ARTICLE BY HEIDI JOY

## How did you come to be on Forest Lake?

My great-grandparents “won” a camp on Shore Road at a Home Show at the Portland Expo on a 5-cent lottery ticket. They would bring their kids there in the summer and the kids would camp out in an army tent in the back yard! Later, they bought the place we live in now on Glen Cove, and used it as a seasonal camp during the summer. I remember spending 2 weeks here with them in the summer, I learned to swim here. They would also occasionally use it as a place to ice fish in the winter.

When my grandparents were ready to sell the Glen Cove camp, I had been living here for a couple of years and was the only family member who was interested in buying it. So in 2001, my husband Matt and I bought the camp and have owned it ever since.

## Frozen swim/dipping: How did you start?

I have always been an avid swimmer. But I was first introduced to this cold water/ice dipping 3 years ago when a friend who lives on Little Sebago invited me to try it with her group who would go to the ocean at Falmouth Town Landing for their cold dips.

My first dip was at the town landing in February 2022 and was only about 15 seconds.

Everyone in the group helped coach me by helping me learn how to “breathe” through the cold and adjust. It’s comparable to learning breathing techniques in a “Lamaze” class! I’ve been part of the group ever since. We go every Saturday and Sunday morning at 9am after a “hot yoga” session, which helps us relax before taking the plunge.

## How long do you stay in the cold water?

In the ice, we try to stay in the water for 3 minutes. Last night (April 29, 2024) I went in the water here at the lake. With the lake temp at 54 degrees I lasted 13 minutes. After doing this a few times, you start to learn when your body is ready to get out. Many of us use “swim coats” (which look almost like fleece-lined sleeping bags you wear) when we get out of the water. They are big enough so we can change out of our wet swimsuits in the parking lot while staying warm and covered up.

## Are there health benefits to ice/cold water dips?

It is a HUGE mood elevator. I can be feeling tired or just emotionally drained at the end of a day. This cold water/ice dipping can completely turn my mood around and make me feel energized again. It is also good for treating inflammation. Think about it like Physical Therapy where you might treat an injury by applying heat and cold alternately.

## What advice would you give anyone who might consider trying this?

It is nice to go and try it, but is safest to go with someone else. Once in the cold water, concentrate on your breathing and stay calm. Neoprene booties help to keep your feet warmer which can help you feel warmer for longer. Some people also wear the neoprene gloves.



# Take A Hike

ARTICLE BY CATHY WHORF

We have a new trail in our backyard! Well, just to our west anyway. The East Windham Conservation Project had its Grand Opening on May 4th. This is the first phase of a three phase project and it is literally connecting to a whole new world of trails throughout Greater Portland. At least that's how I see it after doing a lot of research on 'where do I go next!' It connects to Lowell Preserve and beyond into Falmouth. Someday it'll be close enough for some of us here on Forest Lake to walk to. Many of you remember Atherton Tower and that spot is included on this parcel. An observation tower will be put up during the 3rd phase of this project.

Phase 1 is open to hiking, mountain biking and running. Horseback riding was originally supposed to be included but I am not seeing it on the trail map at this time. Stay tuned for updates on that. Snowmobiles and ATV's are permitted also. The trail maps are a wonderful source of information regarding trail etiquette. Phase 2 will include an additional trail and will have universal access for folks with limited mobility. This should be ready in 2025.

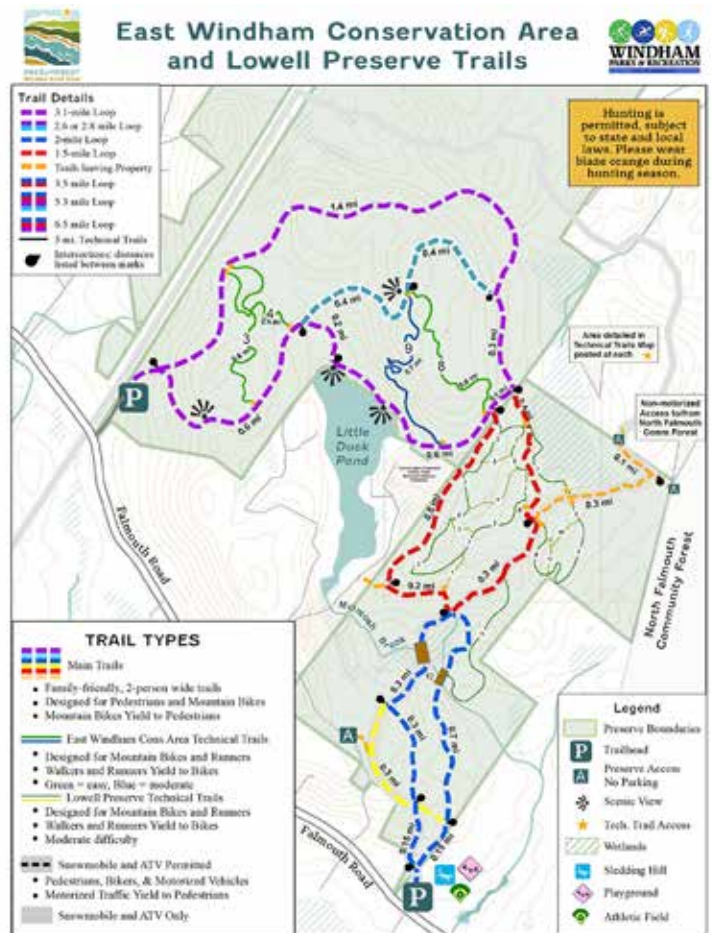
You can find this gem at 187 Falmouth Rd, right before the power lines. There's plenty of parking. The trail I walked is hilly but clear and wide. We were brought to a view point which looks out at the White Mountains. This lookout includes signage explaining what peaks you are looking at. You can also visit the water's edge by Little Duck Pond. There are several other trails that I will be exploring and I look forward to walking over to the North Falmouth Community Forest. I might even bring my hybrid bike up there for a spin!

To learn about more trails in the area please visit:

[prlt.org](http://prlt.org) | [rrct.org](http://rrct.org) | [Falmouthlandtrust.org](http://Falmouthlandtrust.org)

I have to warn you though, there is so much out there to explore and so many trails to choose from, you will find yourself having a hard time choosing where to go next!

**Happy Hiking!**



# Invasive Plant Patrol

ARTICLE BY CONNOR HUGHES

## WE ARE IN NEED OF PLANT PATROLLERS!

My name is Connor Hughes, and I recently took over the role of the head of the plant patrol committee. With summer on its way, and many new boaters on the lake, the thought on many minds is the safety of our lake from milfoil and other invasive species. We need more plant patrollers! All it takes is a short training course through Lake Stewards of Maine to become certified, and then snorkeling around the shoreline of a designated zone to check for any invasive plants that threaten our lake.

**Please reach out to me at [connorhughes623@gmail.com](mailto:connorhughes623@gmail.com)** if you are interested in becoming a certified plant patroller to help keep our lake clean.

**OVERVIEW**

- Group of people (12+)
- Survey for different species of invasive plants
- Each person/family is given a zone to snorkel and survey
- Any suspicious or questionable looking plants are reported to other plant patrollers
- 17 total zones

**EDUCATION**

- IPP (Invasive Plant Patrol) In person class
- Lake Stewards of Maine Certification

<p><u>Plant Paddles</u> Guided groups Observe plants Practice safe collection and identification</p>	<p><u>Live Plant ID's</u> Classroom setting Learning Stations Studying and Comparing plants</p>
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## Just for Fun

PUZZLE CREATED BY PAULA CURCIO

BOATS

FUN

SWIM

COTTAGES

LOONS

WATERSKIS

DOCKS

FOREST LAKE

FISHING

SUN

F	O	R	E	S	T	L	A	K	E
Q	S	I	K	S	R	E	T	A	W
A	X	B	U	V	S	F	N	S	F
F	T	N	L	W	M	N	E	P	Q
I	U	T	B	I	D	G	O	N	E
S	M	Z	W	O	A	M	G	O	E
H	Q	S	C	T	A	D	B	J	L
I	B	K	T	A	G	T	N	U	F
N	S	O	J	F	X	M	S	E	V
G	C	E	N	G	U	X	P	J	I



## Membership Application

If you'd like to support the Forest Lake Association's goals of quality, safety, and community, you can start by becoming a member of the Forest Lake Association. FLA Membership is only \$25/year and runs from July 1 - June 30. Membership is for the entire household/residence.

JOIN USING A CREDIT CARD ON OUR WEBSITE

[www.forestlakeme.org/join](http://www.forestlakeme.org/join)

If you would rather mail a check, use the application below.

NAME(S): \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

- My check for \$25 made out to "Forest Lake Association" is enclosed.
- I am interested in being contacted regarding special projects.
- I am interested in being considered for the Board of Trustees (3-year position). I understand that new board members are elected at the annual meeting.

MAIL TO:  
**FOREST LAKE ASSOCIATION**  
**PO BOX 793 • GRAY, ME 04039**

**HEADWAY  
 SPEED ONLY**

THANKS TO HEIDI AND BOB JOY FOR  
 PUTTING IN THE BUOYS.

Remember to use headway speed  
 within 200 ft. of the shoreline.



*Lend Us a Hand!*

*The Forest Lake Association is always in need of volunteers in any capacity. Help keep our lake a safe, clean, and happy place to live.*

**Contact: [president@forestlakeme.org](mailto:president@forestlakeme.org)**

## Road Association Contacts

Road Association Name	President & Contact
Lakeside Drive, Windham Home Owners Association	Scott Campbell, President - <a href="mailto:scott@campbellkin.com">scott@campbellkin.com</a>
Forest Lake Shore Road Association (Gray)	Rob Tellefsen - <a href="mailto:Rtellefsen6@gmail.com">Rtellefsen6@gmail.com</a>
Larrabee Lane Road Association (Gray)	Kirk Jurgelevich & Ed Keenan - <a href="mailto:EKeenan@maine.rr.com">EKeenan@maine.rr.com</a>
Harrison Rd & Forest Ave Road Association (Windham)	Richard Norton, President - <a href="mailto:hrrfaroadassociation@gmail.com">hrrfaroadassociation@gmail.com</a>
Lakewood Park Road Association (Cottage Rd, Gray)	Joseph Curcio, President - <a href="mailto:Jacurcio@netscape.net">Jacurcio@netscape.net</a>
James Way Road Association (Windham)	Michael Manning - <a href="mailto:Jamesbruschiatlanticroads@gmail.com">Jamesbruschiatlanticroads@gmail.com</a>

## Who To Call

**FOR EMERGENCIES, ALWAYS DIAL 911**

**Maine Warden:** 657-2345 or 657-3030

**Windham Police:** 892-2525

**Gray/NG Sheriff:** 926-4141

**Cumberland Police:** 829-6391

**Animal Control Officer:** 893-2810

**Avian Haven:** 382-6761

**Forest Lake Association:** admin@forestlakeme.org



## Visit Us Online



@forestlakeme



www.ForestLakeME.org



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