



2026 ANNUAL MEETING

July 18, 2026

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

As we look back on another year at Forest Lake, we are grateful to report that it has been a quiet and steady season in the best possible way. Our lake continues to be healthy, beautiful, and a wonderful place to experience Maine at its finest. From early morning paddles and afternoons on the water to evenings spent enjoying the view, Forest Lake remains a special place that brings so much joy to all who spend time here.

This year’s annual meeting in July will offer us an opportunity to reflect on the past and celebrate the rich history of our lake community. The history currently published on our website, forestlakeme.org, traces Forest Lake (once known as Goose Pond) from its appearance on maps in the late 1700s through 2004. We know there are many more stories to tell, and we would love your help in continuing that record. We hope to have a display of photographs, memorabilia, and artifacts at the meeting, and we warmly invite members to bring items to share or to reach out in advance to any member of the Board of Trustees.

One of the most cherished traditions of our annual meeting is hearing how long individuals and families have lived on or visited the lake. Those stories remind us that Forest Lake is more than a place—it is a community built across generations. Whether your family has been here for a century or this is your very first year, I am certain Forest Lake has found a place in your heart, just as it has in mine. Please join us this July and help us write a little more history together.

Warmly, *Jan Lavallee*



HELPING HANDS

PLANT PATROLLERS - WE NEED YOU!
email: president@forestlakeme.org

Forest Lake Board of Trustees

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THANK YOU NEWSLETTER CONTRIBUTORS

Contributors/Editors: Janene Gorham, Debbie Hastings, Heidi Joy, Hilarie Fotter Kennedy, Larry Lare, Jan Lavallee, Ted Ney, Gino Sferra, Cathy Whorf



CHANCE TO WIN JUST FOR ATTENDING!

Everyone that attends the annual meeting on July 18th will receive a raffle ticket to put toward winning donated goods and services. Additional tickets can be purchased at the meeting.

DONATE A PRIZE!

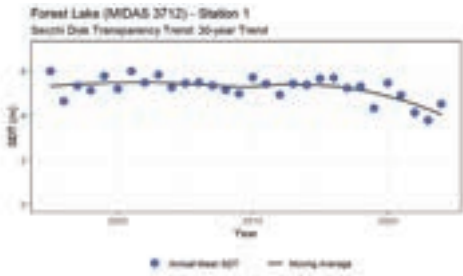
Gift certificates, hand crafted items, services, ornaments, anything is accepted!

Email: president@forestlakeme.org

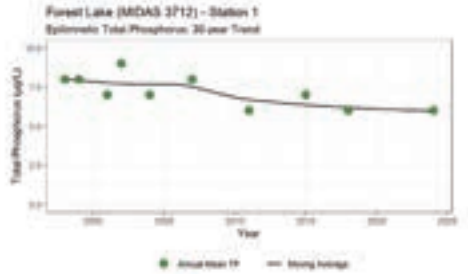
Water Quality Report

BY JANENE GORHAM AND LAKESOFMAINE.ORG

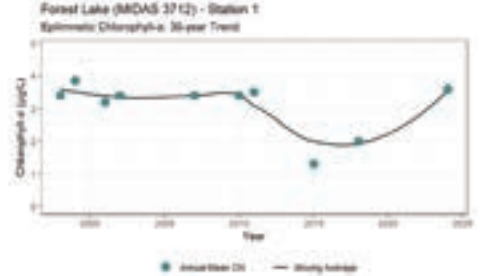
Secchi Disk Transparency data for Forest Lake shows that the trend is significantly decreasing, which places it in the Good category.



Total Phosphorus data for Forest Lake shows that the trend is significantly decreasing, which places it in the Good category.



Chlorophyll-a data for Forest Lake shows that the trend is stable or too variable to detect trend, which places it in the Good category.



Ice-In / Ice Out

ARTICLE FROM LAKE STEWARDS OF MAINE

Lake Stewards of Maine tracks when lakes freeze (ice-in) and when they become ice-free (ice-out). While ice-out has historically been recorded, tracking ice duration is increasingly important for understanding changing climate conditions. Ice on Lake Auburn Ice-out is declared when a lake becomes navigable or mostly ice-free. Methods vary by lake:

- Complete ice disappearance
- Main basin becomes ice-free
- Approx. 80% of ice cover is gone

Important: Always follow the historical method used for your lake when possible. If no record exists, we recommend declaring ice-out when the lake is mostly navigable. Ice-in occurs when a lake becomes fully or nearly fully ice-covered. Because lakes may freeze and thaw multiple times, we track:

- First ice-in event
- Final, sustained ice cover

Note: Skim ice should not be considered ice-in.

Methods for Tracking Ice-Out

Consistency is critical. If your lake already has a method, continue using it. If not, consider the following approaches:

- 1. Use Multiple Observers:** Create a small group responsible for observations. This ensures continuity and reduces the chance of missed events.
- 2. Establish a Photo Station:** A photo station provides a fixed viewpoint to document changes over time. This helps create consistent, comparable records year to year. Photo stations can be simple (e.g., a marked post) or more permanent structures. The key is a stable, repeatable view that will not be disturbed. These images illustrate landscape change over time using a fixed observation point.
- 3. Choose a Method That Fits Your Lake:** Lake characteristics (size, basins, shading, hydrology) influence ice behavior. Choose a method that works for your lake and apply it consistently.

LAKE TRAFFIC

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



History of Forest Lake Public Beach

BY HEIDI JOY

Preface: We wanted to provide the Forest Lake residents with a bit of history of the lake in this issue of the newsletter. The topic...the history of the Public Beach. It was difficult to find supporting documentation of its original owners, dates it was opened/closed, and reopened and by whom. Historical notes from the Forest Lake Association archives were referenced, along with a couple members of the Copp family. Still, details were difficult to confirm and verify. We've done our best to piece together what we have found, but will note that some of the information may not be 100% complete or accurate.

1955

At the south end of Forest Lake, a public beach was opened and was known as Welch Beach. The beach was at the end of "Welch Beach Road", what is now "Goose Pond Road".

The beach catered to many residents of the surrounding towns. Welch Beach offered attractions such as small rides and food concessions. There was even an Inn and rental cabins as part of the attractions, operated by the Welch Family. At some point the beach closed due to increased regulations.

1972-1974

Public Beach returns to operation by the Copp and Allen families. Visitors are charged 50 cents per person or \$3.00 per carload to enjoy lake activities. They too offered attractions such as a snack bar, swings, teeter totters, horseshoe pits and even donkey rides. There was also a swim raft with 2 diving towers for swimmers to use. Concerns surrounding water quality closed the operation in 1974.

1979-1984

Forest Lake Days. Picnic lunch and barbecues were held on the south end (Copp's) beach. Canoe Races were popular (around part of the lake). One result shows that Andy Brown & Steve Googins took first place.

TO THE RIGHT: Portland Press Herald Article Dated August 8, 1938 »



GOOD TO KNOW YA! Getting To Know Larry Lare

INTERVIEW BY HEIDI JOY

How did you come to live on the lake? And how long have you lived here?

In 1954 my parents bought and lived in the 20 foot, 1 bedroom travel trailer on the lot where I live now. The trailer had a 12'x12' addition which is where all the bedrooms were. There was just a small kitchenette.

In 1955 I was born and was 4th of 4 children. Eventually my mother decided the trailer was too small for us all so they bought a home in Portland. After that we just spent summers here at the lake.

Eventually I came to own the lot and built my garage in 1989. I built the house that I live in now in 1992 and have been here ever since.

What do you love most about the lake?

I really like seeing the quality of the lake being maintained. I used to love seeing and hearing the wildlife near and around the lake. It is great to see all the positive changes that have been made over the years. Especially now that the year-round residents have slowly increased and properties are being updated. It used to be ~75% seasonal and 25% year-round.

What is your favorite memory on the lake?

The old public beach (what we now refer to as "Copp's Beach"). Playing there you could make new friends every day. The snack bar would sell hamburgers and hot dogs and basic ice cream treats. I remember they used to have swings and a swimming/diving raft. Each year the snack bar food would be a little different, depending on who was running it.

I also remember we used to catch bullfrogs. The local police would buy the bullfrogs from us for 25 cents a piece. They would take them home and eat them (frog legs)!

What do you like to do in your spare time?

I like to just go out on my boat and sit in the middle of the lake. I often sit and watch and wave to the old timers. If I'm cruising around in my boat and see someone outside, sometimes I'll stop and talk and get up-to-date on the lake activities and news.

I also belong to the American Legion in Gray, and I like to volunteer and participate in the activities they organize.

Is there an interesting fact about you that most people don't know?

There isn't much that people don't already know about me. (Chuckle)

Any advice for your fellow lake dwellers?

Things aren't always the way they appear to be. Be respectful of other people, you don't know what is going on with them.



Larry's Dog - Yeti

From Augusta to Casco Bay: New Laws That Passed

TAKEN FROM AN ARTICLE BY FRIENDS OF CASCO BAY, PASSED ON BY JANENE GORHAM

Studying Stormwater Pollution: This establishes a commission of legislators and experts to study how Maine can better manage unregulated stormwater pollution—a major and growing threat to Casco Bay and its watershed.

Protecting Public Lands and Water Access: The program protects working waterfronts, conserves critical habitats and sensitive areas, and ensures continued access to Maine's waters.

Strengthening Water Quality Standards: This law updates Maine's water quality rules to better reflect emerging science. It adds protections related to ocean acidification and improves how dissolved oxygen is measured.

Gray Resiliency Committee: Surface Water Protection

FROM THE TOWN OF GRAY WEBSITE, SUBMITTED BY TED NEY

In the workshop preceding the May 5 council meeting, the Resiliency Committee presented a proposed Surface Water Protection Ordinance. Committee members Sandy Carder and Andy Barhite emphasized the need to address phosphorus runoff and protect Gray’s lakes by referencing public input, economic value, and experiences from neighboring towns.

The committee cited studies showing that every dollar invested in resilience saves \$13 in future costs, using the example of expensive chemical interventions required to address phosphorus-related algae blooms. Mr. Barhite stated existing shoreland zoning is insufficient, particularly for secondary and third-tier developments, and noted that 25% of Gray’s assessed property value is lakefront, underscoring the economic importance of lake protection.

“It’s really important for us to do this preventive work to prevent the lakes experiencing big algae blooms,” said Councilor Anne Gass. “It’s possible to end up having to spend a small fortune on trying to clean it up. And the results of that are not guaranteed. I think it’s really important that we adopt this ordinance.”

The Council will continue to engage with the Resiliency Committee about refining this ordinance before any readings and public hearings are held.”

You can view the committee presentation at this link - <https://www.youtube.com/live/Awn6BBuDq58?t=110s>

The Town of Windham already has this in ordinance place. We’ll keep you updated as this moves through the council schedule and ask that you attend upcoming meetings and contact the council at towncouncil@graymaine.org to support this measure

Lookout for Loons

FROM MAINE DEPARTMENT OF INLAND FISHERIES AND WILDLIFE, SUBMITTED BY TED NEY

Summer is here, and Maine’s lakes, ponds, and rivers are filling with anglers, paddlers, boaters, and families making the most of the season. As you prepare to head out on the water, Maine Warden Service reminds everyone that a few simple actions can help keep Maine’s waterways safe, enjoyable, and healthy for people and wildlife alike.

This time of year, many loons are nesting along Maine’s shorelines. Boating too close to shore or creating large wakes can disturb nesting birds, erode shorelines, and damage sensitive habitat.

Remember that Maine law requires operators to travel at headway speed within 200 feet of any shoreline, including islands, and within marinas and approved anchorages. Headway speed is the slowest speed at which a watercraft can still maintain steering and control.

Operating at headway speed near shore helps:

- Reduce wakes that can flood or damage loon nests
- Minimize shoreline erosion and habitat disturbance
- Reduce stress on nesting loons and other wildlife
- Improve safety for paddlers, swimmers, anglers, and other boaters

If a loon begins vocalizing, splashing, or acting agitated as you approach, you’re likely too close. Give wildlife plenty of space and use binoculars for a closer look instead of moving in for a better view.

Official Loon Count FOREST LAKE 2002-2025					
Year	Adults	Chicks	Year	Adults	Chicks
2025	2	0	2013	3	1
2024	3	0	2012	3	0
2023	2	0	2011	3	0
2022	2	0	2010	2	0
2021	6	0	2009	4	0
2020	3	1	2008	0	0
2019	3	0	2007	3	0
2018	4	0	2006	1	0
2017	3	0	2005	4	1
2016	3	0	2004	4	2
2015	2	0	2003	2	0
2014	2	1	2002	3	0

Information Provided by Maine Audubon

Loose Docks and Floating Debris

BY GINO SFERRA

We've recently had several dock sections and other floating debris drift out onto the lake. In some cases, these structures have traveled significant distances and created hazards for boaters, swimmers, paddlers, and neighboring properties.

Please make sure docks, swim platforms, rafts, and other waterfront equipment are properly secured - especially before leaving for extended periods or over the winter season. Ice movement, wind, and changing water levels can quickly turn an unsecured dock into a navigational hazard.

A few minutes of preparation can help keep the lake safe and enjoyable for everyone. Thank you for helping protect both your property and the broader lake community.



Forest Lake Featured By Middle School Student

BY HILARIE FOTTER KENNEDY

On May 28, 2026, Trustees Janene, Cathy, and Hilarie enjoyed visiting Windham Middle School's Community Project Based Learning presentations to cheer on a local student's research and thoughts about Forest Lake.

Middle School student Cody says "I chose your establishment, Forest Lake, because I swim and boat there and have fun."

Below is one of Cody's contributions to the project.



Cathy Whorf, Hilarie Fotter Kennedy, and Janene Gorham at the Windham Middle School Community Project Presentation



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

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

NAME(S): _____

MAILING ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE NUMBER: _____ EMAIL ADDRESS: _____

LAKE ADDRESS (if different than mailing 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**



JOIN OUR EMAIL LIST

We'd like to send lake information more than once a year in a timely manner. The best way to do that is via email. We'll only send items out a couple times a year.

Visit ForestLakeME.org to add your email.

Road Association Contacts

Road Association Name	President & Contact
Lakeside Drive, Windham Home Owners Association	Scott Campbell, President - scott@campbellkin.com
Forest Lake Shore Road Association (Gray)	Rob Tellefsen - Rtellefsen6@gmail.com
Larrabee Lane Road Association (Gray)	Kirk Jurgelevich & Ed Keenan - EKeenan@maine.rr.com
Harrison Rd & Forest Ave Road Association (Windham)	Richard Norton, President - hrrfroadassociation@gmail.com
Lakewood Park Road Association (Cottage Rd, Gray)	Joseph Curcio, President - Jacurcio@netscape.net
James Way Road Association (Windham)	Michael Manning - Jamesbruschiatlanticroads@gmail.com
Old Road Association (Cumberland/Gray)	Neil Hutchings - neilhutch9@gmail.com

Who To Call

FOR EMERGENCIES, ALWAYS DIAL 911

Maine Warden: 207-657-2345 or 207-657-3030

Windham Police: 207-892-2525

Gray/NG Sheriff: 207-926-4141

Cumberland Police: 207-829-6391

Animal Control Officer: 207-893-2810

Avian Haven: 207-382-6761

Forest Lake Association: admin@forestlakeme.org



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www.ForestLakeME.org



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