



Forest Lake Association

SUMMER 2017

**Annual Meeting
July 22, 2017**

2017 Forest Lake Watershed Survey

On April 29th, fourteen volunteers from around the lake, one Department of Environmental Protection staff member, one Cumberland County Soil & Water Conservation staff person, and four additional team leaders met at the West Cumberland Community Hall to start our training for a Forest Lake Watershed survey.

We divided into 5 teams, each accompanied by a leader specialist and completed surveying all water front areas and properties where permission was given by home owners.

The data is still being compiled by our computer expert; early results show 76 sites were identified that could be potential sources of soil run off resulting in increased phosphorus in the water. We will seek assistance for landowners and/or road associations to correct problems identified.

Preliminary findings of survey data includes:

- Of the 76 identified sites, thirteen (13) were ranked as potentially "high impact" on the quality of water in our lake;
- The most prevalent site issue identified

was bare soil (35 sites), which in most cases is easily remedied;

- Most sites—68 of 76— were rated low to medium skill level required to remedy existing problem.

Grants from the Town of Windham and the Maine Volunteer Lake Monitoring Program—along with the regular support of the Town of Gray—will fund the survey activities including a final written report. Additional funds may be sought for mitigation work to be completed.

The final report is expected to be completed by the fall and will be available in printed booklets as well as online. We expect that it will include more specific recommendations as well as instruction on mitigation methods.

In the meantime, questions may be directed to Janene Gorham, Greg Schulz, or Debi Curry of the Watershed Survey Steering Committee.

And Stay Tuned!

Don't Miss the Annual Potluck Breakfast Meeting!

**Saturday, July 22
8:00 AM—11:00 AM**

West Cumberland Methodist Church Hall, Blackstrap Road

2017 Watershed Survey:
Preliminary Report Summary

**Potluck Breakfast
Coffee, Door Prizes,
Raffle & Pie Auction**

AGENDA

- Call to order and Welcome
- 2016 Secretary Report
- Treasurer Report : Ellie Schulz
- Water Quality & Invasive Plants Reports Ed Keenan with intro by Janene Gorham
- Safety Report : Ed Keenan
- New Business
 - ⇒ Board approved purchase of new dissolved oxygen meter:
 - ⇒ Janene: Water access for boat launch for lake residents
 - ⇒ Program: Intro Janene. Greg Schulz will present our preliminary April 29,2017 Forest Lake Watershed Survey results
 - ⇒ Dues: What do you get for your money ??
- Present gift certificate
- Elections
- Auction/Raffle

Thanks to all of our watershed survey volunteers!! Great Job!



A Little History on Camp Roads

By Clyde Walton, Maine Dept. of Transportation, retired

Historically, “camp roads” provided seasonal access to wilderness-type cottages, usually on small lots of 1/4 to 1/2 acre in size. The origins for many of them date back to the early part of the last century. Camp road layout and alignment was based on the positioning of shore lots regardless of land drainage and topography. Construction details were few and simple: cut a swath of trees and lay down a carpet of gravel. There were many sharp curves and steep hills to travel on. Easement and fee title descriptions for these roads were often vague and varied. But they all had one thing in common. They were very narrow, anywhere from 10 to 30 feet wide. These vestiges of the past are still common in lake watersheds, and they also tend to be plagued by chronic erosion problems due to their lack of planning and poor design.

Today, the majority of these cottages have been converted to year-round use. And, the traffic demand on them has increased at least ten-fold. Back lot development along these same roads is also rapidly growing. This changing land use pattern places more demand on road drainage and lake water quality.

Application of corrective state-of-the-art design and maintenance practices is sometimes difficult to accomplish on these narrow roads. Drainage and traffic safety have to be compromised or improvised down to another level. It becomes obvious that not all public road standards can be applied. For example, it can be very difficult to set a 15” or 18” diameter culvert deep enough for its top to be at least 12” below the road surface. Because to do so would require excavating the ditches on both roadsides deeper, thus increasing the ditch slope areas and possibly encroaching on abutting properties. Many of these small building lots barely have room enough to accommodate a building, driveway, septic system and well, and may not be able to provide the needed space to properly place culverts. Likewise, the use of ditch turnouts could be limited due to these same constraints. There is not enough room to work!

The other class of camp (suburban) roads are those with two travelway lanes. When built properly these roads are far less problematic. They are historically more recent. Much of their origin around lakes can be traced back to the advent of our subdivision laws in the 1970’s. This was also the beginning of science-based planning of new road design for lake protection. However, it wasn’t until the late 1980’s that these roads were being fully built to higher standards with respect to safety, function and environmental protection. Their right-of-way widths ranged from 60 feet to 72 feet so unlike the one-lane roads of years past, there was now room for culverts, ditches and other road improvements.

In addition to the road upgrades, land parcels became larger in size. Also, new regulations specified and limited the amount of land that could be disturbed for new construction projects, which helped reduce storm water flow and soil erosion off the land and directly into the lake. Road culverts, ditches, turnouts and erosion control are now professionally designed and constructed in terms of the whole subdivision in total. Road alignments are sited more harmoniously with the existing land terrain. Pedestrian and vehicular safety is dramatically improved. And, with a timely maintenance program, road performance is more manageable and cost-effective.

For more information, get the **Gravel Road Maintenance Manual: A Guide for Landowners on Camp and Other Gravel Roads** at <http://www.forestlakeme.org/resources/>.

Better Safe Than Sorry!

Cottage Road Association reminds drivers to follow posted speed limits.

During the summer, families are riding bikes and our older residents are walking.

Obey posted speed limits.
AVOID ACCIDENTS!



Camp Roads

“... they also tend to be plagued by chronic erosion problems due to their lack of planning and poor design.”

At our 2017 Watershed Survey Volunteer Training, we learned that camp roads are often a major source of runoff and erosion, contributing to decline in water quality. Your Forest Lake Association hopes to seek out and secure grants to correct issues where possible, but an eye towards conservation when planning regular road maintenance is also advised.

We’ve added a link to the State of Maine Gravel Road Maintenance Guide to our website under the Resources page. Additional resources will be added in the coming months.

Important Contacts

Lake Association Officers

Please call if you have questions about Forest Lake Association activities and meetings:

Janene Gorham, President ('17)
25 Forest Lane, Cumberland
(207) 829-3525

Debi Curry, Vice President ('18)
15 Moon Road, Gray
(207) 650-3139

Ellie Schulz, Treasurer ('17)
25 Cliff Road, Gray
(207) 615-3525

Kaylene Mitchell, Secretary ('18)
10 Moon Road, Gray

Trustees

Jon Curry ('17), John Gorham ('19),
Liz Hamilton ('19), Charlie Mitchell
('17), Greg Schulz ('19), Barbara
Tellefsen ('18)

Alternate Trustees

Paula Curcio ('19), Joe Dresnok
('18), Kim Higgins ('18), Tina
LeBlanc ('18), Fred Wolff ('19)

Code Enforcement Officers

Gray

Tom Reinsborough
657-3112
treinsborough@graymaine.org

Windham

Mabel Darby-Morey (Admin Asst)
894-5900 ext. 6114
mjdarby@windhammaine.us

Cumberland

Bill Longley
829-2207
wlongley@cumberlandmaine.com

Boating/Fishing Safety

Anonymous Boating
Regulation Violations
1-800-253-7887

Maine Game Warden

Gray Headquarters
657-2345

Maine Inland Fisheries and Wildlife

287-8000

Maine Department of Environmental Protection (DEP)

Assistance Hotline
800-789-9802

Guard Against Invasive Plant Introductions

Invasive plant species may be introduced to the waters of Forest Lake by hitching a ride on your own boat or that of visitors and/or renters who launch from our shores.

Once they arrive, their proliferation can be difficult and costly to control.

Lake associations like ours help to spread information and employ Invasive Plant Patrollers (IPPs) who 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. (*Information from Maine Coalition of Lake Associations*)

Forest Lake Invasive Plant Patrollers

Please contact one of the patrollers if you find a suspicious plant in or near your water, or if you are interested in being trained as an IPP.

Ed Keenan 657-6463, ekeenan@maine.rr.com

Janene Gorham 829-3878, jgorham3@maine.rr.com

Jim Gameros 657-6933, jgameros@aol.com

DEP's invasive aquatic biologist John McPhedran demonstrates how to do a thorough boat inspection in under 3.5 minutes in an informative video found online at <http://www.maine.gov/dep/water/invasives/inspect.html>.

The Maine Volunteer Lake Monitoring Program's ***Invasive Plant Patroller's Handbook Online*** is filled with useful resources for Plant Patrollers, including updated forms and information. [<http://www.mainevlmp.org/volunteer-info/invasive-plant-monitors/ipp-resources/>]

Forest Lake Online

Forest Lake Association has their own website at <http://www.forestlakeme.org/>. Here you will find a growing collection of stories, documents, and images specific to our lake including:

- Watershed and depth maps
- Links to Cumberland, Gray, and Windham property assessment maps and data
- Water quality report
- Boating safety tips and a link to the Boater's Guide to Maine Boating Laws and Responsibilities
- Forest Lake Association membership application (\$25/year)
- Board Member contact info, meeting minutes, and association bylaws

More recently, FLA launched a Facebook group at <https://www.facebook.com/groups/forestlakeme/>. If you use Facebook and are not yet part of the group, click on the JOIN button.

This is a great place to post photos of our lake, lost and found items, Forest Lake rentals and property for sale, and other items that are specific to our lakefront community.

We'll Miss You...

Our Forest Lake Community has recently lost at least three cherished residents. Please keep Beverly, Alan, Ken and their families in your thoughts and/or prayers.

Beverly E. (Locklin) Theriault, 88
March 27, 2017

Daughter of Joseph & Grace (Cole) Locklin and widow of Guy Theriault, her husband of 41 years.

According to her obituary, "Beverly had always enjoyed sewing and knitting, making many of her children's clothes when they were young. She also enjoyed spending time at the family camp on Forest Lake in Gray. Christmas was her favorite time of year and she loved giving to her family during the holidays."

Alan David Nexon, 57
June 4, 2017

Son of Phillip Nexon and Eilnor Pilgam. Alan was described as "one of the kindest men we have ever known. He was funny and sarcastic. He loved the Boston Red Sox, his family and his pets."

Ken Atherton, 86
June 18, 2017

Son of George & Geneva (Fogg) Atherton and husband of Jean Atherton who predeceased him.

His obituary describes Ken thus:

"His greatest joy in life was spending time with his family and friends. He loved children, and delighted in holding a new baby. He was a kind man, who put others before himself. Ken enjoyed being outside, his favorite spot being home on Forest Lake. He loved boat rides around the lake, watching the loons, and the changing of seasons."

Do you have Forest Lake community news to share?

Please send your articles to Debi Curry at 15 Moon Rd, Gray 04039 or email her at rootzilla@gmail.com.

Posting community news directly to our Facebook group is also encouraged!

FLA Volunteers: Monitoring Lake Quality

The VLMP works to monitor a broad range of environmental indicators that affect the health of Maine Lakes. We have over 500 trained volunteers who collect quality scientific data. Their monitoring data and observations provide an extremely valuable resource for lake protection and a vital first-hand account of the evolving conditions of Maine's Lakes and Ponds.

The VLMP trains and certifies volunteers to collect scientific water quality data of the highest quality. Each volunteer participates in an initial training workshop and is re-certified on a regular basis. Most volunteer lake monitors collect transparency (water clarity) data with a Secchi Disk and a viewing scope.

Volunteers collect data every two weeks from May to October, and submit their data three times per season directly to the VLMP: June 30, August 31, and at the end of the season. The VLMP staff reviews the data and forwards it electronically to the data entry coordinators, who enter the information collected into a VLMP database which is compiled and included in the VLMP Annual Report and the Maine DEP individual lake reports, which are published in the spring.

Volunteers are also trained and certified to collect other types of water quality information, including temperature and dissolved oxygen profiles and the concentrations of Phosphorous and Chlorophyll a. Volunteers can also be trained to monitor other important physical, chemical and biological characteristics of lakes.

Learn More About Becoming a Volunteer Water Quality Monitor
at <http://www.mainevlmp.org>, or talk to FLA President, Janene Gorham.



Thanks to Susan Pine for this great photo!



Join Forest Lake Maine Facebook group!

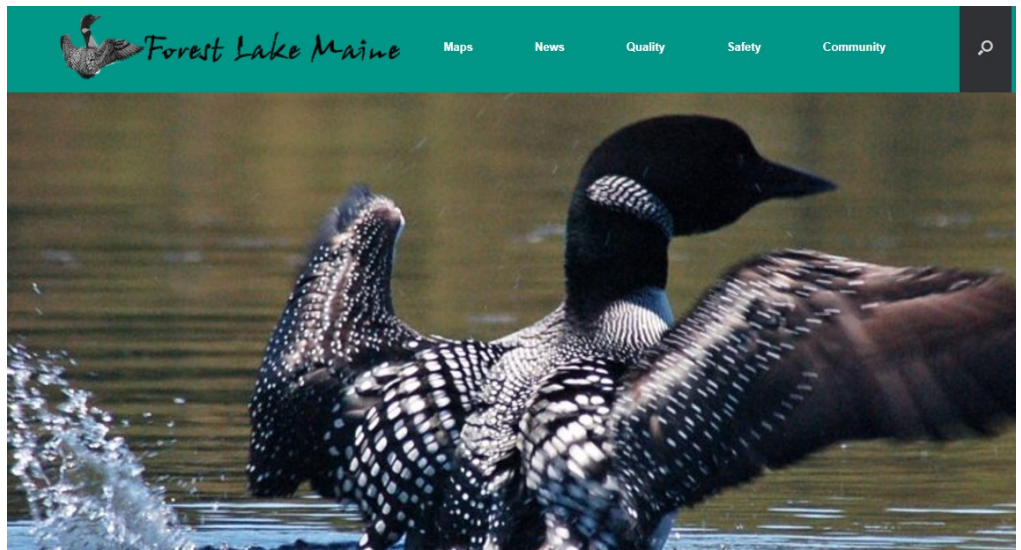
Share photos, lost and found, community events, and more.

Connect with our community!

<https://www.facebook.com/groups/forestlakeme/>

Just click the “Join” button, and a group member will get you “in”.

Look forward to seeing you there!



Who we are

The Forest Lake Association (FLA) helps to maintain the quality of our lake water and the quality of life in our community. The Association builds a sense of community among the neighbors and the residents of the four towns that share the Forest Lake Watershed.

The Association is a community non-profit with no paid staff that is governed by an elected board of nine Trustees and up to five Alternate Trustees.

What we do

The Forest Lake Association undertakes a variety of activities to help improve our lake and our community, including but not limited to:

- Providing water quality testing and support for statewide data collection through the Volunteer Lakes Monitoring Program.
- Coordinating a volunteer plant patrol group that conducts a yearly lake-wide survey of plant growth and invasive species inspections.
- Monitoring the lake’s only dam, providing repairs as needed.
- Serving as community advocates for the benefit of lake residents and for the preservation of water quality.
- Hosting periodic social events and activities to foster a greater awareness of the watershed community.
- Delivering newsletters and other information (by email or website) of value to lake residents.

Trustees: Our Trustees are volunteer board members who are elected to three-year terms at the annual meeting. Trustees help manage the work of the Association and ensure its many accomplishments. Typically the Board of Trustees meets 4-6 times per year in addition to the annual meeting.

Members: Our members are neighbors like you who support the work of the Forest Lake Association each year by becoming a member and paying a membership due of \$25 that covers everyone in your household.

What You Can Do

Please renew your membership each year and encourage your neighbors too. If you are interested in volunteering on a project, like water testing, invasive plant patrolling, or something new, or you are interested in volunteering as a Trustee, please contact us!

Join us at the annual meeting on July 22nd!

Good Neighbors

Four things you can do to help our lake and be a good neighbor:

- Help protect the wildlife on our lake. Instruct visitors/renters to stay clear of our resident loons; give them—and all of our wildlife—plenty of space! Use lead-free and lake-friendly fishing gear.
- Avoid using pesticides and fertilizers to help prevent algae blooms and protect our fish.
- Check your town’s shorefront zoning regulations before making plans for new construction, renovations, tree-cutting, and/or other activities that may affect the quality of our lake water. *For additional information, see our article on Shorefront Zoning Ordinances on page 6.*
- Avoid creating a wake within 200 feet of shore to prevent dock damage, swimming hazards and environmental degradation.

Lake History

By Janene Gorham

In August of 2016 some of us met at Valerie Lagueux's summer home for a Forest Lake history evening.

We have many documents from the lake association dating back to its beginning back in the 1950's . So, we sat for several hours and cataloged some of the documents and papers from our FLA archives, including hand written minutes from a long time ago. Apparently, at the time, the lake association was quite active and a social event for all. Valerie's cottage is one of the oldest on the lake and has a lot of interesting history. I also spoke to my neighbor's niece who told me tales of her great-grandfather putting a Victrola in his canoe and paddling up and down the lake providing a little entertainment! Their cottage was built about 1920.

Much has changed over the years, but the love of water and the outdoors never seems to change.

If anyone has any other information they would like to share about our lake history, please email me at gorhamjanene3@gmail.com or share at the Forest Lake Association annual meeting. Or... even better, join us as when meet again this summer!

Anyone having old pictures or articles for our historic committee can contact Liz Hamilton at hamilton171@hotmail.com or 207-798-3492. There are also thoughts of an open house event hopefully within a few years; planners are welcome!!

Counter Clockwise Traffic Encouraged

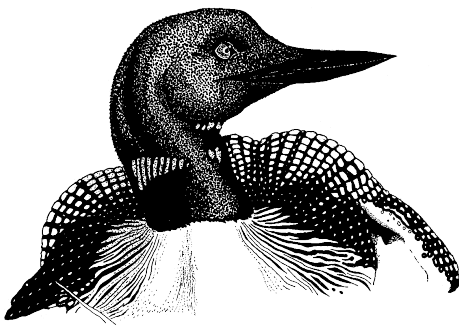
*Please remember that the boat traffic pattern on Forest Lake is **COUNTER CLOCKWISE**. This is especially important for boaters pulling skiers, boarders, and tubers. Because the lake is so small, having a set pattern for boating traffic allows other boats, jet skis, swimmers, and others to anticipate your movements.*

Do the best that you can to stick to the pattern—let's make this another safe summer!

Learn the pattern



Share with visitors/renters!



Message from FLA President, Janene Gorham

Greetings. Well here we are again in lovely summer in Maine and on our beautiful lake. Sometimes when I go into L.L. Bean I see all the tourists who come there for the Maine aura such as loons, bears, white pine, fishing poles, fish, and clean water.

Then I come home to the lake and think "Wow!! I live in the L.L. Bean world!"

We have it all right here.

Then I think how lucky we are to live here. So welcome to summer and our own L.L. Bean world. Hope you all have a great summer and to see you at the annual meeting July 22.

See you on the lake !

Janene Gorham
President Forest Lake Association

Be Aware of Swimmers!

In a lake as small as Forest Lake, it is easy to forget that boats and jet skis are required to keep to "headway speed" anytime they are within 200 feet of shore. 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 even cross the lake!

Parents, don't leave your young children unattended in the water. Help keep Forest Lake safe!



Forest Lake Association

Membership Application

Yes, I'd like support the Forest Lake Association goals of quality, safety, and community by applying for/renewing membership in the Association.

Membership is from June 1st - May 31st annually. Dues are payable as of June 1. Membership is for the entire household/residence.

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 in regards to 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.

Please mail to:

Forest Lake Association

PO Box 793

Gray, ME 04039



Forest Lake Association

**PO Box 793
Gray, ME 04039**

JOIN US TODAY!

Now is the time to join the Forest Lake Association or renew your annual membership.

There is strength in numbers. Our collective efforts have an impact! Forest Lake is a fragile and delicately balanced ecological system that needs our care and protection. The actions of a few can have a profound impact - either positive or negative! - on the quality of water in the lake and thus our use and enjoyment of this wonderful resource. Watershed area residents need to assume responsibility for preserving Forest Lake... for our own benefit and for future generations.

Yes, we can make a difference!

Join the Forest Lake Association each and every year to support efforts to keep YOUR lake clean and the watershed area the very best it can be. An annual household membership (July 1 through June 30) costs only \$25. This contribution is primarily used to maintain our water quality testing and invasive plant patrol efforts as well help support our annual meeting and newsletters.

Please take a moment to complete the membership form on the reverse, or sign-up and make your contribution at the annual meeting.

Thank you for your support!