



THINGS YOU CAN DO TO HELP YOUR LAKE

Lakes are Fragile - Caring for them today will preserve their benefits for tomorrow

Here's "A Laker's Dozen" – thirteen things you can do to help your lake:

1. Always check your boat, trailer and equipment for plant fragments before you launch and after take-out to avoid spreading invasive plants from lake to lake. Don't transfer water or fish from lake to lake; this can harm fisheries.
2. Respect the Shoreland Zone Regulations. Before making any change on your property, check with your town office or Code Enforcement Officer to see what's permitted and what's not permitted in the shoreland zone – the area within 250 feet of lakes and 75 feet of streams.
3. Control storm water run-off from buildings, paths, driveways and road. Check your property on a rainy day and fix run-off sites by planting vegetation, placing gravel and small stones, or constructing swales and rain gardens to capture runoff and soak it into the ground.
4. Cultivate a wooded buffer beside the lake. Trees, shrubs, and grasses protect water quality by slowing rainwater and filtering out soil and pollutants before they are carried to the lake.
5. Take a Break, Put down your Rake, and Save the Lake! Limit lawn size, mow less often, leave the clippings instead of using fertilizer, and don't rake within 75 feet of shore.

(Continued on page 5)

A GREAT SUMMER ON EAST POND WITHOUT ALGAE

By Mel Croft

Those who spent the 2013 summer season on East Pond enjoyed a pleasant surprise; a relatively algae free season! I've lived on the lake since 2007 and have become accustomed to murky water in July and often pea soup a few weeks later. But last season was different. Except for a few isolated areas that experienced limited algae growth, the entire summer was perfect for fishing and spending long days on the lake in our party boat grilling burgers and soaking in summer bliss.

Why was 2013 different?

I wish I could tell you, but the fact is I really don't know. It seems everyone is speculating, holding on to their own pet theory. Here is what we know. Although we don't have secci data for the entire season, I observed that the water was very clear early in the season. I could see all the way to bottom in most areas of the lake on sunny days. But without secci depth data throughout the summer it's impossible to quantify water clarity. Colby installed their temperature sensors in July (later than planned) so it's unclear what was happening in the deep holes before that. But the temperature data captured shows that the water column did not stratify after July, and possibly not at all.

To refresh your memory, once the lake stratifies the bottom water no longer mixes with the surface water, and the bottom layer of water eventually becomes depleted in oxygen. The iron in the sediment then transforms chemically and *(Continued on page 6)*

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PRESIDENT'S MESSAGE

Articles in this newsletter remember two board members who passed away during the last year. Michele Joly and Bill Fudge cared deeply about East Pond and will be remembered for their contributions. There are also articles about the Youth Conservation Corps and a Laker's Dozen of tips on how to live lightly by the lake. Mel Croft put together a summary of possible reasons that our water quality was so good in 2013. And, our dam manager, Gordon Woods, provides some insight into what goes into decisions about where to set the dam gates. I hope you find these articles informative and that you will share this newsletter with family and friends who care about East Pond.

Last fall, with assistance from the Belgrade Regional Conservation Alliance, the East Pond Association applied for a grant from the Maine Department of Environmental Protection. The grant would have provided funding to assist property owners with projects designed to reduce phosphorous run off. Unfortunately, we were not awarded a grant. Based on feedback from the DEP, the board of directors has decided to hire FB Environmental to assist us with updating a shore land survey of East Pond and its watershed. The last survey was done in 1999 and, because much has been done to help reduce phosphorous run off, the survey is outdated. A current survey is required to compete for new DEP grants. The new survey will help us identify projects that are most likely to result in improved water quality. FB Environmental will be providing training to association members *(Continued on page 3)*



BILL FUDGE: A FAREWELL TO A FRIEND OF EAST POND

By Brian Fudge

My father, Bill Fudge, first came to East Pond as a kid in the 1950s. Before there was even an Interstate-95, his family would drive up from Ohio in the summer to spend time at a camp built by his great-uncle Everett Coffin, the man who also constructed the dam at the end of the Serpentine. Over the years he'd bring his own wife and children to stay at the family camp, and after nearly 40 years as a teacher, he retired here, moving into the first house Everett Coffin built on East Pond.

East Pond meant a great deal to my father, and by extension, my family. It was a vacation spot, a camp and then his home. It was a fishing hole and a swimming hole. It was summer sunsets and windswept winters. It's where his kids grew up and where he grew old with his wife. Most of all, it was paradise, and where my father peacefully spent his final days before passing away this past January at 67.

Some of you may have known my father through his work with the East Pond Association, serving on the Board of Directors or volunteering to check boats at the landing. But whether you knew him well, in passing or barely at all, to know and love this lake was to know and love my father.

To him, seasons were determined by docks and ice. In winter the ice came in, spring it went out. In summer docks went in. In fall they went out. *(Continued on page 5)*

MICHELE JOLY: 1956-2014

By Mel Croft

Michele Joly, longtime resident and steward of East Pond passed away March 21, 2014 at the too young age of 58 of colon cancer. She was the eldest daughter of Roz and Bob Joly. The Joly family moved to their home on East Pond in Smithfield in the late 1950s, where Michele grew up in a "diaper and a life jacket." "She was tied to East Pond" recalled her husband Steve Helme, and the Joly home on East Pond was "the perfect spot to grow up." Steve and Michele were married on the front porch of the Joly home among a small group of friends and family.

She was educated in Smithfield schools and Skowhegan High School. Michele attended the University of Maine at Augusta, where she graduated with a degree as a registered nurse. Michele joined Mid Maine Medical Center in 1979, and served the hospital in many roles, from bedside RN to administrative director. She loved to teach and mentor new employees and was a true patient advocate. Her style was commanding and inspiring, always in the best interest of the patient. She was the "go to" person when a job had to be done, which demonstrated her compassion, dedication and commitment to others. She was generous, caring and very intelligent.

Michele had a great sense of humor and possessed a smile that would light up a room. She loved the outdoors, and was well known for her flower *(Continued on page 5)*



Visit us on the web!
<http://www.EastPond.org>

THE "DAM" DILEMMA

By Gordon Woods

What is it like to be The "Dam" Man and be the operator of the dam between East Pond and North Pond? The dilemma is making the decision of when to open or close the Coffin Dam located at the end of the Serpentine near the village of Smithfield. The position of the dam is influenced by the season and the dam only can control 12 inches of water in the lake at any time. During winter it is left open and not closed until the spring runoff is completed after ice out. The water level is often high during the spring even with the dam wide open. It is closed when the water level appears to be appropriate.

How is the water level determined to be appropriate? Basically, the operators monitor the level from their own shoreline, but the decision to raise or lower the dam is a joint effort with other board members of the East Pond Association. We also inform North Pond any time we change the flow going into their pond so they may adjust their dam. Of course, Mother Nature also affects water levels. Too much rain too fast can make the level too high and a drought can have the opposite effect. The weather is monitored and the dam is sometimes opened or closed based on predictions.

But rest assured that every effort is made to keep East Pond at the best water level possible to be enjoyed by all. ♦

HISTORICAL SOCIETY WANTS PHOTOGRAPHS OF YOUR LAKESIDE COTTAGE

By Mel Croft

The Smithfield Maine Historical Society will hold a Cottage Appreciation Event this summer at the Groves House at our home in Smithfield, and we need your help. If you have a cottage on East or North Pond that was built prior to the early 1970s, please send us a picture and a few words about your camp. It doesn't matter if your cottage is not located in the town of Smithfield; as long as it is on one of the two lakes we want to showcase it.

We plan to display photos of the cottages on the walls in the Groves House throughout the summer for all of our visitors to enjoy. Send your pictures or questions to mcroftnlw@yahoo.com.

The SMHS is devoted to preserving the history of Smithfield.

Mel Croft, President: Smithfield Maine Historical Society ♦

(President's, Cont'd from page 2)

who will be doing much of the leg work involved with the survey. The survey will be conducted this September and any association member who would like to participate is encourage to do so. With results from the survey as guidance, the East Pond Association will again apply to the Maine DEP for a grant. I will keep members informed of the progress.

I have a request for everyone reading this newsletter. If you are not a member of our association, please join. If you are, please recruit a family member or friend who shares our enjoyment of East Pond to become a member. We reach out to potential members via our newsletter, our web site (EastPond.org) and with two, not one but two, Facebook accounts. Rather than asking our current membership for more assistance, it would be great if we could get more assistants. Contributions of time or funds or both will help the association and those who care for East Pond to continue to improve water quality and to protect our lake from contamination from invasive aquatic plants. We know there is no magic wand to wave over the lake. It will take small efforts from many people to do what is best for the lake now and in the future.

Rob Jones
 President, East Pond Association

COLBY CONNECTION

By Jerry Tipper

Whitney King has advised that Colby will be involved in the following activities this summer that will impact East Pond

Data collection and analysis - the sampling buoy has been deployed near Miller Island. It will measure lake temperature at various intervals from top to bottom. This data determines if the lake develops a thermocline which can cause the lake bottom to go anoxic (lack of oxygen), which in turn draws phosphorous from the sediment and makes it available to mix in the lake thus creating an algae bloom. Colby students will also be collecting phosphorous and Oxygen level measurements periodically throughout the summer. The data will be available this fall and Jerry Tipper will follow up with Colby to assure we get the relevant information.

Colby, MLRC, BRCA, and EPA have hired Harvard undergrad Zoe Onion for the summer to do a comprehensive analysis of all historic lake data in the Belgrades. Whitney King has assembled a team of interested lake folks to help direct her work. Jerry Tipper will serve on that team representing East Pond.

Cathy Bevier, Russ Cole and their students will be revisiting LakeSmart properties several years after certification to quantify the improvement that LakeSmart properties have on lake health. Look for the research students working along the shoreline performing these surveys. ♦



YOUTH CONSERVATION CORPS

The Youth Conservation Corps will kick off its 19th season in June. The Corps's mission is to reduce sources of pollution in our lakes (Great, Long, East, McGrath, North, Watson and Ward Ponds, and Messalonskee and Salmon Lake). Founded in 1996, this self-sustaining summer program has completed more than 800 erosion-control projects in the watershed. The Corp's is run by the Belgrade Regional Conservation Alliance (BRCA).

Local youth are hired by the BRCA to direct and execute projects on our shorefront properties with the intent of reducing sources of phosphorous into our lakes.

For the past 2 years Chris Gaunce, Vice President of Central Maine Motors in Waterville has given the Corp's a much needed helping hand by providing a 4-wheel drive truck to haul materials and gear.

A number of East Pond residents have taken advantage of this program the past few years to make their property more lake friendly. The more projects implemented the less phosphorous enters East Pond, and the probability of an algae bloom is reduced!

If you decide to have a project done on your property, the labor is free. You pay only for materials. Give Charlie Baeder a call at 495-6039 to set up a free site assessment. ♦



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East Pond Association
on Facebook!

(Fudge, Continued from page 2) He'd define a busy day on the lake in the winter as a handful of ice fisherman and snowmobiles, in the summer it meant D&L was "hopping."

He lived an exciting life, having been everywhere from Rome to Soviet Russia to the Super Bowl, yet he preferred the calm of the lake and a quiet, evening boat ride with his wife at his side and his dog at the bow.

His devotion to this lake is testament to what a special person my father was, and a testament to how tranquil and captivating this place is. My family would like to sincerely thank all of you who have reached out in our time of loss, your kind words have helped more than you can imagine, and you are part of the reason he loved this place so greatly. For those wishing to honor my father in some way, simply savor the beautiful gift we have here. Care for it. Share it with those you love most. It's what my Bill did, and what we will continue to do. ♦

(Joly, Continued from page 2) gardens at their home in Unity, which she shared with Steve and their cat Bentley. A true "water baby," she and Steve spent more than 20 summers sailing the coast of Maine from their mooring in Camden Harbor, before moving back to East Pond to care for Michele's parents and Hershey, their beloved Portuguese water dog. Steve told me they always had ocean-going boats in Camden Harbor, and remembers many weekends when they would "take the dingy out to the moored boat and just hang out for the weekend", never leaving the harbor.

One of five children, Michele loved to swim, and even worked as a life guard on East Pond for a while. There were occasional fishing trips on the lake with her father, one of the founders of the very successful Youth Conservation Corps which is still active, dedicated to reducing sources of pollution in our Belgrade Lakes. Ice skating was common in the winter when the lake cooperated. Michele and her mother "were like two peas in a pod" and Roz taught Michele all the traditional skills; she could sew, paint, refinish furniture, garden, and do just about anything she wanted to do. Shirley Boynton, neighbor and longtime friend had tremendous respect and love for Michele, saying "there wasn't anything she couldn't do." She loved helping other people; Boynton recalled "she was thoughtful, giving, and always thinking of the other person; to know her was to *(Continued on page 6)*

(Help Your Lake, Continued from page 1)

6. Limit fertilizer, herbicide and pesticide use. Long lasting residues in these products not only can harm children pets and aquatic life; but they also feed algae, turning lakes green.
7. Don't stress your septic system. Inspect the system yearly and pump the tank every 2-5 years. Systems 20 years of age and older should be inspected by a specialist. Use phosphorus-free cleaners and detergents. Stagger laundry loads. Minimize water use. Don't put toxics or grease down the drain.
8. Construct docks with lake-friendly materials. Choose cedar, cypress, plastic, or aluminum instead of wood which has been pressure-treated with arsenic.
9. Dogs, humans and boats should never be washed in the lake!
10. Observe headway speed within 200 feet of shore. Fast boating in shallow water disturbs habitat of aquatic animals, stirs up sediment, and can erode the shoreline.
11. Give wildlife a chance. Lake shallows and lands near the shoreline provide food and shelter to many native species and serve as nurseries for their young. Walk softly on the shorelands!
12. When it's time to replace a boat motor, choose a clean-burning 4-stroke engine.
13. Support East Pond Association with time and funds.

From *The Lake Book*, by the Maine Congress of Lake Associations Science, Education, and Policy to Protect the Lakes We Love ♦



(Summer without Algae. Continued from [page 1](#)) releases phosphorous. With time the waters eventually mix again, caused by changes in weather (temperature or a strong wind event). Once mixing occurs the phosphorous released from the iron is available throughout the water column for the blue-green algae to forage and a full blown bloom is just around the corner. But that didn't happen last season.

Why did stratification (at least after July) not occur?

Likely the clear water early in the season allowed the sun's rays to reach all the way to the bottom of the lake, keeping the bottom water in the deep holes warm and allowing mixing throughout the season. But what caused the high water clarity early in the season? Almost everyone is aware of the rampant growth of native pond weed in East Pond the past few years. Plants take up phosphorous and may account for the improved water clarity. Or perhaps the late (April 5) ice out or cooler weather played a role? Or maybe the biomanipulation project is having some unrecognized effect on the lake which caused the improved water quality early in the season?

Board members of the East Pond Association believe that everyone's efforts to reduce phosphorous input into the lake made a difference. This is extremely encouraging and is just screaming at us to keep up the great work!

It's possible that there are other factors that we are unaware of that improved water quality, or perhaps it was a combination of all of the above; kind of like the perfect storm.

There are many questions that need to be answered. We need to have a better database of secci depth measurements throughout the season. Two board members have volunteered to be trained in collecting secci depth data and take regular readings all season long.

Much of what I've discussed is beyond our control. We can't control plant growth, ice out, or a myriad of other natural phenomena that occur in the lake. But we can continue with our efforts to keep phosphorous out of the lake. Volunteer for a LakeSmart evaluation. Use lake friendly products, such as phosphorous-free detergents. Pump your septic tank regularly. Add a waterfront buffer of native plants.

Although we don't understand the 2013 windfall, I'm optimistic for a repeat for the 2014 season. And I'm surely going to keep working to make my property more lake friendly. I encourage you to do the same. ♦

(Joly. Continued from [page 5](#)) love her." Roz also had several horses and of course Michele learned to ride.

Michele took over her father's place on the boards of the Youth Conservation Corps and East Pond Association when his health began to falter in 2007. Her passion for improving the water quality of East Pond and the Belgrade Lakes was equal to that of Bob's and energized all of the organizations that she worked with. Unfortunately following Bob's death in 2011 Michele was diagnosed with cancer.

Michele was a fighter. In spite of the heavy toll the treatment and disease had taken, this past fall she planted 600 pink tulips at her home on Frog Rock Lane in Smithfield.

Michele did not want a formal ceremony, but her co-workers and medical staff asked Steve if they could do something special in her honor, "as much for them as Michele" Steve shared. The Cancer Center hosted the event and Steve brought along two of Michele's sisters. Over 100 people attended and were rewarded with many stories of Michele during the evening.

A nursing scholarship in Michele's name has been established. Donations can be made to the MaineGeneral Office of Philanthropy, C/O Michele Joly Scholarship Fund, PO Box 828, Waterville, ME 04903.

Michele and Steve were close; "we were always together" he recalled with a broken voice when I spoke with him in April this year. It was clear to me that it was time to end the conversation as the good memories were taking their toll. His last words to me were "she was a superstar" and this is how I will always remember her.

Godspeed Michele! ♦

2014 EAST POND ASSOCIATION MEMBERSHIP

Please place a check mark next to the level of East Pond Membership you wish and then transfer the value shown for that level to the space provided in the right hand column:

- Individual (\$15.00).....\$ _____
- Family (\$30.00).....\$ _____
- Supporting (\$50.00).....\$ _____
- Benefactor (\$100.00).....\$ _____
- Commercial (\$75.00).....\$ _____
- Invasive Plant Fund Contribution**.....\$ _____

This additional donation is used to help prevent invasive plants from getting into East Pond primarily by funding Courtesy Boat Inspections.

Total Donation \$ _____

- Please contact me about becoming a volunteer Courtesy Boat Inspector for East Pond.
- Please contact me about the LakeSmart program.

Name(s) and Address
(a return address label works great):

To help us keep our records up to date,
please tell us your location on the pond:

Phone #: _____

If you would like to receive occasional updates and East Pond news during the year, please fill in your email address. Your address will not be shared.

E-mail: _____

Send this completed form along with your check for the total donation to:

David Jackson, Treasurer
East Pond Association
83 Loon Lane
Smithfield, ME 04978

The East Pond Association is dedicated to promoting the protection and enhancement of water quality in East Pond and to preserving its ecological, economic, recreational, and aesthetic value.

East Pond Association is a 501 (c) (3) charitable organization
Visit our Website: www.eastpond.org

East Pond Association

c/o Dave Jackson
83 Loon Lane
Smithfield, ME 04978

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EAST POND ASSOCIATION ANNUAL MEETING

Saturday, July 19
9:30 AM Refreshments ,10 AM Meeting
Smithfield Town Office, Rte 8
Cook Out Lunch to Follow

The East Pond News is published yearly to provide residents and friends with the latest news. It is sent free of charge to any interested party as a service of the East Pond Association.

Comments, suggestions for articles, and photos are welcome and can be sent to the editors:

Val Schmitt *vschmitt@eastpondweb.com*
Rob Jones *rjmoxie8@gmail.com*

JOIN THE EAST POND ASSOCIATION

Membership is open to all individuals and organizations.
Send your name and address with a check to:

Dave Jackson, Treasurer, EPA,
83 Loon Lane, Smithfield, ME 04978

Individual: \$15 - Family: \$30 - Supporting: \$50
Commercial: \$75 - Benefactor: \$100

[HTTP://WWW.EASTPOND.ORG](http://www.EASTPOND.ORG)

The East Pond Association

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