



Continuity and Change

The idea of continuity and change has shaped my thinking over the years; the thought that there are beliefs, values, and practices so important that we should always embrace them, but at the same time realizing there may be internal and external forces suggesting, even requiring, the need for change.

In a very specific way this applies to our beloved Wilson Lake: ice-out readings have been documented since 1889, and at this writing we are waiting to note this year's date (recent dates include: April 29, 2017; April 30, 2018; May 2, 2019.); the UMF/FOWL buoy at the "deep hole" continues to register dissolved oxygen and temperature readings at various depths; and, planning is underway for summer lake activities including the Courtesy Boat Inspection (CBI) program.

But given the current restrictions brought on by the coronavirus pandemic, change is necessary: the annual Milfoil Summit scheduled for April 16 has been cancelled; cleanup day at the Foothills Land Conservancy scheduled for May 3 will not be held; Maine Lakes Society is considering an alternative delivery format for its annual Maine Lakes Conference scheduled for June 20; we may need to reconsider whether we can offer our CBI program this summer; we may need to think about alternative formats for our FOWL Annual Meeting scheduled for July 19; and, plans for the Lake Stewards of Maine Lake Monitors Conference scheduled for July 25 are uncertain at this time. Our collective good health is what is paramount at the moment and we will do what we can to help insure it.

As always, our hard-working editor Wynn Muller has put together a newsletter that features an interesting mix of topics, including science, history, and storytelling; all very appropriate subjects for a lake association's newsletter.

Thank you for your ongoing support of FOWL, and we wish you the best of health in these trying times.

Rob Lively

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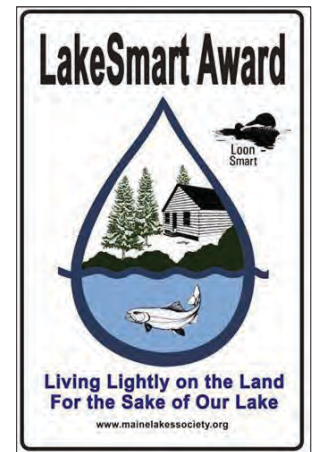
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"WHEN YOU WANT IT DONE RIGHT THE FIRST TIME"



Toothaker Pond Is Once Again Clear

by Adrienne Rollo, President, Toothaker Pond Assoc.

(Note: As we saw in our Nov 2019 Newsletter, page 8 on East Pond, Algal Blooms can be overcome, but at the cost of considerable work. This is another example. The best "treatment" is to prevent the occurrence of the bloom via avoidance of pollution into the lake.)



Toothaker Pond 2001 photo Adrienne Rollo

My name is Adrienne Rollo, and I have been an LSM certified lake steward on Toothaker Pond in Phillips since 2001. The pond was pea green with algae at that time, and I wanted to learn what had caused it and how could we clean it up. I contacted the Maine Department of Environmental Protection (DEP) to inquire as to whether or not they would allow the camp owners to apply barley straw to inhibit the growth of algae. Many area professionals including environmental engineers, professors and scientists, as well as the Maine DEP, were called on to lend their ideas and expertise to the restoration process. The more I learned, the more I wanted to know. After nearly twenty years of endless determination by camp owners, Toothaker Pond is now free of pea soup algae blooms.

Many individuals were called on to lend their ideas and expertise to the restoration process, including Maine DEP. To make a long story short, the initiative came down to identifying and diverting a major source of phosphorus from an upstream fish hatchery that discharged into Meadow Brook, a tributary of the pond. The nutrient and bacteria-rich waste from the hatchery would "cook" during the summer months, resulting in major algal blooms. Secchi disk readings in those days often dropped below 1.0 meter! The decision was made (and permitted by DEP) to redirect the brook into

the lake, and to discharge the hatchery waste below the outlet of Toothaker, bypassing the pond altogether.

Once that hurdle had been achieved, the next step was to purge the pond of algae and phosphorus through a series of temporary drawdowns to enhance flushing of the pond. The first of these took place in September of 2007, and then again in 2009. In each case, the concentration of phosphorus in Toothaker was reduced. DEP was impressed with the response! In 2012, the pond outlet was rebuilt, and a small dam



Toothaker Pond 2014 photo Adrienne Rollo

with flashboards was constructed, in order to be able to carefully control future drawdowns/flushing. We have employed this method each August (when algae growth peaks) since 2012, except for one year when the pond was exceptionally low, due to a dry summer.

I'm happy to report that Toothaker Pond is healthy once again! The days of green foul-smelling algae are now a thing of the past. Secchi disk readings in recent years have improved to as much as 4.6 meters, and even the poorest readings of the season have been above 3 meters! Phosphorus levels that were once as high as 23 ppb in 2004 were as low as 8.8 ppb in 2017. The pond isn't crystal clear yet, but it is very close, and still healing. It just keeps getting better, year after year! Of course, as we all know, every lake is different. What works in one lake doesn't necessarily work in others, and our circumstances with the fish hatchery were unique. These two photos (above) tell quite a story. Pea soup algae plagued Toothaker Pond in 2003, and as you can see, we had clear water in 2014. What a difference a decade, (and a lot of hard work) makes!



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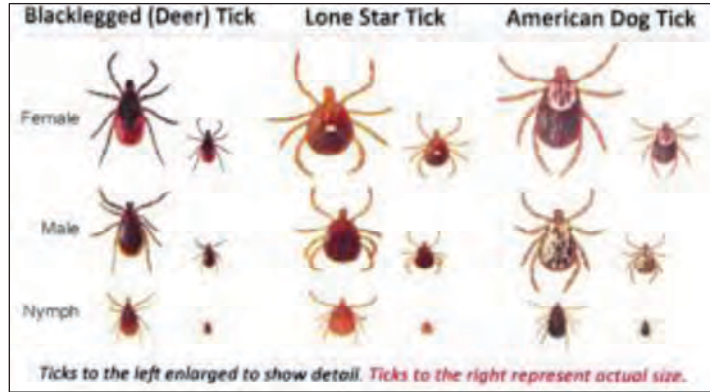
July 31 & August 1st, 2020



Ticks and Lakes

Peter Kallin, Ph.D., Maine Lakes Society
Advisory Board

Note: Peter is past president of Maine Lakes Society, past Executive Director of Belgrade Regional Conservation Alliance and has distinguished degrees from Princeton and Harvard among others. He wrote this at my request since ticks had become a serious problem in recent years.



Three common ticks.

A serious consequence of climate change is increasing tick populations in Maine, with concomitant increases in tick-borne diseases. At least five are known to occur in Maine, including not only Lyme disease, but also anaplasmosis, babesiosis, Borrelia miyamotoi disease, and Powassan encephalitis. All five of these diseases can be transmitted by the deer tick (*Ixodes scapularis*). Ticks present a serious threat to both people and pets and we all need to implement appropriate protective measures. Too often, however the first response is to begin broadcast spraying of pesticides that kill ticks (known as acaracides). That is almost always the wrong answer, especially near lakes. Maine has strict regulations for pesticide application (see: <https://www.maine.gov/dacf/php/pesticides/laws.shtml>) contained in (MRSA 22 §1471-X). These regulation state: "It is the policy of the State to work to find ways to use the minimum amount of pesticides needed to effectively control targeted pests in all areas of application."

Maine officially endorses a policy known as "Integrated Pest Management (IPM)," which requires a graduated, science-based, ecologically sound process to determine the appropriate level of control. This process is well-described at the UMaine Cooperative Extension Tick Lab web site: (see: <https://extension.umaine.edu/ticks/tick-borne-diseases/>) and I highly recommend this site for more detailed information.

Step 1 is prevention: Minimize your exposure to ticks by avoiding tick habitats, wearing light colored clothing with your pants legs tucked into your sox. Use repellants that contain 20-30% DEET, picaridin, oil of

lemon eucalyptus, or IR3535. Wear permethrin-impregnated clothing (and supply your dog with same). Be aware that permethrin is not a repellent but rather, a pesticide that should not be applied directly to your skin or your dogs. Dermal exposure to dry permethrin is relatively safe for people and dogs but can be fatal to cats. Always follow label instructions. Check yourself and others (especially children and pets) frequently for ticks. Remove ticks carefully with fine tweezers or a tick spoon. Maine residents can send ticks to UMaine for identification (free) or testing (\$15) (see: <https://extension.umaine.edu/ticks/submit/>).



Tick Warning

Tick Management: The UMaine extension website contains instructions on how to check your property for ticks, including doing a "tick drag" with heavy white cloth. If ticks are present there are a number of ways to minimize tick and tick-host habitat through landscape management such as reducing leaf litter, not feeding birds in the summer, using mulch barriers or fencing along the edges of wooded areas (see: <https://extension.umaine.edu/ticks/management/landscape-management/>). Mulches and duff layers consisting of evergreens (pine, hemlock, cedars) act as natural repellants for ticks.

Chemical Control: Maine's IPM approach to reducing exposure to ticks includes the responsible and effective use of pesticides if the presence of ticks is documented and non-chemical means have not controlled the situation. This should be considered a treatment of last resort and used with caution. The most common control methods involve the application of permethrin (including bifenthrin) to tick habitat during the tick larval stage (typically mid-May to mid-June in

the tick larval stage (typically mid-May to mid-June in Maine). Any application should be done by a licensed applicator following all applicable regulations and should not be done near the water.

Permethrin is a broad spectrum pyrethroid insecticide that is a potent neurotoxin. It is highly poisonous not just to ticks but virtually all insects, including honeybees, bumblebees, butterflies, and other native pollinators, as well as white faced hornets (which are efficient carnivores of mosquitoes and black flies) and spiders, which are tick predators. It (as well as Bifenthrin) should not be used near the lake, as it is highly toxic to fish and other aquatic organisms. If it washes into the lake it does not dissolve but sinks to the bottom where it is taken up by grazers such as snails and aquatic insect larva, crustaceans, which in turn are consumed by fish. These aquatic insects are the basis for the food chain in the lake and any poisons in them can be bio-concentrated tenfold with every trophic level in the food chain. Under Maine regulations, permethrin cannot be applied within 25 feet of a great pond and in, fact the chemicals are not even allowed to be mixed within 50 feet of the water. By comparison, Canadian regulations prohibit ground application within 15 meters (~50 feet) and aerial applications within 100 meters (330 feet) of water bodies; roughly double Maine's restrictions.

Permethrin binds strongly to soil particles and under upland oxidized conditions has a half-life of about 39 days, which means it needs to be reapplied regularly to remain effective, although the single most effective treatment is the one done during the larval period. In upland soils, after about 3 half-lives only about 12% remains. If those permethrin impregnated soils get washed into the lake, the half-life is more like 100 days and high levels persist about 2.5 times longer. This can lead to situations where the permethrin is dissipating on land but continuing to build up in the aquatic sediments, even with just a single annual application. For that reason, Maine Lakes Society recommends no spraying of permethrin near the lake where there is the possibility of permethrin-impregnated soil particles washing into the lake. On upland properties where ticks are present and prevention and



landscape management options have not been effective, a property owner may decide to use chemical control. In those situations, we would recommend no more than a single annual application during the mid-May to mid-June larval period. It should be done only by a licensed applicator and not done while flowering plants are attracting native pollinators. Repeated applications should be avoided.

Most commercial applicators in Maine also offer an organic "all natural" treatment option based on essential oils such as cedar oil, wintergreen oil, and peppermint oils. These treatments cost a bit more and need to be repeated more often but they are much safer for the lake.

Again, we strongly recommend visiting the UMaine extension web site to review personal protection strategies. By becoming more aware and adopting a few basic precautions, you can significantly reduce exposure to ticks for yourself, your family, and your pets.

References:

- Canadian Council of Ministers of the Environment, 2006. Canadian Water Quality Guidelines- Permethrin. PN 1358
- National Pesticide Information Center, Permethrin Technical Fact Sheet (<http://npic.orst.edu/factsheets/archive/Permtch.html#env>)

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Metaphyton, or “Cotton Candy”

by Wynn Muller

Over the past two summers a substance has appeared in shallow coves that looks like “green cotton candy.” When one tries to pick it up, the name holds true—you get a hand full of nothing. This is called metaphyton and is formed from algae forming into benthic mats at the bottom of shallow coves. As these mats receive oxygen through water clarity and solar radiation, they produce oxygen bubbles that allow the algae to float, mostly unattached, or free-floating. Consequently, they then move about from place to place by wind and water currents. They often become attached to sticks, lines, rocks, and other aquatic plants and then they stay in place. From all indication this is not a new phenomenon, but it appears to have become more prevalent in recent years.



Sample of Metaphyton

Metaphyton can consist of various algal and they form generally in the early spring just after ice out. They can affect the ecology of a pond in many ways. They trap nutrients from the bottom sediments reducing that available to floating plants and phytoplankton. Once the metaphyton comes to the surface, it blocks the sunlight to other submerged plant life reducing photosynthesis and also water temperature. Metaphyton also provides cover for small fish and zooplankton shielding them from predators. It also serves as a food source to bottom feeders like snails and insect larvae.

Nutrients in the water column can cause different algae species to form into metaphyton. Light intensity can also impact the type of algae that form metaphyton at different times of the year. Scott Williams, Executive Director of Lake Stewards of Maine offered these comments on metaphyton. “Like planktonic algae, metaphyton can also bloom or form masses which appear as “pillows” floating in shallow

areas. Also, like planktonic algae, some, but not all species of metaphyton are cyanobacteria. Very little research has taken place to address the question of whether or not those species may release toxins under certain circumstances, but the density of metaphyton masses in most lakes is generally such that the concentration of cyanotoxins would likely be very low. Planktonic algal blooms typically represent a greater concern for lakes than metaphyton, because a lake-wide planktonic bloom very likely would represent far more algal biomass than the sum of metaphyton in the body of water. Moreover, severe planktonic algal blooms that occur during the summer months are generally dominated by cyanobacteria.” While this is both enlightening and positive in lessening concern from the presence of metaphyton, Scott also had this to say, “I think it is always prudent to err on the side of caution and avoid swimming directly through areas where the growth (of metaphyton) is dense. People should always try to avoid ingesting untreated lake water because one never knows what organisms might be present.”

The Lake Stewards of Maine in an attempt to assess the extent of metaphyton in Maine lakes have offered guidelines for local lake associations to assess the growth of metaphyton in one’s lake. In Wilson Lake, last summer, Rob Lively, Peter Campion, Nancy Prince, Amelia Prince, Norm Hurlburt, Richard Rames and others patrolled the lake and arrived at significant quantities of metaphyton around the lake at: the “boat cove” of Kineowatha Park, the cove near Dennis Taylor, the cove near Robin Roberts, the Prince/Harris cove, the dock cove of Steve Harris, the dock area of Norm St. Pierre, the cove between the condos and the small islands and the cove between the condos and Tony Franchetti. Hopefully we will be able to conduct annual studies to see if the trend is increasing or decreasing.



CALENDAR OF EVENTS

(Note: Many of these have or are changing due to Coronavirus)

- June 20, 2020 Maine Lakes Conference, will be held virtually via Webinar
- July 19, 2020 FOWL Annual Meeting at Lions Club Building, still pending
- July 25, 2020 Lake Stewards of Maine Conference, still pending
- August 7-8: Wilton Blueberry Festival, Wilton Boat Launch, still pending

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The first cottage built on Wilson Pond (as my family always knew it, not Wilson Lake, an argument no one can win)

by Carol Anderson (daughter of Florence Bogardus Anderson)



Current Seabold House photo Sandy Muller

The cottage on Lake Road known, as Dan Seabold's is an attractive successor to the first cottage built on Wilson Pond, not by vacationers, but by the local farmers, in which to gather for some socializing. I don't know the exact year it was constructed, and am not likely to find out while the town office is shut down for social distancing. I remember my grandfather telling me it was built in the 1880s.

The Bogardus era began in the mid 1890s, when my great-grandfather, Henry Bogardus, a pediatric orthopedist from Jersey City, was in divinity school to become a medical missionary. In the middle of divinity school, he came with his roommate, Jonas Washburn, to New Vernon, Maine for the summer. He fell in love with Wilson Pond, its view of the mountains, and that farmer's meeting house, and not incidentally, the roommate's cousin or half sister. There is no one above ground to verify the relationship, but the result was Henry's buying the cottage in 1896 and marrying the woman, Aphia Vaughn, and taking her back to Jersey City. I don't know if he abandoned divinity school, but he became a successful doctor in New York and Jersey City, always called "Doc Pop" or Doc Bogardus.

My great-aunt, Doc Pop's daughter, Florence Bogardus, grew up in Jersey City but spent summers at the cottage, quickly christened "Pinehurst." She married a foreman at the Bass Shoe Company, Arthur Cole, and they lived in a Bass-owned house on Allen Street in



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Original Bogardus Cottage photo Ruth Adamo

Wilton. I think it was her daughter, Betty Cole Karkos, who told me that one of the first acts of the cottage's new owner was to haul out of the cottage cellar its horde of empty liquor bottles disposed of by the farmers who had met there. Doc Pop put them into a boat, rowed to the center of the pond, and sent them overboard: there is no record of how many trips that took!

Every June, when school got out in Jersey City, my great grandmother would take her three children, Florence, Henry, and Rollins, to Pinehurst by boat and train: I don't know if they kept a horse and buggy or early automobile in Wilton. At the end of July, Doc Pop would close his medical practice and make the same trek to Wilton, where the family would spend August. In 1915, he built a bathroom at one end of the porch, but the cottage had only lake water. I think we drank it, and lived. Cooking was done on the coal stove.

Visitors were plentiful and recorded until about 1913 on a hatch door to the cellar, which is now on the kitchen wall in my cottage in Chesterville, Pinehurst Too. In the late 1920s my mother was a camp counselor for Camp Kineowatha, then a private camp. In the 1930s, my mother would bring her friends from New Jersey to swim across the pond, boat on it, play tennis, and go to nearby summer theater. By the time I was a child in the 1950s, Rollins' son Herbert and his wife Ethel had taken over the cottage, and he and his three sons, Rol, Don, and Jim all drove speedboats on the pond. They spent time with Donald True, in the next cottage, whom I met a few years ago.

Decades passed. After Herbert's death and Ethel's health declined, the cottage was rarely used, last for a memorial service for my great-aunt Florence in 1980, a year after her death at 92. ** Herbert's sons sold the

cottage to Dan Seabold in about 1990, who order to build a modern, updated house on dation, just feet from the shore of the pond. Soon after, I began renting a Bass cottage on the other side of the pond, for 14 years, until the Bass family sold Bass Point. I bought my cottage in Chesterville in 2008, but remain a member of FOWL and a permanent fan of the view from the foot of Wilson Pond, in which I learned to swim.

The original "Pinehurst" sign survives, on the garage of Dan's house, visible from Lake Road.

**[Florence is still remembered in Wilton for her spunk, raising Betty and her brother Henry Cole alone after Arthur Cole died young; Florence bought the house from the Basses, provided catering around town, took in laundry and ironing, and boarders, and made her own bread, butter, doughnuts, molasses taffy, ice cream and everything else from scratch, put her two children through college, and drove her stick shift VW Bug up and down Wilton's hills until shortly before her death. She somehow won a contract to provide Santa lollipop covers for Fannie Farmer, and employed local women to meet production orders. She helped to raise her grandsons Steve and Don Karkos there. Don is deceased and Steve lives in California.]



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Happy 200th Birthday, Maine!

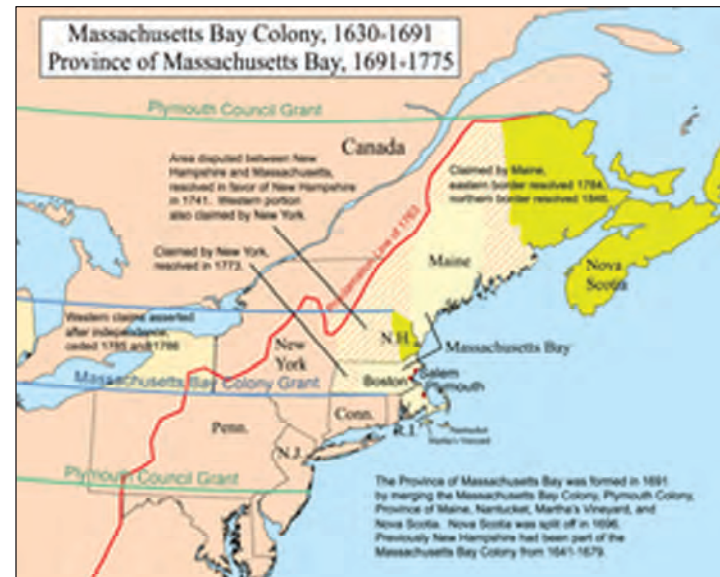
By Wynn Muller

Much has been made of Maine's Bicentennial of Statehood that occurred on March 15th. How can that be when Wilton celebrated its bicentennial 17 years ago in 2003 with our display of loons around the town? Seems rather strange to me.



I must confess that my last formal training in history was in the late 1950s in junior year American History. My teacher was Mr. Court who while a great teacher could be intimidating to a high schooler. He was about 45, 6'2", 200 # and totally bald. Perhaps he had to be intimidating since he was dealing with 16-17 year olds who likely did not want to be in his class. However, he was an excellent teacher in getting others and me to comprehend the topic. I bring this up since this article is on the history of Maine statehood and that topic never came up in my class that took place in northern Illinois.

However, we did study slavery, Abraham Lincoln and the Civil War. I never learned, nor would I have assumed that any these impacted the history of Maine



17th Century Mass Colony

becoming a state. But I was wrong! The United States Congress of the early 19th century was similar to that of the early 21st century—highly politicized, as we shall soon see.

While Native Americans have lived in Maine for thousands of years, it is thought Vikings explored Maine around 1000 AD, and many European explorers reached Maine around 1500. About 1600 Maine was colonized and the ownership awarded by the English government to John Mason and Ferdinando Gorges. In 1629 the land grant was divided with Gorges receiving the territory that represents the present state of Maine. He established Maine's first government in 1636 and in 1641 the community of Georgeana became the first English city established in the present United States. This is the site of the present city of York. After Gorges died, Maine became a part of the Massachusetts Bay Colony but this title was disputed until 1677 when the Gorges family was paid a settlement to affirm the title as under Massachusetts.

After American Independence was won in 1776, there was a movement in Maine to separate from Massachusetts and become a separate state. The people voted in 1819 to separate. At about the same time people in the Territory of Missouri had applied for statehood as well. However, slavery was legal in Missouri and since the Senate was presently divided evenly between slavery and abolished states, the Senate was not willing to allow Missouri to become a state and break this even balance. Representative Tallmadge of New York introduced a bill to basically bring Missouri in as a non-slave state that passed the House, but was defeated by the Senate. (Sounds familiar today.) In March of 1820, Senator Jesse Thomas of Illinois introduced a bill that became known as the Missouri Compromise that allowed Maine to enter as a free state and Missouri as a state permitting slavery. That is how both states were able to gain statehood. The issue remained an active point of contention until the Missouri Compromise was repealed in 1854 but that was not to impact on the statehood of either state only those other aspects of the Compromise that applied to future application of that legislation.

So that is how Maine became a state. I had learned of the Missouri Compromise but until now, could not have told you what it was. Certainly, I would never have considered that it impacted on Maine or Maine's becoming a state. But perhaps this is not so surprising since Hannibal Hamlin of Paris Hill, Maine was to become Vice President under Abraham Lincoln in 1860. He did not continue into the second term as Vice President, so Andrew Johnson of North Carolina became President upon Lincoln's assassination in March of 1865.



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