

Working to protect  
the quality of our lakes.



ISLAND FALLS  
LAKES ASSOCIATION



## WINTER 2022 NEWSLETTER

Dear Friends,

This newsletter is all about bringing you news and memories of sunny days by the lake. Let me recap the highlights for you. Our decision to host the Fishing Derby in early July paid off in the sense that more summer lakeside residents were able to participate. The enthusiasm of our young fishermen was palpable as they came in to weigh and measure their catch. Again, Trustee Jeff Wingate led the fish preparation and cooking effort for all to enjoy a fish fry dinner at the end of the day. Thanks to all the fishermen who donated their catch! The Canoe/Kayak races got the competitive juices flowing on a bright Sunday morning. First time race coordinator Tom Burgos left no stone unturned in planning and execution. From starting line-ups and accurate timing to awards the races went off safely, on time and funded our annual contribution to Dollars for Scholars.

Lobster Dinner reservations were sold out and all who attended enjoyed a lobster or steak with steamed clams and corn on the cob. At the Annual Meeting that followed, members approved by-law changes and elected a new slate of Trustees and Officers. Game Warden Seth Powers reviewed boating safety laws and answered many questions from the audience.

We are happy to announce two new initiatives that support our mission statement. These began in 2021 and will continue into 2022. We have a supply of conveyor belt material that can be used to build a driveway water diverter. We have made a number of these and offer them at no charge to any member or property owner on either lake. This year we are introducing a small grant program as an added incentive to having driveway water diverters installed. These services and benefits are at the heart of our focus on mitigating phosphorus run-off into our lakes. That program is detailed in this newsletter. To bring attention to the vast watershed that feeds Mattawamkeag Lake (286 miles of tributary rivers and streams) the IFLA is working with local municipalities to install watershed protection signs at river

and stream crossings on major public roads. Four signs are installed already in Island Falls and Crystal and six to eight additional are planned for this year. Motorists will see an attractive 18"x24" sign announcing the watershed and the miles of tributaries with a "Help Prevent Erosion" message.

We are extremely thankful for the support of all our members who keep the association going with annual memberships. To those who participate or volunteer at any of our events we are grateful. For those who have time or talent and are thinking about volunteering at any of our events or activities, WE NEED YOU! There has never been a better time to contribute, learn new skills and meet new people!

In closing, I would like to talk about MEMBERSHIP. This is a constant source of discussion among the Trustees, we wonder why only about a third of lakeside property owners belong to the IFLA? A family membership is \$20 per year and we have never heard this was unreasonable. When my mother-in-law (Leora Byron) passed away we made funds available to pay membership fees for those who wanted to join and could not afford it; there were no takers! If it is FEAR that prevents you from joining, please have no worries. The IFLA will not descend on your property with clipboards and cameras to evaluate how you manage your property. (We do offer a free, non-regulatory and voluntary program to help you do that called LAKESMART and this is available to all property owners, members or not.) For more information see [www.mainelakes.org](http://www.mainelakes.org). Many may not have joined the IFLA because they have never been asked. If that is the case, we are asking now. Please fill out the membership form attached to this Newsletter. Your contribution shows you love your lake and want future generations to enjoy it too.

Respectfully,  
Bob Guerette, *President 2018 - 2022*

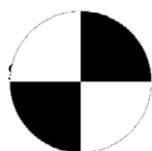


## WATER QUALITY REPORT

By Sherry Pettyjohn

The IFLA Water Quality team expanded to four this past summer season. Joining Sherry Pettyjohn were Mary Ardizzone and Sue Burgos on Pleasant Lake and Daniel Kinney on Mattawamkeag Lake. Sue and Mary are sisters who grew coming to their family camp. They are super enthusiastic about fishing and, therefore, concerned about the quality of the water. Daniel, who was born and raised in Maine (Portland and Farmington), is retired from the air force and industry. He and his wife had visited the area, liked what they saw, loved Mattawamkeag Lake, and bought Bill Schenk's camp on the Thoroughfare.

All three will have gone through the process of getting certified by Lake Stewards of Maine (LSM) to conduct turbidity testing this coming testing season. Turbidity testing involves lowering a Secchi disc down into the water column until it just disappears from view. The more algae and/or sediment and/or color in the water, the higher the turbidity or the less clear the water is. Less clarity means less sunlight will penetrate the water and, therefore, supply less light to the aquatic plants. Pleasant is a clear lake with the Secchi disappearing in the 9 to 12 meter range. Mattawamkeag on the other hand is a brown lake due to the humic acids which leach out of the marsh and aquatic plants in the huge watershed. The turbidity is usually in the 2-5 meter range.



### Secchi Disc:

The black and white pattern is clearly visible as it is lowered into the water column.

Since the onset of covid, the certification process involves watching training videos on the LSM website, passing the quizzes, and then going out on the water with LSM or DEP to conduct Secchi disc monitoring. Sue, Mary, and Daniel also accompanied Sherry on all her testing dates this past season for on the water training. Monitoring is done every two weeks from May through October. Once the newbies have completed a season of turbidity monitoring they can then complete the Dissolved Oxygen (DO) training with LSM. That involves more training videos, more challenging quizzes, and again, in person on the water training with LSM or DEP. DO monitoring requires a handheld meter that measures DO in mg/L and temperature in °Celsius. The meter has a probe (attached to about 30 meters of cable) that is lowered one meter at a time until it reaches the bottom.

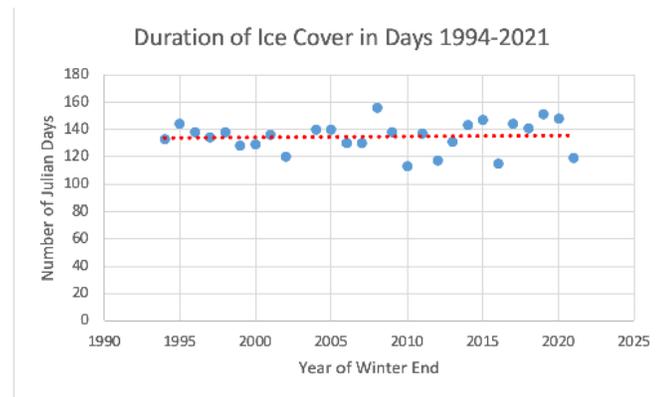
### Water Quality Monitoring Equipment

LSM has in the past provided a Secchi disc, viewing scope, and weighted measuring tape as well as all the training free of charge to volunteer monitors. As prices increase, they may not be able to continue to provide that. At this point in time IFLA has the equipment for all four of next season's monitors. Dissolved oxygen monitoring on the other hand requires a meter, probe, and 30 meters of cable. IFLA has one set of that equipment which necessitates it travelling between lakes. This has not been a problem in the past as IFLA dedicated monitors have travelled between lakes. However, with more monitors in coming seasons it might be more convenient to have an

equipment set for each lake. With this newsletter comes a membership envelope that asks if members might like to donate to the purchase of water quality monitoring equipment. We will need to raise approximately \$1000 in donations and the IFLA treasury will match those donations. The complete meter, probe, and cable set up is quoted at \$1360. A soft carrying case is another \$150 (as of January 27, 2022).

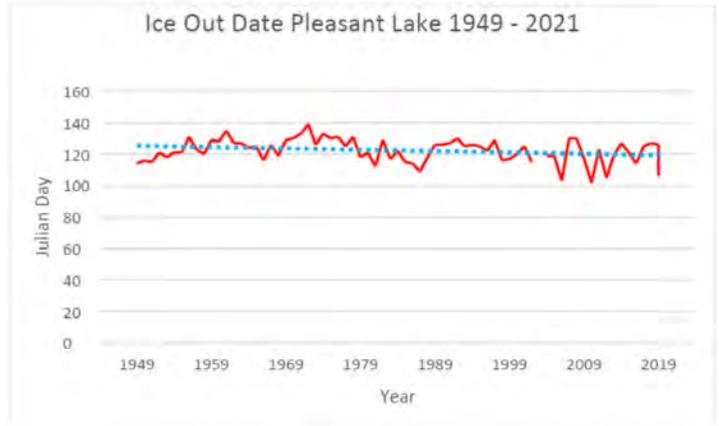
**Duration of Ice Cover**

Lake Stewards of Maine (LSM), formerly MeVLMP, has been collecting historical “ice-in” (or “freeze-up”) and “ice-out” data from lakes in the state. With both sets of data it is possible to calculate the duration of ice cover. The trend in southern Maine lakes is that the length of time the lakes are covered with ice seems to be decreasing. With warmer weather due to climate change lakes seem to be freezing over later and thawing earlier. Why is this information of concern? With lakes exposed to the sun longer the water temperatures can increase. With more light available algae can grow leading to reduced water clarity. The decay process in the deeper water can lead to a decrease in dissolved oxygen for aquatic life.

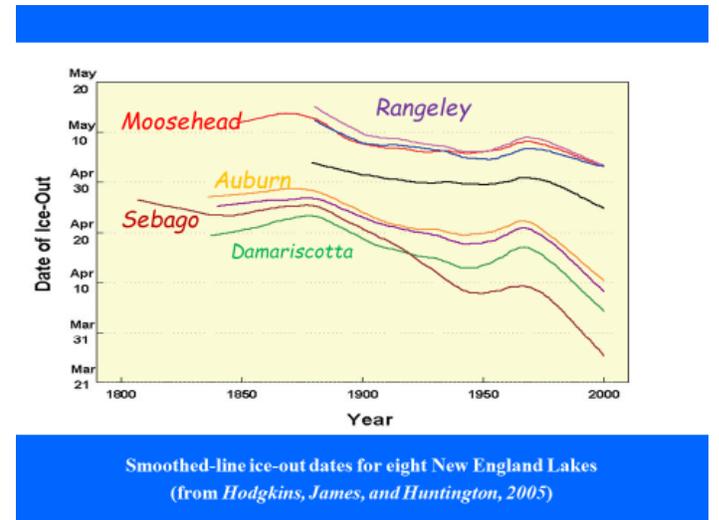


The Edwards family has been collecting ice-out data on Pleasant Lake since 1949 and freeze-up data since 1993. Ice is considered “out” when a boat can travel from one end to the other. Freeze-up or “button-up” is when the lake freezes up end to end. With both sets of data from 1993 to the present it is possible to graph the length of time that Pleasant Lake is covered with ice. The year is represented on the X-axis and the number of days the lake was covered with ice is on the Y-axis. That duration is given as a Julian number of days. The Julian date removes the leap year issue and just numbers the days continuously beginning Jan 1. Notice the “trendline” in red which gives the general trend pattern for the data. LSM is reporting a statewide trend for later freeze-up and earlier ice-out meaning that our lakes are ice free longer each year and more susceptible to warming. This apparently is an issue for lakes in Southern and central Maine, but not

so much for Northern Maine. Luckily we are in Northern Maine! The trend line is not showing a trend up or down which is interesting as a similar graph in 2012 showed a decrease in duration.



A graph of the Edwards data for ice-out on Pleasant since 1949 is below. The trend line in blue shows a slight trend for earlier ice-out. It would be great to get a volunteer from among the year round residents of Mattawamkeag Lake to begin recording freeze up and ice out. I’m told that ice out is usually a week earlier on Mattawamkeag.



Here is a similar graph provided by LSM of ice out dates on several New England lakes over the last 200 years. Maine lakes are identified.

## MEET THE TRUSTEES



**MARY ARRIDIZONE**, Pleasant Lake

I have been spending vacations and summers at camp on Pleasant Lake for over 60 years and four generations, it is my happy place. I enjoy fishing, kayaking, paddle boarding and happy hours on the porch. My love of the lake and surrounding area motivates me to want to help keep the lakes clean and spread awareness by serving as a member and trustee for the IFLA



**PETER BLOOD**, Pleasant Lake

For the past 71 years, I have spent my summers on Pleasant Lake. First in building a camp on the south shore with my family and now in my grandfather Grange's camp. My interests in the Lakes Association are water quality, shore erosion, fishery, canoeing and kayaking, and a flow restriction at the end of Mattawamkeag Lake



**SUE BURGOS**, Pleasant Lake

Sue Burgos is a third generation camp owner on Pleasant Lake who grew up fishing, swimming, and boating with her grandparents, parents, and siblings. She has made life-long friends with other summer residents. In addition to lake activities she enjoys hiking in Baxter State Park and exploring the region on foot, in a kayak, or on a bike.



**JEN COGLIANTRY**, Mattawamkeag Lake

Summers on Mattawamkeag have been part of my life since the age of four. It has been the backdrop to countless summers complete with family, fishing, and quiet kayak paddles! Being a member keeps me informed about ways to help to protect my beloved lake and be part of the great IFLA community.



**BOB GUERETTE**, Pleasant Lake

My time on Pleasant Lake started 44 years ago when I first met my wife Candy (Byron), who spent all her summers on the 'Pond' as a child. A biology major turned entrepreneur, my career paths led me to ventures in Human Resources management, commercial property ownership and a successful insurance agency. Retired since 2017 we live in Topsham ME and enjoy as much time as possible at our camp on Rand Rd.



**ESTHER HARTE**, Mattawamkeag Lake

I work with I.F.L.A. to help preserve our lakes in memory of past generations and in regard to future generations of people, plants and animals.



**GARY McCUE**, Pleasant Lake

My life before retirement was 29+ years as a Mainframe Computer Programmer in banking, then 10 years driving truck for a greenhouse/nursery business. We have owned our camp on the Pond since fall 2003, and lived full time here since spring 2010. I currently maintain Rand and Sandtrap roads in the summer, grading, repairing, and coordinating major work with a local contractor. My primary concern with the Pond, being in a bowl, is trying to minimize the amount of sediment runoff.



**DARLENE PORTER**, Mattawamkeag Lake

Darlene is married to Ronald Porter and enjoys the time they have at their camp on Mattawamkeag Lake.

PHOTO  
NOT  
AVAILABLE



**CANDANCE NEWMAN RUPLEY**, Pleasant Lake

Candace Newman Rupley has been enjoying Pleasant Lake since she was 8 years old. She enjoys all that the Pond has to offer. You will find her out and about no matter the weather! In her own words, "Pleasant Lake is my happy place".

## MEET THE TRUSTEES CONT.

**MARCIA PANKRATZ**, Pleasant Lake

When I was 3 back in 1968, my dad bought some land on Pleasant Lake and built a camp. Since then, our family has spent every summer in Island Falls. My parents have seen their children, grandchildren, and now great grandchildren grow up at the lake, enjoy its beauty, and fall in love with this special place...I have made lifelong friends in the Island Falls community and appreciate the peaceful, grounding feeling it gives me. These beautiful lakes have become part of my heart and soul. I am committed to preserving the quality of both Mattawamkeag Lake and Pleasant Lake for future generations. Being a member of the IFLA allows me to give back to a place that has given me so much.

**SHERRY PETTYJOHN**, Pleasant Lake

I have been coming to camp at Pleasant Lake since I was in utero. I spent happy childhood summers enjoying jumping from rock to rock around the islands, at Sand Cove, and at Barker Rocks. In the 70's and 80's, listening to Doc Daniels and Artie Smith discussing water quality degradation (those rocks down the lake are now too slippery to run on), I became interested in the testing protocols, accompanied Doc and Artie out testing, and decided to train. I have been a certified water quality monitor since 2005.

**JEFF WINGATE**, Mattawamkeag Lake

Jeff enjoys fishing with friends, entertaining friends and guests and finally just sitting on his beach contemplating the view surrounded by nature.

## TOWN NEWS

### Comprehensive Plan

The biggest *Town News* event this year has been the approval by the State of Maine of the newly developed *Comprehensive Plan*. The 149 page document has numerous sections on ensuring the preservation of the water quality of our lakes and rivers. The Lakes Association is prominently referenced throughout the document.

In summary, the plan acknowledges that Island Falls is home to a number of waterbodies known for their scenic beauty and the opportunities they present for outdoor recreation. While the community takes a proactive approach to protecting and preserving these water resources, it also underscores the threat of development and non-point source pollution on water quality. "Non-point source pollution occurs when water from rainfall or snowmelt transports natural and human-made pollutants to water-bodies. Common types of non-point sources include road salt, fertilizers, pesticides,

and petroleum products." Specific, point source pollution has also been detected along the Mattawamkeag River and the *Comprehensive Plan* states the community proposes to mitigate further impacts of these contaminants by constructing a new public sewer system.

The *Comprehensive Plan* identifies the Lakes Association as an important local resource that provides informational and educational resources to emphasize the importance of water health and stewardship. It states specifically that, "The Island Falls Lake Association (IFLA) prioritizes water quality protection and the preservation of local waterbodies. Through the Volunteer Lake Monitoring Program developed by the Lake Stewards of Maine, individuals can become trained water monitors and identify sources of phosphorous and invasive plants on boats and boat propellers. On their website, the Association provides educational information on how to ensure the preservation of local lakes

and the importance of boat inspections to prevent the spread of invasive aquatic species such as milfoils, hydrilla, water chestnut, spiny water flea, Asian clam, or zebra mussels."

A formal presentation of the Plan and a Town Vote will be scheduled soon.

### Boat Launch

Thinking ahead and keeping its commitment to preserving its natural resources, the Town Budget Committee recently approved money to repair/replace the public boat landing on Pleasant Lake. They will also work to upgrade and improve the parking area. The work will focus on ease of use and run-off control into the lake.

### Lakeside Property

The Town owns lakeside lots on Pleasant Lake and while no decision has been made to sell additional lake shore lots at this time, the Board is committed to preserving a section of the lake shore property for public access.



## UPDATE: THE LakeSmart PROGRAM

The IFLA LakeSmart evaluation team of Sherry Pettyjohn and Nancy Doherty visited four properties in September 2021. Three were on Pleasant Lake and one was on Mattawamkeag. Two of the properties received commendations which means they are recognized for volunteering but did not quite earn enough points for a reward. Suggestions were made to improve those aspects of their property that might allow runoff to enter the lake water. Those properties can be revisited in the future. Two of the properties received LakeSmart awards which will be presented to the owners at the IFLA Annual Meeting in July 2022.

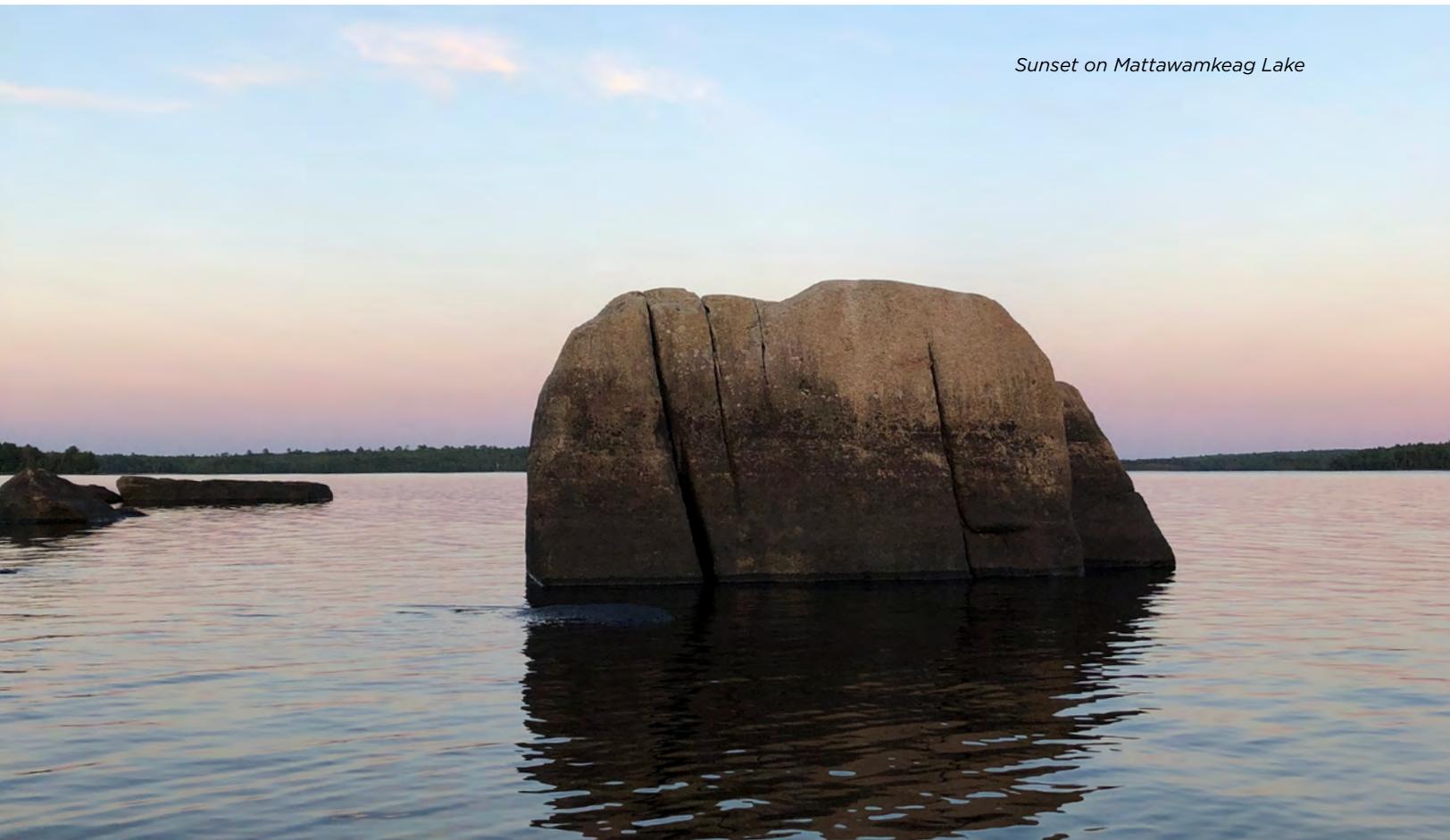
The LakeSmart team is hoping that more property owners will volunteer to participate. For more information on the program and the evaluation criteria please visit the Maine Lakes website at: [www.lakes.me/lakesmart](http://www.lakes.me/lakesmart)

The IFLA team would also welcome new evaluators. The certification process involves watching the training videos on the website and then participating in an evaluation with Maine Lakes personnel. In person certification will hopefully return at some time in the future.

For more information visit [www.lakesofmaine.org](http://www.lakesofmaine.org) to find for information about our lakes

Pleasant Lake is Midas #1728 and the monitoring site is the deep hole off Barker Rocks. Mattawamkeag Lake is Midas #1686. Site #1 is in the lower lake; site #4 is in the upper lake. There is a wealth of information about the lakes on this site including historical data since the 1970s.

*Sunset on Mattawamkeag Lake*



# SUMMER '22 FISHING DERBY

By Jeff Wingate

The Island Falls Lakes Association will sponsor its 4th annual Fishing Derby on Saturday, July 9th from 6:30AM to 4:00 PM. Headquarters for the Derby will be the Snowmobile Club on Rt 2 in Island Falls. Eligible waters for the Derby are Pleasant Lake, Mattawamkeag Lake, and the west branch of the Mattawamkeag River from the lake to the RT 2 bridge in town. Fish must be taken by rod and reel either on land or from a boat all according to Maine Inland Fisheries and Wildlife rules.

All donated fish will be expertly prepared for a community fish fry open to the public starting at 5PM on the day of the Derby. This full course meal is free for all and a great way to sample the many species of game fish available in our lakes and rivers.

Cash prizes will be awarded in two divisions, Adult and Youth for the biggest fish.

**ADULT PRIZES:**

\$100.00 for 1st      \$50.00 for 2nd      \$35.00 for 3rd

**YOUTH PRIZES**

\$40.00 for 1st      \$25.00 for 2nd      \$15.00 for 3rd

All youth who turn in a fish will receive a lure of their choosing. There is also a \$50.00 cash prize for the biggest fish caught by a male and a \$50.00 cash prize for the biggest fish caught by a female.

**Derby Entry Registration Fees:**

\$25.00 for adults

\$20.00 for seniors over 70 years old

\$10.00 for youths under 16 years old

**RAFFLE:** Our raffle is open to all and includes a fish finder, game camera, fishing poles, kayak paddles, gift certificates and many more great prizes. Raffle tickets can be bought at Jerry's Foodstore from 4 to 8pm the two days before the Derby and all day until 4pm at the snowmobile club on Derby day.

You can enter the Derby now until 8:00AM, July 9th. Here are 3 easy ways to sign up!

- Online at [www.islandfallslakesassociation.com](http://www.islandfallslakesassociation.com)
- In person at Jerry's in Island Falls, Thursday, July 7th and Friday, July 8th from 4:00 until closing
- In person at the Snowmobile Club, Saturday, July 9th from 6:30 to 8:00 AM.

**Please be safe and have fun.**



## HELP WANTED!

We are looking for some help cleaning, prepping, and cooking the fish for the Fishing Derby fish fry. No experience necessary. If you can fillet fish without the bones or want to learn how we are looking for you to join our team. Also if you want to learn how to prep the fillet and cook it we would like to have join our team too. Finally if you would like to contribute your own pasta, or potato, or vegetable or desert item please call or see Jeff Wingate (207-319-0172).

# LURES & OUR LAKES

By Suzanne Burgos

Several of our IFLA Trustees and Members regularly snorkel along the ledge of Pleasant Lake in many different locations. Although spotting fish, enjoying the clear water and being physically active are the main objectives, we often times collect trash from the bottom of the lake. Some of the most commonly found items (other than beer cans and bottles) are soft plastic lures. This photo shows a collection of lures, some still with their hooks attached, retrieved by several snorkelers over a few days. These lures are popular for bass fishing and are often cast into shallow waters in the spring and early summer. They get stuck on rocks and limbs and are left behind in the lake.

According to the Maine Department of Inland Fisheries & Wildlife, soft plastic lures are among the most popular fishing tackle and “over the years, discarded plastic lures have been improperly disposed of and have ended up on lake bottoms or in fish stomachs.” Fish can ingest these lures and this can have a negative health effect. Soft plastic lures do not readily decompose in fish or in water, and tend to swell over time. Once ingested they may alter feeding behaviors. Though some fish do regurgitate them, others do not and they accumulate in the stomach.

## The Maine Department of Inland Fisheries & Wildlife offers a few suggestions to help keep Maine waters clean and fisheries healthy:

- Properly dispose of soft plastic lures. Never toss them into the water or on land.
- Secure your lure well.
- Check your bait often.
- Replace old, stretched, or brittle lures.

Taking these steps and taking time to dispose of lures properly could significantly reduce the number of soft plastic lures ending up in our lakes and adversely impacting fish health and the environment.



## THE IFLA DIVERTER + GRANT PROGRAM

IFLA will continue to provide free driveway diverters to any property owner on both Mattawamkeag Lake and Pleasant Lake. These diverters steer water off of your driveway and into the woods where the water can easily be absorbed. This diversion of runoff prevents erosion of your driveway and, as importantly, it prevents dirt and gravel from draining into the lake.

Why is this so critical? Dirt, leaves, and gravel contain phosphorus. This phosphorus when in our waters creates algae which has a lasting negative impact on our pristine waters. Algae blooms are a huge threat to the fish, natural beauty, and clean waters of our lakes.

If you would like to protect your driveway from erosion and help preserve the quality of our lakes, email us today at:

**[mpankratz@4Goals.net](mailto:mpankratz@4Goals.net) or [guerettes2@gmail.com](mailto:guerettes2@gmail.com)**

### We will provide:

- Diverters for your driveway
- Reimbursement of up to \$500 when installed by a certified contractor

**Thanks for doing your part to keep our lakes beautiful!**



Highlighting our Business Partner

## JERRY'S FOOD STORE

By Bob Guerette

In 1977 a local Katahdin region adolescent, Jerry Violette, began his career in retail working at Bell's IGA of Patten, learning the basic fundamentals of the grocery business. Through high school and into early adulthood Jerry worked tirelessly to become knowledgeable in all aspects of the business. In 1986, new owner Albert Ellis sent Jerry to the neighboring town of Island Falls to manage his new but struggling grocery store. In 1988, Jerry embarked on his own adventure and purchased the Island Falls' grocery hub, renaming the business "Jerry's IGA".

The new business faced many challenges and some local skepticism. Undeterred, Jerry worked relentlessly, growing the business to become the well-known supermarket it is today, 34 years later. The store is now best known as "Jerry's", a small-town supermarket with high-quality service. The store offers everything from fresh cut meats, seafood, produce, baked goods, beer, liquor and much more.

The business has undergone several enhancements over the years.

- In 2000 1300 sq.ft. of retail space was added to accommodate hundreds of new products.
- In 2007 a deli counter offering freshly made sandwiches, salads, deli meats made-to-order pizzas.
- In 2010 an additional 1,600 sq. ft. to include hardware, plumbing and heating and sporting equipment.
- 2016 saw the addition of Aroostook County's largest "beer cave", housing traditional spirits as well as unique beverages from around the country.

At the heart of the business are Jerry's employees, many of whom have worked alongside Jerry since the beginning, and continue to provide the same great, reliable work ethic. Every employee has a distinctive role, but their ability to help throughout the store as needed contributes directly to the overall success of providing quality service and products to the people of our region.

For several years, Jerrys has co-coordinated the Island Falls' Ice Fishing Derby, held every February on free fishing weekend. The goal of the derby is to engage local residents and area youth to participate in the outdoors action, as well as attracting people to the region to benefit area businesses during the quiet winters.

Quietly, Jerrys supports several local non-profit organizations and charities, often advocating for area youth, elders and of his own personal interest, sportsman. The Lakes Association uses his storefront to promote its summer activities like the summer fishing derby and the canoe/kayak race. Jerry's help and support is invaluable when planning and ordering for the annual lobster/steak dinner. They are a valued supporter and business partner and we congratulate them for their commitment to make their community a better place.

## IFLA ANNUAL BOARD MEETING

The 2021 Annual Meeting of the Island Falls Lakes Association took place at the Island Falls Snowmobile Club on July 31, 2021.

A Treasurers Report was given by Gary McCue for the period July 1, 2020 to June 30 2021, condensed as follows:

**Income:** \$5,282.00  
**Expenses:** \$6,125.85  
**Ending Balance:** \$16,757.23

Majority of the income and expenses were related to the events held in late summer, Annual Dinner meeting, Canoe/kayak race, and Fishing Derby. With the large majority of donations and memberships received during the February to May timeframe these current numbers reflect us running in the red.

**Minutes of the 2020 meeting were approved.**

**Amendments to the Association Bylaws were approved.**

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**The following Trustees were elected:**

**President**  
 Bob Guerette (2024)

**Vice President**  
 TBD

**Secretary**  
 Candace Rupley (2022)

**Treasurer**  
 Gary McCue (2022)

**Board Members:**  
 Mary Ardizzone (2022)  
 Peter Blood (2024)  
 Suzanne Burgos (2022)  
 Jen Coglianry (2023)  
 Esther Harte (2023)  
 Marcia Pankratz (2024)  
 Sherry Pettyjohn (2024)  
 Darlene Porter (2023)  
 Jeff Wingate (2023)

**No other Association business was conducted at this meeting.**