



BELGRADE LAKES ASSOCIATION

*To protect and improve the watershed of Great Pond and
Long Pond through Preservation, Education and Action.*

Summer 2016



**A view of Long Pond through the front door of the
former Elizabeth Arden Estate.**

(Photo taken by Joe Phelan of the Kennebec Journal)

MORE ON THE PHOSPHOROUS PROBLEM

A MESSAGE FROM OUR PRESIDENT

"There's a 50% chance that Great Pond will have a significant algae bloom in the next 10 years. The north Basin of Long Pond could bloom sooner."

This is the alarming conclusion that Dr. Whitney King made at his presentation on the results of the water quality research that he and his colleagues from Colby College conducted last year on Great Pond and Long Pond. He made his remarks at a BLA board meeting on April 8, 2016.

Dr. King's conclusion is a real wake up call. Here's why.

The algae bloom he refers to is an explosion of tiny plant organisms caused by an excess of phosphorous in our lakes and triggered when the water warms up in late summer. When there is enough phosphorous in our lakes and the water is warm enough, there will be a bloom. If current trends continue and we don't take action, it's not a matter of **IF** we will have a bloom, just a question of **WHEN** we will have a bloom.

Don't worry. You won't miss it. The lakes will turn a pea green color, water clarity will drop to virtually zero, and it will be headline news in the next morning's issue of the KJ and Waterville Sentinel.

The phosphorous problem that's at the heart of this matter is a complicated story and a bit of a sleeper. Looking at our lakes now you would not suspect we have a problem. Yes, there is more algae in the water, the *gloeotrichia* (the tapioca looking algae that you see floating in the water in mid to late summer when the water warms up) is worse, and the water is not as clear as it was 30 years ago. But our lakes still appear good, especially when compared to lakes in other parts of the country. So, what's going on?

One of the unseen factors driving this water degradation is the oxygen in our lakes, or more accurately stated, the lack of oxygen in our lakes. Here's what's happening.

As dead algae and other organic matter sink to the lake bottom, it decomposes. This process uses oxygen. The more dead material that drops to the bottom and decomposes the more oxygen used.

Our lakes first lose oxygen and become anoxic (without oxygen) in the deepest holes. Due to the early ice out this year, we saw the oxygen levels begin to drop in the deep holes in mid May. Last year that did not occur until June.

As we move into summer, the anoxic problem worsens. The oxygen levels in the deep water will drop to virtually zero. It becomes an uninhabitable dead zone for fish and other aquatic species that require oxygen to survive. This is one reason our salmon fishery has so drastically declined over the last 30 years.

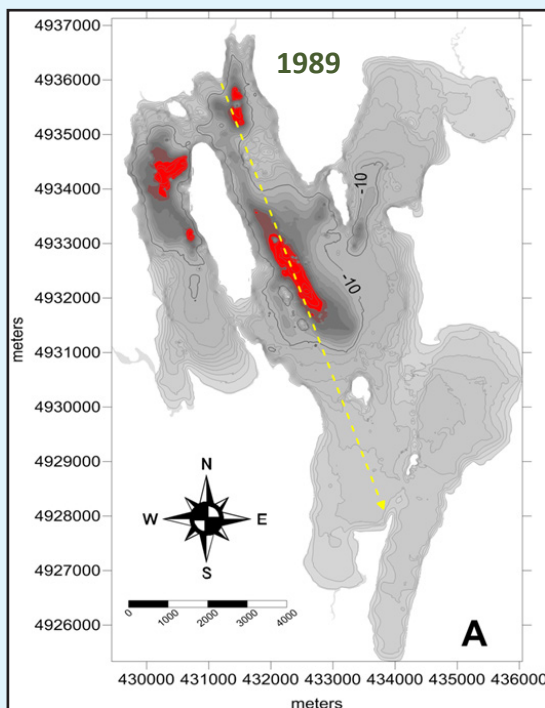
As the amount of dead algae and organic matter increases, so do the areas of our lakes that go anoxic each summer.

Today the anoxic area in Great Pond is 35 times larger than it was in 1989!

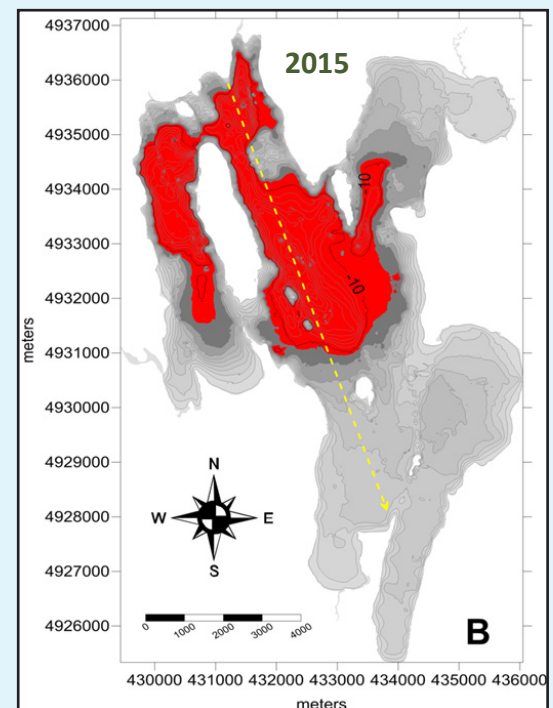
Why is this anoxia factor important? When there is oxygen present in the water, the phosphorous, that feeds the algae,



Lynn Matson, BLA President



The red anoxic area in Great Pond is 35 times larger today than it was in 1989! This large area without oxygen is a key reason we are facing the growing threat of an algae bloom on our lakes in the next 10 years. Maps courtesy of Dr. Whitney King, Colby College.



PHOSPHOROUS PROBLEM continued



Loons floating in the early morning fog.

is locked up in a chemical bond with the iron that's on the bottom of our lakes. The algae cannot use it. But when the lakes go anoxic and the oxygen disappears, this chemical bond is broken and the phosphorous is released.

The freed up phosphorus remains in the deep water until the lakes "turn" in the fall each year. When that happens and the water at the bottom of the lakes is pushed up to the surface, the freed up phosphorous gets mixed in the whole water column. Now the phosphorous is available to feed the algae which needs the light near the surface to grow when the water warms up the next summer.

The more our lakes go anoxic each year, the more phosphorous is released and available to feed the algae. As more algae grow, die and sink to the

lake bottom, more oxygen is consumed. As we lose more oxygen, more phosphorous is released to feed the algae growth. It's a vicious cycle and one that is increasing at an accelerating rate.

The fear is that we'll hit a tipping point where the algae growth will explode and our lakes will turn pea green. That's the basis of Dr. King's statement that there is a 50% chance this bloom will occur in the next 10 years.

The good news is that we should never see our lakes crash and experience this kind of runaway algae bloom because, at least for now, we are ahead of the problem and on a good course to deal with it.

So what's being done? First, we're very fortunate to have so much good scientific data on our lakes water quality. We have decades of observations collected by volunteer water quality monitors, many BLA members, like Eddie Mayer, Dr. Peter Kallin, Bruce Fenn, Dick Greenan and others.

Then last year Dr. King and his colleagues at Colby collected thousands of water quality data measurements to give us a much more complete picture of what's happening in our lakes. This research was largely funded by Great Pond camp owner, Tom Klingenstein. Thanks to his generous support, Colby is collecting this same kind of data again this year to further refine our understanding of these lakes' processes.

Last year's data from Great Pond and Long Pond is being analyzed right now by Dr. Ken Wagner, the esteemed limnologist contracted and funded jointly by the BLA and BRCA. He will present his findings and recommendations for remedial action at our BLA annual meeting on July 31st. Mark your calendars.

Then we'll need to get a consensus of all stakeholders on the remediation action to be taken, undertake the needed engineering work, obtain permits from the state of Maine, raise the needed funds and hire contractors. And we'll need to develop a comprehensive long-term water quality strategy to keep our lakes clean in the future.

We've got a lot of work ahead of us. It's a big job. It's going to cost a lot of money. But I suspect there's not a person who uses and loves these lakes who would not agree that it's worth it. We all want to leave a legacy of "Clean Lakes" for our kids and grandkids.

As always, thanks for your concern, your questions and your support. We will report Dr. Wagner's recommendations and update you on new information as it becomes available on our web site and at our annual meeting. You can also see the latest results of this summer's water quality research at the Maine Lakes Resource Center. And there's a link to Dr. King's presentation on his findings from last year's data collection on our BLA website, belgradelakesassociation.org.

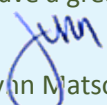
There is also something you can do to help right now. Become a good lake steward. Erosion and runoff into our lakes and improperly working septic systems are major contributors to the phosphorous problem. Have your lakeshore property evaluated by a LakeSmart volunteer. Call Logan Parker at 207 313-9101 for more information.

If you need a shoreline buffer, riprap or other measures to reduce erosion, call Nathan Durant, the BRCA Conservation Corps Director. His number is 207 931-8791. The Conservation Corps does excellent work and the labor is free. You just pay for materials used.

Have a great summer. See you at our BLA annual meeting on July 31st.



Satellite imagery contrasting the color of North Pond with that of East Pond during algae bloom.


Lynn Matson

MAINE'S NO WAKE ZONE LAW

by Dick Greenan



Believe it or not, it is the law! Yes, 200 feet. Unfortunately it is often not known and certainly by many, not observed – intentionally or otherwise!

Maine boating law states that it is illegal to operate a vessel at greater than “headway speed” (the slowest speed at which it is still possible to maintain steering and control of the vessel) while within 200 feet of any shoreline, including islands, and within a marina or an approved anchorage except when actively fishing or while following a direct course to pick up or drop off skiers.

There are many good reasons for this law including the safety of other boaters, prevention of damage to boats tied up to docks, reduction of shoreline erosion and protection of our wildlife habitats (ex. loon nests).

The entire Boating Laws are available online: https://www.boated.com/assets/pdf/handbook/me_handbook_entire.pdf

A boat traveling by a nesting loon, particularly in the months of June and July, can easily and unknowingly wash out a nest and our chicks-to-be. And most often these natural nests are well-hidden to all but the effects of our wakes.

Our Dam operators, as stewards of this incredible watershed, must also be cognizant of water levels during this period. With its relatively steep watershed, one inch of rain fall will actually bring the water level up 3” in Long Pond. One can well imagine the potential effect of a heavy rain on this resource.



Our local spokesloon says, “Thank you for slowing down - the chicks and I appreciate it!”
(Photograph courtesy of A.J. Wall)



A larger wake is created when the stern drops as seen above.

Most of us naturally slow down as we enter the 200 foot zone, but, in many instances, this actually can do more harm than good. Rapid slowing down will actually cause the boat's stern to dig in deeper resulting in a greater wake and even more damage.



Too much wake too close to shore.

Keeping the boat level will, of course, help, but is difficult with today's bass boats with all of the weight in the rear. Slowing down another knot or two will dramatically reduce your boat's impact.

As you can see, it wouldn't take much of a wake to wash out even a man-made floating nest.

Let us all have a safe and spectacular summer and do whatever we can to protect these Belgrade Lakes for generations to come.



A man-made floating nest for our local loon friends.

COURTESY BOAT INSPECTOR HOURS EXTENDED

by Lynn Matson

Courtesy Boat Inspectors are now at the Great Pond and Long Pond Boat Ramps seven days a week from 7:00 am to 7:00 pm. The new extended hours began on Memorial Day and will continue right through Labor Day weekend.

The CBI program is one of the very best safeguards we have against more invasive plants being accidentally introduced into our lakes. This kind of prevention is much more cost effective than pulling and removing large milfoil infestations, a lesson we have clearly learned on Great Pond over the last 5 years.

The BLA is contributing \$25,300 this year to cover the cost of the CBIs on Great and Long Pond. Your membership donations and support of our Summer Raffle and Annual Appeal make funding this kind of important program possible. Thank you very much for your participation.



Courtesy Boat Inspectors hours have been extended to seven days a week from 7:00 am to 7:00 pm at the Great Pond and Long Pond ramps.



One of our friendly boat inspectors okays this boat for fun and fishing!

Our CBIs are trained to be courteous, informative and thorough in their work. If you have an experience with our CBIs that you think falls short of these high standards please contact BRCA CBI Coordinator, Toni Pied at 207 215-2685. Thanks for you help.

Are your friends and neighbors BLA members?

If not, why not?

The Belgrade Lakes Association was founded in 1908 for the express reason of being good stewards of our lakes. That has not changed. This year we are even more committed to this goal, and you will see and hear more about our work in this newsletter. At present, we have 453 members including 8 brand new members. While that sounds like a lot of people, we also have many more lake dwellers and residents who have not yet joined.

Please reach out to your friends and neighbors and tell them about the BLA. This year's annual meeting is a must-attend as we are directly focusing on the aging of our lakes. We are using the Center For All Seasons in Belgrade so we can make sure the quality of our presentation is first-rate. We want everyone to hear about the research results for Great and Long Ponds. This will be followed on Sunday, August 14th, at 4 PM by a special presentation from Limnologist and Professor Peter Tobiessen at the MLRC.

For more information please visit us at the MLRC building, stop by the raffle ticket table across from Day's Store, at the Farmers' Market, or check out our website at belgradelakesassociation.org.

Please join us and be a Lake Steward in 2016!

LakeSmart keeps pollution out of our lakes. There are many ways to do this; here is one LakeSmart tip.

LAKESMART TIP #1 EROSION CONTROL MULCH



Erosion Control Mulch absorbs nutrients from water, stabilizes slopes, and enriches soil. It is heavier and "chunkier" than landscape mulch to better retain moisture and control weeds. Use it on paths, bare spots where vegetation won't grow, or between plants.

For free installation contact Nathan Durant, Youth Conservation Corps Director, (brcacc@mainelakes.org) or Logan Parker, LAKESMART Coordinator, (lparkermainelakes@gmail.com) Maine Lakes Resource Center 207-495-3617

LAKESMART TIP #3 DRIPLINE INFILTRATION TRENCH

Before



After



Dripline infiltration trenches collect and infiltrate stormwater, and control erosive runoff from the roof top. The trenches collect roof runoff and store it until it soaks into the soil below. These systems minimize wear on your house by reducing back splash.

LAKESMART TIP #2 SHORELINE RIP-RAP

Before



After



Heavy irregular-shaped rocks are fit into place to manage lake banks severely undercut by waves or eroded by water flowing across the property into the lakes. Native trees and shrubs, planted above the rip-rap, filter nutrients and pollutants from the run-off.

NEW LOONSMART STICKER PROMOTES CHICK SURVIVAL

by Maggie Shannon

LakeSmart Award Winners may now qualify for a new honor recognizing their contribution to chick survival.

Habitat criteria added to LakeSmart evaluations can qualify homeowners for the new LoonSmart distinction and will be shown by adding a LoonSmart



sticker to the blue and white LakeSmart Award sign. LoonSmart hopes to boost the number of surviving chicks each year in Maine by drawing attention to the significance of physical and behavioral stewardship elements. It is the product of a partnership between the Maine Lakes Society, which runs LakeSmart, and Maine Audubon's Loon Project. To learn more about LoonSmart, please contact BLA's LakeSmart Coordinator Logan Parker at 207-495-3617, or logan.parker@mainelakesresourcecenter.org

THE REMARKABLE ELIZABETH ARDEN



Florence Nightingale Graham (Elizabeth Arden, 1878 – 1966) was the fifth of five children born into a poor farming family from Ontario, Canada. Unknown to Florence, she began laying the foundation of the modern cosmetics industry by training to be a nurse in Toronto. She soon realized that sales and marketing, not nursing, were her forte. Her original interest fell upon developing a facial cream that could help acne, and her work eventually led her to the realization that contemporary women would give anything for beauty. Her business ventures began with a mail-order campaign for her face cream, but it failed because her father had lost interest and patience with his daughter's endless ideas and stopped his support. While still in Toronto, she worked for a dentist and managed to double his income by her novel plan to write his patients, suggesting and explaining why they should have regular dental check-ups.

She eventually moved to New York City and lived with her brother in 1908. Working as a bookkeeper for Squibb Pharmaceuticals, she noticed their labs and the focus given to research and development. She designed a small lab for herself to test her beauty ideas. Beauty parlors existed at that time, but they emphasized skin care with facial massages, creams and lotions. Neither make-up nor hair care were involved. Wanting to know more about parlors, she became a "treatment girl" at the parlor of Mrs. Eleanor Adair for facial massages, manicures, and mixer of the owner's cream concoctions. Elizabeth Arden was a fast learner of all aspects in the beauty field.

History happened to be on her side in her rise to success. Higher levels of female education and the suffrage movement helped change women's attitudes towards cosmetics. No longer was facial "paint" thought to be disreputable and shorter hair and cosmetics were seen as part of female emancipation, especially at the time of the First World War. Florence wore little make-up herself.

She forged ahead by partnering with Elizabeth Hubbard and opened the first Red Door Salon in 1910 on Fifth Avenue in New York City (she was very conscious of how things sounded and looked and believed that "Salon" sounded more sophisticated than "Parlor"). She also thought that "Florence Nightingale" sounded too hospital-like, so when she and Elizabeth Hubbard split, she kept her partner's first name on the salon door and chose the unusual name "Arden" from the poem, "Enoch Arden," by Alfred, Lord Tennyson. She then took the name Elizabeth Arden as her own. Without a partner and owing money to her brother, she worked many jobs as a manicurist in order to keep her salon open. She also kept experimenting with her cosmetics, the future "Grecian" and "Venetian" lines. The early beauty lotions, powders, and creams were heavy and greasy. She had a chemist make them light and fluffy as well as scented.

She emphasized the use of strategic words and names that evoked prestige, glamour, and romantic allure for her products and added to her salon a "prestige" hairdresser, milliner, cloth-



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MILFOIL BATTLE IN FIFTH YEAR

The STOP MILFOIL team is back at work for a fifth consecutive year under the leadership of Belgrade Regional Conservation Alliance (BRCA) Milfoil Program Director, Toni Pied. The team crew leader is Mike Stevens.

The STOP MILFOIL crew is pulling any missed and new plants but their primary focus this year is searching for new outbreaks and scattered plants, growing outside the original infestation area. They are able to concentrate their efforts on this survey work because the original infestation has been greatly reduced in size as a result of their successful hand pulling of the milfoil plants the last four seasons.

Last year they removed just **4,675 gallons** of milfoil plants. That compares to **48,648 gallons** that was removed in 2012, the first year of our aggressive action plan.

Survey teams will search all the shoreline of both Great Pond and Long Pond and will repeatedly check high-risk areas in both lakes. No invasive milfoil plants have been found in Long Pond. In Great Pond, no new plants have been found growing outside of Great Meadow Stream and North Bay in the last two years.

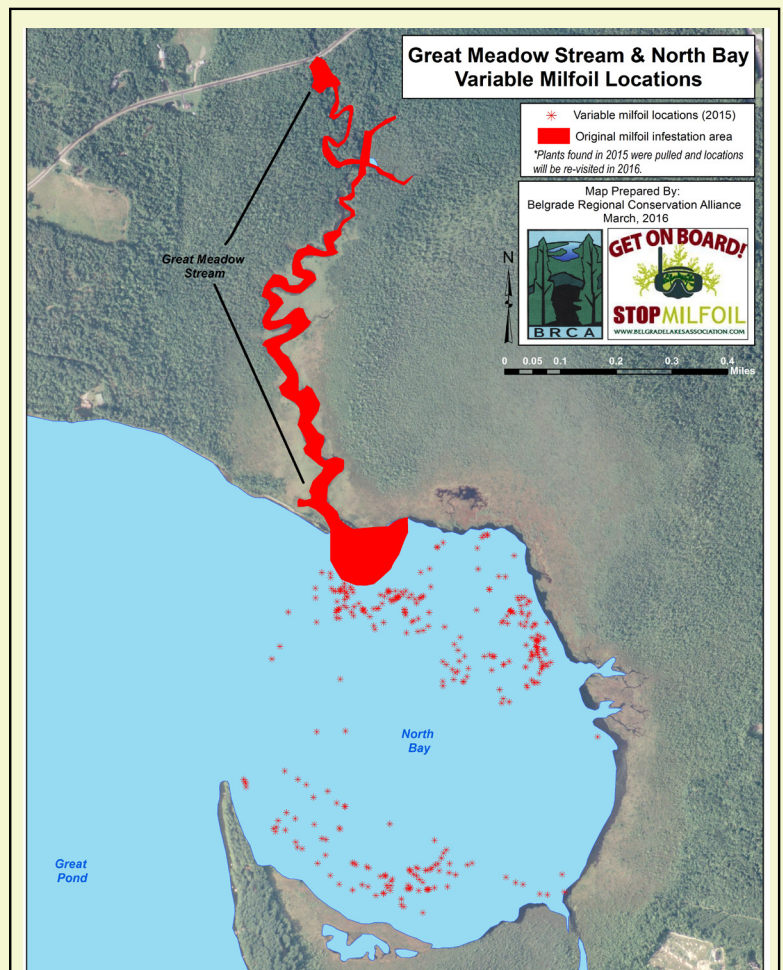
But this battle is not over. Scattered plants have been located growing all around North Bay. These plants likely got started from fragments that broke off from the infestation area in Great Meadow Stream. All the scattered plants in the bay have been GPS located and removed. This area and the water around it will be repeatedly searched for new plants this year.

The Great Meadow Stream is open but only to non-motorized watercraft. Motorized watercraft are not permitted in the stream for the safety of our divers and to prevent further fragmentation of any remaining plants.

The battle with invasive milfoil continues to be expensive. This year the BLA will invest approximately \$75,000 in this effort. Thank you for your ongoing support of the STOP MILFOIL Capital Campaign. Your generosity makes this work possible. The good news is that your donations are being well invested and we are getting great results. Thank you to all our donors and the whole STOP MILFOIL team.

Prevention is still the best and most cost effective way of keeping the milfoil from spreading. Please check your boat, trailer and all your boating and fishing gear for any plant fragments. Also carefully check your kayak or canoe and paddles, especially if you've been in known milfoil areas like Great Meadow Stream. It just takes a small fragment to start a whole new infestation.

Another way to help is to sign up for the Adopt-A-Shoreline program and volunteer to search for milfoil plants growing in front of your camp. For more information on this program or for answers to questions about the STOP MILFOIL work, please contact BRCA Milfoil Program Coordinator, Toni Pied at 207 215-2685 or drop her a note at brcamf@belgradelakes.org.



While the size of the original invasive milfoil infestation has been greatly reduced, scattered plants have been found in North Bay of Great Pond, putting a premium on searching for new outbreaks and keeping the infestation from spreading into other parts of the lake and into Long Pond.

THE TREMENDOUS POWER OF LAKE ICE

By Moriya Rufer (Reprinted with permission)

The tremendous power of lake ice is a marvelous form of our most precious resource. We depend on it for winter fun, and our lakes depend on it for their natural seasonal cycles. Despite the joy we get from frozen lakes in the winter, the ice can also wreak havoc on lakeshore by pushing up the sand and soil into large ridges.



Today I will talk about the tremendous power of lake ice, and the phenomenon called “ice heaving” or “icejacking.” There are some positives and some negatives to this phenomenon, depending on your perspective. It can be extremely damaging to personal property on the lakeshore, but it can also be beneficial to the lake’s health and its ecosystem.

First of all, why do these ice ridges form? Ice is not stagnant in the winter once it forms. It is continually changing, expanding and contracting as the temperatures rise and fall. When the temperature drops, the lake ice contracts, producing cracks which refill with more water and freeze. Then, when

the temperature rises, the ice expands, but there is nowhere for the ice to go in the lake, so it pushes up against the shore. As ice continues to expand and contract throughout the winter, it produces a ratcheting effect. Each subsequent and cumulative push exerts tremendous pressure upon the shore.

For example, for a lake that is one mile across, when the ice’s temperature rises from 14 to 32 degrees Fahrenheit, the ice sheet will expand laterally a total of approximately 32 inches, almost 3 feet! This can occur in a matter of hours when there is no snow cover on the ice sheet.

Ice jacking is more severe in years where the temperatures fluctuate greatly and where there is little snow cover to insulate the ice and keep the ice temperature constant. This year, we have had a relatively thick snow cover all winter, so, in theory, the ice heaving should be less dramatic.

There really isn’t much you can do on shore to keep the ice at bay. The ice is so powerful that it is impractical, from an economic standpoint, for the average individual to construct retaining walls or a foundation of sufficient strength to resist it. Rip-rap is of little value unless laid on a properly placed gravel foundation and on an extremely flat slope.

The safest course for lakeshore property owners is to follow setbacks and be sure that the buildings are located as high above the lake level and as far removed from the shore as practical. Setback regulations of 100 feet from the shoreline are not only important for aesthetics and to prevent runoff into the lake in the summer, but they also protect lakeshore property owners in the winter from ice damage. There have been years where ice can rip cabins near shore off their foundations.

What can property owners do in the spring when they’re left with large ridges of sand and soil? Usually, a DNR (Maine DEP) Public Waters Work Permit is required for altering shoreline below the ordinary high-water level. There are some conditions where you can grade and remove an ice ridge without a permit. In Maine check with the Maine DEP: 800-452-1942 or <http://www.maine.gov/dep/water/>).



So what are the benefits to ice heaves and ice jacking? Ice heaving has been a natural process occurring on Minnesota lakes for thousands of years. The ridges form a natural barrier to runoff and trap nutrients from flowing into the lake. These nutrients then become fertilizer to plants that grow to form a buffer on the lakeshore. The shade and habitat offered by near-shore plants benefit organisms along the shore and in the lake, thus supporting nesting and spawning fish. If you have undeveloped natural shoreline, leave the ice ridges in place and watch in future years how they develop into a great habitat.

(Moriya Rufer is the Lakes Monitoring Program Coordinator for RMB Environmental Laboratories in Detroit Lakes, 218-846-1465, lakes.rmbel@eot.com.)

SPIRIT OF AMERICA AWARD PRESENTED TO BLA BOARD MEMBER DICK GREENAN

Hi All:



Congratulations are in order for our friend and fellow board member, Richard Greenan. Dick was presented with the Spirit of America Award at the 2016 Rome annual meeting for his outstanding volunteer contributions to the town. First Selectman Richard LaBelle read the award proclamation which cited Dick's work as Head of the Rome Planning board, member of the Dam Committee and member of the BRCA and BLA boards. His acceptance of the award was met with a standing ovation by the 75 or so Rome citizens who were in attendance.

Congratulations, Dick. And many many thanks to you for all the hours of hard work, dedication and passion you put into every one of your volunteer duties. You have truly made this a better community and an even more wonderful place for all of us to live and enjoy.

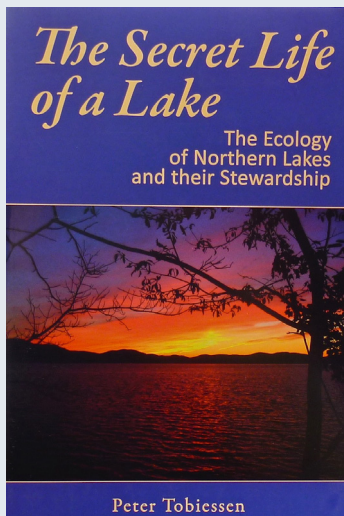
Lynn

Did you know? Mr. Greenan is the author of "A Practical Atlas of TMJ and Cephalometric Radiology" and has been published in numerous journals and textbooks on Radiology, Orthodontics and TMJ. In addition to being a former member of the American Academy of Oral and Maxillofacial Radiology, the International Association of Dentomaxillofacial Radiology, the International College of Cranio-Mandibular Orthopedics, the Academy of Osseointegration and the International Association for Orthodontics, Mr. Greenan has lectured worldwide presenting lectures and hands-on programs on Dental Radiology.

Dick is currently the Co-Chair of the Rome Planning Board; sits on the RSU 18 Schools Facilities Committee; is Secretary of the Belgrade Interlakes Dams Committee; Treasurer, Belgrade Regional Conservation Alliance; BLA Board Webmaster; Raffle and Water Quality Initiative Chairman for the Belgrade Lakes Association; and notably a certified Maine Hunter Safety Instructor.

AN AFTERNOON WITH PETER TOBIESSEN

Sunday, August 14th at 4 PM at the MLRC



As you canoe over the placid surface of your favorite lake, have you ever wondered what lies beneath you? What kind of creatures lurk there? What do they look like and why, and how do they interact? By letting readers in on a lake's "secret life," the author hopes to give you a deeper understanding of these complex and dynamic ecosystems, and perhaps even motivate some to become more active in a lake's preservation.

Come and meet Peter Tobiesen, author of *The Secret Life of a Lake*, as he shares his insight with us. His book gives a wonderful overview of what happens as a lake ages and his information blends in perfectly with the challenges we are experiencing here in our own lake system. This will be an excellent follow up to the exciting presentation by Limnologist Ken Wagner and Colby College professor Whitney King at our annual meeting on July 31st.

Peter Tobiesen has taught aquatic biology for many years at Union College in New York and is eager to share his stories of a lake's fascinating inhabitants with others. As a scientist, professor and avid lake enthusiast, he hopes that learning more about our lakes will inspire everyone to enjoy their aquatic adventures more fully.

THE REMARKABLE ELIZABETH ARDEN (continued)



ing, and beauty spas in order to market her "Total Beauty" idea.

To keep up with the "times," in 1914 the nameplate on the front door of her salon was changed from Mrs. to Miss. She also went to Paris for several months, learned about eye-makeup, and was first to introduce it in the U.S. She believed that in order to make money you have to spend money and advertised heavily, which at that time was revolutionary.



In 1920, Arden participated in the suffrage movement by marching and providing red lipstick as a sign of solidarity to over 15,000 women, and later she also supplied makeup for all women in the military.

Her cosmetics were originally sold in upscale department stores, more Red Door salons opened, and perfumes were developed. She sold soap, bath salts, toothpaste, her Cream Amoretta and by 1925 women had spent 6 million dollars on cosmetics. She had reaped over 2 million dollars and 5 years later the sum was 8 million.

In 1929, the strongly independent Arden was offered \$15 million for the sale of her company, but she refused and kept it until she died. Created in 1930, Arden's famous tubes of Eight Hour Cream skin protectant, an all-purpose beauty balm that aimed to solve any skin-based problem, are still by far the brand's best seller and are bought somewhere in the world every 30 seconds, even today.

Lipstick, before 1932, came in very few colors. The "lipstick kit" with many colors was introduced so that the lipstick colors could match women's outfits. It was a big hit during the Depression. Other companies scurried to copy it.

In 1934, she opened her Maine Chance Spa, the famous and extremely successful summer spa in Mount Vernon, Maine, at a cost of \$500 per week and years later, in 1946, added a winter spa in Phoenix, Arizona, called Maine Chance as well.

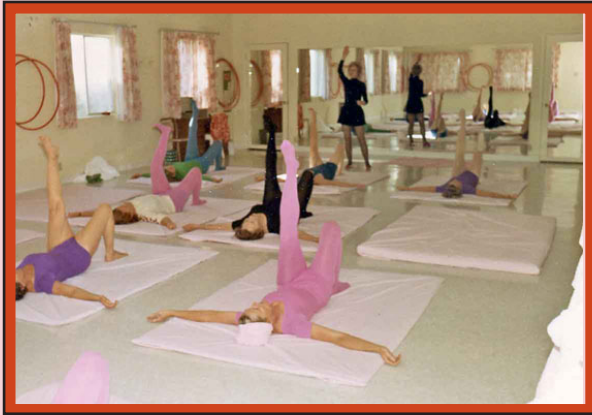


What led Arden to Rome? She was a member of author Fanny Hurst's inner circle which included New York theatrical agent Elisabeth Marbury who owned property in Mount Vernon, Maine, and who encouraged Arden to invest in land in the small community of Belgrade Lakes, Maine, where she became her local neighbor. After Marbury died in 1933, Arden bought her Lakeside Farm and land, expanding her estate to 1,200 acres on Long Pond. "The idea was to create a monument to Marbury by celebrating the beauty of women. No men were allowed." (Scott, Fresh Lipstick, p.141)

Maine Chance was the first "destination spa" of its kind in the U.S. in 1934. Its tranquil and healing gardens took at least six gardeners to keep up the grounds which decorated the estate where the rich and famous went to lose weight, undergo beauty treatments, get healthy and dry out. It was similar to the early Betty Ford Clinic and not like the mineral waters of Poland or Saratoga Springs. With its signature red-and-white awnings, The Elizabeth Arden Maine Chance Health Spa

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THE REMARKABLE ELIZABETH ARDEN (continued)



was unique and the focus of its small town. Local people often referred to it as the "fat farm." The spa was a major employer of local people and affected the economy, tourism and culture of the region and state; it brought the world to Maine.

The property contained a self-sustaining farm and had a great impact on the Mount Vernon community. A substantial employer, Arden brought in some employees such as chefs from overseas and Swedish masseuses, but she also hired locally. She was particular about how her staff looked, spoke and interacted with clients. Many lived at home or stayed in dormitories on the property. The locals were hired as chauffeurs, maids, housekeeping, laundry and farming staff. For Mainers, life at the farm was less about beauty culture and more about what the spa's economy meant to the town. Among the celebrities who came for treatments were Judy Garland, Ava Gardner, Edna Ferber, Lillian Gish, Mamie Eisenhower and Marilyn Monroe. It closed in 1970.

Elizabeth Arden had stocked up on raw materials as WWII was looming and concentrated on the US market by putting her 108 products, 300 by the time she died, in drugstore chains and many of her 29 salons. Clothing lines were added in the 1950's and she was, again, the first to target males with fragrances and boutiques. Thus, her company continued to thrive during the war and after.

As she became more and more successful, she became an avid racehorse owner from 1945 on. Her thoroughbred Jet Pilot won the Kentucky Derby in 1947, and she was subsequently featured on the cover of TIME magazine. Her amazing abilities were unique and admired in the men's worlds of business and horseracing.

Highly innovative, Elizabeth was the first business person to globalize the beauty industry, and by experimenting with cosmetics she was truly an independent pioneer in her field, creating an international business empire selling cosmetics and skin care items that continues today.



A RED DOOR

If you've ever noticed houses with red front doors, you may have wondered—What does a red front door mean? Why did they paint their front door that bright color?

The history, origin and meaning of a home having a red front door is varied. There is no one origin for the red exterior door.

If you are thinking of painting the front door of your home red, consider some of these meanings to decide if red is the right color choice for your front door. Your home's exterior is important, and how you paint your home reflects on you.

Consider these meanings before heading out to copy Elizabeth Arden and buy home exterior paint:

In Feng Shui, a red front door means “welcome.” Feng Shui is a Chinese philosophy in which the arrangement and color of objects in a room relates to the flow of energy. The front door is known as the “Mouth of Chi” where energy enters. If you believe in or follow Feng Shui, painting your front door red would create welcoming energy.

A red door means “welcome” in an old early American tradition. If a family had a red front door, tired travelers traveling by horse and buggy would know that a home was a welcoming place to rest. They would be able to spend the night there.

A red door provides protection. In Biblical times, the Hebrew slaves were instructed to smear blood of a lamb on their front doors to protect their first born from the angel of death. In old Catholicism, churches painted the doors of the church red to represent the blood of Christ. Passing through the door would mean that you were on holy ground. Some believe a red door protects the occupants from evil.

A red front door means mortgage-free. In Scotland, homeowners would paint their front door red to signify that they had paid off their mortgage.

Now that you've read some of the meanings and origins behind having a red front door, you can decide if painting your front door red is the right choice for your home.



BE A LAMPLIGHTER

Help Belgrade Lakes Village Shine On for Generations to come!

We have a once-in-a-lifetime opportunity to enhance the charm and safety of Belgrade Lakes Village by installing pedestrian lighting along Main Street. The necessary reconstruction of Route 27 through the village in 2018 was approved by the Belgrade Board of Selectmen. It provides us a unique opportunity to add amenities such as brick walkways, attractive sidewalk lamps, off-street parking, restrooms, bikes racks and benches. Lighting will prove much-needed visibility for pedestrians crossing the road and will improve safety for anyone taking an evening stroll.

The Friends of Belgrade Lakes Village has embarked on a campaign to raise \$1.5 million to fund these enhancements to the road reconstruction project. A generous tax deductible donation of \$15,000 recognizes you as a LAMPLIGHTER and entitles you (or your family or business) to name a lamp post along Main Street in the village with an engraved plaque of your designated inscription.

Please check us out on Facebook at Friends of Belgrade Lakes Village or email us at friendsofbelgradelakesvillage@gmail.com.

*Will you consider giving the gift
of light to our lakeside village?*

**Help
Belgrade Lakes Village
Shine On
for Generations to Come!**



*Friends of Belgrade Lakes Village
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Belgrade Lakes, Maine 04918
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SHE TOOK CHANCES IN MAINE

by Eric Hooglund

In the summer of 1968, several friends visited me while I was staying in Belgrade Lakes, and for the first time, I thought it would be interesting to take them on walking tours of the village and car tours of the region (and these private tours and trips have continued each summer since). The drive to Blueberry Hill inevitably took us past the Maine Chance Spa, a beautiful estate located on a small hill just beyond Castle Island and previously owned by the cosmetician Elizabeth Arden. I was aware that she had passed away a year or two earlier, and I assumed that the property was no longer functioning as a health resort for women of means. The grounds in front of the famous large yellow 'summer cottage' were being maintained, but the sunken gardens I remembered from the 1950s were gone.

I probably was 7 the first time I noticed that cottage. I recall that I was riding in the back seat of a car, probably the 1948 Dodge belonging to my Aunt Janet, and we were driving to Mt. Vernon, perhaps on an errand to get fresh corn or maybe going to Vienna to get fresh blueberries. 'What's that big yellow house?' I asked. An adult--an aunt, an uncle, my mother, I do not remember whom—answered very knowingly: "Oh, that's the famous fat Spa." Fat Spa? What is a fat Spa and why is it famous? Is that where fat is made, I wondered? Fat is what my mom and grandmother put in baked beans. I did not like fat, and I did not like baked beans, because of the big chunks of fat in them. But fat was part of meat, and I knew it came from animals like beef and pork (although I probably had not yet associated beef with cows or pork with pigs), so where was the barn for the fat animals? "Is that house like a store that sells fat?" I wondered out loud. "Sell fat?" laughed one of my aunts, "That's where rich and famous women eat salads three meals a day to help them lose their own fat!" My mother, corrected her sister: "They go there to dry out." I was confused. Grown-ups often talked in riddles that didn't make any sense.



Beautiful view of the awnings and gardens in full-bloom.

The following summer, I picked up more tidbits of information. The Spa's owner was Elizabeth Arden, who made perfume and lipstick and make-up. My mother and aunts didn't buy any of it because it was very expensive. According to my mother, who used only Coty perfume, Arden's 'cologne' was sold in fancy bottles at Emery Brown's department store in Waterville. My mind conflated this perfume maker with Eve Arden, the movie actress. I just was beginning to recognize the names of movie stars, although my knowledge was quite limited: actors Gene Autry and Roy Rogers; and actresses Eve Arden, Judy

Garland, and Loretta Young. I also knew the name of Roy Rogers' wife, Dale Evans, mainly because my favorite cousin was named Dale. She was two years younger than I, and she was moving that summer to some far away place called Indiana.

Another summer came, and now I was really into movies, even going alone to the Opera House in Waterville on Saturday afternoons, since it was but a 10-minute walk from my grandparents' house. The Opera House had a double feature—two movies, plus a serial, a newsreel, cartoons and previews of coming attractions. It was a great place to spend an afternoon in the winter when it was so cold outside! But when summer came, it was time to rediscover Belgrade. And that summer the buzz at the Lakeshore Hotel was about the movie actress, Ava Gardner, who was staying at the Maine Chance Spa. Her name was not one I recognized, even though I now

(continued on next page)

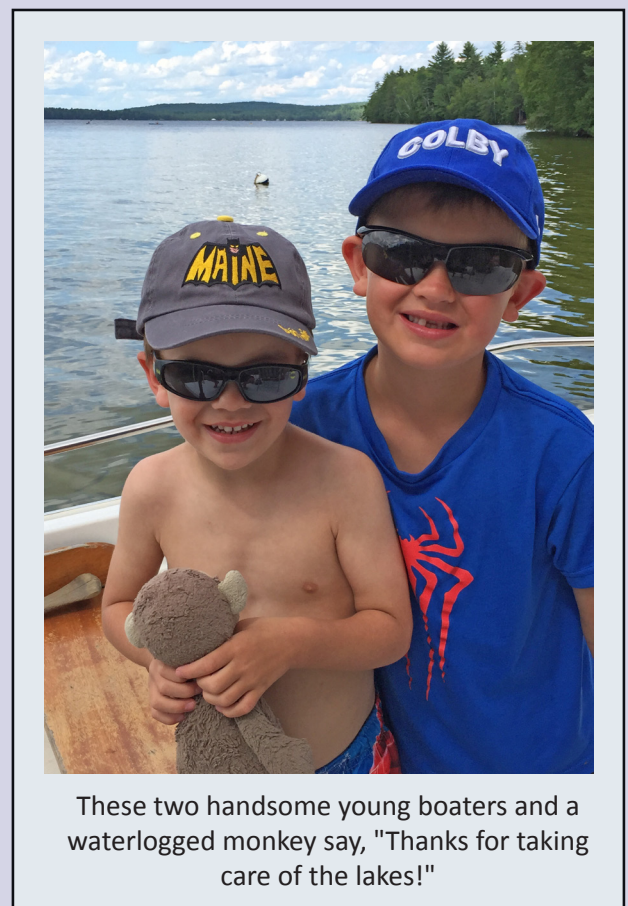
knew the names of dozens of movie stars. But, since I believed that Eve Arden owned the Maine Chance Spa, it made sense that a movie star would be visiting her. And Ava Gardner came to the Lakeshore, not to the dining room, but to its Cocktail Lounge. I never got to see her there, or even see one of her movies later, but I sure heard about how ‘adventurous’ and ‘glamorous’ she was! My Aunts Celia and Tilly, who both worked in Massachusetts, used to come home to Maine for a week or more during the summers, and when the family was at ‘camp’ they sometimes would help out in the Cocktail Lounge. And the week my Aunt Tilly was helping out was the week Ava Gardner came at night by canoe. What a feat! The main Maine Chance house--the big yellow cottage--overlooked Long Pond, but at its very ‘end’ near Castle Island. And right next to the island was a narrow channel that divided the lake into Upper Long Pond and Lower Pond. But you could not see this end of Upper Long Pond from the Lakeshore Hotel docks. As a 9-year old, I was mesmerized by the idea of a movie actress guiding a canoe by moonlight and the sparkling stars all the way from Castle Island at the southwestern end of Long Pond to its central eastern shore, the night silent except for the cries of loons.

But what made Ava Gardner so glamorous? Aunt Tilly said that she always dressed beautifully and always ordered martinis (for many years I never knew exactly what a martini was, other than an exotic cocktail with a green olive in it). “But why does she want a martini,” I would ask. “When the movie stars and wives of rich men stay at Miss Arden’s spa, they all are on a very strict diet and must not drink any alcohol,” responded Aunt Tilly. I knew what beer and wine were, but alcohol, wasn’t that the smelly colorless liquid that my Aunt Tilly, who was a nurse, rubbed on sore muscles and dipped on needles before removing splinters from my fingers or legs? Adults were so confusing. My aunts would whisper about Ava Gardner and Frank Sinatra, whom I knew as a singer and actor. They were married, or maybe they were getting unmarried, a subject adults did not discuss in front of children in the early 1950s.

Many years later, I learned my fantasizing about Ava Gardner rowing alone across Long Pond by moonlight was really a fantasy. She actually hired local high school boys, the same ones who met passengers at the Belgrade Depot train station and drove them in taxis to the Maine Chance Spa or the hotels, to row her across the lake and back, or to take her to the Cocktail Lounge by taxi. But I also learned why my aunts thought she was so glamorous: Despite her reputation as a tough woman, she was kind to staff people: After receiving her drink—each martini cost 75 cents —Ava Gardner always would put \$2 on the little tray with the bill, smile and say, “Please keep the change.”



A view of the Lakeshore Hotel on Long Pond.



These two handsome young boaters and a waterlogged monkey say, "Thanks for taking care of the lakes!"

The 2016 BLA Annual Summer Raffle has begun!



Who could resist buying dozens of tickets from these guys?

The Belgrade Lakes Association's Summer Raffle is one of the most important fundraisers we have in support of our mission: "To protect and improve the watershed of Great Pond and Long Pond through preservation, education and action." The successful "LakeSmart" program and the "Stop Milfoil Campaign" are just two of our ongoing projects that benefit from your support.

Our valued local supporters are back again with even more prizes! Plus, Oakland's Somerset Stone has give a much-appreciated donation of a Big Green Egg. Hammond Lumber is back with their 3 sections of Shoremaster Dock and this year, in addition, a 3,000-lb Shoremaster Boat Lift which is displayed in the Village Post Office parking lot.



Our faithful volunteers will be at the Village Post Office parking lot and the Farmers Market at the Maine Lakes Resource Center selling raffle tickets. Please drop by and purchase your winning tickets!

Tickets:

- \$5.00 each or
- 6 for \$25.00,
- Buy \$100.00 of tickets and be entered into the BLA Bonus Raffle.
- Raffle Drawing will take place at the Belgrade Lakes Village Farmers Market on Sunday, August 7, 2016, at 12 PM. You do not need to be present to win.



2015 Raffle Drawing at the Farmers Market

TRAVIS MILLS HAS BIG PLANS FOR THE ARDEN ESTATE

The Travis Mills Foundation recently bought the Maine Chance Spa, the former Elizabeth Arden Estate. It will be a retreat for combat disabled and wounded veterans and their families. The goal is to have fully accessible outdoor activities for them and “not think they have to stay inside,” said Mills.



Staff Sgt. Travis Mills founded the organization in 2013 to help other wounded veterans after he lost both his arms and legs to an IED explosion in Afghanistan in 2012. Since 2013 the organization has been working toward its goal. The organization has launched a national campaign to raise the money needed to renovate the recently purchased Mount Vernon and Rome property. There isn't a date set when the retreat will be opened. “We're definitely excited,” said Mills, who moved into a “smart home” in Manchester with his wife Kelsey and daughter Chloe in 2014. Their home, designed to make Mills as independent as possible, was a gift from a

foundation established by actor Gary Sinise and the Stephan Siller Tunnel To Towers Foundation, named in honor of a NYC fire fighter who died in the 9/11 terrorist attacks.



Travis is one of 5 surviving quadruple amputees who was wounded in his third tour of Afghanistan. He is a native of Vassar, Michigan and was a popular football, basketball and baseball player. He doesn't identify himself as a victim thanks to the support he received from his family, friends and



the few surviving amputees. This recalibrated and positively-minded Army Staff Sergeant veteran of the 82nd Airborne says, “I'll never stop training, teaching and pushing guys through what they need to push through.”

Our community is excited to see the estate re-opening its doors to a wonderful deserving group of wounded veterans and their families. Don't you think Elizabeth would be pleased and proud to know that her house is continuing to be used for healthy purposes?! The Belgrade Lakes Association is honored to welcome the Travis Mills Foundation and knows that they will enjoy Long Pond and all the other surrounding lakes.



Renovations and dirt work are well under way!

NEW RESEARCH BUOYS ON GREAT AND LONG POND

If you have been out boating this summer you may spotted some new buoys in the middle of Great Pond and Long Pond. And now you may be wondering what in the world they are doing out there?



Dr. Whitney King ready for action!.

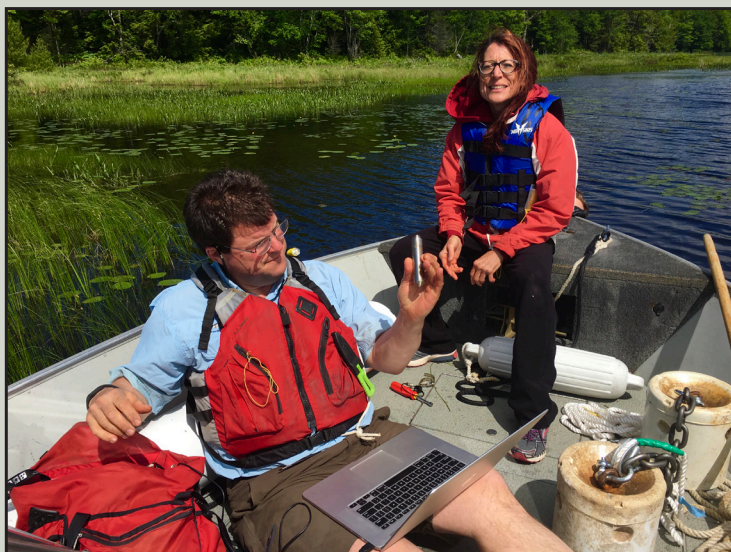
quality readings on both lakes. They test for water clarity using a Secchi Disc and for dissolved oxygen.

The dissolved oxygen test calls for dropping a meter to the deepest parts of the lakes where the water first starts losing oxygen each summer. That requires finding and anchoring a boat right on the deepest hole. Not always an easy task.

To aid the water quality monitors, the buoys have been permanently positioned over the deep holes. Now the monitors can simply hook up to the buoys and proceed with their work.

For the test results to be valid and reliable, the testing process needs to be as consistent as possible. With the new buoys we know that the monitors will be testing in the same location every time. That's an important step in getting this testing right.

Thanks for support of this important work. Please be watchful and steer clear of the new buoys. Have a great summer and safe boating.



Here's your answer. They are research buoys anchored in the deepest holes of each lake. There are two on Long Pond, one in the deep hole in the south basin and one in the deepest part of the north basin. There is one new one on Great Pond, on the east side of Hoyt Island. "Goldie," the large yellow colored Colby College research buoy, is anchored in the second deep hole in Great Pond on the west side of Hoyt.

The new buoys are white and orange with reflective tape. Each buoy is labeled "Water Quality Test Site" and carries the BLA logo.

They are part of the water quality monitoring program that has been ongoing on our lakes for decades. The program utilizes trained volunteers to take water



This buoy is collecting important data from the Mill Stream behind the Maine Lakes Resource Center.

Brenda Fekete oversees operations while Whitney seems to be thinking, "The buoys are all successfully deployed - so why do I have an extra piece??"

Recipes

EMILY'S FARMER'S MARKET FEAST!

Here is a complete meal plan from appetizers to dessert, and a list of Maine's fresh and in-season fruits and veggies.

May/June

Rhubarb
Asparagus
Radishes
Salad Turnips
Scallions
Peas
Fiddleheads
Chives
Parsley
Greens

July/August

Berries- Strawberries, Raspberries,
Blueberries, Blackberries
Plums
Peaches
Earliest Apples
Melons
Beets
Corn
Cucumbers
Kohlrabi
Celeriac
Celery
Carrots
Cauliflower
Broccoli
Cabbage
Eggplant
Fennel
Green Beans
Leeks
Onions
Scallions
Shallots
Peas
Peppers- Sweet and Spicy
Potatoes
Summer Squash
Zucchini
Tomatoes
Garlic- Scapes and Bulbs

Appetizer: Summer Veggie Bread Dip

1 European Cucumber, Diced
1 Large Tomato, Diced
1/2 Onion, Diced
1 Clove Garlic, Minced
1-2 Pinches of Sea Salt
1/4c. Lemon Juice
2tb. Olive Oil

Directions: Mix ALL ingredients in a medium-sized salad bowl making sure to coat and season the vegetables thoroughly. Serve with Crackers or Bread and Enjoy!

Salad: Baby Spinach, Goat Cheese and Cranberry Nut

1 bag Organic Baby Spinach
1/4c. Goat Cheese, Crumbled
1/4c. Dried Cranberries
1/4c. Pecans, Chopped
1 pinch of Cinnamon, Ground
Add 1tb. Olive Oil and a dash of Sea Salt. Mix/Toss Salad thoroughly. Enjoy!!

Main Dish: Garlic and Basil Marinated Steak

Marinade:

6-8 Cloves of Garlic, Minced
1-2tb Black Pepper, Ground
1/4c. Olive Oil
2tb. Fresh Basil, Finely Chopped

Steak:

3 medium filets
Mix ALL marinade ingredients together and let sit for 30minutes. After marinade has set, soak steak for 20min. on each side. After steak is marinated to your liking heat griddle to Hot. Brown 1tb of butter, baste steak with leftover marinade, add steak to griddle and cook (on high heat) for 2min on each side. Result should be medium-rare. If you prefer well done, please cook an extra 1-2min on each side. Enjoy!!

Vegetable: Twice Baked Blue Cheese Potatoes

4 Medium Potatoes
1/2c Milk (I use coconut milk)
1/4c Fresh Crumbled Blue Cheese
1-2tb Freshly Chopped Chives
1ts. Garlic Salt
1ts. Black Pepper, Ground
*Garnish with Crunchy Dried Onions

Bake Potatoes at *425 for 30min. or until a fork can be easily inserted. Remove from oven and Cool slightly. Then cut potatoes in half lengthwise and empty the potatoes into a medium-sized mixing bowl being careful not to puncture the skins. Set empty skins aside. Mix and Mash All ingredients, except the garnish. Once you have mashed your potatoes scoop them into the potato skins you have thoughtfully set-aside. Add the Dried Onion garnish and heat one more time (*425 15-20min) Enjoy!!

Hint: I find that my Toaster Oven helps speed the preparation process up, quite a bit.

Dessert: Old Fashioned No-Bake Cookies

Ingredients:

2c. Sugar
1ts. Vanilla
1/4c. Cocoa
Pinch of Sea Salt
1/2c. Coconut Milk
1/2c. Crunchy Peanut Butter
1 Stick Butter
3c. Old Fashioned Oats

Directions: In a saucepan combine sugar, cocoa, coconut milk and butter until it starts to boil. Remove from heat. Add Vanilla, Salt, Peanut Butter and Oatmeal. Stir/Mix well. Drop by the spoonful onto wax paper, let cool and Enjoy!!



**BELGRADE LAKES
ASSOCIATION**

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**Come To The BLA Annual Meeting!
Sunday, July 31, 2016**

The 2016 BLA Annual Meeting will be held on Sunday, July 31st from 3:30 to 6:00 pm at the Belgrade Center for All Seasons. It promises to be an important meeting. Please mark your calendars and invite your lake neighbors, family members and friends to join us.

Internationally esteemed limnologist, Dr. Ken Wagner, is presently analyzing all the water quality data, collected by Dr. Whitney King and his colleagues from Colby College last year, and will present his recommendations on remedial action for the phosphorous problem in our lakes. Dr. King will also update us on this year's findings.

We will have lots of delicious hors d'oeuvres, wine and soft drinks for you to enjoy while visiting with your fellow members and our guests. There will also be a special kids program designed to teach our next generation of stewards the wonders, the workings and the importance of our lakes.

AND FINALLY, the BLA Board would like to sincerely thank all BLA members, our local residents, our friends from "away," and anyone who cherishes and cares for our lakes for their efforts, donations and concerns for this wonderful place we call home. The Belgrade Lakes region is a beautiful jewel in central Maine and, to all of you who help to keep it this way for decades to come, we say, THANK YOU!