



# OSS�PEE LAKE REPORT

Volume 6, Issue 3 • July – September 2007

## KEY DATES:

- Saturday, July 21: The 8th annual Watershed Weekend. Calumet Conference Center, Freedom. Co-sponsored by Ossipee LAke Alliance and GMCG. Noon-4:30 PM. Info @ 603-539-4773.
- Saturday, July 21: "Fire and Ice," Tales of Ossipee Lake presentation. Calumet Conference Center, Freedom, 8 PM. Info @ 603-539-4773.

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OSS�PEE LAKE, THE BAYS, THE RIVERS  
AND CHANNELS, DANFORTH POND,  
LOON LAKE AND ROUND POND

David Smith, Executive Director  
Susan Marks, Development Director  
Board Members: Howard Bouve, Bob  
McDonald, Perry Fine, Barre Hellquist

## LAKE REPRESENTATIVES CHART COURSE

**FREEDOM** — What is the state of the lake today? What will it be five to ten years from now, and what can be done to ensure the best possible outcome?

Those were the questions posed at the Ossipee Lake Representatives Forum, a meeting of members of the lake's businesses and property owner associations sponsored by Ossipee Lake Alliance this spring.

The forum, the first of its kind on Ossipee Lake, is the start of a process of involving more people from more parts of the lake in setting the Alliance's goals and managing its programs, according to the organization's development director, Susan Marks.

Marks says 40 businesses and lake associations have agreed to participate in the initiative and approximately half of them attended the first meeting, which was held at Calumet Conference Center.

Three new committees were created by the lake reps, including one that will focus on strengthening ties between the lake's property owner associations.

The reps also created a wildlife committee and a committee to work toward ensuring the preservation of historic Ossipee Lake Natural Area, the lake's largest state-owned property which has been heavily damaged

*Continued on page 3*



Warm temperatures, an inner tube and a mighty leap are the ingredients of a memorable summer day on the lake as Michael Gallagher takes flight over Broad Bay. Alliance Photo

## PRICELESS VIEW COMES WITH A PRICE TAG

By Elizabeth Gillette

**OSS�PEE** — How often have you said the view of your favorite lake or mountain is "priceless"?

Inspirational views are indeed "priceless" in terms of being irreplaceable, but ensuring that the view remains for generations to come carries a price tag.

To protect a fabulous priceless view of the Ossipee Mountains from NH Route 16, Ossipee Conservation Commission has launched the "Window on the Ossipee Mountains" proj-

ect. The goal of the project is to buy for view protection 26.6 acres of roadside property located 1.8 miles north of NH Route 28 on the west side of the highway near Boulder Farm.

The site affords the finest view from the highway of 2,975-foot Mt. Shaw and the neighboring peaks of this world-famous geologic complex.

Besides protecting the scenic vista, the "Window" project will reclaim valuable open brushy wildlife habitat - a habitat that is fast diminishing in New Hampshire and

*Continued on page 2*

## OSSIPEE CONSERVATIONISTS SEEK PROTECTION FOR WELL KNOWN 'VIEWSHED'



Mount Shaw, the highest peak in the Ossipee Range, as seen from the site of a former golf driving range on Route 16. Ossipee Conservation Commission hopes to purchase the property to preserve the scenic vista. *Photo: Jean Hansen*

*Continued from page 1*

New England, along with the habitat's associated species.

There will also be a roadside pull-off for viewing and a nature trail for permanent public access, recreation and education.

Did you know, for example, that the Ossipee Mountains are sub-surface remains of a massive volcano that existed 121 million years ago?

Route 16 travelers who use the pull-off to rest and enjoy the view will find signs describing the geologic history of the Ossipee Range and locating nearby points of interest.

To protect this priceless view, over \$225,000 must be raised from donations and grant monies by early 2008 to supplement the \$55,000 in

Conservation Commission funds that have already been committed to the project.

Grant applications have been submitted for federal and state funds, but competition for grant money is tight and awards are uncertain.

You can help. Ossipee Conservation Commission is seeking pledges, which are payable in December 2007, to support the purchase and protection of this scenic view.

For more information you can contact Ossipee Conservation Commission at P. O. Box 67, Center Ossipee, NH 03814 or call 603-539-4181 or 539-4742. On the web, look under Special Projects at [www.ossipee.org](http://www.ossipee.org).

*Elizabeth Gillette is chairman of the Ossipee Conservation Commission.*

## TALES EVENT WILL FOCUS ON FIRE AND ICE

**FREEDOM** — Most of us know the Ossipee Range for its beauty - a scenic set of mountains to the west that can be seen from all parts of the lake system, most spectacularly from the big lake.

Geologists, however, know the Ossipees for their history, as they are the remains of a massive volcano that towered thousands of feet above the landscape more than 120 million years ago.

The fascinating history of this internationally-studied phenomenon will be recounted by noted Smith College geologist Dr. Robert Newton in "Fire and Ice," a special Tales of Ossipee Lake event on Saturday, July 21 at 8 PM, under the tent at Calumet Conference Center.

Newton will describe the geological processes that have taken place over millions of years to make our area unique, and will explain why the Ossipee Range is circular and how Ossipee Lake was formed.

The event is free, but voluntary contributions will be encouraged with all proceeds going to the Ossipee Conservation Commission's fund to purchase the Ossipee Mountains viewshed property.

This special event will be part of Watershed Weekend, co-sponsored this year by Ossipee Lake Alliance and Green Mountain Conservation Group. Enjoy a day on the lake, then stay for "Fire and Ice." A complete schedule of events is available at [www.gmcg.org](http://www.gmcg.org).

### OSSIPEE LAKE REPORT:

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Send mailing address changes to [info@ossipeelake.org](mailto:info@ossipeelake.org) or PO Box 173, Freedom NH 03836.

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The Alliance is a member of the New Hampshire Lakes Association ([www.nhlakes.org](http://www.nhlakes.org)).

## LAKE REPRESENTATIVES SET COURSE

*Continued from page 1*

by boaters who are using the fragile shoreline as a beach.

### Survey Results Presented

Kicking off the meeting was a discussion on the results of the Alliance's state of the lake survey. The survey, which was conducted from January through March, asked participants to prioritize a list of ten lake issues that the Alliance has worked on or has been asked to work on.

Concerns about state funding for milfoil prevention and control topped the results, followed by preserving the Natural Area and protecting wildlife, including eagles and loons. Much lower levels of concern were expressed about boating issues, including crowded lake conditions.

Better communication with local elected officials, a perennial topic of discussion on the lake where a majority of property owners are non-resident taxpayers, ranked dead last in the survey.

The survey was sent to all lake property owners and made available online so that vacationers, campers and local boaters could participate. More than 200 people completed the survey, 20% of whom said they were not lake property owners.

Alliance executive director David Smith said that the concern about the state's commitment to funding milfoil prevention and control was not a surprise, but many of the other results were.

"The survey showed that there is concern about the Natural Area situation in all parts of the lake system, which we didn't know," he said.

Smith said he was also surprised at the high score for wildlife preservation since the Alliance has not been involved in wildlife matters.

"People wanted us to be involved with wildlife issues and we didn't know it. Conducting a survey like this is the only way to find out what's on people's minds."

Smith said he was also surprised by the low ranking for boating issues, especially the level of Marine Patrol coverage in the bays. He said the results were fairly consistent from area to area on the lake, including adjacent river properties.

"The consistency suggests that people are looking at these issues in the context of the lake as a whole, not just as something that may be happening in their bay or river."

The survey allowed respondents to make specific written comments and Smith said that 43% did so, which he said was a very high number.

"Most of the written comments expressed concerns about the lake's physical environment," he said, "with some people criticizing us for doing too much or doing too little."

### Committee Work

The lake reps' new wildlife committee, headed by Bob Smart, is looking for volunteers for the statewide loon census on Saturday, July 21st. Census forms can be downloaded at [www.loon.org/looncensus.html](http://www.loon.org/looncensus.html).

In another wildlife effort, Lakefront Landing Marina and Campground owners Nancy and Wayne Killam will participate in the state's program to eliminate lead sinkers, which are a leading contributor loon mortality.

Fishermen can bring their old lead sinkers to the Killams' marina on the channel and receive a new stainless steel sinker at no charge.

### WENDY DAVIS-SAMMIS

We never met Wendy Davis-Sammis in person, but when she died last month we felt like we had lost a good friend.

As a young girl she was a camper at Huckins, and as a married woman she came back to Freedom with her husband, Arnie, and bought a cottage on the big lake.

Though they lived elsewhere for most of the year, like so many others in similar circumstances they thought of the cottage as their true home. Their safe harbor, she called it.

From time to time she would send us an e-mail on one topic or another, always interested in issues involving the preservation of the lake. After Arnie died last year she called to ask if we would establish an Alliance memorial fund in his name. We did, gratefully, and the contributions in his name were substantial.

We interviewed Wendy by phone in November and ran an article about her and the memorial fund in our January newsletter. Now she is gone.

Her daughter, Caitlin, sent us the news and asked if we would re-name her father's fund to honor both of her parents and to recognize the importance that Ossipee Lake had in their lives.

We have done so, and tax-deductible contributions to the Arnold F. Sammis III and Wendy Davis-Sammis Memorial Fund may be sent to P.O. Box 173, Freedom, NH 03836.



# INVEST IN THE FUTURE OF OSSIPEE LAKE

It's New Hampshire's best north country lake for fishing, boating and swimming. Home of the state's finest remaining examples of unique habitats. The location of one of your most important real estate investments. Make a tax-deductible investment in the future of your lake by joining our effort today.

## DONOR LEVELS

- FRIEND ..... \$10-19
- SUPPORTER..... \$20-49
- SPONSOR..... \$50-99
- PATRON ..... \$100-249
- GUARDIAN ..... \$250-499
- BENEFACTOR ..... \$500-999
- CHAMPION ..... \$1,000+

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## EMAIL

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Ossipee Lake Alliance is a 501(c)(3) tax-exempt non-profit New Hampshire corporation.

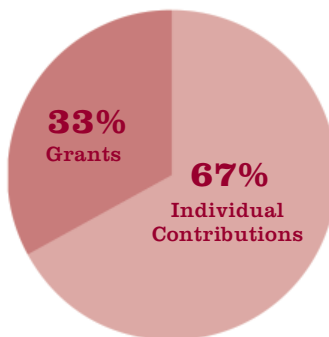
## WHO WE ARE

We are the foremost volunteer organization dedicated to preserving and protecting Ossipee Lake and its bays, rivers and surrounding land as a unique environmental, recreational and economic asset.

## WHAT WE DO

We bring together individuals, associations, camps and businesses to create a lake-wide community of interest for education, planning and advocacy on environmental, quality of recreation and land use issues.

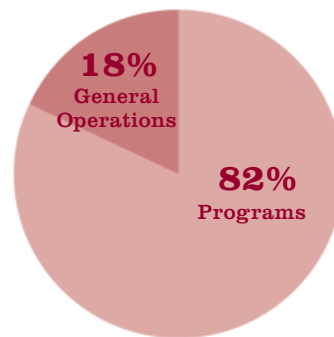
## INCOME



## HOW WE'RE FUNDED

The vast majority of our funding comes from individual donors.

## EXPENSES



## HOW WE OPERATE

Programs include milfoil prevention, water testing, educational publications, news services, & public events.

## MEET OUR TEAM

We're your neighbors. Long-time residents and newcomers who volunteer our time for the benefit of the lake and surrounding communities.

### David Smith, Co-Founder, Executive Director (2003-Present)

A part of the Broad Bay community for 48 years, Dave is a management consultant whose Alliance focus is public communications and planning.

### Susan MacCarthy Marks, Co-Founder, Development Director (2003-Present)

Susan is the treasurer and manages programs and communications outreach. She and her family have been on Berry Bay since the early 1950s.

### Barre Hellquist, Ph.D., Board Member (2004-Present)

When he's not researching aquatic and wetland plants around the world, Barre can be found studying them on the lake where his family has resided since the 1930s.

### Howard Bouve, Board Member (2003-Present)

A retired banker who has been part of the lake community for 30 years, Howard's extensive public service activities have left an indelible mark on our area.

### Perry Fine, M.D., Board Member (2003-Present)

A consultant and physician who spends most of the year on the road, Perry could have picked anywhere as his home base. Like family members before him, he chose the lake.

### Robert McDonald, Board Member (2006-Present)

A software executive and relative newcomer to the lake, Bob is also a member of the Long Sands Homeowners Association.

### June D'Andrea, Program Coordinator (2004-Present)

Whether managing professional divers, organizing volunteers or giving presentations, June's focus is the control of milfoil and other invasive weeds.

## THE 'PERCHED' BEACH SOLUTION

A reader wrote to ask whether the state allows a beach to be built on the shoreline, and the answer is yes – provided that various state regulations are met. More about the regulations in a minute, but first some background on what makes a lakefront beach a tricky proposition.

A lake acts as a settling basin for its watershed, collecting and accumulating materials that drain into it and gradually filling it in with natural materials. The addition of sand to a lake or its shoreline greatly accelerates the natural filling-in process.

Sand dumped in or along a lake will drift away with shoreline currents or slowly settle through the soft, mucky bottom and add to the lake's sediment load.

The physical process of filling-in a lake from deposited sand has major biological impacts. First, a shallower lake has a reduced volume of water to dilute and assimilate incoming contaminants, including phosphorus.

Second, as a lake becomes shallower, more of the bottom enters the sun-lit zone (photic zone), increasing the potential for rooted plant growth.

Dumping sand along the shoreline of a lake can also smother benthic (bottom dwelling) invertebrates and cause a disruption in the food chain of higher organisms including fish. Fish spawning and nesting sites can be destroyed by deposited sand, and turbidity from the deposited sand may interfere with normal fish behavior by clogging gills.

### The Law

So given these facts, how can a beach be permissible? State policy from the N.H. Department of Environmental Services (DES) requires that all new beaches must be constructed in a "perched" position on the waterfront.

A perched beach must have little or no slope and must be located entirely out of the water, above and landward of the existing undisturbed natural shoreline. All sand must be placed above the high water mark and out of the water.

The construction of a beach in a perched position helps prevent the erosion of sand into the water and degradation of the lake environment. In addition, a perched beach requires less maintenance, which is a benefit to the homeowner.

If creating a beach requires modification of the natural shoreline by clearing vegetation, state regulation RSA 482-A requires a permit from the DES Wetlands Bureau, even if no wetland is affected. Beaches that are permitted by DES must also comply with the Comprehensive

Shoreland Protection Act, RSA 483-B, requiring that a healthy, well-distributed stand of trees, shrubs, saplings and ground cover remains and that stumps not be removed from the area surrounding the beach.

Beaches may not be constructed in wetlands and construction activities must remain at least 20 feet from property boundaries unless written permission is received from the affected abutter.

Most beaches may be no larger than 20 percent of the entire contiguous frontage (to a maximum of 50 linear feet) and may not alter more than 900 square feet.

### Locating the Beach

Look for a spot that requires the least amount of tree, vegetation and soil removal where the slope of the land is naturally flat and the adjacent lake bed is not mucky and has little aquatic weed growth. This will provide better conditions for swimming and less disturbance to water quality and lake habitat.

Construction should take place when the lake is at its lowest level. Appropriate siltation controls need to be installed prior to construction and maintained until all disturbed areas are stabilized, and machinery should not enter the water during construction.

A perched beach should be constructed in a manner that disturbs no boulders on the shoreline. If the frontage is not naturally rocky, a barrier of no more than 12 to 18 inches should be constructed landward of the high water mark to separate the perched beach from the water.

If excavation into the bank is required, the project must incorporate an appropriate method to stabilize the landward side of the cut. A stone retaining wall is used often to stabilize this landward side.

Any sand placed in the beach area must be clean and contain little or no silt or loam, which can cause water quality problems if it enters the lake. No more than 10 cubic yards of sand may be placed on a new perched beach.

To estimate the quantity of sand needed for a beach, the depth of sand on the beach should not exceed six inches.

### Access to the Water

Steps leading to the water from the beach may be included in the design, and they should be constructed so that they are cut into the bank rather than extending into the lake. Stairs that are constructed over the existing grade and are removable at the end of the season are a preferred alternative.

*Continued on page 7*

## SHAWTOWN'S MARY'S MOUNTAIN OFFERS GREAT VIEWS FROM THE TOP

By Carol Foord

*Courtesy of the Carroll County Independent.*

Editor's Note: This is the fourth and final article in the series on the former community of Shawtown, located in what is now the Freedom Town Forest. Shawtown was settled in the early 1830s, but was abandoned by 1900, leaving only cellar holes and a graveyard.

**FREEDOM** — A half billion years ago, much of New Hampshire was covered by a warm, shallow sea. Beginning about 400 million years ago, the seafloor sediments were squeezed, folded and slowly heaved upwards by grand movements of the earth's crust over the course of millions of years.

The massive pressure "cooked" or metamorphosed the sediments into a dense rock called schist. Later, as pockets of this bedrock were heated to their melting points, pegmatites (big crystals) of quartz, white feldspar and mica grew inside the rock.

After millions of years of uplifting of the cooled bedrock, followed by millions of years of erosion, the more resistant pegmatite crystals (once deep inside the rock) were exposed. Today they are plainly visible and fun to discover in the rock ledges of Mary's Mountain.

### Glacial Erratics

The Ice Age began two million years ago, covering New England with mile high ice during several glaciations. During the melting stages of the last glacier some 12,000 years ago, when the ice was releasing its debris load of boulders, rocks, gravels, sand, silt and clays, a debris slide occurred on the southeast Mary's Mountain.

A rare geologic landscape feature, it is seen as scalloped contours on topographic maps encircling the base of Mary's Mountain. Local geologist

Dr. Walter Spink explained in 1990 that he believed this debris slide was the result of a "rock glacier" - more rock than ice during the final stages of ice ablation.

He said that a rock glacier is like a fruitcake batter in which the goodies are held together with just enough batter - the ice - to keep them stuck together.

Perched atop Mary's Mountain, the heap of rocks and waning ice slid to the bottom by gravity as the ice receded to the northwest, not by the power of the forward-moving glacier.

The rocks fell one by one, fanning out in debris heaps—no doubt with a thunderous "clunk-clunk-clunk." Once at the bottom, the rocks

went no further, and the slush melted and drained away. Smaller rocks, gravels and sand filled in the spaces, and soil eventually accumulated to hide the rocks.

Several sizable "glacial erratics" lie near the base of the mountain, partway up the hiking trail described below. These boulders, composed of pink granite, were plucked from distant hills (perhaps Cathedral Ledge) by the down-shearing effect of forward-moving ice and transported inside the ice to where they rest today. When "Glacial Saco River" thundered a path through "Madison," its voluminous and turbulent rock-laden meltwaters rounded and smoothed the sharp edges of these handsome erratics.

### Origin of Name

Mary's Mountain is named in honor of Mary Shaw, great granddaughter of the pioneer settler Noah Shaw for whom Shawtown is named.

Shawtown was a school district composed of ten families living along two miles of Shawtown Road. The school, cemetery, two of the ten dwellings, and later a rustic church, were centered at the base of the mountain.

The mountain itself comprises 150 acres and was referred to in deeds as the "Mountain Pasture." It was used as a sheep pasture before and during the Civil War when Wool was an important New England commodity. Wartime increased the demand for the manufacture of army uniforms and blankets. The Shawtown farmers who raised sheep likely sold their wool to the woolen mill at Effingham Falls.

Because sheep forage grasses down to their roots, the ground cover on top of Mary's Mountain had little time to recover before erosion washed the thin soils off its slopes.

Today pockets of grass and reindeer lichen grow on the exposed ledges. Pines, oaks and maples have also regenerated on the height of land where deeper soils accumulated.

### Lumbering Takes Root

As farming declined after the Civil War, the mountain lot became the most coveted tract in Shawtown, changing hands over and over again.

With most of the white pine cut during the first wave of large-scale lumbering on the Plains for the log drives on the Ossipee River in the early and mid 1800s, a new generation of lumbermen sought the birch, aspen, oak and hemlock growing on the slopes of both Mary's Mountain and nearby Stacy and Blazo Mountains. In particular, it was the rich abundance of virgin

*Continued on page 7*

## ONCE LITTLE KNOWN, THE TRAIL IS NOW A POPULAR DESTINATION

*Continued from previous page*

red oak growing in these hills that lured this second wave of large-scale land traders and lumber dealers.

The rough framed farmhouses of Shawtown gave way to a year round mill village with a saw mill, mill yards and numerous cooper shops for the mass production of oak barrels and shooks (barrels dissembled for easier stowage) for the southern shipping trade. It was all made possible by the introduction of portable steam-powered mills installed throughout the woodlands of Shawtown.

In two and a half years, the oak and other usable hardwoods were used up and the mill people moved on. The dwellings of Shawtown were left to decay. Now a series of cellar holes, the little village that endured about fifty years is today an 1800s time-capsule hidden in the woods in the shadow of Mary's Mountain.

The trail to Mary's Mountain begins across the road from the Danforth Bay Camping Resort's registration building on Shawtown Road. It is about half a mile walk to the top, and will take a family about forty-five minutes.

Near the top, the ascent gets steep but not difficult. The trail passes a grouping of very large

glacial erratics - granite boulders carried in ice and dropped here. Call them "snack rocks" or "lunch rocks" depending on the time of a hike, as these smooth boulders are fun to climb atop.

From the topmost ledges of Mary's Mountain there are fine views of Ossipee Lake and its bays and a panorama from Foss Mountain, Watson Hill to Green Mountain and beyond. Mt. Chocorua is visible from another angle, best seen in the fall when the leaves are gone.

Few people have known about this hike until recently. Now it is a popular destination. The trailhead was altered in 2005 to accommodate additional parking for the campground.

The story of who Mary was is intriguing because questions about her life still linger. Suffice it to say that she was a very strong and determined woman who loved Shawtown and did what she could to hang on to her family's natal land.

She would be pleased to know that Mary's Mountain, part of the Trout Pond Preserve, now belongs to all of us.

*Historian, naturalist and author Carol Foord lives in Freedom where she is writing a book on the history of Shawtown.*

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## THE 'PERCHED BEACH' SHORELINE OPTION

*Continued from previous page*

Beach projects must incorporate methods for diversion of surface runoff around the beach to prevent erosion of the sand into the lake during storm events. Many designs incorporate a shallow grass or stone-lined swale around the landward side of the beach.

### Replenishing Sand

Replenishment of beach sand may be allowed once every six years, if needed. In general, it may not exceed more than 10 cubic yards.

Placement of sand below the high water mark is classified as a major project and is usually not allowed, even on previously permitted or grandfathered beaches.

Applications for beach replenishment for perched beaches should incorporate methods for diverting surface runoff around the beach area. This is required if requests for beach replenishment are too frequent or the migration of sand has resulted in the need to maintenance dredge the adjacent area.

If you are interested in constructing a perched beach, you should contact the DES Wetlands Bureau for information and permit application

materials at: PO Box 95; Concord, NH 03302; (603) 271-2147 or [wetmail@des.state.nh.us](mailto:wetmail@des.state.nh.us). The DES website is [www.des.state.nh.us/wetlands](http://www.des.state.nh.us/wetlands). Check also for local regulations by contacting town officials in Freedom, Ossipee or Effingham.

*Information for this article was provided by the DES Wetlands Bureau and is available on their website at [www.des.state.nh.us/wetlands](http://www.des.state.nh.us/wetlands).*

### JUNE HEADS WEST

Ossipee Lake Alliance program coordinator June D'Andrea has temporarily left the lake for California, where she and her husband have accepted new jobs.

For three years she has been our tireless milfoil fighter, out in her kayak or pontoon boat keeping track of infestations and meeting with boaters and property owner associations to talk about keeping invasive weeds at bay.

She grew milfoil in jars in her laundry room to learn how it propagates, and she made soup and hot chocolate for divers removing weeds on cold October days. She says she plans to return to Leavitt Bay in two to three years, and we look forward to it.



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## OSSIPEE LAKE REPORT - SUMMER 2007



### INSIDE:

- Lake Reps Set Course
- The Price of a Priceless View
- Summer Tales of Ossipee Lake
- The "Perched" Beach
- Shawtown's Mary's Mountain

**Preserve. Protect. Educate.**

