



# Cumberland County Soil and Water Conservation District DISTRICT NEWS

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## CASCO BAY YOUTH CONSERVATION CORPS COALITION

Over the past several years, the District has assisted with the coordination of several local Youth Conservation Corps (YCC) programs. These programs implement on-the-ground fixes to improve water quality. Through this work, YCCs are also successful at raising environmental awareness, energizing communities, and inspiring local youth to become environmental leaders.



The Little Sebago Lake YCC installs a rubber razor blade to divert driveway runoff.

Each YCC crew consists of five local high school students and a crew leader, who are overseen by a technical director. The technical director meets with landowners to discuss water quality issues on their property, such as erosion or lack of adequate vegetation to filter runoff. Next, conservation practices are designed by the technical director and then implemented by the crew—by using only hand tools. The technical expertise and labor are free; landowners and/or public works departments are only responsible for the costs and delivery of the necessary materials.

During the summer of 2007, four YCCs worked throughout Cumberland County in the following watersheds: Crystal Lake, Forest Lake, Highland Lake, Little Sebago Lake, Long Lake, Presumpscot River, Royal River, Sabbathday Lake, and Sebago Lake, all of which are subwatersheds of the Casco Bay Watershed. Most YCC programs begin through federal, time-limited grants that restrict work to a specific area. By 2008, Long Lake YCC will be the only program funded by such a grant. YCCs no longer supported by federal grants are funded by towns, lake associations, and different grants, although these sources are not guaranteed.

Hoping to continue the success of YCC programs, the District and many partners formed the Casco Bay YCC Coalition. The goals of the Coalition are to streamline the multiple YCCs to achieve efficiencies, expand the coverage area, and to sustain funding for future YCC seasons by working collaboratively with various partners within the Casco Bay Watershed.

Please support your local YCC by voicing your impressions of the program to your town. YCCs are always in need of supplies, such as tools, and monetary donations. If you have water quality issues affecting your property, or notice any on public lands, please contact us at 892-4700. A YCC crew may be able to work on your project next summer!



### Front Runner Fixes Gravel Roads & Driveways

Does your gravel road or driveway need to be graded and crowned? The Front Runner grader/rake attachment is the perfect tool to remedy these problems. The Front Runner attaches onto the front of three quarter or one ton pick-up trucks with a Fisher snowplow mount or the newer Minute Mount system. The device is used for road grading, maintenance, site cleanup, landscaping, finish grading, and snow removal on soft, gravel roads.



In 2006, the District hosted a Front Runner Workshop as part of the Libby Brook Implementation Project. The event covered basics of road building and maintenance as well as an overview of Maine Shoreland Zoning and Department of Environmental Protection permits. Participants were encouraged to gain experience with the Frontrunner during the demonstration and training portion of the workshop.

For a fee of \$50, the Front Runner is available through the District to anyone who participates in a Front Runner Training Workshop and has access to the appropriate equipment: a three quarter ton or one ton vehicle equipped with an eight foot Fisher 25" push tab snowplow mount. Call 892-4700 to learn more about using the Front Runner and the next training workshop.

It's Harvest Time!  
Visit the Lakes Region  
Farmers' Market!

The new Lakes Region Farmers' Market is now open at Manchester School on Route 302 in Windham! The Market is open every Saturday, rain or shine, from 8 a.m. to noon, from May 12 through October 13. A variety of Maine grown and Maine made products are available; special events and entertainment are also offered. For more information, contact Bob at 892-0293 or [bobfromllamafarm@aol.com](mailto:bobfromllamafarm@aol.com).



### District Offers Third Party Inspections for Erosion & Sediment Controls

Construction season is upon us again, and along with it are contractors busy in the field taking advantage of better weather. New development means a heightened potential to impact our environment from the transport of sediment disturbed during construction. Although most contractors are familiar with soil erosion, the District offers a third party inspection service to assist with the difficult job of applying appropriate erosion control methods to a site's ever changing conditions.

To prevent the transportation of sediment, it is best to limit the potential for erosion in the first place. Third party field inspections during construction ensure that work is being performed in accordance with approved plans and appropriate standards. Erosion control plans presented on paper are great, but to work they must first be put in place by the contractor and then adjusted often – typically under the duress of changing conditions and unforeseen circumstances.



In a situation like this, employing an entity such as the Conservation District pays true dividends. District erosion control specialists will conduct regular site visits to forge a working relationship with the contractor. Limiting open areas and reestablishing growth cover on disturbed areas are main priorities. District staff are trained to recognize a site's erosion-prone areas, identify downstream sensitive areas that may require extra protection, and implement erosion control best management practices. Field inspection reports, prepared after every site visit, will direct contractors and update local municipal interests on the work being accomplished.

Next time you need a third party field inspector to ensure stormwater is being properly managed on-site and the potential for soil erosion is being minimized, think of your local conservation district. For more information on the District's Urban Review Program, contact Chris Baldwin at 892-4700 or by email at [chris-baldwin@cumberlandswcd.org](mailto:chris-baldwin@cumberlandswcd.org).

Maine Harvest Lunch at the RE A L School

This past spring, Becky McKinnon, the District’s current AmeriCorps Environmental Educator, worked with the REAL School on Mackworth Island to plan a Maine Harvest Lunch. Becky worked alongside REAL School students and teachers to research, purchase, and organize the locally grown lunch. On May 9th, REAL School students, residents of Piper Shores Retirement Community in Scarborough, and a class of students from the Baxter School for the Deaf enjoyed the meal. The REAL School, with dual locations on Mackworth Island and in Windham, is an alternative high school which utilizes experiential learning and real-life educational experiences to inspire investment in the learning process.



McKinnon and a teacher and student from the REAL School serve the locally grown lunch.

The project began with an introductory lesson which highlighted the importance of purchasing and consuming locally grown foods. Next, students completed a local foods scavenger hunt in two area grocery stores. A core group of interested students worked with Becky to plan an exclusively Maine-grown lunch for 45 people. The committee developed a menu by surveying fellow classmates, researched recipes, located local food sources, purchased ingredients, and cooked and served the meal. The event was held at the REAL School and featured both a presentation by the committee and a musical performance by the REAL School’s band.

The event was funded through a Festival for Youth Grant through the Milliken Family Foundation. The goal of the grant was to promote community among the REAL School and Baxter School for the Deaf, both housed on Mackworth Island. Residents of Piper Shores Retirement Community were invited to the lunch to thank them for participating in an oral history research project conducted by the REAL School students earlier in the year.

The District is involved in other Maine Harvest Lunch events in the fall, when locally grown foods are plentiful. Planning this event in the spring was more of a challenge; however, a larger emphasis was placed on dairy and meat products which are available all seasons in Maine. The delicious menu included lobster stew, mashed potatoes, vegetable frittata, green salad, and apple pie a la mode—a testament that locally grown foods can be eaten year round!

A R O U N D T H E O F F I C E



S t a f f H i g h l i g h t

Kim Barletta is the District’s new AmeriCorps Stormwater Education Coordinator. Since January 2007, she has worked with the Interlocal Stormwater Working Group communities on their Illicit Discharge, Detection, and Elimination programs. Kim has also been organizing a point-of-sale YardScaping pilot to make healthy lawn care practices accessible. Kim most recently served as a graduate assistant to the Casco Bay Estuary Partnership. She has also worked as an outdoor educator and a field technician for a land surveying company. She is committed to conservation efforts, including fostering sustainable communities. Kim chose to work at the District because she liked the variety and challenge the position offered. It has been a great partnership; Kim feels the work is creative, innovative, and effective. In her spare time, Kim enjoys hiking, sea kayaking, and gardening.

Native Plant S potlight



**Bunchberry**  
(*Cornus canadensis*)

- Groundcover that grows to approximately 6 inches in height and spreads easily
- Favors moist, rich, acidic soils
- Grows best in partial to full shade
- Larger white bracts surround small green flowers
- Cluster of red berries produced in the fall is attractive to birds
- Zones 2-7





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All programs and services of the Soil and Water Conservation Districts are offered on a non-discriminatory basis without regard to race, color, national origin, sex, religion, age, disability, political beliefs, marital, or familial status.

To receive this newsletter electronically, please email [sarah-plummer@cumberlandsxcd.org](mailto:sarah-plummer@cumberlandsxcd.org)