

Newsletter

Lake Meddybemps Association

Winter/Spring 2015

A Note from the President

Dear Members of the LMA,

I've said this in past years, but this year it seems particularly true: After a long winter on the lake, things are finally warming up! We kick off the 2015 Winter/Spring newsletter with coverage of the unbelievable amount of snow on the next page with a report from Pete Trouant and Jeff Orchard including pictures.

Even though the winter never seems to end when its happening, just as quickly, things begin to warm, and we must turn our thoughts to the spring melt and the busy summer season.

To that end, the LMA has another jam packed schedule of volunteer opportunities lined up and fundraising

opportunities that are all dedicated to the Association's mission of stewardship of the Lake and the quality of the natural habitat it provides. The calendar of summer events can be found below.

We add to the usual list of events that this is a 5-year water quality testing year so extra expenses and water sampling is planned as we keep an eye on our lake's chemical health.

After another successful season, we are pursuing another year of support for the **Courtesy Boat Inspection Grant** funding to educate and inspect boats launching at the Town Dock for invasive plant material. Meg Rothberg will organize volunteers to take afternoon shifts of 2 hours between approximately July 5th and September 1st. If your plans to be on the lake include a weekend, please let her get you signed up!

In addition, we have in store participation in The Maine Audubon's **Annual Loon Count** on the third Saturday in July (18th); and the **Annual Invasive Plant Monitoring** event in mid August —check

back for details on scheduling. We expect training and oversight will be provided by Mark Whiting of the Maine Department of Environmental Protection.

Last, but not least, the first weekend in August will once again be the big weekend for LMA events. In addition to the **Annual Meeting**, being held on Sunday, August 2, 2015 at 11am, Diane James is once again organizing the **Annual LMA Pancake Breakfast and Silent Auction** on Saturday, August 1. Donations of time, food and silent auction goods are all needed!

On a personal note, my husband and I welcomed our son, Elliott, into the world in November. At seven months, he's precociously starting to explore and interact with his world and we can't wait to introduce him to the lake life this summer. Something about seeing the world through a child's eyes makes everything a bit more precious.

See you on the lake!

Liz Doran, President

Events and Programs	Contact	Important Dates	Volunteer Needs and Notes
Courtesy Boat Inspection Program	Meg Rothberg, teele1234@aol.com	Sat/Sun, 1pm - 5pm, July 5 through Sept. 1	Volunteer Inspectors, 2hr. afternoon shifts
Audubon Loon Count	Pete Trouant, trouant@pwless.net	3rd Sat. in July (July 18, 2015)	Loon Surveyors
Pancake Breakfast & Silent Auction	Diane James, dianefnp@gmail.com	Saturday, August 1, 2015, 8-10am	Volunteers: Fri. set-up, Sat. Servers Food Donations: muffins, breakfast casseroles, fruit salads, Silent Auction Donations (contact Meg Rothberg)
Annual Meeting	Liz Doran emb.doran@gmail.com	Sunday, August 2, 2015, 11am	Guest Speaker: TBD
LMP Invasive Plant Survey	Pete Trouant, trouant@pwless.net	TBD	Volunteers: Surveyors (training provided), w/Mark Whiting of DEP

Winter of Discontent: a photo essay

Submitted by Jeff Orchard

February 23

April 23

Panoramic view of Meddybemps Lake from Conant Hill



The Store



Meddybemps Community Center



Pete and Liz Trouant's House



2014 Annual Meeting Recap

The 2014 LMA Annual Meeting was held Sunday, August 3rd, 2014 in the basement of the Meddybemps Community Center.

Guest Speaker

The guest speaker was Kara Papakyrikosgave of The Maine Audubon and Tufts Veterinary School. Her talk, titled "Loons and Lead," educated members in attendance on normal loon behavior including mating and migration practices, as well as life cycle stages and different vocalizations. Maine has the largest number of loons in New England. Kara also shared results of a Tufts study that found 28% of loon death in Maine can be attributed to lead poisoning.

Kara informed the membership that they can help. We can encourage the practice of lead free fishing and hunting, and participate in the annual Audubon loon count. We can also host a lead tackle exchange. Kara brought lead-free tackle for members to exchange. In the sad event of discovering a dead loon, a hotline is available: Maine Audubon Dead Loon Hotline, 207-781-6180 ext. 275.

More information on Kara's talk is included in the annual meeting minutes.

Regular Business

The rest of the meeting was dedicated to regular business including updates on annual water quality observations and monitoring, the Loon Count, and invasive species monitoring. Last year's meeting minutes were approved unanimously.

Treasurer's Report

A report by the treasurer indicated the organization to be in good fiscal health. For those wishing to renew their Membership dues and the Annual Pancake Breakfast raised a total of \$1,634 for the year. The ending balance on the year was close to seven thousand dollars.

The membership unanimously approved the Treasurer's report.

A **membership form** for the 2015-2016 season is available in the back of this newsletter and can be returned with dues to the treasurer.

In 2014, the membership approved donations to the Meddybemps, Cooper and Charlotte Fire Departments; COLA; VLMP; Water for ME Foundation; and, the 2014 LMA speaker.

Activities Report

The LMA continues to pursue a grant from the umbrella organization of lake associations in Maine: COLA, to fund a Courtesy Boat Inspection (CBI) program. After another successful year in 2014, an application was once again submitted for 2015.

The 2014 Loon Count had five groups of counters on the lake. Thirteen adults and zero chicks were counted despite chick sightings at other times.

Secchi testing was completed twice monthly throughout the summer. Clarity was a little lower than in 2013. Phosphorus tests were also conducted. The closing of the state chemistry lab was also discussed as an issue for the 2015 sampling season. Efforts are ongoing to identify an alternative analysis plan.

In its sixth year, the annual invasive plant survey event was planned for August.

Town Report

The 2015 summer season will see the construction of a new bridge over the Denny's River in Meddybemps. Drawings of the proposed project have been on display in the Community Building. Beginning in January 2015, the Post Office will be open six days a week for four hours.

New Business

A new fundraising committee was created. Meg Rothberg generously agreed to serve as chair. Check out new items for sale in the following pages.

The **Ed Ketchen Water Testing Fund** was created. A donations form for this worthy cause is available on the last page. A plaque is also being commissioned for display in the Community Center.

Elections

The slate of executive committee nominations and new directors was approved without contest. The LMA board membership and terms are listed on the back page of this newsletter.

Special Thanks

The LMA Board made special acknowledgement of the dedicated leadership and service of Pete and Liz Trouant; Pete for his service as President and continued involvement in water quality testing; and Liz for her dedicated service as Treasurer of the organization. Plaques were presented to both.

The 2015 LMA Annual Meeting to be held on Sunday, August 2, 2015, 11am in the Meddybemps Community Center



Bathing in the Lake—Make the Right Choice

Contributed by Meg Rothberg

Washing in the lake introduces many undesirable chemicals into the aquatic environment.

The controversy rages on: is it acceptable to bathe or wash our hair in the lake? The inclusion of soaps and shampoos of chemical compounds such as phosphates which fertilize and accelerate aging of the lakes, has largely been abandoned in recent years. To assume that the addition of bath products no longer poses a threat to lakes is probably wishful thinking.

Sadly, there really is no environmentally friendly way to lather up in a lake. A few generations ago, taking a bar of Ivory soap down to the lake for a bath created a fairly small human impact on a big body



of water. But there are more people now, more pollutants in the water, and more chemicals from the shore washing into the lake.

A natural “loofah” sponge can be purchased in any drugstore for about the price of a bar of soap and can be re-used indefinitely. Rubbing with the loofah, followed by a dip in the lake, will remove

dead skin, most of the “offensive” odor and leave the body feeling tingly and clean — without adding manufactured chemical compounds to the lake.

If you must, choose your soap wisely. Biodegradable soaps have less impact on the environment. Avoid synthetic chemicals such as triclosan. By using safe soaps sensibly, we will keep our water sources clean.

Check out these products:

- <http://www.seventhgeneration.com/search/node/Shampoo>
- <http://store.globalhemp.com/hemp-soap-s/40.htm>
- <http://brynmawrsoap.com/products/unscented-bar>
- <https://www.morroccomethod.com/raw-store/shampoos>

Fundraising

Two items will be for sale this year as part of the annual fundraising efforts led by Meg Rothberg and the newly formed fundraising committee. These items are in addition to the silent auction and pancake breakfast held during the first weekend in August.

Full ordering information will be available in the coming weeks including price and final product designs. To **pre-order**, please return the following information to Meg Rothberg at teele1234@aol.com.

Trivets!

Complete your Meddybemps collection of table-top protection with a table top trivet — image will match coasters sold several years ago!

Pre-order information:

Name: _____

Preferred Contact Information: _____

Number of Trivets: _____

T-Shirts!!

By popular demand, this year the LMA will also be selling T-shirts with the clever “Meddybemps Rocks!” logo on the front, and a lake map with points of interest on the back.

Pre-order information:

Name: _____

Preferred contact information: _____

Number & Size(s): _____

In addition to these two items, donations to the pancake breakfast and silent auction are requested. Volunteers to help with the fundraising committee are also welcome.



Water Report

Water Chemistry

This year, 2015, is a 5-year water testing year. Samples will be collected at the several testing sites around the lake for complete analysis. This will be in addition to the regular phosphorus testing; and the oxygen, conductivity and temperature testing completed using the LMA water testing equipment.

Results of these regular tests continue to fall within normal ranges, with the expected increases in dissolved oxygen evident on windy days. Details of the 2014 test results and a report on 2015 Summer testing to date will be available at the Annual Meeting.

Lake Level

The lake level continues to be a priority issue for the LMA. What follows is the annual statement from Maine Department of Marine Resources, Division of Sea Run Fisheries and Habitat regarding Dennys River stream flow management in 2014:

“Using the Dennys River Instream Flow Incremental Methodology (IFIM) data

and a revised rule curve for Meddybemps Lake, we adjust water releases at Meddybemps Dam to optimize salmon habitat as well as store the maximum amount of water in the lake given flow requirements for the river and current lake levels (Figure 1). Due to budget constraints, the USGS Dennys River stream gauge was not operational in 2014. Our target minimum flow was approximately 80 cubic feet per second (CFS) at the USGS Dennys River gauge, DMR followed the drawdown schedule by maintaining a gate opening of at least 3 inches at Meddybemps Dam from mid-June through September. A 3 inch gate opening provides stream flows (ranging from 45 - 85 CFS) to optimize salmon habitat and maintain socially desirable lake levels.”

As President of the LMA, I have been in touch with our contact at the State and together, with Pete Trouant, we continue our open dialogue and partnership of observation and management of the dam opening controlling the lake water level. This dialogue was most recently in action over the last month as the spring melt saw the disappearance of the winter’s heavy snow. As of the end of April, the

lake appears on track to meet the scheduled drawdown targets for the year. Continued attention and moderate weather will, as always, be the keys to meeting the planned targets.

Invasive Plants

The LMA will once again this summer be operating a Courtesy Boat Inspection (CBI) Program at the Meddybemps Town Dock. This program is made possible by the dedicated efforts of our volunteers and a funding grant from a partnership between the State of Maine Department of Environmental Protection and the Lakes Environmental Association.

Now in its third year, the Meddybemps CBI program has yet to spot or stop invasive plant material from entering the lake. And that’s OK! Invasive species continue to be a threat to Maine lakes, and therefore continue to demand our attention. Volunteers will once again be needed throughout the summer to make this program successful.

An invasive plant survey is also planned for late summer, stay tuned for details.

LMA’s continued efforts at monitoring, prevention and education are just the beginning of what we can be doing to prepare for an infestation. As food for thought, a new guide to help lake associations like ours prepare before an infestation was published late last year by the Maine Volunteer Lake Monitoring Program with support of the Maine Milfoil Initiative and can be found here: www.mainevlmp.org/citizensguide. As the LMA continues to focus attention on this issue, this guide can serve to provide the organization with new ideas and strategies from successful efforts around the state.

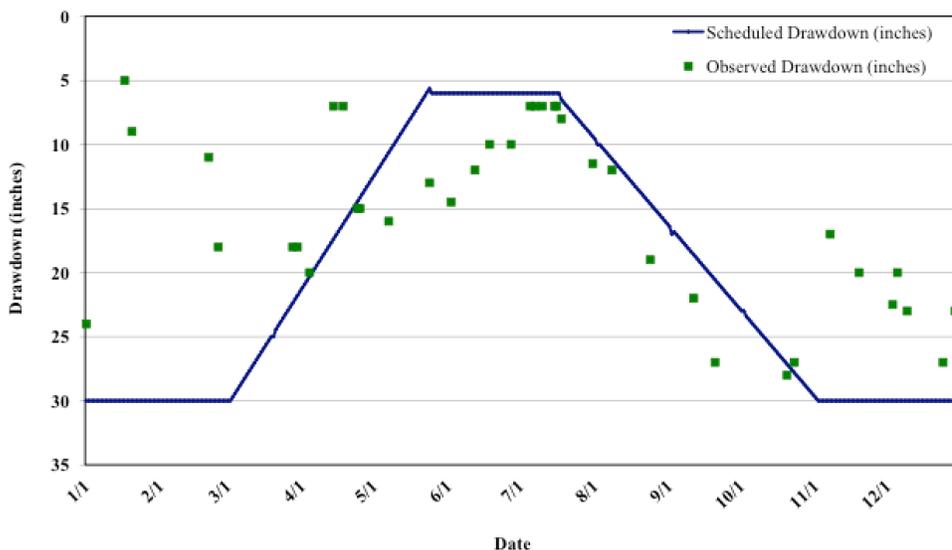


Figure 6.3. Meddybemps Lake Dam drawdown levels relative to rule curve from water management plan, Meddybemps, Maine, 2014.

Water Report (con't)

Water Chemistry, 2014

Contributed by Cary James

Phosphorus is a major limiting nutrient in lakes. Excess phosphorus can lead to a process called eutrophication. Eutrophication is a process whereby water bodies, such as lakes, estuaries, or slow-moving streams receive excess nutrients that stimulate excessive plant growth (algae, periphyton attached algae, and nuisance plants weeds). This enhanced plant growth, often called an algal bloom, reduces dissolved oxygen in the water when dead plant material decomposes and can cause other organisms to die. Nutrients can come from many sources, such as fertilizers applied to agricultural fields, golf courses, and suburban lawns; deposition of nitrogen from the atmosphere; erosion

of soil containing nutrients; and sewage treatment plant discharges. Water with a low concentration of dissolved oxygen is called hypoxic.

The Meddybemps Lake Association has monitored phosphorus for several years. The results for last year (2014) are shown below. Pete Trouant took samples on July 28, 2014, September 20, 2014, and November 11, 2014. The data shown on the graph are snapshots of the lake phosphorus chemistry for the dates represented. Overall the data indicates levels well below thresholds of 13 ppb, which are indicative of nutrient enrichment. Our sampling regimen now dates back to 1995 with no significant levels of phosphorus found.

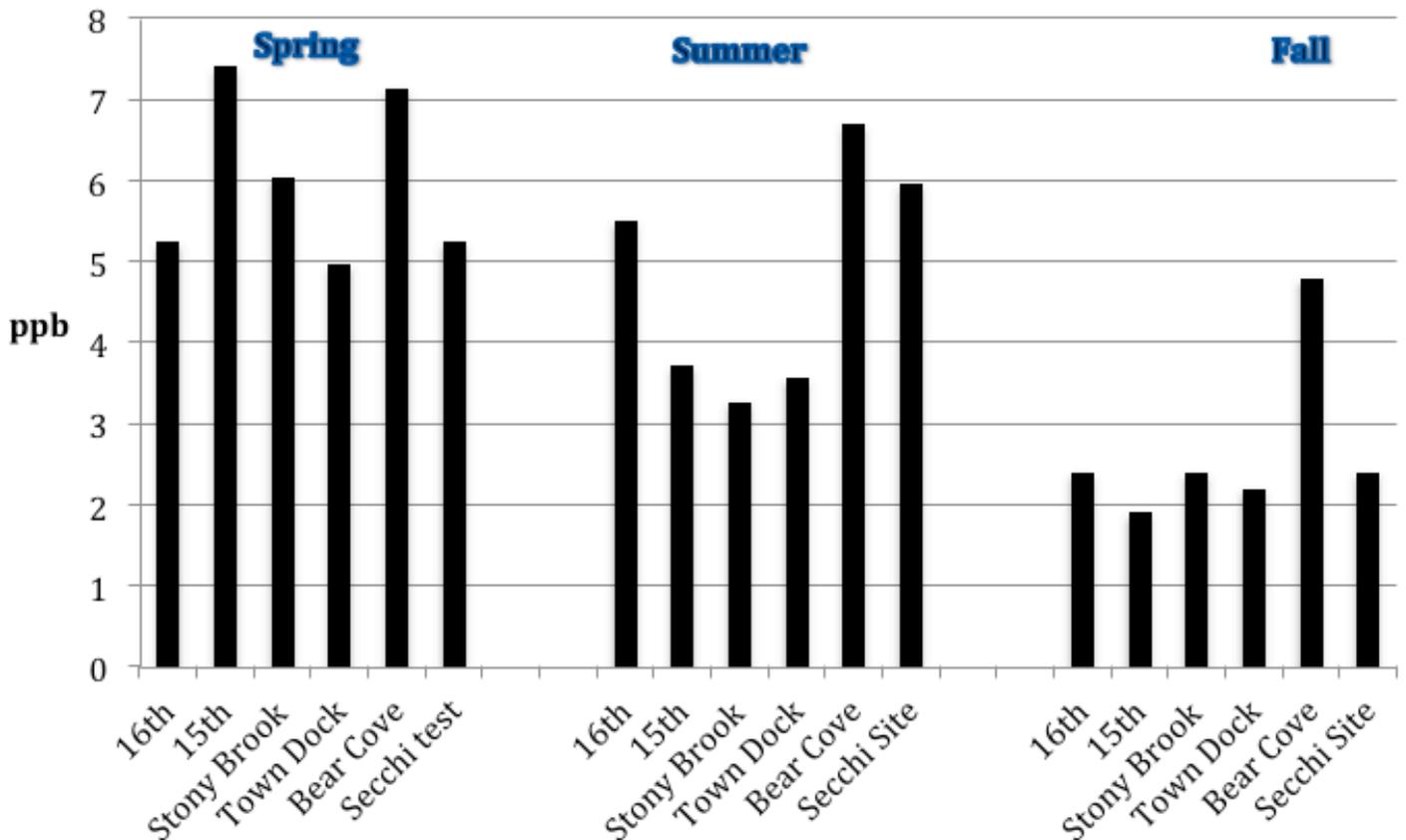
It is recommended that the Lake Association continue to monitor

phosphorus as a limiting nutrient. It is also imperative with continued development of the lake that camp and homeowners be vigilant about the used of fertilizers and general practices that can cause nutrient enrichment of the lake. To date it appears that we have been successful in this regard.

The University of Maine Sawyer Environmental Chemistry Laboratory that we have used for years was a victim of budget cuts. We have been left to find other resources to process samples. Unfortunately this will come at considerably more expense if we wish to continue our 5 year cycle of sampling.

For further information regarding phosphorus and nutrient enrichment visit: <http://www.maine.gov/dep/blwq/doclake/fert/phospage.htm>

Meddybemps Lake Total P 2014 (ppb)



Board of Directors

Executive Team

Elizabeth Bloomhardt Doran — President, 2012-2015
Karen Putnam — Vice President, 2014-2015
Diane James — Treasurer
Katy News — Secretary

2012-15 Directors

Sherry Bagley
Frank Putnam
Amy Salamon
Roland Tomasch

2012-15 Directors

Toby Adelman
Ken Bogden
Arnold Corning
Pete Trouant

2013-16 Directors

Glenn Ball
Cary James
Margie Stockton
Beth Teele

Ed Ketchen Water Testing Fund Contribution Form

Established in 2015, the Ed Ketchen Water Testing Fund exists to support the work so tirelessly championed by the late Ed Ketchen, Director Emeritus of the LMA. Water quality testing in support of a healthy lake to be enjoyed by future generations includes secci disk monitoring, water sampling and chemical analysis.

Name(s): _____

Mailing Address: _____

Email address: _____

Donation Amount: \$ _____

Detach and return this form to the LMA Treasurer:

LMA Ed Ketchen Water Testing Fund
 c/o Diane James, Treasurer
 14 University Place
 Orono, ME 04473



Renew your Membership for 2015-2016

The LMA is a membership driven organization. You can save time at the Annual meeting, and enable better financial planning with early renewal of your annual membership. It's easy! Complete the form below and bring it with you to the Annual Meeting, or return by mail to our Treasurer with your dues. Can't remember if you already paid? Email Diane!

Name(s): _____

Mailing Address: _____

Email address: _____

Number of Memberships: _____ (One per Individual, \$15/yr)

Dues Included: \$ _____

Detach and return this form to the LMA Treasurer:

LMA Membership
 c/o Diane James, Treasurer
 14 University Place
 Orono, ME 04473