



Newsletter

**2011 Issue 1
March 2011**

Friends of Lake Williams
P.O. Box 216
Windsor, CT 06095
Website: www.lakewilliams.com

Officers:

Frank Catalano, President
Steve Looby, Vice-President
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Leaves are a Lake's Enemy

Adapted from a Candlewood Lake Authority Newsletter Article

Please do not blow or rake leaves into Lake Williams. All lakes have a finite life span and leaves are one of the main suspects in speeding up the aging process. They sink to the bottom, decompose in the water, contribute to the fill-in process and rob our lake of vital oxygen as they decompose. They also add nutrients that can promote other problems such as an increase in algae. Leaves naturally fall from trees into the lake and that is unavoidable. However, when we

add to the problem through poor property maintenance practices, we are harming the lake. If you are clearing leaves on your property, please be sure to rake or blow them away from the water. Also, if you hire someone to clear your leaves, please make them and their employees aware of this fact. Even if you don't live on the lake, the leaves that are in your street gutters may eventually wind up in the lake. Leaves washed away when it rains will likely lead to a local waterway such as a stream or may empty directly into the lake. If you reside in the watershed area, rake the leaves out of your street gutters to help protect our local freshwater systems. FLW appreciates that most residents are already practicing responsible stewardship by avoiding the lake as a receptacle for leaves. Help us to spread this important message to others.

Did You Know?

By Paul Cote

As it was in earlier years, The SPA at Grand Lake remains a popular attraction for people from not only Connecticut but from neighboring states and beyond. In the very early years, many people used the now defunct Airline Railroad to travel to the SPA as a vacation destination from Boston and New York. They disembarked at the Leonard Bridge Station and were delivered to their destination in horse drawn carriages. The picture below was obtained from an elderly Lebanon resident who prefers to remain anonymous and frequented the SPA in her youth. She obtained the picture from an old promotional post card (date unknown) that she cherishes amongst her memorabilia. People familiar with the lake will recognize the landscape background in the photograph.



This "Did You Know?" feature of the newsletter will continue as a regular segment for a few more issues. If you are familiar with the lake's history and/or lore surrounding the lake and wish to contribute additional ideas, please provide your submissions to me via the web site at www.lakewilliams.com.

Weeds in your lake: the good, the bad, the ugly

By Martin Hilovsky
PRESIDENT/ AQUATIC ECOLOGIST
Enviroscience Incorporated (<http://www.enviroscienceinc.com>)

As the well known saying goes, beauty is in the eye of the beholder. Few of us would consider a lush and abundant patch of aquatic plants beautiful. More commonly, we view these ‘weeds’ as a nuisance especially when they grow dense enough to interfere with boating, fishing or swimming. Aquatic plants are critical components of most lake communities and provide many benefits to fish, wildlife, and people. Aquatic plants serve many important functions including:

- Providing food for fish- More food for fish is produced in areas having aquatic plants than in areas without plants. Insect larvae, snails, and a variety of crustaceans inhabit plant beds. Most panfish eat aquatic plants in addition to insects and crustaceans.
- Providing fish shelter- Plants provide shelter for young fish and plant beds are areas frequently used for spawning and nesting by bass, sunfish and pike.
- Improving water clarity and quality- Aquatic plants help maintain water clarity by stabilizing and preventing the re-suspension of sediment. Moreover, nutrients used by the plants are nutrients that aren’t available to algae. This is the old “something will grow” idea. North American temperate lakes tend to be either plant or algae dominated. Which would you prefer if ‘something is going to grow’?
- Providing food and shelter for waterfowl- Many submerged plants produce seeds and tubers which are eaten by waterfowl. Submerged plants also provide habitat and food for many insects and invertebrates that are, in turn, important foods for resident and migrating waterfowl such as ducks. It should be pointed out that not all aquatic plants provide equal value to the lake. Domination by one or two species (especially exotic ones) is not a desirable situation. A diverse plant community provides better habitat and will support a healthier and more diverse fishery. Diversity in these communities is important because they are both critical components of a healthy lake. Under the best of circumstances, even native plant communities can become so abundant that they need to be managed. A key objective in any aquatic plant management plan should be to select techniques that provide *selective* control. By minimizing non-target impacts, you can help maintain native plant diversity in your lake and make it harder for exotic and invasive plants to become established.

Give one of the lake management professionals at EnviroScience a call for friendly free advice on ways to maximize native plant diversity in your lake.

State Conducts Survey of Lake Williams (a.k.a. Williams Pond)

Portions of the below content adapted from the CAES Web Site

In 2002, scientists at the Connecticut Agricultural Experiment Station (CAES) began surveying Connecticut lakes and ponds for invasive aquatic plants and investigating novel management options. Surveillance focuses on both invasive and native vegetation to quantify the effects of invasive species on aquatic ecosystems. This research allows CAES to track the spread and record the arrival of invasive aquatic plants. Surveys also provide baseline information to determine if the frequency and magnitude of invasions may be related to water chemistry, sediment type, boat launches, watershed development and climate change. Management studies include tests on the effectiveness of herbicides, mechanical removal, water level manipulation, biological control, and integrated pest management. This program is supported by the U.S. Department of Agriculture.

In 2008, FLW requested that a survey of our lake be conducted. CAES accepted that request and conducted the survey of Lake Williams in June of 2009. Rachel Soufrine and Martha Balfour of CAES are seen analyzing their data in this photo taken on Lake Williams.



The Williams Pond results were published early in 2010 and can be viewed on the Department of Environmental Protection web site at the following link:

<http://www.ct.gov/caes/cwp/view.asp?a=2799&q=377004&caesNav=1>.

Alternatively, check out the FLW web site where the external links to the DEP web site are provided. FLW is pleased to report that Variable Leaf Watermilfoil is the only invasive plant that was identified to exist in our lake. Help us with due diligence to ensure that it stays that way. Check out the “How can I help?” link on our web site for ideas.

Milfoil Treatment Status

Another section of the Lake was treated in June 2010 with Reward herbicide by Aquatic Controls. FLW has partnered with the Town of Lebanon every year to split the annual cost. With the help of FLW members and lake residents, the areas with the heaviest infestations requiring attention will be identified for the 2011 treatment. FLW asks its members and other users of the lake to help in the 2011 process by marking any plants that you see. It is recommended that you use an approximately one foot segment of an orange child’s swimming noodle tied with a piece of line and a rock for an

anchor. If you do not have these materials available in your boat, please use anything you have that will make a suitable marker. In this way, we can not only help in the eradication process, but we can also warn other boaters to avoid passing near these buoys with motored boats. Variable Leaf Milfoil propagates via fragmentation, meaning the fragments chopped by propellers and released into the water will float and be carried to other locations by wind and current to grow into another nuisance plant. Marking of plants should occur early in the spring to enable them to be avoided by boaters and to be treated during the herbicide application in the summer of 2011.

Boating Guidelines Reminder

FLW recognized that there are navigational hazards on Lake Williams that need to be pointed out, especially to first time users of the lake. In addition, boaters noticed that some of their peers were navigating in a manner that was not courteous or simply unsafe. Enforcement of the rules is not FLW’s role, but FLW recognized that they could perform a service in this area with education. The map and guidelines is intended to be beneficial not only to first timers, but also to all lake users. The map reinforces Connecticut Boating Guidelines and at the same time provides recommendations for safe and courteous powerboat operation. It includes by reference some of the rules and regulations from the State’s Boating Handbook.

A copy of FLW’s guidelines and map is posted at boat launches and can also be obtained at the Lake Williams Campground office. They are also available to be printed from our web site.

Do you have favorite pictures of Lake Williams that could be included in our newsletter, web site or calendar?

The newsletter committee is seeking pictures or interesting lake related information either for the newsletter and/or the FLW Web site. If you have a favorite Lake Williams picture or interesting story and want to share it with others, please forward it to the newsletter committee (see contact information at the end of this newsletter). Perhaps you have a unique picture of activity on the Lake, animals in the wild, a fisherman’s catch that stands out from the rest, etc. If you have a short story to pass along to supplement the picture, it would greatly enhance the value of the addition. With your permission, the pictures could also be used by FLW in publishing its annual calendar. If you have taken any winter scenes, they would be extremely welcome.

Friends of Lake Williams Is Now On Facebook

Follow us on Facebook. You can access our page by searching for “Friends of Lake Williams” while you are on Facebook. Alternatively, you can access our web site and click on the Facebook logo that can be found on our home page.

Newsletter Committee seeks your help

The Newsletter Committee requests your help in producing this newsletter. Articles or ideas concerning the lake, or information relevant to FLW’s mission will be welcomed. You don’t need to write the article. If you prefer, provide the facts from which news stories can be developed. FLW Committees are also requested to provide input after completing any significant activity such as identifying where invasive weed infestation is located on the lake, stories related to the lake treatment process, the results of water quality testing, etc. Please send your facts, articles or ideas for articles to:

Paul Cote
70 Pruett Place
Oakdale CT 06370-1819
E-mail: cotehome@snet.net.

Lake Smart Home Award

The Connecticut Federation of Lakes (CFL) and the citizenry of Connecticut cherish its lakes and ponds. Pristine lake waters add beauty, increase property values, and provide recreational opportunities throughout the four seasons. These beautiful jewels within our environment are fragile and need our constant attention and help. In its recent national assessment of US lakes and ponds, the EPA in 2009 reported that the majority of lakes are in worse shape now. Because of this, “the nation must commit itself to slowing, if not reversing, the creeping damage to our lakes.

1. Studies have shown that as water quality declines the value of shorefront property also decreases. It affects human health, fishing, town property tax income and the local economy that serves lake users throughout the year. The future health of ponds and lakes depends on folks who visit and live on the shoreline and within the watershed. Besides following many other protective guidelines to keep lake water clean, people must also “stabilize eroding areas, reduce the use of chemicals, divert rainwater into vegetated areas and minimize lawns and impervious areas.
2. If people understand how their day-to-day activities affect their body of water, and if they make a commitment to partner in ideal lake stewardship, the future of these waters will be healthier and safer. Everyone needs to “pitch in with the small things we do every day as good watershed citizens.

3. Join in by taking the Connecticut Federation of Lakes (CFL) "LakeSmart" Pledge and earn a sign that reads "LakeSmart Home" for display on your property. Put one on your dock or raft and another roadside so that boaters and drivers both will take notice. "The sign tells the world that you care and that you're doing your share.
4. This award is available to CFL members and prospective members. The CFL hopes to grow a larger membership and, more importantly, better lake stewardship statewide. Log on today to the CFL website (www.ctlakes.org), review the best lake management practices, make the LakeSmart Home Pledge and indicate that you'd like to receive one or two "LakeSmart Home" awards from the CFL. Check out the Pledge in the last page of this newsletter and encourage your neighbors. Congratulations and thank you.

COLUMBIA ENVIRONMENTAL LABORATORY
WELL WATER TESTING
WASTE, LANDFILLS, LAKES
Pick Up Service Available
State Certified #PH-0514
860-228-0329
2 Lakeview Park West, Columbia, CT 06237

Calendar of FLW Activities

All activities open to members and non-members.

Date	Time	Event	Location
June 2011	10:00	Annual FLW Meeting	TBD
July 3, 2011	6:00 PM	Boat Parade	Meet at Rock Pile
August 6, 2011	9:00 AM	FLW Lake Clean-Up Day	Meet at 2 nd Beach
August 20, 2011	10:00 AM	Canoe/Kayak Rally	Meet at 1 st Beach

Check our web site and Facebook page for new updates, for other schedule information and for additional details as we near each event date.

FLW to offer merchandise for sale

Two years ago, FLW offered various merchandise for sale that displayed the organization's distinctive logo. The promotion proved to be quite popular. It was valuable to FLW because it not only promotes our organization but also served as an additional income source. FLW is pleased to announce that we plan to repeat this promotion again this year. We learned which specific items were most popular

with consumers and we plan to place the emphasis on making those items available again. We will provide more information in our next newsletter but in the meantime you can monitor our web site and Facebook page for more detail.

Join FLW

The FLW annual membership drive is in full gear for 2011. The organization's fiscal year is July 1 to June 30. New memberships are accepted at any time during the fiscal year.

Please clip the below section of the newsletter and forward it to the following address (If you prefer, you may go to our website and print the application.):

For the 7/1/2011 – 6/30/2012 fiscal year:

- \$30 Individual Membership (1 person)
- \$60 Family Membership (2 or more people)
- \$_____ Tax deductible donation

Name _____

Address _____

Phone _____

E-mail _____

Mail check and include the above contact information to Friends of Lake Williams, c/o P.O. Box 216, Windsor, CT 06095.

Thanks to our current members for their support over the past year. Please remember to renew your membership, and if you are not currently a member, please consider joining this worthwhile organization. If you are a member and are aware of other members who have not renewed, please remind them. Lets all work toward maintaining FLW as a strong, viable and successful proponent of our lake.



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CFL LakeSmart Home Award Pledge

We, lake watershed and shoreline residents, do or pledge to follow these best lake management practices to improve and protect our lake's water quality and safety, esthetics, recreational desirability and property values.

Managing Waste

- ✓ Do or plan to regularly pump, inspect and upgrade (as needed) the septic system.
- ✓ Don't or plan to stop using septic tank additives that falsely claim septic benefits.
- ✓ Have or will soon have a code compliant septic system (no more 1950's systems, cesspools or outhouses).
- ✓ Minimize or plan to reduce food debris passing into the septic tanks (garbage disposals are not advised).
- ✓ Prevent or intend to prevent pet waste runoff.
- ✓ Don't or intend not to feed or encourage waterfowl.
- ✓ Do not or plan not to mow grass or blow and rake leaves and yard debris into the water.

Landscaping the waterfront

- ✓ Don't use or plan to stop using chemical lawn fertilizers and weed killers recognizing that going "organic" is best.
- ✓ Have or will plant a "barrier" lakeside buffer zone of tall grasses, flowers, shrubs, trees, etc. (The wider the better so that the lawn size is reduced.)
- ✓ Have or will restore a natural shoreline.
- ✓ Have a natural lake bottom or plan no more additions of sand.

Managing rain runoff

- ✓ Have or will create a rain garden(s).
- ✓ Use or will place rain barrels to collect roof gutter runoff.
- ✓ Have or will build a catch basin(s) where indicated which directs its water discharge into absorptive, vegetated areas.
- ✓ Have or plan a pervious driveway.
- ✓ Currently have less than 10% impervious lot coverage or will try to reduce the amount if already over 10%.
- ✓ Have or will create landscaped swales, water bars, etc. to divert water to planted areas thereby reducing sheet runoff.

Lake living

- ✓ Use or plan to use non-phosphate soaps and detergents inside and outside.
- ✓ Conserve or plan to reduce water consumption thereby not flooding the leach field.
- ✓ Regularly do or plan to pick up litter and floating invasive weed fragments.
- ✓ Follow or will obey "no wake" signage.
- ✓ Inform or plan to teach our guests and renters the code of lake friendly living.
- ✓ Have or will consider a conservation easement or an outright gift to the local land trust.