

Maranacook Watershed News



A Publication of the Maranacook Lake Association

March, 2012

Issue 17

MLA Annual Meeting on July 14^h, 2012

The Annual MLA Meeting will be held at the Winthrop American Legion Building.

Guest speaker at 10 AM.

The Business Meeting to be held with the election of the MLA Board of Directors at 11 AM.

Need Help Fixing your Private Gravel Road?

From the Kennebec County Soil & Water Conservation District website @ www.KCSWCD.org

Most private gravel roads need repair every spring. Owners/users need to bring in loads of gravel to replace what washed away over the winter and during the spring rains. Where does that gravel go? It washes out of ditches, straight to the nearest brook, stream and lake. According to the DEP, "Year after year MDEP assists local associations with watershed surveys documenting pollution sites in lake watersheds, and year after year the biggest, most common problems are related to roads. If we are going to improve or protect the water quality of our lakes, we need to address erosion issues from our roads." To receive help to deal with gravel road erosion, contact Sue Miles at MDEP, 207-764-0477 or sue.miles@Maine.gov. The Kennebec County Soil & Water Conservation District @ www.KCSWCD.org, or Cobbossee Watershed District 207-377-2234.

An excellent resource!

GRAVEL ROAD MAINTENANCE MANUAL

A Guide for Landowners on Camp and Other Gravel Roads

Found at:

http://www.maine.gov/dep/land/watershed/camp/road/gravel_road_manual.pdf

Annual Maranacook Lake Free ICE-OUT Contest – Win \$100

The ice-out contest allows people to make their best guess on when the ice melts enough for a weight to drop through the ice. This unit will be located on the west shore of the lower basin (Winthrop end) of the lake.

To take part in the contest, submit your guess to MLA on the enclosed form to our address or e mail to maranacooklakeassociation@gmail.com

All entries must be received no later than midnight March 20.

You must be at least 18 years of age to play the contest. All you have to do is fill out the form with your contact information and pick the Month, Date, Hour and Minute you think the ice will melt enough for the weight to trigger the timing mechanism. The limit is five entries per person.

The window for ice out for the past 75+ years is March 22 – May 4.

The winners will be those who guess the closest to the exact Month, Date, Hour and Minute of the winning time when the ice at the previously mentioned location melts to sink the weight and trip the timer. In the unlikely event of a tie, the prize will be split.

Maranacook Lake Association - Membership

Join us on *Facebook* at *Maranacook Lake Association*

Your dues and contributions will be used to further our Mission to protect and improve the water quality of Maranacook Lake and its watershed for the benefit of all. Please help us to recruit new members to protect and enjoy this wonderful resource we call Maranacook Lake. If you have already paid your 2012 dues, thank you for continuing your support.

Water Quality Indicators *(Story courtesy of Maine Volunteer Lake Monitoring Program)*

How Does the VLMP (Volunteer Lake Monitoring Program) Measure Lake Water Quality?

There are many imminent threats to Maine lakes. Near the top of the list, and perhaps the most pervasive, is the potential for lakes to become nutrient enriched and more biologically productive as a result of development in lake watersheds. This condition is characterized by declining water clarity (transparency), resulting from an increase in the growth of algae. Excess algae in lake water can cause a disturbance to the normal equilibrium of the aquatic ecosystem. As algae die and decompose, bacteria consume oxygen that is dissolved in the water. Increased algal growth can lead to a decline in oxygen levels, especially during the warm summer months. Oxygen loss can reduce critical habitat for coldwater fish (trout and salmon), and it can accelerate the decline of water quality.

The enrichment of lakes with the nutrient phosphorus and excess algae, resulting from watershed development, is referred to as “cultural eutrophication” (CE). Storm water runoff from disturbed or developed areas of lake watersheds typically carry high concentrations of phosphorus, sediment particles, and other pollutants considerable distances, eventually flowing into a lake. Lake watershed boundaries may be situated close to the shoreline, or they may extend for miles away from the lake. In either case, storm water runoff from developed areas of lake watersheds is a potential threat to water quality, unless conservation practices are in place to control storm water runoff.

For this reason, the primary focus of volunteer water quality monitoring is the collection of information related to changes in lake biological productivity over time. Water quality data gathered by volunteers can be used to determine whether individual lakes are becoming more productive, less productive, or are stable. Many years of data are generally required to make these determinations with confidence.

Measuring Lake Water Clarity (Transparency) With A Secchi Disk

Secchi Disk Transparency Long Term Data Distribution

One simple method of assessing the effect of cultural eutrophication in lakes is to measure the concentration of planktonic (suspended) algae in the water. Algae are at the base of the lake ecosystem food web. Volunteer water quality monitors begin monitoring their lake by measuring Secchi disk transparency. The Secchi disk is a simple device that is used to estimate algal concentrations, based on water clarity. Volunteers in the VLMP are provided with a viewing scope and a Secchi disk that is attached to a calibrated line. They are instructed on the procedure for taking a Secchi disk reading by training staff. Ideally, readings should be taken a minimum of twice monthly from May through September or October. This frequency is optimum for identifying water quality trends over time. Readings are generally taken at the deepest point in a lake.

Cobbossee Watershed District provides qualified staff to measure Secchi disk transparency at least monthly in two locations in Maranacook Lake, and oversees any available volunteers to provide additional Secchi disk readings.

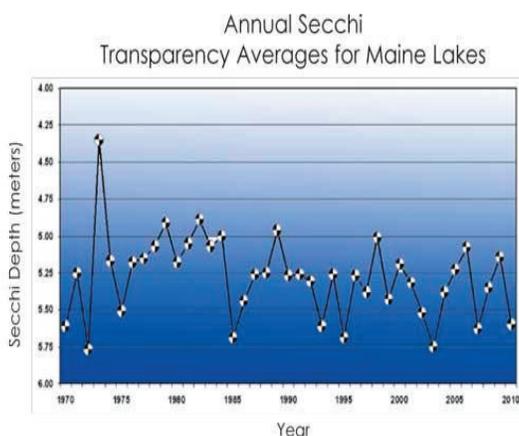
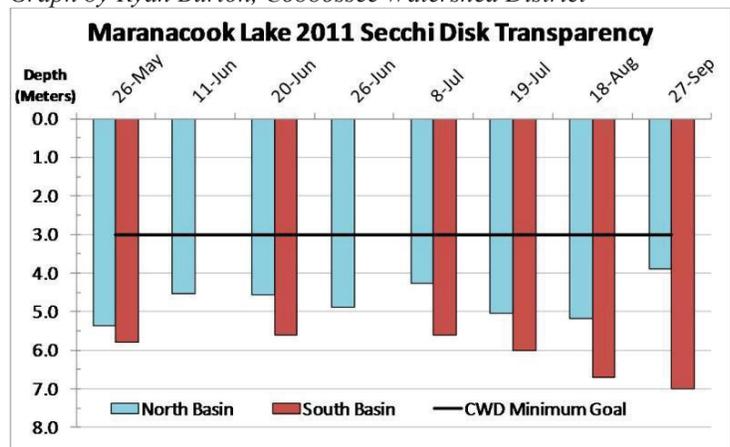


Figure 7 is a plot of the average annual Secchi disk transparency for all Maine lakes for which data have been available from 1970 through 2010. During the first few years of this period the number of lakes on which the average is based was relatively small. This may account for the high degree of fluctuation up until 1975, when the number of lakes in the data set exceeded 100. Since 1975, the number of lakes used to determine the annual average has increased steadily to more than 400 per year. The graph shows that for most years after 1975 the statewide average has been between 5.0 and 5.5 meters. The 2010 average was 5.6 meters.

Maranacook Lake 2011 Secchi Disk Transparency (meters)
Graph by Ryan Burton, Cobbossee Watershed District



Maine Volunteer Lake Monitoring Program

vtmp@mainevtmp.org
24 Maple Hill Road, Auburn, ME 04210
(207) 783-7733
www.MaineVolunteerLakeMonitors.org

Friends of the Cobbossee Watershed

P.O. Box 5003

Augusta, Maine 04332-5003

Phone: (207) 621-4100

Email: mail@watershedfriends.com**Slow-the-Flow**

The Friends Slow-the-Flow program provides shoreline stabilization and erosion control services to waterfront property owners within the Cobbossee Watershed. Starting with a Lake-Smart Start! visit to your property, Slow the Flow program director Jay Lindsey will evaluate the impact that your property is having on the lake, and suggest projects that can "slow the flow" of polluted storm water runoff.

Depending on project logistics and grant funding, your property may qualify for free labor by our Youth Conservation Corps. This process is based on a "cost-share" approach that provides Cobbossee Watershed residents, businesses and municipalities with services that 'slow the flow' of nutrients and storm water run-off to our lakes, rivers and streams. Engineering and construction services for Slow-the-Flow projects are provided at no charge to property owners, with property owners picking up costs associated with materials and any permits if needed.

A typical stabilization project may consist of planting a "buffer" of plants and shrubs to absorb nutrients, installing rip-rap stone along shoreline sections that are susceptible to wave erosion action, spreading a layer of erosion-control mulch in areas that are heavily eroded; building stairs or installing water bars along a dirt roadway or footpath to divert upland run-off.

Sponsored by G&E Roofing and Eco-Cycle, Inc. The Friends Youth Conservation Corps (YCC) have completed 140 projects on 14 different water bodies since 2003, protecting over 5 miles of fragile shoreline!

The original Youth Conservation Corps (YCC) team was staffed by volunteers provided by the AmeriCorps NCCC program – we are eternally grateful to the 30 young adults from across the United States, who during the summers of 2003-2005 completed numerous projects benefiting the Cobbossee Watershed. In 2005, the Friends supplemented AmeriCorps with the addition of our own YCC team, and today's YCC is made up entirely of young adults who attend area high schools or college. **Over 80 young adults** have served in the Friends YCC since 2005, and each winter we begin recruiting the coming summer's team. Job descriptions and job application procedures are available each January.

Demand for this program is extremely popular – to see if your property qualifies, please CONTACT **Friends of the Cobbossee Watershed** to schedule a free appointment today!

LakeSmart-Start! A component of the Friends SLOW THE FLOW program, designed to protect and improve the waters of the Cobbossee Watershed by lessening soil erosion and run-off. Sponsored by **DR Struck Landscape Nursery, Pat Jackson, Inc. /Tri-City Septic, Dave's Appliance, Sylvester Excavating, Inc. and Royal Car Wash**, LakeSmart-Start! Adds value and appeal to your waterfront property while protecting the Cobbossee Watershed at the same time. It's also the first step towards qualifying for the State of Maine's prestigious LakeSmart© Award, presented to lake leaders for sustainable landscaping.

We'll meet with you on your site and provide you with planting tips, ideas and suggestions on the right trees, shrubs and plants for both beautifying your property and benefiting the water as well. After the meeting, we'll provide you with a sketch of your property with recommendations on which plants will work best and where they would best be planted. The drawn plan that we'll provide will be specific to your property....and the cost is **FREE!**

Program Director Jay Lindsey is targeting 100 site visits for this summer and will provide you with a coupon that offers even more incentives from our sponsors. Your COUPONS will entitle you to: **15%** off of all shrubs and plants at DR Struck nursery; **\$10** off a septic tank cleaning, along with a free bag of compost from Pat Jackson, Inc. and a free car wash, at Royal Car Wash, a **\$10** value.

To schedule an appointment for your property, CONTACT Friends of the Cobbossee Watershed today!

Maranacook Lake Association
P.O. Box 6
Winthrop, ME 04364



Photo by Heinz Walbaum

Picture from KSWCD

Spring is around the corner

Kennebec & Somerset County Soil & Water Conservation Districts announces their annual Tree & Shrub Sale To order your plants for spring planting, contact KSWCD @ 207-622-7847, ext. 3 or www.KCSWCD.org. The order deadline is March 15th and pickup is April 21st.

Vegetation buffers help manage unwanted water flow to the lake

A buffer is an area of land between developed property and the lakeshore where trees, shrubs and ground cover plants are allowed to become established, or are manually vegetated with appropriate (preferably native) plants. The best or ideal buffer for ecological and water quality value is a combination of tall trees, shrubs, groundcovers and duff. Lawn grass alone cannot protect the lake and associated shoreline. Grass roots are shallow and are unable to filter out sediment and Non-Point Source pollution during rainstorms. While a well-maintained lawn may be a wonderful asset to your property, a buffer between the lawn and the water's edge is essential to remove nutrients and slow down storm water runoff before it reaches the lake.

Text from University of Maine publication "Cooperative Extension-Water Quality" for more information contact: <http://umaine.edu/waterquality/lake/lake-a-syst/buffers/>



Your MLA Board of Directors

Join us on Facebook at [Maranacook Lake Association](#)

Mike Sienko
President

377-6632
sienkomike@gmail.com

Ed Atlee
Vice President

622-5656
weatlee@midmaine.com

Heinz Walbaum
Treasurer

377-6309
hwalbaum@fairpoint.net

Pat Flood
Secretary

395-4915
patricksflood@roadrunner.com

Jeff Tracy 377-6247 **JoEllen Cottrell** 377-6340
John Nichols 377-6847 **Rick Dorey** 377-6550

Eric Falconer 685-3231
Bill Wing 377-8691

Lynn Reed 441-7333
Anne Schmidt 377-6432