

MOUSAM LAKE



REGION ASSOCIATION

[www.mousamlake.org](http://www.mousamlake.org)

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# Mousam Lake Region Association

MLRA Newsletter

Spring 2011

## Mousam Lake Region Board of Directors

Rich Eagleston	(978) 985-3242	President	2012
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James (Jamie) Verity	(207) 636-3644	Treasurer	2012
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Mark Rousseau	(978) 374-3771	Director	2011
Dennis Roberge	(207) 850-1588	Director	2012
Jaime Fajardo	(207) 252-3215	Director	2011

## Photo Contest

**LAST CHANCE TO ENTER!!**

**New MLRA photo contest kicking off this year - check it out online!**

This year the MLRA will be holding it's first ever photo contest . MLRA is looking for contestants and judges to participate in this event. Do you have an interesting picture from Mousam Lake or Goose Pond that you would like to share? **Date for Submissions extended to June 15, 2011** . In order to qualify as well as submit your entry using the Official Form found on our website at [www.mousamlake.org](http://www.mousamlake.org).

Judging will be done by a panel of 3-5 judges selected by the MLRA Board, and will be done without the photographer names associated with the picture. Judges and their families can submit photos for the contest, however, judges will be ineligible to cast votes for the categories containing their own entries or entries of their family members. Pictures will be rated on a scale of 1 to 5 for each criterion (Composition, Lighting, Sharpness, and Creativity) for a combined score of 5 to 20 points. Pictures will be selected based on the highest scores. Ties will be broken by a second round of voting.

Photo contest winners will be recognized at the MLRA annual meeting. All winning photos will be prominently displayed on the MLRA website.





## Mousam Lake Apparel

We want to invite you to log onto our website store to find gifts that will remind you of your days on Mousam Lake and Goose Pond. Go to [www.mousamlake.org](http://www.mousamlake.org) and click on Store. Please note you can securely pay on line, or you can log onto [store@mousamlake.org](mailto:store@mousamlake.org) if you wish to receive a call back from one of our Directors who will place your order.

There will also be apparel available for purchase at the upcoming MLRA Annual Meeting. This year it is scheduled for, Saturday, June 25th starting 9am. Come early so before your size is sold.

## Swimmers Itch

### What causes swimmers itch?

Swimmers itch is caused by a blood fluke, and in waterfowl. The itching is caused when the fluke, while in the immature stage of its lifecycle, mistakes you for its primary host (waterfowl) and burrows into your skin. Aside from the annoying itching, swimmers itch is harmless to humans. The irritation can last from two days to several weeks, depending on the individual. Preventive measures can be taken, and there are no permanent effects from swimmers itch.

## LAKE HEALTH QUESTIONS

### How can I get rid of all those weeds by my dock?

Hold on, that might not be such a good idea! Aquatic plants form the foundation of healthy and flourishing lake ecosystems, both within the lakes and rivers and on the shores around them. They not only protect water quality or produce life-giving oxygen. Aquatic plants are lakes own filtering system, helping to clarify the water by absorbing nutrients like phosphorus and nitrogen that could stimulate algae blooms. Plant beds stabilize soft Lake bottoms and reduce shoreline erosion by reducing the effects of waves and current. Healthy native aquatic plant communities help prevent the establishment of invasive non-invasive plants like Eurasian water milfoil. They provide important reproductive, food, and cover habitat for fish, invertebrates, and wildlife. So in order to maintain healthy lakes we must maintain healthy native aquatic plant communities. Removing any aquatic plants should be done in a manner that limits the disturbance to the overall plant community and may require a permit from DE P. A healthy diversity of native aquatic plants can also help prevent exotic species from becoming established in the lake.

### How does a lot of boat traffic affect the water quality of the lake?

Several studies have examined the impact on lakes of boats. Generally, the studies found that the boat counts on weekends double or triple on average for most weekends; water clarity was temporarily reduced on weekends shallow and near shore areas are more affected than deeper areas. Boat traffic may stimulate algae growth in lakes containing soft water sediments shoreline erosion from both can also be problematic, especially in coves that are protected from wind generated waves. Much of these impacts can be lessened by operating boats at a no wake speed in shallow areas, or near the shoreline. The environmental impact of oil and gas from many of the new boats with more efficient engines is likely to be minimal versus the older to cycle motors however the total effects are unknown at this time.

## ?????? Are We Septic Safe ??????

Help protect the lake and your septic system. See below for a list of items that should NEVER be flushed down the toilet.

- Disposable diapers
- Baby Wipes
- Sanitary Napkins
- Paper Towels
- Cat Litter
- Facial Tissues
- Coffee Grounds
- Cigarette Butts

No kitchen grease at all.

Bleach products: they break down the enzymes that help dissolve waste.

Friday, August 5, 2011



# ASYCC Golf



To be held at:



18 Mountain Road  
Parsonsfield, ME 04047  
provincelakegolf.com

Friday, August 5, 2011  
Cost: \$100 per player  
Registration 8:15 AM

Enjoy a complete program of special events, 18 holes of golf (including cart), barbeque lunch, raffle prizes and contests for everyone...all for \$100 / player, \$80 for Juniors

- Putting challenge on the practice green
- "Hole-In-One" prizes
- Two longest drive contests
- Two closest to the pin challenges
- And the ever popular "Yellow Ball" competition

For Information, contact:  
Bill Sherman  
PO Box 47  
Springvale, ME 04083  
207-608-5097  
[treasurer@asycc.com](mailto:treasurer@asycc.com)



*Helping preserve our watershed for more than 10 seasons! The ASYCC needs your support, because our lakes need their effort.*

## Seventh Annual Golf Tournament - 4 person scramble To benefit Acton-Shapleigh Youth Conservation Corps (ASYCC) Sponsored by the lake associations of **Mousam Lake and Square Pond**



This year's event will be held Friday, August 5th at beautiful Province Lake Golf. Registration begins at 8:15 AM, with a shotgun start at 9 AM.

There will be an awards presentation and barbeque lunch directly after golf at the clubhouse. Included in the price, each golfer will receive 10 tickets for our always popular raffle of prizes donated by local businesses.

The ASYCC is a locally supported environmental and educational group that works to preserve the watershed region of Mousam Lake, Square, Loon, and Goose Ponds. Thank you in advance for helping to support such a valued organization.

Please complete and send along to Bill Sherman at PO Box 47, Springvale, ME 04083. All checks should be made out to Acton-Shapleigh Youth Conservation Corps. If you prefer, you can also email your information to Bill at [treasurer@asycc.com](mailto:treasurer@asycc.com). Even if you don't have your complete team members in place, reserve your spot now, space is limited. Individuals and teams less than four golfers will be matched up into foursomes as we get closer to the tournament. Golfers of all abilities are welcome!

**Contact:** Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ email: \_\_\_\_\_

*Please list your info & that of any others you are playing with and for whom you're registering. Be sure to indicate their handicap, if known. If no handicap, then enter an "average score" for that player. Also, indicate if the player is a junior (Under 17).*

**Golfers:** Player \_\_\_\_\_ Handicap \_\_\_\_\_ Jr. Golfer \_\_\_\_\_ Fee \_\_\_\_\_  
Player \_\_\_\_\_ Handicap \_\_\_\_\_ Jr. Golfer \_\_\_\_\_ Fee \_\_\_\_\_  
Player \_\_\_\_\_ Handicap \_\_\_\_\_ Jr. Golfer \_\_\_\_\_ Fee \_\_\_\_\_  
Player \_\_\_\_\_ Handicap \_\_\_\_\_ Jr. Golfer \_\_\_\_\_ Fee \_\_\_\_\_  
Additional Donation: \$ \_\_\_\_\_ Total Payment: \$ \_\_\_\_\_

**Other Support:** Would you, your employer or another contact be interested in sponsoring a hole or donating a prize for the raffle? Remember this is a fundraiser to benefit the YCC and all your donations are tax deductible and may be eligible for matching gifts through your employer. Please contact Bill with any questions.

## Erosion Tips for Spring

As the warmer weather comes, the snow melts and spring clean up begins, keep in mind that there are many things residents can do to protect the shoreline and water quality.

One thing to remember if you do have grass, is to only use phosphorous-free fertilizer. Studies show that lawn fertilizer is one of the largest sources of pollution. Fertilizers containing even small amounts of phosphorous promote growth of harmful algae and aquatic plants that will degrade water quality.

Also, leave natural vegetation along the shoreline. Maintaining trees, shrubs and ground cover helps to preserve water quality, as these plants act as a pollution filter and protect the shoreline from erosion. Leaving your shoreline natural is the best way to protect your property and the lake.

## President's Remarks

Happy Spring!

Well, after a winter like the one we just went through, you had to know that spring would not be much better! But with Memorial Day upon us, it looks like we will have some nice weather for the unofficial start to summer.

The Board has been busy preparing for the Annual Meeting which is one month away, on Saturday June 25th at the Acton Fairgrounds. Check-in begins at 8:30 and the meeting will start at 9. Come early so you can spend some time catching up with old friends as well as visiting one of the informational booths or displays. We will have a stay on Mousam Lake Water Quality Improvement Projects and the ASYCC will have an informational booth. We have moved the meeting to earlier in the season this year, so as to better promote the various water quality and social activities that have been scheduled for this year. We will also be looking to get more members involved in the water quality improvement efforts of the association. There will be sign-up sheets for volunteer opportunities. We are hoping to have representatives from the local town governments, Maine DEP and the Maine Volunteer Lake Monitoring Program speak at our meeting. Coffee and donuts will be provided. We hope to see you there!

Recently, we received a number of inquiries from members regarding the water level during April. There was concern about the drawdown that had taken place. We requested from town officials in Sanford an explanation for the reduction in the water level. Mark Green, the Town Manager of Sanford provided a timely and detailed response. He explained, that approximately 3 years ago, the practice regarding the lake level during this time of year was changed and lower levels are now maintained than previously. This is to allow for storage in case there is a heavy rain event. Subsequent to Mother's Day, the lake levels were slowly brought up and are now approximately within the summer level range. It is our hope that we can develop a closer relationship with the Town of Sanford, so that we are kept in the communication loop regarding lake levels. In doing so, we can then proactively share this information with our members regarding any changes to water levels.

During April, Membership Dues letters were sent out for 2011. Your dues and donations help us to fund erosion control activities, water quality improvement educational events and courtesy boat inspections. We have added the ability to make your dues and donations online via PayPal through a link on our website. Please indicate your MLRA number or address in the notes section. You can also clip off the bottom portion of the letter and mail it to MLRA, PO Box 333, Springvale, ME 04083. If you did not receive your letter, please contact us at: [membership@mousamlake.org](mailto:membership@mousamlake.org).

Please share any feedback or ideas you may have and send them to our attention. We are always looking for fresh ideas and new ways to invigorate the membership and continuously improve the Mousam Lake Region water quality.

I'll see you on the lake.

~*Rich*



# VOLUNTEERS WELCOME!!



The MLRA is looking for volunteers to assist us in our water quality improvement and education efforts. Some of the positions we are looking to fill include:

- Invasive Plant Patrollers
- Newsletter Writers
- Website

If you have a talent you would like to share with the MLRA or would like to learn more about Invasive Aquatic Plants in an effort to maintain and improve Mousam Lake water quality we would love to hear from you.

Please contact Rich Eagleston at [general@mousamlake.org](mailto:general@mousamlake.org) for more information.

## ASYCC Erosion Control Crew



Have you noticed erosion caused by wave action, storm events, or foot traffic on your property? If so the ASYCC Erosion Control Crew (ECC) can help free of charge! Each year the ECC completes conservation projects on properties within Goose Pond, Loon Pond, Mousam Lake, and Square Pond. Think you might have an erosion problem? For a FREE technical visit and site report, please contact Pat Jackson, Technical Director of the ASYCC at [Technicaldirector@asycc.com](mailto:Technicaldirector@asycc.com) or 207-608-5491.

**The Boat Parade  
is around the  
corner.**

Memorial Day is now upon us and before you know it, Independence Day will be too. Have you, your family and friends started to think about the your boat theme?

This year, the annual boat parade will be held on July 4th, starting at Noon in Carpenter's Cove.

Don't just watch from the shoreline this year. Channel your creativity and join the fun. See if your boat will get the most waves, smiles, laughs and cheers. Or, better yet, win a prize.

The Boat Parade is a great way to be a part of MLRA activities as well as a lake tradition, all while having a great time.

If you haven't started thinking of your theme yet, it's not too late. Come, join the fun!



## Melinda Ann, research pontoon boat – Coming to Mousam Lake Saturday August 6<sup>th</sup>



**Space is limited so sign-up early!!!  
Sign-up sheet will be available during the Annual Meeting  
Or you can reserve a spot by email via [general@mousamlake.org](mailto:general@mousamlake.org) or  
by contacting any member of the Board of Directors**

The *Melinda Ann* is a 30-foot floating classroom, a pontoon boat outfitted with the latest and greatest (and coolest) of high-tech imaging and monitoring equipment. Every passenger gets to use lake monitoring tools, which include the Secchi disc, hydrophone, plankton net, and a new ROV with video that can operate underwater up to 300 feet deep.

Better yet, the *Melinda Ann* is staffed with a really neat lakeside educator, Phil Mulville. This is a great opportunity to provide a lake steward learning experience for children (adults, too) aboard, explaining the rules (children wear life jackets), piloting the pontoon out to an interesting part of the lake, and getting out the "toys." As Phil explains how to use these devices that measure water clarity, extract samples from various depths, and take pictures of shoreline or bottom sediments, fish, plants, and "junk," it's o.k. for kids to touch the equipment. They each take turns actually using it. And, best of all, they can see what water samples contain or watch pictures through the underwater camera on a computer screen.

The boat will be docked at the public boat ramp and will be making 4 trips lasting 1 1/2 to 2 hours per trip. The first trip will start at approximately 8 am. The boat hold up to 15 people per trip. This is a hands on experience and will be great event for the whole family. Space is limited, so please reserve your spot and time soon!

## Invasive Plant Patrol Workshop Opportunities!!



The MLRA will be co-hosting, along with other area lake associations and the York County Invasive Aquatic Species Project (YCIASP), a Maine VLMP Invasive Plant Patrol (IPP) Introductory Workshop on **Wednesday, July 6th, from 2:30-8 PM at the Acton Town Hall. Registration is required.** For more info or to register contact Maine VLMP at [vlmp@vlmp.org](mailto:vlmp@vlmp.org) or call 207-783-7733. The workshop will be led by Roberta Hill and staff from ME VLMP's Center for Invasive Aquatic Plants. The primary goal of this comprehensive workshop is to provide those who wish to join Maine's early detection effort with the information and guidance needed to get started. All IPP training sessions are open to the public and FREE to anyone interested in learning about the threat of invasive aquatic plants in Maine.

MLRA will also co-host, along with other local lake associations, and the York County Invasive Aquatic Species Project (YCIASP), a Maine VLMP IPP Field Workshop on **Saturday, July 23rd, 8:30 AM -12:30 PM, at Carpenter Cove on Mousam Lake. Registration is required - numbers of attendees will be limited.** For more info or to register contact Maine VLMP at [vlmp@vlmp.org](mailto:vlmp@vlmp.org) or call 207-783-7733. The workshop will be led by Roberta Hill and staff from ME VLMP's Center for Invasive Aquatic Plants. This workshop provides on-lake instruction and practice for those wishing to conduct invasive aquatic plant screening surveys. Please bring your own shallow draft boat or contact the VLMP to make alternative boating arrangements. Previous attendance at an introductory IPP is recommended but not required.

In 2010, 3 more water bodies were added to the list of documented infested lakes in Maine bringing the total to 33. 8 of these infested water bodies are located within York County. These 8 water bodies have 4 different species of invasive aquatic plants which are Variable Leaf Milfoil, Curly-Leaf Pondweed, Hydrilla and European Naiad. Several years ago, one single plant of Variable Leaf Milfoil was discovered in Great East Lake by a volunteer invasive plant patrolter. Maine DEP removed the plant and, to date, that was the only specimen found. Because of this early detection, Great East was saved from becoming infested. Early detection can lead to eradication! With all the boat traffic on Mousam Lake, we are at high risk from these invaders. These two workshops offer a great opportunity to get involved and help keep our lake free from invasive aquatic plants.

# Thank you!

## It's not too late to donate to the MLRA!!

Donations are used for the following:

- Increasing the hours of coverage by the Courtesy Boat Inspectors at the public ramp.
- Supporting the ASYCC in their erosion control efforts throughout the watershed.
- Increase the Water Quality Improvement Fund which is a reserve fund which was created to set aside funds to assist with eradication in the event of an invasive plant infestation or other water quality issues that may arise over time.

Donations to the MLRA are tax-deductible as charitable contributions.

Make checks payable to:

**MLRA**

**PO Box 333**

**Springvale, ME 04083**

The Board of Directors would like to acknowledge and thank the following members for their generous contributions during 2010.

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| Eugene and Diane Aikins          | Richard and Joy Chartrain           |
| Fred Arnstein                    | Rich and Karol Clayton              |
| Paul and Carol Baker             | Patrick Colman                      |
| Pat Baldwin                      | Raymond and Sharon Cressey          |
| Skip and Claudette Bartosch      | Alma Cressey                        |
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| Dick and Pat Carter              | Dick and Susan Goodnough            |
| Catherine E. "Cathy" Cary        | Doug and Kara Goodwin               |

## *And the thanks continue ..*

Guy and Jane Gosselin  
Raymond and Krystelle Griskiewicz  
Georgia Guertin  
Roger and Janet Gutner  
Peter & Suzy Hamilton  
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John and Alyssa Hardy  
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Wellington Management  
Michael and Susan Wentworth  
Bob and Alison Wilson  
Ben and Joan Wood  
Dick and Kathy Wood  
Caroline Wyss-Edlund  
Wayne Young

# ***Upcoming Events– Save the Dates!***

**Annual Meeting - Saturday June 25, 2011 9:00 AM**

**Light Up the Lake - Sunday July 3, 2011**

**Boat Parade - Monday July 4, 2011 Noon**

**Invasive Plant Patrol Intro. Workshop - Wednesday July 6, 2011 2:30 PM**

**Kids Fishing Derby - Saturday July 16, 2011 9:00 AM**

**Invasive Plan Patrol Field Workshop - Saturday July 23, 2011 8:30 AM**

**ASYCC Golf Tournament - Friday August 5, 2011**

**Melinda Ann Educational Boat - Saturday August 6, 2011**

**Check the website for more details and additional events!**



***Mousam Lake Region Association***

***P.O. Box 333***

***Springvale, Maine 04083***