



NEWICHAWANNOCK NEWS

GREAT EAST LAKE IMPROVEMENT ASSOCIATION - 75th YEAR, Fall 2007

President's Column

By Steve Dagley

As I start my first year I had the wonderful opportunity to hold the first Board of Directors meeting at The Needles where GELIA first started back in 1932. The meeting was hosted by Cathy and Ken Bridwell; Cathy is the granddaughter of Pastor William Gilbert, GELIA's founder and first president.

I am sure he saw as I do that this earth and its resources have been entrusted to us by our Creator. He has placed it in our hands to use it responsibly and to preserve it and its resources for future generations. Though we may not be able to save the world, we can all do our part in protecting it.

With regards to Great East Lake, we can practice BMPs (best management practices). We can keep our septic systems working properly, pay close attention to runoff from roofs, property and roads, keep a natural buffer between lawn and lake, use phosphorus free fertilizers, and do not use pesticides near the lake, obey all shore land zoning laws, and so on.

As the temperature begins to fall and the leaves start to turn, I think back on all that the Board and numerous GELIA volunteers have done to accomplish this entrusted task. AWWA's Youth Conservation Corp program completed 5 projects on Great East Lake to help control erosion. The Lake Host Program was very busy this season checking over 1005 boats and Dylan Venell made a major milfoil save on a boat that came from Lake Winnepesaukee. The Weed Watchers were diligent about checking areas for any suspicious weeds, and we also had 12 new volunteers sign on. Our Activities Committee had a great first GELIA Family Festival and is in the planning stage of the Photo Contest for a Great East Lake calendar. GELIA membership is at an all time high. The long awaited 2nd edition of Newichawannock Reflections is being enjoyed by

both new and long time residents of the lake.

As you can see GELIA is committed to taking care of what has been given to us.

*"The natural world that God has made
Is given to us and must be shared;
May generations yet to come
Be thankful that we cared.
D. De Haan"*

The Kids of Great East Lake Become Weed Watchers

By Bess Smith

This year on July 14th a few volunteers of the Weed Watching Committee took about 8 youngsters out on the lake for both an entertaining and educational morning. We headed out on a pontoon boat and looked at weeds in Copp Brook. With the assistance of Linda Schier, we took samples of the water, plankton, and all kinds of fascinating organisms that live in our lake. The kids then assisted Chuck Hodsdon who is a dedicated GELIA Board member and has been responsible for monitoring our water quality over the years. They participated by watching the secchi disk disappear into the lake and then telling Chuck when it reappeared. This indicates the clarity of the water by measuring at what depth the disk can be seen. Chuck said that the kids' eyesight may be better than some of us "older" volunteers and perhaps we should take them out for every measurement! It was a fun morning had by all and will definitely be repeated.



PRESS RELEASE

From the Maine Department of Environmental Protection-----

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(207) 287-2812

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October 4, 2007

FOR IMMEDIATE RELEASE:

Lake Removed from Milfoil Infestation List *Rapid response by volunteer nips new infestation in bud*

(AUGUSTA)—Last summer's early detection of Variable milfoil (*Myriophyllum heterophyllum*) in Great East Lake on Maine's border ended a two-year record of no new invasive plant infestations in Maine inland waters. Thanks to a volunteer trained in removing plants by hand and no evidence of repopulation of the invasive plant in the site one year since it was uprooted, Maine officials are about to take the unprecedented action of de-listing this York County border lake from its roster of 29 documented infestations of invasive aquatic plants. No new infestations of Variable milfoil or any other invasive aquatic plant populations have been reported in Maine to date in 2007.

The volunteer who discovered the plant, Carol Lafond, is a volunteer Weed Watcher for the Great East Lake Improvement Association. The de-listing of an infested site is considered extraordinary by scientists who are accustomed to seeing invasive species as inexorable once established.

"It's a landmark event when biologists can announce an invasive species has been eradicated," says Paul Gregory, an environmental specialist for the Maine Department of Environmental Protection. "Vigilance shown by Carol and her lake association to detect, remove and then continue monitoring this infestation is a blue-chip example of how invaluable volunteers are in fighting invasive species."

In July, 2006, while snorkeling with another volunteer, Lafond removed the lone plant in the 1,776-acre lake located in York County's town of Acton and in Wakefield, New Hampshire.

Lafond says, "I had mixed feelings. I thought, 'Oh no, I don't want to be the one to tell people we have this plant!'" But after removing the plant, she was confident she uprooted it entirely. "It wasn't that old, so it came out easily."

Sixty volunteers from the Great East Lake Weed Watchers routinely surveyed plant populations along the Lake's 18 miles of shoreline in both states, leading Maine and New Hampshire biologists to believe that the Variable milfoil infestation removed by Lafond was newly established. The concern is that tiny fragments of the vegetation or roots can cause it to regrow or cause a new plant to become established.

Subsequent monitoring in 2007 by Lafond and other volunteers has revealed no signs of either regrowth of the initial plant or new plants. By its nature as an invasive species, variable milfoil is an aggressive reproducer able to spread quickly, out-competing native plant species for habitat.

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“Normally, volunteers like Carol are trained to identify and remove Variable milfoil with a practical goal in mind: to contain the infestation effectively before it spreads elsewhere within a given lake or into another lake,” says DEP’s Gregory. “Carol exceeded this goal by responding rapidly at the optimum moment when the plant was identifiable and before it had the opportunity to spread, thereby eradicating the species from this lake.”

The nuisance species was found in New Hampshire waters nearby a public boat ramp located in Maine. The plant was identified initially by the New Hampshire Department of Environmental Services and then sent on to the University of Indiana for DNA analysis for confirmation in early October 2006.

Maine volunteers monitor plant populations and provide Courtesy Boat Inspections at boat ramps throughout the state, yielding successful results. In total, now 28 out of Maine’s 5,700 ponds and lakes contain an invasive aquatic plant species. There are over 1500 volunteers across Maine who are trained to identify aquatic plants such as Variable milfoil.

Efforts to prevent, detect and manage aquatic invasive plants are made possible by boat registration fees and sticker revenue deposited into the Maine Lake and River Protection Fund.

GELIA Inaugural Photo Contest

By Gary Field

How can we get our members to share their fondest memories of their time spent at the lake, and bring the whole association closer together? That’s what we wanted to know. What we came up with is a photo contest!

The idea is that we will take the best 12-18 photos submitted and create a calendar which will be available at the annual meeting. This also has the benefit of being a fund raiser for GELIA and creating a historical photo archive of our beloved lake and its inhabitants. The best of the runners up will be posted on GreatEastLake.org.

You have until February 15th to work on digging out and selecting your favorite pictures so you can send them in.

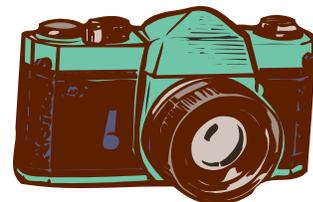
There are of course rules:

<http://www.greateastlake.org/contest.html>

Download and print an entry form:

<http://www.greateastlake.org/entry.html>

Or, if you have no Internet access you can write to:
Gary Field, PO Box 762, Tewksbury, MA 01876



And he’ll send you the rules and an entry form. Good Luck!

No Loon Chicks Survived the 2007 Season

By Carol LaFond

The spring of 2007 saw 9 adult loons return to Great East Lake. The water level was about a foot over normal after the late April rains. Nests were seen in late May and early June in the Scribner River, Copp Brook and the Second Basin. There may have been a nest on Loon Island also, but it could not be seen from the water.

Loons are very clumsy birds on land due to the position of their legs far back on their bodies, so they build their nests very close to the water. When the water rises, the nest can become flooded. If the water levels drop, the nest can become so high or far from the water that it is impossible for them to get to it. As the water levels on Great East receded, some pairs abandoned their nests and rebuilt them along the shore at the lower water levels. Then the water level rose again and flooded out some of the second nests. By the time the water levels receded again, the Copp Brook pair was seen making a third attempt. The floating loon nest constructed last year was moved to Copp Brook this spring because the Loon Island pair had a successful nesting in 2006 on their natural site. As is common with artificial nests, it was not used this first year in Copp Brook, but if the loons become comfortable enough to use it, it will solve the problems created by changing water levels.

The birth of 2 loon chicks in the Scribner and 1 in Copp Brook were delayed considerably by the changing water levels. In the Second Basin the eggs never hatched and were finally abandoned. No chicks were observed in the Loon Island area. The Scribner chicks were observed for a few days and then disappeared. They could have been sickly, killed by a boat or been taken by predators. The Copp Brook chick was observed near the shore, abandoned, and looking sickly. An attempt was made to bring it back to the parents, but it was abandoned again and died. The Loon Preservation Committee biologists retrieved the body to determine the cause of death. We have not heard about the cause yet.

Great East Lake supports 4 nesting pairs and produces an average of 3 chicks a year with an average of 2 surviving to juveniles. There are many reasons for this hatching and survival rate. Crows, ravens, gulls, skunks, mink and raccoons eat the eggs. Nests are abandoned due to water levels. Snapping turtles, Eagles, Osprey and large fish will take young chicks. As occurred last year on Great East, adult loons sometimes kill chicks when taking over a territory or mating with a female that has lost a mate. These are natural conditions that humans can't do much about.

There are also some human behaviors that can affect the survival rate. However, when a lake community develops an appreciation and respect for this prehistoric waterfowl, it can help promote its survival. Watching them from a respectful distance with binoculars will reduce stress in the loons and encourage them to remain on the nest. Boating slowly in loon nesting territories will allow you to see the loons in time to avoid hitting them. Young chicks can't dive and their parents will try to protect them from a boat and also be hit. They are particularly vulnerable in late June and early July when they are very young. Replacing lead fishing tackle with non-lead will help prevent lead poisoning,



Lake Host Update 2007
OR
The Case of the Brainwashed Grasshopper
By Linda Schier

Thanks to contributions from the NH Lakes Association, the Maine Courtesy Boat Inspector Program, the GELIA Treasury and volunteer efforts, the Lake Host program continues to be the first line of defense in the protection of Great East against an aquatic invasive species infestation. Once again we successfully dodged a bullet when Dylan Venell discovered a large fragment of variable milfoil on a visiting boat from Lake Winnepesaukee. Thanks go to our paid staff Dylan and his co-hosts Tessa Venell, Jay Fugarazzo, Chris MacKay and John Hendrick who put in many hours this season to inspect 1005 boats and educate the visitors about the needs to preserve water quality.

Once again our dedicated volunteers gave up their valuable vacation time to man the launch on weekend mornings. Big pats on the back go to John Ciardi, Don and Catherine Mills, Win Robin, and the unrelated Smith trio: Dorothy, Doug, and Nancy. Please consider volunteering next summer – it's a great way to show your pride in Great East, get to know your neighbors and help us qualify for the grant funds that keep the program alive. Details about training sessions will be in the Spring newsletter and posted on the website www.greateastlake.org.

One of the fun parts of being a lake host is that our members see you as an authority on all things aquatic. On the last day of the Lake Host season an unidentified lake resident presented Jay and Tessa with a plastic water bottle and said that he thought they might be interested in its contents. He had found this critter near the shore in the South Cove. Upon close inspection they discovered a very long, very thin squiggly thing. Having no idea as to what it might be they brought it to me who was equally clueless. It was obviously some type of worm but like nothing we had ever encountered. It appeared to be about 2 feet long and the thickness of a thick hair. It tied itself in knots and was constantly on the move within the bottle.

Being the science nerd I have become I couldn't rest without unraveling this mystery so I brought my new pet to the UNH Zoology Department where Dr. Larry Harris identified it as a *Nematomorpha* known as a horse-hair or Gordian worm. He noted that this creature has a pretty interesting life history. To make a very long story short (and you can read more about it if you are so moved on the websites listed below): The adult free-swimming worms are found in freshwater or other damp areas. The adult's only job is to reproduce and females release 10+ million eggs into the water. There are a number of theories about what happens once they are hatched. Some scientists think that the larval worms are able to be eaten by anywhere from one to several intermediate hosts until they emerge in the gut of their preferred host – the grasshopper. Once inside the grasshopper they use the nutrients of the host until they grow to fill most of the insect's body cavity. A recent study by lead researcher Frederic Thomas has shown that the parasite actually changes the brain chemistry of the grasshopper so that it seeks out water, jumps in and drowns as the worm explodes from its body cavity to begin it all again. How wild is that? If you want to see this for yourself check out the video at http://www.canal.ird.fr/canal.php?url=/programmes/recherches/grillons_us/index.htm

Just one more of the amazing examples of the interconnectedness of life and all the wonders that we can discover if we take the time to look.

For more info: <http://www.inhs.uiuc.edu/inhsreports/mar-apr95/page4.html> or <http://www.newscientist.com/channel/life/dn7927>

BOATING SAFETY ISSUES

By Walter Neff

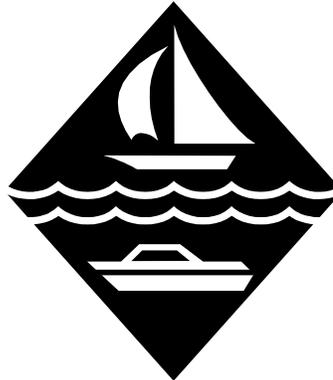
MAINE

Recently the State of Maine enacted legislation that requires children through the age of 12 to be wearing their life preservers (PFD's) while an occupant in a boat. The previous requirement was 5 years of age.

NEW HAMPSHIRE

As you probably know 2008 is the year in which ALL operators of boats in excess of 25 H.P. operating in NH waters will be required to be certified by the State of New Hampshire, or to have been certified by the Coast Guard or another state which meets NH's standards, i.e. is NASBLA approved. Also, online testing is no longer approved for this certification and in-person testing IS required.

In talking with the NH Marine Patrol recently I was informed that they are planning to hold training and testing sites very convenient for Great East Lake boaters. Beginning in February 2008 and once a month thereafter the courses will be offered at the Wakefield Fire Department. The schedule of classes when established will be indicated on their website www.boat-ed.com/nh or by calling 1-888-254-2125. There will be a \$10.00 pre-registration fee and if you successfully pass the test, a \$10.00 fee to obtain your permanent license.



Annual Meeting

By Bess Smith

The Annual Meeting was a great success with a significant turnout. Our membership is at an all time high. The committee reports were given and we enjoyed guest speakers Joyce El Kouarti of Moose Mountain Regional Greenways and Don Miller of NH Fish and Game. Nominations and elections included new officers: Steve Dagley, President; Bess Smith, Vice President; Pat Theisen, Secretary; and Bill Hohenberger, Treasurer. The Directors for 2007 – 2009 are Linda Schier (past president); John Ciardi, Gary Field, Marcia Hodsdon, Mary Kraft, Carol Lafond, Dave Mankus, Walter Neff, Gene Rosenthal, Jon Rouillard, Dorothy Smith, and Doug Smith.

As always, we enjoyed our traditional hot dog lunch and spectacular raffle!

Membership Success in 2007

By Jon Rouillard

This year has been an exciting and rewarding year for the GELIA membership team and the result of a renewed and focused effort that started four years ago. I want to thank all of you reading this newsletter on behalf of the GELIA Board of Directors for your generous contributions and continued support. We have accomplished many milestones in 2007 including a record number of members, record membership revenues and record attendance at the annual meeting in July. While our goal remains at 100% participation of all lake property owners, we are very grateful for your generosity this year.

Through your generosity and efforts we continue to protect Great East Lake. For example part of your membership donations help support the Lake Host Program which inspects inbound boats and trailers for the presence of invasive plants. This year we had another save on July 22nd when milfoil was discovered and removed from a boat that was from Lake Winnepesaukee. The weed watcher program continues to be another asset of GELIA and we fortified this with training for both adults and even youths this year. Through this effort we hope to install "Lake Guardians" that take ownership and work to protect the lake and the surrounding environment in the future.

We have also worked at cementing the GEL community. As some long time lake residents know, we do not have the luxury of a marina any more. In the past, the marina had served as a convenience for purchasing gas and supplies as well as a place for families and children to meet one another from the lake. With the help of your donations, the activities team this year put together a Lake Festival that was well attended and focused on bringing families and neighbors together. Through this event as well as other offerings GELIA hopes to facilitate solidarity which is a core facet on which GELIA was established as well as a necessity in the event of infestation of an invasive plant or other environmental crisis.



GELIA Trivia Question.....answer on page 9

Name five (5) coves around the lake

GELIA and Acton Wakefield Watershed Alliance (AWWA)

Separate But Related

By Carol Lafond

GELIA and AWWA are separate non-profit organizations, each with their own missions. The GELIA mission is to preserve, enhance and protect the advantages of Great East Lake and its environs. The mission of AWWA is to protect and restore the water quality in area lakes and streams.

GELIA served as an incubator for AWWA, supports its mission financially and philosophically and has provided visibility for AWWA on its website. Six present or past GELIA directors committed to watershed protection, Steve Dagley, Chuck and Marcia Hodsdon, Carol Lafond, Linda Schier and Pat Theisen, have also served on the Board of Directors of AWWA.

In 2004, the GELIA Board of Directors learned of the Mousam Lake YCC in Acton and its success in improving the water quality of Mousam. Using this model, the GELIA directors wanted to protect GEL's water quality before it became impaired.

Their efforts soon broadened to include all of the lakes in Wakefield and the lakes close to or on the border in Acton. The reasoning was that water quality protection must be addressed at the watershed level and an inclusive organization would reach a wider audience, receive more support from the towns and provide better funding opportunities. New members were recruited from other lake associations in Wakefield and Acton and from the general public. In 2005 the combined group became the Acton Wakefield Watersheds Alliance and established itself as a 501(C)3 non-profit organization.

AWWA is funded primarily by grants, but also receives funding from area lake associations including GELIA and the towns of Wakefield and Acton, as well as donations from local businesses.

Storm water runoff, which erodes the soil and carries phosphorus and other pollutants into our lakes and streams, is the largest cause of water pollution today. While erosion is a natural process, it can be greatly increased by human activity. AWWA has created a Youth Conservation Corps (YCC), which works with local property owners and town governments to remediate storm water erosion problems by installing landscaping solutions to redirect storm water runoff into vegetation and other methods that allow it to filter into the earth.

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The designs and labor are free and the property owner pays for the materials used. It also provides landscape designs for properties that are not suitable projects for the YCC, so owners can hire someone or implement the design on their own.

In 2005, the YCC completed two demonstration projects. In 2006 and 2007, 30 YCC projects were completed on area lakes and streams and 60 additional storm water designs were created for property owners. It is estimated that these projects have prevented over 30 tons of sediment from reaching the water. On Great East Lake alone, eight projects have been completed and 15 additional technical assistance designs have been given to property owners. As the YCC projects are installed, other property owners who see the work are now installing storm water diversions on their own. Property owners using hand tools can install the solutions designed to correct storm water runoff, but most people have no idea how to fix the problem until they are shown the solutions.

One major reason to keep phosphorus rich sediment out of the lakes became clear this summer when local newspapers ran stories about blue-green algae found in Mirror and other NH lakes. These algae blooms are caused by a combination of excess phosphorus in the water and warm weather and they can be dangerous to the health of humans and animals. Another important reason is to prevent a fertile environment for invasive aquatic plants such as milfoil.

If you would like to participate in a YCC project or get more information, call Adam Shoukimas at 603-473-2500 or email him at awwa@adelphia.net



Contact our President, Steve Dagley at 207-636-2788 or email: s1maine@psouth.net with any questions, comments or concerns

Trivia Question answer:

Rogers Cove
Horne Cove
Anderson Cove

Neily Cove
Shaw Cove
Joe's Cove

Buzzell Cove
Veazey Cove
South Cove

A New GELIA Annual Event!

By Gary Field

August 18th, 2007: It was turning out to be a cloudy, somewhat cool day at Great East Lake. A month of preparation had gone into this event. The activities committee was at Weeks Park bright and early, eagerly waiting to find out if people would actually show up. The first of the day's activities was to be a kayak scavenger hunt. Would there be any adventurers? At 10:00 AM ten intrepid explorers arrived with their kayaks ready to receive their instructions. Off they went, returning later with their appointed treasures, ready to claim their prizes.

The victors were: Beth Hall (overall), Kelsey Hall (Junior winner), Bruce Conant (senior winner) and J.P. Rouillard (youth winner).

At noon, people started to arrive with picnic lunches, and at 1:00PM carnival-like festivities began; free popcorn, cotton candy, snow cones and drinks started to flow, music wafted through the park, and games were afoot! There was an obstacle course, basketball throw, horseshoe toss, hockey puck skee-ball, and a very popular face painting and tattoo table. A Great East Lake trivia contest (won by Win Robin) and fish identification game were also popular. There were even some yard sale tables, as well as GELIA wear items for sale.

At 2:00 PM a special guest, Tricky Dick the magician, arrived and dazzled and amused the crowd of over 50 people with his jokes and magic tricks. Then, kids traded their hard earned tickets for trinkets and treasures at the prize table and met new friends that hopefully will last a lifetime.

The event was planned and organized by the GELIA Activities Committee: Chuck and Marcia Hodsdon, Gary and Mary Field, Steve and Pam Dagley, Doug and Bess Smith, Jon Rouillard and Mary Kraft. Linda Schier, John Hodsdon, Carol and Dave Lafond, Carol Mairs, Pat Theisen, Barbara Wadleigh, Ann Travers, Becky Carney and Barbara Cawlina helped run the event. Many thanks to all of the organizers and volunteers!

Were you there? If not, I hope we'll see you next year!



A Great Holiday Present!

NEWICHAWANNOCK REFLECTIONS: *Memories of Great East Lake*

.....for everyone who has ever enjoyed a tranquil day at Great East Lake - the 2nd edition features:

Humorous, heart-warming tales from long-time lake residents

Photos of early campers and original camps

Personal Interviews

New section on loons

Expanded sections with additional photos

Conflicting interests: industry vs. recreation

Maps depicting development along the shores

Updates on property ownership

GELIA initiatives and programs since 1998

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First Annual GELIA Family Lake Festival....see page 10 for details



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