

Spring 2015

Issue No. 175



*The Big Chill on Thompson Lake*

## **Presidents Message**

Winter has held us in its grip on us for too long. We have had more than our share of snow this year and record cold temperatures in February. Many of us have kept busy about the lake with activities such as X-C skiing, skating , ice fishing, snowmobiling, snow shoeing, and, of course, snow shoveling . Now as the sun is higher in the sky and the snow banks are receding we start to day dream about our summer activities.

Once the ice goes out and we have declared our prediction winner we will gear up for another season of protecting the lake. Our YCC crew already has erosion control projects lined up. The Courtesy Boat Inspector program will soon be on the job, inspecting boats and preventing the spread of invasive plants. Our milfoil abatement team is preparing for the new season with some innovative technology to further reduce this threat to our shore lines and water quality.

We learned some important facts at the recent Milfoil Summit. One point that was stressed is that education of lake users regarding the threat of invasive plant species is critical. One of the responsibilities of water craft owners is to make sure they are not transporting plant species by carefully inspecting their craft before and after they enter a body of water. We have information regarding invasive species on our web site and some good photos to help recognize these plants.

Our milfoil abatement team has started a trial of burlap benthic barriers to treat some of the higher infestation areas of the lake. The advantage of these barriers is that they are biodegradable which should reduce our labor, as they do not have to be removed. Another potential benefit is that they do not billow like the conventional barriers and so are less likely to get caught in a boat propeller. This June we will be evaluating the effectiveness of these barriers placed at Pine Point.

Yes, there is a lot of work to be done. We should never take the health of this lake for granted. Although our water quality is rated highly, Thompson is still considered a “lake at risk”, because of its low flushing rate and shore line development. If you haven’t already, join TLEA and help us keep this lake the treasure it is now. See you on the water! -----Kathy Cain, Co-President

## **Annual Meeting**

The Thompson Lake Environmental Association 2015 Annual Meeting will be held on **Saturday, August 1, 9:00 AM** at the Oxford Recreational Hall which is on the corner of King Street and State Rt. 121. Make sure you put this on your calendar as it will be a great opportunity to hear about environmental issues affecting the lake and what TLEA is doing about them. It is also a chance to have your voice heard if you have a question or concern regarding the lake. We will have a slate of informative speakers and there will be TLEA merchandise for sale. Election of board members will be part of this meeting.

**The following board members are up for re-election:** Karen Brown, Kathy Cain, Sue Ellis, Pete Laverdiere, Dan Porter, Jade Doyle, Rosemary Nicklaus and Sharon Rice.

**The following officers will be up for re-election:** **Co- Presidents:** Kathy Cain and Marcia Matuska **Treasurer:** Jade Doyle **Secretary:** Karen Brown

Rumor has it that there will be homemade baked goods and coffee as well. Come and learn about the lake and meet your neighbors!

## **2014 Thompson Lake Water Quality Overview**

Prepared by Scott Williams, Aquatic Biologist

Limnology, the study of the physical, chemical and biological properties of lakes, and the myriad of ways in which these properties interact, is continuously evolving and expanding. Lake ecosystems are extremely complex, and although much is known about “how lakes work”, lake scientists would be the first to admit that what is not known probably outweighs what is.

Maine’s lakes are among the clearest and cleanest in the nation – and for that matter – the world. Our good fortune is due to many factors. Maine’s soils are relatively unfertile (low concentration of nutrients), especially the nutrient phosphorus, which is critical to the growth of algae and other plants in lake systems. High concentrations of phosphorus in runoff from the watershed can rapidly cause a lake to become murky from excess algal growth. Another factor that benefits our lakes is the relatively low population of the State of Maine. Even though many lake

shorelines throughout the state are moderately developed, the density of development in their watersheds is still relatively low. I have used the word relatively because one doesn't have to travel very far to the south or west before things change substantially, both in terms of soil fertility and population.

Another factor that benefits all of our lakes is the conservation ethic that runs strong in Maine. The good work of TLEA during the past four decades is a testament to this statement. Consistently and persistently raising awareness and understanding among residents and town officials throughout the watershed over time about the importance of protecting Thompson Lake has unquestionably paid off. Thompson remains one of Maine's clearest and most exceptional lakes.

But none of this must be taken for granted! Our lakes are subject to a growing number of threats and pressures. Even though the clarity of the water in Thompson Lake in 2014 averaged nearly 26 feet (the distance one is able to see down into the lake from the surface) – very clear, compared to most lakes in Maine, the lake was once again less clear than its historical average. More information is forthcoming on several hundred Maine lakes. This will allow us to put all of the scientific water quality data gathered on Thompson Lake in 2014 in perspective. Stay tuned for more!

### **319 Water Quality Protection Grant in 2015**

The *Thompson Lake NPS Watershed Protection Project, Phase IV* will continue into its second year of its two-year plan in 2015. This project is funded through the Clean Water Act, Section 319 and is coordinated by the Cumberland County Soil and Water Conservation District. The goal of this project is to provide cost-share funds and engineering assistance to address water quality impacts within the Towns of Casco and Poland in order to significantly reduce erosion and export of sediment and phosphorus into Thompson Lake. This project will also continue to support TLEA's Youth Conservation Corps erosion control projects along our watershed. If you wish to improve an erosion site in the towns of Poland or Casco that affects Thompson Lake please contact **Heather True of CCSWCD at 207-892-4700 or [htrue@cumberlandswcd.org](mailto:htrue@cumberlandswcd.org)** to obtain free-of-charge recommendations and possible monetary cost-share assistance.

## **Milfoil summit 2015**

The 16<sup>th</sup> Annual Maine Milfoil Summit was held on Feb. 27 at the Lewiston – Auburn Campus of USM. TLEA board members Kathy Cain, Sue Ellis and Ron Armontrout were in attendance to learn about the threat of milfoil to our lakes. The summit is put on by the Lakes Environmental Association (LEA) to educate interested parties on the status of milfoil abatement on Maine waters and to coordinate efforts. Senator Susan Collins opened the conference with a video address and Maine Dept. of Inland Fisheries and Wildlife Commissioner Chandler Woodcock gave an introductory talk on the importance of Courtesy Boat Inspectors and the threat of invasive fish species.

LEA Executive Director Peter Lowell then lead the educational portion of the summit. Members of Friends of Cobbossee Watershed and the Annabessacook Lake Improvement Association told a stirring story on how they protected their water quality. A Courtesy Boat Inspector on Annabessacook Lake found fragments of milfoil on a boat propeller. This prompted their lake association, along with help from the Maine DEP and the Maine Volunteer Monitoring Program, to respond quickly and a lake survey was performed. Milfoil infested areas of the lake were identified, abatement measures were started and CBI hours were increased. The milfoil threat is now mitigated. This serves as a good example of effective coordination between a volunteer lake association and outside agencies.

Discussion took place regarding the pros and cons of restricting public access to lakes with high milfoil infestation. Although considered an extreme measure, such restrictions may be necessary with certain highly infested lakes to allow for the safe plant management and to prevent transportation of invasive species to other bodies of water.

### **Salient points of the summit:**

- ❖ Milfoil and other invasive plant species continue to threaten Maine lakes
- ❖ Education of the threat of invasive species for all lake users is essential
- ❖ Certification of fishing associations should include milfoil awareness
- ❖ Courtesy Boat Inspection programs are the first line of defense in reducing the threat of milfoil

## **Creatures of the Night**

The moon illuminates the frozen lake,  
An auger is pulled, it rumbles and shakes  
The traps are placed in a staggered row  
With bait suspended deep beneath the snow

The fisherman peers out to review the scene,  
Feels the wind hit his face, cold and mean  
Retreats to his make shift canvas shelter  
And reminisces on last summer's swelter

Somewhere in the depths, well after dusk,  
Dark waters bring out the lake's fleet of cusk  
Slowly swimming to meet their basic needs,  
They start to scavenge through the rocks and weeds

A trap shakes and a flag starts to flutter,  
The fisherman scurries amongst the clutter  
To work the line and firmly set the hook,  
Hand over hand, hauls in and takes a look:

Large black eyes, spotted head and feathered fins,  
Tapered body and smoothly scaled brown skin  
No glamour fish here, as it is unfurled,  
A squirming creature from nature's underworld

Another flag springs and disrupts his gaze,  
Running from hole to hole he works away  
His numbing toes within his boots protest,  
With stiffening fingers he does his best

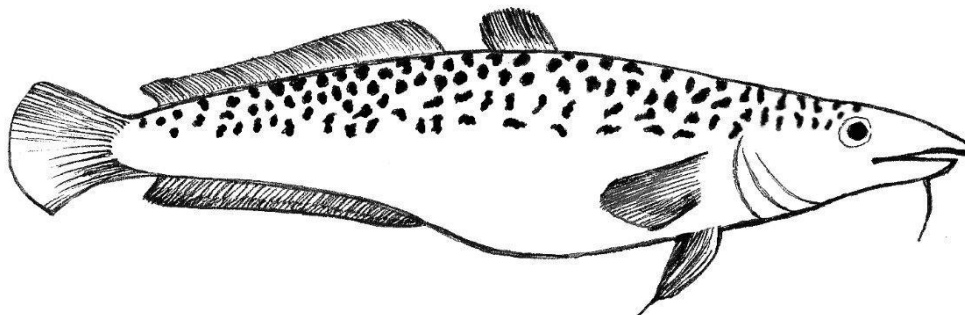
To dispatch the fish and remove the hooks,  
Checking the lengths and limits, by the book  
Then as he fillets the meat, firm and white,  
Dreams of chowder through the frigid night

## Fish Chowder, Thompson Lake Style

- 1 Stick of butter
- 2 medium onions, diced
- 1 quart of potatoes cut in 1in. pieces
- 1 cup of sliced carrots
- 1 cup of sliced celery
- 2 pounds of cusk fillets
- 1-2 cups of water
- 1 tsp salt
- Black pepper to taste
- 1 can evaporated milk
- 3 cups 2% milk

Place pot on a low flame and melt the butter. Add onions, carrots and celery and lightly sauté them. Add potatoes and cover with water. Place fillets on top and season with salt and pepper. Cover, bring to a boil and then simmer until the potatoes are tender and the fish flakes (25- 40 minutes). Add milk products and slowly heat thoroughly but do not boil. Stir occasionally but don't break up the fillets. Serve with oyster crackers.

(Adapted from "Fish Chowder", Mary Sue Fisher, *The Maine Collection*, Portland Museum of Art Cookbook, 1993).



## **The Myth of Environmental Protection**

By Tom Gordon, Vice President for Policy, Maines Lakes Society

In 1970, there was no DEP, no shoreland zoning, and the Great Ponds Act was generally ignored as people dumped sand in their lakes to create beaches that could not last. Municipal sewage and industrial wastes were pouring into our rivers, streams, and lakes.

Times have changed! For 45 years, as COLA and now the Maine Lakes Society, we have advocated for strong but sensible regulations to protect the water quality and beauty of our lakes. Lakeshore property owners have accepted more stringent land use regulations because we know our lakes are fragile and our land use activities can impact the future of the waters we love. We accept regulation “for the sake of our lakes.”

While most lakeshore property owners recognize the value of shoreland protection, some do not. For those few, we need firm and effective enforcement of environmental regulations by municipalities and the State. Senator George Mitchell once said: “an unenforced environmental law is worse than no law at all, because it creates the myth of environmental protection where none in fact exists.”

We cannot afford to maintain a “myth of environmental protection” when it comes to Maine’s lakes! Hundreds of citizens attended a public hearing on the Lakes Bill, one of the longest hearings on environmental legislation in recent memory. The message was clear: we love our lakes and we mean business! In the current legislative session, the Maine Lakes Society will support limits on shoreland fertilizer use and new requirements for storm water infiltration. We will ask for an evaluation of shoreland zoning compliance. And we will continue to monitor any and all legislative proposals that might help or hurt our lakes.

The price of pristine lakes is eternal vigilance – on the water, along the shoreline, throughout the watershed, and in the halls of the State House. Keep your eyes open and make your voice heard in support of Maine lakes!

(Originally published in the 2015 Winter Newsletter of the Maine Lakes Society)



## Meet Your Directors

Our first of two profiles is of Sharon Rice. Sharon has lived on Thompson Lake for the last 33 years, presently at the south end of Bass Cove. Sharon moved around as a youngster, growing up in Cambridge, MA, Coral Gables, FL. and Albany, N.Y. She received a Master's in Special Education and was the Director of Special Education in Poland, Mechanic Falls, and Minot for 2 years and 10 years in Auburn. She then became a consultant for the Dept. of Education, Div. of Special Ed, Drug & Alcohol Ed. She retired in 2003 and became a Compliance Consultant for 3 special purpose private schools for a period of time. Sharon joined the TLEA board in 1979 after being asked to serve by Fred Peterson and then Tom Ray. She works tirelessly as chairperson on the Events committee.

Thompson Lake is a sanctuary for Sharon and her family; including her daughter Sarah, her son, Noah, his wife Meredith and granddaughter Ellie.

Sharon enjoys sailing, golf, and sewing. She says the beauty and peace of Thompson lake "restores my soul and has always since we have lived on it"

### Sharon Rice



### Stan Tetenman

Stan Tetenman was born in Lynn, MA and moved to Auburn, ME when he was 11. He graduated from Edward Little High School in 1962 and obtained a degree from the Mass. College of Pharmacy in 1967. Stan owned Scott Pharmacy in Lewiston for 29 years and then worked part time as a pharmacist before retiring in 2012.

Stan lives with his wife, Cathy on Black Island Cove, Poland. They have been married since 1978 and have two sons; Scott who lives in NY and has two boys, Jake and Jeremy. Their son Marc lives in Jackson Hole, WY and has a daughter, Betsy.

Stan joined the TLEA board in 2004. He is our grant writer and also helped out with the last watershed survey of the lake. Stan is also very involved in community work in Poland, serving on the library board, the comprehensive planning board and is currently a selectman.

Stan and Cathy enjoy the peace and serenity of being on the water of Thompson, especially in the morning and evening.

## **Loon Count Volunteers Needed**

TLEA participates in the annual loon count organized by the Maine Audubon Society to survey the states loon population and monitor the health of this distinctive Maine bird. The count will take place in the morning of Saturday, July 18.. If you have a boat and can help out, please drop an e-mail to Peggy Dorf at [peggydorf@ymail.com](mailto:peggydorf@ymail.com).

### ***Briefly Noted***

**Milfoil Abatement:** Our TLEA milfoil team pulled and DASH (Driver Assisted Suction Harvester—the “Hippobotomus”) collected 11,600 lbs. of milfoil from Thompson Lake this past season. The crew also laid down 50,000 square feet of tarp on growing milfoil.

**Economic Impact of Lakes:** Maine’s lakes generate 3.5 billion dollars annually in economic activity and helps sustain 52,000 jobs!

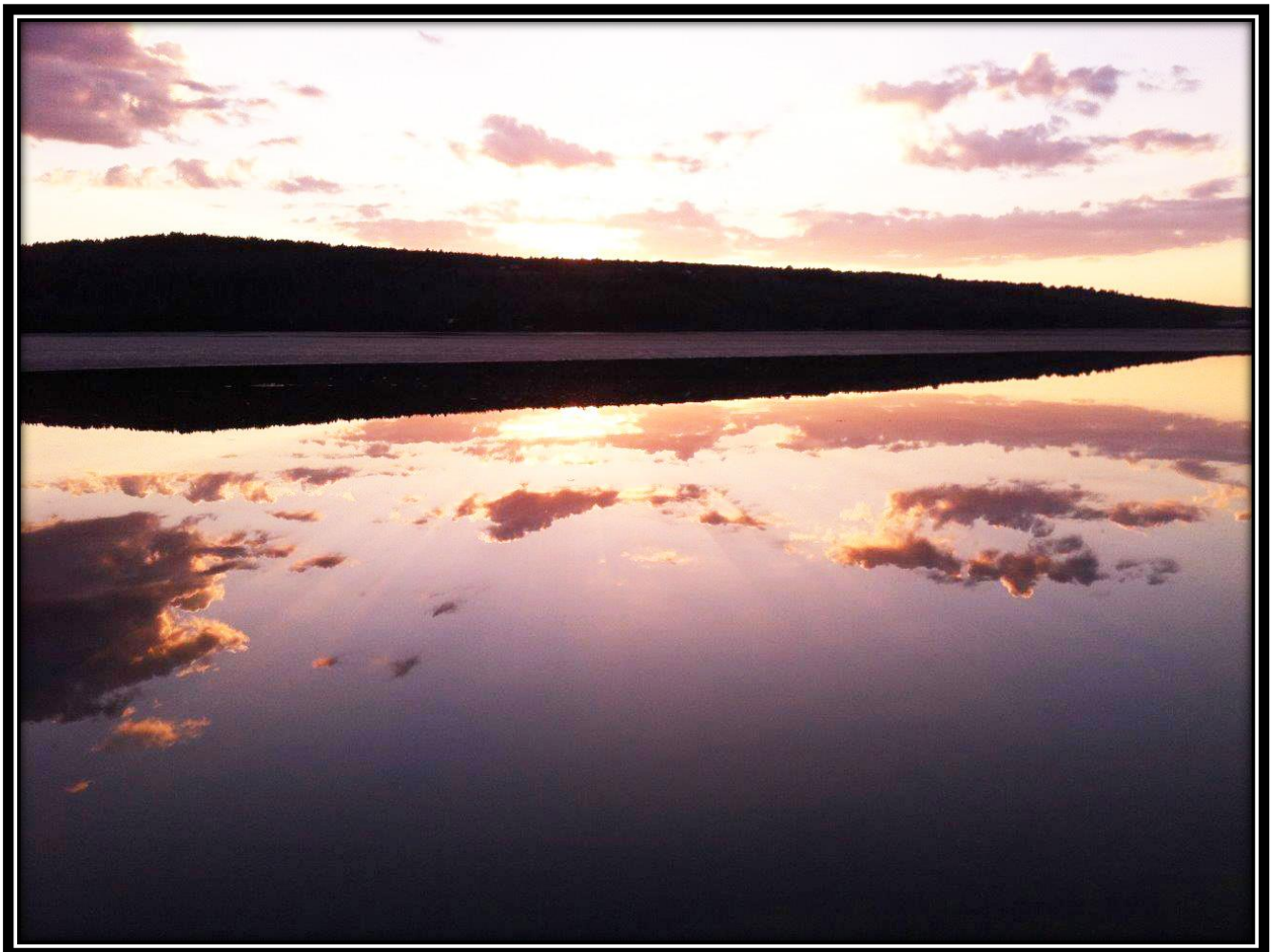
**TLEA Office hours:** Starting this summer office hour for TLEA will be by appointment only. If you would like to receive information or literature about the lake, have a question or wish to purchase some merchandise, please call our office telephone, 539- 4535 or Kathy Cain at 539-9122.

**Thompson Lake Merchandise is Available:** Looking for an attractive shirt, hat or a woven throw that shows that you are proud of the lake ? Check out our merchandise on our web site or contact Kathy Cain at [kathryncain@myfairpoint.net](mailto:kathryncain@myfairpoint.net) or at tel. # 539-9122. All profits go to our environmental programs.

**Clynk Program :** Support TLEA by enjoying your favorite beverage and returning the empties to participating Hannaford stores. You can pick up the green “Clynck” bags at the TLEA office (May- November) or at 37 Black Island Rd (year round). The TLEA label on the bag needs to be scanned at the store when the bottles are returned.

If you have any comments or suggestions on how we can do a better job in producing this newsletter, please let me know at [paulcain@myfairpoint.net](mailto:paulcain@myfairpoint.net).

*P.S.—Did you see our desert visitor to Thompson Lake on the cover?*



Ice out photo by Kathy Cain

Visit our website at:  
[www.thompsonlake.org](http://www.thompsonlake.org)

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