



REGION ASSOCIATION

Mousam Lake Region Association

60th Anniversary 1956-2016

P.O. BOX 333 SPRINGVALE, ME 04083

WWW.MOUSAMLAKE.ORG

Fall 2016 Newsletter

Inside this issue:

Summer 2016 and Call for Volunteers 1

Tips to Repair a Retaining Wall 2

ASYCC Update 3

Protecting Our Lakes 4

In Memoriam: Marie Rivers Hart 5

Going Retro! Anniversary Edition 6

MLRA Board Roll Call Through the years 8

The next time you stop in the Acton Trading Post, tell them Thank You for their sponsorship of many MLRA events!

Summer 2016 and Call for Volunteers!



Summer 2016 is over and we had a great one. We celebrated our 60th anniversary with several special events and had a great turnout. We hope you are enjoying your coffee mugs and maps that you received at the annual meeting this year. The annual boat parade was a big hit with a large turnout. The Kids Fishing Derby was a great event as always and the MLRA gave out around 150 Sea

Dog Biscuits at the ice cream social event.

Congratulations to Mark Rousseau on his election as MLRA President. We would also like to thank Rich Eagleston for his years of service as our President, who is stepping down this year.

Skip Bartosch, our Vice-President, was recognized by the Maine VLMP for 10 years of service. If you see Skip when you are out and about, be sure to congratulate him!

CALL FOR VOLUNTEERS

We are looking for several volunteers to help the MLRA! Existing openings are as follows:

Article writers for the Newsletter, Facebook and Website (as often as one would like to write and submit articles/blurbs)

- Website Maintenance (Monthly position using already existing website)
- Plant Patrollers and coordinators (Summer positions, a few hours every other week or so)
- Membership database (this is a full year position includes maintaining and updating the membership database in Access and mailing out acknowledgement letters and stickers to Members upon payment of dues, also other mailings as needed)

If you would like more information on any of these positions, please email us at:

info@mousamlake.org

Welcome New Members

Chuck and Karen Tufts - 23rd Street

Directors	Contact Number	Position
Mark Rousseau	(978) 374-3771	President
Skip Bartosch	(207) 636-2751	Vice President
James (Jamie) Verity	(617) 901-5212	Treasurer
Jane Carmichael	(207) 636-1724	Secretary
Rich Eagleston	(978) 985-3243	Director
Glenn Baxter	(207) 636-1751	Director
Jack Kelley	(207) 636-3252	Director
Elaine Beck	(207) 636-2166	Director
Gary Thibodeaux	(207) 841-1575	Director
David Landry	(207) 692-3361	Director

Tips to Repair a Retaining Wall

If your property is like many on the lake, it has some sort of retaining wall. After many seasons, they can start to deteriorate and need repair. Here are some tips to help you keep your wall in shape.

Concrete Block Walls:



Holes develop in concrete block retaining walls when pressure from the soil behind it causes cracks to develop. The cracks continue to break apart, resulting in bigger holes. Also, water pressure builds up in the soil behind the wall, forcing water through the concrete block that eventually eats it away. Repair holes in block walls as soon as they develop. Set aside adequate time to do the job properly so the cement patch remains in place.

Repair Cracks

Tip
Pack cracks that are less than 1/8 inch wide with an epoxy and latex waterproofing compound available at home improvement stores.

- Clean hairline cracks — larger than 1/8 inch wide — with a stiff-bristle wire brush and vacuum it out using a vacuum cleaner crevice tool.
- Mix a stiff mortar of 1 part cement and 2 parts of fine sand and a small amount of water.
- Pack as much mortar as possible into the crack with a trowel or putty knife and allow it to dry thoroughly.

Repair Holes

- Remove crumbling or loose concrete block or mortar from the hole and the area around it by tapping gently with a hammer.
- Use a hammer and cold chisel to chip out a dovetail shape inside the hole. Place the chisel on the bottom rim of the hole and chip downward at a 45-degree angle to

the back wall of the hole. Position the chisel on the top rim of the hole and dig upward at a 45-degree angle until you reach the back of the hole. The resulting dovetail shape you chipped into the hole holds the mortar mix securely.

- Scrape out the hole with a screwdriver or putty knife and remove all loose block or mortar. Don't leave behind any crumbled or loose material.
- Pack the hole tightly with as much of the mortar mix as possible. Smooth the mortared area with a trowel.

Things You Will Need:

- Stiff-bristle wire brush
- Vacuum cleaner with crevice tool
- Cement
- Fine sand
- Trowel or putty knife
- Hammer
- Cold chisel
- Screwdriver

Warning
Wear safety glasses and gloves when chipping concrete block.

Cement Walls:

In addition to being an eyesore, a hole in



an exterior concrete wall creates a point of weakness in the structure that can allow moisture to penetrate. Once inside the wall, moisture may cause leaks, crumbling and rusting steel rebar. Patching such holes is a necessary part of keeping your concrete foundation wall in good repair. If your aim is to make the wall look better, a smooth surface is also easier to paint. An ideal patch to use for both purposes is hydraulic cement, which expands to fill cracks and holes as it dries.

Tip

Unless the wall is well shaded, it's best to apply hydraulic cement early in the morning when the wall surface is cooler so the cement won't dry too quickly.

- Remove loose material from the hole in the wall by probing it with the tip of a screwdriver or blade of a putty knife. Clean the hole and surrounding area with a wire brush. Vacuum any remaining dust or debris out of the hole.
- Dampen the hole and surrounding area with water using a spray bottle.
- Mix a small portion of hydraulic cement in a clean container according to package directions. Stir the cement with a putty knife until it has the consistency of thick peanut butter. Make only as much cement as you can use in three minutes or less.
- Pack hydraulic cement firmly into the hole with a putty knife or trowel. Smooth the surface of the patch as quickly as possible before the cement sets.
- Spray the patch lightly with water several times over the next 24 hours. Allow the patch to cure for 48 hours before painting, or for as long as recommended by the manufacturer.

Things You Will Need

- Screwdriver
- Putty knife
- Wire brush
- Wet/dry vacuum
- Spray bottle filled with water
- Hydraulic cement
- Clean mixing container
- Trowel (optional)

Warning
Wear rubber or latex gloves when working with hydraulic cement.

If your wall is on the water, please take into consideration the environmental impact any repairs may cause such as chemicals leaching in to the lake! If you have any questions about the condition of your wall, please consult with a professional masonry contractor.

ASYCC Update

Protecting Water Quality

There are many things that we love about Mousam Lake; boat rides, sunsets, the loons. How many of you think about the water quality and being able to see the bottom of the lake from your dock as a top pick? Unless you have been on a lake with poor water quality, the clear cool water we have in Mousam Lake is something that you might take for granted. Having grown up on Mousam Lake, I took clean water for granted.



Storm Water Runoff

For most of my professional career, I worked in the Waterville/Augusta area and lived on China Lake in Central Maine. China Lake is a large 4000 acre lake whose shoreline is much less developed than Mousam's. Unfortunately, China Lake does not have the same good water quality that Mousam has. Up until the 1980's, China Lake had good water quality and a great cold water fishery with trophy size salmon, lake and brown trout. This changed abruptly in 1983 when China Lake suffered a significant algae bloom. The lake turned a pea green color with a thick scum of smelly rotting algae along the shores. The community of China and all those that used the lake were shocked but assumed this was a temporary situation and that 1984 would be better. Wrong! Seasonal algae blooms would continue until 2015. What we know about water quality now is once the phosphorus in a lake that drives the algae bloom rises, it is slow to fall. Increased phosphorus levels will lower oxygen in the lower depths of the lake which in turn causes a complex chemical reaction in the bottom sediments. This provides a self-sustaining increase in lake phosphorus levels and decades of algae blooms.

A little algae isn't a bad thing... right? Think again. When the water is so green you can't see your feet in knee deep water, who wants to swim in the lake. Grandkids and family stop visiting, property values decline, and rental income plummets.

Millions of dollars and tens of thousands of volunteer hours were spent working to address China Lake's water quality. Prevention would have been a far better strategy. We can all learn from this example. Water quality is much more fragile than one might think. It is difficult to imagine how our enjoyment of Mousam Lake might change, if instead of looking out across the lake seeing the sparkling deep blue water we see an opaque green lake.

Make no mistake about it; Mousam Lake's water quality is threatened. In the coming years as lakeside residential use increases, and more properties are converted to year round use, and when the watershed becomes more developed, lake phosphorus will rise. We should learn from the example of China Lake and take more personal responsibility for our lake's water quality. The Mousam Lake Region Association and its hard working directors have been tirelessly working to protect the lake over the decades. But they cannot do it alone and there is one easy thing



Sediment plume in lake after storm

all of us can do starting now. We can work to reduce **storm water runoff**. **Storm Water Runoff (SWR)** is the water that runs over your property, off your roof, down your driveway and your camp road into the lake during those heavy spring and summer downpours. The Maine Department of Environmental Protection believes SWR is the single largest source of pollution (phosphorus) threatening Maine lakes. Further, it is thought that the SWR from the year's 4 or 5 big-

gest storms can account for up to 50% of a lake's total phosphorus input for the entire year!

How can a little water and some dirt getting into the lake be such a big deal? Dirt contains small amounts of phosphorus but cumulatively there is tons of dirt getting into lakes like Mousam every year. There is a little from your road, some from your neighbor's path, some from the roof tops, a lot from the property where the people cut down the lakeside buffer.... it all adds up.



Storm water erosion gullies and rills

What can we do? Walk your property and your camp road on a rainy day... yes, even during the absolute downpours. See how and where the water is flowing. Does the rain water find its way into the lake? Look for the telltale erosion ditches and the ribbons of sand and dirt running over your path and heading down into the lake.

Simple techniques such as terracing paths, planting vegetation, reshaping and resurfacing camp roads and driveways and strategically placing drainage turnouts can help. Importantly, free advice is available by calling **Betty Smith, Program Director with the Acton Shapleigh Youth Conservation Corps at 207-693-8080 or programdirector@asycc.com**.

Protecting Our Lakes

The mild winter and early ice-out have put our lake at its highest risk ever!

Each year as lake surfaces become warmer, the upper warmer water and lower colder water separate into layers, a normal lake process called stratification. This stratification will remain until the air temperature cools the surface layer in the fall and the layers remix. All season the warmer upper layer will continue to receive oxygen from wind and wave activity. However, in the colder lower water the oxygen level has been fixed. It will not increase until the lake stratification changes when the weather cools again.

Early ice-out enables lake surfaces to warm faster, which results in a lake's earlier stratification into warmer and colder layers. The lower colder level's oxygen is fixed earlier, too. When this happens, all the fish and other organisms living in the colder level have a finite supply of oxygen that now is needed to last for a longer than usual period. If the cold water lake life consume all the oxygen before the upper level cools in the fall and the layers remix, they will die.

As if a fish kill weren't bad enough, there's another problem. The lake bed contains chemicals that are bound to other elements there. Oxygen depletion in the lower level of the lake causes some of these bonds to change, so some chemicals are freed and move into the water. One of the worst of these is phosphate, a salt that contains phosphorus. Unbound, it will travel through the colder layer and then throughout the entire lake when the water remixes. Phosphorus will feed naturally-occurring algae everywhere in the lake and tremendously raise the likelihood of algal blooms. We all know, or should know, how devastating an algal bloom can be to lake life, human and pet safety, water quality, recreation, and even property

values. All our New England lakes are at increased risk this year, and there will be algal blooms for certain. Some may be toxic and hazardous. This year, more than ever, we all must be mindful of our impact on the lake and the ways phosphorus enters the water. In various ways we're responsible for nearly all of it. We even introduce trace amounts to the lake every time we go swimming.

As you read the following, please, please do or keep doing as many of these as you can. Please encourage your visiting family, friends and renters to as well.

First, read labels and make certain you are purchasing/using cleaning products, soaps, and detergents that are phosphorus-free. Be willing to scrub a bit longer than usual and really help the lake.

Follow maintenance guidelines for your septic system. Understand that the lake extends under the ground to the areas of many of our leach fields, so be mindful of what you flush "just to be rid of it."

Phosphorus adheres to soil particles. To minimize its entry into the lake:

- Plant trees, shrubs and grasses down-slope from your septic system to increase absorbency.
- Plant trees and shrubs in the shore area and place mulch to reduce runoff.- Water lawns or other plantings in the morning and do not overwater. All living things contain phosphorus and release it through decay. Never, ever empty grass clippings, pulled weeds, raked leaves or other yard waste into the lake. If you see a mass of it floating in the lake, please pull it out.

If you must have a lawn:

- Use zero P fertilizer. Our glaciated New England soils have plenty already, so you don't need to add it, and our lake will be better for it.
- Apply fertilizer in the fall, when the

lawn will use it for healthy root development.

- Allow your grass to grow taller between mowings, then leave the clippings as natural fertilizer.
- Consider not having a lawn. Lawns are dense and allow more run-off into the lake than bushes, shrubs, other plantings or mulch. Bodily waste is high in phosphorus, so please:
 - Insist your family and guests do not urinate in the lake.
 - Be mindful of pet urine. Try to keep it as far from the lake as possible.
 - Pick up solid pet waste and flush or dispose of it in the trash.
 - Do not encourage the presence and increase of waterfowl by feeding them. Their excrement introduces more phosphorus to the lake.

If we all do our part, we can lessen the already increased risk of algal blooms in our lake. We also will be making changes that will be needed from now on. Our lake and ocean temperatures have been rising for years. Regardless of anyone's position on climate change, this temperature rise and the increased threats from algal blooms are being assessed by countries worldwide. Last year NOAA and NASA united in a continued effort to monitor our oceans and lakes in order to predict increased risks and likely occurrences of harmful algal blooms (HABs) that can affect human health, agriculture, air quality, safety, and more. The threats are serious, and we all need to be mindful and do what we should be doing to help.

~Marsha Letourneau~

In Memoriam: Marie Rivers Hart

The MLRA received this letter and donation from Debbie Harrison and David Landry in Memory of Marie Rivers Hart. We would like to thank them for their generous donation and pass our condolences to the family and friends of Mrs. Hart.

July 25, 2016

Mousam Lake Region Association
P.O. Box 333
Springvale, Maine 04083

To Whom It May Concern:

The enclosed \$100 donation is made in memory of Marie Rivers Hart from Debbie Harrison and David Landry (both from Directors' Lane, Shapleigh). Marie passed away on June 6, 2016, at the age of 62. She was a resident of Mashpee, MA.

Marie Rivers Hart summered on Mousam Lake as a child and then as a young adult. Marie loved Mousam Lake and had many fond memories of growing up on the lake. Her father, Andrew Rivers, was on the Board of Directors' for the Mousam Lake Region Association.

Debbie Briggs Harrison and David Landry

Going Retro— Anniversary Edition!

To help celebrate MLRA's 60th Anniversary, we hope you enjoy reading some of MLRA's founding ideas & documents. Here are the Annual Meeting minutes from August 1986.



M O U S A M L A K E R E G I O N A S S O C I A T I O N

The Annual Meeting of the Mousam Lake Region Association was held on Saturday, August 2, 1986, at the Acton Fairgrounds. Outgoing President Conrad Caldwell presided over the business meeting, which was followed by a delicious roast beef picnic.

Caroline Eliot of Southern Maine Regional Planning Commission spoke to the group about the proposed watershed management project for which SMRPC has applied to the state for a grant. (Since the annual meeting the grant has been approved.) The object of the project is "to develop a comprehensive management plan for one or two lakes in the Mousam watershed as a pilot effort to protect water quality in the face of growing development pressure." Eliot reassured the audience that it is not the purpose of the study to try and close down cottages on the lakes, but to try through information and education to prevent major damage to the lakes before the problems are out of control. Acton, Shapleigh and Newfield have formed a Task Force on Water Quality and the lake associations in the area can be invaluable in the dissemination of information. Mousam Lake is particularly fortunate in that testing of the lake has been an ongoing project for many years and the records that have been kept will be useful to the watershed management study. MLRA has also carried on, to the best of its ability, its own information campaign regarding clean water. This, however, directly reaches only half the property owners on Mousam.

It was obvious from the discussion sparked by Eliot's remarks that there is a strong feeling held by members of the Association concerning water quality and the realization that it is imperative good quality be maintained to sustain the value of property around the lake. It was equally obvious that there is a nagging fear that if, as a result of the watershed study, older septic systems come under more stringent scrutiny, some property will be at risk. The overwhelming show of hands signifying support for the watershed study would seem to indicate the Association members' priority at this time.

(For a copy of Protecting Your Lake: A Citizen's Guide to the Great Ponds Act, write to the Maine Department of Environmental Protection, State House Station 17, Augusta ME 04333. This booklet contains information for anyone considering lakeside projects, and for those wishing to learn more about the lake environment there is valuable reading and source information.)

Pat Baldwin and Cliff Hermann again reported their tests indicate water quality in Mousam is good. On behalf of the Association, Conrad Caldwell thanked them for their invaluable contribution through the years.

York County Deputy Sheriff Steve Libby, in a discussion about cottage break-ins, emphasized strongly the importance of having the keys of the cottage redistributed. He

Page Two

up-to-date list of winter telephone numbers.) And here's one more tip from Deputy Libby: be sure to close your curtains and/or blinds when you leave your cottage--don't invite trouble by letting the thief shop for what he wants!

Based on the questions that were asked at the meeting, ATV's continue to be a source of aggravation to property owners around the lake. Because of their year-round versatility, Libby said ATVs have increased the risk of break-ins and are proving to be a thorn in the side of law enforcement officers. He discussed new ATV laws which became effective July 1 and which may improve the situation somewhat. Major changes include: youths under 15 years of age will be permitted to operate only when accompanied by an adult or guardian, unless operating on their own land; the owner of an ATV will be guilty of a civil infraction if his ATV is operated in violation of law by any other person; the parent or guardian of a minor operating an ATV in violation of the laws will be guilty of the offense; landowners are not liable for injury to ATV operators or damage to the ATV unless they knowingly and negligently bring about the injury or damage (you'd best check with your attorney before you put a wire across your property!); and after July 1, a new red plate must be displayed on the rear of the machine. After August another red plate will be displayed on the front of the ATV. Anyone who would like a complete copy of the ATV regulations, should contact the Department of Inland Fisheries and Wildlife or check with their local town clerk.

The newest member of the Board of Directors is Ralph Spurr, with Bernie Maggison and Jim Hurley being returned to the Board for another term. The annual treasurer's report was distributed by Tom Casey, who reported the Association's financial health is good.

Winners of the children's fishing derby which was held on July 19 were: Christina Gagnon (0-5), Jesso Henderson (6-8), Steve Morin (9-11), Amy Czarnowski (12-14)--first prizes; Allen Mosher (0-5), Matt Strout (6-8), Billy Brady (9-11), Andy Paradis (12-14)--second prizes; Mike Berry (9-11) and Bobby Brady (12-14)--third prizes. The Grand Prize winner was Sean Henderson who caught a 1 lb. 1 oz. bass. Congratulations to all!

The Board of Directors held its election on Sunday, August 10. Officers for the coming year will be: President, Roger Poar; Vice President, Jim Hurley; Clerk, Ralph Spurr; Treasurer, Tom Casey. Also serving on the Board are Dick Brady, Cliff Hermann, Bernie Maggison, Ralph Lecharne and Gordon Grant. The next meeting of the Board will be held on November 30 at Rower's house.

Board of Directors Roll Call Over the Years-1988

President:

Bernie Meggison

Members:

Ralph Spurr

Roger Poor

Tom Casey

Elaine Beck (Current MLRA BOD Member!)

Dianne Beaton

Ralph LaChance

Maxine Dragnich

**Thank You for your contributions to the
MLRA!**

If you are interested in submitting a historical article, story, or anything of interest for future newsletters, email: gthib@roadrunner.com

*Look for the Winter
Newsletter in December!*

**MOUSAM LAKE REGION
ASSOCIATION**

**PO BOX 333
SPRINGVALE, ME 04083
WW.MOUSAMLAKE.ORG**



REGION ASSOCIATION