



To Protect  
and Preserve

SEBEC LAKE ASSOCIATION, INC.

P.O. BOX 303

Dover-Foxcroft, Maine 04426-0303

## RANDOM THOUGHTS FROM LAKESIDE, DON'T I WISH !!!

It's mid March as I put these thoughts on paper, snow up to you know where. Cold and miserable. In my minds eye, I can see Sebec Lake on the 4th of July, a gleaming jewel. Everyone in for the summer, those that aren't, I'm sure, wish they were. God willing, and the creek doesn't rise, we'll be there.

Back in February, I received a call from Sebec Lakes old stalwart, John Daubenspeck. John and Janet are living in Texas, and missing Sebec Lake everyday. John is still interested in the lake level and the phosphorous and dissolved oxygen levels that he monitored for many years. He sends his congratulations to our Bob Hall, current lake monitor, for the great job he is doing. Praise from John in this situation is praise indeed. Thanks to John and Bob for all of their endeavors.

The local ice out contest will no doubt be a good guess, after the winter the area has had. I believe ice out was April 21st, just after noon, last year. There simply doesn't seem to be any rhyme or reason to the whole thing. When Mother Nature makes up her mind, Bam, open water and life at the lake resumes.

### McKusick Petroleum Co.

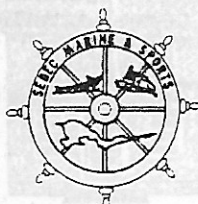
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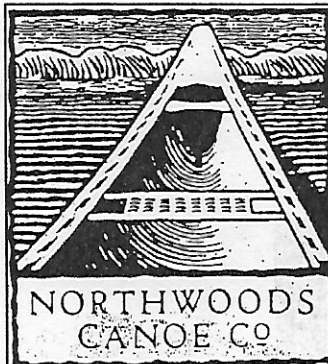


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Mark your calendars now for our Annual General Meeting, we've arranged to use the meeting room at the Y.M.C.A. in Dover-Foxcroft again this year. The date is July 23, 2005 at 7:00 P.M.

Expect a lot of building and expanding around Sebec Lake again this year. It appears that we have been "found" everyone wants their piece of "paradise" I certainly can't blame them. Due to this influx we have to double our efforts to "PRESERVE AND PROTECT SEBEC LAKE" Point out to your neighbors the importance of everyone pitching in.

Again, for the good of Sebec Lake, PLEASE DON'T FEED THE DUCKS. Feeding the ducks has been proven to be very detrimental to the lake. Thank You.

Please be sure and patronize our valued advertisers and DO mention to them that you have seen their advertisement in the Sebec Lake Association newsletter, and that we certainly do appreciate their support. Thanks to all.

I have every hope of having a guest speaker at the meeting in July. A bit of scheduling conflict at this time makes it uncertain. I certainly hope it works out, I believe all will enjoy the presentation. In the mean time, check out Mike McCormack's website at [sebeclakeassoc.com](http://sebeclakeassoc.com)

*Dave Raymond*

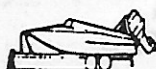
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# Look Forward to "Ice-Out"

*From: In Our Back Yard a Publication of Maine DEP*

*Ideas from an article by Warren P. Balgooyen.*

*Edited by Maine DEP staff*

Ever been on the shore of a lake or river when the ice went out? It is a fascinating experience, both to see and to hear.

Ice-out begins in late winter as the sun becomes stronger and starts to melt the ice. Weakening ice can be heard to "groan" as the wind buckles it. As the ice melts, its structure changes and it forms pencil-like crystals arranged vertically through the ice mass. The ice becomes crystallized or "honey combed". If you are lucky enough to be nearby a lake or river the day of ice out, you may hear a "tinkling" sound. The pencil-like ice crystals fall against each other like dominoes when the waves of open water nibble at the ice edge, creating that special sound.

Any weedy areas and rocks, logs, or any other solid objects in the water will absorb the sun's rays and heat up the water around it. Even a leaf blown out onto the ice will melt its way downward in the ice. Often a band of open water develops along shorelines before the ice weakens over the deeper, middle part of a lake. After ice out, the surface water warms to 39°F or 4° C. This is the temperature at which water is most dense (heaviest) so the heavier water sinks to the bottom. This process is called spring turnover. Now the water can freely mix, with the help of wind and currents.

Turnover is an important event. The mixing water carries up nutrients (food) from bottom sediments to the surface. The bottom sediment is filled with nutrients and when that nutrient-rich water floats to the surface in fall and spring, it carries up nutrients to the algae and other plant life as part of the food web.

The mixing also brings oxygen down into the bottom waters. This replenishment is vital to the fish that live deep in the lake.

As the temperature warms, all the living organisms that have been dormant in the lake come to life and start growing again. Frogs, turtles, crayfish, snails, and larval insects, which spent the winter dug into the mud, now rouse themselves and start swimming. Open water also brings our spring visitors, such as loons and migrating waterfowl headed for northern breeding grounds.

Spring overturn also happens to be the best time for spring fishing because the mixed uniform water, now filled with oxygen, brings trout and other fish up from their deep winter retreat. They can be found at any depth at this season.

Ice out is a time of quiet on the lake. Some folks love that first open water paddle just to see what's going on. Sometimes the winter ice has moved things around and left some surprises. With everything waking up and the lake getting restless, it's a good time to keep your eyes and ears open to the wonders of spring.



**Sebec Village Shops, Inc.**

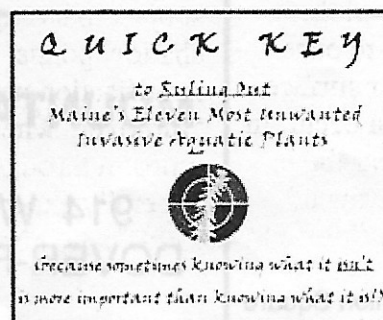
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## Quick Key for Ruling Out Invaders

MCIAP is pleased to announce a new tool for detecting suspicious plants.



The Quick Key is a water proof, tear-resistant pocket sized guide to help identify whether or not a plant is on the watch list of eleven invaders. Using the key, Plant Patrollers and Courtesy Boat Inspectors can identify an invader by answering questions about the plant's unique characteristics. The Quick Key includes drawings of all eleven invaders and is printed on rip and water proof paper.

To request a copy contact MCIAP at [vlmp@mainevlmp.org](mailto:vlmp@mainevlmp.org) or 783-7733

Rich & Penny Halpin 04/04

Steamer "MARION" ca. 1915



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# Watershed Stewards Program at the Brackett Environment Center

We are pleased to announce a collaborative effort between VLMP and the *University of Maine Cooperative Extension*. From mid-April through early June 2005, a series of eight evening Watershed Stewards workshops will be offered to the public at the Brackett Environmental Center in Auburn (VLMP offices and meeting center.)

This program provides 25 hours of training in a wide range of lake-related topics, including watershed assessment and NPS abatement, watershed steward initiatives to protect water quality, lake water quality dynamics, data interpretation, invasive aquatic species, and more. In return, attendees are asked to commit a minimum of 25 hours of service to their watershed.

The cost of the program is \$20 (waived under special circumstances) for individuals or couples.

*For more information, or to register:*

Call 207-581-2971 (UMCE) or 207-783-7733 (VLMP)

Workshop Dates: April 13--June 1.

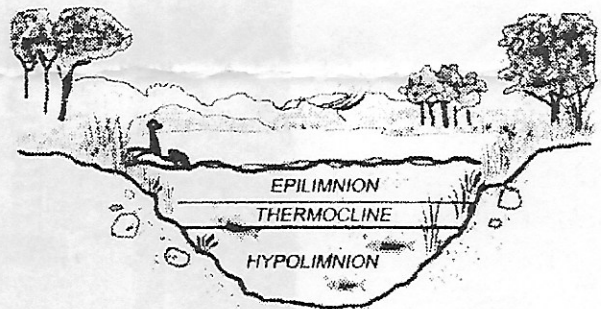
Sessions will be held on Wednesday evenings from 6:30-9:00 PM

Woodbury Brackett Environmental Center in Auburn

## Lake Lingo

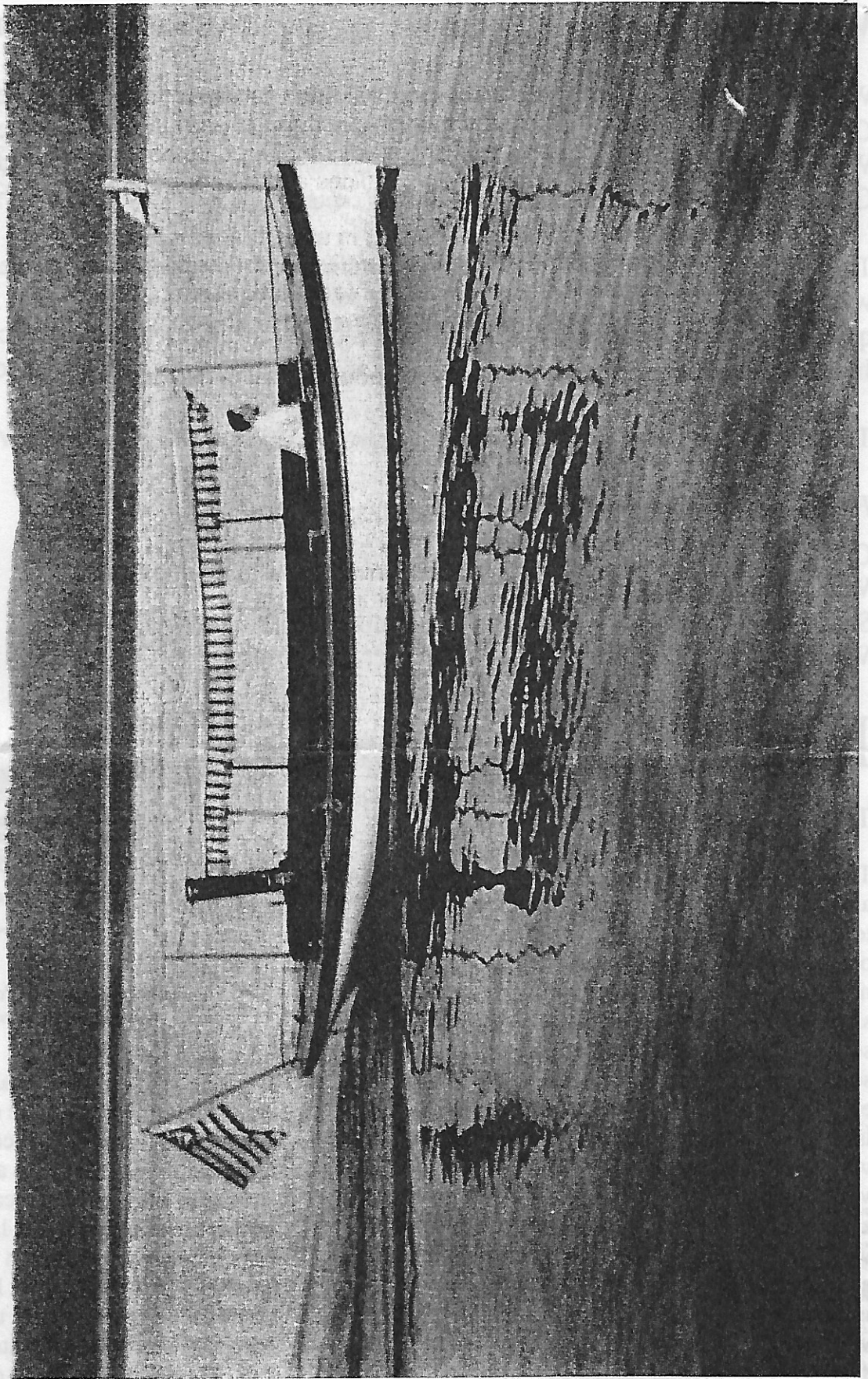
### Thermal Stratification

This complex-sounding term can be defined simply as the tendency of lakes and ponds to develop temperature "layers." When thermal stratification occurs during the spring, summer and early fall months, the warmest water layer, the epilimnion, is situated at the surface. It may be several feet to several meters in depth, depending on the time of season and the weather. The temperature in the epilimnion is somewhat uniform. Beneath this layer is an area of transition, the thermocline, in which the water temperature typically drops quickly over a vertical distance of 10-15 feet. Beneath the transition zone is the hypolimnion, the coldest region of the water column, in which the water temperature once again becomes more stable. When the water surface is covered with ice, reverse stratification can occur, in which the coldest water temperatures are near the surface. The reversal can be explained in terms of density. Cold water is more dense (and therefore heavier) than warm water until it reaches 4°C, at which time molecules start to form a crystal structure and spread out becoming less dense.



*Temperature layers in a lake can have a profound influence on lake dynamics and water quality.*





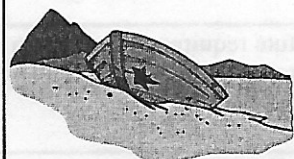
The phenomenon of thermal stratification has a profound influence on lake ecology and water quality. Most of the physical, chemical and biological process in lakes and ponds are influenced in some manner by stratification. Deeper lakes are subject to stronger, longer-lasting stratification than shallow ponds. In between summer and winter stratification periods, most lakes mix — also known as "turnover" when the water temperature is somewhat uniform throughout the water column. Maine lakes generally experience some degree of thermal stratification between the months of May and October, depending on the depth of the individual water body, the air temperature and other weather influences.



Francis Peaks, Naptha launch, "SIS" ca. 1910

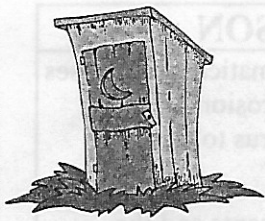


# For Your Lake's Sake...

Land Use/Land Area	DO'S AND DONT'S	REASON
<b>1. Site Disturbance, Yardwork, Clearing Landscaping</b>      	<b>DO</b> keep site disturbance to a minimum, especially removal of natural vegetation and exposure to bare soil.	Site disturbance dramatically increases surface runoff and erosion which contributes phosphorus to lakes.
	<b>DO</b> seed and mulch bare soil within two weeks of clearing and install hay bales down slope of cleared areas.	Hay bales trap sediments and the phosphorus they carry.
	<b>DO</b> leave naturally vegetated areas (buffer strips) along lake shores, streambeds, road ditches, intermittent streams. Leave at least 25 feet or undisturbed buffer, with more on poor soils or steep slopes.	Buffer strips intercept runoff and filter sediment and phosphorus from water before it reaches the lake or stream.
	<b>DO</b> plant deep-rooted, woody vegetation along lake shores, streambeds, road ditches	Plant roots stabilize shoreline, prevent erosion, and take up nutrients carried by water before they reach the lake.
	<b>DO</b> preserve natural topography and natural drainage systems.	Natural drainage systems evolve over years and effectively control sediment and phosphorus.
	<b>DO</b> use fertilizer sparingly and in multiple applications. Hay mulch is preferable.	Solid, inorganic fertilizers are readily dissolved by water and transported in runoff.
	<b>DON'T</b> use herbicides and pesticides in excess on your garden and lawn. Avoid their use if possible. <b>DON'T</b> put leaves, branches or any kind of organic matter into the lake.	Many of these products are toxic and can get into the water.  Plant debris adds phosphorus and other nutrients directly to the lake.
<b>2. Shore Frontage</b>  	<b>DO</b> leave existing rocks in place along shore. Add rip rap if erosion control is necessary (DEP permit required)	Large rocks are the most effective buffer against erosion because they diffuse wave action.
	<b>DO</b> minimize shoreline alteration, such as removal of vegetation, construction of piers, breakwaters, etc. (Shoreline alteration on Great Ponds requires a DEP permit).	Shorelines are generally stable due to years of wind, wave, and ice action. Alteration of the natural shoreline destabilizes the shoreline, increases erosion and impairs fish and wildlife habitat.
<b>3. Tree Cutting, Forestry</b>	<b>DO</b> Leave trees along the shoreline or stream front. Consult with Shore land Zoning laws before cutting harvesting limitations may apply.	Trees and natural cover best protect against shoreline erosion and sedimentation of lakes., Trees take years to grow and only minutes to cut down.

*For information on water quality protection, contact the Lakes Division of Maine DEP (289-3901), the local Soil and Water Conservation District (York County 324-7015), or the local regional planning commission (Southern Maine Regional Planning Commission 324-2952).*

#### 4. Septic System



**DO** check sludge level in septic tank every year. Pump when sludge fills half of the tank. (average is every 2—3 years for year-round residents, 5-6 for seasonal residents)

**DO** organize neighborhood septic tank pumping.

**DO** conserve water, and give the septic system time to 'rest' after heavy use.

**DON'T** flush strong cleaning agents (drain cleaner, bleach) into your septic system

**DON'T** flush cigarette butts, paper towels, etc. down the toilet.

**DON'T** install or use an in-sink garbage disposal

**DON'T** use commercial products that claim to clean your septic tank without pumping.

**DON'T** put paint or chemicals into the septic system.

Septic systems must be maintained if they are to function properly. If settled solids are not removed from the tank, they will wash into and clog the leachfield.

Pumpers usually reduce the price for large volume jobs.

The less water you use, the better your septic system will work.

Septic tanks are living systems. Strong cleaners kill the microorganisms that break down the waste.

These items fill up the septic tank quickly and cannot be broken down by microorganisms.

Ground up garbage overburdens your septic tank and slows its functions.

These products can cause clogging of your leachfield, and many contain chemicals which can contaminate groundwater.

These hazardous products kill microorganisms in the septic tank, and contaminate drinking and lake water.

#### 5. Detergents

**DO** use non-phosphate detergents. (Lists of products to us are available from Lake Association and DEP).

**DON'T** wash cars near lakes, streams, or drainage ditches.

Phosphate detergents add more phosphorous to the lake, and thus contribute to algal growth.

Runoff containing phosphorus will put phosphorus directly into the water. Runoff should be diverted to vegetated surfaces and allowed to seep into the ground where phosphorus can be removed.

#### 6. Surface runoff from developed areas (driveway, roofs, lawns)

**DO** prevent water from running directly into lakes and streams. Detain in depressions or divert flow to flat, wooded areas.

Flowing water carries sediment and phosphorus. Detaining or dispersing water allows it to filter into the soil where sediment and phosphorus are filtered out.

#### 7. Roads

**DO** plant vegetative buffer strips long roads and stabilize road ditches by seeding or rip rapping.

**DON'T** allow water to run directly off roads into lakes or streams.

Plants slow runoff roads and help to remove sediment and phosphorus before they reach lakes or streams.

Water running off roads contains sediment, phosphorus, and pollutants from cars.

#### 8. Structures (houses, decks, sheds)

**DON'T** belong close to the water. All structures must meet the required setback from the water.

State Shoreland Zoning Statute requires setback from shore because shoreline disturbance dramatically increases sedimentation of the lake.

#### 9. Sand Beaches

**DON'T** build new beaches (new beaches require a DEP permit). Use temporary docks as an alternative.

Sand contains phosphorus. Sand which is not stabilized by vegetation washes into the lake, where it accelerates filling of the lake and provides poor bottom habitat for fish and wildlife.

#### 10. Fill/dredge

**DON'T** fill or dredge unless necessary.

Fill and dredge stir up sediment and impair natural habitat.

#### 11. Storage of hazardous materials

**DO** store hazardous materials in a contained area.

**DON'T** dispose of paint thinners or chemical products on the ground.

Containment prevents contamination of water supplies and lake waters by undetected leaks.

These products cannot be removed by soil and can contaminate groundwater and lake water.



# What You Can Do:

**CHECK and REMOVE** all plants and plant parts from boats, motors, trailers, and fishing equipment before and after launching.

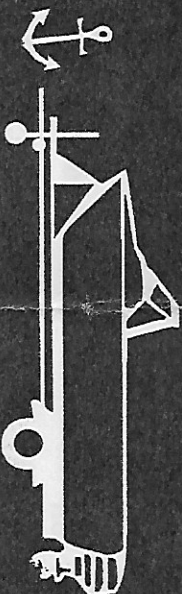
**DISPOSE** of plants in a trash receptacle or away from the water on high, dry land.

**AVOID** driving, paddling or swimming through any plants.

- ~ Distribute warning flyers and educational materials to purchasers of fishing and boat licenses at your town office.
- ~ Help inform and educate boaters at public boat landings.
- ~ Become trained to recognize invasive plants through the Maine Volunteer Lake Monitoring Program.

# DANGER

**BOATERS: REMOVE ALL PLANTS!**



**IT'S THE LAW!**  
FINES UP TO \$500.00

**PROTECT MAINE WATERS**

**CONTACT:**

MAINE DEPT. OF ENVIRONMENTAL PROTECTION 207-287-3901  
MAINE VOLUNTEER LAKE MONITORING PROGRAM 207-225-2070

**For further information or materials contact:**

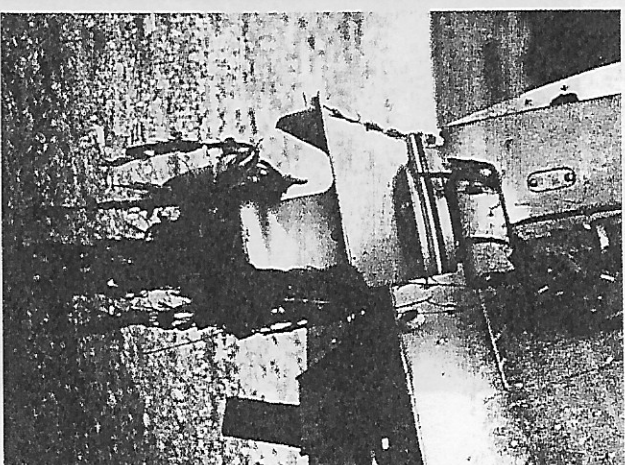
<http://www.state.me.us/dep/blwq/lake.htm>

Maine Department Of Environmental Protection	800-452-1942
Maine Volunteer Lake Monitoring Program	207-225-2070
Lakes Environmental Association	207-647-8580
Cobbossesee Watershed District	207-377-2234

# W A R N I N G

## BOATERS:

It is **ILLEGAL** to transport ANY aquatic plants on a vehicle, boat, personal watercraft, trailer, or other equipment



**Fines up to \$500**

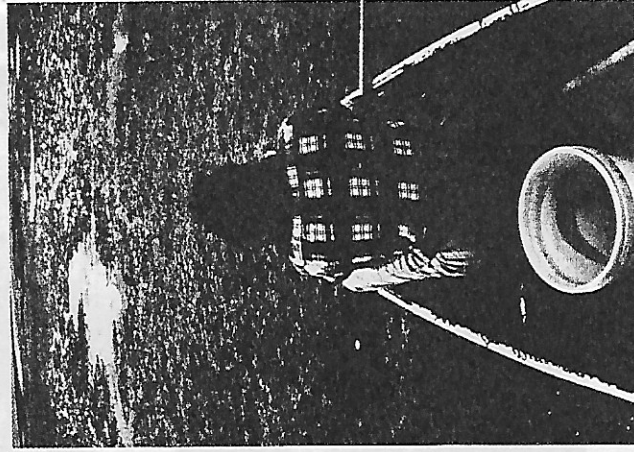
## What Is The Threat?

Invasive aquatic plants are a real and serious threat to Maine's lakes, ponds, rivers, and streams. These alien plants are not native to Maine waters. When introduced, they out-compete beneficial native plants, spread rapidly, and interfere with navigation.

*A small piece of just one plant can infest an entire lake!*

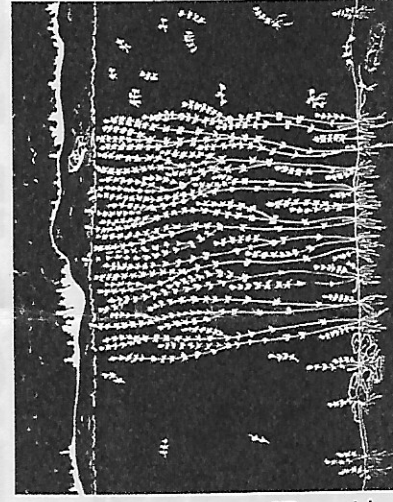
**These plants have the potential to:**

- \* Ruin boating, fishing, and swimming
- \* Alter fishery habitat
- \* Devalue waterfront property
- \* Harm water quality and reduce aesthetic appeal



## How Do They Spread?

Boating activity is the primary way in which plants spread from one waterbody to another.



Plant parts carried on boats, motors, trailers, and fishing gear from an infested waterbody to one that is not, can lead to disaster. Plants can survive out of the water for days. Once introduced to a waterbody they can spread rapidly and become a major nuisance.

**There is NO known METHOD of eradicating invasive aquatic plants once they have become established.**

Maine is now the only state where most of these plants have not been identified.

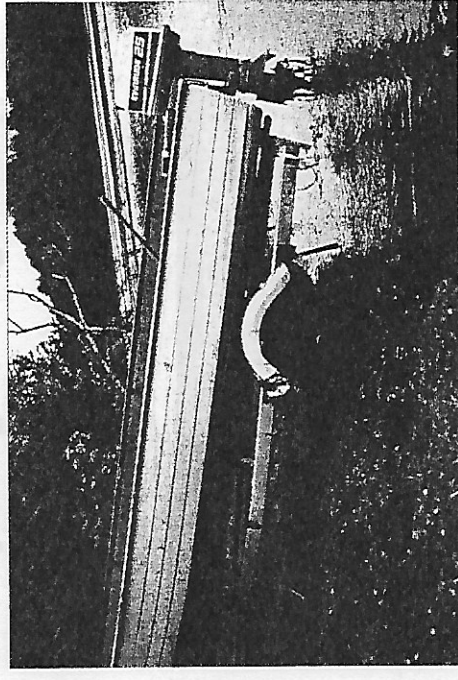


## Maine's Tough New Law

Under Maine law, it is now illegal to transport ANY aquatic plant on the outside of a vehicle. It is illegal to sell, propagate, or introduce to Maine waters these eleven invasive aquatic plants:

- ~ Eurasian water milfoil (*Myriophyllum spicatum*)
- ~ Variable-leaf water milfoil (*Myriophyllum heterophyllum*)
- ~ Parrot feather (*Myriophyllum aquaticum*)
- ~ Water chestnut (*Trapa natans*)
- ~ Hydrilla (*Hydrilla verticillata*)
- ~ Fanwort (*Cabomba caroliniana*)
- ~ Curly -leaf pondweed (*Potamogeton crispus*)
- ~ European naiad (*Najas minor*)
- ~ Brazilian elodea (*Egeria densa*)
- ~ Frogbit (*Hydrocharis morsus-ranae*)
- ~ Yellow floating heart (*Nymphoides peltata*)

**Violation of this law can result in fines up to \$500**



**PREVENTION is the only effective way to control these destructive plants!**





**SEBEC LAKE ASSOCIATION, INC.**  
P.O. BOX 303  
Dover-Foxcroft, Maine 04426-0303

## **MEMBERSHIP APPLICATION / DUES PAYMENT**

DUES ARE DUE ON JULY FIRST OF EACH YEAR. PLEASE COMPLETE THE FOLLOWING FORM TO THE BEST OF YOUR KNOWLEDGE. WE ARE ATTEMPTING TO UPGRADE OUR MAILING LIST TO BETTER SERVE OUR MEMBERS AND LAKE PROPERTY OWNERS. THANKS.

NAME: \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_  
\_\_\_\_\_

PROPERTY ADDRESS, MAP & LOT NUMBER FROM YOUR TAX BILL IF POSSIBLE

NEW MEMBER, OR RENEWAL (please circle)

E-MAIL ADDRESS if on-line \_\_\_\_\_

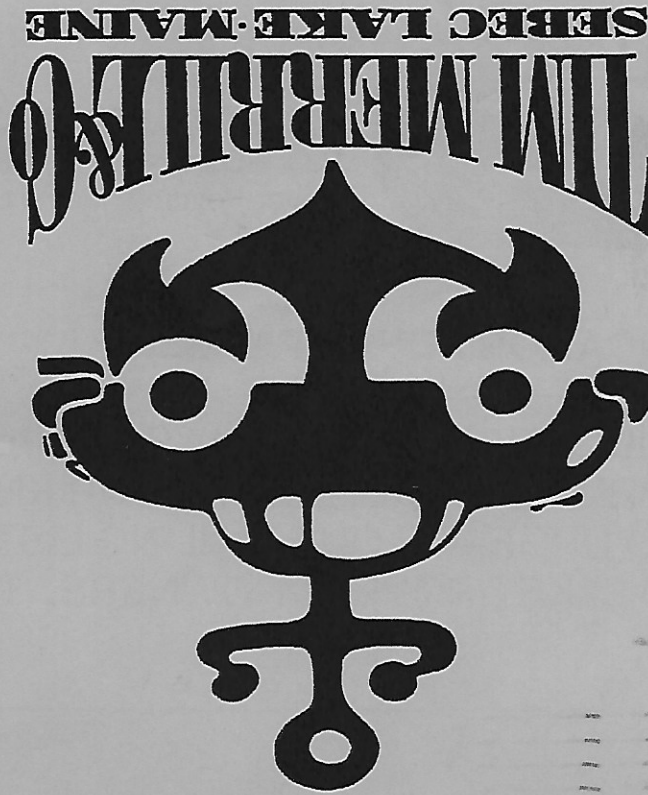
DUES ARE CURRENTLY \$ 15.00 YEARLY

MAIL CHECKS FOR DUES TO  
**SEBEC LAKE ASSOCIATION TREASURER,**  
**P.O. BOX 303 • DOVER-FOXCROFT, MAINE 04426**

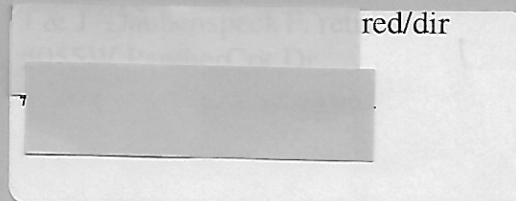
ANY QUESTIONS OR PERCEIVED PROBLEMS REGARDING  
SEBEC LAKE ASSOCIATION, PLEASE CONTACT

DAVE RAYMOND, P.O. BOX 96 • SEBEC VILLAGE, MAINE 04481  
TELEPHONE, 564-7460 AFTER 7 A.M. AND BEFORE 11:00 P.M. THANKS.

WINTERS, DAVE RAYMOND, 12 OLD REDDING RD • W. REDDING, CT. 06896  
(203)-438-6865



Sebec Lake Association  
Dave Raymond  
12 Old Redding Rd.  
W. Redding, CT 06896



**ANNUAL GENERAL MEETING, JULY 23, 2005 AT 7 PM  
Y.M.C.A., PARK STREET. DOVER-FOXCROFT, MAINE**

