



# THE LAKESIDER

Newsletter of the Greater Pushaw Lake Association, serving Pushaw Lake and Little Pushaw Pond

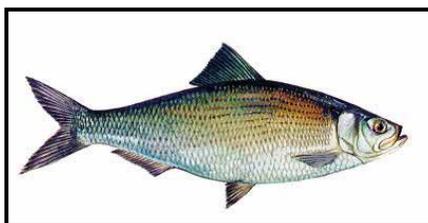
## Proposed Alewife Reintroduction to Pushaw Lake by Rich Dressler

February 2011

Volume 4, Issue 1

This past year, fisheries biologists from the Maine Department of Marine Resources (DMR) and the U.S. Fish and Wildlife Service (USFWS) proposed stocking of Pushaw Lake with alewives. The goal of this effort is to restore historic alewife runs in the Penobscot River, which will be possible with the removal of several dams on the Penobscot. To speed up this process, the biologists are proposing to stock alewives in Pushaw Lake that would migrate to the ocean to grow to maturity, and would then return again in 4 years. In order for the project to be successful, a fishway would be needed at the Pushaw Lake outlet dam.

Alewives are anadromous (sea-run) fish that spend the majority of their life at sea but return to freshwater to spawn. Alewives have co-evolved and co-existed with other native fish and wildlife in Maine's streams, rivers, ponds and lakes for thousands of years. Alewives are members of the herring family; their close cousins are shad and blueback herring. Alewives have slender bodies. They normally grow to 10 – 11" in length, and weigh about half a pound. Repeat spawners can be as large as 14" and weigh a pound or more. Alewives are grayish green on their back, and silvery on their sides and belly. They've got a single black spot just behind their eye, and their tails are forked.



Richard Dill, DMR fisheries biologist, met with GPLA members at the 2010 Annual Meeting and received support for the project from those attending the meeting. In August, Richard and Andy Goode, USFWS fisheries biologist, attended the Kunkunook Camp Owners' Association (KCOA) Annual Meeting to discuss the project and outline the need to construct a fishway around the Pushaw Lake outlet dam owned by KCOA. KCOA members at the annual meeting approved initial studies required by DMR and USFWS to develop a proposal for a fishway. Within the next several months a formal proposal will be submitted to the KCOA Board for review and ultimately to request a vote to approve the project.

(Continued on Page 4)

## Check out our new GPLA LOGO at the top of the page!

This past winter, a committee consisting of Rich Dressler, Kerry Sack, and Mary Phillips formed to develop a new logo for GPLA. The idea behind the logo is that GPLA needs to have an easily recognizable "brand name" for all of its communications — website, newsletter, hard-copy, and live events. This will help GPLA to send more consistent messages about soil runoff as the #1 cause of lake water quality problems in Maine, which in turn will alert more lakesiders to the urgent need to address erosion problems on their own properties and camp roads. The committee was fortunate to secure the talents of a fellow lakesider and graphic artist, Luke Esty-Kendall, who volunteered his skills and vision to help refine the committee's ideas into an artistic image. The result of their collaboration is the new logo that you see above. You will see it often as GPLA rolls out its strategic outreach plan over the next few years. The logo committee and GPLA webmaster Joanne Van Voorhis are now working on developing a common color scheme and pattern for all of our communications. Thanks to all for a job well done!

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### DID YOU KNOW?

- "Swimmer's itch" is caused by a tiny parasitic larva that sometimes attaches to humans. Best way to avoid skin irritation is to towel off briskly or shower immediately after taking a dip, since the larvae do not burrow under the skin until after you emerge from the water. No worries if you do happen to get the "itch" — unless you have unusually sensitive skin or an allergy, it's harmless and will disappear on its own in a few days.

## Water Quality Testing: Fall 2010 Update by Jeff Hayward

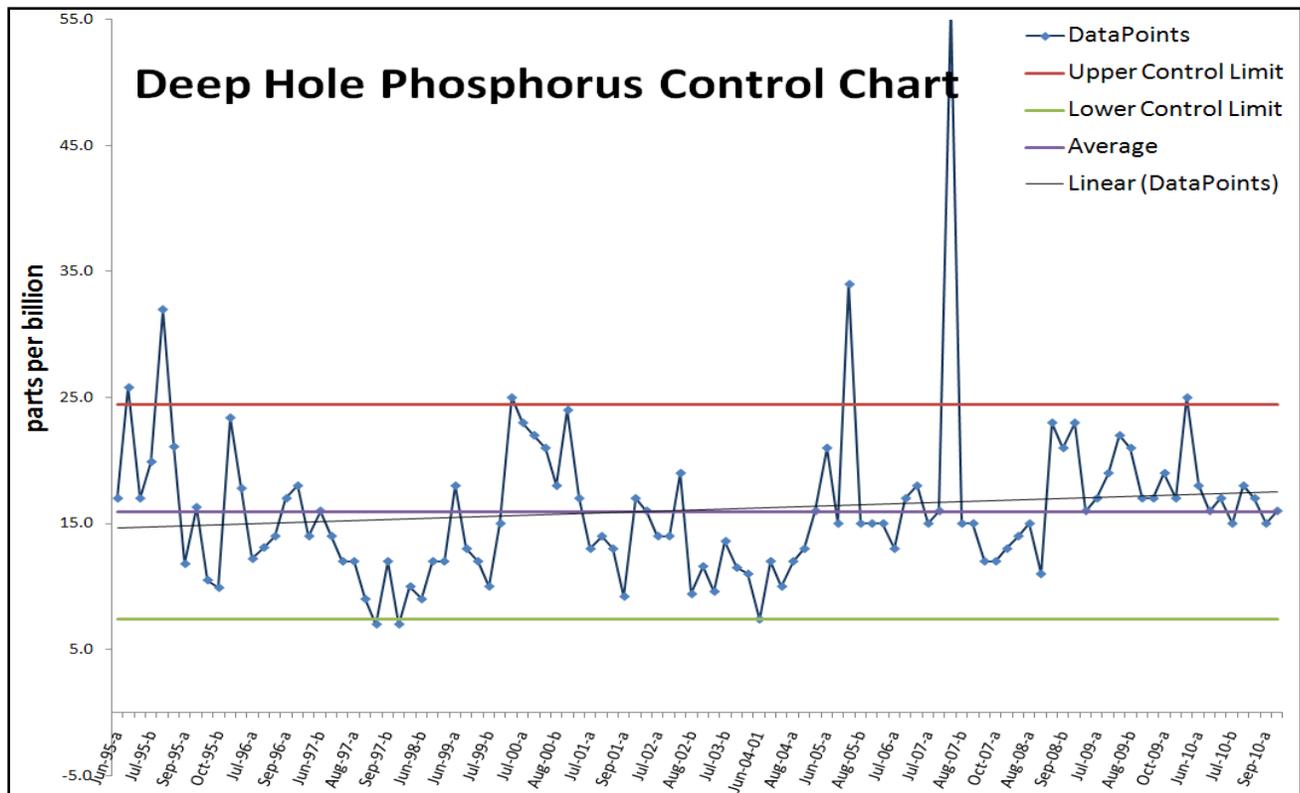
Water testing continued on Pushaw Lake this past summer with GPLA members trained by the Maine Volunteer Lake Monitoring Program (MVLMP). Testing is performed bi-weekly from late Spring to early Fall, and was performed this summer by GPLA members Louis and Dorli Cloutier, seasonal residents in Hudson. Their bi-weekly testing started in May and lasted into mid September. Thanks to Lou and Dorli for their volunteer efforts again this year on this extremely important GPLA activity, and to the Kukunsook Camp Owners Association (KCOA) for its generous annual donation that funds the monitoring program.

Clarity (the distance that an object can be viewed under the water from the surface of the lake) was improved over 2009. This could be attributed to the 2009 heavy rainfall and runoff compared to 2010. The 2010 results averaged out to 3.5 meters, which matches the historical mean. However, when trended over time, the trend is still in a negative direction, indicating that water quality as measured by clarity is decreasing.

Dissolved Oxygen (DO) testing for 2010 continues to show healthy levels of oxygen in the water, with little stratification from the surface to the bottom of the lake. This indicates that the lake is mixing well, and not becoming “layered” with levels of low oxygen. This mixing most likely is a benefit of the lake’s North-South run that churns up significantly in heavy winds. The 2010 surface average of 9 mg/l and the bottom average of 8 mg/l are healthy numbers.

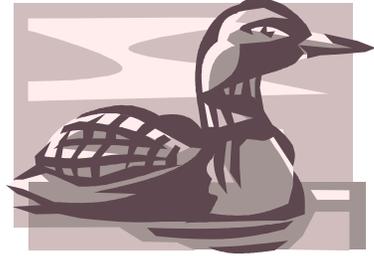
Phosphorus levels, as always, are the primary cause of concern on Pushaw Lake. 2010 results continue the long term upward trend of phosphorus levels in the lake, with all but two of the results being above the historical mean of 15 ppb, high enough to support an algae bloom. It is believed that Pushaw’s colored water may actually be helping the lake avoid an algae bloom, because the sun cannot penetrate to the bottom levels where phosphorus is highest in the sediment. As a result, the expected algae growth for this level of phosphorus content is not triggered. Nevertheless, we all must work to decrease phosphorus contributions to the lake.

As always, the water testing and this analysis of results are done solely by volunteer effort. All results are reported to the professional staff at the Maine Volunteer Lake Monitoring Program, who monitor the results and are the true experts in water quality. For more information, visit <http://www.mainevolunteerlakemonitors.org/>.



## 2010 Annual Loon Count Results by Rich Dressler

The Loon Count completed as part of the 2010 Maine Audubon Loon Count took place on Saturday, July 17th, 2010, from 7 to 7:30 a.m. The final official count reported by Maine Audubon included 35 adults and no chicks for Pushaw Lake (not sure why Audubon did not include the one chick reported at north end of the lake), and 11 adults and no chicks for Little Pushaw Pond. While the adult count continues to be good, chick production/survival has been disappointing. Thanks to all volunteers that participated in the count on both lakes – without your help, the count could not be completed in one-half hour.



## UMCE Online Watershed Steward Orientation by Laura Wilson

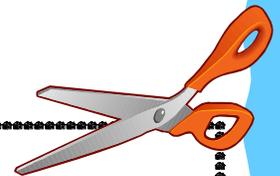
Would you like to do more to keep your corner of the Greater Pushaw watershed clean and beautiful? Sign up for an online orientation course to become a Watershed Steward. The University of Maine Cooperative Extension is now offering its comprehensive classroom training program in an online version, perfect for busy people who can't take the time to travel weekly to UMaine for classes. The course is divided into 6 sessions covering 12 topic areas. Each session will be delivered via your computer, and will take 1 to 1.5 hours. Classes will begin in April 2011.

The 6-session online orientation course is designed to provide UMaine Extension Watershed Steward volunteers with increased knowledge about protecting and improving water quality in Maine lakes. Stewards will learn how to recognize the major threats to their lakes, and begin to develop solutions to some of the most typical lake threats. Subjects to be covered include lake chemistry and pollution threats, septic systems, camp roads, invasive aquatic species, and much more. The course is designed for a general audience, and no previous educational background in the natural sciences is required or expected. **(Continued on Page 4)**

### ~~~~~WHAT GPLA MEMBERSHIP CATEGORY SUITS YOUR LIFESTYLE ON THE LAKE?~~~~~

- Patron:** \$15-50 per year dues, no minimum volunteer commitment
  - Underwriter:** \$51-100 per year dues, no minimum volunteer commitment
  - Sustainer:** Over \$100 per year dues, no minimum volunteer commitment
  - Helping Hand:** \$0-35 per year dues, 1-15 hours per year for GPLA activities
  - Activist:** \$0-35 per year dues, 16-36 hours per year for GPLA activities
  - Watershed Warrior:** \$0-35 per year dues, 37+ hours per year for GPLA activities
- ...or just pay a flat rate of \$15.00 per calendar year, or whatever you can afford.

## JOIN OR RENEW YOUR GPLA MEMBERSHIP TODAY!



Name \_\_\_\_\_

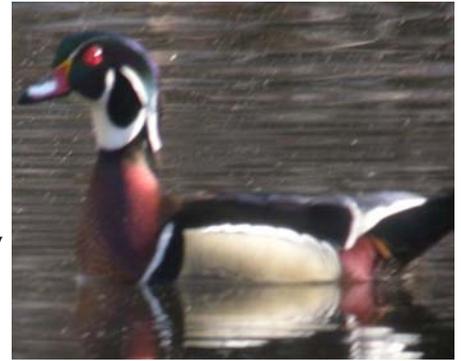
Address (Please list primary and seasonal addresses, if applicable)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone and E-Mail Address \_\_\_\_\_

Mail this form with your dues to: Kathy Lukas, GPLA Membership Chair  
281 Birch Tree Drive  
Hudson, ME 04449

## WATERSHED STEWARDS ONLINE ORIENTATION (continued from Page 3)

Participants will be expected to apply the skills they acquire in the online orientation course to complete 10 hours of volunteer service within one year of course completion. This volunteer service should be performed on the participant's own lake or pond. **GPLA can suggest several volunteer projects if you need some inspiration.**



There is a \$25.00 mandatory fee charged by UMaine for all online course enrollments, but GPLA will cover the fees (upon request) for any GPLA members who wish to participate. If you are interested in the online program, contact Laura Wilson at 581-2971 or [laura.wilson@maine.edu](mailto:laura.wilson@maine.edu) for more information.

## ALEWIFE REINTRODUCTION TO PUSHAW (continued from Page 1)

Efforts related to the project are being monitored by a KCOA Alewife Fishway Committee. Concerns or questions related to this project may be directed to KCOA, P.O. Box 307, Stillwater, ME 04489. These will be passed on to the Committee and the state and federal biologists.

## PUSHAW PROFILE: DAM NAMED FOR RICKY COOK by Bill Phillips



GPLA congratulates Richard D. "Ricky" Cook of 323 Woodland Avenue on the Old Town landing for the honor of having Pushaw Lake's outlet dam named after him by the Kukunsook Camp Owners Association (KCOA). An engraved granite marker with an inscription reading "KCOA's Richard D. Cook Dam" will soon be installed at the dam.

(Continued on next page)

## **PUSHAW PROFILE: RICKY COOK (continued from Page 4)**

This is a particularly fitting tribute to Ricky, because he's the one who has conscientiously tended the dam for the rest of us for close to thirty years. In fact, Ricky is also the one who designed, built, and installed the present steel superstructure to control the water flow when he took over maintenance of the dam back in the 1980s.

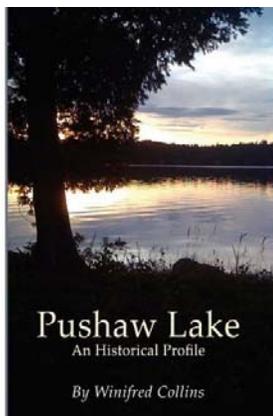
A longtime lakesider and year-round resident, Ricky well remembers the days before the dam when the lake was smaller and shallower, and you had to get your boat out about a hundred yards from shore before you could risk lowering the outboard. He also remembers that the water wasn't as clear and clean as it is now, recalling that this was especially noticeable in winter when the snow surrounding ice-fishing holes was always stained a dark brown.

In Ricky's account of it, the dam's origin is an excellent and early example of what can be accomplished by the kind of community cooperation both GPLA and KCOA strive for today. It was built in the 1960s, after the now defunct Pushaw Boat Club got behind the idea and collected the necessary funds from those owning properties on the lake. In time the boat club was dissolved, and ownership and responsibility for the dam passed to KCOA.

Ricky is a long-standing Director of KCOA, committed to improving the physical conditions and the quality of life here in our lakeside community. On behalf of the entire community, we thank him for being such a good neighbor, and we salute KCOA for the honor it has bestowed upon him.

**Do you know a special full-time or part-time lakesider who deserves recognition? Interview him or her, and send your article (with a photo, if possible) to GPLA President Sandi Duchesne, 478 Beechwood Avenue, Old Town, Maine 04468, or [smduchesne@roadrunner.com](mailto:smduchesne@roadrunner.com) . We will run one profile per issue for as long as they last.**

**LONG-AWAITED PUSHAW LAKE HISTORY HAS BEEN PUBLISHED!** by Sandi Duchesne



After many years of hard work, Winifred "Winnie" Collins has finally published her long-awaited book, Pushaw Lake: An Historical Profile. The book incorporates several decades of extensive research, personal interviews, and compilations of printed historical accounts by the GPLA History Committee, chaired first by the late Inez Boyd and then by Winnie in the years following Inez's death. Copies can be purchased online via Amazon or Barnes & Noble, or you may place a mail-order by sending a check to cover payment and postage directly to Winnie. You can read a review of Pushaw Lake: An Historical Profile and get more details on how to order a copy by visiting the GPLA website, [www.greaterpushaw.org](http://www.greaterpushaw.org) . Click on the "History" tab.

Photo credits Page 4: Pushaw Backwaters Wood Duck by Bob Duchesne; Ricky Cook by Bill Phillips. All other images are public domain (non-accredited) artwork. Lakesider photo submissions and sketches are always welcome!

## THE LAKESIDER

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*“Never doubt that a small  
committed group of  
citizens can change the  
world. Indeed it is the  
only thing that ever has.”*

**Margaret Mead**

### GPLA Lost & Found Department

Found last summer: Yellow bottom paddleboat, with a small electric motor and battery. To claim it, contact Don Sturgeon at 478-5133.

If you lose or find items anywhere on Pushaw Lake or Little Pushaw Pond, please contact Bill Phillips at 827-0454. Bill has volunteered to be the point of contact for returning lost & found items to their rightful owners. He can't control the winds and bad weather, but Bill will try to get everybody's stuff back where it belongs.

### **GPLA Salutes Our Pushaw Protection Partners!**

GPLA is fortunate to have a core group of active and strongly committed volunteers. We are grateful to all of our GPLA members, donors, and volunteers for their ongoing support, and to the many organizations that help us protect the watershed surrounding Pushaw Lake and Little Pushaw Pond: **Penobscot County Soil and Water Conservation District, University of Maine Cooperative Extension, New England Grassroots Environmental Fund, Maine Council of Lakes Associations, Bangor Bass Club, Orono Land Trust, Maine Volunteer Lake Monitoring Program, Maine Department of Conservation, and Kukunsook Camp Owners Association**, plus the elected leadership and hard-working staff of our four Municipal Partners: **Town of Orono, Town of Hudson, Town of Glenburn, and City of Old Town.**