



BELGRADE LAKES ASSOCIATION

*To protect and improve the watershed of Great Pond and
Long Pond through Preservation, Education and Action.*

Summer 2014



In areas where recreational boating activities occur, it is important that boat operators are aware of the potential impact of their boat's wake.

For helpful ways to minimize shoreline damage [see page 11...](#)

A MESSAGE FROM OUR PRESIDENT



Dear Belgrade Lakes Association Family,

With member commitment and BLA's consistent message, evolved and greatly improved over the years since 1908, BLA is keeping busy developing and funding programs to support its mission to "Protect and Preserve" water quality on Long and Great Pond. Thanks to the work of the Board, we have more people becoming members, more properties with LakeSmart approvals, more people keeping their eyes on the water, more discoveries of milfoil on boats entering our lakes, more scientific studies and testing of the lakes, more environmental education for the community, school children, property owners, and road associations. They learn what to do and how to protect the lakes from "run offs" into the lakes, rivers, and streams; and they are kept informed on key lake initiatives and legislation when possible.

BLA has increased its role for all the issues mentioned. We still have a long way to go, but we are making progress and are headed in the right direction so that future generations will be able to enjoy these beautiful lakes in our area.

So many programs require many volunteers. Please join us by emailing me at info@blamaine.org or call 207-512-5150, and we will find you the perfect project for your volunteer time.

Looking forward to seeing you all over the summer months. We say thank you for being a member.

Sincerely,

Gail

Gail Rizzo

Recipe

Emily's Spanish Theme Dinner

Appetizer: *Salsa*

2-3 Medium Tomatoes, Chopped
1 Onion, Chopped
1/2-1 Serrano Pepper (depending on how spicy you like it)
Small Bunch of Fresh finely chopped basil/cilantro or parsley
Mix Together and ENJOY!! :)

Salad: *Baby Spinach w/ Honey Balsamic*

1 pkg. Baby Spinach, 4-6oz. Crumbled Goat Cheese (chèvre) a handful of Dried Cranberries & Chopped Pecans.
Dressing: Honey Balsamic- Roughly 1Tsp Honey to 1cup Balsamic Vinegar. Mix/Shake together.
*Add/Take-Away according to taste preference.

Side: *Corn with Butter & Basil.*

Soften 1stick of Butter, add 1-2tsp of finely chopped Basil (dried or fresh) Mix well. Spread butter on corn. Enjoy!!

Dessert: *Mexican Chocolate Pie*

Filling: Your favorite Chocolate Pudding Recipe, adding 1/4 - 1/2tsp. each of Chili & Cumin seasonings. Add a small pinch of salt. *You can also add a small pinch of cayenne. If you're like me, you like a little kick!

Mix spices and pudding together and Pour into crust.

Crust: Chocolate Chip Graham Cracker Crust- 9 in.

Preheat 350* Bake 10-15min

2 -3pkgs (around 2cups) organic graham crackers, finely crushed
2/3cup chipped (or crushed) dark chocolate chips
2/3stick melted butter

This recipe is flexible. ...don't be afraid to play or to add more/less of each ingredient if you feel you need or want to.

Place Graham Crackers in mixing bowl. Add chipped Dark Chocolate Chips, mix. Slowly add melted Butter, and coat well. Mixture should be slightly oily to the touch & able to stick together when held in fist. Press evenly into ungreased pie pan, taking care around the edges.

*Try adding a thin strip of aluminum foil around the top edges of the pie pan. it keeps the crust (and chocolate) from burning.

Topping: I like to use whipped cream.

Meal: *Red & Green Chicken Enchilada "Lasagna"*

Preheat 350* 30min. 9x11Baking dish or deep fry pan.

Ingredients: XLcan green enchilada sauce, SMcan red enchilada sauce, 1pkg chicken thighs, SMcan Black Beans, 1lb shredded pepper jack cheese, 2c. (or a little more) cooked rice, 1tbs olive oil, 1pkg LG flour tortillas.

Directions: Pour green enchilada sauce in slow cooker (or frypan). Add chicken. Slowly simmer for 2-3hrs. Randomly flip/stir chicken if possible. Start on rice. Rice is 2 to1 if you're making it from scratch. 2cups rice, 4cups water. Rice takes 20-30min on low simmer covered (water should be almost boiling when you put rice in)When Chicken is done, remove from green sauce. Shred with fork. While shredding add Black Beans to green sauce. Gradually add cooked rice and shredded chicken to green sauce. Mix well. Once mixed. Turn slow cooker or fry pan off. Take out 9x11 baking pan. Coat in olive oil. Use 1/4 can red enchilada sauce to cover bottom of pan. Use 2 Large tortilla shells as "crust" layer with chicken/rice/bean mixture, add a layer of shredded pepper jack cheese & red enchilada sauce & continue to layer as you prefer.

Bake 350* 30min. Serves 6-8

* Note: I use 2 more tortilla shells, jarred jalapeños (for a surprise kick in the middle) and finish the 'lasagna' off open with the chicken mixture and a thick layer of cheese.

FISHING IN THE BELGRADES

by Dick Greenan

Welcome to open water Fishing 2014! Although, as I write this in late April, upper Long Pond just opened up from under 3 ft of ice on April 24th at 10am!

If last year's fishing was any judge, we should have another good year. Small mouth bass remain king in both Great and Long Ponds with some wall-hangers in the 3-4 lb range.

Belgrade's largemouth bass can be finicky, but with the right jig and retrieval they also will make anyone's day. When in doubt, try some of the worms from Day's Store. Joe is one of the lakes region's consistent pros.



Catching land-locked salmon in Long Pond, although still respectable, seems to have been getting slower each year. Some credit the lack of salmon with the pike's affinity for this silvery morsel; others see the competitive pressure for their food source, alewives in particular. And if you're like me, I just blame it on that fact that I like to sleep in most mornings! Bob here doesn't seem to have my problem despite the fact that the last time landlocked salmon were stocked in Long Pond was November 2011 when the State stocked 2000 13" salmon.

Pete can attest to the fact that fishing for brown trout in Long Pond has improved, most likely due to those escapees from the 2013 Great Pond stocking of 2500 browns dropping over the Village spillway into Long Pond.

The last time brook trout were stocked in Great Pond was November, 2011 with 100 of the 18" trophies. Long Pond received 1500 brookies at that time as well. Where they all went is anyone's guess!



continued on page 4

Our northern pike, although not indigenous to either Great or Long Pond, can provide the experience of a lifetime! There is nothing like hauling in a 36" pike on an 8 lb monofilament, although those in the know will usually choose a minimum 12 lb line with a steel leader. Think about these jaws the next time you go in for a swim!



But you know the most fun one can have fishing the Belgrades is to share it with our next generation! That is what's truly priceless.



Enjoy Summer 2014 in the Belgrades and remember that **size isn't everything!** See you on the lake!

GET THE LEAD OUT!

NONTOXIC FISHING SINKERS ARE THE FUTURE

by KEN ALLEN “This articles was reprinted from the Morning Sentinel on April 26, 2014 “

Over 20 years ago, environmental-media claims caught my eye, saying lead fishing sinkers were killing loons, those iconic 9- to 10-pound symbols of the north. These popular birds were ingesting the toxic metal, and scientific research looked solid, leaving little room for doubt.

I belonged to the National Audubon Society so was on a mailing list that generated environmental pitches. In short, the postal service was delivering more green-leaning mail to me than to average citizens.

After reading the literature, I made one of my famous forecasts, “famous” to me anyway, because my long-term predictions are often wrong. I figured sinkers, jigs and wire made from lead would be illegal for fishing within five years, but the partial ban has taken two decades.

I am strictly a fly rodder and seldom use lead split shot and never lead jigs; however, I was tying weighted nymphs with lead wire on the shank until 1994. That year, I immediately stopped the practice cold turkey.

Orvis carried nontoxic weighted wire and split shot, the latter in a holder with a rotating cover for opening individual compartments. Prior to that, a single container held my different-sized lead sinkers all mixed up, so the switch to the safer stuff was pig simple and more convenient for finding the right weight split shot in its own bin.



Loon with lead poisoning found by beach in Great Pond

Being a good citizen contributed to my decision, but also, it made sense that within a few years, the government would ban lead split shot – even for flies and fly leaders.

Granted, lead on flies received little bad press in the daily media then (or now), but I figured that right or wrong, lead bans for fishing would soon be the law. I’m pragmatic and very frugal so back then, didn’t want to tie a bunch of flies with lead wire that might become illegal.

Then, in the first year with my nontoxic weight, an observation wowed me. My weighted flies tied with nontoxic substitutes worked fine, and my catch rate didn’t decrease. In fact, within months, using the safer stuff was a complete non-issue to me. I seldom thought about it.

Even more amazing, I knew nontoxic metals on the market were lighter than lead so had decided ahead that when dead-drifting a weighted fly, a split shot or two on the leader along with the already weighted nymph would help get my offering to the bottom without heavier lead.

Here are two crucial points in my argument, too:

1. I can see the riverbed in two of the rivers that draw me the most, and when the light is right and casts are short, it’s easy to see the dead-drifted nymphs kissing bottom – business as usual even without lead.
2. Weighted flies (lead or nontoxic) often drift with the hook point up so are less apt to snag bottom, another important consideration in the comparison.

Lately, another hot issue in Maine again involves terminal tackle. **Non-biodegradable plastic tails** are common on bass and a few trout spinning or bait-casting lures. When these durable, wiggly plastics fall off the lure, they can last in the environment for five to 10 years, millennia or indefinitely, depending on the brand. When fish and birds

continued on page 7

LOONS IN APRIL...

Why you Want to Be LakeSmart

by Maggie Shannon



The morning after ice-out dawned overcast and cold, I gazed out the windows at gunmetal grey water that looked as forbidding as the day. Then several loons swam into view, and I felt a shock of joy. They were hooting softly to one another, swiveling their heads and occasionally dipping them below the surface between dives. Were they patrolling their domain after a winter's absence? Assessing food stocks in their pantry? I wondered as I welcomed them back. Though they passed out of sight in an instant, the moment lasted in my mind -- joining loons, the lake and land. I was glad to see the modest blue and white sign tacked to one of my lakeside trees. It said, "LakeSmart, Living lightly on the land for the lake's sake," and reminded me that caring for the land protects the lake which is home to these incomparable creatures. Following an ancient ritual, they return to their natal lake each year to survive and thrive and raise the next generation of their noble species. Let's not make life difficult for them. Let's keep our lakes healthy, clean and lead free.

Doing No Harm

Becoming LakeSmart is not hard. It's largely about capturing precipitation and keeping it on land. There are lots of ways to do this, and the Belgrade Lakes Association (BLA) has trained LakeSmart volunteers who will come to you and show you techniques designed to fit your exact needs. BLA's LakeSmart Coordinator is Logan Parker. If you call him between 10am – 2pm at MLRC's #207 495-3617, Logan will ask one of our trained volunteers to get in touch with you and schedule a visit. The volunteer will come to your home, explain how LakeSmart works, walk

your property with you, and make suggestions about how you can safeguard water quality. There is neither cost nor obligation. What you do after the LakeSmart visit is up to you.

Call Logan today!



BLA AWARDED \$100,000 MATCHING GRANT

by Lynn Matson

The Belgrade Lakes Association has been awarded its second major matching gift grant in two years. This year the association received a \$100,000 STOP MILFOIL grant to continue the milfoil mitigation work in Great Pond and stop its spread to other parts of the lake and into Long Pond.

A matching grant means that the BLA must receive \$100,000 in STOP MILFOIL donations by the end of the year in order to earn \$100,000 in matching funds. The grant has two levels of support. Donations from all past donors will be matched on a 1 to 1 basis. Donations from first time donors will be matched 2 to 1. A \$100 donation from a first time donor will be matched with a \$200 match for a \$300 contribution to the fund.

In March voters in the Town of Belgrade approved a \$20,000 STOP MILFOIL spending article and voters in Rome passed a \$10,000 measure. Both count towards the matching grant. Every dollar raised goes into a dedicated STOP MILFOIL bank account and is used ONLY for fighting milfoil on Great Pond and Long Pond. We must raise the remaining \$70,000 to earn the full matching grant of \$100,000. Please consider making a contribution. This is an opportunity we can't miss. Last year we raised \$166,713 from a very supportive community and our generous donors and earned the full \$150,000 matching gift grant in 2013.

Please make your check payable to "BLA – STOP MILFOIL" and mail it to BLA, PO Box 551, Belgrade Lakes, Maine 04918. Or make your contribution online at www.belgradelakesassociation.org. Thank you.

NONTOXIC SINKERS (continued from page 5)

ingest the non-biodegradable, wiggly stuff, it may not pass through their digestive system and stays inside them. Folks might notice the problem when cleaning fish.

Now, manufacturers offer biodegradable plastic for those wiggly tails.

Because of this option, folks with an eye to the future would like to make all lures illegal unless the tail is a biodegradable.

It seems a simple solution to a proven problem, but lately, opponents are fighting the change. Some of them claim defining what's biodegradable can be tricky. I believe science can answer that question, though, and anglers who want to ban plastics with long lifespans are on the right track.

Researchers recognize a potential problem, study it, publish the results and watch for one or two decades and certainly more for political opinion to catch up to the meticulous science behind such conclusions.

Here's another point: Recently, a right-wing zealot and I were discussing the new, partial ban on lead weight, and he verbally attacked me for being a democrat – an odd response. I've never, ever been a member of the democratic party, it's not a partisan issue and I am not a "real" republican.

I'm a moderate to the core who believes in the magic of bipartisan compromise. When the debate doesn't get beyond an erroneous accusation about party affiliation, neither side will make much headway.

And to me, nontoxic weight and biodegradable plastic for angling involves just that – compromises. Yes, I may be a consummate bottom-dredger of the fly-fishing world but can easily live with lighter, nontoxic metal on days when salmonids or stripers hug bottom in riverine or pond-and-lake habitat.

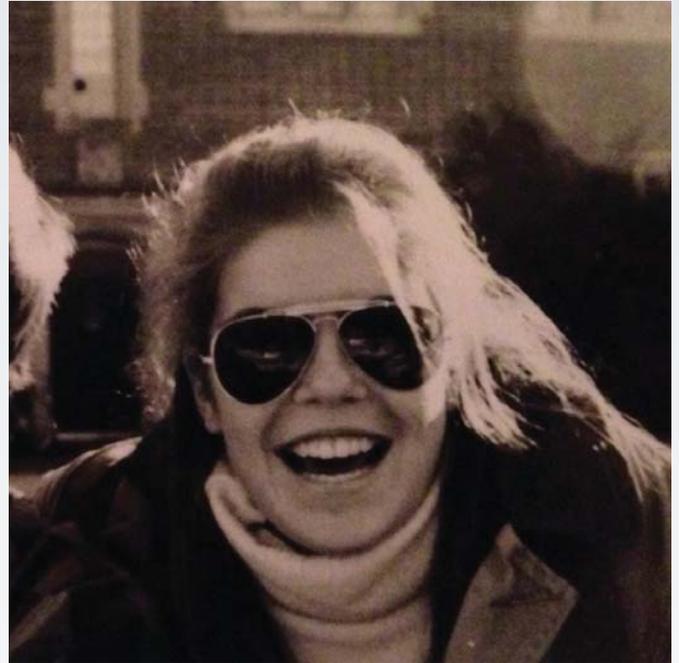
BLA MEMBERSHIP: 106 YEARS AND COUNTING!

The success of the Belgrade Lakes Association totally depends on your membership. In fact, the very existence of the organization is built on member support. If you've already renewed your 2014 membership, thank you very much. It's greatly appreciated.

Your financial backing will help us continue monitoring the water quality of Great Pond and Long Pond, support the Courtesy Boat Inspection Program and the local Conservation Corps, fund our own LakeSmart coordinator, help acquire critical watershed land, offer educational programs this summer, and provide you with newsletters and member events.

Members have supported the BLA for 106 years and helped fulfill its mission of "protecting and improving the watershed of Great Pond and Long Pond through preservation, education and action." Please keep this legacy alive. Join us as we strive to secure the future of our lakes for future generations.

Thank you very much.



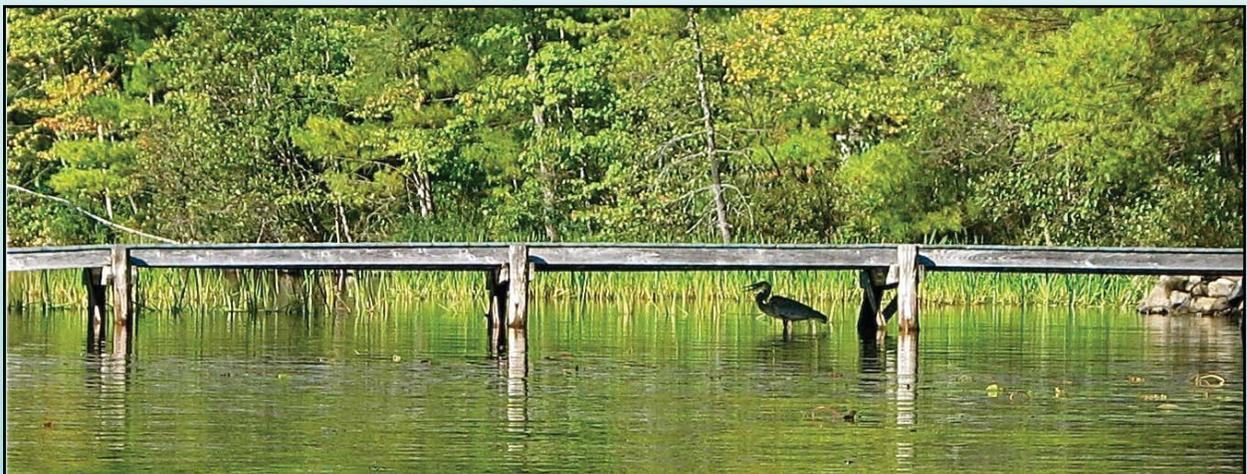
Be a member! Join us!

PRAISES TO THE BLA

by John Gibbs

I often sit on my Hoyt's Island dock and let nature saturate my brain in any way it wishes. With The Mountain directly across the channel I sometimes send mental praises to the BLA and BRCA for having preserved forever the natural beauty of this visually appealing geological formation. There is something that touches my soul knowing a beautiful piece of land will be there to grace my eyes for the rest of my life and beyond.

Sunsets are always a joy to view from my cove; however, there is also something to be said about cloudy day observations as well, especially after long downpours. I have also sat on my dock witnessing the final throes of rain's grip on the lake and marveled at the cloud movement forced by incoming drier air played out on the mountain after a very heavy rain.



ESCAPE FROM STRESS!

Belgrade Lakes, Maine -- The History of a Summer Community

Excerpt from America's Environmental Histories by Isabel K. Burgess and Dr. Megan Kate Nelson

On the surface, little has changed since the community's beginnings 150 years ago. The road is now paved and no longer lined with elm trees, but the bustling contentment of a summer morning remains constant. People return here each year, beckoned back to the lakes for another summer spent in the Maine outdoors. A closer look, however,



Where is this?

reveals the real story, and the immense changes that have occurred in the area. The summer community of Belgrade Lakes developed in the late nineteenth century in the context of the growing attraction to vacationing amidst the beauty of nature, a revolution in transportation, and the popular wilderness theories of the time. However, as an ever-increasing number of tourists have flocked to the Belgrades in recent years in search of nature and recreation, residential and commercial development continue to expand, degrading the lake environment and threatening the wilderness. The community's environmental history reveals the importance of the area's continued existence, and the ways in which it can be sustained over the long term.

Belgrade Lake's evolution from an Abenaki village to a mill town to a summer community resulted in a drastic change of its

environment through history. Beginning as a wilderness habitat, Belgrade transformed into a tourist destination because of America's growing appreciation of natural beauty, a revolution in transportation, and changing wilderness ideals. While clean, uninhabited nature still abounds in the area, the impact of human development has hurt the environment in ways visible in the lakes' rising phosphorus levels, and rapidly declining water clarity and dissolved oxygen levels. Though the wilderness environment of Belgrade Lakes is declining, it is not too late to reverse this trend. Local organizations and individual efforts have already made great strides in ameliorating existing damage, but much more work waits in the future. While the need for the Belgrade Lakes summer community's continued existence has ecologic, economic, and personal implications, it must be remembered that people and nature are inexplicably linked to each other. Human beings have an inherent need for contact with wildness, a need that grows stronger as



people drift away from the outdoors. The results of this are the growing patterns of obesity, depression, and attention-deficit hyperactive disorder, prevalent in both children and adults today. With continued efforts to educate the human population on the important correlation between human and environmental health, people will hopefully understand that by working together the task of protecting Belgrade can be accomplished. The summer community of Belgrade Lakes must be sustained, for Henry David Thoreau was right: "in wilderness lies the preservation of the world."



Find this on Great Pond.

STOP MILFOIL TEAM BUILDING DASH BOAT

by Lynn Matson

The third year of very aggressive action to remove the invasive milfoil from Great Meadow Stream and North Bay of Great Pond has begun, but this year will mark a major difference. The STOP MILFOIL has its own DASH boat, a Diver Assisted Suction Harvester.

The DASH is a shallow draft watercraft that serves as a work platform for removing the milfoil. It is outfitted with pumps to provide air for the divers and to suck up the milfoil.

The hookah pump system uses umbilical tubes to provide oxygen for up to 3 divers. This allows them to stay underwater water for extended periods of time without having to use the more bulky and expensive traditional scuba tanks.



Members of the New England Milfoil dive team using their DASH boat to remove invasive milfoil from Great Pond.

The second larger pump is attached to a flexible 4" hose. As the divers pull up the milfoil plants and roots from the bottom sediment, they are fed into the hose and sucked up to the boat where they are deposited in fine mesh bags. Workers then empty the bags transferring the milfoil into fish boxes for disposal at recycling sites.

The DASH boat gives our STOP MILFOIL team major advantages this summer. First, it's many times more productive than removing the milfoil by hand. It really speeds up the operation, allowing the divers to remove much more milfoil in a day.

This productivity is the key to managing the invasive milfoil on a cost effective basis in the future. It means that we will be able to reduce and then eliminate the major expense of hiring an outside dive contractor, who also uses a DASH boat, to do this work.

The second advantage of the DASH boat is that more of the milfoil plant is sucked up into the hose and deposited in the mesh capture nets. Fewer plant fragments escape, reducing the likelihood of spreading the infestation to other parts of the lake and into Long Pond.

If you'd like to know more about the DASH boat and its operation, contact Toni Pied, BRCA Milfoil Program Director at 207 215-2685.

SIGN UP FOR ADOPT-A-SHORELINE AND HELP STOP MILFOIL

by Lynn Matson

If you enjoy getting out on the water in your kayak or canoe, here's a great way for you to join our battle against invasive milfoil. Sign up for Adopt-A-Shoreline. It's fun and your efforts could make a real difference saving our lakes.

Adopt-A-Shoreline trains volunteers to identify milfoil and asks them to patrol their shoreline for any signs of new outbreaks of this invasive weed. You can participate as an individual or as part of your local road association.

Last year 121 volunteers from 17 road associations were trained and adopted 11 miles of shoreline. In 2014 the goal is to add 8 new associations and adopt an additional 10 miles of shoreline.



Adopt-A-Shoreline is a critically important program because prevention is the best way to stop invasive milfoil. If new outbreaks are found early, they can be removed easily before they become major infestations.

Sign up for Adopt-A-Shoreline today. Call Toni Pied, Belgrade Regional Conservation Alliance Milfoil Program Director, at 207 215-2685 to become a participant. Thanks for your help with this very important work.

WAKE UP? SLOW DOWN – Information and Suggestions

Every craft moving over the water leaves a wake.

Wake striking the banks can cause rapid and severe erosion, exposing the roots of vegetation and causing the banks to collapse. Wake impact and prop wash can also churn up the sediments, degrading the aquatic environment for plants and animals.

What about prop wash?

When you open the throttle in shallow water, the underwater wash from the propeller jet stirs up silt and mud, clouding the water. When the sediments settle again they can smother aquatic plants and degrade habitat. Disturbance and muddying of the water also spooks feeding fish. The jet formation created by prop slip is greatest during acceleration. The only way to reduce the effects of prop wash is to open the throttle very slowly until the boat is in deep water. Check your wash – in simple terms, if it's white it's right – if it's brown, slow down, because a muddy tint means you're disturbing the bottom sediments.

TRUE OR FALSE? SOME FACTS MANY PEOPLE GET WRONG.

1. Boat wake can't cause any more damage than wind-driven waves. YES, IT CAN.

Wind driven waves tend to travel along the length of the waterway and directly approach the shore only at bends in the channel. But boat wake may travel almost directly towards the bank and can cause erosion along the entire length of the waterway.

2. Most 'tinnies' are small and light enough not to cause any wake problems. NO, THEY'RE NOT.

Speed is just as important as size, and both factors must be considered together. For their size, most outboard powered boats can travel much faster than almost anything else on the water.

3. On the plane, the smaller wake causes less damage. NO, IT DOESN'T.

Even though a wake reduces in height as the boat planes, the waves are moving faster, further and travelling outwards from the vessel track. When a planing vessel travels parallel to a sheltered shore, the wave energy is directed towards that shore.

4. You can see what your wake is doing from the boat. NO, YOU CAN'T.

Even if you're fairly close to the bank (say 50 yards away) the peak wake impact of a boat travelling at 20 knots only occurs as the first 5-10 waves hit. By that time, you're half a minute and 300 yards away. The only way to really observe the impact of wake is to stand on a soft shore and watch the impact of wake in all three phases of boat speed. Every boat driver should do this sometime – you may be surprised at what you see.

What can **YOU** do about it?

- Be aware of different banks and beds – use your experience to recognize vulnerable landforms
- Keep your speed down – observe speed limits, voluntary and compulsory
- When you're well clear of the banks, move promptly from the displacement mode to planing speed – don't linger in the transitional phase, when the wake is largest
- Only use recognized landing places

“SUMMER EVENTS”

BLA Raffle Tickets – On Sale Weekends: 9:00am – 3:00pm Across from Day's Store.

Weekdays: anytime at Day's Store. Drawing: Sunday, August 10th, Farmer's Market, Belgrade Lakes.

*Chewonki, “Birds of Prey”

– Tuesday, July 8th, 2:00pm, MLRC

BLA Annual Meeting

– Tuesday, July 29th, 4:00pm – 6:00pm, Golf Course

BRCA “Aquafest Family Festival”

– Saturday, August 2nd, 10am-2:00pm, MLRC

*Chewonki “Mammals of Maine”

– Tuesday, August 5th, 2:00pm, MLRC

*Chewonki “Owls Workshop”

– Tuesday, August 12th, 2:00pm, MLRC

“7th Annual Race for the Lakes”

– Saturday, August 30th, 6:30am registration, Camp Runoia

*Chewonki's “Traveling Natural History Programs.”





**BELGRADE LAKES
ASSOCIATION**
137 Main Street
P.O. Box 551
Belgrade Lakes, ME 04918

PHONE:
207.512.5150

EMAIL:
info@blamaine.org

WEB:
belgradelakesassociation.org

BLA Board of Directors

Gail Rizzo
President

Lynn Matson
Vice President

John Atkinson
Treasurer

Stephanie Gardner
Secretary

Polly Parkhill Beatie
Pat Donahue
Jane Eberle
Liz Fontaine
Adam Gardner
Matt Gauthier
John Gibbs
Dick Greenan
Charles Grover
Mark Heuberger
Bert Languet
Maureen Maslak
Phil Mulville
Jack Schultz
Maggie Shannon
Steve Smith
Bill Witkin

GREAT POND YACHT CLUB F.Y.I.

by John Gibbs

Great Pond Yacht Club holds four lake friendly regattas every summer and is open for all to join. GPYC recently founded Belgrade Lakes Youth Sailing program with lessons to be given by SailMaine from certified instructors starting July 21 through August 15 this summer for ages 8 to 15. The Belgrade Community Center on Route 27 will serve as the youth sailing center. www.sailmaine.org: click Programs tab; click Belgrade Lakes Junior Sailing.

<http://greatpondyachtclub.com/>

