

Friends of



Wilson Ponds

A MAINE LAND TRUST

Summer~Fall~Winter~Spring
2019~2020

Newsletter



Photo from the Brown family camp on Lower Wilson Pond

a Mark Brown photo

"Heaven is under our feet as well
as over our heads" H.D. Thoreau

"Come to the woods for here is
rest. There is no repose like that of
the green deep woods. Sleep in
forgetfulness of all ill." John Muir

"Every time I have some moment
on a seashore, or in the mountains,
or sometimes a quiet forest, I think
this is why the environment has to
be preserved." Bill Bradley

"And into the forest I go, to lose my
mind and find my soul." John Muir

'UPTA' CAMP

3/28/1994 from Johnson's camp log
Had to walk from the top of the big
hill on Scammon as the old Dodge
Aries would not make it over the
snowfield. Beautiful sunny day !
4/3/1994 Aunt B.C. (Bernice Can-
ders) and I are sitting here on the
deck w/pond ice in whiskey —
here's to the opening of camp! The
pink flamingos are installed in the
garden officially opens the 1994
Summer Season! It was an unusu-
ally quiet ceremony with only the
quacking of the mergansers for
music. The bugle will have to be
sounded at a later date since Aunt
B.C couldn't squeak out a note!

From your president—

Welcoming Wilson Pond friends and family this summer will probably include social distancing in place of hugs. I will be very happy to see all of you and chat, even if it is from six feet away!

While we all take measures that will insure our good health and that of our community, it is a wonderful time to social distance on the pond and become familiar with native and invasive aquatic plants. What a great time for children and adults to learn how to keep our pond pristine and healthy. A good portion of the newsletter will be dedicated to that goal. Pages 4, 5 & 6 are dedicated to assisting you in the plant identification adventure.

This year Lake Stewards of Maine is offering Invasive Plant Patrol training online. This is an excellent opportunity to become a certified IPP person **OR** just for your own information. All information can be found on their website www.lakestewardsofmaine.org

Additional resources available locally include: **Maine Field Guide to Invasive Aquatic Plants and their look alikes** at the Shaw Library. **Quick Keys for ruling out Maine's Eleven Most Unwanted Aquatic Invaders** are free for the taking and available at the Shaw Library.

Although Friends had planned to conduct Courtesy Boat Inspections at the public boat launch on Lower Wilson Pond this summer, this plan is now uncertain. We are encouraging summer residents and all visitors to conduct their own inspections. It is really a simple process and instructions are included on page 6. There is an online video of the process sponsored by the Lakes Environmental Association. It can be viewed at www.mainerlakes.org under Invasives.

Friends of Wilson Ponds Certified Invasive Plant Patrollers will be conducting a survey at the public boat launch during August. If you would like join us, please contact Kay Johnson for details.

Our Annual Meeting and Lunch are unlikely to occur on July 11, 2020. We are planning a Zoom meeting on that date. Please consult our website for details. It is likely that a Lunch Social Event may happen later in the summer or fall depending on Covid-19 guidelines.

The Wilson Ponds harbor many talented and learned folks. Kaethe Weingarten, psychologist, of Teasdale Island on the Lower Pond has provided her article *How to Help Yourself in This Time of Crisis* on Page 7. The background is a soothing photo of the Upper Pond by professional photographer, Ruth Ganev, Upper Pond resident. Thank you both for sharing with us!

HAPPY SUMMER TO ALL!!!!

BECOME A MEMBER

RENEW YOUR MEMBERSHIP

Membership is \$10 per family per year. We gratefully receive donations in any amount for our Stewardship Program.

Please complete the information below and return with your check made out to the Friends of Wilson Pond Area.

THANK YOU

Name _____

Address _____

City _____

State _____ Zip _____ Phone _____

Email _____

Dues \$10 _____ Donation: \$100 _____ \$50 _____

\$25 _____ Other \$ _____

Please send to:

Friends of Wilson Pond Area

PO Box 454

Greenville, ME 04441

Please indicate below if you would like to receive your Newsletters via e mail. This saves trees and postage.

_____ **E-mail Delivery Please**

_____ **NEW MEMBER**

_____ **RENEWING MEMBER**

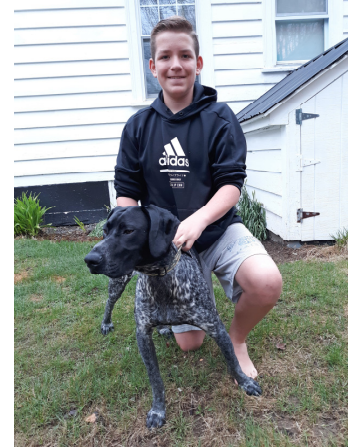
Congratulations to Pat Shafer

Lower Wilson Pond Ice-Out Contest Winner

2019 Franklin C. Mclver Scholarship recipients for the Teen Wilderness Expedition



Graceanne Brinkworth



Dale Turner

TWE Experiences 2019

Graceanne: “This summer, I was given the opportunity to enjoy the Teen Wilderness Expedition camp. We got to hike on beautiful trails and challenge ourselves to push harder, learned new things about wildlife, and create bonds with new friends in fun activities. Not to mention, the food was GREAT! I’m so grateful for going to this summer camp, because I’ve met people that I’m still in contact with, and know that I will be for a long time. I’m also grateful for the teachers, who taught us not just about wildlife, how to keep the earth clean, and how to tell the best ghost stories, but also for the staff’s welcoming ways to make you feel at home. I am very grateful. I’m definitely going back next summer!”

Dale: “Thank you for the scholarship, the AMC camp was great, I met a lot of new friends who I still regularly talk to. The counselors were very friendly and helpful. We did a lot of outdoor stuff like hiking and setting up tents.”

2020 Franklin C. Mclver Scholarship recipients for the Teen Wilderness Expedition



Byron Santerre is a student in Augusta, Maine. Byron is the son of Jan and Shaun Santerre. His family have a camp on Wilson Pond.

Byron writes: “I’m looking forward to going to Teen Wilderness Expedition because there is a lot to do outside at Medawisla and it’s going to be fun . I have no idea what this camp is like all I know is you are outside and having fun I’m sure it will be keeping me busy for the 4 days I’m there. I’ve never done an overnight camp so I will learn if I enjoy them or not. I have done A LOT of outdoor day camps, this is a new opportunity and it will be a great time during the summer.”



Skylar Larabee is a student at Greenville Consolidated School and the daughter of Kathryn and Daran Larabee.

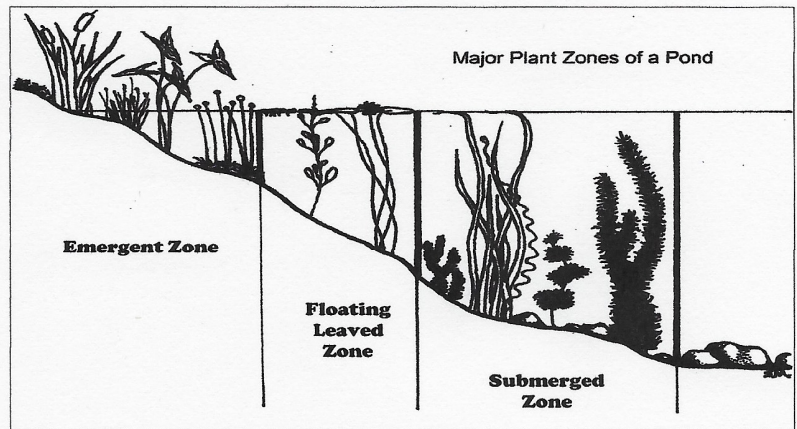
Skylar writes: “I want to go to the AMC summer camp because I enjoy the outdoors and everything it has to offer. In past years my family and I have gone on hiking and canoe trips. I really enjoyed those and thought it would be a fun reminder at the camp. My cousin has been to the camp as well and enjoyed it, she told me that she had fun. We hope to go

The 2020 Teen Wilderness Expedition will be held at AMC’s Medawisla Lodge. Campers will participate in a three-day, two-night adventure. Byron and Skylar will get a chance to enjoy outdoor recreational activities and experience the diverse natural resources in Piscataquis County. They will be fishing and hiking, engaging in leadership skill-building games and outdoor skills building. There will be time to relax, kayak and swim. The program is a collaboration between the AMC and the Piscataquis County Soil and Water Conservation District.

Aquatic Plant Communities

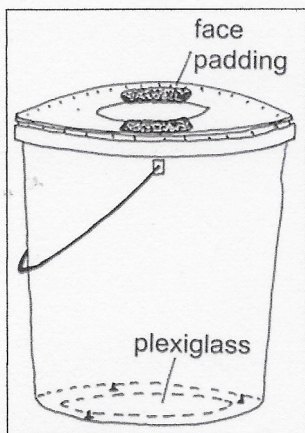
You are out on your little boat on a Maine pond like Wilson Ponds exploring the “fertile fringe” of the shallow areas where sunlight penetrates to the bottom sediments and the rooted plants create a blurry mosaic of form and color. You notice that within the littoral zone, the plants are loosely arranged in distinct, though overlapping “zones” or “communities.” The emergent plants such as cattails, pickerelweed and arrowhead hug the shore. These plants are adapted to withstand wave action and fluctuating water levels. With stiff but buoyant leaves and heavy-duty interlocking roots, they form an excellent defense against shoreline erosion and important cover for nesting waterfowl.

Beyond the emergent zone are the floating leaved plant community notable for patches of circular or elliptical leaves floating on the surface and later in the season for the beautiful and often fragrant flowers that emerge among the leaves. Some (like spatterdock and fragrant water lily) are anchored to the bottom sediments by tough elastic stalks, some (like the tiny duckweeds) float freely among the rooted plants.



Littoral zone plant communities

Looking very closely below the water's surface, notice a third community: the graceful and wondrously varied world of the submerged plants. This group includes the translucent leaved pondweeds, the tiny waterweeds, the delicate naiads and the free-floating plankton-eating bladderworts. These plants are all well adapted to the buoyancy of life underwater and many lack the stiff cell structure needed for life at or above the surface. The leaves here are finely divided or long and wispy, like cellophane noodles. Some submerged plants also produce a set of different, more durable, leaves to accompany their flower parts at or above the surface.



“Wide Angle” Scope

The best time to view the submerged community is when the air is very still and the sunlight is not directly overhead. Early morning and late afternoon usually provide the best viewing conditions. The addition of a pair of polarized sunglasses will enable you to see through the surface of the lake as if it were polished glass so each plant will be fully revealed in exquisite detail. However, if the wind picks up and ruffles the surface a simple viewing scope will be needed to continue your exploration. To the left is a diagram of an inexpensive, build-it-yourself “wide angle” viewing scope. For complete instructions go to www.fowpa.org.

The most common aquatic invasive plant found in Maine is **variable water milfoil**. Please be mindful that there are many native aquatic plants that may be confused with variable water-milfoil..

Adapted from information by Roberta Hill of Lake Stewards of Maine

VARIABLE WATER MILFOIL————MAINE'S MOST COMMON INVADER



Description: Variable water milfoil is a submerged aquatic plant with branching stems emerging from dense, spreading roots.

*Looks like a bottle brush

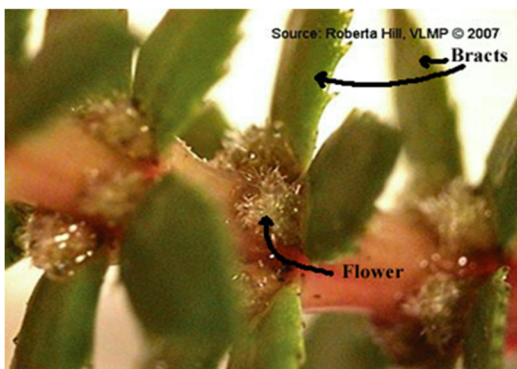
*Feather-divided leaves arranged in densely packed concentric circles called whorls.

*Usually 4 to 6 leaves per whorl and 5 to 14 pairs of thread-like leaflets on each leaf

*Stems may be green and slight or thick robust and reddish in color

*Tiny white flowers are arranged in whorls and occur in the upper angle of the leaf stalk.

*The bracts are blade-shaped, serrated and more than twice the length of the flower.



Habitat: Variable water milfoil can be found in still and flowing water and under ice.

*Roots in silt, sand, and gravel in water 1 to 5 meters deep.

*If stranded on the shoreline forms green erect spikes known as terrestrial morphs. Morphs resemble miniature pine trees and remain in the land-adapted form until the water returns.

How did variable water milfoil come to Maine?

Most likely a fragment attached to a boat or trailer that came to this region. Milfoil can live for many hours out of water if it remains moist. Milfoil is usually first found near boat launch sites when it infests a new water body.

Transient boaters are the leading means of spread.

How does milfoil infest other areas of a waterbody?

Watercraft propellers chop milfoil plants into small fragments. These fragments float on the surface and are at the mercy of the wind and water currents. Roots form on these fragments very quickly. When washed ashore these plants take hold and form a new colony.

An inspection of all boats is recommended before launching and is especially important if the boat has visited any infested waterbodies. Below is a list of Maine waterbodies with known infestations. Many waterbodies throughout New England are infested.

Maine Waters Infested with Invasive Aquatic Plants

Lakes: Annabessacook, Arrowhead, Auburn, Big, Cobbossee,

Damariscotta, Little Sebago, Long, Sebago, Messalonskee, Thompson.

Ponds: Balch, Brandy, Bryant, Collins, Cushman, Dundee,

Great, Grondin, Hogan, Horseshoe, Legion, North Gorham, Northeast, Mill, Milton, Pleasant, Pleasant Hill, Shagg, Spaulding, West, Woolwich.

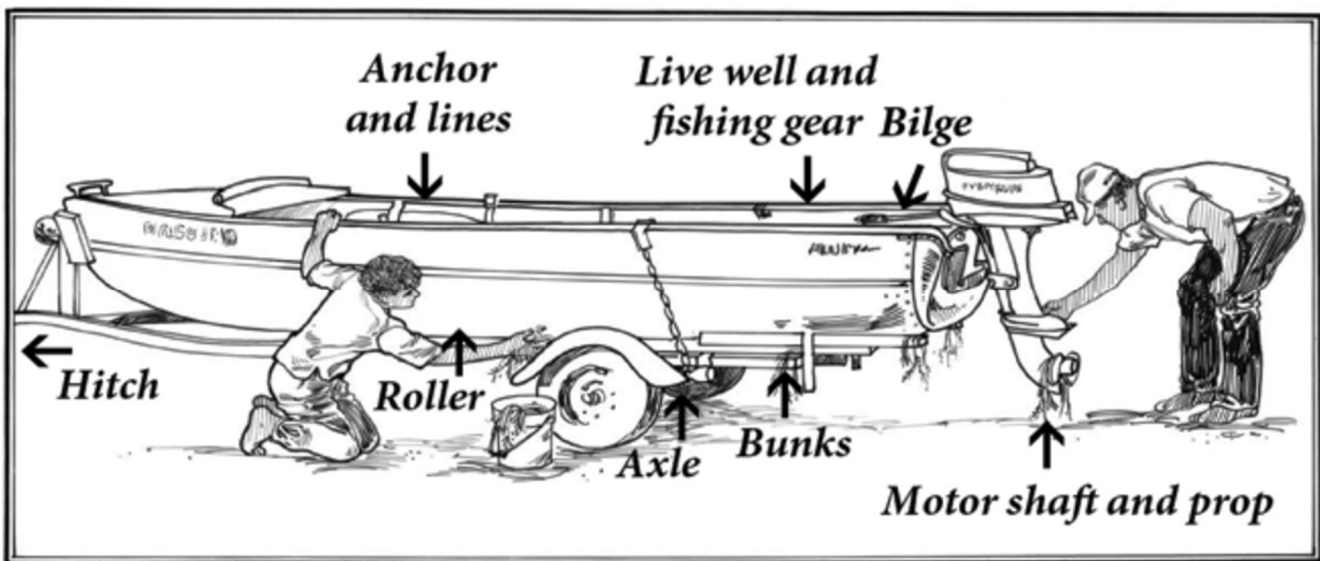
Rivers: Kennebec, Little Androscoggin, Little Ossipee, Ossipee, Presumpscot, Saco, Salmon Falls, Songo.

Streams: Belgrade, Cobbossee, Davis, Great Meadow, Messalonskee, Mill.

Helpful Resources and Where to Get Them

Web sites with information about invasive aquatic species:

- Friends of Wilson Ponds www.fowpa.org
- Maine DEP: www.maine.gov/dep/water/invasives
- Lakes Environmental Association (LEA): www.minelakes.org.
- Maine Department of Inland Fisheries and Wildlife: www.maine.gov/ifw/fishing-gboating/index.html
- Lake Stewards of Maine (formerly Volunteer Lake Monitoring Program): www.lakestewardsofmaine.org
- Greenville Town Office and Destination Moosehead have **free Quick Keys** which help to identify invasive and native aquatic plants.
- Shaw Public Library has available for loan several *Maine Field Guide to Invasive Aquatic Plants and their common native look alikes*. These are waterproof so can be used in wet situations.
- Think you found an invasive and need help? Contact the Moosehead Region Emergency Response IPP Team at 207-749-3598.



Look for hitchhiking plants anywhere on the boat and trailer where they could be caught by rough edges.

Please check your boat as follows:

- * **Clean** off any mud, plants (even small fragments), and animals from boats, trailers and equipment.
- * **Drain** boat, live well, engine and equipment away from water.
- * **Dry** anything that comes into contact with water.
- * **Never** leave waters with live fish, or release plants or animals into a body of water unless they came out of that water.

Drawing & instructions from Lakes Environmental Association CBI Training Manual

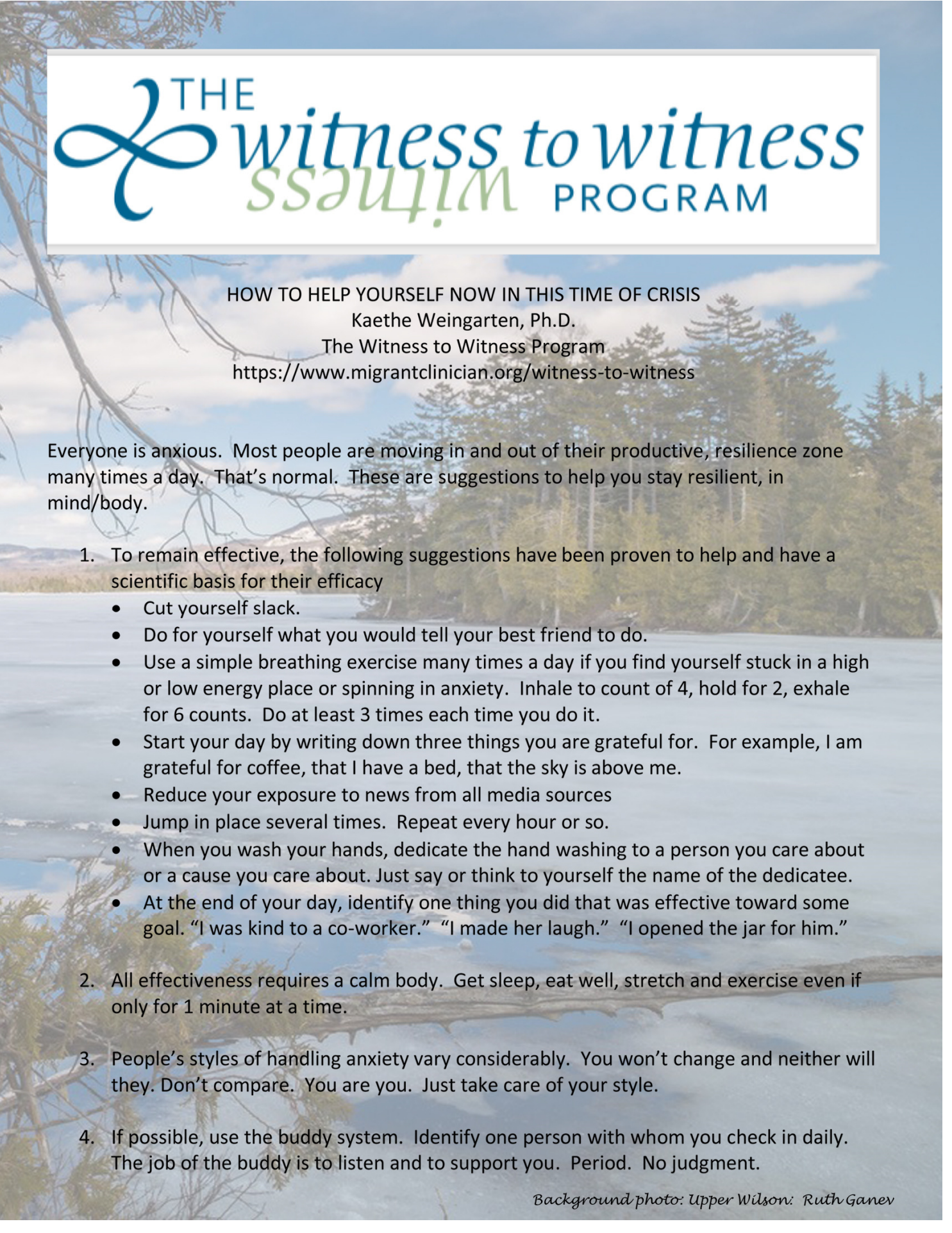


Friends of Wilson Ponds Mission and Goals

OUR MISSION: To protect and conserve Upper and Lower Wilson Ponds and their surrounding areas for the benefit of residents and visitors.

OUR GOALS

- ◆ Preserve biological diversity and ecological integrity of the area.
- ◆ Preserve soil, air and water quality.
- ◆ Preserve scenic vistas and the quietness of the area.
- ◆ Promote public education pertaining to land conservation and ecological topics.
- ◆ Work with landowners and other organizations in the preservation of land.
- ◆ Fulfill the responsibilities required by the current conservation easement.
- ◆ Seek funding and support for educational programs and land conservation.

The background of the entire page is a photograph of a calm lake reflecting a blue sky with light clouds. In the distance, there is a dense forest of evergreen trees. In the foreground, some bare tree branches are visible on the left side, and a fallen log lies across the water.

THE *witness to witness* PROGRAM

HOW TO HELP YOURSELF NOW IN THIS TIME OF CRISIS

Kaethe Weingarten, Ph.D.

The Witness to Witness Program

<https://www.migrantclinician.org/witness-to-witness>

Everyone is anxious. Most people are moving in and out of their productive, resilience zone many times a day. That's normal. These are suggestions to help you stay resilient, in mind/body.

1. To remain effective, the following suggestions have been proven to help and have a scientific basis for their efficacy
 - Cut yourself slack.
 - Do for yourself what you would tell your best friend to do.
 - Use a simple breathing exercise many times a day if you find yourself stuck in a high or low energy place or spinning in anxiety. Inhale to count of 4, hold for 2, exhale for 6 counts. Do at least 3 times each time you do it.
 - Start your day by writing down three things you are grateful for. For example, I am grateful for coffee, that I have a bed, that the sky is above me.
 - Reduce your exposure to news from all media sources
 - Jump in place several times. Repeat every hour or so.
 - When you wash your hands, dedicate the hand washing to a person you care about or a cause you care about. Just say or think to yourself the name of the dedicatee.
 - At the end of your day, identify one thing you did that was effective toward some goal. "I was kind to a co-worker." "I made her laugh." "I opened the jar for him."
2. All effectiveness requires a calm body. Get sleep, eat well, stretch and exercise even if only for 1 minute at a time.
3. People's styles of handling anxiety vary considerably. You won't change and neither will they. Don't compare. You are you. Just take care of your style.
4. If possible, use the buddy system. Identify one person with whom you check in daily. The job of the buddy is to listen and to support you. Period. No judgment.

Background photo: Upper Wilson: Ruth Ganey

Friends of Wilson Pond Area

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ANNUAL MEETING

Friends of Wilson Ponds

**Due to the unusual situation at hand,
the Annual Meeting will be a Zoom meeting
on**

Saturday July 11 at 10 am.

**Zoom information will be available by July 8
on Friends website www.fowpa.org**

or

**by emailing Kay Johnson at
kayyorkjohnson@gmail.com**

Thanks for your help!

Ralph Johnson—Newsletter and Photos

Mike DiCaprio—Campsites Work

Max Hall & Chris Conrad—Web Site Work

Ruth Ganev — FaceBook & Website

Liz Peltier—Moosehead Trails Representative

Dot Lamson — Lower Pond Water Quality Monitor

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