



# The Watershed Watch

The Newsletter of the Pemaquid Watershed Association • Summer 2014

## PWA Certified as Keep America Beautiful Affiliate



*The people who were key in launching the Keep Pemaquid Peninsula Beautiful (KPPB) Initiative (Left to Right): Keep America Beautiful (KAB) Trainer Sue Smith, Lynne Gilbert, Joanna Holland (aka The Anti-Trash Queen), PWA Executive Director Donna Minnis (dubbed the Queen of Green), PWA President Peggy Drake (holding the official Affiliation Certificate), Louise Riley, Linda Shaffer, Joan Panek, and former KAB VP and KPPB financial sponsor Susan Foster. Lynne, Joanna, Louise, Linda, and Joan serve on the KPPB Steering Committee. Not shown: PWA Program Coordinator, Carolyn Shubert, who supports the Steering Committee. Photo by Tim Badgley.*

On May 28, Pemaquid Watershed Association (PWA) was certified as a Keep America Beautiful (KAB) Affiliate and officially joined the ranks of KAB's international network of over 1,200 affiliates and partnering organizations. The evening celebration and ceremony took place at the Learning Center at Pemaquid Point Lighthouse Park and was attended by over 65 people. On behalf of KAB, trainer Sue Smith awarded the Affiliation Certificate to PWA Board President Peggy Drake. PWA's "Keep Pemaquid Peninsula Beautiful" initiative will bolster PWA's work to preserve and enhance the natural beauty of the Pemaquid Peninsula by promoting a clean, litter-free environment. "As part of our Keep America Beautiful Network, Pemaquid Watershed Association will act as a catalyst for behavior-change, with the goal of improving the quality of life for every resident," said Jennifer Jehn, President and

CEO of Keep America Beautiful, who was unable to attend the event but sent her regards. As an affiliate, PWA will benefit from established KAB programming proven to reduce and prevent litter, increase recycling, and overall minimize solid waste pollution. Plus, PWA will qualify to apply for grant donations available only to KAB affiliates.

The KAB Affiliation process required PWA to complete an application, two trainings, and two projects. Maine Senator Chris Johnson and Representatives Mick Devin and Ellen Winchenbach each wrote a letter in support of PWA's affiliation application. The two projects were to conduct a baseline survey of the status of litter on the Pemaquid Peninsula (see results on page 10) and to compile a comprehensive list of existing efforts related to litter prevention, community beautification and greening, waste reduction, and recycling.

*(continued on page 10)*

## Executive Director's Corner

This July PWA launched a project to survey our membership. The survey was an action item articulated in the strategic plan that the PWA Board of Directors adopted last year. Conducting the survey this summer became particularly timely because this past spring a topic came to prominence at Board discussions, and the Board would like to hear what the members have to say about it (along with the other important questions).

The topic was the location of the PWA office. Office location bolted to the top of the Board's list of concerns primarily because of two limiting factors of the existing office space that simply have become real problems: the steep staircase that is a hindrance to accessibility and the need for more storage space. The survey asks members to share their opinions about where they think PWA should have its office, such as how important it is that the office be in or near Damariscotta.

To implement the survey, we are using Survey Monkey. This Internet-based approach saves mailing costs, and the Survey Monkey system does a good job of compiling the data, making reporting easy. In mid-July, I emailed all members for whom we have an email address on file (517 of

the 1,021 members). The Board then made phone calls to some members to get more email addresses. By the end of July, I will have sent an email to all the new email addresses, and I will have mailed a hard copy of the survey to the rest of the list via regular postal service. A summary of the findings will be shared in the fall newsletter.

We know that filling out surveys is simply not some people's cup of tea, and that's just fine; Survey Monkey makes it easy to opt-out. But, if you do have interest in sharing your opinions and haven't already done so, we certainly would love to hear from you. We want to give each and every member an opportunity to have his or her voice heard.

☞ Donna Minnis  
Executive Director



P.S. If you have a tidewater.net email address, it's very likely that the Survey Monkey email invitation went into your spam folder.

P.P.S. If, come August 1, you have not received any notice about the survey, please contact me at (207) 563-2196 or [info@pemaquidwatershed.org](mailto:info@pemaquidwatershed.org). I'll be sure to follow-up with you to get you a survey.



### Pemaquid Watershed Association

#### Mission:

To conserve the natural resources of the Pemaquid Peninsula through land and water stewardship and education.

#### Community Service Vision:

A protected yet accessible Pemaquid Peninsula where people and wildlife thrive in a pristine and nurturing environment.

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#### Board of Directors

Peggy Drake, President  
Carol Knapp, Vice-President  
Bill Brewer, Treasurer  
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Mary Berger  
Chuck Farrell  
George Keyes  
Steve Laurich  
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Roger Panek  
Chris Roberts  
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Executive Director  
Donna Minnis

Program Coordinator  
Carolyn Shubert

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#### Have you enjoyed the self-guided nature study trail at Bearce-Allen Preserve?

This 1-mile trail in Bristol features 3 different types of signage to help visitors learn about many different aspects of the woodland area. There are 10 name-that-tree signs that allow visitors to guess the type of tree and then get the answer by lifting the top of the display. There are 4 information signs about forestry and sustainable harvests of timber; these are particularly relevant, as this preserve is slated to have a maintenance cut of timber this fall or winter to improve the health of the stand. Finally, there are 21 stations describing an ecological topic at the particular site. Topics include granite outcrops, bird habitat, why ferns grow where they do, why large, dead trees are important to leave in place, and much more. See PWA's web site for directions.



"Out beyond ideas of wrongdoing and rightdoing,  
there is a field. I'll meet you there.  
When the soul lies down in that grass,  
the world is too full to talk about.  
Ideas, language, even the phrase each other doesn't  
make any sense."  
— Rumi (English translation by Coleman Barks)

# Annual Financial Statement

TRANSPARENCY ♦ ACCOUNTABILITY ♦ FIDUCIARY RESPONSIBILITY  
PEMAQUID WATERSHED ASSOCIATION, INC.

## STATEMENT OF FINANCIAL POSITION FOR THE FISCAL YEAR ENDING

MARCH 31 2013-14 2012-13

### ASSETS

Current Assets		
Checking & Savings	\$22,593	\$20,893
Receivables	\$510	\$520
Investments		
Unrestricted	\$128,715	\$100,883
Restricted	\$88,750	\$86,723
Fixed Assets		
Equipment	\$4,748	\$3,408
Land & Buildings	\$1,050,300	\$780,300
<b>Total Assets</b>	<b>\$1,295,616</b>	<b>\$992,727</b>

### LIABILITIES

Current Liabilities	\$15,032	\$13,638
Long-term Liabilities	\$0	\$0
<b>Total Liabilities</b>	<b>\$15,032</b>	<b>\$13,638</b>

**NET ASSETS** \$1,280,584 \$979,089

### INCOME & EXPENSES

#### REVENUE

Membership Dues	\$28,437	\$27,724
Annual Appeal/General Donations	\$34,571	\$30,623
Events/Merchandise	\$37,519	\$36,442
Programs	\$4,200	\$7,575
Net Restricted Grants	\$16,123	\$12,288
<b>Total Revenue</b>	<b>\$120,850</b>	<b>\$114,652</b>

#### EXPENSES

Administration/Overhead	\$47,608	\$34,169
Events/Merchandise	\$14,923	\$9,080
Programs & Services	\$57,296	\$55,995
Depreciation	\$682	\$646
<b>Total Expenses</b>	<b>\$120,509</b>	<b>\$99,890</b>

**Total Revenue Over Expenses** \$341 \$14,762

#### NON-OPERATING INCOME

Investment Income	\$28,654	\$20,156
Conservation Land Donation	\$270,000	\$0
Stewardship Fund Donation	\$2,500	\$0
<b>Net Increase In Assets</b>	<b>\$301,495</b>	<b>\$34,918</b>



Thank you to the Damariscotta-Newcastle Rotary for sponsoring the 2014 Story Hour at Beachcombers' Rest Nature Center!  
See pages 7 and 8 for the nature center schedule.

### 2014 CORPORATE SUPPORT

#### BUSINESS PARTNERS (\$500+/yr)

Bath Savings Institution —  
*Bristol Recreational Trail Adoption*  
H. M. Payson & Co. — *Party on the Pier Sponsorship*  
Masters Machine Company — *La Verna Preserve Adoption*  
Seacoast Energy Solutions  
The Contented Sole — *Party on the Pier In-kind*  
The First — *Doyle Preserve Adoption*

#### BUSINESS MEMBERS (\$100+/yr)

Cheney Insurance Agency  
First Federal Savings  
Gosnold Arms, Inc.  
Hammond Lumber  
Hanley Construction  
Lake Pemaquid, Inc.  
Lincoln County Publishing  
Maine-Ly Pawn  
Mid-Coast Energy Systems  
Newcastle Square Realty Associates  
Salt Bay Framers  
Sproul's Furniture  
The Coastal Landscape  
Yellowfront Grocery

#### BUSINESS STEWARDS (\$50/yr)\*

Alewives & Ales Bed & Breakfast  
Consultox Limited  
Damariscotta Bank & Trust Co.  
Granite Hall Store  
Lakehurst Inc.  
Larson's Lunchbox  
Mexicali Blues  
Michael Alderson Restorations  
Midcoast Yoga Shala  
Mountainside MD Press  
Newcastle Square Vacation Rentals  
Oslo 3, Inc.  
Roy E. Seibel, Jr. M.D.  
Sullivan Tire Co., Inc.  
The Nature Conservancy  
Yacht Tender, Inc.  
Ye Olde Forte Cabins

\* As of fall 2013, the \$50/year Business Steward membership category is no longer available.

#### EVENT SUPPORTERS

Damariscotta Bank & Trust Co. — *Volunteer Gala Sponsorship*  
Savory Maine — *Volunteer Gala In-kind*  
Yellowfront Grocery — *Ducky Race Sponsorship*

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## PWA Paddlers in August and September

*The PWA Paddlers trips are designed to be easy to moderate in difficulty. All paddlers participating in PWA trips are responsible for their own safety, and each participant should determine in advance if conditions are suitable for their skill level. Participation is free and open to the public. Participants must provide their own kayak or canoe, wear a personal flotation device, and submit a standard release form prior to participation. Participants under 18 must be accompanied by an adult. Trips are cancelled if raining.*

*FMI, contact Peter Lawrence at (207) 563-7663, (207) 563-3104, or [paddlers@pemaquidwatershed.org](mailto:paddlers@pemaquidwatershed.org).*

*For the full 2014 schedule, see [www.pemaquidwatershed.org/paddlers.html](http://www.pemaquidwatershed.org/paddlers.html)*

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Aug. 2, 10:00 a.m.: Bradford Point, Friendship to Cranberry Island - Advisory: This trip involves ocean paddling. Take Rte 220 South into Friendship to Rte 97. Turn left and take first right past the fire station and Community Center onto Bradford Rd. ~1 mile down the road is the launch area. Duration 4 hours with picnic lunch (bring your own) on the Island; no public restrooms.

Aug. 9, 10:00 a.m.: Hatchet Cove, Friendship - Advisory: this trip involves ocean paddling. From Damariscotta take Rte 1 North to Rte 220 South in Waldoboro, which becomes the Friendship Rd. Proceed ~9 miles passing Friendship Scoop on your left to Martin Point Rd on your right at the museum. (If you miss Martin Point Rd you will end up on the main street of Friendship; turn around). Turn right on Martin Point Rd; the put-in is about 1/8th mile on the left and is marked. Park along put-in road off to the sides; no public restroom; Duration 3 hours; optional lunch at the Narrows Tavern in Waldoboro.

Aug. 16, 10:00 a.m.: Muscongus Sound, Waldoboro to Hungry Island - Advisory: This trip involves ocean paddling. From Damariscotta take Rte 1 North to Rte 32 South in Waldoboro at Hannaford's. Go right down Rte 32 ~2.5 miles to Dutch Neck Rd on your left. Follow Dutch Neck Rd 2.8 miles to a faded "Boat Landing" sign on left just prior to the Osborn Finch preserve. Turn left and you will see the parking area on your right a short distance down the road. Duration 3 hours. Picnic lunch on Hungry Island (bring your own). No public restrooms.

Aug. 23, 9:00 a.m.: Circumnavigation of Rutherford Island - Advisory: This trip involves ocean paddling. From Damariscotta take Rte 129/130 south for ~3 miles. Rte 129 will split off to the right at Hanley's Market/Gas Station. Follow Rte 129 into South Bristol and cross over the swing bridge. Go 1.8 miles, with tennis courts on your right, to the fork in the road bearing right and immediately turn right onto Sand Cove Rd. The put-in is just down the road with parking on the left. Duration 3 to 4 hours; no public restroom; picnic lunch (bring your own) on Witch Island.

Aug. 30, 10:00 a.m.: Bethel Point/Cundy's Harbor - Advisory: This trip involves ocean paddling. Take Rte 1 getting off at Cooks Corner in Brunswick and follow Rte 24 South 4 miles toward Cundy's Harbor. Turn left onto Cundy's Harbor Rd continuing for 3 miles then right onto Bethel Point Rd 1.5 miles to the end. Drop off your kayak and gear close to the edge of the boat ramp and then double back to the Bethel Point Boat Yard you passed on

the right coming in to park (\$5.00 fee). Duration 2 hours; restroom at boat yard; lunch at a restaurant in Cundy's Harbor.

Sept. 6, 10:00 a.m.: Hodgsons Island from East Boothbay. Advisory: This paddle involves strong river tidal currents. From Damariscotta take Rte 1 South turning left onto Rte 27 South (to Boothbay/Boothbay Harbor). Proceed on Rte 27 for ~11 miles to Rte 96 (Ocean Point Rd) on left. Follow Rte 96 for ~3 1/2 miles to School St, the second left after the Post Office, to East Boothbay Shipbuilders Park where we will put-in. Duration 3 hours with picnic lunch (bring your own) on the Island.

Sept. 13, 10:00 a.m.: Muscongus Sound, Bremen to Hog, Lounds, & Indian Islands – also Thief Island if weather conditions are favorable. Advisory: this trip involves ocean paddling. Take Rte 32 South in Waldoboro at Hannaford's (toward Round Pond) for about 10.5 miles turning left onto Muscongus Rd (see sign for Midcoast Kayak Launch) to a private boat yard (\$5 parking fee) on the right where we will put-in. If you go into Round Pond you've gone too far as Muscongus Rd is 2 miles before Round Pond. Duration 3 to 4 hours with picnic lunch (bring your own) on Thief Island. No public restroom.

Sept. 20, 10:00 a.m.: Witch Island from Pemaquid Harbor – Advisory: This trip involves ocean paddling. From the Pemaquid Harbor boat launch we will paddle to Witch Island, then through the Gut and back to Witch. From Damariscotta take Rte 130 (Bristol Rd) for ~11 miles turning right onto Huddle Rd to its end. Turn right and follow the signs for the Colonial Pemaquid boat launch. Duration 3 hours including hiking the trails on the Island and picnic lunch (bring your own); public restrooms at the Fort. Optional refreshments at The Contended Sole after the paddle.

Sept. 27, 10:00 a.m.: Biscay Pond to Pemaquid Pond - From Damariscotta proceed on Business Rte 1B to Biscay Rd (McDonalds on the corner). Travel ~3 miles passing Lessner Rd and Biscay Pond Beach on your right over the bridge to Fogler Rd on the right. Go ~1 mile down Fogler to Mary Berger's home at #163. We will put in at Mary's and have lunch there (bring your own) at the end of the paddle. Duration 2 hours.



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# Healthy Lakes 101

By Aj Corson

In the spring issue of *The Watershed Watch*, I explained about the process of “eutrophication”, which is the natural aging process of a lake. I also talked about how human activity can accelerate lake aging via a process called “cultural eutrophication”. In this issue, I focus on the challenge of slowing the rate of lake aging.

Nutrients are the engine in accelerating eutrophication. The primary nutrients that affect lakes are nitrogen (N<sub>2</sub>) and phosphorous (P). N<sub>2</sub> and P are food to plants, and too much of these nutrients can cause algae to bloom. Therefore, the challenge is to minimize the amount of N<sub>2</sub> and P entering a lake and thereby not speed up the aging process. Unfortunately, it is not that easy, as algae are able to “fix” nitrogen from the atmosphere. So, even if we were able to prevent N<sub>2</sub> from entering lakes, algae would still bloom. Therefore, controlling P from entering lakes is the key. Because of this, phosphorous is called the “limiting” nutrient: if we can control phosphorous runoff we can somewhat control the growth of aquatic vegetation.

As part of the Water Pollution Control Act, in the 70’s the US Environmental Protection Agency funded lake restoration studies in an effort to identify some effective means of reversing or abating the trend of decreasing lake water quality due to nutrient (P) enrichment. A few Maine lakes were included. Results were mixed and somewhat cost prohibitive on a large scale nationwide basis; however, some techniques were proven in a limited scope.

The first order of business was, and still is, eliminating or reducing the harmful negative inputs to lakes. There are two general types of sources of inputs to lakes: “Point Sources” = Concentrated treated and/or untreated discharges via pipes or conduits which discharge into water bodies. Around the mid 70’s, a high-tech treatment plant was built in Greenville with a “treated” discharge into Moosehead Lake. It was soon apparent that the quality of the discharge, especially high levels of nutrients (mainly P) had the potential of accelerating the aging process. Fortunately the discharge was abandoned with limited short-term damage to Maine’s largest lake. At present, I am not aware of a legal point source discharge into any lake in Maine.


“Non-Point Sources” = These types of discharges are

where the challenge lies. Each lake has a defined drainage area (a watershed), which is like a land-bowl around a lake that drains all natural and human inputs into the lake via runoff. The trick is to minimize the potentially harmful components of runoff from human activities on the land (such as excavation, farming, logging, lawn fertilization, road salting, etc.) . I’ll reiterate that reducing phosphorus input is key, such as by using fertilizers without P (or not

using fertilizer at all) and using phosphate-free detergents, soaps, shampoos, and sunscreen.

There are best management practices (BMPs) to control runoff at the specific sites, and there are BMPs effective along the shoreline of lakes to “catch” or “trap” harmful input to the lake. Controlling runoff from paved surfaces and lawns (especially on steep slopes with fragile soils) can greatly mitigate harmful input into our lakes. Shoreline vegetative buffers and diversion ditches are helpful.

Malfunctioning septic systems can be very harmful to lakes. Septic tanks by design tend to retain solids, and over time, if not pumped, solids will get to a level within the tank such that they will exit, plugging up the leachfield. If odors are detected, saturated soils appear at or near the leachfield, and/or noticeable surface wetness is observed, it is likely that human waste is entering the lake. Do not flush chemicals, garbage grindings, lint and solids, or anything that would affect biological activity in the septic tank or plug up the leachfield. The best way to protect a lake, as well as extend the life of a septic system, is to have the tank pumped every 3 to 5 years.

PWA implements an excellent program called LakeSmart that aims at limiting the aging process for our lakes. Lakeside landowners can sign up for a free onsite evaluation with recommendations for simple changes to limit runoff. Please contact PWA to learn more. 

*About the author: Aj Corson has a B.S. in Civil (Environmental) Engineering from the University of Maine Orono and is a former Maine Department of Environmental Protection Director of the Division of Water Quality Evaluation & Planning. He volunteers on PWA’s Land Stewardship Committee and is the Steward for Little Falls Brook Preserve, a Courtesy Boat Inspector, and a LakeSmart Evaluator. He is an avid outdoors enthusiast, avid fly fisherman, and gardener.*

# Lead Tackle Exchange Program



*PWA Program Coordinator Carolyn Shubert assists member Warren Appell with his exchange of lead tackle for non-lead alternatives.*

**Help save a loon by spreading the word to anglers that they can replace their lead tackle at PWA for free!**

Lead poisoning is the number one cause of death of adult loons in New England and was linked to the death of a loon in Pemaquid Pond last summer. Lead poisoning symptoms may be severe and fast and include disorientation and lethargy, making diving and flying difficult, and ultimately leading to death. Loons can ingest lead sinkers or tackle when eating fish which have tackle attached or if the fish have ingested sinkers, or when lost sinkers are ingested along with rocks from the lake bottom when loons fill their gizzards with rocks (gizzards are organs that help birds to grind up food).

Sinkers and jigs do not have to be made out of lead. Inexpensive, effective, and safe alternatives have been developed from non-toxic materials like tin, bismuth, steel, and ceramic. They work just as well as lead. This safe lead-free tackle is now available in many retail stores. These alternatives are safer for water birds and anglers alike.

PWA started a tackle exchange program in the office last year and is expanding it this year. Anglers can bring in their lead sinkers and jigs and exchange them for non-lead alternatives for free. Call ahead to PWA for an appointment for tackle exchange at (207) 563-2196. With the leadership of volunteers Margi Sudrabin and her daughter Emily, PWA also has equipped the two main campgrounds on Pemaquid Pond with tackle exchange materials to help spread the program. PWA's Tackle Exchange Program is made possible through partnership with the Maine Audubon Society and the Somerset County Soil & Water Conservation District.

## Save the Dates

- Through Aug. 22: William Curtis art exhibit "New England Passages".
- Tuesday, Aug. 5, 5:30-7:30 p.m. rain or shine: PWA Biscay Ponders Gathering. Hosted by Debby Carroll and Patrick McDonnell. Debby will do all the cooking. Please bring a beverage or a dessert to share. RSVP to [info@pemaquidwatershed.org](mailto:info@pemaquidwatershed.org) by July 30 for directions.
- Tuesday, Aug. 12, 5:30-7:30 p.m. rain or shine: PWA Pemaquid Ponders Gathering. Hosted by George and Donna McMillan. Please bring a potluck item to share. RSVP to [info@pemaquidwatershed.org](mailto:info@pemaquidwatershed.org) by August 5 for directions.
- Friday, Aug. 15, 9:30 a.m. - 2:00 p.m.: Invasive Plant Patrol Training, co-sponsored by PWA and Damariscotta Lake Watershed Association. Learn how to conduct an invasive plant screening survey. Previous attendance of an Introductory IPP workshop is recommended but not required. RSVP to PWA.
- Thursday, Aug. 21, 5:30-7:30 p.m. rain or shine: PWA McCurdy Ponders Gathering. Hosted by Butch and Marlene Long. Hosts will provide grilled chicken and beverages. Please bring a potluck item to share. RSVP to [info@pemaquidwatershed.org](mailto:info@pemaquidwatershed.org) by August 14 for directions.
- Aug. 25-Oct. 3: Midge Coleman art exhibit "Sunlight and Shadow Landscapes of Maine".
- Fri. Aug. 29, 4:30-5:30 p.m.: Coleman Exhibit Reception.
- Sun. Sept. 7, 5:00-7:00 p.m.: Cruise for a Cause.
- Sat. Sept 20, 9:00 a.m.-noon: Coastal Cleanup.
- Oct. 6-Nov. 14: Mary Johnston art exhibit "Wild Moments".
- Fri. Oct. 10, 4:30-5:30 p.m.: Johnston Exhibit Reception.
- Nov. 17-Jan. 2: Elizabeth S. Palmer art exhibit "The Fifth Dimension".
- Fri. Nov. 21, 4:30-5:30 p.m.: Palmer Exhibit Reception.



A collaboration between  
Pemaquid Watershed  
Association & the Bristol  
Parks and Recreation  
Commission

## Beachcombers' Rest Nature Center

At Pemaquid Beach Park

Open Tuesdays through Saturdays until August 30  
from 10:30 a.m. to 3:30 p.m. (weather permitting).

*Closed Sunday and Monday*



**TOUCH TANK TUESDAYS:** Through Aug. 26, 10:30 a.m. to 12:30 p.m. courtesy of the Gulf of Maine Foundation and Darling Marine Center, allowing visitors to experience first-hand many of the animals and plants that inhabit our coastal waters. Gentle handling of the creatures, observation, drawing, and discussion, with a period from 11:30 to noon of 'quiet no-touch time' to give the critters a rest. Sponsored by The Edward A. Myers Marine Conservation Fund.



**STORY TIME THURSDAYS:** Through Aug. 28, 11:00 a.m. to noon in the picnic area (to the right of the pavilion). Each week will feature a different story about oceans and marine life for different age groups. Visit [www.pemaquidwatershed.org](http://www.pemaquidwatershed.org) for the complete list. Sponsored by Damariscotta-Newcastle Rotary.

### Workshops & Events:

Space is limited. **To pre-register, call PWA at 207-563-2196 at least 2 days in advance of the event.** Please arrive at least 10 minutes prior to the workshop and gather in the community room on the right side of the pavilion. Programs are free unless otherwise indicated, but donations are gladly accepted. Nature Center visitors and program participants must pay the Town of Bristol admission fee to Pemaquid Beach Park. **Programs are held rain or shine.**

Friday, July 25, 10:30 – noon: **Printmaking with Nature.** Author/Illustrator/Educator Mary Beth Owens will lead this hands-on creative expression workshop where participants will make colorful images on paper using ink, rollers, and leaves, grasses, shells, and other natural objects found at the beach. The ink is water soluble, and aprons will be provided. This workshop will be geared for grades Kindergarten through 4<sup>th</sup> (ages 5-10). Children under 8 should be accompanied by an adult. Workshop is limited to 12 youth.

Friday, Aug. 1, 10:30 – noon: **Seabirds Here and There.** Come join Susan Schubel, a.k.a. Seabird Sue, to learn about the seabirds in the area. Become an expert on five different Maine birds with "Be a Bird Mystery Boxes". We also may look for birds or bird clues at the beach. Families and all ages welcome.

Friday, Aug. 8, 10:30 – noon: **Ocean Acidification.** Nature Center Naturalist Briar Bragdon and Maine Representative and marine scientist Mick Devin will discuss chemistry and dangers of the increasing acidity of the ocean and how it could affect Maine's economy. Find out about current legislative initiatives aimed at preventing ocean acidification, and learn how you can help be part of the solution. This program is for ages 13 and up.

Friday, Aug. 15, 10:30 – noon: **TWO CONCURRENT SESSIONS FOR DIFFERENT AGE GROUPS:**

**FOR AGES 13 AND UP: Tide Pool Prowl.** Discover the tidal pools teeming with life, from mussels, crabs, worms, snails and barnacles to periwinkles, lichen, seaweed, rock weed, and maybe even sea lettuce. Come learn fascinating facts, like how barnacles, which are crustaceans, define the upper tide line, are dormant during the lower tides, feed when wet, shed their skin in late winter or early spring, and build limestone houses for themselves.

**FOR AGES UNDER 13: Treasures in the Sand.** Diane Perry, educator and co-founder of Beachcombers' Rest Nature Center, will share facts and myths about the white sand at Pemaquid Beach. Participants will see microscopic images of crystals and particles that make up the sand, make their own sand, and then go off on an adventurous quest. Be ready to stroll with eyes and ears wide open to the many treasures in the sand! This workshop has a scavenger hunt component for families and friends. A mature caretaker will be needed for any non-readers. Pencils and clipboards will be supplied, but please bring your own if you can. Workshop is limited to 15 youth.



*Come have fun  
learning about  
seabird  
adaptations on  
August 1.*

*See the next page for the rest of the calendar and directions.*



Saturday, Aug. 16, 9:00 – 11:00 a.m.: **Under the Sea: A Diving Show-n-Tell.** Have you ever wondered what was under the sea off the coast of Maine? Come join us as diver, Brian Boone, shows us the beauty under the sea and talks about the sport of scuba diving. He will dive and bring up some sea life for you to examine. Bring your wet shoes and prepare for an exciting time! All ages are welcome. Children under 8 should be accompanied by an adult. Go directly to the shore for this event.

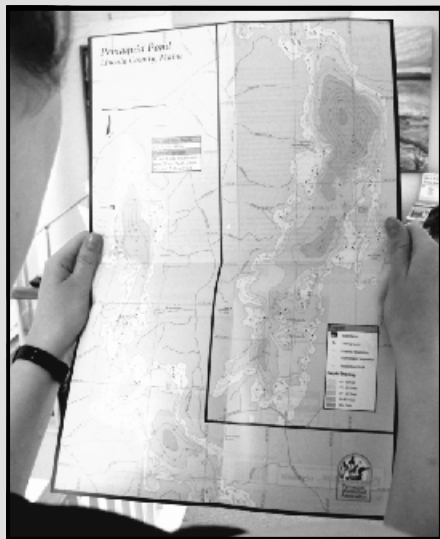


Saturday, Aug. 16, 10:00 a.m.-2:00 p.m.: **Beachscapes Contest.** Contestants are encouraged to let whimsy and fantasy be their guides in the construction of castles, sea creatures, forts, or even raked sand gardens adorned with rocks, seaweed, or found objects. Sign up that day at the nature center between 10:00 a.m. and noon to receive a numbered stake and reserve a space on the beach. All constructions will be gently judged, and prizes will be awarded in the Beach Park picnic area at 2:00 p.m. by King Neptune and Queen Neptune. Participants will be responsible for leaving their site tidy after the contest. BYOS (bring your own shovel). Families and all ages welcome. Children under 8 should be accompanied by an adult.

Friday, Aug. 22, 10:30 – noon: **A World in a Drop of Seawater.** Keri Kaczor, Marine Professional with University of Maine Cooperative Extension, will lead this workshop that explores the beauty, diversity and ecological significance of marine phytoplankton. Participants will get hands-on with microscopes to view the tiny phytoplankton, learning about harmful algal blooms and ocean food webs. Come learn how to build your own phytoplankton replica. All ages are welcome. Children under 8 should be accompanied by an adult.

Friday, Aug. 29, 10:30 – noon: **Lobster Tales.** Kristina Hamrin will share a world of information about Maine's iconic seaside creature - the lobster. She will describe what a day spent on the water by a commercial lobster fisherman entails as well as many interesting biological facts about lobsters. Kristina is a marine biologist and the co-owner of a commercial fishing vessel (lobster/crab, shrimp and blue fin tuna). She has spent time researching lobsters as well as harvesting lobsters and has many stories to share. There will be a live lobster at the workshop, along with a trap and some basic commercial fishing gear. All ages are welcome. Children under 8 should be accompanied by an adult. 🦞

**Directions to Beachcombers' Rest Nature Center:** From Damariscotta, take the Bristol Road (Ste Rte 130) about 12 miles. Take the first right about 50 yards after the Fire Department (and just before Hanna's Store) onto Snowball Hill Road. Travel 9/10ths of a mile. At the bottom of the hill, on the left, there is a sign for the entrance to Pemaquid Beach Park (there's also a smaller Beachcombers' Rest Nature Center sign). The Nature Center is in the pavilion.



## Pemaquid Pond Map

A brand new map of Pemaquid Pond (aka Lake Pemaquid) is available from PWA. This handy map, produced by Fishing Hot Spots, Inc., is presented in full color on a front-to-back 11" x 17" waterproof, tearproof sheet that is folded. The map is not intended to be used for navigation but rather to provide general information about the pond.

On one side is a map of the pond showing general depth information and points of interest, such as the boat ramp, campgrounds, and known locations of hazardous rocks. The other side provides a descriptive profile of the pond and the fish species found in it. Basic regulatory information on watercraft operation also is provided. The maps are \$10 each.





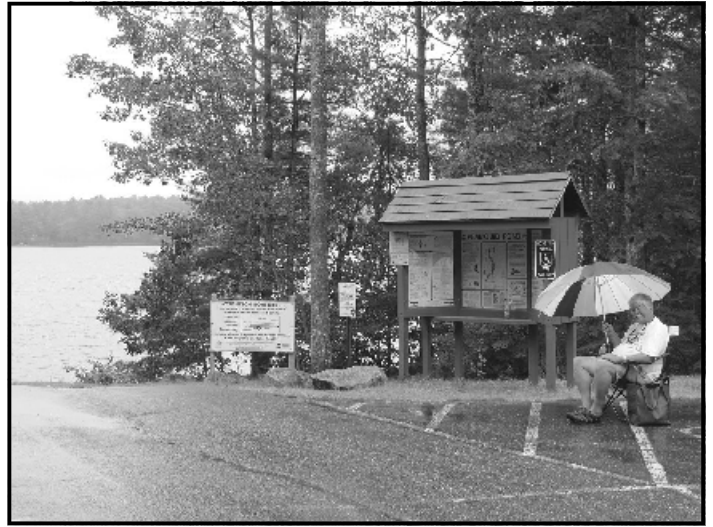
## The Call of the Loon...Volunteer Today to be a Courtesy Boat Inspector!

Come spend two hours at a lovely spot, meet nice folks, and help keep invasive plants out of the ponds!

PWA's Courtesy Boat Inspection

(CBI) volunteers are stationed at two public boat launches to check boats for plant fragments and to provide a welcoming face for boaters using the ponds, educating them about the threats to our watershed posed by invasive plants.

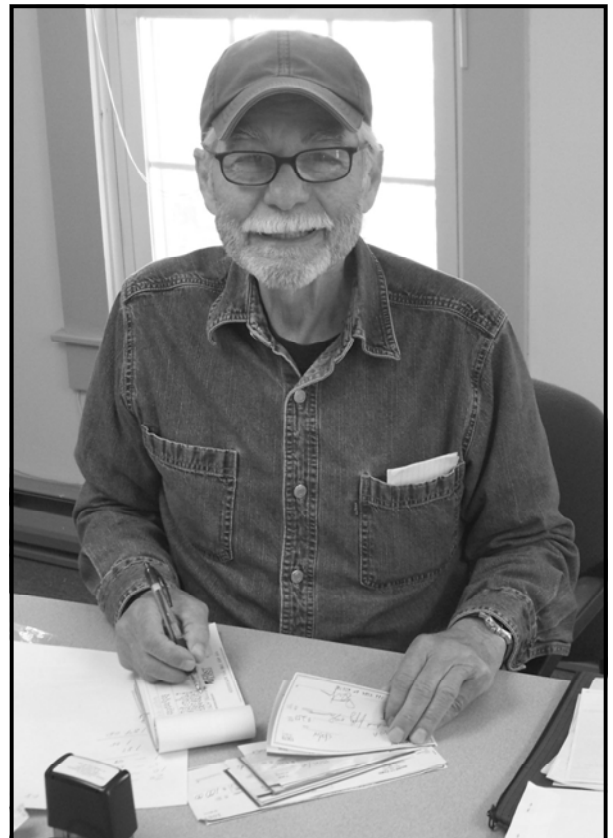
The two spots are at the Pemaquid Pond Boat Launch in Nobleboro off US Rt. 1 and the Biscay Pond Beach Boat Launch on Biscay Road. Inspectors can sign up for a 2-hour shift that fits into their schedule. PWA has nine great volunteers who have stepped up to be on the CBI team, but we have many shifts to fill over the summer and need more help. We hope to have the hours of 6 a.m. to 2 p.m. covered with CBI volunteers on Saturdays and Sundays through Labor Day. Training is available at the PWA office and you will get a free Courtesy Boat Inspector tee shirt or apron. 🦋



*Courtesy Boat Inspector Jack Boak awaits boaters at the Pemaquid Pond boat launch.*

## Volunteer Spotlight

- **Name:** Vincent Frazzetta
- **Age:** 76
- **Occupation:** retired Plant Manager
- **How long have you volunteered with PWA?** ~7 years
- **Programs you most often volunteer for?** I prepare the weekly bank deposits, and I manage the Hike and Paddle Pocket Guide distribution boxes that are placed at merchants around town.
- **How long have you lived here?** In Damariscotta for 2 years; prior to that, Bristol for 9 years.
- **Favorite food?** Pasta with my own Italian sauce
- **Last song you had stuck in your head:** *Here Comes the Sun* by The Beatles
- **Where did you grow up?** Bridgeport, CT
- **Dream Vacation?** Two years of wandering New Mexico with Veronica Havens.
- **Hobbies/interests?** photography, container gardening, birds, kayaking, reading anything. I regularly scavenge from Skidompha Library's used magazines and will read about all kinds of things I know nothing about, from knitting to downhill skiing.
- **What keeps you coming back each year to PWA as a member and volunteer?** The important work that PWA does for my community. 🦋



*Vincent Frazzetta, preparing a weekly bank deposit for Pemaquid Watershed Association.*

A team of volunteers hand-selected for their dedication to litter prevention and their skillset completed the two required projects and will serve as Steering Committee for the initiative. The crackerjack team of PWA volunteers spearheading the Keep Pemaquid Peninsula Beautiful Initiative includes Lynne Gilbert, Joanna Holland, Joan Panek, Louise Riley, and Linda Shaffer. The team will plan and coordinate the outreach and cleanup events for the initiative working cooperatively with the towns and other organizations. The first step that the team is working on this summer is to compile a complete and easy-to-use reference list of how to and where to properly dispose of all kinds of waste items, including prescription medications, batteries, electronics, white goods, paint, and toxic substances. The information will be made available to community members and disseminated via local rental agencies and other means. 🦋

### Special Access to Grants

One of the benefits of being a Keep America Beautiful (KAB) Affiliate is that PWA becomes eligible to apply for grants that are available exclusively to affiliates, such as for cigarette litter prevention, workplace recycling, litter prevention education in schools, and community beautification.

Already in the short time as an affiliate, PWA has applied for and received its first KAB grant award via the Dr. Pepper/Snapple Park Recycling Bin program. In June, PWA distributed 20 large recycling bins to the local towns and nonprofits that wanted them (Damariscotta received 4, Bristol and Waldoboro each received 5, Bremen received 2, and the Central Lincoln County YMCA received 3). The bins will be placed in public places and will be a handy receptacle for used b 🦋rage



*Damariscotta Town Manager Matt Lutkus and Selectman Ronn Orenstein with one of the four recycling bins that PWA was able to give to the town thanks to a grant from Keep America Beautiful.*

### Establishing a Baseline: How Littered is the Pemaquid Peninsula?

As part of the affiliation process, the Keep Pemaquid Peninsula Beautiful Steering Committee conducted a field survey to assess the status of litter on the Pemaquid Peninsula. The survey, called the "Community Appearance Index", is a tool designed by Keep America Beautiful to visually assess the overall appearance of communities via the indicator of litter. The survey was conducted in early April to time it after snow melt but before the major spring community litter cleanup events. A total of 56 half-mile sections of roads stratified across the six towns that are part of the Pemaquid Peninsula (Bremen, Bristol, Damariscotta, Nobleboro, Waldoboro, South Bristol) were driven over 3 days, and the amount of litter seen was scored on a scale ranging from 1 to 4, with 1 being "minimal or no litter" and 4 being "extremely littered". The composite Litter Index for Pemaquid Peninsula was 1.87.

The Community Appearance Index is designed as an annual data collection tool to allow PWA to monitor the trend in litter. Results from this year will serve as the baseline. PWA will use the findings to guide the development of educational and outreach programs for litter prevention, waste reduction, recycling, and community beautification programs. In addition, PWA will provide the survey results to KAB for their use in identifying national trends regarding community improvement issues. 🦋



*Keep Pemaquid Peninsula Beautiful volunteers (Left to Right) Joanna Holland, Louise Riley, Lynne Gilbert, and Linda Shaffer conducted a survey of roadside litter on the Pemaquid Peninsula.*

# Remembering Joan Lyford

By Diane Perry

Joan Lyford was ever mindful of the innate sense of wonder in us all. She saw every chance to blend art forms with the world around us. One of her proudest moments in the last decade of her life was co-founding with me Beachcombers' Rest Nature Center at Pemaquid Beach Park; Joan and I called ourselves "the Dreamers and Schemers." She also was proud to have played a pivotal role in the restoration of the Fish Point salt marsh and also for bringing the Wabenaki people back to their beach by organizing Native American Recognition Celebrations at Pemaquid Beach. This poem is in her memory.

*There is a pleasure in the pathless woods,  
There is rapture on the lonely shore,  
There is society, where none intrudes,  
By the deep Sea, and music in its roar:  
O love not Man the less, but Nature more,  
For these our interviews, in which I steal,  
For all I may be, or have been before,  
To mingle with the Universe, and feel  
What I can ne'er express,  
yet can not all conceal.*

— From "The Ocean" by Lord Byron

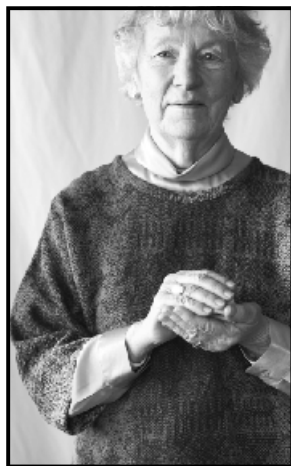


Photo by Paul McEvoy

Joan Lyford (1929-2014)

## Memorial Gifts

April to June 2014

In memory of...

- ☞ John S. Coggins from Sarah G. Herndon
- ☞ Willard Dunn Libby, from  
John and Sally Howell  
Lowell and Melissa Libby  
Rena Strand
- ☞ Joan Lyford, from  
Paul and Kathy Anderson  
Doris Balant  
Rosie Bensen  
Charles and Paula Hanson  
Jeanie Rubio  
Mrs. Scott Short
- ☞ Beloved mothers, June Hearne and Wilma  
Watkins, from Carol and Jim Watkins



## Wish List "Catalog"

Support PWA by "buying" an Item from their wish list!

*Partial contributions  
are welcome!*

### Office Needs:

- Desktop Computer — \$864.30
- Thermal & Cold Laminator (12.5") — \$199.99
- Tabletop Phone Conferencing Unit — \$362.00
- NAS (network-attached storage) server — \$406.99
- Portable large-screen Monitor with built-in DVD Player — \$124.99
- 1-year Service Contract for All-In-One Printer/Fax/Scanner — \$565.40

### Other:

- Five Orange Safety Vests — \$29.95
- Heavy Duty Staple Gun with Case & Staples — \$37.99
- Two 36x36" "Litter Patrol Ahead" Roadside Signs — \$65.00 each
- Two Collapsible Tripod Stands for "Litter Patrol Ahead" Signs — \$59.80 each

All you need to do is send a check in the amount of the item to PWA at PO Box 552, Damariscotta, ME 04543, and note in the check memo what you are "buying" for PWA.

Have you wanted to help PWA with their Wish List but just haven't had what they've been looking for?

Well, now fulfilling a PWA Wish is easier than ever! Instead of donating the actual item, you can now donate its value so PWA can acquire it! (Of course, we still gladly accept gently used items.)

### Wish List Grantors

Coat Rack — Eleanor O'Donnell

1 'No Wake Loon Nesting Sign'  
— Mike & Jane Trefren



PO Box 552  
Damariscotta, ME 04543  
(207) 563-2196

[info@pemaquidwatershed.org](mailto:info@pemaquidwatershed.org)  
[www.pemaquidwatershed.org](http://www.pemaquidwatershed.org)

NON PROFIT  
U.S. POSTAGE  
PAID  
PERMIT #11  
NEWCASTLE ME

Photo by Michael Austin Kane



### Sign up for Pemaquid Watershed Association's Loon Lovers Membership Program!

When you become a Loon Lover, you help provide PWA with a predictable, reliable revenue stream via the automatic monthly donation charged to your credit card. The Loon Lovers program saves you time and money: no renewal forms, no checks, no postage. In addition, as a gift for signing up, you will receive a benefit book with over \$200 in coupons for area merchants and a beautiful bumper sticker.

**It's easy to enroll — simply fill out the form below or sign up online at [pemaquidwatershed.org](http://pemaquidwatershed.org).**

To change or cancel your monthly gift, simply contact PWA.

#### PWA Annual Membership Dues Suggested Levels:

→ **Loon Lovers Membership Program:** a minimum of \$5 per month via credit card.

OR

→ **Regular Membership** by check:

\$25 Individual  
\$35 Family  
\$100 Patron  
\$250 Benefactor  
\$500 Sponsor  
\$1000 Conservation Partner  
\$100 Business Member  
\$500 Business Partner

#### **YES! I choose to be a member of Pemaquid Watershed Association!**

Name \_\_\_\_\_

Primary Mailing Address \_\_\_\_\_

Second Mailing Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

And I want to be a LOON LOVER: ☐ Please enroll me in the Loon Lovers Membership Program and charge my credit card monthly for \$\_\_\_\_\_ (minimum of \$5/month).

Card Type: ☐ VISA ☐ MasterCard ☐ AmEx ☐ Discover

Credit Card #

• Expiration Date \_\_\_\_\_ • Zip Code of Billing Address \_\_\_\_\_

• Signature \_\_\_\_\_ • Security Code \_\_\_\_\_

OR ☐ Enclosed is a membership check for \$\_\_\_\_\_ (payable to PWA).

Donations are tax-deductible. Thank you for your support. FMI: 207.563.2196

