Friends of Wilson Lake



President's Report – Sandy Muller, President

On behalf of FOWL, I welcome you to the end of a long, hard winter and hopefully the early beginning of summer. I know I am ready. I have lined up someone to clear the downed tree from our road; the water is scheduled to be turned on; someone lined up to spring clean the camp; and I also have someone to install the docks. We plan to arrive the first week of June.

Here are some dates I want to share with you. The Courtesy Boat Inspection (CBI) program starts on May 26th (Memorial Weekend) and we still need some support staff to assist us. It only takes a couple hours for one weekend, if you have done this before, call me to see which weekends remain. If you have not done this, call me to discuss what is involved. (860-635-1139)

On June 6th, we will be presenting the FOWL David Prince Memorial Scholarship to a deserving Mt. Blue student. Saturday June 16th is the combined conference of Maine Lakes and Lake Stewards of Maine beginning at 8:30 at China Lake. (Please let me know if you are interested, FOWL will have a delegation attending.) On Sunday, July 16 is our Annual Meeting at 1:00, at the Lion's Club Building (next to the Police Station). On Friday, August 4th will once again provide boat rides for the Blueberry Festival from the boat launch from 1:00 to 4:00. We have 6 boats lined up, but if you want to help, please give me a call.

In this newsletter, Wynn has provided some important information. At last year's Annual Meeting there was much discussion on Metaphyton. Wynn has made use of Artificial Intelligence to cover this topic. I believe you will find it interesting. Also, he repeats information provided by the Warden Service on Boating Safety. We learned that Chris MacCabe has been promoted and Wilson Lake is currently without an assigned Warden. The material has been reviewed by the warden service. There is also a new article on ticks which continue to be of serious concern to us all. This tells us that about 50% of all ticks carry a disease, mostly Lyme Disease in Maine. There is an article on Hydrosphere and the water cycle with many interesting facts and figures. Finally, there is a wonderful article by Olivia Schanck, our CBI coordinator. She will graduate this year from UM at Orono. She expresses her sincere appreciation of Wilson Lake and all it has meant to her over the years.

I sincerely wish you a wonderful summer and you can contact me at: sandymuller@comcast.net should you have questions or ideas on the happenings of our organization.

Sandy Muller

Visit our Website:

www.friendsofwilsonlake.org

Wilson Lake is a treasured resource in the community of Wilton, Maine.

We aim to protect the lake, its watershed, plants, and wildlife, but we cannot achieve our goals alone.

Find out how you can help.

Come and dig into our website. Here you can learn facts about Wilson Lake, review the Maine Boaters Safety guide, review the 2016 Watershed Survey report, view and link to our corporate members, and so much more! **Inside this Issue:**

(All articles by Wynn Muller, FOWL LakeSmart Coordinator, unless otherwise identified)

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Metaphyton

by Wynn Muller with assistance from Lake Stewards of Maine and ChatCPT

A tour Annual Meeting last July, concern was raised as to the presence of a "cotton candy" like substance around the shore line. This substance is called metaphyton and is formed from algae forming into benthic mats at the bottom of shallow coves. Frequently as these mats receive oxygen through water clarity and solar radiation, they produce oxygen bubbles that allow the algae to float, mostly unattached, or free-flowing. There was an article on this topic in the May 2020 Newsletter which you can view at our website at this link: https://static1.squarespace.com/ static/5261a2b8e4b068320e3c7116/t/ 6012d2e96d2fcf1e67788944/1611846382280/ FOWL+Nwsltr+2005_v02.pdf



Sample of Metaphyton Lake Stewards of Maine

In addition to this earlier article, I have taken advantage of the Artificial Intelligent system "ChatGPT" used by students to generate papers to create the following "paper" on "metaphyton in Maine lakes." For those who are not familiar with ChatGPT, it is a program that examines the internet for information based upon a request from the asker. Here I first tried only "metaphyton" and had to finally include "Maine lakes" since my initial request was too great a topic area getting into metaphyton on land as well as water. I have made some comments below based upon input from Lake Stewards of Maine. Here is the AI article:

"Metaphyton is a complex assemblage of benthic algae and other organic materials that are commonly found in freshwater lakes and streams. In Maine, metaphyton is an important component of the aquatic ecosystem, as it provides a habitat and food source for a variety of organisms.

"The growth of metaphyton is primarily driven by nutrient availability, light intensity, and water depth. In Maine, the most common types of metaphyton are filamentous green algae, di-

atoms, and charophytes. These algae can form dense mats on the bottom of the lake or stream, which can have important ecological consequences.

"One of the primary benefits of metaphyton in Maine lakes is its ability to provide a habitat and food source for macroinvertebrates such as insects, snails, and crayfish. These organisms play an important role in the food web of the lake, serving as prey for larger predators such as fish and birds.

"Metaphyton can also help to stabilize the sediment in Maine lakes and streams, reducing erosion and promoting the growth of other aquatic plants. Additionally, metaphyton can help to regulate the oxygen and carbon dioxide levels in the water, promoting a healthy aquatic environment.

"However, excessive growth of metaphyton can also have negative impacts on the aquatic ecosystem. When the growth of metaphyton becomes too dense, it can block sunlight from reaching other aquatic plants, reducing their ability to photosynthesize and grow. This can lead to a decline in the overall health and diversity of the aquatic ecosystem.

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"Furthermore, when metaphyton dies and decomposes, it can consume large amounts of oxygen in the water, leading to hypoxia (low oxygen levels) and potentially harmful algal blooms. These blooms can release toxins into the water, which can be harmful to both aquatic organisms and humans.

"In recent years, the growth of metaphyton in Maine lakes has become a growing concern, as increasing nutrient inputs from agricultural and residential runoff have led to an increase in algal blooms and hypoxia. To address this issue, efforts are being made to reduce nutrient inputs to Maine lakes and promote the growth of native aquatic plants that can help to compete with metaphyton.

"Additionally, researchers are studying the ecological impacts of metaphyton in Maine lakes to better understand its role in the aquatic ecosystem and identify potential management strategies.

"In conclusion, metaphyton is an important component of the aquatic ecosystem in Maine lakes, providing a habitat and food source for a variety of organisms and helping to regulate the oxygen and carbon dioxide levels in the water. However, excessive growth of metaphyton can have negative impacts on the ecosystem, highlighting the importance of understanding and managing this complex assemblage of benthic algae and organic materials."

In the previous article above by Scott Williams of Lake Stewards of Maine, Scott indicated there was no need to be concerned with metaphyton as it was not harmful to one's health. However, note the area in red above. Because of this discrepancy, I asked for clarification from Tristan Taber of the Lake Stewards of Maine. Tristian had this to say about the above article: "In the simplest terms and broad-brush strokes, metaphyton is mostly green algae and does not produce toxins. When it dies and decomposes, it



Boat rides at the Blueberry Festival by Sandy Muller

releases a spike in nutrients, which cyanobacteria are able to take advantage of and rapidly grow. Cyanobacteria may be in a high enough



concentration to bloom and they may produce toxins making them a harmful algae bloom." "In general, this is what we and other professional scientists have observed." Note: I would summarize this to indicate that while there is little to be concerned with about metaphyton in its natural form, should it die and decompose, it is possible that it could contribute to other algae in creating algae blooms which could then be harmful. At present, in Wilson Lake, this would appear to be most unlikely, but certainly of concern for the future.

Ticks and Lakes

by Wynn Muller with help from Maine Cooperative Extension

Ticks continue to be a significant problem in Maine and other New England states as well. While there has been lots done to reduce the impact of mosquitoes, less has been done in the area of tick prevention. Hence it is up to each of us to be most diligent in watching out for these pests. In our May 2020 newsletter, there was a significant article on ticks written by Peter Kallin, Ph. D of Maine Lakes that appears at this link: https:// static1.squarespace.com/static/ 5261a2b8e4b068320e3c7116/t/ 6012d2e96d2fcf1e67788944/1611846382280/ FOWL+Nwsltr+2005_v02.pdf

I encourage you to review this article. Below is material I have gleaned from the Maine Cooperative Extension and its 2022 Annual Report on Tick Surveillance. For their complete report go to: ticks.umaine.edu.

For some time, the Extension has been testing tick samples for the causative agents of *Lyme disease*, *anaplasmosis*, and *babesiosis:* the three most common tick-borne diseases. Let's look at the nature of these diseases:

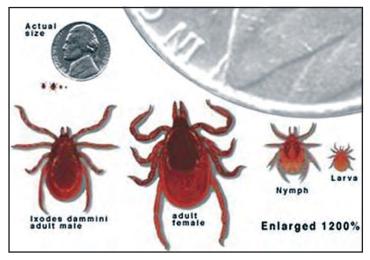
Lyme Disease is an infectious, inflammatory disease caused by the bacteria *Borrelia burgdorferi* carried by deer ticks. Common signs of the disease are headaches, fever, chills, joint and muscle pain, fatigue and an expanding bullseye-like rash. While Lyme disease can be treated with oral antibiotics, about 10 to 20% of patients suffer from persistent, non-specific symptoms. Approximately 30,000 new cases of Lyme disease are reported annually in the US.



Anaplasmosis is also carried by deer ticks. It is less common than Lyme disease but has been increasing over the years. Symptoms include fever, chills, severe headache, body ache, fa-

tigue, nausea, vomiting, diarrhea and loss of appetite. Cases can range from mild to fatal, although severe cases are relatively rare.

Babesiosis is caused by a parasite that infects red blood cells and also carried by deer ticks. The incidents in Maine are relatively small reaching a high of 117 in 2017. The symptoms are like those of *Anaplasmosis* plus addition of jaundice and dark urine.



Deer Ticks https://my.clevelandclinic.org/health/articles/7234-tick-bites

The above are the most common type of tick produced diseases all of which are caused by deer ticks. Fortunately, another serious tick caused disease, Rocky Mountain spotted fever, caused be dog ticks has not yet appeared in Maine. According to the Extension's 2022 Annual report, of all deer ticks that were submitted for testing, 51% of those ticks showed at least one pathogen, so it is realistic to assume that any tick you encounter carries a pathogen. About 43% of these deer ticks carried Lyme disease pathogens while about 10% carried either Anaplasmosis or Babesiosis. Certainly, any tick that you come in contact with is to be treated with serious concern. How can one avoid tick encounters?

Most tick encounters come from the following: Yard work/gardening 33%, Outside play 20%, Walking 12%, Hiking 10%, Pet related 8%. No other outdoor activity encounters greater than 2% incidence of ticks. When ticks attach to a human body they may immediately start feeding or they may wander around the body before settling on a spot. Consequently, the entire body is subject to a tick attack and needs to be screened when coming in from outside. It is best to remove clothing, preferable in a bathroom where a

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mirror will help with the inspection. A shower within two hours is helpful and the clothing should be tumbled in a dryer on high heat to kill any attached ticks. Should you encounter a tick, the proper method for removing ticks is: Using a clean fine tipped tweezers, grasp the tick as close to the skin as possible, pull upward with even pressure, after removing the tick, clean the bit area and your hands with rubbing alcohol or soap and water. Do not crush a tick with your hands.

There are chemicals that you can use to reduce the incidence of tick attack. The most common are DEET, Picaridin, IR3535 or Oil of Lemon Eucalyptus which can be applied directly to the skin and serve as sound repellents. DEET and Picaridin provide generally longer lasting protection. Permethrin is another repellent which is to be applied to one's clothing directly, but not to the skin. Furthermore, permethrin should not be applied to vegetation near the waterfront nor within an area that might drain into the water since this is a strong chemical which kills fish and other aquatic organisms. In fact, if it enters the lake, it does not dissolve but sinks to the bottom and is consumed by aquatic larva which are then consumed by fish. Under Maine regulations these chemicals cannot even be mixed within 50 feet of the water. For more information: (See: https://www.maine.gov/dacf/php/ pesticides/laws.shtml)



Boating Safety

from Maine Boater's Guide 2022, adapted by Wynn Muller

n 2015 the Maine Department of Inland Fisheries & Wildlife engaged Kalkomey Enterprises to design a new Boat Safety Handbook. That is available for download or purchase for \$1.99 including shipping at this site: https://www.boat-ed.com/maine/handbook/. There is significantly more material in this book's 68 pages, but much remains the same and is common sense. The below material has been reviewed against the material in the book and also been reviewed by the Maine Warden Service. This summary is not intended as complete and you are encouraged to purchase your personal copy of the Boat Safety Handbook. Statistics show that drinking alcohol while boating and not wearing life jackets are the major cause of boating accidents and fatalities.

Prudent watercraft operation creates a safe environment for all the people on the lake. The operator of a watercraft must consider the effects of the wash or wave created by their craft. Imprudent boat operation affects shoreline erosion, water front piers, floats and other property; as well as the birds and animals nesting along the shoreline. Be a good neighbor; obey the boating laws and regulations.

- Speed Regulations—within 200 feet of the shoreline a watercraft must be operated at "headway speed" meaning no faster than necessary to maintain control of the craft.
- Boating and Alcohol—the same laws that apply to driving an automobile apply to operating a boat. A blood alcohol level of over 0.08% could be considered a criminal violation.
- Imprudent or Reckless Operation of a Watercraft it is illegal to operate your watercraft recklessly, in such a fashion to do harm or harass another person or wildlife.
- Boating Accidents—anyone involved in a boating accident must give assistance to any injured pa and report the accident to the Warden Service at 1–800–228–0857 for a proper form.
- Personal Flotation Device (PFD)—the operator of a watercraft must verify that an appropriate PFD is onboard for each passenger. Anyone under age 11 must be wearing a PFD while on board. Should a Warden stop you, the passengers may be asked if they know where the PFDs are on the watercraft. You may also be asked to display a horn, fire ex-

tinguisher, throwable devise and paddle.



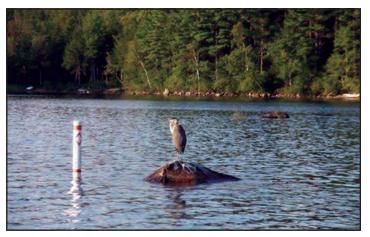
 Ages for Operation—anyone under age 16 must demonstrate

completion of an approved education course to operate a watercraft and under 12 must be accompanied by someone at least 16. When towing one on skis or tubes, there must be a second person on the watercraft over age 12 to continually observe the person being towed.

 Paddleboards, Jet Skis and Towing Skiers anyone on a paddleboard must have a PFD and whistle onboard. After dark a light is required. Jet skis should not be operated in water less than 30 inches deep or sediment will be drawn into the pump and damage the vehicle. Anyone on a jet ski must be wearing a PFD. If a jet ski is towing a skier or tuber, a second person over 12 must be on board to observe the one being towed. All towed persons must be wearing a PFD.

• Environmental Considerations—it is illegal to discharge oil, trash or other waste into a lake or stream or to dump bait or live fish into such waterbody. This does not apply to caught and released fish. It is also illegal to transport ANY aquatic plant on the outside of a boat or trailer. The maximum fine for so doing is \$2500.

• Navigational Rules—when approaching other boats, a motorized boat must yield to a sail or other non-motorized vessel. When two power boats approach, the boat on the left should give way to the boat on the right. At night, you can determine by navigational lights—right is green, left is red. If you only see a white light, you are approaching from behind and must give way to the boat ahead of you. Marker buoys are placed to provide information. A crossed diamond means:



Marker and herron at Kineowatha Sandy Muller



"danger or hazard", a circled marker means: "slow or no wake", a crossed circle means:" off limits for dam or swimming area." Vertical stripes

indicate: "an obstruction, do not pass between marker and shore.

- Items required for your boat—the following is a list of all items you must have on your boat when in operation.
 - Valid registration sticker—Costs less than \$50 including milfoil sticker plus excise tax. Contact the Wilton Town Office or online at: https://www5. informe.org/online/boat. Boats registered in other states require a milfoil sticker for \$20 at the same site.
 - Personal Flotation Device (PFD)—properly sized for each boat person on board
 - Throwable device—Horseshoe or Life Ring are preferred to Flotation Cushions.
 - Navigation Lights—if operating between sunset and sunrise.
 - Fire Extinguisher—with inboard engine or permanently installed fuel tanks
 - Visual Distress Signals (VDS)—boats 16 feet or over, night signals between sunset and sunrise, generally flares, "orange smoke", Electric Light or Orange Flags are used.
 - Sound-Producing Devices—Horn or bell
 - Mufflers—Esp. with PWC, must be below 75 decibels while operating
 - Backfire Flame Arrestor—on powerboats other than outboard motors.
 - Ventilation Systems—on powerboats other than outboard motors.

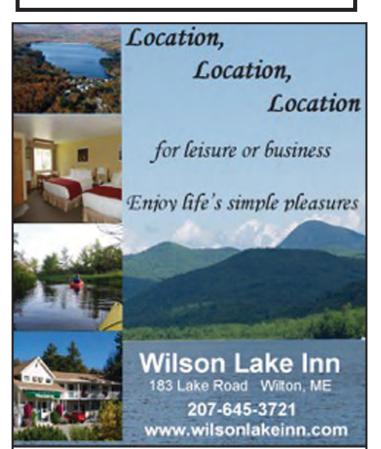




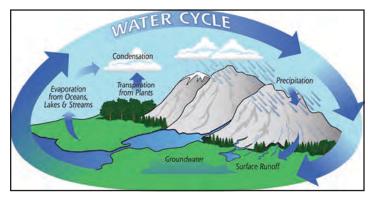


Wilton Fish & Game Assn.

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Hydrosphere by Wynn Muller



The Water Cycle https://gpm.nasa.gov/education/water-cycle

thought I was very familiar with the "hydrosphere" and the water cycle. Water makes up a great portion of the earth and is recycled through evaporation into clouds, raining onto the land, running off into lakes, and finally evaporating into clouds once again. It seems there is a great deal more to this than I knew. First, millions of years ago, water covered the earth. Due to the motion of the moon, and other events, the earth settled into a surface of part land and part water as we now find it. That is all I will say about this evolution which I believe to be a separate topic. Suffice it to say, the most significant aspect of the present Earth is that it can maintain water in all three states-solid, liquid, and gaseous.



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The Hydrosphere includes all waters in any form near the earth's surface. That includes frozen water, ground water, and atmospheric water. Water is



the most abundant substance on earth in liquid and frozen from and makes up the oceans, lakes, streams, glaciers and ground water. However, 97.5% of Earth's water in contained in the oceans as saline water or as ice caps at the poles. The remainder of the water is divided among fresh and saline water as broken down below:

Water Masses at Earth's Surface

Reservoir	Volume (kilometers ³)	% of Total
oceans	1,338,000,000	96.5
ice caps, glaciers,		
and permanent snow	24,064,000	1.74
ground ice, permafrost	300,000	0.22
groundwater (total)	23,400,000	1.69
groundwater (fresh)	10,530,000	0.76
groundwater (saline)	12,870,000	0.93
lakes (total)	176,400	0.013
lakes (fresh)	91,000	0.007
lakes (saline)	85,400	0.006
soil moisture	16,500	0.001
atmosphere*	12,900	0.001
swamp water	11,470	0.0008
rivers	2,120	0.0002
biota	1,120	0.0001
total**	1,409,560,910	101.67

*As liquid equivalent of water vapour **Total surpasses 100 percent because of upward rounding of individual reservoir volumes

Source: Adapted from Igor Shiklomanov's chapter "World Fresh Water Resources" in Peter H. Gleick (ed.), Water in Crisis: A Guide to the World's Fresh Water Resources, copyright 1993, Oxford University Press, New York, N.Y. Table made available by the United States Geological Survey

While I was not surprised to find that most of the "water masses" were in the oceans, I was certainly most surprised to see the rather insignificant percent of the total is comprised by lakes and rivers – less than .002% of the total. I was also surprised to discover that a significant amount of the lake water and ground water is salt water. We all know of the Great Salt Lake in Utah and the Salton Sea in California, but these are relatively small compared to others around the world. The largest salt water lake is the Caspian Sea in Russia with an area of 143,000 square miles, which compares with the 1,700 square miles of the Great Salt Lake and 343 square miles of the Salton Sea.

It was also surprising to find that there were vast areas of saline ground water in the world and some of the greatest were in the United States in the Great Plains and also the Southwest. Both of these areas rely heavily on this ground water for agriculture and the composition of fresh and saline ground water



changes frequently based upon climate and use of water for irrigation. I was also intrigued to learn that the

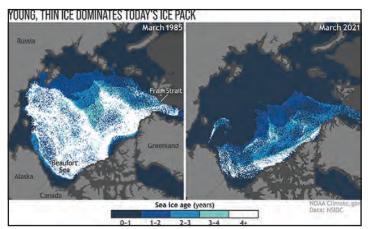
"fresh as new fallen snow" is not really a

true statement since the water that evaporates into clouds contains the same composition as the water body from which it evaporates. Thus, water evaporating from the ocean will retain much of its saline nature when it later falls as rain. According to "britanica.com/science/hydro sphere", it has been observed that rains over oceanic islands and nears coasts have ratios dissolved salt similar to those found in seawater. The discovery of the high salt content of rain near coastlines was somewhat surprising because sea salts are not volatile, and it might be expected that the process of evaporation of water from the sea surface would "filter" out the salts.



Great SaltLake by Justinmorris at English Wikipedia

Not so surprising is the reduction of the ice caps. At present, ice locks up slightly less that 2% of the Earth's water and may have accounted for as much as 3% during the Pleistocene Epoch over 12,000 years ago. For many years we have been hearing news reports on global warming and climate change and its impact on the ice caps. This impact goes back to the beginning of the industrial age in the 19th century. The ice caps are comprised of two parts—glacier ice that is formed into a solid mass and sea ice which floats like ice bergs. Both types are found at both the Arctic (Northern) Sea and the continent of Antarctica. They are significantly different. The Arctic is an ocean basin surrounded largely by mountainous continental land



Arctic ice, 1985 vs 2021 https://climate.nasa.gov/vital-signs/arctic-sea-ice/

masses. The sea ice is limited by the surrounding land masses. Sea ice in the Arctic has decreased significantly in the summers and fall. Since satellite records began in 1978, the yearly minimum Arctic ice extent has decreased by about 40% according to the website: http://royalsociety.org. The ice cover expands each Arctic winter, but the ice is thinner. This is most important because sea ice is highly reflective of the sunlight. As the sea ice diminishes, considerably more sunlight is absorbed by the darker underling sea. In addition to the warming impact, the reduced sea ice makes this area open to more ship movement.

In the Antarctic we find a much different situation. In the Southern Ocean winter, sea ice can expand freely into the surrounding ocean with its southern boundary set only by the coastline of Antarctica. Sea ice in the Antarctic region has actually shown a slight increase overall from 1979 to 2014. However, since 2014 the ice effect began to decline, reaching a record low in 2017 and remaining low since.



My Experience with Wilson Lake and its Value

Olivia Schanck, CBI Coordinator FOWL

when I think about Wilson Lake and the impact it has had on my life, I am so thankful for the opportunities it has given me and the appreciation for a community that has come together time and time again to support me and everyone around us. I spent my summers diving deep into the clean fresh water and my winters skating on the hard iced surface. Building sandcastles on the beach and casting a line out in the middle of the lake. My mom has always said that I learned how to swim before I could walk. It wasn't long after moving through the swim levels at Kineowatha park that I became an instructor myself, teaching the next generation the basic skills-building their endurance to swim across the lake at the end of the summer. My love for the water and our little lake grew to become an appreciation for the environment and keeping it safe when I became a Courtesy Boat Inspector (CBI) at the boat launch in 2018. I appreciated the water and that it was close by, but I didn't yet understand the value and importance that the lake has for our community. Five years later, as the active coordinator for the CBI program, I have come to appreciate the importance of the lake in an entirely different way. I started to understand the value of not only protecting the lake to help the ecosystem, but protecting the lake as a form of a community connection. Wilson Lake is a place that people will always call home, a place where I am so lucky to say I have had a part in protecting and supporting. I encourage you all to reach out to Sandy, FOWL President, or to me to get more information about how you can continue to help support and grow our program-to be a part of saving the lake and the community.

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Olivia checking a boat Sandy Muller

Courtesy Boat Inspections (CBI)

Wynn Muller

Olivia's wonderful essay on her love of Wilson Lake does not do justice to her extended efforts to support our lake. She began in 2018 as one of 6 monitors responsible for inspecting boats entering and leaving Wilson Lake on weekends. We inspect boats to avoid the introduction of invasive plants to the lake. One of the most prevalent ways that lakes acquire invasive plants is through boat traffic. Boats pick up particles of invasive plants from other lakes and they are unintentionally transmitted to other lakes that the boat might enter. The CBI program, is our effort to avoid this occurrence by catching and removing the invasive plant before they are able to enter the lake and also teach the boaters to self-inspect their boats.

Olivia continued to be one of our monitors through 2020 and in 2021 assumed the duties of "head monitor" or coordinator. As such she makes the schedule, assists in hiring the monitors and assuring that the schedule is maintained. Incidentally, she is currently looking for a few good monitors for 2023. They need to be responsible individuals 16 years or older, able to meet the public, and to work independently. We also need a couple of individuals to assist the monitor as "support staff". These are "on call" to assist the monitor with any needs they might have for one weekend. Call Sandy Muller at 860-635-1139 or Justy Nazar at 645-2783. We should also add that Olivia received our David Prince Memorial Scholarship in 2020.





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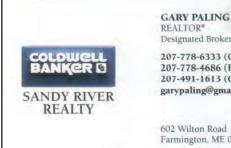
www.hightauto.com



Other Locations: Skowhegan, Rumford & Livermore Falls Page 11 – Vol 16 Iss 2 – May 2023



The Wilton Blueberry Farm Come join us Picking Blueberries this 2022 season For more information contact: Mat Bickford 83 McLaughlin Rd. Wilton, ME 04294 207-645-4678 WiltonBlueberryFarm21@gmail.com https://wiltonblueberryfarm.org/



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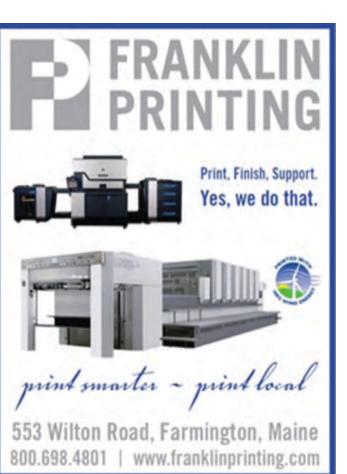
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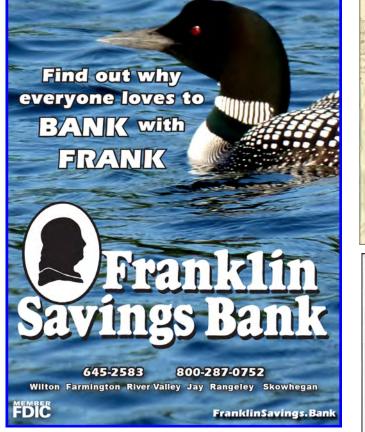
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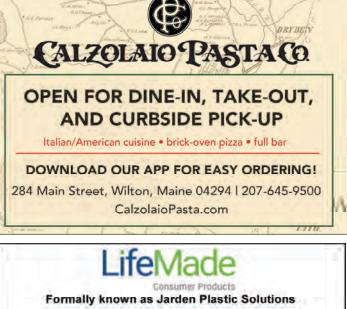
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