

THE IPA NEWSLETTER

Mystic Lake, Middle Pond, and Hamblin Pond

Summer 2004

A quarterly publication of the Indian Ponds Association, Inc.

Vol. 4 No. 3

IPA ANNUAL MEETING SUNDAY JULY 11

The IPA Annual Meeting will be held Sunday July 11, 2004 at 2:00 pm at the home of Ted Elliott, 10 Indian Pond Point. Parking will be available in his driveway and on Indian Pond Point. People wishing to come by boat may tie up at Ted's dock or on his beach (by big water slide) at the northeast end of Mystic Lake. Please make it a point to attend this important meeting, and invite or bring an IPA area friend with you. It's not too late to join the IPA and become involved.

Mr. John Klimm, Barnstable Town Manager, will be the guest speaker. He will talk about the Town's recent acquisition of the Cape Cod airfield property, the current status of the air-

field, potential uses of the 23.5 acres of land on Mystic Lake also purchased as part of the former Danforth property, and other issues of interest and concern to the IPA. Mr. Klimm will be available to answer your various questions, so take advantage of this unique opportunity and make plans now to attend.



John Klimm

Other invited guests include the two Marstons Mills Councilors, Janice Barton and Leah Curtis.

Continued on page 6

WHAT A HERRING RUN!!

The herring began schooling in Mill Pond this year in March, which is a little early. A few weeks later, the run was full of herring fighting their way upstream in their effort to show affection for their mates in Middle Pond and Mystic Lake. Doug Kalweit, Town Supervisor of Natural Resources, described this year's run as, "Fantastic, a great run, tons of fish, and much better than the other runs on the Cape." We have since noted that some of the other runs started later, but are having similar success. It is a good year for the herring. The run has been so successful this year that the taking of 15 herring per week has been allowed at the Mill Pond run. This is the first time that taking has been allowed for several years. As a year class returns to spawn about three years after it was spawned, this class was not affected by the 2-year drought. We'll be watching for the impact of the drought on the class due to arrive next year.



Photo by Emory Anderson

Dipping herring at the Mill Pond herring run on May 8.

— INSIDE THIS ISSUE —

- ◆ PRESIDENT'S LETTER
- ◆ GETTING STARTED — TRAINING FOR THE NEW POND STUDY
- ◆ STUDY OF INDIAN PONDS UNDERWAY
- ◆ NATURAL LAWN MAINTENANCE
- ◆ DO CLEAN DISHES MAKE DIRTY PONDS?
- ◆ LETTERS TO THE EDITOR — IPA NEEDS YOUR INPUT
- ◆ THOUGHTS ON RECENT TOWN BUDGET CUTS
- ◆ TWO SIGNS TO HEED

Doug Kalweit and his crew have done a super job of managing the Middle Pond herring run, often checking and adjusting the boards and flow daily as needs changed. One day, the sluiceway was so full of fish that the flow had to be increased to raise the water depth to two feet so the herring had room to swim. The Town Natural Resources men were up to their chests in that icy water getting the her-

ring upstream. The new ladder is working well.

The Marstons Mills River Committee has been evaluating various materials to rebuild the 900-foot wood-lined sluiceway. Wood is very labor-intensive; concrete is expensive and equipment-intensive. A newer material called FastDitch is now being seriously considered. It is a polyethylene half-pipe with a U-shaped cross section. It is affordable, light, easy to install, and promises to have a long service life. The present thinking is to install this liner in the sluiceway which must be graded from the new, lowered ladder downstream 140 feet to provide proper flow. Using our available grant money, we plan to do this work when the run is closed this fall.

Ed Schwarm

IPA OFFICERS AND DIRECTORS – 2003-2004

Officers

John Hansen
President

Emory Anderson
Vice President

Edward Schwarm
Clerk

Sheila Place
Treasurer

Directors

Curtis Clayman
Paul Craig

Ted Elliott
Jim McGuire
Bruce McHenry

Karen Steele
Rick Wheeler

Newsletter Editor
Geri Anderson

IPA, Inc., P.O. Box 383
Marstons Mills, MA 02648

E-mail: info@indianponds.org

<http://www.indianponds.org>
Webmaster
John Anderson

The IPA is a 501(c)(3) organization and a registered public charity. All dues and contributions are tax deductible.

This Newsletter is a forum for the exchange of ideas on matters germane to the IPA mission and, as such, the views expressed by authors of articles do not necessarily represent official IPA policy.

PRESIDENT'S LETTER



John Hansen

At our annual meeting on July 11, the guest speaker will be John Klimm, Barnstable Town Manager. In addition, we will be electing three new Directors, re-electing three other Directors, and saying "thank you" to three Directors who have completed their terms. We have had a great Board the past year that has achieved a number of noteworthy accomplishments.

We were successful in getting the IPA registered as a corporation and a charitable, non-profit organization with the Commonwealth of Massachusetts and as a 501(c)(3) organization with the Internal Revenue Service. The latter designation now makes it possible for your dues and contributions to be tax-deductible for Federal income tax purposes.

The drought of 2002–2003 reminded us that seasonal weather changes can lead to severe drops in the pond water levels which in turn can result in other problems such as vandals accessing waterfront property from greatly exposed shoreline and piers sitting high and dry.

Many of you enjoyed the "family picnic flyover" that the IPA arranged at the airfield to celebrate the Town's purchase of the property. While final details of airfield's operation are still being worked out with the Massachusetts Aeronautical Commission, the acquisition of the land with Land Bank funds (\$11,200,000) will prevent commercial development of the property. Without the support you gave as IPA members, the outcome could have resulted in uses of the land leading to increased nutrient enrichment of the groundwater and the Indian Ponds from sewage, fertilization, pesticide usage, and road run-off, to name a few.

We have also made strides in getting public recognition of IPA's activities and accomplishments. A significant part of this is due to *The IPA Newsletter* which was launched by our editor, Geri Anderson, who has continued to find ways to improve its content and expand its distribution. Our *Resident's Guide*, prepared and published by Sheila Place, has helped get IPA recognized. We have an official web site [www.indianponds.org], recently improved as well by our webmaster, John Anderson, where you can access all past issues of *The IPA Newsletter* and find other useful information. Very few people appreciate the amount of talent, time, and effort it takes to produce such items, and we thank Geri, Sheila, and John, respectively, for their contributions in producing the above

three communication/information mediums. At Marstons Mills River Day, where we displayed information about the IPA, we received many favorable comments on both *The IPA Newsletter* and the *Residents Guide*. The items displayed at River Day, which will also be available at the July 11 annual meeting, serve to remind people that the health of the Marstons Mills River is linked with the health of the Indian Ponds.

In the spring 2004 issue of *The IPA Newsletter*, Councilor Leah Curtis noted that two topics being reviewed in the Town's Local Comprehensive Plan coincide with the mission of the IPA: Village Character and Village Facilities and Open Space. This will be discussed at our next Board Meeting, and comments will be provided to the Plan, as suggested by Councilor Curtis.

The "Pond Studies" program -- which was featured in a *Barnstable Patriot* story about River Day -- is underway and, as noted elsewhere in this issue, we have concluded an agreement with the Cape Cod Commission that will allow us to benefit from their analytical capabilities and expertise. This program is a significant milestone in IPA's history. Two years ago, we were working to educate our members using published information from many sources. Now, we are moving into a proactive mode wherein some of our members will be volunteering their time and energy out on the ponds taking measurements (using newly purchased equipment paid for by your dues and contributions) that will be used to determine the health of the ponds and whether any remedial measures will be required. As noted in both this issue and the previous one, we are seeking additional financial support for the program. The outcome of the study and any possible corrective measures will be a positive step towards protecting your environment, and your property. With your support, we can make it all happen. It's up to you.

John Hansen

GETTING STARTED — TRAINING FOR THE NEW POND STUDY

Saturday April 17 was the first lovely and warm day after a string of chilly, windy days with lots of rain. Happily, it was the day that Dale Saad from the Barnstable Health Department had arranged a training session with Nancy and Dave Dawson, Susan Sawyer, Alex Frazee, and Donna Lawson. We were each taught how to use a dissolved oxygen/temperature meter, a Secchi disc, and a Niskin sampler. Volunteers have been testing the water in all three of the Indian Ponds for years now, but this year's tests will be different, and will require unfamiliar equipment. The testing for which we were being trained was for the new IPA pond study.

Indian Ponds volunteers will be working with the Town of Barnstable, the Cape Cod Commission, Three Bays Preservation, and SMAST from the University of Massachusetts Dartmouth to gather data, test the water, and use the results to profile Mystic Lake, Middle Pond, and Hamblin Pond. Previous testing has shown them to be very healthy, but these new tests will go deeper and look at slightly different criteria.

Later this summer, we hope to have another training session, with additional volunteers, to watch for and identify invasive weed species. Help wanted – please be in touch if



Photo by Dale Saad

Left to right: Dave Dawson, Susan Sawyer, Nancy Dawson, Donna Lawson, and Alex Frazee.

you are interested. The more we look after the ponds, the better!

Alex Frazee

STUDY OF INDIAN PONDS UNDERWAY

The study of the three Indian Ponds, announced in the previous issue of *The IPA Newsletter* and being done by the IPA in collaboration with the Cape Cod Commission's Water Resources Office and the Town of Barnstable, is now underway. At its May 1 meeting, the IPA Board of Directors voted to commit the funds and to authorize Tom Cambareri and his staff at the Water Resources Office to initiate two of the study's six tasks at a cost of \$3,500. Subsequent tasks will cost an additional \$5,000.

The first of these two tasks, expected to take two months to complete, consists of a review of existing data and the preparation of an Indian Ponds Quality Assurance Project Plan that will be submitted to the Massachusetts Department of Environmental Protection and the U.S. Environmental Protection Agency for approval. The second task will be the preparation of a water budget for each of the three ponds, the delineation of the watershed for each pond, and an assessment of the effect of well pumping and the Middle Pond herring run on the water storage and level of the ponds. This task is scheduled to be finished by the end of August.

The Board of Directors also unanimously endorsed a formal agreement between the IPA and the Commission that describes in detail all of the tasks to be done as part of the pond study, their cost, the deliverable, and a timeline. The agreement stipulates that the Commission staff will conduct the tasks on a task-by-task written request from the Board, and that the IPA is under no obligation to commit to subsequent tasks if it is unable to do so financially.

A third task, volunteer monitoring and sampling at periodic intervals of between two and three weeks for vertical profiles of dissolved oxygen and temperature (using a DO/temperature meter), visibility readings (using a Secchi disc), and water samples from various depths (using a Niskin sampler) for detailed laboratory analysis at the School of Marine Science and Technology (SMAST) at the University of Massachusetts Dartmouth, officially got underway on May 19. The three ponds were sampled by Alex Frazee (Middle Pond), Dave and Nancy Dawson (Mystic Lake), and Susan Sawyer (Hamblin Pond). Subsequent sampling dates are June 9, June 24, July 8, July 22, August 5, August 24, September 7, September 21, and a currently unspecified date in October or early November. The water samples will be analyzed for total phosphorus, ortho-phosphorus, total nitrogen, nitrate-nitrogen, chlorophyll a, alkalinity, and pH.

The pond study, when complete by May 2005, will provide a first-ever assessment of the physical and chemical characteristics of the Indian Ponds, tell if our ponds are in good condition or whether action is necessary to reduce nutrient inputs, and let us know the impact of present and future well pumping and other water outputs on pond levels.

The quality and value of our local environment weighs heavily on the outcome of this critically important study. Please be generous in your financial support of this landmark work.

Emory D. Anderson, PhD

NATURAL LAWN MAINTENANCE

Maintain your lawn by using cultural practices that favor grass over weeds. Below are some hints for keeping your lawn healthy and attractive without using harmful pesticides and polluting chemical fertilizers.

Cut the grass no shorter than 3 inches high and don't cut more than 1/3 of the leaf blade at any one time. Don't be tempted to cut shorter. Good mowing practices are key to inducing deep root growth and shading out weeds. University studies have shown this can control certain weeds as well or better than herbicides.

Cut only with sharp mower blades. Resharpen blades after every 8 hours of use. Dull blades tear grass rather than cutting it clean. Torn grass blades are more susceptible to disease.

Leave grass clippings on the lawn. This adds nitrogen and

stimulates earthworms. Chop leaves with your mower and leave them on the lawn, too.

Water deeply but infrequently to encourage deep roots; too much water invites fungal disease, shallow roots, and root rot. As soil organic matter builds up, less (or even no) water will be needed. Automatic watering systems can waste water and promote disease if not timed correctly or tailored to actual weather conditions. Never water at night.

The above information was provided by Susan Phelan, Director, Cape Alliance for Pesticide Education, P.O. Box 631, West Barnstable, MA 02668, tel: 508-362-5172. To learn more about alternatives to pesticides, please visit them at: www.greencape.org



DO CLEAN DISHES MAKE DIRTY PONDS?

Excess phosphorus from land-based activities degrades the health of freshwater bodies. Phosphorus is a natural element essential to plant growth. However, contributions of this chemical from human activities can lead to a nutrient imbalance in ponds, which fuels the overgrowth of algae and aquatic plants. This accelerated growth leads to depletion of oxygen, causing fish kills and a stagnant, murky look to the water. Phosphorus is introduced to a water body via direct contributions of phosphates from runoff and fertilizer use, and indirectly from septic systems effluent in the recharge area.

We can reduce the amount of phosphorus entering our septic systems by evaluating the products we use in our homes. Phosphates are present in varying amounts in soaps, detergents, and cleaning compounds. By reading labels and becoming familiar with phosphorus content, homeowners can make a major impact in water quality by the relatively simple act of product purchase.

The presence of dishwashing machines has changed from an optional appliance in the home of a generation ago to an expected, standard convenience today. The type of dishwasher detergents used is a determining factor in the amount of phosphorus in domestic sewage.

If enough people within the critical band of homes around a pond choose phosphate-free detergents, the threat of algae problems from detergent sources will be lessened. After reading this, be sure to consider that it is up to each consumer to

act responsibly in purchasing and using products that are environmentally friendly, in order to protect our natural resources at minimal cost. Doing so can only help to preserve pond quality. So choose wisely and tell your neighbors why you did!

The following table shows concentrations of phosphorus in commonly available dishwasher detergents and the estimated cumulative discharge of phosphates from their use:

PRODUCT	% PHOSPHORUS	GRAMS PER USE ¹	PHOSPHATES LBS/YEAR ²
Seventh Generation Powder	0.0	0.0	0.0
Palmolive Gel	1.6	1.7	0.6
Electrasol Tabs*	8.7	2.09	0.7
Sunlight Tabs*	8.7	2.13	0.8
Sunlight Powder	5.6	4.0	1.4
Electrasol Powder	6.1	4.2	1.4
Top Crest Gel	4.0	4.2	1.4
Sunlight Gel	4.3	4.4	1.5
Cascade Gel	4.4	4.8	1.7
Electrosol Gel	4.5	4.8	1.7
Stop & Shop Lemon Powder	7.5	4.8	1.7
Top Crest Powder	7.0	5.0	1.7
Cascade Powder	6.5	5.3	1.8
Cascade Plus Powder	7.0	5.7	2.0
Stop & Shop Powder	8.3	5.83	2.0

* Tablets are concentrated formulations.

¹ Grams per use phosphates based upon the average use of 1/3 cup of detergent used per cycle.

² Pounds per year phosphates based upon an average of 3 uses per week of an automatic dishwasher.

³ Data in above table compiled in June 1999 by the Great Sand Lakes Task Force, c/o Harwich Board of Health, Paula Champagne, Health Director, 732 Main Street, Harwich, MA 02645 or <http://www.capecod.net/harbormaster/gslt.html>

LETTERS TO THE EDITOR – IPA NEEDS YOUR INPUT

As a new feature of *The IPA Newsletter*, we are encouraging our readers to send us questions and comments. As space permits, we will include as many as we can in a new "Letters to the Editor" section. Letters which are not published due to space constraints will be brought to the next meeting of the Board of Directors. It may not be possible to personally answer every letter, given the volunteer nature of the Board, but we want to assure you that we need your input and will give careful consideration to your comments and concerns.

THOUGHTS ON RECENT TOWN BUDGET CUTS

Prior to my run for election to the Town Council, I spent a good deal of time volunteering in the Barnstable School system. One son has just graduated, and my other is almost through; however, I still volunteer (as much as I can with my new schedule) and serve as one of the members of the Council's Subcommittee on Schools. Therefore, I came to my Council position well-informed on the impact of the Chapter 70 budget formula on our school system. Disastrous, catastrophic. This year, in addition to monitoring the school budget, as always, I received a front-row seat to the municipal budget (over \$110,000,000) and the impact the Chapter 70 budget formula has on our Town's municipal departments. Same result. As many of you know, the Chapter 70 formula is the one that reimburses towns in the Commonwealth for the amounts they spend on schools. Barnstable receives about 12% reimbursement, while other towns receive as much as 100%. As operating costs (energy, insurance, etc.) have risen while this number has declined, a structural deficit has existed for years, until we are now at the point where Barnstable spends an amount per student only slightly above what the Commonwealth requires by law for each district to spend. How does this affect the municipal side? A long-standing commitment to educating our residents has caused the Council (as in years past) to allocate any excess funds (in addition to the 66% the schools already receive in the basic budget) entirely to the schools. This year, the Town is receiving \$97,000 from the county in returned surplus funds, enough to return two teachers to their elementary classrooms. This means that, in addition to the schools, the mu-

nicipal side has had to drastically reduce employees (170 positions total from both sides in the past four years), causing a reduction in programs and services to our residents and visitors. It has been my sorrow to see friends from both the municipal and school departments lose their positions due to cuts. I have seen first-hand the effects these cuts have made on our overworked and under-supplied staff members. On both sides, municipal and school, after cuts are made, the administration juggles employees and positions as best they can to fill the gaps. I have also seen heroic professionalism in so many of these individuals that it gives me a strong sense of pride and frustration. How do I deal with this frustration? I volunteer when I can in the schools and in the Town. I keep myself informed on the status of Chapter 70 legislation (please see [www.capeforkids.org], write letters, and attend meetings to support the current legislation (House Bill 4699) that is being voted on soon. And I work within the system to ensure that the funds we receive are spent wisely (and I believe they are!). And finally, despite the fact that I am a single parent whose taxes just went up (and soon will not have children in the schools), if another override is presented that I feel is justified and manageable, I will support it. Please feel free to contact me at any time for more information. Helpful information is also available on the Town and Barnstable Schools web sites [www.town.barnstable.ma.us and www.barnstable.k12.ma.us].

Janice L. Barton
Town Councilor, Precinct 10
Marstons Mills

10 HP LIMIT FOR OUTBOARD MOTORS

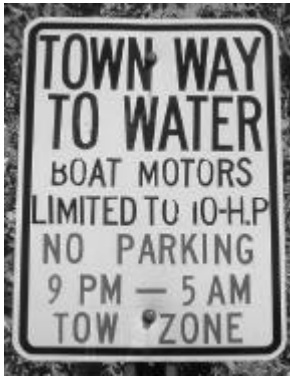
Some residents have recently observed fishing boats on Middle Pond and Mystic Lake with large outboard motors. Local ordinances prohibit outboard motors larger than 10 HP on any of the Indian Ponds. Signs displaying this limitation are posted at all boat ramps to remind boaters.

If you see boats with motors larger than 10 HP on the ponds, call the Town's Division of Natural Resources (DNR) at 508-790-6272. When reporting such an incident, please note the registration number on the side of the boat and provide that information to the DNR.

SMEDLEY

by Gordon Nelson





TWO SIGNS TO HEED

The signs on either side of this paragraph are photographs of actual signs posted at the entrance (left sign) to the Middle Pond public access off of Mystic Drive in Indian Lakes and at the right side of the boat launching area on the beach (right sign). Regarding the 10 HP limit, please refer to the notice on the previous page.



If you launch your boat or kayak at this or any other site on any of the three Indian Ponds, and if you use that boat or kayak in other bodies of water on the Cape or elsewhere, it is imperative that you remove all aquatic plants that may have become attached elsewhere from your

kayak, boat, motor, and trailer before launching them into the Indian Ponds. This is necessary to prevent the spread of undesirable invasive aquatic plants that may have inadvertently been introduced into other bodies of water. Such plants, often of foreign origin and introduced via various means, out-compete native plant species for space, light, and nutrients and can inundate a pond or lake and impede recreational activities such as boating or swimming. At present, the three Indian Ponds appear to be "clean" of any such plants, but Long Pond in Centerville (south of Wequaquet Lake) recently suffered from an infestation of Hydrilla that required expensive chemical treatment to eradicate the plant. Hid Welch, President of the Wequaquet Lake Association, has reported that Fanwort, another invasive plant, appears to be rearing its ugly head again. Therefore, there is good reason to practice preventive measures on our ponds.

IPA ANNUAL MEETING SUNDAY JULY 11

Continued from page 1

One of the important items of business will be the election of six Directors to two-year terms. The candidates proposed by the Nominating Committee are the following: Emory Anderson (incumbent), Sheila Place (incumbent), Ed Schwarm (incumbent), Jane Smith, Nancy Wong, and a yet-to-be-named person. We are appreciative of the time and effort given by those who are willing to serve the organization in this way.

Another important item of business will be to vote on a proposed revision to Article I of the IPA By-laws. The change is needed to formalize the fact that, for the past year or two, we have had two categories of membership (i.e., resident members who live within the IPA boundaries and Friends of the IPA or FIPA who live elsewhere). The proposed revision to Article I is as follows:

ARTICLE I - Name and Membership

1. Name. The organization shall be known as the "Indian Ponds Association, Inc."

2. Membership. There are two categories of membership.

a. Resident members: Membership in this category is open to all households who are holders of record title within the Village of Marstons Mills abutting any of the three ponds (Hamblin, Middle, and Mystic) including property not to exceed one lot in depth across the bounding highways from the lake area indicated on the Town of Barnstable Zoning Map dated March 8, 1966. [Bounding highways are Race Lane from Old Mill east to Route 149, south to Lovells Lane, west to River Road, northwest to Bog Road, north to Old Mill Road, and ending again at Race Lane]. Resident membership is granted upon signing of a register of members maintained by the clerk of the Association, and payment of dues. Resident members may vote at IPA annual meetings and may hold office.

b. Friends of the IPA (FIPA): Membership in this category is open to households anywhere outside of the IPA area. FIPA membership is granted upon signing of a register of members maintained by the clerk of the Association, and payment of dues. FIPA members may attend IPA annual meetings, but may not vote or hold office.

Following the meeting, there will be a social hour with light refreshments. We look forward to seeing you on July 11. Take advantage of this opportunity to meet new people and become more familiar with important Indian Ponds issues.



Drawing by Robert Mesrop