

THE IPA NEWSLETTER

Mystic Lake, Middle Pond and Hamblin Pond in Marstons Mills, MA

Spring 2016

A quarterly publication of the Indian Ponds Association, Inc.

Vol. 16 No. 2



STAND UP PADDLING COMES TO MIDDLE POND

They started to show up on Middle Pond and Mystic Lake about five summers ago. Each summer since their numbers have increased. Now you can see them on any sunny day or evening in July and August. They are participants in the nation's fastest growing recreational water sport: stand up paddleboarding. What started in Hawaii as a spin-off of ocean surfing has exploded into a multi-dimensional sport that appeals to most anybody who wants to be out on the water.

Stand up paddleboarding, or SUPing, is the sport of propelling across the water on an oversized surf board using a single lightweight paddle. Standing up, of course. A little like walking on water! The lightweight boards, usually 10-14 feet long, about 30 inches wide and weighing around 30 pounds, are most commonly made out of a foam core wrapped with fiberglass and epoxy. Hollow core and inflatable boards are other options. The paddle is similar to a canoe paddle only longer—usually about 8-12 inches taller than the person using it—and is made up of a t-grip, shaft and blade. The only other equipment needed are a personal flotation device (pfd) and an ankle leash to keep the board nearby in the event of a fall.

(Continued on page 8)

WATER SAMPLING PRIMER

Date and time, current weather conditions, Secchi readings, dissolved oxygen (mg/l) and water temperature at one meter intervals from surface to bottom. What is it all about? How frequently do these things need to be recorded? How long a process is it? How important is it really?

About 23 years ago **Dr. Dale Saad** from the Town of Barnstable came to Wheeler Road and explained the need for folks to sample the water in Mystic Lake and Middle Pond. She explained that the water of the herring run from Middle Pond ends in Prince Cove and it was important to understand water quality in the ponds and run because the town was trying to clean up Prince Cove and the Three Bays. A team formed and sampling started. We did not then realize just how important this sampling record would be to helping protect the ponds themselves as well.

(Continued on page 6)

IN THIS ISSUE

- WATER SAMPLING**
- IPA'S ANNUAL MEETING TO BE HELD JULY 24**
- SCHWARM SCHOLARSHIP WINNER**
- TICK FACTS**
- SUPS ON THE PONDS**
- FISHING REGULATIONS**
- BIRD MIGRATION**
- AND MORE ...**

IPA OFFICERS AND DIRECTORS 2015-16

Acting President
Kathy Bryan

Vice President
Kathy Bryan

Treasurer
Greg Cronin

Clerk
Emily Wheeler

Directors
Christine Bizinkauskas
Maggie Fearn
Aaron Fishman
Alex Frazee
Roberta Gough

Database Manager
Maggie Fearn

Newsletter Editor
Kathy Bryan

Webmaster
Tamar Haspel

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

<http://www.indianponds.org>
info@indianponds.org



Scan the above QR code with your smartphone to go to the IPA website.

The IPA is a 501(c)(3) organization and a registered public charity. All dues and contributions are tax deductible. This newsletter, with a circulation of 700, is a forum for the exchange of ideas on matters concerning the IPA mission, and the views expressed by authors of articles do not necessarily represent official IPA policy.



Eastern Bluebird

CHANGE OF SEASONS

Well. Spring has sprung, the grass is riz, etc, etc. So what has been going on with our birds?

The birds of winter have returned to their home range where they will breed and our migrant birds have returned to the Cape for their breeding cycle. I have to admit, I prefer the birds of winter. The only duck we are left with is the mallard which doesn't excite me any way near as much as

one or the other of the golden-eyes which visit us.

We are very fortunate to live on Cape Cod because it sticks out into the middle of the Atlantic Flyway so that we host a lot of birds that don't use the flyway to go all the way to South America. The Audubon Society says about 500 species of birds use the Atlantic Flyway, but some species don't use it all the way to

(Continued on page 4)

SCHWARM SCHOLARSHIP WINNER

The IPA is pleased to announce that this year's recipient of the Edward Schwarm Scholarship is **Mathew J. Catanzariti**. He was selected by the IPA Scholarship Committee based on his academic achievement, extracurricular activities and his community service related to the mission of the IPA.

Mathew is the son of **Kimberly Small** and **Gerald Catanzariti** of Marstons Mills. He is a graduate of Barnstable High School where he coached basketball and also participated in football and lacrosse. Last year Mathew volunteered his time to count herring. Mathew plans to enter the University of Pittsburgh this September to pursue a career in environmental science.



RECREATIONAL FISHING REGULATIONS IN MASSACHUSETTS

Licenses are required for all persons 15 years of age and older for fishing the inland waters of Massachusetts. The following table specifies the various types of freshwater licenses and fees.

In the Indian Ponds, the open season for all species is 1 January to 31 December. The only species

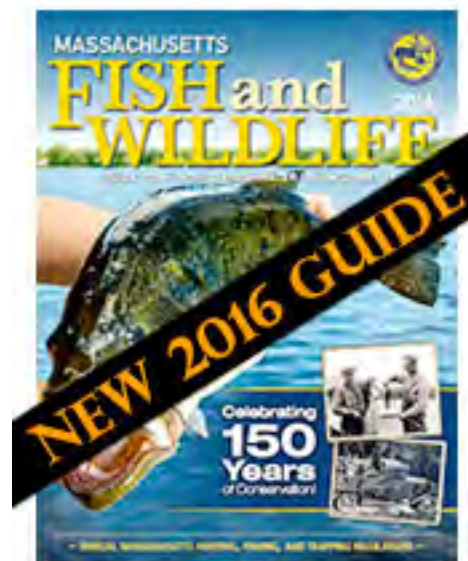
regulated are trout, black bass (large-mouth and smallmouth), and chain pickerel. Other species such as yellow perch and pumpkinseed have no size or catch limits. For black bass and chain pickerel, the daily catch limit is five fish; the minimum size is 12 inches for black bass and 15 inches for chain pickerel. Trout applies to brook, brown, rainbow, and tiger trout (a cross between a female brown and a male brook trout). From 1 April to 10 September, no more than eight trout may be taken daily, and only three of those trout may be from lakes, ponds, or major rivers. From 11 September to 31 March, no more than three trout may be taken daily. There is no

License type	Fee
Resident fishing	\$27.50
Resident minor fishing (ages 15–17)	Free
Resident fishing (ages 65–69)	\$16.25
Resident fishing (ages 70 and over) or disabled	Free
Non-resident fishing	\$37.50
Non-resident fishing (3-day)	\$23.50
Resident fishing (3-day)	\$12.50
Non-resident fishing (ages 15–17)	\$11.50

minimum size limit for trout. The taking or possession of river herring (alewives and blueback herring) is presently prohibited.

Baitfish may be taken by licensed anglers at any time for personal use by all lawful methods, including a rectangular net not exceeding 36 square feet of net area or by a hoop or circular net not exceeding six feet in diameter or with a fish trap with openings not exceeding one inch. Nets designed to gill fish are prohibited. The following species may be taken for personal use as bait by licensed anglers. Only the fish species listed may be used as bait, live or dead: banded killifish, fallfish, fathead minnow, golden shiner, mummichog, pumpkinseed, rainbow smelt (may be taken only by hook and line), yellow perch, and white sucker.

Information on the seasons, size limits and possession limits for saltwater species can be found at <http://www.mass.gov/eea/agencies/dfg/dmf/laws-and-regulations/recreational-regulations/>.



Emory D. Anderson, PhD

CHANGE OF SEASONS

(Continued from page 2)



Barrows Goldeneye

the end. Some species migrate only a few hundred miles, others just travel from the Boston area to the Cape. Birds who use the Atlantic Flyway to come home to the Cape include the american goldfinch, baltimore oriole, blue jay, eastern bluebird, eastern towhee, house finch, red-winged blackbird and the ruby-throated hummingbird, most of which are back now.

Some very rare species, the two types of golden-eyes for instance, leave the area around Hudson Bay in Canada only when their home range there gets so cold that they cannot find open water. They fly as far south as they need to to be assured that they won't get iced in. The barrows golden-eye doesn't come much further

than North Falmouth while the common golden-eye makes it as far as Shore Road in Falmouth. They all fly as far south as recollection tells them that they will be able to find sufficient food.

In our own area, in the Mid Cape, we have some interesting migrants. On the Indian Ponds we get the american and eurasian wigeons. Also, we get the dark-eyed junco and the greater and lesser scaup. In winter the black-throated sparrow and when it leaves, it is replaced by the very similar house sparrow. These last two I had never really looked carefully at so didn't appreciate they were two species that swapped places each year. I got a rude awakening when I realized that the house sparrow that I was looking at didn't look quite right.

You can participate in hawk watches on the Outer Cape to see the migratory hawks and eagles flying over on the flyway. You just need to venture down to Truro when you see the watches advertised. You can also travel down to the bays around Chatham to see the long-tailed duck, that used to be called old squaw, when they arrive.

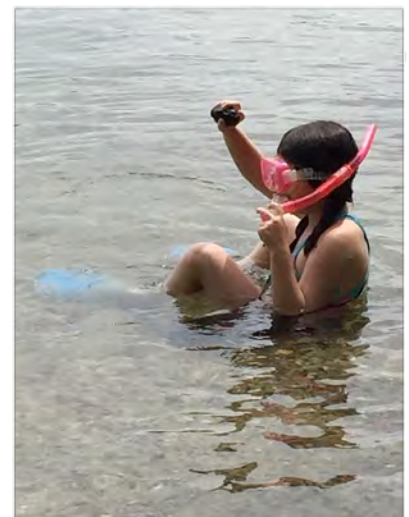
All in all, although I am not that enthusiastic about the birds of spring there are really a great variety of birds that have moved back in in the last month. They are mostly passerines which is why I tend to ignore them: they never sit still long enough for me to identify them.

Happy birding,

David Reid

"I think I'm most excited about getting back into the lake and catching the crayfish in the rocks. I put on my mask and snorkel and dive down. I can hold my breath for 19 seconds. My sister can hold her breath even longer. Sometimes I think I even see my old crayfish pet, Fuzzy Face, and say hello. I also like to see all the fish and their bright colors."

Josie Robillard, age 7



Ticked Off: a Concise Cape Cod Tick Survival Guide

Though we often think of ticks being warm weather pests the little buggers are active year-round on Cape Cod, making constant vigilance essential. Here are the most important things to know about ticks and how to protect your family, pets and yard.

Most of us who grew up in New England are familiar with dog ticks: more annoying and gross than dangerous. They're still around and far more benign than the blacklegged, or deer tick, which carries organisms that cause Lyme disease, babesiosis, anaplasmosis and relapsing fever.



A recent arrival in the Mills—originally discovered on Cape Cod in Sandy Neck Beach Park two years ago—is the lone star tick. It doesn't cause Lyme though its bite can induce a similar-looking rash, along

with headache, fever and fatigue.

Poppy seed-sized nymph stage deer ticks – active from early May through early August – pose the highest risk because they are so difficult to see.

Untreated, tick-borne illnesses can be extremely serious but the good news is they are preventable.

“Fighting ticks is like hand-to-hand combat: you don't want to lose a single round,” says **Larry Dapsis**, entomologist and deer tick project coordinator at Cape Cod Cooperative Extension.

Top tick sparring tips include:

- 1) Cover up. Wear enclosed shoes, long sleeves and pants when you're in tick habitats: damp, shady, brushy, wooded areas, including shrubs and gardens.
- 2) Check yourself, your kids and your pets as soon as you come inside. A full-length mirror is useful for spotting adult ticks on yourself, but for nymphs your fingertips are best. Pay special attention to your head, ears and neck: ticks attach themselves at foot or below-knees level and are programmed to crawl up towards the richest blood sources.
- 3) The clothes dryer. Ticks can survive a wash cycle, but 20 minutes in the dryer will kill them. So throw your clothes in when you come inside.
- 4) Chemical warfare, using the right defense for people, pets and property:
 - Treat your clothing and footwear with permethrin, which stays active for six washes, before you go outside. This is particularly critical for your shoes as that's the first place ticks will attach. You can also buy permethrin-treated garments; one company, Insect Shield, will even treat your clothing for you. A tick that's in contact with a permethrin-treated surface for 60 seconds will, on average, be dead within nine minutes.
 - Don't apply permethrin to skin. Instead, a DEET-based tick repellent, or alternative like Picaridin, is best for adults and children aged two months and older.

(Continued on page 7)

WATER SAMPLING

(Continued from page 1)

During those early years sampling had to be done at times coordinated with high tides in the bays. Life is easier now. About twice a month between mid-May and mid-October (about ten times annually) a trained volunteer goes to the deepest area of each of the three Indian Ponds and spends about half a convenient hour recording the above information.



Such recorded information is the basis of all decisions made to improve water quality for both fresh and salt water. Because we had many years of records tracking water quality in Hamblin Pond the town was secure in providing the alum treatment last summer. IPA provided documentation of the gradual degradation as the previous treatment failed, and now we document the vastly improved conditions. Very satisfying!

Water sampling is interesting, easy, important and the **IPA needs more willing volunteers!** Training takes about an hour, and we usually work in teams. It is more fun with a partner. Water quality is an important part of the value of real estate near the ponds and we would love to have additional help protecting these assets for the long term. Please contact any board member directly or use the website to be in touch with us if you might be willing to join the team.

Alex Frazee

THE IPA WELCOMES EVERYONE TO THE 2016 ANNUAL MEETING

When: July 24

Time: 4 pm to 6 pm

Followed by Social Gathering With Refreshments

Hosts:

Lewis and Nancy Solomon

28 Heath Row (Lynxholm, off Old Mill) Marstons Mills, MA

**TO SEE NEWSLETTER PHOTOS IN FULL COLOR
GO TO THE IPA WEBSITE: www.indianponds.org**

TICKED OFF

(Continued from page 2)

- For pets, an over-the-counter or vet-provided anti-tick treatment such as K9 Advantix II or Seresto collars is essential year-round. Repellents designed for people should not be used on animals, as they lick their fur.
- Create a barrier with perimeter sprays of 'transition areas' on the edge of your yard: leaf litter, brush, places with high humidity though not lawns (short grass gets direct sunlight, which ticks hate).

You can hire a service or if you prefer to do it yourself purchase a hose-end sprayer and permethrin from a garden center (plant oil-based formulations are not very effective). These are safe for our waterways: when permethrin dries on leaf litter or soil particles it binds tightly. And having very low water solubility, it won't move offsite to surface water, or leach into groundwater.

That said, "don't let over-spray drift into the pond as permethrin is deadly to fish," Larry warns. "Windy days are not the time to spray; do so at dusk, when the air becomes still."

5) Once bitten, don't be shy. Promptly remove any attached tick by the head using pointy tweezers. Pull straight up, taking care that the head dislodges too: the longer a tick stays, the greater the chance it will transmit disease. Apply antiseptic and save the tick for later identification and testing if needed. If you feel the slightest bit unwell after a tick bite, or notice your pet is lethargic or showing signs of weakness or paralysis, seek emergency medical treatment at once.

Thanks to a grant from Cape Code Healthcare, Barnstable residents can access a discounted tick-testing program. Details are at http://www.capecodextension.org/wp-content/uploads/2010/08/2015_16-Tick-Testing-Brochure-Final.pdf

"One bite can change your life," Larry points out, adding 8 percent of tested Cape Cod ticks are co-infected, meaning they carry more than one of the pathogens that cause Lyme disease, anaplasmosis, babesiosis or relapsing fever.

An ounce of prevention is, truly, worth the proverbial pound of cure. To learn more about identifying ticks and preventative measures visit [capecodextension.org](http://www.capecodextension.org) or call Larry Dapsis at 508-375-6642.

Surprising Facts About Ticks:

- Ticks create anti-freeze, can survive extended periods in temperatures well below 0°F, and will lay eggs whenever there's a break in the snow or temps rise above freezing.
- Ticks can live through a wash cycle, but 20 minutes in the dryer will kill them.
- Ticks cannot jump or fly; they attach to people, pets and other animals that brush up against them.
- Ticks can't drink water so need to absorb moisture through their cuticle.
- Birds happily eat adult ticks though nymphs are usually too small for them to find.
- 1 in 4 nymph stage deer ticks carries Lyme disease; 1 in 2 adult deer ticks does so.
- A recent UMASS Amherst study found 8 percent of tested ticks carried more than one disease-causing organism.

Maggie Fearn

SUP COMES TO THE PONDS

(Continued from page 1)

My first thoughts on seeing SUPers were: “that looks difficult” and “it must be really good for the core muscles.” It is, in fact, an excellent full-body workout and a great way to improve balance. How hard it is depends, but the consensus is that just about anybody can do it, and that it looks harder than it is. **Amy Hotchkiss**, of Stand Up & Paddle Cape Cod in Osterville, says that the most frequent comment she hears after giving a lesson is “I thought it would be harder.” This will be Amy’s seventh season in business—she fell in love with SUPing in Hawaii and brought it home to the Cape in a big way.



Angela Clark

SUPing has become popular on Middle Pond (and by extension, Mystic Lake) because the water is usually calm and clear—ideal for beginning boarders and for anybody whose aim is to go out on the water in a relaxed setting. Given the 10 hp limit on boat motors there are no wakes to disrupt boarders. Easy access to the south end of the pond is available at the Town beach on Flume Avenue. This is the area of the pond that is most protected from the prevailing southwest winds in the summer.

Sandy Clark of Marstons Mills has been exuberantly SUPing for about four or five years. She had been wanting to try it and when she heard about a raffle giveaway of a new SUP board at Dino’s Sports Bar in Mashpee she dragged her friends along to help her pick up more tickets (by drinking more beers!) and “stack” the raffle. Sure enough, one of her friends won the grand prize and Sandy got her

first board. (She’s since bought a new one.) In addition to paddling on Middle Pond she frequently goes out on the local ocean bays. She thinks anybody can do it, loves being “on the water,” and enjoys the vantage point of standing and being able to look down into the water without the glare you get when you’re at surface level. **Jeff Cradock**, owner of Sea Sports in Hyannis, says that he was initially skeptical about the allure of SUPing but has since become a convert. He also cites the overall perspective (into the water and to the horizon) and greater mobility in contrast to the confinement of being seated in a kayak. He now prefers SUPing to kayaking, except on windy days when the individual on the board becomes a sail, making for a most unpleasant upwind paddle.

In Hyannis SUPs are sold at Sea Sports and EMS on Rte 132 and at the Boarding House on Main Street. Complete setups begin at about \$600-\$800, but can easily top \$1000.

Because of the substantial initial investment it’s probably a good idea to rent or borrow before buying. There are different styles of boards and the knowledgeable salespeople at the local shops should be helpful with decision making. Rentals are available at Sea Sports, EMS and at Stand Up & Paddle Cape Cod. The Town Recreation Department, in partnership with Stand Up & Paddle Cape Cod, offers group lessons in the summer. A four week program costs \$99 and there are separate programs for children aged 10 and up. Stand Up & Paddle Cape Cod also offers private lessons, “yogaboarding” classes and an attractive selection of guided trips.

Greg Cronin

VOLUNTEER SPOTLIGHT: BOB DERDERIAN

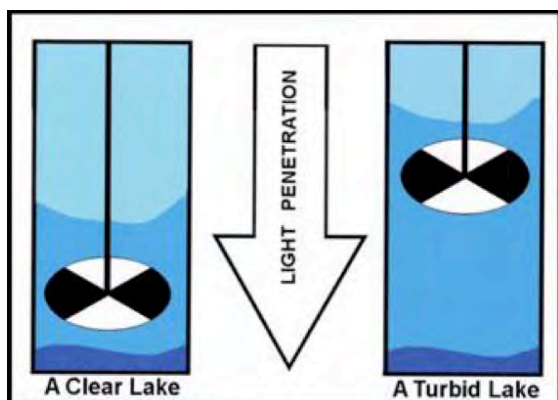
Bob Derderian certainly qualifies as one of the most dedicated water samplers on the Indian Ponds. Born in Boston, he grew up in Waltham and graduated from Dartmouth College. He was an officer in the U.S. Navy and then worked in the building material industry. He has been married for 50+ years to **Gail Derderian**. They have two sons and a daughter as well as seven grandchildren. Presently Bob is President of Waltham Lumber Company. Bob is a busy man!

He is also a volunteer who has been very dedicated to monitoring water quality in Hamblin Pond. He has been tracking Secchi depth readings since 1995! In the early 1980s IPA was selected for funding in the Commonwealth of Massachusetts "Clean Lakes Program". This program was discontinued due to lack of funding in 1988. In 1995 the Town of Barnstable treated Hamblin with alum because it had become significantly impaired, likely due to the previous presence of the Clear Water Duck Farm and the thousands of ducks commercially farmed there.



Demonstration of Secchi sampling

Bob started doing Secchi samples following that first alum treatment. A Secchi disc is a round disc, half white, half black as per the photo, which is lowered into the water and carefully watched until it disappears. The depth is noted before being lowered further. On the way back up the depth at which it reappears is noted. In some ponds it is visible for several meters or more. In others it is only visible for inches—frequently an indication of problems.



Three years ago Bob began using our current protocol, which includes measuring dissolved oxygen, temperature readings and sometimes collecting water samples. He has been testing Hamblin Pond and keeping detailed records since then. The second alum treatment in early summer 2015 restored water quality in Hamblin so much that the state restocked several varieties of trout this spring.

**Thank you Bob for all your many years of dedication
to the water quality of Hamblin Pond.**

“ To preserve and protect the natural environment and ecological systems of the Indian Ponds and surrounding parcels of land and watershed and to participate in studies and work with other agencies, individuals, and groups to educate the public, serve the community, and promote and preserve the Indian Ponds and surrounding areas.”

INDIAN PONDS ASSOCIATION, INC.
P. O. BOX 383
MARSTONS MILLS, MA 02648

FORWARDING SERVICE REQUESTED

