



CANOE SPORT

OCTOBER 2019

Closing of another Great season at camp

I just want to thank everyone for making this a very enjoyable camp season. Every year the camp gets better and better. What is great, is that the same people are rejoining every year and the members are really getting to know each other. There are more families in camp than in previous seasons and it is great to see all of the children running around together and making friendships that I hope will last their entire lives.

The camp does not move forward without the many members who volunteer their time and talents to maintain that the camp is thriving and safe. There are a multitude of volunteers that are needed to make sure the camp season goes smoothly, this goes from the members who come up on the weekends to help out on workdays, to the facility holders who make sure our bathrooms are cleaned every weekend, to the members who come up and organize the great social events that we have on the weekends, to the chairs on the camp committee who not only attend monthly meetings but also spend numerous hours in camp making sure that the committees they are in charge of are running smoothly, but most of all, to that members who see something that needs to get done and just do it without receiving any thanks and in some cases any type of acknowledgment of what they did. I want to take the time now to thank each one of you for helping me make this camp what it has become and for moving it forward. I look forward to another outstanding year and hope everyone has a healthy, happy, fun off season.

Until May 1, 2020
Linda Peterson
Camp Director of Lake Sebago

Camp Committee Nominations

The ACA Camp at Lake Sebago is governed by the Camp Committee and we are looking for nominations for this year's elections. The Camp Committee meets once a month year round and the meetings usually last at least three hours (and often more). Each Camp Committee member is expected to take on a special role in managing the camp, so this is a working position that requires a commitment of time and energy.

We are reaching out to our membership to see if you are interested in nominating yourself or some else to serve on the committee. If so, please let Deirdre Power know by the end of November and please include a brief paragraph introducing your nominee with contact information. The election will be at the December 2019 meeting (date tbd) in Brooklyn and all nominees are invited to that meeting to introduce themselves in person.

Deirdre Power
Nominating Committee

Annual Reports and Applications

If you have a cabin or a tent platform then you need to submit the ANNUAL CAMP FACILITY REPORT for an Individual Facility Holder.

Due **NOVEMBER 15, 2018.**

Download the application here:

<http://aca-atlanticdivisionblog.com/aca-camp-at-lake-sebago/cabins-tent-platforms-for-the-full-season-individuals-and-clubs/>

If you are a club and have a facility, then you need to submit the ANNUAL CAMP FACILITY REPORT for Club Facility Holder.

Due **NOVEMBER 15, 2018.**

Download the application here:

<http://aca-atlanticdivisionblog.com/aca-camp-at-lake-sebago/cabins-tent-platforms-for-the-full-season-individuals-and-clubs/>

If you would like to apply for a cabin or a tent platform, you need to fill the CAMP FACILITY APPLICATION for an INDIVIDUAL MEMBER.

Due by **December 31, 2018.**

Download the application here:

<http://aca-atlanticdivisionblog.com/aca-camp-at-lake-sebago/cabins-tent-platforms-for-the-full-season-individuals-and-clubs/>

Closing of Facility Check Off List

To be done by October 15th

- Clean cabin thoroughly—stove, refrigerator, microwave, floors, cabinets
- Unplug ALL electrical appliances, especially the refrigerator.
- Leave refrigerator and freezer doors open
- Remove all food items from the cabin
- Remove all paper goods from the cabin
- Make sure all the windows are securely closed
- Make sure all of the lights are off
- Make sure to lock the cabin door.
- Remove all needed items out of facility prior to Oct. 15—you will not have access to your facility after this date.
- Suggestion: if you are leaving clothes in the cabin, you may want to secure it in a storage container with a cover on it.



Closing of Tent Platform Check Off List

To be done by October 15th

- Remove tarp by Oct. 15
- Clean all appliances thoroughly, especially the refrigerator.
- Cover the refrigerator with a tarp and fasten tightly
- Make sure the refrigerator and freezer doors are tightly secured and cannot be opened
- Remove all items that are not secure from your tent platform
- Make sure to secure all items on your tent platform, especially any boats left on it
- Unplug all appliances, especially the refrigerator.
- Remove all needed items from the tent platform prior to Oct. 15—you will not have access to your facility after this date

WINTER BOAT STORAGE POLICY

- All boats (club's, facility's and privately owned) must be off the boat racks by Sat. October 15 even if you are leaving your boat in camp for the off season.
- There will be no off season fee assessed provided that your boat is out of camp by Sat. Oct. 15
- All club and facility holder's boats that are being left in camp must be in the cabin, on the tent platform, under the facility or at the Pavilion by Oct. 15.
- Any privately owned boats that are being left over the off season (Oct. 15 to May 1) will be assessed a \$100 off season fee and must store their boats at the Pavilion.
- All privately owned boats must be placed at the Pavilion by Oct. 15
- Boats may start being stored at the Pavil- ion as of Sun. Oct. 7
- All boats being stored at the Pavilion must be removed by May 1, 2017
- After Oct. 15, you will not have access to your boat until May 1.
- The camp is not responsible for any boats that are left in camp during the off season.

12 VITAL CAMP RULES

1. Must sign in each day that you are in camp: you, your family, your guests.
2. Everyone is required to pay the daily/guest fees or have a season pass.
3. A guest is defined as someone who is either visiting an ACA member, or someone who is checking out the camp prior to joining. The same guest may only utilize the camp twice and will then need to join the ACA in order to continue coming into the camp.
4. Pets are not allowed in camp.
5. Cable gate on Seven Lakes Drive should always be locked, the very least, put back up and secured.
6. Dishes may not be washed in either bathroom, you can either use the spigots or bring water from the bathroom back to your facility.
7. Swimming is only allowed in the designated swim area and only if there is a lifeguard or 2 adults, not off the boat docks.
8. Children must be monitored at all times while in camp or at the swim and/or boating docks.
9. No eating, drinking (especially alcohol), or fishing is allowed at the swim dock.
10. Fishing is allowed on the boating docks and fishing lines must be pulled in whenever a boat is approaching the dock or leaving from the dock.
11. No swimming or boating is permitted after dark.
12. Quiet time in camp is from 10:00 pm until 7:00 am. Be respectful. For the complete Camp Rules Document go to the following link: <https://sites.google.com/site/acalakesebago/about-us>

CAMP EVENTS

Annual Camp Fire

sponsored by Gerard and Nancy Grillo

Date: Sat. Oct. 5

Time: 8:00 pm

Place: Tent site (take the path at the first parking lot behind the sign in sheet—follow the balloons)

Enjoy a camp fire, bring snacks and beverages.

Camp Workday

Date: Sat Oct. 5 1:00 pm-3:00 pm

Sun Oct. 6 11:00 am-2:00 pm

Place: Meet at the camp director's cabin (C-525)

Assist the Harbor School Kids with the repairing of the swim dock stairs, the stairs by the main parking lot and the stairs going down to the aluminum dock.

Work that needs assistance with is:

- Bring materials (wood, gravel, wood chips) to the above areas
- Pouring and mixing cement
- Possible Home Depot run if materials are needed

Conservation Committee Meeting: Invasive Species

Date: Saturday, October 12,

Time: 3 pm

Meeting place: Pavilion

This meeting will focus on creating a strategic plan for managing the terrestrial invasive species in camp and around Lake Sebago. Several IS such as wine berry, Oriental Bittersweet, Japanese stilt grass, Multiflora Rose, and, yes—as most of us know, barberry (among others!), were identified at camp earlier this month by specialists of the New York State Parks Department.

We now need to create an Action Plan, which will be submitted to the Camp Committee for approval.

If you attended Matt Brincka and Sarah Travaglio's informative talk on September 21 and feel called to action, this meeting is for you. And if you couldn't attend the

talk, but want to be briefed on the current situation, come join us!

Please email Loren, conservation chair, at loren.edelson@gmail.com if you plan to attend.

In addition, the Conservation Committee will be participating in the camp work day on October 13, 11 am-3 pm. Work includes removing several IS in camp and near the gate. Please wear appropriate clothes and footwear. Any questions? Email Loren.edelson@gmail.com.

Closing of Camp Workday

Date: Sun. Oct. 13

Time: 11:00 am-3:00 pm

Place: Meet at the main parking lot

Work that will be done:

- Put everything at the Pavilion into the meeting room for the off season
- Throw out whatever garbage is by the dumpster into the dumpster
- Help secure all the docks in camp
- Remove the tarp off the rental tent platform
- Assist the rental committee with the cleaning of the rental cabins
- Assist facility holders with closing of their facility for the off season
- Assist with the removal of debris from under the facilities
- Assist with the removal of invasive species in and around camp.



Camp is closed from Oct. 15 to May 1. No one is allowed back into camp during this off season

SUSPECTED HABs AT SEBAGO

As many of us are now aware, the Swim Dock was closed on Saturday September 21 after a visiting biologist from the New York State Parks Department (NYSP) identified what he suspected to be Blue-Green Algae in the water. Harmful Algal Bloom (HAB) can affect the skin, gastrointestinal and immune systems if people swim in or ingest the affected waters. The young, people with autoimmune disease, and the elderly are at a particularly high risk.

All boating activities were permitted, with the caveat that intentional capsizing was discouraged.

As a private camp within Harriman State Park, ACA Sebago follows the protocols of the Department of Health: after a suspected bloom, any swim areas are to be closed. After the Bloom has fully dissipated, staff must wait 24 hours before submitting a sample to re-open. Once test results are received, the swim dock may, in consultation with DOH, be re-opened.

Current DOH guidelines --as well as those of the NYSP, which oversees public beaches, such as nearby Lake Welch or Lake Tiorati, dictate that the water be tested for the toxin microcystin 24 hours after the bloom has fully dissipated, when levels of this toxin are expected to have decreased.

NYSP follows DOH and Department of Environmental Conservation (DEC) protocol which relies on photographs and descriptions of the bloom in order to determine whether or not a bloom has occurred. Though many of us assumed that the only way to verify a HABs was through water testing--and this is, in fact, what I had stated both at the end of the Lunch & Learn and during my report at the Annual Meeting on Sunday, September 22, this is not how the NYSP, DOH, and DEC operate. Testing is in fact the only means of verifying if toxins are present, but not all HABs produce toxins, according to Gabriella M. Cebada Mora, NYSP water quality program manager and Environmental Analyst. Furthermore, toxin testing is not routinely done, other than for re-opening a swim area.. As is the case with advanced testing for us humans, HAB testing is costly: according to Cebada Mora, one water sample, done at a state certified lab, could cost approximately \$500.

Fortunately, on Saturday, September 21, Matt Brincka and Sarah Travalio, specialists from NYSP, spotted the bloom in the swimming area. On behalf of the Conservation Committee, I had invited them to camp to help us better understand the terrestrial invasive species that we need to manage at camp. Brincka and his NYSP colleague Cebada Mora had graciously spoken to me

over the summer about this and other environmental issues; their colleague Falon Neske had done outreach at this summer's Youth Regatta, again at the request of the Conservation Committee, to teach participants about aquatic invasive species, and on Saturday, Brincka and Travalio had traveled from Albany and the Catskills region, respectively, to survey our terrestrial invasive species and speak at the lunch & learn later in the afternoon.

"That's definitely not duckweed," Brincka said, as a group of us from the Conservation Committee gathered on the dock the morning of September 21, with the intention of surveying terrestrial invasives from this different vantage point. He and Travalio had already ruled out pollen.



Brincka peered at the water closely, showing the rest of us gathered how the water had an oily, globular like quality. He then snapped pictures and immediately sent them to his colleague, a HABs specialist, who responded within two minutes to say that she too believed that it was a HAB.

<https://www.wxpr.org/post/time-approaching-blue-green-algae-blooms-lakes#stream/>

When I returned to the water the next day with Charlotte Jack, Commodore of the MCKC club and Conservation Committee member and, we noticed that the water quality had changed: some of the bloom had dissipated, but the water still contained globular blobs in various places, especially in the crib.

A full-on bloom, however, was even more evident on Sunday near the boat docks in the western cove. Standing on the Aluminum dock, while trying to avoid getting hit by falling acorns (seriously, folks, watch your heads!), Jack and I observed globs of the blue-green powder. It almost looked like oily blue-green paint had spilled into various formations, and Jack noted the line of oxygen bubbles a couple feet behind the blobs that were closer to the shore. Indeed, during a bloom, oxygen is sucked out of the lake. I, in turn, noticed that no fish

were visible in the shallows.

Camp Director Linda Peterson, meanwhile, was following the DOH protocols. In conjunction with Camp Committee Chair Nancy Grillo, the swim dock was closed, informative signs were posted, an email was sent to all members over Constant Contact (and, if you didn't get the email, please sign up!), and Peterson took pictures and sent them to DOH. Since then, she has worked with staff at DOH to monitor the situation, and I, as Conservation Chair, have had a conference call with Cebada Mora, Brincka, and Travalio to learn more about identifying HABs and Best Practices that we can follow in the hopes of preventing another bloom.

With that said, unlike Invasive Species in which case humans are most certainly implicated in their spread (and in which case, we have a clear responsibility to take action), the research is still unclear on how human involvement plays a role in HAB.

Indeed, the algae is actually a bacteria, specifically known as Cyanobacteria, of which there are multiple strains. (And, yes, the name comes from the color of the bacteria which is, you guessed it: blue-green!). As is the case with all the bacteria residing in our intestines, this is a perfectly natural and normal fact: we all now know that we are comprised of more bacteria than cells! And just how our bodies are ideally comprised of a healthy mix of different strains of bacteria so too is that the case in our lakes. Lake Sebago has probably always harbored strains of cyano. This is all well and good.

The problem occurs when there is a triggering event that tips the balance. An overgrowth occurs and then, wham, we have a Harmful Algal Bloom.

Ever heard of SIBO (Small Intestinal Bacteria Overgrowth)? That, in a nutshell, is what happens during HAB.

Triggering events can entail everything from a storm to unusually warm temperatures to changes in landscape. NYSP's Cebada Mora says changes in nutrients--from, say, runoff or sediment in the soil, play a major role as well. The chemical balance between phosphorus and nitrogen is also critical.

Guess what also affects the balance of phosphorus and nitrogen? The plant life in the water, and if there is an excess of Aquatic Invasive Species, such as Chinese Mystery Snails, Fanwort, and Watermilfoil—all of which are present in Lake Sebago—then this balance is potentially affected.

Which is why I'd argue: it's all related! We cannot separate the AIS issue from HABs. When something new is introduced to the lake, be it an invasive species or some runoff from our dishwasher, the entire balance of the

ecosystem shifts.

Now, just to be clear, humans have not been found to transport Cyanobacteria from one body of water to another. My point, however, is that the causes of HAB are multifactorial, and a couple of those causes are likely due to human activity.

So what can we do?

NYSP's Cebada Mora suggests washing everything that has come into contact with lake water during a bloom. This means paddles, boats, and, perhaps PFDs. Hand washing and showering are also excellent practices post paddle.

I'd also add that it's imperative that everyone at camp use biodegradable soap. We now use Dr. Bronner's in the bathrooms at camp, but I'm urging everyone—facility holders, members, and guests—to use environmentally friendly soap and cleaning products. Go to the Environmental Working Group's website ewg.org to see a full list of acceptable cleaning products or see the products I've posted on our website.

Cebada Mora also suggests tracking every instance of suspected HAB over time, and sharing this information with her team at the NYS Parks and Department of Health so that they can help us best determine what action to take.

Finally, take action if you suspect a HABs. Take a picture and email a short description to parks.sm.water.quality.ny.gov and while you're at it, please email me at the address below so the Conservation Committee can monitor the situation as well.

All this and more will be discussed at the next Conservation Committee Meeting on Saturday, October 12 at 3 pm at camp. Please join me and other members as we learn together and plan activities that keep our lake and ourselves strong and healthy!

Loren Edelson
Conservation Chair
Atlantic Division
conservation@aca-atlanticdivisionblog.com

<https://www.cbc.ca/news/technology/frequently-asked-questions-about-blue-green-algae-1.4763291>

LAKE SEBAGO CAMP COMMITTEE MEMBERS 2019

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