

Lake Saint Catherine Association

NEWSLETTER

SPRING 2023

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PRESIDENT'S MESSAGE

Greetings to all in our Lake St. Catherine community.

As we head into 2023, the Lake St. Catherine Association will mark its 70th anniversary!

A lot has changed over those 70 years, and the LSCA has evolved to meet new challenges over that time. As you'll read below, the LSCA has updated its original stated purpose a few times as the needs of the lake have changed, and to focus on the responsibility of stewardship.

Back on August 31st, 1953, the founding Trustees of the Lake St. Catherine Association submitted our Articles of Association with the stated purpose of "...encouraging, and promoting the development and beautifying of the grounds, cottages, beaches and roads of privately owned homes and cottages on or near Lake St. Catherine..."

On August 28th, 1980, the LSCA's Trustees submitted an Amendment of Articles of Association to update our purpose. It was changed to "The purpose of this corporation is the promotion of the common good, general welfare and civic betterment of the Lake St. Catherine community by restoring and maintaining the quality of Lake St. Catherine, a public body of water, and the surrounding area, for the benefit of all those people who visit and use the lake and for the benefit of the total environment of all people."

Then on July 30th, 2011, the LSCA's Trustees submitted another Amendment of Articles of Association which updated our purpose to what it is today, and instituting our 501c3 non-profit status: "The purpose of this corporation is to be a public charity to receive donations, grants or contributions and to utilize its income and assets for the preservation, protection, and maintenance of Lake St. Catherine, a public body of water in the State of Vermont, and its environs."

What started as a well-intentioned group of folks promoting the beautifying of the grounds of Lake St. Catherine has evolved into an association of dedicated volunteers planning for the long-term future and health of the lake. As you'll read later in this newsletter, field work on the Lake St. Catherine Watershed Action Plan began in mid May. This project will study everything in the Lake St. Catherine watershed, and the findings in the completed plan will lead our preservation, protection, and maintenance efforts for years to come.

We hope to earn your support here in our 70th anniversary season, and in future years as we continue to work to protect this beautiful natural resource for all who love Lake St. Catherine. Please join us! Thank you.

Sincerely, Jim Canders - President, LSCA



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WATER QUALITY IMPROVEMENT PROJECTS

Over the past several years, the LSCA has been working hard on numerous water quality improvement projects for Lake St. Catherine.

The focus of these projects is to limit stormwater runoff from carrying phosphorus, sediments, and other pollutants into the lake, and preparing for the impacts of climate change.

Excess phosphorus entering the lake can lead to algae blooms and promote excessive plant growth. As we are seeing with climate change in Vermont, precipitation from major storms is increasing. These storms can create excessive stormwater runoff events creating erosion and transporting phosphorus and sediments into the lake.

Based on a recent analysis of the 40 years of data collected by the LSCA as part of Vermont's Lay Monitoring Program, the DEC stated that our "Summer total phosphorus since 2000 is significantly improving", meaning, our total phosphorus trend is declining. This is great, but we need to collectively continue working to keep this trend going.

These projects have been funded wholly or in part by the United States Environmental Protection Agency (U.S. EPA) under assistance agreement (LC 00A00981-0) to NEIWPC in partnership with the Lake Champlain Basin Program. These projects are also supported through funding from dues and contributions from our membership.



2021 Lake Wise Award Winner
Andrew Gioulis

Lake Wise on LSC

Help to protect our valuable natural resource - Lake St. Catherine - through conscious decision making! LSC property owners are invited to participate in this free program this season.

Lake Wise was developed through the Vermont DEC and is meant to provide technical assistance for shoreline landowners looking to incorporate lake friendly living practices on their properties. The Lake Wise assessment focuses on four portions of your property; driveway, structure, recreation area, and shoreline. The follow-up report gives recommendations on which stormwater management practices would be best for your property and the lake.

As a shoreline property owner, you have the access and the ability to control what is happening directly at the water's edge. While small-scale improvements on individual properties may not seem like they have much impact, collectively, the implementation of these projects will have a positive benefit on the water quality in the lake and the watershed.

Over the past 4 years, over 80 properties have participated in the Lake Wise Program on LSC, and 26 property owners have earned the Lake Wise Award.

If you would like to participate in Lake Wise this season, spots are limited, so please email us at info@lakestcatherine.org to get signed up! If you have previously participated in Lake Wise and would like a follow-up assessment, please let us know.

LSC Stormwater Master Plan

In 2018 and 2019, extensive field work by the Poultney Mettowee Natural Resources Conservation District (PMNRCD) and Fitzgerald Environmental Associates took place in the LSC watershed. The goal was to identify sources of increased stormwater runoff and associated sediments and nutrients flowing into the lake. The work involved identifying sources of stormwater, prioritizing sources based on


various environmental, economic, and social criteria, and designing projects to mitigate those sources. This resulted in the creation of the LSC Stormwater Master Plan (SWMP).

Last January, we were informed that we had earned \$50,000 of a \$100k grant being administered by the PMNRCD from the LCBP. This grant will be used directly for LSC to design 10-12 SWMP projects on LSC which will then be eligible for clean water funding from the State for implementation.

LSC Watershed Action Plan

From the Environmental Protection Agency (EPA), a Lake Watershed Action Plan is described as: "Watershed planning helps address water quality problems in a holistic manner by fully assessing the potential contributing causes and sources of pollution, then prioritizing restoration and protection strategies to address these problems."

After many years of successfully managing individual lake programs which include: invasive species control & prevention, and stormwater management, the LSCA is now poised to integrate these programs into a broader watershed plan with a focus on the prevention of pollutant loads (phosphorus, nitrogen, sediments) that enter into the lake from sources outside the waterbody. The LSCA plans to use the success of these building blocks to expand its work in the watershed and focus on prevention for the future.

The LSCA has hired and will partner with lake experts to perform various in-lake and watershed based measurements, testing, and studies to identify current or potential future issues and design a comprehensive, long-term plan to address them. The resulting plan will leverage current investments in water quality and pollution prevention, be driven by accepted best management practices, elevate under-assessed areas and gaps, and will identify issues, opportunities, and projects to guide locally-led water quality implementation work in the LSC watershed. Field work began in mid May! 

UPCOMING EVENTS

Event

May Meeting Of The Board Of Trustees

Lake St. Catherine Country Club

Milfoil Cleanup Community Day & Meeting

Wells Lakeside Park - Volunteer meetup, discussion of 2023 Milfoil Control Program

Boating License Class (FREE!) - Poultney (Over 2 evenings)

Poultney Volunteer Fire Department - Email to register: frank.callahan@lakestcatherine.org

June Meeting Of The Board Of Trustees

Lake St. Catherine Country Club

Boating License Class (FREE!) - Wells (Over 2 evenings)

Wells Village School - Email to register: frank.callahan@lakestcatherine.org

11th Annual Lake St. Catherine Association Boat Parade

Email info@lakestcatherine.org to register your boat!

Independence Day Fireworks Display Over LSC

Lake resident Rick Roberts' annual fireworks display

July Meeting Of The Board Of Trustees

Lake St. Catherine Country Club

LSCA's Annual Membership Meeting & Dinner

Lake St. Catherine Country Club

Wells M.W.A. Carnival

The 85th Anniversary of the Wells Carnival, 61 MWA Loop, Wells, VT

East Poultney Day

East Poultney Green

August Meeting Of The Board Of Trustees

Lake St. Catherine Country Club

LSCA Community Calendar: Visit the Calendar on our website for more details on these and other events: lakestcatherine.org/calendar

The 2023 Ice Out Champion Is...

We had almost 100 guesses on when the ice would go out on LSC. The majority of the ice went out between April 6th-8th, but the final stubborn patch cleared out of Oxbow Bay on April 9th, making the winner Tim Olivieri.

Congrats Tim! 



Dates & Times

5/27/23

8:30 AM - 10:30 AM

6/17/23

9 AM

6/21/23, 6/22/23

4:30 PM - 8:30 PM

6/24/23

8:30 AM - 10:30 AM

6/26/23, 6/27/23

4:30 PM - 8:30 PM

7/1/23

1 PM

7/1/23

Dusk

7/22/23

8:30 AM - 10:30 AM

7/22/23

6 PM - 8:30 PM

8/2/23 - 8/5/23


8/12/23

9 AM - 3 PM

8/26/23

8:30 AM - 10:30 AM

Green Up Vermont Day on LSC

Thank you to all the volunteers who spent part of their day on Saturday, May 6th to participate in Green Up Vermont Day around the lake. With the exception of a few sections of Route 30, all the roads around LSC had volunteers picking up trash from the roadways. Thank you to our volunteers and our town crews! 

IN OTHER NEWS...

Be A Lake St. Catherine VIP!

The Vermont Invasive Patrollers (VIP) program was established by the Vermont DEC in 2007 to focus on early detection of all known and potential aquatic invasive species (AIS) before they can become established in a waterbody. Early detection is vital to protecting LSC from harmful invasive plants and animals. Volunteers participating in the VIP Program will monitor the lake for new introductions of invasive species and report their findings to the DEC. If a new invasive is discovered, the DEC will dispatch a team and work with the LSCA to organize an effort to remove it from the lake.

If you enjoy paddling on LSC and would also like to be part of an early warning system looking for invasive species, we hope you will join us and participate in this program. You can help us to monitor LSC for invasive species, survey our healthy native plant populations, and reduce the threat for invasive plant species introductions.

VIP volunteers will:

- Be trained and learn how to identify and survey for aquatic invasive species
- Participate in paddles in high-risk areas (like the boat launch) to survey for the presence of invasive plants and animals
- Notify DEC staff of their survey(s) and submit suspicious samples for positive identification.

Email us at info@lakestcatherine.org to let us know you'd like to volunteer for this program which will be launching in June!



Eagles & Loons

Our nesting pair of eagles have babies in their nest! We are unsure of how many at this time.



There have been numerous sightings of loons since ice out. Visit the Wildlife page on our website here: lakestcatherine.org/wildlife to log your sightings on our loon observation form. We are hoping that a pair will find a spot to nest! We are also working with the Vermont Center for Ecostudies to set up collection tubes at the boat launch to get old monofilament line and lead tackle out of tackle boxes (both of which are deadly to loons).



Dockside Chats

Dockside Chats began in 2020 during COVID as a way to have safe, face-to-face interactions with members around LSC to discuss lake related issues. These chats have been very popular, so we'll continue having them this year. Email us at info@lakestcatherine.org to schedule a date & time for a LSCA Trustee to swing by your dock for a lake chat!



The Lake St. Catherine Collection

Librarian Gina Ellis from the Wells Village Library curated lake & stewardship themed materials for this new section of the library. It includes books, activities, experiments, iPad apps, models, and science tools like dip nets and binoculars that can be borrowed. Materials to learn from are available for all ages. Funding for the collection and the Libraries Love Lakes event that took place last July was made possible by a grant earned by the LSCA from the Lake Champlain Basin Program. Be sure to stop by the library to check it out!



LSCA Greeter Program

Each season, between Memorial Day and Labor Day, our Greeters are on duty inspecting boats entering and exiting Lake St. Catherine for invasive species, and educating boaters of the danger they pose to our lake.

Greeters are on duty at the boat launch in Wells and at the State Park in Poultney. They work Friday - Sunday, on holidays, and also cover fishing tournaments.

Ecosystem damaging invasives like zebra mussels, spiny waterflea, asian clams, and water chestnut are only a lake away. Together we will keep these harmful invasives out of LSC!

In total, our Greeters inspected 1,960 boats last year. Great work by our Greeter team!

2023 MILFOIL CONTROL PLANS

On May 8th, LSCA Trustees, a member of our DASH team, and our contractor performed a spring survey of the lake for milfoil growth. We were happy to see that the majority of the milfoil observed was sparse in density, and was comparable to what was detected during the late fall survey.

After reviewing all the data, and discussing the current milfoil conditions, our Milfoil Control Committee and our DASH team have concluded that we will not need to perform a spot treatment this year. All the hard work of our Milfoil Control Committee, our DASH team, and all of you who have been removing milfoil from the lake have helped to get us to this point. Milfoil is an extremely fast growing invasive weed, so a spot treatment may be needed in the future. However, we will be working very hard to keep milfoil at sparse, controllable levels that our DASH team can manage to the extent possible. This season, our DASH team will be expanding by adding a new member to their crew, and this team will be able to handle the milfoil identified in the surveys. Soon, we'll share a map showing the locations the DASH team will be working in this season.

There has been regrowth of milfoil in the northern section of Little Lake. Since DASH is not feasible there because the depth and loose sediments making it difficult to work, we are exploring a hand-pulling pilot program there this year. We'll provide details on this potential new program soon.

What does the LSCA do to control milfoil? Our Milfoil Control Program consists of four components:

1. 'Stop The Spread' education and outreach. Our 'Stop The Spread' campaign educates boaters and property owners on best practices to limit the spread of milfoil.
2. Volunteer milfoil cleanup. Throughout the season, we organize volunteers to collect floating milfoil from the lake and deposit it at designated drop off points which is then picked up and disposed of. We also encourage boaters and property owners to remove any milfoil they see in the lake.
3. DASH - Diver Assisted Suction Harvesting. Our DASH crew hand-pulls milfoil by the roots from the lakebed which is then suctioned up through a tube to a catch table on a boat. Milfoil is then placed in 17.5 gallon buckets for transport.
4. Herbicide spot treatments with ProcellaCOR EC. In order to maximize our DASH crew's time, effectiveness, and amount of acres covered, one of our control methods includes spot treatments of the herbicide ProcellaCOR EC. (There will be no treatment in 2023)

Although not directly related to Milfoil Control, our work on Lake Wise, the Stormwater Master Plan, and the Watershed Action Plan all help to limit phosphorus and other nutrients from entering the lake which can contribute to excessive plant growth, while improving overall water quality.


These efforts have resulted in the lowest percent of milfoil cover and frequency of occurrence at our 199 GPS data points in the lake since the mid-2000s. Also, and just as importantly, we have seen that numerous species of our native aquatic plants have increased in frequency of occurrence at the data points. This is exactly what we want to see! LSC has over 30 native aquatic plants which are important and necessary to sustain a healthy lake ecology. Our efforts are focused on reducing the amount of milfoil in the lake so that these native aquatic plants can grow as they normally would. Because of our milfoil control efforts, we again have a complex and diverse native plant community.



LSCA's DASH Team
Owen Teetor & Beck Sinclair

What can you do to help?

- As a general rule, get as much milfoil out of the lake as possible and dispose of it..
- Don't drive through milfoil patches with your boat which will create fragments.
- If you have milfoil on your prop, don't just reverse and drive away, please remove it from the lake.
- If you have milfoil growing in your dock or swimming area, pull it out by the roots and remove it from the lake.
- If you see milfoil floating anywhere in the lake, near your dock, or along your shoreline, remove it from the lake.
- Become a member of the LSCA to help support our efforts!

The LSCA has always employed evidenced-based decision making when evaluating lake related issues, and we continue to do so with our Milfoil Control Program. Working with the State and lake scientists & experts, following the science and the data, and evaluating the results of our efforts show that we are doing the right things for the long-term health of LSC. To our members, and all who love LSC, if you ever have any questions or concerns, reach out to us, we'd be happy to answer them. Read more about our Milfoil Control Program here: lakestcatherine.org/milfoil-control-program 



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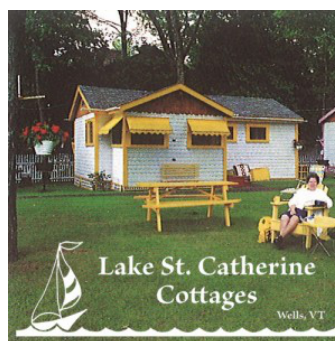


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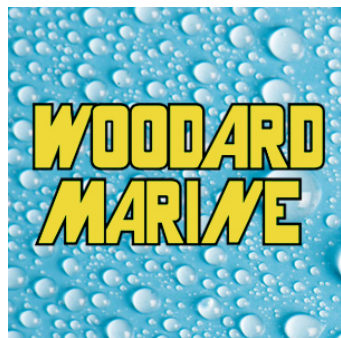
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LAKE ST. CATHERINE TRUSTEES

Name	Email	Term Ends
John Belnavis Greeter Program	john.belnavis@lakestcatherine.org	2024
Frank Callahan Lake Safety	frank.callahan@lakestcatherine.org	2025
Jim Canders President	jim.canders@lakestcatherine.org	2023
Jeff Crandall Milfoil Committee Chair	jeff.crandall@lakestcatherine.org	2023
Michael Gay Trustee	michael.gay@lakestcatherine.org	2024
Jerremy Jones Membership / Publicity	jerremy.jones@lakestcatherine.org	2023
Ed Laird Trustee	ed.laird@lakestcatherine.org	2025
Nancy Liberatore Trustee	nancy.liberatore@lakestcatherine.org	2025
Kemi McShane Recording Secretary	kemi.mcshane@lakestcatherine.org	2025
Lisa Micich Trustee	lisa.micich@lakestcatherine.org	2024
Rob Nesbit Trustee	rob.nesbit@lakestcatherine.org	2024
Mark Shea Trustee	mark.shea@lakestcatherine.org	2024
Mary Jo Teetor Treasurer / Water	maryjo.teetor@lakestcatherine.org	2025
Bob Williams Nominating Committee	bob.williams@lakestcatherine.org	2023
Sue Williams Trustee	sue.williams@lakestcatherine.org	2023

Volunteer or become a Lake St. Catherine Association Trustee

Would you like to contribute and help to preserve, protect and maintain our beautiful Lake? If so, please send an email to info@lakestcatherine.org, and include your contact information, a little bit about yourself, including why you'd like to join the board. Thank you. 



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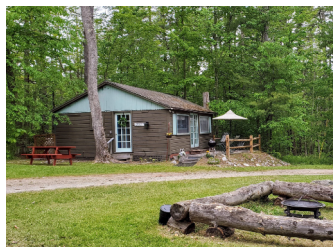


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LAKE ST. CATHERINE ASSOCIATION: BECOMING A MEMBER

Everyone associated with the Lake St. Catherine Association is a volunteer. But, there are only 15 trustees and it's a very large lake. Your membership and the dues and contributions we receive allows us to accomplish our work. Maintaining the lake costs approximately \$125,000 annually. While we do receive annual grants from Poultney, Wells, and the State, membership dues and contributions make up the majority of our funding.

WHAT DOES THE LSCA DO?

Here are some of the services that we provide:

- Maintaining & purchasing navigation and shoreline protection buoys throughout the lake.
- Testing the water for E coli, phosphorus, chlorophyll-a, and water clarity as part of the State of Vermont's Lay Monitoring Program.
- Conducting 2 free boating safety courses that are state mandated for all persons born after January 1, 1974.
- Greeter Program: Inspecting boats wishing to enter the lake at the Vermont Fish & Wildlife boat launch in Wells and at the State Park in Poultney for aquatic invasive species (AIS) to keep them out of the lake.
- Keeping the invasive weed Eurasian watermilfoil (*Myriophyllum spicatum*) under control via our Milfoil Control Program.
- Working with state & local governments, and individual property owners to mitigate stormwater runoff from carrying phosphorus, sediments, and other pollution into the lake with the LSC Stormwater Master Plan and the Lake Wise Program.
- Long-term planning for the future of the lake by beginning a 3 year process in 2023 to create a Watershed Action Plan for LSC.
- Liaising with other lakes in order to exchange information on best practices.
- Sponsoring the annual fun-filled July 4th Boat Parade.
- Providing information to our membership and the lake community via newsletters, emails, website & social media postings, and other publications.
- Organizing funding through membership fees, donations, and grants from the State of Vermont, Poultney and Wells, and environmental groups.
- Representing you to state and local governments to protect your rights and the lake in general.
- Protecting the value of your property by maintaining the beauty, access, and safety of the lake. 

HOW TO BECOME A MEMBER

Please complete this form and send along with your check payable to Lake St. Catherine Association to:

Lake St. Catherine Association
PO Box 631
Wells, VT 05774

You can also pay your dues or make a donation on our website:

www.lakestcatherine.org

Thank you for your support!

* Business Sponsor Membership includes a listing on our website & newsletters, a posting on our blog and the ability to have your special events listed on our Lake St. Catherine Community Calendar. 

DUES SCHEDULE, OR MAKE A DONATION

• Cottage Owner	\$100
• Business Sponsor*	\$200
• Unimproved Lot Owner (no dwelling)	\$50
• Supporter of LSC	\$35

- Supporter of LSC = family members of property owners, renters, those who use the lake for recreation

Dues Amount or Donation: _____

Additional Contribution: _____

Total Enclosed: _____

Owner: _____

Lake 911 Address: _____

Lake Phone: _____

Do you receive mail at this address? ☐ YES ☐ NO

Permanent Address: _____

Permanent Phone: _____

Email Address: _____

