

WORKING TO PROTECT
THE QUALITY OF OUR LAKES



SUMMER 2025 NEWSLETTER

IFLA SUMMER 2025 EVENTS!

JULY 20TH, 9AM (JULY 21 RAIN DATE)

MATTAWAMKEAG PADDLE

Launch on Merriman Road, paddle down the scenic river into Upper Mattawamkeag Lake, and take out at the public landing. Experience the beauty that drew Teddy Roosevelt here over 150 years ago. Enjoy wildlife, fishing, and the company of fellow paddlers. This non-race event follows an historic racecourse. Canoes and kayaks welcome—bring a camera! This is a free event!

JULY 27TH, REG 12PM, RACE 1PM

CANOE, KAYAK, S.U.P. RACES

"Join us for a fun paddling event at Birch Point! Register at noon, events start at 1PM. Canoes and kayaks available. \$15 entry (includes T-shirt); all proceeds support the Southern Aroostook Scholarship Fund. Bring a chair and cheer!

AUGUST 6TH, 5-8PM, THE SLICE

IFLA ANNUAL MEETING & DINNER

Stay informed and involved! Join us for a brief business meeting with updates, a vote on dues, introductions, and time for questions and input. Enjoy dinner afterward, with a cash bar, raffle, and prizes. We look forward to hearing your ideas!

AUGUST 17-23

NORTHERN MAINE INITIATIVE

Help protect our lakes! Join us for a fun and informative 'Plant Paddle' to collect and identify aquatic plants and watch for invasives. We launch from Birch Point at 9:00 AM on Pleasant Lake. Stay for a community BBQ and discussion from 6-8 PM at Big Valley Sno Club. All are welcome—come make a difference!

LAKE SMART

A Great Initiative To Help Protect Our Lakes

The Island Falls Lakes Association has had a team of qualified LakeSmart evaluators since 2017 and in that time has visited approximately 25 camp properties on Pleasant and Mattawamkeag lakes. General information about the LakeSmart program is available on the [Maine Lakes website](#).

Although the IFLA team has been reduced to just two evaluators, Nancy Doherty and Sherry Pettyjohn, we invite other property owners or members on both lakes to become certified evaluators and join our team. The certification process for evaluators is fairly easy and it begins online at the [Maine Lakes website](#)

LakeSmart is not a regulatory program. There are no fines. The goal is to help you to be more aware of the effects of rain events on your property and best practices to keep our lakes clean and clear!

Here are some examples of considerations and suggestions for best LakeSmart practices:

- What happens when rain runs from a roof? Does rainwater drain directly to the lake or is it channeled off into the woods?
- Does rainwater that falls onto the driveway and parking area channel and possibly carry dirt into the lake? Did you know that, phosphorus, which

is the major nutrient for algae growth, sticks to dirt? The diverter program sponsored by IFLA and discussed in this newsletter can help you shunt that driveway runoff into the woods which keeps phosphorus out of the lake.

- Do you have a septic system. Is the leach field clear of plant growth except grass? Do you have a schedule to have the tank pumped out?
- Do you have a riparian buffer? This is a 10 to 20 foot forested area between the lake waters and the developed area of your property. Those of us who have inherited property passed down for generations have difficulty with this forested buffer. Ideally it would be composed of adult trees, saplings, shrubs, ground plants, and duff (that layer of dead and decaying plant material covering the soil). This riparian buffer will slow down the rain that falls and the ground can then absorb it before it can run off into the lake. It is possible to trim lower branches and shrubs to ensure a nice lake view.
- Do you use pesticides and fertilizers? What effects might these have on the lakes? Reminder: Lakes hate lawns!
- If you have pets, is pet waste kept out of the lake?

To join LakeSmart or find more information email info@islandfallslakesassociation.com

LEGISLATIVE UPDATES

Governor Mills signed LD 1550 into law this month. The Act, Reducing Nutrient Pollution from Septic Systems. The new law addresses short-circuiting in septic systems abutting freshwater bodies such as lakes and ponds. This is intended to revise design standards for septic systems in high risk profile soils like coarse sand, gravel or fractured bedrock where effluent is not filtered properly before draining into water bodies.





KAYAK, CANOE, & S.U.P. RACE ON PLEASANT POND RETURNS THIS SUMMER!

The Island Falls Lakes Association will host it's annual Canoe, Kayak, and S.U.P race on **Sunday, July 27th**. This is a family fun event for paddlers of all ages. There is a short course available for children and juniors and a 1.5 mile course for adults. Paddlers can team up in canoes or tandem kayaks or paddle solo. Ribbons and prizes will be awarded! Grilled hot dogs, beverages, and other treats will be served following the races.

The race will be held at Birch Point, Pleasant Lake. Registration begins at 12PM. The participation fee is

\$15.00 and includes a T-shirt. The fee supports the Southern Aroostook Scholarship Fund. Additional donations are welcome.

Canoes and kayaks are available for those wishing to participate who may not otherwise have access to one. So come and have fun at this relaxed family friendly event. This is a great event to spectate so bring your lawn chair and enjoy the fun!

If you would like to volunteer please contact Tom Burgos at tburgos5060@gmail.com.

JOIN THE IFLA ANNUAL MEMBERS MEETING & DINNER

WED. AUG 6, 2025, 5-8PM, THE SLICE

We invite you bring your family, friends and neighbors so that they can learn about the mission and efforts of the IFLA and enjoy an evening of good food and community.

The Slice staff will be serving appetizers, a buffet dinner, and soft drinks. A cash bar will be available. Desserts will be provided courtesy of Trustees and Members. We encourage you to make reservations on our website islandfallslakesassociation.com or **RSVP HERE**. Sign-up also at The Slice or at the door the evening of the event. Tickets are \$25 per person.

EVENING PROGRAM

5:00-5:30pm **SOCIALIZING**
5:30-6:00pm **IFLA BUSINESS & PROGRAM**
6:00-8:00pm **DINNER & DESSERTS**

PROTECT OUR LAKE, PRESERVE YOUR DRIVEWAY

Free Driveway Diverters Available!



The health of our beautiful Island Falls lakes is paramount, and stormwater runoff from driveways is a significant contributor to water quality issues. This runoff carries pollutants like gravel, sand, dirt, and chemicals directly into our lakes, leading to decreased clarity, harmful algae blooms, and habitat degradation. Uncontrolled runoff also erodes your driveway, washing away gravel and creating potholes.

DRIVEWAY DIVERTERS: AN EFFECTIVE & SIMPLE SOLUTION

A driveway diverter is a simple, effective solution. These channels are installed across your driveway to intercept and redirect stormwater runoff into vegetated areas like your shrubs or woods. The soil and plants then naturally filter out pollutants before the water reaches the lake, and the slowed flow prevents driveway erosion.

BENEFITS FOR YOU & OUR LAKES

- **Diverters add lake protection** by reducing the pollutants that enter our lakes, leading to clearer water and healthier ecosystems.
- **Diverters preserve driveways** by preventing costly gravel washout and erosion, saving you time and money on maintenance.

ISLANDFALLSLAKESASSOCIATION.COM

OUR COMMITMENT

The Island Falls Lakes Association (IFLA) is committed to protecting our lakes. We're offering the Driveway Diverters at no cost to you in addition to installation grants. Participants can receive up to \$500 per property to help cover installation costs.

GET INVOLVED!

Protecting our lakes is a shared effort. If you're interested in our free driveway diverter and installation grant program, please contact the info@islandfallslakesassociation.com today. Let's work together to keep our Island Falls lakes beautiful for generations to come!

IFLA MEMBERSHIP

JOIN US TODAY! Membership runs from July 1 to June 30, and your support helps protect the quality of our lakes. Stay informed with our winter and summer newsletters, attend events like the canoe/kayak race and Annual Meeting, and enjoy exclusive benefits like the \$500 Driveway Water Diverter Program grants. Renew your dues easily [online](#) or at any event. Your membership ensures we can keep working toward a healthier, cleaner future for our lakes!



WHAT ARE THOSE PLANTS?

BE PART OF THE NORTHERN MAINE INITIATIVE AND HELP IDENTIFY AQUATIC PLANTS THIS SUMMER!

The IFLA is fortunate to partner with the Lake Stewards of Maine (LSM) and their new program, *The Northern Maine Initiative*, to identify aquatic plants and look for invasive species in six northern Maine lakes this summer.

The effort is a collaboration between staff and volunteers from Lake Stewards of Maine and the Dept of Environmental Protection (DEP) to survey at-risk bodies of water for Invasive Aquatic Species and to help develop a volunteer capacity for Invasive Aquatic Species monitoring in the future.

Mark your calendars for the week of **August 17 to August 23** if you want to show interest and support for this plant identification project. Survey lakes are Pleasant, Mattawamkeag, Drews, Nickerson, Spaulding and Timoney.

These are unique opportunities to take advantage of outside expertise to learn about local aquatic plants, to keep invasive species out of our lakes and to foster continued monitoring in the future. We are indeed fortunate that Island Falls will be at the center of these efforts this summer. Please join in to make this a success.

SCHEDULED EVENTS

Tuesday, August 19th, 9AM at BIRCHPOINT

Join the "Plant Paddle" on Pleasant Lake. This will be the educational component of the project where local volunteers will go out with trained LSM staff to identify aquatic plants and to learn the difference between indigenous and invasive species. This will be the only plant paddle during the survey of the six lakes. Anyone interested in participating in the plant paddle can let us know at info@islandfallslakesassociation.com and by showing up at Birch Point on Aug. 19, 9am.

Tuesday, August 19th, 6PM

Join the LSM and DEP staff for a community BBQ and informational session on at the Big Valley Sno Club.

HOW YOU CAN HELP!

- **Provide pontoon boat** support for the lake surveys. Surveys will be done from canoes and kayaks with pontoon boats providing transport and support to remote lake sectors for plant collecting and identification.
- **Provide dockside support** for paddling teams with water and bathroom facilities if needed.

For information and to get involved email the info@islandfallslakesassociation.com

SHORELINE BUFFERS

A vegetated shoreline buffer is the last line of defense against polluted water reaching the lakes. An effective shoreline buffer prevents erosion, absorbs excess nutrients, stabilizes and shades the shoreline, and recharges ground water. Ideally, shoreline buffers should be made up of native species.

Effective shoreline buffers should include four tiers :

1. A top tier of trees.
2. A lower tier of shrubs
3. A perennial plant and ground cover layer.
4. A layer of decaying leaves, twigs, and small limbs (duff).

The tree layer intercepts and softens rainfall. This is particularly important during heavy downpours. Shrubs also intercept rainfall and their roots hold soil in place. Perennial plants slow down surface water runoff while duff (decaying leaf and stick matter) enriches the soil allowing for better uptake and absorption of water.

While it is tempting to limb trees to achieve better lake views consider removing less. It is also tempting to rake "duff" from the shoreline. Try to avoid the temptation and leave this layer knowing that it is responsible for soaking up runoff, reducing storm runoff into our beautiful lakes.

Further information about shoreline buffers and resources are available in The Lake Book and www.lakes.me/protect



MONITORING FOR INVASIVE ZEBRA MUSSELS

Zebra Mussels infestations have been found in a lake in Quebec that flows into the Madawaska River, which flows into the Saint John River which flows into Maine. No Zebra Mussels have been found in Maine yet, but they are prevalent in the Great Lakes and elsewhere in the US. **Please follow the proper “Clean, Drain, and Dry” protocols with your boats to protect our lakes!**

The IFLA has volunteered and partnered with the Maine Department of Inland Fisheries and Wildlife to monitor Pleasant Lake for early detection of zebra mussels. Pleasant Lake is listed as one of their pilot high risk, high priority bodies of water. There are currently infestations in Quebec and New Brunswick Canada, which leaves Maine’s waters at risk. This is especially true in Aroostook County.

Two of our board members traveled to Ashland to pick up two “settling plates” which are used to monitor zebra mussels. One of the settling plates will be installed at the end of a dock on the north shore and the other will be placed in the area of the public boat launch.

Zebra mussels attach to hard surfaces when they mature from larvae. Adults are about ¼ - 1½ in. long and have D-shaped shells. Their shells are tan to light yellow with brown/black stripes. If present, the mussels will attach to the settling plates and hopefully detected early.

Please check your boats, docks and rocks often as these are their favorite surfaces to attach to.

We will monitor both settling plates every 2-3 weeks between June and October and report our findings to the Maine Department of Inland Fisheries and Wildlife using an on-line survey after every check.

Our findings will be published in the next newsletter, stay tuned and stay vigilant!



DID YOU KNOW?

Fun Facts About Maine’s Elusive Moose

- Maine has the 2nd largest population of moose in the United States, Alaska has the most
- State biologists estimate the population in Maine at about 75,000
- Moose are the largest members of the deer family and the tallest mammals in North America
- They can weigh up to 1,800 pounds and stand up to 7 feet tall
- Moose have a flap of skin under their throats called a “bell”
- Male moose (bulls) have antlers that can spread up to 6 feet wide and can weigh up to 75 pounds, they shed and regrow every year
- Female moose (cows) have 1 to 2 calves per year and the calves weigh about 30 pounds at birth
- Calves mature quickly and can outrun humans by the time they are 5 days old
- Surprisingly, moose can swim up to 6 miles per hour and dive down 20 feet, they can run up to 35 miles per hour
- Their diet is vegetarian and consists of a variety of plants, barks, leaves, swamp and water plants, moose need about 10,000 calories per day
- Moose can live up to 20 years but they can be threatened by the following: legal and illegal hunting, road accidents, bear attacks on calves, parasites and diseases brought on by climate change, brain worms spread from white-tailed deer, winter ticks that attach by the thousands and stay attached for months causing life threatening blood and hair loss

