



TLIA NEWS

Spring 2019

OUR MISSION

Tripp Lake Improvement Association is a not-for-profit organization whose mission is protecting the health and wellbeing of Tripp Lake and its surrounding watershed in Poland, Maine

Tripp Lake Improvement Association

PO Box 33

Poland, Maine 04274

www.triplake.com



BOAT PARADE

The 4th of July BOAT PARADE
will start at 10 a.m.
from Mac's Campground.

Decorate your boats, play music,
wear costumes and have FUN!

DUES

THIS IS OUR LAKE. IF WE DON'T PROTECT IT, NO ONE ELSE WILL!

I think we can all agree that Tripp Lake is a wonderful place to have a residence. Having family and friends over to "your little piece of heaven" is a wonderful way to enjoy this fabulous place we call home.

We are very fortunate that we have such a clean lake, and our association is striving to make sure that it stays that way.

We ALL need to be responsible for the health of our lake to ensure that our families and friends can enjoy the lake for many years to come.

A small dues/donation is an investment in your property and its value! Every one of us living on the lake needs, and should want, to make this small investment!

Dues envelopes are provided with this newsletter, but if you misplaced yours, a check can be made out to TLIA and sent to TLIA, PO Box 33, POLAND, ME 04274.

Be sure to include your name, phone number and email. This information will remain private and will not be shared.

I ask for this information for a few reasons. Email is a great way for me to communicate efficiently if someone has found something, if you have lost something, or any other information that needs to get sent out. Phone numbers make it easier to contact you if something were to happen to your home or surrounding areas when you are not at the lake.

Let's have 100% member dues participation this year!

Thank you! Karen Pelletier

ANNUAL MEETING



The TRIPP LAKE ASSOCIATION
will hold its ANNUAL MEETING on
SATURDAY, JULY 13TH, at 9:00 a.m.

at the POLAND LIBRARY!

COME ONE, COME ALL!!!

Important news about TLIA Newsletter

TLIA publishes two newsletters each year. Our Spring newsletter is a paper copy and is delivered to your cabin in late June or early July. Our Fall newsletter is on-line only. You can access the on-line newsletter by "friending" Tripp Lake Improvement Association on Facebook and/or opening the email sent by Karen Pelletier labeled, "Newsletter". Karen sends this out to all members who have shared their email address with her. She sent out an email for the Fall newsletter on November 3, 2018 with both a "link" to it, and as an attachment. Please open all emails from Karen as they are very informative and can alert you as to any issues on Tripp Lake.

On the Water

by Rick Lundstedt

Let's hope the summer is better than the cool, rainy Spring we've had. I came late April to set up but then didn't come back for a couple of weeks because the weather just wouldn't cooperate. Most of New England was flooded with stories of..well...floods! An interesting phenomenon happened while I was here the first week in May that some of you may have experienced. The water went from clear to very murky and back to clear in a couple of days. The murky water had a distinctive fishy / moldy / stale smell. Basically the lake "turned over" as it does every Spring and again in the Fall. Did a little research and I'll share this info from Science North (Ontario, Canada).

Lake turnover is an important feature of lakes. It occurs in the spring and autumn and is controlled by the temperature and density of water. The mixing of lake waters is important to move nutrients around. In the summer: The water is stratified in three layers. The top layer (epilimnion) is warm (typically higher than 18°C or 64°F) and the bottom layer (hypolimnion) is cold (typically less than 8°C or 46°F). The thermocline is a thin layer in between the epilimnion and hypolimnion where water temperature decreases rapidly with depth. In the fall: The surface layer of water cools because of cooler air temperatures. The cold surface water becomes more dense and sinks into the lower layers of water. Wind action helps to circulate the water, so that the bottom water comes to the surface and the surface water goes to the bottom. Water has a unique property because it reaches its maximum density at 4°C (39°F). Ice is less dense than liquid water and therefore it floats.

In the winter: The water is stratified again. The most dense water at the bottom of the lake is 4°C (39°F), with cooler water on top and ice at the surface. In the spring: The surface layer of water warms because of warmer air temperatures. This causes the ice to melt. The cold melt- water sinks to the bottom and the lake turns over again.

Speaking of Ice Out, several of you had mentioned that there was interest in seeing ice out date data. The chart shows that data from 1924 to 2019. Please note that the last 2 years are estimates. The straight line is a trend line.

Now that ice is a thing of the past, let's enjoy the summer.....see you on the water

Bird Watch 2019



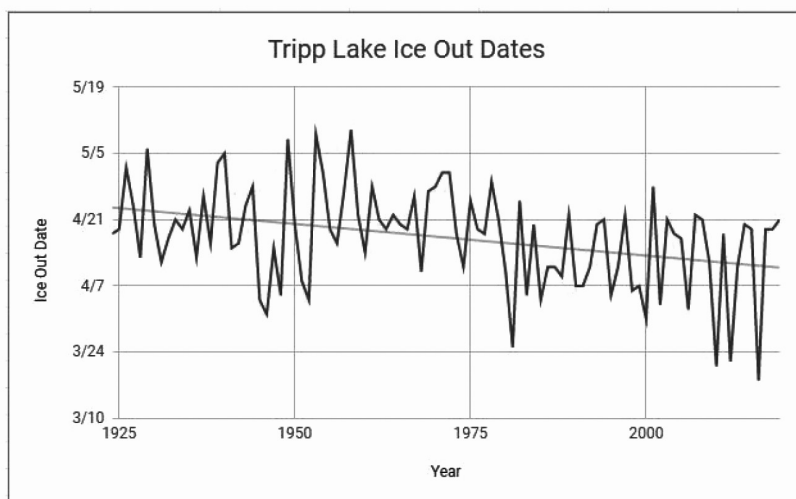
Anyone interested in joining in and keeping track of the birds and wild life that we see on Tripp Lake ? Claire Marquis and I would like to encourage our friends and neighbors to start sharing stories about the birds and wild life that we see on Tripp Lake. If all the birders around our lake could jot down all the species that they see from June 1st to August 31st and then email me their list at judyp.king48@gmail.com, I would compile the list and publish it on our web page in the fall. Claire would like to hear stories about the wild life and birds that you see on your property and on the water and then she would share this info with everyone. Email Claire at clairemarquis15@hotmail.com

Here are the birds that were seen last season. Can we add more to the list?

2018 list for East side of lake: Chickadee, Song Sparrow, Gold Finch, Bald Eagle, Blue Jay, Martin, White Breasted Nuthatch, Tufted Titmouse, Chipping Sparrow, Black Duck, Mallard, Loon, Downey Woodpecker, Hairy Woodpecker, Red Bellied Woodpecker, Mourning Dove, Belted Kingfisher, Ruby Breasted Hummingbird, American Crow, Robin, Ring-billed Gull, and Great Blue Heron.

2018 list for West side of lake: Red-breasted Gross-beak, Red-winged Blackbird, Gold finch, Chickadee, Wood peckers- Hairy and Downy, Nut Hatch, Blue Jay, Baltimore Oriole, a pair of Cardinals (but I only saw them once), House finch, Red-bellied woodpecker (He is quite big and has a whole red head down his back, really pretty), Tufted Titmouse, Purple finch who is really a dark reddish purple, Heron who checks the weeds every few days, Bald Eagle who does a fly by once a week. I think he lives down by the Girls Camp, Ducks, the usual Mallards and Black Ducks who dive down like loons, so cute, and the Mergansers, humming birds and loons.

It's time to share your stories and let us know all the species of birds seen on our lake. Feel free to call me with any ideas. Judy King 508-272-1372



Tripp Lake Pride



Did you know that we have shirts, hats, sweatshirts, water bottles, mugs, wine glasses and bags for sale to show off your Tripp Lake pride while supporting the health of our beautiful lake? These items are for sale year round and will be displayed and ready for purchase at our annual meeting on Saturday July 13th at the Poland Town library. They make great gifts for yourself, loved ones and friends. It's also a great way for someone visiting the lake to take home a little something to remember their time spent here in Poland.

I'm excited to announce that there will be some additional items that will be added to our selection of swag! Some may be limited items, some might be one of a kind! So don't wait to get the items you like when you see them because tomorrow they may be gone!



Obituaries

Our heartfelt condolences go to the following families:

Lorine Card on the death of her mother, Jeanne Dawe, 84, of Massachusetts on May 20th;

Daniel Furrow on the passing of his father Ralph W. Furrow, 87, of North Monmouth, on April 30th;

Bob Harkins on the passing of his mother Eda Marian Aberle Harkins, of Bradenton, FL on January 2nd;

Pat Hutchins on the passing of her mother, Ruth May Desjardins, of Hudson, FL on March 17th; and

Tripp Lake resident Richard "Dick" Harris, who passed away on April 12th.



Walter & Sharon Goss

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(207) 346-6811

www.gossberryfarm.com

RASPBERRIES - BLUEBERRIES

Living in Loon Territory

*Reprinted from Maine Audubon and
Maine Department of Inland Fisheries and Wildlife*

Watching Common Loons and listening to their haunting calls is a popular activity for visitors to Maine's lakes and ponds. Loons have many fascinating behaviors that are easy to observe from afar. If you are lucky, you may see a loon dive for a fish or feed its chick. Or you may see a loon preen its feathers or peer in the water, looking for its next meal.



For the best view, watch loons with binoculars. Loons can be very sensitive and may stop feeding their chicks or leave their nest and eggs if disturbed.



Loon Watch Calendar

April – Watch for pairs of loons exhibiting courtship displays like dipping their bills in the water or swimming around each other in circles.

May/June – Watch for single birds in quiet shallow coves and near islands, since parents must take turns sitting on the eggs.

July/ August – Watch for pairs of loons with one or two small chicks in tow or on their backs. The chicks are quite small when they hatch so they may be difficult to see.

September/October – Watch for large gatherings of loons on lakes and ponds. Adults may be molting into their dull gray and winter white plumage.

November-March – Watch for wintering adults and juveniles in their winter plumage close to shore along the Maine coast.

On Tripp Lake we have been lucky to share the lake with 3-5 loons each season. Usually they nest on the island where the Harris's have been diligent hosts and protectors of these beautiful animals. We ask boaters to stay away from the water around the island during nesting season. Remember that common loons are protected by both state and federal laws prohibiting harassment of wild life. For more information about those laws or to report violations, contact the Department of Inland Fisheries and Wildlife at (207)287-8000

*Please support
our sponsors!*

Lake Health

One of the biggest threats facing bodies of water everywhere is algae blooms. Algae, an aquatic plant like organism, blooms in lakes when there are available nutrients such as Phosphorus and Nitrogen. **Phosphorus and Nitrogen are naturally occurring elements found in the soil and plants, and algae need these elements to grow.** Due to sandy soils, the lakes of Maine carry very little nutrients and so algae blooms are not characteristic of a healthy lake system. But we still need to be careful to keep them out of our lake!

Land development and agriculture have increased dramatically in the lakes region of Maine. As a result, excess Nitrogen and Phosphorus nutrients have entered the waterways causing algae blooms and disrupting lake health. Every time soil is disrupted it becomes susceptible to erosion, meaning rain and wind can carry soil down hill. When you live near a lake, down hill means into the lake. **Even a small amount of soil carried into a lake can bring with it large amounts of Nitrogen and Phosphorus.** Surprisingly, it takes very little Nitrogen and Phosphorus to encourage algae growth.

Below is a photo of an algae bloom on Sabattus Pond near Lewiston, which occurs there frequently because of runoff from farms and residential lots around the pond, according to the Natural Resources Council of Maine.



Algae growth in our lakes is a problem for multiple reason. Ecologically speaking, algae changes the food web of the lake. When algae dies and sinks to the lake bottom it becomes food for bacteria. Bacteria use oxygen as they breath, just as we do. The problem is that Bacteria use up a lot of the oxygen in the lake, which is

bad for the fish and all of the other organisms that help keep our lake clean. **As algae and bacteria increase, there is a chance that harmful bacteria and algae can colonize a lake, making the water not only unattractive, but dangerous for human and animal health.** This phenomenon has been documented in many water bodies across Maine and the world. Once a lake reaches this tipping point of algal and bacteria growth, it is very, very difficult to bring the lake back to a healthy state. We all live on the lake because we love the lake. We also have financial investments in our property, whose value is utterly tied to the ecological health of the lake.

Last summer while swimming I was astonished by the amount of algae in the lake.

I have spent 40 summers of my life swimming in Tripp lake and by August each summer I feel more picces than human. As a child I took for granted the clean, clear water that supports schools of fish and an abundance of birds. As an adult who has lived in many places, I am aware of the how rare it is to have water you can see through and jump in without hesitation. This is a gift we did nothing to receive and are fortunate to enjoy. It is inevitable that a place as idyllic as Tripp Lake will become developed, and there is joy in knowing other people love the beautiful lake we love. **Although development can stress the lake ecosystem, there are MANY things we as landowners and lake stewards can do to protect our lake.**

WHAT YOU CAN DO

Take a tour of your yard. Is there any exposed soil, including mulch or garden soil? If so, what happens to it when it rains? After a big rain, visit the vulnerable places in your yard and try to follow the water's trail. Chances are that the water holds small particles of soil. Even soil far from the lake shore, eventually enters the lake and carries with it nutrients. **Plants are the BEST way to keep soil stabilized!** Not only do plants stabilize soil, but they actually pull Nitrogen and Phosphorus out of the soil, keeping it out of our lake.

GOOD NEWS!

The best plants to stabilize soil are the plants that grow naturally in Maine. The sandy soils and harsh winters of Maine are difficult on many cultivated plants. Plants native to the lakes district have evolved over millions of years to these conditions and so thrive despite poor nutrients and extreme climate. Best of all, they are free and require no maintenance. All you have to do is let the grow. **Native plants not only possess unique physical beauty, but they perform vital ecological functions that help keep our lake healthy.**

We must also be aware of all of the little things we do around our yard. For example, planting colorful annual flowers can make our yard look lovely, but these cultivars displace native plants, disturb soil, and require Nitrogen and Phosphorus, in the form of manure or synthetic fertilizer, to be added to the soil. In addition to these ecologically unfriendly actions, annuals have very little ability to hold soil during rains and must be replaced each season. Choosing native shrubs and perennials to plant in your yard is one of the best

See Lake Health on page 5

ways to stop erosion and help our lake. **Remember that using fertilizer, no matter how far from the lake shore, will likely result in added nutrients to our lake via heavy rains.**

The picture on the left is of an annual garden that is not lake friendly. The picture below is of a landscape that has native vegetation and is lake friendly.



The picture below demonstrates the difference between landscaping



that is good for the lake and bad for the lake. The yard with the smiling face is heavily vegetated with native plants from the house to the shore, while the other house has exposed soil that will eventually enter the lake.



If you are conducting a construction project on your property, no matter how small, do your best to keep construction as far from the lake shore as possible. Adhere to all building codes, as they are designed with the lake health in mind. **Stabilize soil with silt fencing and plants as soon as possible**, as seen in the picture below.



Let's keep our lake healthy and beautiful for all to enjoy for generations to come! If you have any questions about how to make your yard 'lake friendly' please feel free to email me at carlinkaufman@hotmail.com.

Carly Chandler is a life-long summer resident of Tripp Lake and has a Masters in Environmental Science. She teaches AP Environmental Science in Athens, GA.



2019 FARMERS' MARKETS

Support our local farms!

Most farm stands open the middle of June

Chipman Farm Stand

69 Shaker Rd., Gray
open daily

Gathering Winds Farm and Orchard

315 Poland Corner Rd., Poland
open daily

Goss Berry Farm

The best berries around, buy or pick your own
Elm St., Mechanic Falls

Hannaford Super Markets

Corner of Rte.11 and Rte. 26,
formerly 5 corners, Mechanic Falls
1603 Main St., Oxford
130 Shaker Rd., Gray

Lewiston Farmers Mkt.

Corner Lincoln and Main St., Lewiston
Sunday, 10-1
just over the bridge from Auburn

Pearls Farm Stand

Rte. 11, towards Mechanic Falls, Poland
open Mon. to Sat.

Verrill's Vegetable Stand

270 Bailey Hill Rd., Poland
open daily





DID YOU KNOW?

You do not have to be a member of Facebook to be able to view our Facebook page.

You will not be able to comment on the page but you can look as much as you want and get Lake information when it is available.

So add this Facebook address to your home page and stay informed!

<https://www.facebook.com/Tripp-Lake-Improvement-Association-584078591759637/>



SUMMER SALAD



BLT pasta salad

8 oz. rotini pasta {cork screw}
1/2 lb. bacon cut in 1 inch pieces, cooked
2 cups cherry tomatoes, halved
4 cups baby greens or spinach or a mixture

1/4 cup each mayo and sour cream and a bit of pasta water to thin

Cook bacon, drain on paper towel, add 2 chopped cloves of garlic, cook, add mayo & sour cream and a bit pasta water to thin. Add salt and pepper.

Add pasta, bacon, tomatoes and greens in large bowl, add dressing and stir to mix. Serve with meat or eat alone for lunch. mmmm



*Thank you Ed Hughes for helping
to keep our community beautiful!*



The Mangini Family



The Mangini Family, long time residents of Jordan Shore Drive celebrated a family birthday in April at mom's house in New Smyrna Beach, Florida.

SOARING EAGLE BOAT STORAGE

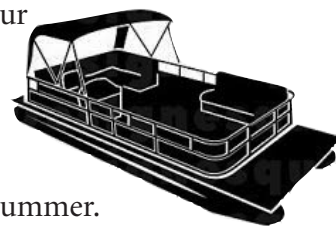
Soaring Eagle Boat Storage is coming to Poland ME.

We are very excited to offer to our neighbors on Tripp Lake our indoor boat storage facility along with winterization, boat lettering, and hauling out for winter and putting back in for summer.

Reserve your space for the 2019 Fall/Winter storage now! Please feel free to stop down and visit us at 29 Garland Swamp Rd. call us at 207-352-4433.

Have a great summer on the Lake!

Anna Lapre ~ Debra Lapre





Frozen Margaritas for company

50 oz Margarita Mix - liquid
12 oz Tequila
4 oz Triple Sec or Orange Juice
4-6 oz lime juice

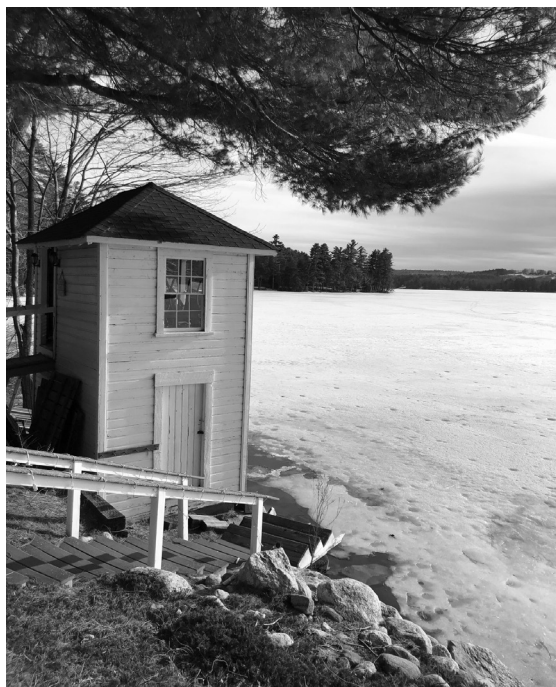
Mix in large 2 1/2 quart wide-mouth container. Freeze. Mixture will be slushy. Serve in salted glasses!

Your Lakeside Home Painted on Ccanvas

Howard Sherman, TLIA board member and Tripp Lake home owner is offering to paint your Lakeside home on canvas in acrylic paint. Howard is active in doing art shows and exhibits in South Florida with the Delray Art League. His website is Brushstrokesofdelray.com. to view other painting samples. Email is violinhw@comcast.net. He can receive photos from you this Winter or take photos for you next Summer, to do the painting. Sizes can fluctuate but typically can be 11x14, 12x16, 16x20, 8x16. Prices range from \$150 to \$250 and up.

Winter gives way to sunshine

by Jacque Giasson



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We're trying to lower our
expenses by putting
what we can online.

Thank you!