Long Lake Association

Summer 2020

Long Live Long Lake

Find us online at: Longlakeassociation.org and like us on Facebook

Shoreline Erosion, Septic Maintenance & Water Quality Testing: Hamilton County Soil and Water Conservation District	hamiltoncountyswcd.com
Stormwater and HABs: NYSDEC	dec.ny.gov
Rain Gardens and Road Salt: Lake George Association	lakegeorgeassociation.org
Invasive Species, Lake Steward Information and Water Testing: Adirondack Watershed Institute	adkwatershed.org
Invasive Species: Adirondack Park Invasive Plant Program	adkinvasives.com
Septic Maintenance: NYSDOH	health.ny.gov/publications/3208

NEW YORK STATE OF OPPORTUNITY | Department of Environmental Conservation

The LLA would like to thank all their volunteers and partners, including the Town of Long Lake, Paul Smith's Adirondack Watershed Institute, NYSDEC, Hamilton County SWCD, and many others!

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Photos provided by the Long Lake Association and mylonglake.com

Long Lake

Homeowners Guide to a Healthy Lake

A Message from the Long Lake Association (LLA)

The Long Lake Association (LLA) of Long Lake, NY was established over 30 years ago. Our mission is to preserve and enhance the health and beauty of the lake and to promote its wise use for the benefit and enjoyment of present and future generations. All Long Lake residents, full-time and seasonal, are part of the LLA.

LLA is devoted to maintaining and improving the water quality in the Town's lakes. To achieve these goals, LLA relies on funding through grants, fund-raising and support from the Town.

LLA provides volunteers to support many of the Town, Regional, and Statewide activities and committees to ensure that all the water bodies in the Town of Long Lake are well represented. We also sponsor the annual Paddling Olympics and an Annual Get-Together and participate in the Annual Loon Count. We encourage you to volunteer and participate in events.

The LLA has partnered with local organizations to sponsor activities to promote water quality including annual water quality testing and supporting Lake Stewards and boat inspections on Long

Enjoy your time on the lakes in our Town. For more information, contacts, or to make a donation, please visit our website at www.longlakeassociation.org and join our group on Facebook: Long Lake Association.

Shoreline Buffers & Lakescaping

Shoreline buffers keep out waters cleaner for swimming, boating, fishing and drinking while also increasing the natural beauty of the shorelines. Removing vegetation from shorelines leaves an open path for sediment and pollutants to enter into Long Lake. These pollutants have a negative impact on the plant and animal populations of the lake's system. Creating plant buffers along the shoreline helps keep soil in place and can absorb a substantial amount of phosphorus and other nutrients before they enter the lake.

When planting a buffer, mimic nature by utilizing different levels of plants, decreasing the height as you move closer to the waters edge. This will be aesthetically pleasing, as well as create habitat for an array of wildlife.

Aquatic Invasive Species

Long Lake currently only experiences variable leaf milfoil in limited areas, however, many Adirondack lakes have been infested with invasive species that can be spread from lake to lake. It is important to know how to identify invasive species, and understand how they are spread and how that spread can be prevented.

Eurasian Watermilfoil & Variable-leaf Milfoil (Aquatic)

Variable-Leaf milfoil is a species of invasive milfoil that grows in water up to 6 feet deep, but can be found in deeper water, as well as in flowing conditions. The submerged plant has feather-like leaves that are arranged in whorls of four to six around the stem. Each leaf has five to 14 pairs of leaflets. The plant looks like a dense mat of bottle brushes. The plants flower in the spring and keep their flowers through the fall. Variable-Leaf milfoil also spreads through fragmentation, as it is incredibly easy to break off parts of the plant.

Other aquatic invasive species to keep and eye out for include:

Photo by A. Fox

Photo by Meghan Johnstone

Photo by Robert Videki

Photo by R. Old

Harmful Algal Blooms (HABs) - Know it, Avoid it, Report it!

Long Lake has not experienced any HABs events, however there have been reported blooms in some Adirondack Lakes. It is important to be on the lookout and to avoid human or pet contact with any suspicious algal blooms.

Know it: Most algae are harmless and are an essential part of the aquatic ecosystem, however some algal species produce toxins that are harmful to humans and animals and are referred to as harmful algal blooms (HABs). The most common HABs in the Adirondacks are referred to as blue-green algal blooms or cyanobacteria which under certain environmental conditions can expand into a HAB. HABs are likely triggered by a combination of water and environmental conditions including excess nutrients such as phosphorus and nitrogen, an abundance of sunlight, low water or low flow conditions, calm water, and warm water temperatures.

Image Courtesy of NYSDEC

Avoid it: People, pets and livestock should avoid contact with any floating mats, scums, or discolored water. Colors can include shades of green, blue-green, yellow, brown or red. Homeowners not on a public drinking supply should not drink or utilize surface water for preparing food during an algal bloom. Even if the water is treated, in-home treatment systems do not protect people from HABs toxins.

Report it: If you suspect you have seen a HAB, please contact the NYSDEC.

STOP AQUATIC HITCHHIKERS!™

Prevent the transport of nuisance species.
Clean all recreational equipment.
www.ProtectYourWaters.net

CLEAN Remove all visible plants, animals, fish and mud from your boat, trailer, and other equipment and dispose of it ia\suitable trash container. Clean any gear with hot water, heated above 140° F.

DRAIN Empty water from bilge, live wells, ballast tanks and any other locations with water in them before leaving the launch. This includes scuba gear, waders and floats. Disinfect when possible.

DRY Boats, trailers, equipment and anything that is not washable should be dried for a least 5 days before re-using it in another waterbody.

Do not dump bait, fish, or other animals or plants into the water!

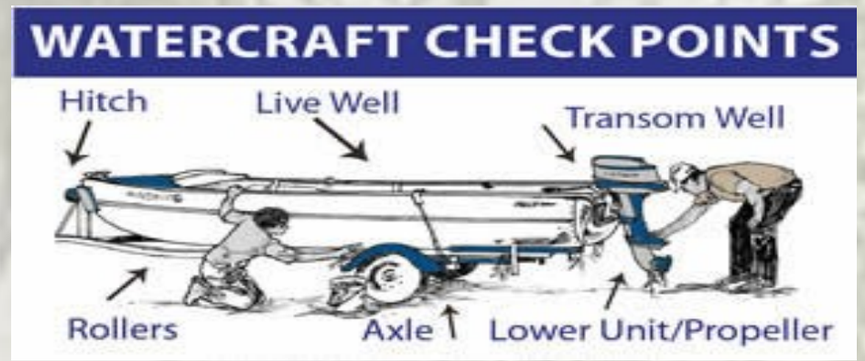

Figure provided by the Adirondack Lake Steward Program

Water Conservation

Water Efficient Landscaping

Gardens not only save water resources, but will save unneeded stress on your well system. You will also have less maintenance of your yard and fewer yard trimmings to dispose of. Here are a couple of tips for water efficient landscaping.

- Smaller lawns surrounded by landscaped areas decreases watering needs and increases the retention of stormwater runoff from your roof or driveway.
- Using native plants decreases the need for watering .
- Avoid using rock mulches in sunny areas as they promote evaporation.
- Careful placement of trees can reduce heating and cooling costs.

Landscaping the slope to the waters edge uses stormwater runoff to naturally water plants.

Home Usage

If you looked closely at your water usage at home, there will be some areas where you could cut back. That would help save the Lake and the strain on your wallet.

Look for the Water Sense label when purchasing new products for your home. They are found on high-efficiency products that will help conserve water. For more info visit www.epa.gov/watersense

- The average American uses 176 gallons of water per day.
- Leaky faucets can drip at the rate of one drip per second, which can waste more than 3,000 gallons of water each year.
- Washing a full load in the dishwasher uses less water than washing them all by hand.
- Filling up a bathtub uses almost 70 gallons of water, while taking a five minute shower uses around 15 gallons.
- Leaving the faucet running while brushing your teeth wastes 2 gallons of water a minute.
- A showerhead leaking 10 drips per minute wastes more than 500 gallons of water per year.

Did you know? The application of salt to winter roadways ensures the roads are safer for driving, however, salt can also create environmental problems for lakes and their watersheds. Salt dissolves into water and ends up in surface water and ground water, impacting aquatic ecosystems and drinking water supplies. Salt also impacts roadside vegetation and causes corrosion of vehicles and infrastructure. AWI has been tracking chloride and sodium levels in Long Lake over the last two years to determine the local impact of road salt. While data indicates higher levels of both, more data collection needs to be performed in order to identify a trend.

Septic Maintenance

As a homeowner in Long Lake, your household waste is discharged into a septic system on your property. It is your responsibility to maintain your septic system, not only for the health of Long Lake, but for the health of all who live and recreate here.

Inspect

Have your septic system inspected every 2 - 3 years to make sure that there are not any underlying problems you aren't aware of.

Pump-out

Pump-out your septic system every 3 - 5 years for year-round homes and every 5 - 7 years for seasonal homes to maintain the integrity of the system and minimize health & water quality impacts.

If you plan to replace your septic system, contact the NYSDOH for information on alternative systems.

Failing Septic System

If you notice any of these signs , it's time to call a professional:

1. Pooling water or muddy soil around the tank or drainfield area or leaching into your basement.
2. Bright green grass over your drainfield.
3. Rotten egg smell around the area of your drainfield.
4. Toilets or sinks back up when water is used.

Other maintenance measures to keep in mind:

- Avoid flushing "flushable" wipes, as these products clog septic systems and filters, and can cause costly repairs.
- Space out your water use by leaving time intervals between showers, loads of laundry, and washing dishes.
- Fix leaks and running toilets as soon as possible. All that extra water puts unneeded stress on your system.
- Efficient water usage will alleviate stress on your system and help it last longer.
- Plant grass or shallow rooted plants over your drainfield. Plants with deep roots have the ability to cause damage to your system.
- Don't drive or park vehicles on your drainfield, as this could compact the soil and cause damage to your pipes.
- Direct surface runoff flow away from your drainfield to avoid flooding your system.

Flush Responsibly

*Whether your household wastewater goes to the local sewage treatment plant or a septic system, here are a few things that should **never** be flushed down the toilet or poured down the drain:*

X Cloggers — *Disposable diapers, feminine hygiene products, and grease.*

(these items can clog pipes and cause sewage backups)

X Household Hazardous Wastes — *Gasoline, oil, antifreeze, pesticides, fertilizers, and paint.*

(unless the treatment system is designed to handle these wastes, they can interfere with the treatment process and result in the release of pollutants into the environment)

Clean Water starts at Home

For more information, contact the US Environmental Protection Agency www.epa.gov or

Stormwater

Stormwater Runoff

Stormwater is water from rain or melting snow that does not soak into the ground. Instead, it runs over impervious surfaces, for example roofs, driveways, patios and sidewalks. As the water moves across these surfaces it picks up pollutants such as gas, oil, litter, fertilizers and pet waste. The stormwater then runs directly through shorefront properties and into Long Lake. These pollutants can harm the fish populations and promote the growth of algae and weeds.

There are several things you can do on your property to help reduce stormwater runoff into Long Lake:

Reduce lawn areas in favor of trees, shrubs or natural ground cover to capture and hold rainwater.

Photo courtesy of Maine Dept. of Environmental Protection

- Direct downspouts away from paved surfaces and so they don't drain directly into the lake.
- Avoid using fertilizers and pesticide or switch to phosphorus free fertilizer when necessary.
- Pick up pet waste and dispose of it properly.
- Establish a natural plant buffer, like low growing shrubs or natural, unfertilized gardens, along the lakefront.
- Reduce impermeable ground surfaces by replacing them with natural walkways, gravel or other permeable pavements.
- Never wash anything near or directly in the lake. Soaps and cleaning agents contribute to pollutants in water.
- Do not rake yard waste, leaves and debris into the lake.

Zero Phosphorus Fertilizer

Phosphorus is an essential nutrient for plant growth, but too much in the Lake can cause excess algae to grow and blanket the water with a green goo. What's more, the majority of lawns already contain the necessary amount of phosphorus for grass to grow. It's because of this that NYS enacted a law in 2012 that requires phosphorus-free fertilizer be used on all lawns unless you are establishing a new lawn or a soil test shows that your lawn doesn't have enough phosphorus. In addition, you may not apply fertilizer within 20 feet of a waterbody unless there is a 10 foot plant buffer. You may also not apply fertilizer from December 1 - April 1. For more information on the *Dishwater Detergent and Nutrient Runoff Law*, visit: dec.ny.gov/chemical/67239.html.

When shopping for fertilizer, look for the bag with the "zero" in the middle.