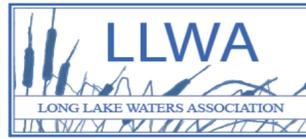


*Our mission is to provide collaborative leadership in improving and protecting the water quality of the Long Lake Creek Watershed for the enjoyment of present and future generations.*



THREE CITIES · SEVEN LAKES · ONE WATERSHED

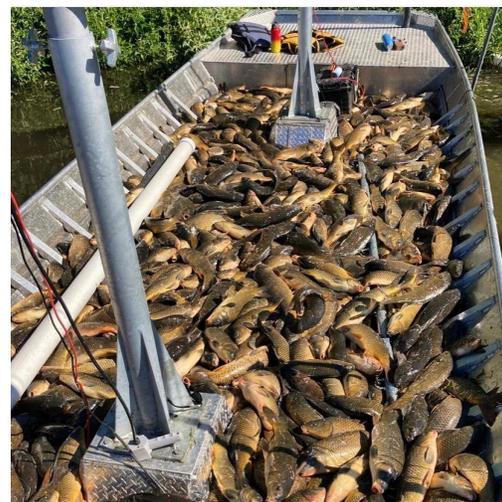
## Long Lake Waters Association

Welcome to summer in the Long Lake Creek Subwatershed. As the weather warms and more of our community members are vaccinated, we look forward to seeing you outside and keeping you updated on our carp boxnetting efforts and new happenings in the watershed.

### What's happening:

**Boxnetting** We are excited to announce that to help manage the as part of the ongoing management efforts to control the invasive carp fish population, Long Lake Waters Association is contracting with Carp Solutions to install boxnets to capture and remove carp this summer and maybe next spring. The boxnetting will planned happen at two locations in June, July, and August. Removing carp is one strategy to improve water quality. Based on recent carp population surveys, we estimate Long Lake has nearly 5 times the recommended threshold level of carp (89 lbs/acre or hectare?) associated with good water quality. The carp in Long Lake are continuing to spawn in enormous numbers. As bottom feeders, carp stir up the sediment in the

water, preventing sunlight from penetrating, which in turn prevents water plants from growing, which in turn eliminates habitat for the native bluegill fish, which greatly impacts water quality. You will likely see sections near the shore marked off with buoys and may see activity as Carp Solutions lures carp into the boxnets with bait corn. And on the netting days, you may see 400-1000 carp captured in the 30x60 foot nets and removed from the lake. Please check LLWA's Facebook or Instagram feeds to learn more about this project as it develops and how you can help. We will post the dates the netting will happen as soon as we know them.



**Dog Waste Stations** With the start of summer both the newly completed East Long Lake Trail and our local parks are attracting lots of bikers, walkers, visitors, and their dogs. Thanks to the generous support of our members, LLWA has been able to purchase and donate two dog waste stations, which have been installed at Nelson Beach and at Wurzer Park Trail. Also the City of Orono has installed a garbage can at the North end of East Long Lake Trail to easily dispose of any trash. We appreciate all your efforts and help to keep our public spaces clean and trash free.

### What's moving:

**Watercraft** Long Lake provides wonderful opportunities for boating, sailing, paddle boarding, and water sports. But the lake can be negatively affected by overuse. The wakes from motorcraft all wash up along the shore and causes erosion which contributes to the poor water quality. If you are using motorized watercraft, [DNR guidelines](#) (listed under Long Lake / Orono) require slow or no-wake speeds within 150 feet of the shoreline or docks to avoid creating significant wakes in the narrow center of the lake.

**Birds** A pair of loons are nesting at the east end of Long Lake. Their incredible calls can be heard most nights (this [recording](#) can help you identify the sound). Loon nests are susceptible to wakes and disturbance, so please take care when enjoying the east end of the lake. Additionally a great number of other birds also rely on the lake and wetlands for food and cover, including: sand hill cranes, great blue heron, trumpeter swans, green heron, tree swallows, purple martin, osprey, bald eagle, chimney swift, barn swallow, loon, wood duck, merganser, and the ubiquitous red-winged blackbird.

*Photo credit: Rebecca Field*



### What's growing:

**Invasives** Burdock, with leaves that resemble rhubarb, is a prized plant in Japanese cuisine, and has long been used in traditional medicine for detoxification, but is a noxious invasive weed here in the watershed. By late summer the plants will flower and go to seed, producing hundreds of velcro-like seeds that attach to animals' fur and spread. Now, before the plants start to flower is a good time to dig up burdock and prevent their seed dispersal. As a bonus for your effort, you can use the roots to produce a beautiful anti-inflammatory tea. The best time to dig up burdock is after a good rain when the soil is soft. Loosen the soil around the plants with a deep shovel, and pull up the whole plant, including the long tap root. Twist the leaves off and discard (safe for compost) and save the roots. See instructions for tea below.

### How to help:

**Boxnetting** We are looking for members to learn about the boxnetting and baiting efforts. If you are interested or would like to learn more, please email LLWA at [longlakewaters@gmail.com](mailto:longlakewaters@gmail.com)

**Board members** Long Lake Waters Association is also looking for watershed residents to join the Board. If you are interested, board applications can be found on the [LLWA website](#) or please email [longlakewaters@gmail.com](mailto:longlakewaters@gmail.com) for more details. Board Applications are due September 15 and selections will be confirmed November 1, 2021.

**What do you see?** Please let us know what you are seeing in the watershed, either conditions or problems you are concerned about, or positive feedback and community actions. You can reach out by email to [longlakewaters@gmail.com](mailto:longlakewaters@gmail.com), or share on our Facebook or Instagram feeds.

### **Burdock Root Tea**

After harvesting the roots, remove the soil by either soaking in a bucket outside, or rinsing with a hose. Chop a single clean root into coins and place in a kettle full of water. Bring to a rapid boil, lower heat, and continue to boil for five minutes. You can drink immediately, or store in the fridge to drink over the next week. Tea will turn a brilliant emerald green color. Clean roots can be stored in a sealed plastic bag in the refrigerator for up to 10 months – long enough to provide colorful tea throughout the winter. (Note: Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs, please consult with your doctor before use. More information about uses and precautions [here](#).)

