

THE FRIENDS OF LAKE WARNER AND THE MILL RIVER

2021 FALL/WINTER NEWSLETTER

Autumn is a second spring, when every leaf is a flower." – Albert Camus

Lilies of the Lake

By Stephen Braun

Paddling Lake Warner at the height of summer often means paddling not on open water but across the broad glistening leaves of the water lilies that cover a great deal of the lake's surface. It is tempting to seek out the lanes of open water because you don't need to deal with the dripping lily leaves and clumps of other water plants that cling to the paddle blades with nearly every stroke when crossing the lily mats. But spending some slow time among the lilies offers a host of delights, not least the beautiful flowers of the two native species that make the lake their home: fragrant (white) water lilies and yellow pond lilies (also called spatterdock).



The scientific name for fragrant water lilies is *Nymphaea odorata*, a nod to the idea that these flowers grace the abodes of water nymphs with their beauty and aroma. It's worth a paddle just to stick your nose into an open fragrant water lily—their aroma reminds me of a lovely amalgam of gardenia and lilac, but lighter and subtler than either. I'm no fan of perfume, but if somebody managed to bottle that aroma I'd pay good money for it. The flowers themselves are symmetrical beauties with 20-30 white tapering petals, 40 or more bright yellow stamens, and a whorl of four green-to-purplish sepals at the base. The flowers typically open in the morning and close by mid-afternoon, although the other evening I found a few still open around 5:30.

An interesting factoid about fragrant water lilies is that their stomata, the tiny openings through which carbon dioxide and other gases pass into the plant, are on the upper, shiny leaf surface rather than on the lower surface as is the case for most land plants. The leaves also serve as micro-habitats for many creatures including dragonflies and damselflies that use them as resting platforms and hunting grounds. Flip over a lily pad and look closely.

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The Friends of Lake Warner
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You may see a range of tiny creatures and forms including insect larvae, egg masses, beetles, and other invertebrates, some of which live out their entire lives on a single leaf. The other day I found miniature pond snails clinging to the underside of a pad, some so small I could barely make them out. The little fellas slowly graze on algae as they crawl across the underside of the leaves, growing steadily from spring through fall.

The yellow pond lilies are less showy than the fragrant lilies, but they're beautiful in their own way and serve equally important roles in the ecosystem, as both food and infrastructure for other creatures.

Unlike the fragrant lilies, which always float on the water's surface,



the yellow lilies often extend several inches above the water's surface, particularly when, as has happened recently, the water level rises for a while, then retreats. The flowers are cup-shaped and consist of six petal-like sepals and many small yellow petals resembling stamens. The large yellowish disk-like stigma at the center of the flower is marked with lines, like the spokes of a wheel.

Both types of water lilies are perennials that emerge each year from thick, starchy rhizomes buried in the muck. You seldom see the rhizomes, but they are dug up and eaten by both muskrats and beavers (both plentiful on the lake). So you'll sometimes come across these gnarly, alien-looking objects as thick as your forearm and twice as long floating on the surface or washed up on shore. I've read that native Americans ate the rhizomes, boiling or roasting the roots or drying and grinding them into meal. But I've also read that

large doses of the root are potentially toxic, so I wouldn't suggest experimenting with rhizomatous cuisine.

As the days shorten and cool on the downside of midsummer, the water lily leaves will turn shades of yellow and red just like maple leaves, and then they'll die and sink, opening the lake surface again. That will make the paddling easier, but I'll miss the lilies and will look forward to seeing them again next year.

In Remembrance and gratitude to Jim Freeman, North Hadley resident and founding board member of the Friends of Lake Warner and the Mill River

By Ginger Goldsbury, Jason Johnson and Tom Harris

Jim Freeman was a cherished friend, neighbor and active supporter of Lake Warner, aka North Hadley Pond who passed away recently, not long after losing his beloved wife Margaret.

In 2002 Jim was part of the small group of North Hadley residents who participated in the Lake Warner/ Mill River Watershed Group, organized to help protect our lake and watershed. Jim and the group kayaked out to the middle of the lake to measure lake water transparency and lake depth using a Secchi disk, then measured water temperature using an alcohol thermometer. Water samples were taken for laboratory analysis of Total Phosphorus.

This work was a precursor to the work being done by the current Friends of Lake Warner. The sampling sites, and recommendations following this early work shaped the design of the watershed level analyses that continue today. Jim, with his brilliant mind and wonderful sense of humor, maintained continuing interest, and financial contributions, to support the health of the lake and watershed. Jim was a founding board member of the Friends of Lake Warner and was present in the early meetings of 2009/10 prior to the official formation of the group. These meetings were critical to clarifying who, what, where, when, and most importantly why those who loved the lake had to get organized and take action to preserve



Jim Freeman and volunteers perform watershed sample testing

the lake. As a longtime North Hadley resident and lake abutter, Jim had seen changes and witnessed the stewardship that various residents had assumed to ensure the lake continued to exist into the 20th century. Where did we go from there? How do we get there from here? Jim, familiar with local town politics and personalities, had as well a deep knowledge of the history and interconnected nature of the pond and the community. He brought institutional knowledge and a seasoned view of the possible pathways to success, and a willingness to try.

The ownership of the dam had remained in local hands following the passing of John Howe, the last descendent of the Dickenson Broom Tool Company, in the early 1960's. Lake Warner and the dam which holds the lake had serious problems; big, expensive, complicated problems that were clearly going to take a long term and sustained effort to manage or solve. Jim was so clear about the right course of action. The pond should be saved, the dam should be repaired, the town should contribute, the community will contribute, volunteers will help, local recreational users and fisherman will support the effort, science-based investigations should be resuscitated, UMASS should be involved, the farming community should be involved. The dam restoration, scientific investigation, community organizing, agricultural and municipal engagement on a watershed wide basis that have occurred over the last decade are the fruit of seed sown in those aspirations and visioning session in which Jim and Margaret played such an integral role. Jim and Margaret knew that the work would take a sustained effort, and that it must involve the entire community.

The body politic does not operate well with one hand. With two hands we can raise barns, plow fields, build bridges, plant trees, paddle boats and fix roads. Like a human body when one hand ties or severs the other, the body politic cannot function the way it was designed to. Tasks as simple and necessary as tying one's shoes, become difficult tasks. Embracing our neighbors, bearing the responsibility of our community's endeavors become difficult tasks.



John Boisvert (with cigar), Stanley Jekanoski, John Boisvert Senior, Jim Freeman (in hoodie) and assorted family members on the pond c.1978.

We cannot solve the challenges our community faces one handed, we need both hands for the organism of government to operate. Those are the messages Jim's legacy leaves us with. He will be sorely missed, as will all the recently departed, long time members of this community. We will miss their counsel, but keep their vision present and alive through our work. They remind us that together we can accomplish anything.

A Boat, Beneath a Sunny Sky

Lewis Carroll - 1832-1898

A boat, beneath a sunny sky
Lingering onward dreamily
In an evening of July—
Children three that nestle near,
Eager eye and willing ear,
Pleased a simple tale to hear—
Long has faded that sunny sky:
Echoes fade and memories die:
Autumn frosts have slain July.
Still she haunts me, phantomwise,
Alice moving under skies
Never seen by waking eyes.
Children yet, the tale to hear,
Eager eye and willing ear,
Lovingly shall nestle near.
In a Wonderland they lie,
Dreaming as the days go by,
Dreaming as the summers die:
Ever drifting down the stream—
Lingering in the golden gleam—
Life, what is it but a dream?

Seeking New Board Members

Friends of Lake Warner is currently seeking new board members to help with all aspects of supporting and growing our organization.

If you are passionate about local conservation and would like to participate in our mission to improve the local watershed that directly impacts Lake Warner then please consider applying.

Your time as a volunteer can be spent in any number of ways. We are a very hands-on board and need help with fund raising, grant writing, strategic planning, communications and community outreach and invasive species management.

The Board meets monthly and board members typically serve on one or more committees that meet monthly. There are also weekly activities such as water chestnut pulls.

If you are interested, please email Ginger Goldsbury at friendsoflakewarner@gmail.com to apply.

Plein Air Society and Lake Warner

Lake Warner is well known as a paddling, fishing and birding destination. It is also, for all passersby, a place of beauty and calm, where one can contemplate the imprints of the changing seasons on land, water and sky.

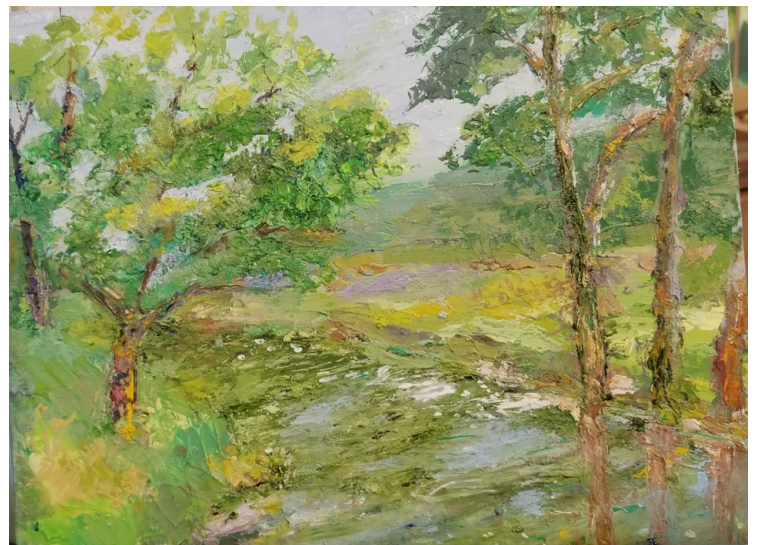
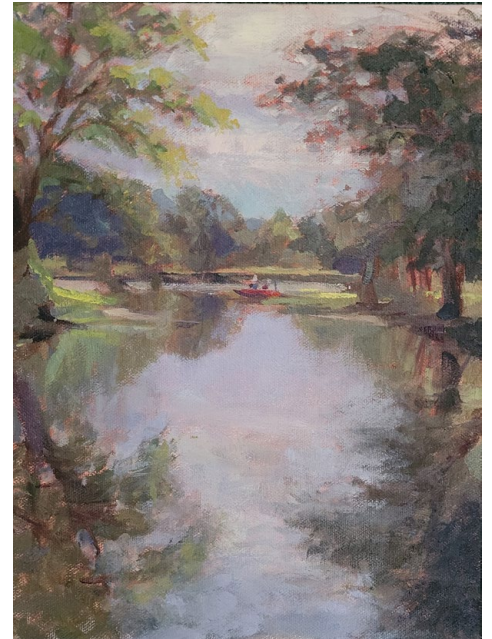
In late spring this past year, the Amherst Plein Air Society (APAS) focused on the beauty of Lake Warner for their weekly “paint-out.” Twelve plein air painters visited the lake throughout the second week of June, with a large group painting and meeting for a group critique on June 10. The paint-out was a neighborhood feel-good event, with people interrupting their walks to observe the works in progress.

Organized by painter Susanne Personette, the Amherst Plein Air Society has conducted weekly paint-outs in outdoor settings year round since 2015. In addition to painting sessions and critiques, APAS offers (in non-pandemic times) an annual retreat, book swaps, Open Studios, classes, field trips to galleries and museums, and

more. APAS welcomes people of all ages and levels of experience, and working in all media, to join.

The Amherst Plein Air Society has continued limited activities through Covid, carefully observing masking and distancing guidelines. Due to the pandemic, their most recent exhibit was displayed online. Previously, they have exhibited as a group at the Forbes Library and the Jones Library. You can find them on Facebook at <https://www.facebook.com/Amherst-Plein-Air-Society-392391357552048>. If you are interested in joining the Amherst Plein Air Society, contact Susanne at SusannePersonette@gmail.com.

*Reminder: You do not have to be a member of a plein air society to enjoy the loveliness of Lake Warner or to record its moods and cycles. FoLW welcomes you to submit sketches, paintings, essays, poems, photographs and videos to our newsletter or to post on our website or Facebook page.



From top to bottom, left to right: Lake Warner by Steve Schneider, North end of lake by Maggie Hodgson, Lake Warner near bridge by Joanne Tebaldi, Lake Warner near church by Joanne Tebaldi, Lake Warner by Simone Alter-Muri

VIRTUAL WATERSHED SUMMIT

The Friends of Lake Warner and the Mill River is hosting an inspiring Watershed Summit with sixteen speakers in four days and an innovation contest for anyone wanting to participate.

The cost to attend is twenty-five dollars, with a sliding scale for students, through Eventbrite. All proceeds will go to the Friends of Lake Warner and Mill River Watershed annual operating budget. An attendee orientation package with important links will be emailed to the registrants.

Join this inspiring, virtual community to learn about the projects that these environmental scientists, farmers, academics, practitioners, and landscape architects are focusing on to improve and stabilize watersheds in the region, nation and throughout the world.

CONFERENCE – SEPTEMBER 20-23, 12:00-1:30 DAILY
INNOVATION CONTEST – SEPTEMBER 24-26

Cost for the whole week is \$25.00 per ticket.

Sliding scale of \$3-25 for students.

The Conference and contest are intended to create and grow the Friend's community through education and awareness of fresh water and watershed issues, solutions and successes.

FEATURED PRESENTERS

MONDAY, SEPTEMBER 20

12:00 EST - Cheri Ruane, FASLA, Weston & Sampson, BSLA President - Keynote Speaker

12:20 - Brian Yellen, Fort River Watershed

12:40 - Dan Pratt, Astarte Farm, CSA, No-till tech

1:00 - Theresa Wolejko, REM, TURP, UMass EH&S— Stormwater Green Infrastructure

TUESDAY, SEPTEMBER 21

12:00 EST - Masoud Hashemi, PhD, Pasture Management, UMass Stockbridge School of Agriculture

12:20 - Jeremy Barker Plotkin, Owner / Simple Gifts Farm, hands-on experience w/ No-Till

12:40 - Reid Bertone-Johnson, Smith College Professor, Conservation Restriction w/ Kestrel Land Trust at the MacLeish Field

1:00 - Aliko Fornier, Connecticut Conservancy – Water Chestnut in the CT River Watershed

WEDNESDAY, SEPTEMBER 22

12:00 EST - Ljiljana Rajic, PhD, co-founder, CTO of Elateq.com

12:20 - Jason Johnson, FoLW Exec Director - Mid-Keynote

12:40 - Alexander Haro, PhD, USGS Movements and passage of American Eel & Lamprey

1:00 - Matt Kaminsky, Silvopasture for Healthy Watershed and Soils

THURSDAY, SEPTEMBER 23

12:00 EST - Ken Sprankle, Project Leader, U.S. Fish & Wildlife, Diadromous Fish

12:20 - Dr. Allison Ryan, Use of Barley Straw for Control of HABs

12:40 - Sarah Miller & Niveen Ismail, Smith College, Best Management Practices

1:00 - Beth Willson, Environmental Scientist, Amherst Public Works

THE INNOVATION CONTEST will target computer scientists, industry experts, engineers, inventors, ecologists and academics. There will be four challenges with a purse prize of three thousand dollars.

During the Innovation Session participants will have the week to develop a prototype or proof of concept. The final product is a ten-minute recorded power point presentation. Teams will have access to mentors if need be. Mentor categories include industry experts, business mentors, specialists, technology experts, and investors. Mentor check-ins will be Wednesday from 1:30-2:15 p.m., Friday from 12:00-12:45 and a bonus check-in on Saturday from 1:30-2:15 on the Wonder.me platform and all week through Slack. There will be a flash session on Friday from 12:00-1:15 EST on Zoom. This is where the contestants will present problem statements and ideas to form new and existing supplement teams. Final Presentations will be Sunday, Sept 26 from 10:00 a.m. to 12:00 p.m. The judges will review criteria and select winners from 12:00-12:45. The Winner's Announcement and Closing Comments will be at 1:00 p.m. EST.

Please join us for this informative and exciting event! Become a sponsor and help promote this event and help Lake Warner!

THE CONTEST JUDGING CRITERIA IS AS FOLLOWS:

Was the problem statement provided?

- Is this the first time your team has worked together?
- Did they check in with a mentor or mentors?
- Did they select a challenge and register? Did they register through Eventbrite? Code required.
- Did they develop a proof of concept or a prototype?
- What technologies did they implement (VR, AR, drones, apps, other) to solve problems?
- Bonus Points - Was a one-minute pitch teaser uploaded?
- YouTube submission of 10 min recorded presentation. Deadline 11:59 PM on Sept. 25th.
- Did they develop a profile and register on Devpost using registration code?
- Bonus Startup – Did they demonstrate how to bring their solution to market?
- What particular points made this submission exemplary?

Join us in this inspirational virtual gathering event for team-building and collaboration. An event to share information and an event to present and develop cutting-edge, innovative ideas in the field of ecology. We very much look forward to your attendance.

Please share this with anyone that you think would like to attend, become inspired, be a part of the Friend's community and learn more on how to become involved in this event and with the Friends of Lake Warner.

Event organizer **Melissa Frydlo** can be contacted at melissa.frydlo@outlook.com with questions.

Event trailer: <https://youtu.be/ZMijlTYPdIg>

Eventbrite link: <https://www.eventbrite.com/e/friends-of-lake-warnerwatershed-summit-10-tickets-156152134237>

Event Website: <https://melissafrydlo.wixsite.com/watershed-summit>

Friends of Lake Warner: <https://friendsoflakewarner.org/>



Kind Words from Readers

I just loved the Mill River story! It is where we used to go trout fishing as it traversed through our family's pastures and my older sisters learned to swim there. This all makes my heart sing!

– Kathy Service, Northampton, MA

Thank you for maintaining this wonderful local lake - a true treasure!

– Ben Snyder, Hadley, MA

Really appreciate all the hard work you do to help maintain and improve Lake Warner and Mill River!

– Sue Delisle, Hadley, MA

FOLW CALENDAR AND FALL EVENT SCHEDULE

September 20-26th Virtual Watershed Summit

Sign up at Eventbrite link:

<https://www.eventbrite.com/e/friends-of-lake-warnerwatershed-summit-10-tickets-156152134237>

September 24th, 9 a.m.-3 p.m. Source to Sea Cleanup-Mill River Amherst and Hadley

Sign up at: friendsoflakewarner@gmail.com

October 2 Carr Cider Tasting/Hike/ Lake Paddle

Sign up at Adventure East: <https://www.adventureeast.com>

October 5, 7:00 p.m. (First Tuesday of every month) FOLW Board Meeting

Email us for a Zoom invite at: friendsoflakewarner@gmail.com

October 26th and 27th Regional Climate Adaptation Science Symposium via Zoom

Registration info and other information can be found here:

<https://necasc.umass.edu/symposium>

HOW TO DONATE TO FOLW

Mail donations to:
The Friends of Lake Warner
P.O. Box 11 Hadley, MA 01035

Donate at our website:

<http://friendsoflakewarner.org/donate/>

Venmo donations
using this QR code.



Please Join The Friends of Lake Warner and The Mill River. We Need You!

We are a non-profit, citizen community organization. • Members receive a bi-annual newsletter. • Members are invited to participate in our activities, workdays and social events. • Your tax-deductible dues support our efforts to preserve, clean and maintain our lake. • Your dues also support the printing cost of our brochures and newsletters.

I want to join

☐ Individual membership - \$25 ☐ Family membership - \$35 ☐ Sustaining membership - \$100

Name _____ Phone _____

Street Address _____ City _____

State _____ Zip _____ Email _____

Please make checks payable to: Friends of Lake Warner (FOLW) Checks should be mailed to: Friends of Lake Warner, PO Box 11, Hadley, MA 01035