



Lake Waves

A Quarterly Newsletter of the Illinois Lake Management Association

Spring 2009

Volume 24, Number 2

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Extra, Extra, Read all about it!



Experiment #3,002... well, not really but we are moving forward into the digital age as this is the first issue of Lake Waves to be released electronically. Any member still interested in getting an issue the old fashioned way need only request a copy and the printing press will get spooled up but we are set to be broadcasting each new issue of the newsletter directly to our members email and posting on the ILMA website. This is being done in the interest of reducing our paper footprint and allowing members to have more accessibility to past articles as a digital library will grow on the website with future newsletters. We hope you enjoy this addition to your newsletter reading experience.

President's Message

By Mike Adam

This past year or so we have been experiencing change and uncertainty in many aspects of our lives. Whether it is in the political world or the balance on your retirement account, change and uncertainty abound. However, along with potential dire predictions of the future there are many glimmers of hope. Usage of our national parks and campgrounds is up and people are looking locally for recreational opportunities. Maybe these harder times will foster a renewed interest in local natural resources including our state's waterbodies.

Change and uncertainty is evident within our lakes, too. In portions of Illinois, two consecutive wet seasons (and we are apparently working on a third) have changed the situations on many of our lakes. Here in NE Illinois, it was only a few years ago we were concerned about drought conditions and low water levels. Now many of these lakes are dealing with high water with management entities trying to figure out when to issue "slow no-wake" warnings or wondering if their dam will hold the next storm's floodwaters.

Changes in lakes also come in forms with a human connection, such as the discovery this year of an aquatic exotic (Brazilian elodea). This exotic invader was presumably released from an overcrowded water garden or aquarium and subsequently found overwintering in a pond in Lake County. Some of these changes are temporary (hopefully this invader is), but others are not. Each year, for example, we discover more zebra mussel infested lakes.

Some changes we have no control over, such as the weather. Other changes we can do something about. Understanding these changes and what we can do about them may be critical to the long-term health of our lakes. Lake education and knowledge dissemination is a big part in obtaining this understanding and is a cornerstone of our organization. ILMA accomplishes this each year by providing members with valuable information through our newsletters, website, workshops and, of course, our annual meeting. We also try to pass along other learning opportunities to members that may be of interest. So don't let change and uncertainty intimidate you, but turn it into a learning opportunity and be part of the solution.

Finally, on the subject of change, this version of Lake Waves will be the first to be offered electronically to the mass membership. The production of the newsletter takes not only time but financial and environmental resources for printing and mailing. Our goal is to provide informative newsletters that are released more frequently than in the past, but in a more condensed version. This will save time and money while maintaining the same level of content. Since some members do not have email or internet access, we plan to continue printing and mailing newsletter to these folks as well as anyone who requests a paper copy. Please let us know how you feel about this new change. As always, if you have a project that you would like to share with us, let us know. We are always looking for new content.

Thank you and have a great summer!

Your ILMA Board

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The Illinois Lakes Management Association is a nonprofit organization whose mission is to promote understanding and comprehensive management of lake and watershed ecosystems. Membership is open to all.

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Prescription Pill and Drug Disposal Program

ILMA was extremely lucky to be able to host Paul Ritter, Eric Bohm, and a handful of their students from the Pontiac Township High School for a presentation of the prescription pill and drug disposal (P2D2) program they started in their hometown and is now spreading across the country. For anyone questioning the importance of motivating our youth to harnessing their ideas and energy in order to achieve extraordinary things need look no further than these students.

The P2D2 program all started from a simple question posed to Mr. Ritter one night by his wife, "What should we do with these old expired medicines in the cabinet?" Not knowing the best answer he decided to pose the question to his high school ecology students in the form of an assignment. In their initial search for an answer they began to discover the unsettling reality that scientific studies across the country have been identifying a growing level of pharmaceuticals such as antibiotics, anti-depressants, estrogens (from birth control pills), pain killers, tranquilizers, cholesterol-lowering compounds, etc. (the list just goes on) in our lakes, rivers, and even groundwater. In addition to this, they learned that current wastewater treatment systems are not designed to remove these pharmaceuticals from our drinking water. The growing levels of these chemicals pose not just a general hazard to fish and other aquatic fauna but can directly impact human health by potentially creating antibiotic resistant strains of disease causing bacteria, increasing rates of cancers, and decreasing fertility rates. As the interest of the students increased on the subject, so did their desire to do something about it.

Mr. Ritter tapped a fellow Pontiac Township teacher, Mr. Bohm, to assist in taking the knowledge gained on the subject and doing something constructive with it. The two developed a teaming strategy using students in different classes/subjects to tackle different parts of the problem. One team developed a broad plan to have local pharmacies accept old or unused pharmaceuticals for safe disposal. Other teams were charged with implementing a letter writing campaign to local, state, and federal officials or developing various types of media material including video and audio commercials, billboard ads, and pamphlets. The hard work of the students paid off and a partnership was formed between the school, local officials, and businesses to implement the P2D2 plan.

It has only been a little over two years since that fateful question was posed and the P2D2 program has grown from 1 pharmacy in the City of Pontiac to a long list of drop off points in 28 counties in Illinois. The program is now being duplicated throughout the nation with more and more drop off points becoming available. In addition to permanent drop off points, numerous drop off

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Paul Ritter
Ecology Teacher
Pontiac Township High School



Eric Bohm
Social Studies Teacher
Pontiac Township High School

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'events' have been coordinated and ILMA was able to throw its support behind one of these.

On Saturday, April 25th, ILMA participated in The Expired Prescription and Unwanted Medications Drop Off in Springfield, Illinois. This event was sponsored by the Illinois Environmental Protection Agency, Sangamon County Health Department, the City of Springfield, City Water Light and Power, Illinois Lake Management Association, and Illinois-Indiana Sea Grant. Residents of Sangamon County could drive up and drop off any unwanted or expired medications. Nineteen 30 Gallon containers of prescription medications, over the counter medications, vitamins, ointments, lotions, creams, and pet medications were collected. Also, one 30 gallon container of controlled substances was taken by the Sangamon County Police Department. This was the first collection of its kind in Sangamon County and deemed quite a success by all involved.

The P2D2 program has served to keep an untold amount of pharmaceuticals out of our water resources and all of this was possible thanks to the Paul and Eric encouraging their students to believe in themselves and believing they could make a difference. If you are interested in finding out if there is a drop off point near you or how to promote having one near you, please visit the programs website www.p2d2program.org to find out more.

ILMA



INVADERS IN ILLINOIS....

BRAZILIAN WATERWEED ...THE INVASION UPDATE CONTINUES

By: Leonard Dane, Lake County Health Department



Brazilian Elodea (*Egeria densa*, also known as Brazilian Waterweed) is a South American aquatic plant that is spreading into Midwest lakes and streams. Until 2008, the Midwest Invasive Plant Network (MIPN.org) reported that this invasive aquatic plant was only known in 17 counties in the Midwest and Ontario, with only one known population surviving the cold winters of central Minnesota. In the summer of 2008, two populations were found in Libertyville, Lake County, Illinois by the environmental consultant Integrated Lakes Management (ILM) while conducting routine maintenance of two ponds owned by the Village of Libertyville. ILM reported the populations to the New Invaders Watch Program (NewInvaders.org), a regional early detection program for invasive species in the Chicago region and identification was confirmed by the Illinois Natural History Survey. On January 22, 2009 the Lake County Health Department - Lakes Management Unit (LMU) sampled the ponds and found that the Brazilian Elodea was overwintering beneath 8 inches of ice covered by 6 inches of snow.

Once established, Brazilian Elodea is difficult to completely eradicate. It can grow aggressively in our lakes and streams and infestations can cause a decline in water quality, restrict water movement, interfere with navigation and traditional recreational uses, and reduce the abundance and diversity of native plants, such as our native American Elodea (*Elodea canadensis*) also known as Common Waterweed.

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Aquatic invasive plants can spread as water garden plants, as contaminants on non-invasive water garden plants, as hitchhikers on recreational vehicles, trailers, and equipment, and through the dumping of unwanted plants or plant parts from aquariums. Unfortunately, this plant is widely sold as an aquarium and water garden plant and as an “oxygenator” for water nurseries under the name “Anacharis”. The problem occurs when the plants from aquariums or water gardens are released into a neighboring waterbody instead of being disposed of properly (i.e., in the garbage). This harmful practice is common with other invasive aquatic plants as well. The LMU has found the exotics Parrot Feather, Water Hyacinth, and Water Lettuce during annual monitoring activities. All three species are popular water garden plants sold at many local stores. However, unlike Brazilian Elodea, these species have not yet been found overwintering in Lake County. If you have water garden or aquarium plants that become over abundant, please dispose of the excess plants in the trash.

Brazilian Elodea has the potential to be our next “Eurasian Watermilfoil”—a widely abundant and problematic aquatic invasive plant throughout much of the Midwest. Detection and rapid control of small, isolated populations increases the likelihood of successful, cost effective, eradication. In states where it has become established, management efforts focus on keeping beaches free of plant growth, clearing boat lanes from the shore to open water, maintaining favorable plant cover for fish populations, and restoring the diversity of submersed plant communities — all of which are very costly. Established populations of Brazilian Elodea are also managed to prevent further spread by fragmentation. Control measures are conducted early in the year before fragmentation occurs. Management objectives for Brazilian Elodea control should involve prevention and eradication.


To stop the spread of aquatic invasive plants like Brazilian Elodea, follow these rules: 1) Do not release any aquatic plants into any waters; 2) Rinse your aquatic garden plants before planting to remove hitchhikers; 3) Keep aquatic plants contained in your water garden; and 4) Clean and drain all recreational vehicles, trailers, and equipment before leaving any lake or river.

Identification:

Brazilian Elodea is a rooted, submersed perennial with bright green, finely toothed leaves densely arranged in whorls of 4 to 6. The leaves are 1 - 3 cm long and up to 5 mm wide with a pointed tip. Having more than 3 leaves per whorl, and leaves more than 1 cm in length help to distinguish this plant from American Elodea – *Elodea canadensis*. Branches form irregularly along the stems. The plant appears dense with leaves because whorls



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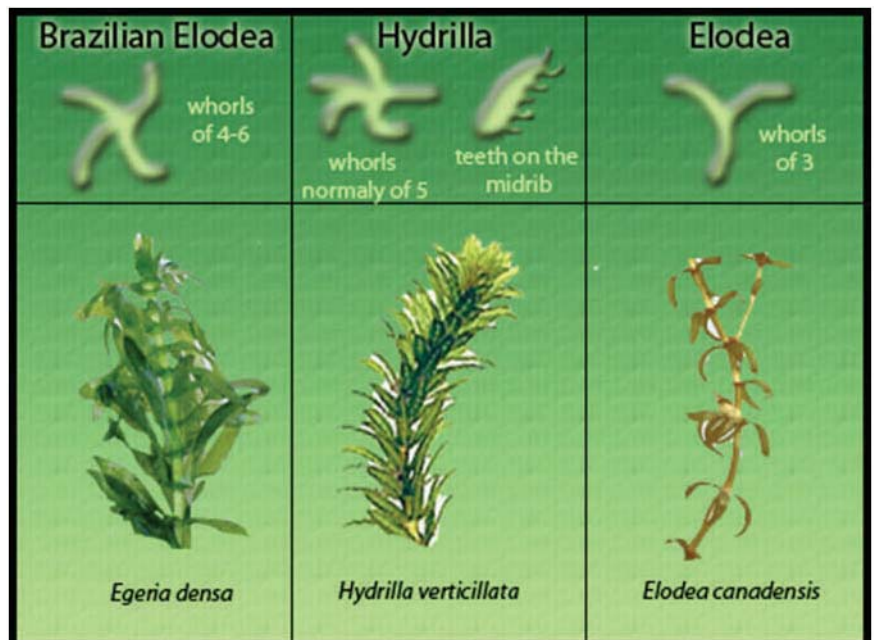


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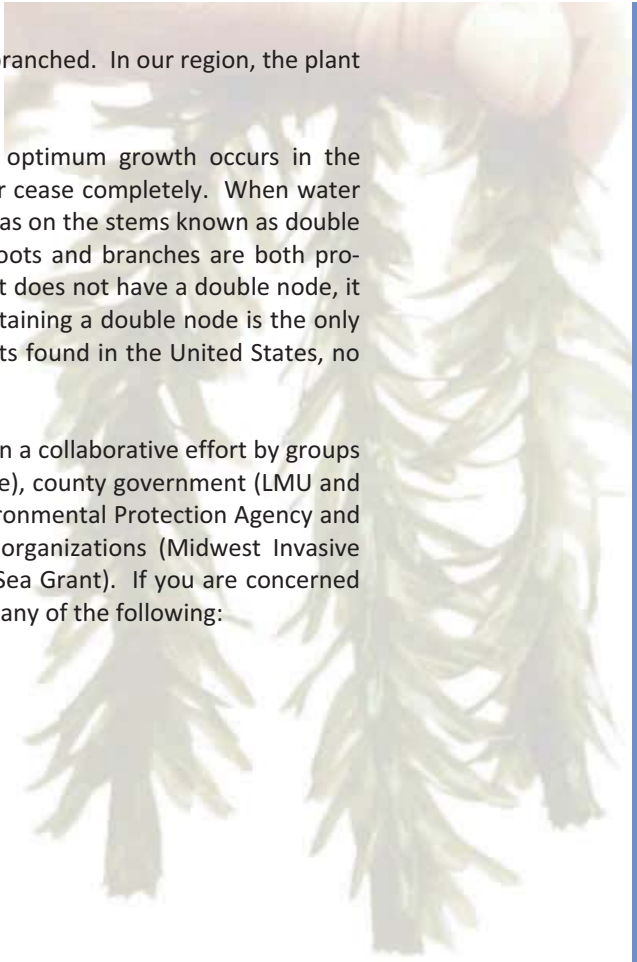
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grow close together on the stem. The slender roots are pale and un-branched. In our region, the plant reproduces vegetatively through fragmentation.

Brazilian Elodea prefers moderate water temperatures; therefore optimum growth occurs in the spring and fall. During the summer and winter, growth may slow, or cease completely. When water temperatures become extreme, plants will die back to the roots. Areas on the stems known as double nodes play an important role in food storage and reproduction. Roots and branches are both produced from double nodes on the stem. If a Brazilian Elodea fragment does not have a double node, it cannot grow into a new plant. Regeneration of plant fragments containing a double node is the only means of reproduction (since only male flowers are present on plants found in the United States, no seeds are produced).

The monitoring of, control of, and education about this plant has been a collaborative effort by groups from the private sector (ILM), local government (Village of Libertyville), county government (LMU and Lake County Forest Preserve District), state government (Illinois Environmental Protection Agency and Illinois Department of Natural Resources), and non-governmental organizations (Midwest Invasive Plant Network, Illinois Natural History Survey, and Illinois – Indiana Sea Grant). If you are concerned about invasive, exotic plants in a waterbody near you, please contact any of the following:

Lake County-Lakes Management Unit
(847) 377-8030 / ldane@lakecountyil.gov
Illinois Department of Natural Resources [Steve Shults]
(618) 435-8138 / steve.shults@illinois.gov
New Invaders Watch Program [Debbie Maurer]
(847) 968-3285 / <http://newinvaders.org>
Illinois – Indiana Sea Grant [Kristin Tepas]
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Transitions

Every year brings new changes to the organization both externally and internally. Throughout the years ILMA has been able to remain a strong organization because of the drive of its members to seek ways to improve the quality of our waters as well as their willingness to serve. In 2009, the ILMA board is welcoming three new directors: Bryan Cross, Sarah Denny, and Bob Dill. While a regular influx of new blood and fresh ideas is part of what has kept the organization going strong, we are always indebted to those who have served us. Three new directors thus results in three outgoing directors: Mike Garthaus, Joe Marencik, and Dennis Ross. For those members who were unable to attend the 24th Annual Conference held in Peoria, we would like to take a moment to recognize the efforts of these individuals, their commitment to the organization, and their ability to handle the responsibilities that go with serving on the ILMA Board of Directors.

Mike Garthaus

Mike's term on the Board was of significant benefit to the entire membership. Mike's ability to identify the needs of those of us dealing with pond and lake management issues has resulted in a number of beneficial workshop programs. These activities and the network that Mike has established for ILMA to tap into will enable the organization to better serve the membership far into the future.

Joe Marencik

Over the years Joe has served the ILMA membership as an active member of the organization, a member of the Board of Directors, a past president, served on the conference program committee and most recently as our Newsletter Editor. His knowledge of lake management issues, organizational skills and leadership ability has made life easier for all of us.

Dennis Ross

Dennis has been our juggler supreme. In addition to his full-time duties with the Otter Lake Water Commission, he has taken charge to see that the needs of the ILMA membership are met at every turn. While serving as the President of ILMA, Dennis has been involved with conference site negotiations, assisted with the conference program, helped to enlist speaker presentations and generally given the organization the benefit of his organizational skills.

In recognition of their commitment to ILMA, at this year's Conference these three gentlemen were presented with plaques honoring their years of service and commitment to ILMA. These were but a small token of thanks for the many benefits that they have provided our organization.

ILMA



2009 Award Recipients

Lake Guardian Award: The Lake Guardian Award recognizes lake professionals and volunteers who over the years have demonstrated an exceptional effort throughout the State of Illinois to preserve the quality of Illinois Lakes.

Frank Loftus Lake Stewardship Award: The Frank Loftus Award recognizes personal volunteer effort and commitment, dedication and stewardship efforts to address local lake issues.

2009 Lake Guardian Award recipient: **Mr. David Fligor, Kinkaid-Reed's Creek Conservancy District (Jackson County)**

This year Mr. Fligor celebrates 25 years of service with the Conservancy District. David has always been an extremely effective manager. He oversaw construction of the lake, the water treatment plant, all the boat ramps, marina, and all other lake infrastructure. Under his direction, the Conservancy District has implemented over three million dollars in best management practices to help protect and enhance Kinkaid Lake's water quality.

2009 Frank Loftus Lake Stewardship Award recipient: **Mr. Todd Curtis, Ossami Lake (Tazewell County)**

Mr. Curtis participates in the Volunteer Lake Monitoring Program at a Tier 2 level and is also very involved in his lake homeowner's association. He works closely with IEPA field office staff and local elected officials to ensure that Ossami Lake receives the attention it deserves. He is a very pro-active, hardworking, persistent, and assertive lake monitor and lake steward.

2009 Scholarship Recipients:

The 2009 ILMA/IEPA scholarship was awarded to **Thomas J. (T.J.) Evans**. T.J. is a Master's Candidate at Eastern Illinois University in Charleston. His interests are focused in aquatic resource preservation.

The 2009 Robert Esser scholarship was awarded to **Mitchell Isaacson**. Mr. Isaacson is currently an undergraduate student at the College of DuPage in Glen Ellyn. He plans to attend the University of Wisconsin at Stevens Point in the fall, majoring in Watershed Management.

NEW... NEW... NEW...

Regardless whether you are a Coke or Pepsi drinker, you may have recently noticed Pepsi has unveiled a new 'hipper' logo to update its fashion style. While we are no beverage maker, we at ILMA thought if Pepsi needs to occasionally update its image maybe we should too. After much deliberation and flurries of various design alterations, the board decided to simply streamline the existing logo. In this issue we have the opportunity to unveil the new ILMA logo that will hopefully serve us as well as the previous one. **ILMA**



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2009 Conference Highlights



The 24th annual ILMA conference was held at the Hotel Père Marquette in Peoria on February 18-20. The event kicked off with a Wednesday afternoon workshop entitled "Grant Opportunities and Funding Options for Lake and Watershed Projects". This workshop provided a broad spectrum of information related to granting opportunities for lake and watershed projects with Federal and State agencies.

Thursday morning sessions began with Steve Pallo (IDNR's Chief of Fisheries) and John Marlin (Associate Director of the Illinois Sustainable Technology Center). The ever-popular LEAP presentation was given this year by the 6th Graders at St. Mary's School in Bloomington. Pontiac High School students and teachers also presented their Prescription Pill Drug Disposal Program (P2D2). It should be noted here that once again the elementary and high school students easily mastered the use of the power-point clicker, while the rest of the adult participants spent several minutes wildly pointing and muttering before figuring out how to advance the slides or use the laser pointer.



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The volunteer lake monitoring session gave volunteers the chance to get together and discuss topics that relate to their monitoring activities. Other sessions covered lake and pond management techniques, social and water quality indicators, fisheries biology and project permit requirements.



There was a lot the networking that occurred in the Exhibitor's Hall. This year's Exhibitor's Reception took place on Thursday evening allowing everyone the opportunity to touch base with the vendors and meet many of the attendees. Dinner was served after the reception in the hotel and of course the hospitality suite was available in the evening for a chance to discuss session topics and catch up with old friends.

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