



# The Lake Harvey Association



## The Lake Harvey Association Newsletter | Summer 2018

### PRESIDENT'S MESSAGE | Karla Cornelius

Summer at the lake: words that warm the heart and restore the soul. Heaven. Bring it on!

A lot has been accomplished this year in our efforts to maintain our special environment and experience. Our boat monitoring program has stepped up several levels, upgrading our lowly pressure washer to a state of the art high pressure decontamination system to better prevent invasive species from entering our still pristine water. Our newly finished "tiny house" Greeter booth, with its windowed light and comfortable space, will shelter equipment, literature and our dedicated Greeters throughout the season. From start to finish it's been a labor of love, and thanks are due to all those who contributed time, ingredients and dollars. We are especially grateful to Jason Fisher for his thoughtful work and skill in transforming its original shell to a beautiful and meaningful completed structure, and to Larrabee's Building Supply for significantly discounting its materials.

Credit is due LHA Board member David Price and Selectboard member Dylan Ford for their success in obtaining an \$8,340 Aquatic Nuisance Control grant for the Town of Barnet in support of our program. In addition, LHA has made a substantial investment in the future of the program with the new Greeter booth and hot water pressure washer. We remind all boaters to PLEASE enter our lake at our official access, to comply

with newly enacted Act 67 for lake water protection, and to do your part in our critical endeavors to keep our waters pure. Read more within, and on our website [www.lakeharvey.com](http://www.lakeharvey.com).

Our 2018 LHA events begin with the latest news at our annual meeting on Saturday, July 14th. Bring food and friends to our potluck Pavilion/Tent party Friday eve, July 20th. Saturday, July 21st includes the mile-long yard sale, our awesome boat parade, and the delicious Ice Cream Social, where Parade winners will be announced and the winning Kayak Raffle ticket drawn. The Barnet Fire Department grills its famous chicken BBQ, and at dusk our amazing fireworks display lights up the sky over our lake and reminds us all why we love it so. Finally, on Sunday, July 29th we reward our contributors with our 12th annual champagne brunch gathering at Connibuck Lodge. See EVENTS listing.

**JOIN US** in our preservation efforts. **ENJOY** our celebratory festivities. If you aren't yet a member, become one. If you haven't yet renewed your membership, do it now. We need your support, now more than ever, and we welcome all to our lake family!

## WELCOME TO SUMMER AT THE LAKE!



## LHA TRUSTEES

Karla Cornelius • President/Newsletter  
802 633-2534 561 512-2223  
[karlacornelius@comcast.net](mailto:karlacornelius@comcast.net)

Jackie Sprague • Vice President/  
Environmental Chair  
802 633-4994  
[jackie@sprague.org](mailto:jackie@sprague.org)

Jan Parsons • Secretary/  
Loon Committee Chair  
802 633-3174 802 633-2298  
508 653-2131 508 314-0922  
[jpeacham@aol.com](mailto:jpeacham@aol.com)

Dotti Turek • Treasurer  
802 274-0010  
[dottiturek@myfairpoint.net](mailto:dottiturek@myfairpoint.net)

Gail Flynn • Social Director  
802 633-4455 617 921-4467  
[Gailflynn00@gmail.com](mailto:Gailflynn00@gmail.com)

Jan Sherman • Ice Out/Kayak Raffle/  
Boat Parade/Outreach  
802 535-2832  
[westbarnet@hotmail.com](mailto:westbarnet@hotmail.com)

Steve Adler • Town Liaison  
802 633-4721 802 633-3047  
[adlers4@sover.net](mailto:adlers4@sover.net)

David Price • Special Projects/Grants  
[dbp43@yahoo.com](mailto:dbp43@yahoo.com)

Robert Dufrense • Ice Cream Social/  
Environmental Committee  
802 633-3711 802 885-5207  
[red@dufrensegroup.com](mailto:red@dufrensegroup.com)

Natalie Kitchel • Facebook Manager  
802 279-1826  
[harveyslakebunker@gmail.com](mailto:harveyslakebunker@gmail.com)

Emil Pollak  
802 633-3669  
[emphvt@gmail.com](mailto:emphvt@gmail.com)

## A NOTE FROM THE TREASURER | Dotti Turek

Summer on the lake has just barely arrived (as have the snowbirds!) and we already have 52 members who have paid their 2018 dues – what a great start to the season! As always, we appreciate those who were able to add a little extra to their membership check. These additional donations help support lake preservation, our fireworks and this year, our new monitor “house” and equipment. Thank you!

## THANKS TO ALL THOSE WHOSE GENEROUS CONTRIBUTIONS HELP PRESERVE, PROTECT AND ENHANCE OUR LAKE:

### Silver Donors (\$100 or more)

Paul and Linda Aalerud  
Ernie and Vivi Begin  
Bill and Sharon Biddle  
Marguerite Bogle  
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Tom and Dotti Turek  
Laura Zindel

### Gold Donors (\$250 or more)

Dave and Edna Curtin  
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Tim Van Leer

### Platinum Donors (\$500 or more)

Steve and Lisa Adler  
Joe and Kaye Breidenstein  
Harry and Karla Cornelius

## INVITATION | Gail & Bernie Flynn

On behalf of the Board of Trustees, we invite new members and property owners at Lake Harvey for cocktails and light fare on July 13th, 5-7:00. Let's celebrate! Please rsvp [gailflynn00@gmail.com](mailto:gailflynn00@gmail.com) by July 6th.

## FOVLAP ANNUAL MEETING | Jackie Sprague

The Annual Meeting will take place at the Steak House in Berlin on Monday, July 23, 2018. Tentative topics include a speaker on new resources on native birds and flowers and a panel on road improvement implementation. As always there will be reports from each lake association attending on their issues and successes. For more information, visit [www.Vermontlakes.org](http://www.Vermontlakes.org).

## LEGISLATION

### **New Legislation Strengthens Efforts to Prevent the Spread of Aquatic Invasive Species**

The transport of aquatic plants, aquatic plant parts, zebra mussels, and quagga mussels has been prohibited in the state since 2010; this list has now been expanded to include Asian clams, spiny and fishhook water fleas, and rusty crayfish. The new legislation also ups the ante on aquatic invasive species (AIS) spread prevention and puts the onus on boat owners to help protect Vermont's waterways. Below is a brief summary of the regulations most relevant to AIS spread prevention enacted by this law. Act 67 in its entirety can be found on the Vermont Legislature's website.

Boat operators are required to inspect their boat, trailer, vehicle, and equipment, and remove all aquatic plants, aquatic plant parts, or other aquatic nuisance species, before entering and after leaving a waterbody.

- Boat operators must drain bilges, livewells, and any other internal compartments after leaving a waterbody.
- All drain plugs or other devices used for draining water from the boat when transporting the vessel must remain out during vessel transport.
- Where State authorized watercraft inspection and decontamination stations are maintained and open, and when an authorized boat inspector is present, it is a violation to refuse inspection and decontamination services.
- Violators of Vermont's AIS transport laws are subject to fines up to \$1,000.

For boaters and other water users the most crucial takeaway from this new piece of legislation is to remove any visible aquatic plants, aquatic plant parts, or other aquatic nuisance species from their boats and equipment as well as to remove drain plugs before transporting watercraft. Keeping vessels and equipment drained, clean, and dry will ensure compliance with the new regulations and will help protect Vermont's lakes, rivers, and ponds from unwanted exotic pests.

## AQUATIC NUISANCE CONTROL GRANT UPDATE | David Price

In March the Vermont Department of Environmental Conservation again awarded the Town of Barnet an Aquatic Nuisance Control (ANC) grant to help support the public access greeter program. This year's award was \$8,340, which is a 15.7% increase over last year's funding. The town will use the money to offset the almost \$17,000 it now provides annually to fund the program.

In 2018 the greeter program will focus on a three-pronged strategy designed to extend its 14-year history of successfully preventing any plant or animal invasive species from entering the lake. The goals will include:

- Expanding knowledge of the threat to Harvey Lake posed by aquatic nuisance species to encompass those who rent properties during the summer season. These visitors often bring boats, canoes, and kayaks directly to rental units and launch them from there. That form of access poses a danger to the lake when those watercraft have come directly from polluted bodies of water.
- Improving the cleaning facility at the lake's only authorized boat access by upgrading the pressure washing system to a high-temperature decontamination system. That system will be operated out of a new 9 x 18-foot, all-weather greeter booth that will provide greeters with shelter from the elements, protection for their paperwork, and secure storage for the decontamination system.
- Increasing participation by lake association trustees and others in voluntary training and monitoring for plant and animal aquatic nuisance species.

### **A Regional Asset**

In 2017, of the 678 watercraft entering the lake at the boat access ramp almost 80% were from outside of the Barnet area. Of the more than 4,700 people who used the town beach, only about one-third were town residents. All of the others came from elsewhere in Vermont or the other New England states and Canada. Harvey Lake is a regional asset and every year property owners, lake association trustees, and town residents volunteer their time and resources to sustain and protect it.

### **An Ongoing Success**

Under the guidance of Don Easter, the 2018 greeter program will again involve a six-person team providing coverage 12 hours a day from the weekend before Memorial Day until the weekend after Labor Day. Over the past eight years, greeters have inspected a total of 5,969 boats, kayaks, and canoes for a per-year average of 746 watercraft. In 2017 greeters worked a total of 1,350 hours to help keep the lake clean.

Last year town funding for the program totaled \$16,675. In addition, the lake association contributed \$4,285 in in-kind equipment, time, labor and money. The 2018 ANC grant award will help preserve a perfect record and prevent the introduction of invasive species for the foreseeable future.



## BOAT PARADE | Don Burke

### Decorate Your Boat & Come Join The Fun

Apple pie is the standard by which the American-ness of things is judged. You never hear anyone say, "Apple pie is as American as X." It's always the other way around. But let's switch it up for a second. If apple pie was as American as something else, what might that something else be?

Well many of Harvey Lake's finest boat owners will be up to showing you just that in this year's upcoming LHA boat parade. A veritable tapestry of "American-ness" will be parading around Harvey's for all to see. This year's parade theme, "**The Fabric of America**" will take place at 1:00 pm on Saturday, July 21st (rain date: Sunday, July 22nd).

Each boat entry will receive a gift certificate to the West Barnet Quick Stop courtesy of Deb King. In addition, each entry will be entered into a raffle for Amazon gift cards which will be awarded at the free ice cream social on the town beach at 4:00 pm. The boat parade prize winners will be announced at that time. Everyone is invited!

Saturday, July 21st at 1:00 pm  
**The Fabric of America**

## BOAT PARADE SUMMER 2017 WINNERS

Grand Prize: Camp Connibuck - "Star Wars"

2nd Place: The Red Neck Yacht Club - "Despicable Me"

3rd Place-Tie: Dufrense Family - "007 and his Bond girl"

Following the parade, "James Bond" proposed to his "Bond girl". She said yes! So ROMANTIC!!



Don Burke has retired as a Board member, but still promotes and organizes our awesome boat parade. He brought it back from the brink of extinction to a roaring success now enjoyed by participants and viewers alike.  
**We love it, and Don!**

## BOAT MONITOR REPORT | Kathy Wirthwein

2017 monitoring began Friday May 26 before Memorial Day weekend and was ongoing 7 AM to 7 PM every day until September 10, the Sunday after Labor Day weekend. We then worked the busiest hours of 2 warm weather weekends. In addition to the statistics below we monitored 23 visitors including 3 from milfoil infested lakes. The 2017 678 boat total included 550 visiting groups. 280 of the boats were kayaks brought by about 149 visiting groups. Many kayaks come in pairs or groups.

In 2010 to 2015 we monitored 644 to 851 boats, plus 836 in 2016 with 665 vehicles. Among our 550 visiting groups almost 300 were last in Harvey's Lake either this year or last. The least risky visitors also included 40 new or first use boats. Boaters came here from at least 70 different bodies of water. Almost all most off-the-beaten-track water bodies were visited by the kayaks or canoes. Twelve boats (up from 8 last year) came from Lake Champlain, which contains every aquatic nuisance. Four came from nearby Ticklenaked Pond, which now has milfoil. Other milfoil threats included Willoughby (11), Morey (3), Fairlee (5), Halls Pond (6), Memphremagog (5), Echo (4), and single boats from Fern Lake, Berlin Pond, and Shadow. The Connecticut River or Comerford Dam were used by about 20 boats. We need to watch the Connecticut River because it connects various lakes, and rivers flow. The list of Vermont Water Bodies known to have "aquatic invasive species infestations" was updated May 2017. The Eurasian watermilfoil total is up by 1 to 98. There is now a long list of plants or animals termed "aquatic nuisance". A key problem is that some invasive species can latch onto boats as invisible growth stages, especially the zebra mussels in Lake Champlain and Bomoseen. We have been instructing even kayak owners (because of sticky mud, and algae as well as milfoil) to clean boats between different lakes. Drying in the sun 5 days may help as well. In September, we noticed pollen-like blue-green algae (actually bacteria) slime floating next to shore on calm lake mornings during the heat wave. This "bacteria" (which exists everywhere) unpredictably releases toxins, and may result in swimming areas temporarily being closed. A great reference is <http://digital.vpr.net/post/blue-green-algae-its-thing#stream/0>. For more information on aquatic invasive species and Act 67 AIS transport regulations visit [www.lakeharvey.com](http://www.lakeharvey.com). **We thank our conscientious boaters for their part in keeping our waters pure!**

## BOATING FIRST AID AND SAFETY | Emil M Pollak Jr., M.D.

We all want to have a fun and safe time on the water this summer. Knowledge and preparation to deal with accidents and care to avoid them go a long way toward making that happen.

Drowning or near drowning is a risk with any water activity. If a person is found unresponsive in the water, they should be quickly removed from the water. If they are breathing they should be watched closely for a change in condition and EMS (911) should be called so they can be transported to the hospital. Even if a drowning or near drowning victim regains consciousness they are at risk for late complications of aspirating water into the lungs and need hospital observation. If they are not breathing rescue breathing and CPR, if there is no pulse, should be started immediately. Rapid activation of EMS is crucial in this setting to provide the highest level of care as quickly as possible. Anyone can learn to do CPR and having as many people as possible capable of helping in an emergency provides the best chance of a

successful outcome.

Cuts, scrapes and other minor skin injuries are common in lakes where rocks, sticks and other objects may be hidden in the water or sand. All wounds should be washed thoroughly with soap and clean water then bandaged. If there is significant bleeding pressure should be kept on the wound until it stops and if possible the bleeding area should be elevated above the level of the heart. If there is swelling, discoloration, pain or discharge from a wound it should be evaluated by a medical professional.

If a person may have suffered a spine injury from diving into shallow water, they should be moved to shore and any movement performed should keep the head and back in alignment, moving as a unit. Rapid EMS activation again is crucial.

Boating under the influence is as dangerous as driving under the influence. The same rules for DWI apply to boats and cars.

All children under 12 years of age must wear life jackets while on

board. There must be enough life jackets on board for all passengers.

Anyone towed behind a boat on skis, tubes, or boards must wear a life jacket and there must be a spotter on board who is at least 12 years old.

A boat should go no faster than make way speed (5 miles an hour) when within 200 feet of shore, another watercraft, or a person in the water.

The boat engine should be off (not just in neutral) before any person approaches the back of the boat.

When approaching a person in the water a boat driver should keep them in sight at all times and approach with the person on the boat drivers side of the boat. The engine should be off before the person reaches the back of the boat.

Read the Vermont Handbook of boating laws and responsibilities at: [http://rsyc.org/wp-content/uploads/2015/03/vt\\_handbook\\_entire-2015.pdf](http://rsyc.org/wp-content/uploads/2015/03/vt_handbook_entire-2015.pdf)

**Have a fun time and be safe!**



## DAM PROGRESS | David Price

The trouble started almost 50 years ago.

In 1970 Green Mountain Power removed a dam that controlled the outflow from Harvey Lake and South Peacham Brook, replacing it with the 200-foot concrete gravity-type structure that exists today. Soon thereafter storm water laden with phosphorus and other nutrients from farms in the South Peacham Brook drainage area began backing up into the lake. Over the decades that backflow deposited a great deal of silt between the campground and the town beach. It also created an upsurge in the amount of algae and weeds in the area, which caused a significant deterioration in the quality of water in the lake.

A study done in 1983 concluded the lake would become eutrophic unless phosphorus loading was reduced. Steps were taken in 2001 to reduce nutrient loading from farms on the east side of the lake. However, storm water runoff continued to flow into the north end of the lake. In 2003 the Harvey's Lake Dam Renovation Committee concluded that unless the existing dam was substantially modified or removed, runoff would continue to back up into the lake, degrading water quality and reducing boat access to the outlet.

### ERP Grant Awarded

Last year the Connecticut River Conservancy (CRC) was awarded an Ecosystem Restoration Program (ERP) grant from the Vermont Department of Environmental Conservation. The \$32,000 grant will fund a 30% engineering study designed to evaluate options to improve water quality. The study will be conducted at no cost to the town. A required match of \$5,000 was provided through a grant obtained by the CRC. The goals of the scoping project include:

- Ensuring a positive water quality benefit in both Harvey Lake and the Stevens River.
- Examining the options for modifying or removing the dam to restore South Peacham Brook to its natural flow and prevent storm water from backing up into the lake.
- Recommending engineering solutions for a "water control structure" near the outlet from Harvey Lake to maintain the lake level, mimic a natural stream system, and be maintenance-free.

- Improving the aquatic habitat in both bodies of water, including fish passage and loon nesting.
- Possibly removing the lake and river from the Vermont altered waters list.
- Ensuring the best outcome that will be supported by the town, the lake community, and state and federal regulators.

Last summer Ron Rhodes, a CRC river steward with extensive experience with ecosystem restorations, was named project manager. Barnet Selectboard member Dylan Ford spearheaded the effort for the town and created a public dam committee to oversee the project. In addition to Ms. Ford, committee members include George and Sue Copenrath, Don Easter, Joe Mangiapane, and LHA Trustee David Price.

### Milestones and Deliverables

In October, Rhodes sent a request for proposal to 22 New England firms involved in this type of work. Inter-Fluve, a firm from Cambridge, Massachusetts, was selected for the project. During the coming summer and early fall engineers from Inter-Fluve will complete the following ERP milestones/deliverables:

- A feasibility/alternatives analysis, including permitting needs.
- A design concepts report including an updated conceptual site plan, criteria for all aspects of the design(s), and construction cost estimates.
- A geotechnical report with topographic and boundary surveys.
- A final preliminary design report that will include a synthesis of prior completed project deliverables and a written 30% engineering design.

Restoring Harvey Lake and the Stevens River to previous water quality levels will be a multi-year project that will involve many state agencies, subcontractors, federal regulators, the Army Corps of Engineers, the town, and the lake association. The engineering challenges are significant, but the reward will be a healthier lake and river system serving the town and surrounding region.

## BACK IN THE DAY | George Copenrath

George Copenrath remembers. He's owned property next to the dam for 60 years and he remembers when the outlet to Harvey Lake was different and the fishing was great. Today Copenrath serves as a member of the Barnet Dam Committee. In an email to Project Manager Ron Rhodes last September, he wrote:

"My interest and history reaches deeper than simply being an adjacent landowner and I fully support the modification or removal of the existing dam.

"I moved to the house next to the dam in 1958 when the original dam was in place. My brother and I used to catch 18" - 23" rainbow trout on a regular basis above the dam in a large, deep pool where they would explore

from the lake when the water temperature was cold in April and May. I even caught a 15" brook trout one morning (one of the best fish I have ever caught).

"In 1970 the old dam was removed, the existing dam was constructed, and the lake began its decline due to back flow and silting. Over the past four decades a very large silted delta has formed between the Harvey Lake beach and the old campground where there used to be shallow areas with lily pads under which pickerel used to hide before the delta consumed those areas.

"There is no question that the current dam has damaged and continues to damage the lake water quality and fish movement."

## LOON REPORT | Jan Parsons

Since the year 2000, there have been three ice outs as late as April 23: 2001, 2007 and 2011 and two on April 22: 2014 and 2015. This year ice out occurred on April 24. Late ice out does not seem to affect our loon pair. They still have plenty of time to build a nest in the Channel, lay and incubate eggs which hatch in mid to late June and raise a chick or two.

According to the eBird map showing Common Loon sightings in April 2018, three loons were spotted on the Connecticut River on April 19, one in Barnet, two in Waterford. This suggests that area loons are returning from their winter habitat and using the open water of the Connecticut River as a staging area. Periodically, they will fly to their ponds and lakes checking for open water. Eric Hanson, biologist for the Vermont Loon Conservation Project, wrote an article for the March 2018 Vermont Ecostudies blog about research on loon sightings in late Winter, early Spring along the New England coast. <https://vtecostudies.org/blog/where-are-common-loons-in-late-winter/>

### *2017 loon season recap:*

Quoting the VCE Loonwatch results for 2017: "this year was another very good breeding season for Common Loons in Vermont. We found a record 97 nest attempts with at least 72 of them successfully fledging young. Many loon pairs produced two chicks resulting in over 110 successfully fledging. It was also a record year for Loonwatch with volunteers counting a record 308 adults and 85 chicks."

The Harvey's Lake loon pair were building their nest by May 18, 2017. Water was high in the lake last Spring, due to an abundance of rain and a very well constructed beaver dam a short distance downstream from the nest. In a subsequent observation in May, a loon was sitting on a mud nest. As of June 4, the nest had been well lined with reeds and one loon was always on the nest. The 2017 chick was hatched about June 19-20. A loon was calling loudly the nights of June 19 and 20, a typical indication that the chick is about to hatch. On June 21, I noticed an adult loon was in the cove near Renie Zanleoni's camp and giving an alarm call. Closer inspection showed a loon chick was tucked under the parent's wing, occasionally peeking out. The loon was being watched by a young eagle, high in a pine tree. That image demonstrated the nature of loon life: the parent loons have the instincts and ability to keep the newly hatched chicks safe but danger is always at hand, from eagles, snapping turtles or intruder loons who want to take over the territory. The Harvey's Lake loon pair handled the intruder loon issue by keeping their chick in the northwest corner of the lake for several weeks. They kept intruder loons at bay and fed the chick in a placid, shallow area that has plenty of fish.

The 2017 loon chick survived and thrived. I have pictures of the parents feeding it in front of my camp when it was about five weeks old. The parents were

remarkably efficient at catching fish and transferring them to the chick and the chick was adept at quickly swallowing the offerings.

All went well this summer. The loon family was still on the lake into late October, when I migrated back to Massachusetts. The loon chick had grown large and now had its flight feathers to undertake its trip to coastal waters off New England or other northeast states. But a sudden freeze caused Harvey's Lake to freeze over in mid December, leaving only small patches of open water for the young loon who was still on the lake calling, but not taking off.

A number of residents: Rick Lawrence, Sandi Redfield, Mary Daly and Wendy Raeder heard the loon and monitored the situation. Sandi used the Barnet Community Facebook page to ask for help and advice. With another cold night forecast, Wendy decided to act and found a way to widen the patch of open water area with an ax! The loon disappeared later that afternoon. Did it manage to take off in the newly widened space? Eric Hanson's opinion is that the loon probably did escape. He has seen loons take off from a thirty feet long patch of water.

While this story has a probable happy ending, a goal for 2018 is to have resources and phone numbers available to access help in the event of another possible loon stranding on Harvey's Lake. We will be better prepared for sudden winter ice over issues. Many thanks to Rick Lawrence, Sandi Redfield, Wendy Raeder and Mary Daly for your efforts last December as well as the many people who contributed assistance and encouragement on the Barnet Facebook page.

A final topic of interest to loon watchers is the work of the Dam Committee established by the Town of Barnet Selectboard to advise on matters relating to the Harvey's Lake channel and dam. Minutes and meeting agenda information for this important committee are available to view on the town web site. The committee is consulting with many stakeholders as they consider the issues around removing the dam while maintaining the water level of the lake. Eric Hanson is being consulted and has provided information on the location of loon nest sites for the past few years.

Looking ahead to the summer of 2018, enjoy the loons who share our beautiful lake. Please remember to keep a safe distance from the loon pair and chicks while boating. If you see a loon in trouble, advise the boat monitors at the boat access or call with your concerns.

Phone numbers: Jan Parsons, loon monitor, Harvey's Lake: Barnet: 802-633-2298, 802-633-3174. Massachusetts: November - mid May: 508-653-2131. cell 508-314-0922. Email: [jpeacham@aol.com](mailto:jpeacham@aol.com)

Eric Hanson Loon Biologist, Vermont Loon Conservation Project: 802-586-8065 (new work number). Email: [ehanson@vtecostudies.org](mailto:ehanson@vtecostudies.org).

## TICK TECH | Red Dufresne

What if you knew something was lurking in the north woods that could cause extensive harm or even death to you or your family members? Would you prepare? Would you act? Unfortunately, this is not the intro to a Steven King novel. This is real. While you were away this winter in your southern locations, ticks were spending the winter in West Barnet underground or sucking the contaminated blood from vermin and other warm-blooded animals waiting for your return to this scenic wonderland. Those of us over 35 years of age can remember walking through woods and fields when the most you had to worry about was poison ivy. Now you must worry about Lyme disease, Anaplasmosis, Babesiosis, Ehrlichiosis, Powassan virus, Borrelia mayonii disease, Tularemia, and even isolated cases of Rocky Mountain Fever. Worse, some of these diseases are chronic; your body will never fully be over it. Most likely, you may have to deal with these symptoms for the rest of your life. This smorgasbord of diseases is carried by the blacklegged tick (commonly known as the deer tick), but the dog tick (or wood tick) can also carry some of these debilitating diseases. Now due to the proliferation of ticks when you take your dog for a walk to improve your health, you are actually risking your health and perhaps even your life. Ticks are most active between May and September, which is when you want to spend time outdoors and Vermont has the highest incidence of Lyme disease in the country. This is war and you are being attacked.

How can you protect your family? You can take a chance that nothing will happen to you or your 10-year-old granddaughter or you can mount a defense. If you choose to mount a defense, you will need to realize, you are basically alone in a sea of conflicting opinions/advice, questionable essential oils and toxic pesticide chemicals. There is not much help for you by the State or even the Center of Disease Control (CDC). You will need a plan and strictly follow the plan. A model plan is below but conduct your own research and make any improvements you think make sense. It is important to know that you basically have only one weapon in your arsenal – Permethrin. Insect repellants containing heavy DEET concentrations or other non-permethrin chemicals have been shown to be worthless. Permethrin is a synthetic chemical that acts like natural extracts from the chrysanthemum family (check [npic.orst.edu](http://npic.orst.edu)). Permethrin is currently in more than 1,400 registered products including hornet spray, shampoo for humans with scabies or head lice as well as dog flea collars. These products are regulated by the FDA. One source for Permethrin spray is on Amazon "Sawyer Premium Permethrin Clothing Insect Repellent" 24 oz for \$14.95. Sure, there are warnings about the health and safety of permethrin, but at this point, but consider the benefits vs. the risks. For me, preventing a deadly or severely debilitating disease is worth the risk.

PROTECT YOURSELF AND YOUR FAMILY.

GO TO [www.lakeharvey.com](http://www.lakeharvey.com) TO READ AND DOWNLOAD RED'S DETAILED TICK PROTECTION PLAN.

## LIVING ALONG HARVEY'S LAKE JUST GOT EASIER! | Amy Picotte



Relax more this summer. Doctor's and Limnologists orders. Really. Did you know that by doing less work on your shoreland property and spending more time enjoying it from a patio chair is good for your health, your property, and the lake?

Healthy lakes depend on "messy" shorelands with native vegetation growing wild along the bank. Wild vegetative shores treat stormwater

runoff and keep the lake clean, while protecting property from storm damages. While taking it easy you also will be supporting pollinator species, song birds, and aquatic wildlife.

When people are around nature, they feel better, live better, and produce more. And, the human benefits of spending time in natural settings is not new medical science, as since the 1980's, Shinrin-Yoku, or "Forest Bathing", has been incorporated into the Japanese standard medical practice. Studies show when surrounded by nature, people have a positive physiological reaction, leading to higher well-being, improved cognitive function and enhanced creativity.

Lake Wise solutions are homeowner friendly and simple to act on, like creating "no-mow" or buffer zones, planting native, deer resistant species for water quality and tick control or installing waterbars to keep stormwater runoff from polluting the lake. **Protect our waters - LEARN about lakeshore management at [www.dec.vermont.gov](http://www.dec.vermont.gov). BECOME LAKE WISE!**



## MY MOST FAVORITE PLACE ON THE PLANET | Judy Vander Hook

My name is Judy Vander Hook and my relationship with Harvey's Lake goes back several generations. My great grandmother, Johanna Hall (aka Grammy Hall), lived in Barnet in the house that is just north of the Town Clerk's office on Rt.5 with her three daughters, Mary Christina, Abby and Mildred. My grandmother, Abby, married Oscar Field of MacIndoes and had 6 children. My mother, Marilyn (Field) Rank, along with her siblings would spend summers in Barnet visiting all the relatives in the area. They would go to Harvey's Lake to swim and as they grew up attended dances at the Pavilion.

After Mom married Leon William (Bill) Rank and I was born, we would make regular trips to Barnet to visit the relatives. I am told that on one occasion while at Harvey's Lake, when I was 2 years old, I walked off the end of the pier at the beach – learning how to swim at Harvey's Lake! After my brother Jim was born, our family started renting cabins at the lake for our summer visits to VT. My aunts and uncles and their families would also come to the lake and rent different camps or stay at the campground. This became the annual summer reunion of the Field clan. We would spend 2 weeks enjoying the lake: swimming at the beach and water skiing behind Mr. Granger's classic motor boat, fishing, canoeing and exploring the outlet looking for beavers and ducks. We would walk down to the West Barnet general store for ice cream.

I remember one hot and humid summer day returning from a fiddler's contest in the area, my cousins and I jumped out of the car and ran directly into the lake clothes and all. Oh what a refreshing feeling!

In 1974, my parents bought the cottage at 69 Pavillion Lane. By this time I was married and had begun a family of my own. My husband, Dennis, and I continued

our summer trips to Harvey's Lake now bringing our children, Elizabeth and Michael. They learned to water ski at the lake and developed friendships with local kids. A walk to the South Peacham store for fresh blueberry pie was always a highlight. On occasion Dennis and I have invited friends from California to join us for fall foliage events. The beauty of the changing colors and the fun activities of all the villages around makes for a wonderful experience for everyone.

Now my children are married and they continue to bring their families to Harvey's Lake. Our 2 granddaughters, Jenica (15) and Alyssa (13), have come to Harvey's Lake every summer of their lives. They enjoy fishing off the dock or from the row boat, swimming, water skiing, canoeing, horseback riding and being with relatives. The Field Clan reunion is still going strong. Now we have the second and third generation cousins coming together usually over the 4th of July weekend.

Over the years we have celebrated many birthdays and wedding anniversaries, enjoyed July 4th and Lake Association activities here at Harvey's Lake. As our older generation passes on we celebrate the blessings they have given to us through their lives and the wonderful experiences at Harvey's Lake. I think of many late night talks on the porch with my Mom and my aunt Hope watching the moon come up over the lake, and listening to the history of the area where our relatives live.

Harvey's Lake, the most beautiful, peaceful place on the planet. For me, great neighbors, beautiful vistas, family, a respite from the crazy world, a place of reflection on the past and contemplation of the future – a most significant part of my life.

## WHAT TO DO ON A RAINY DAY AT HARVEY'S

What to do? Come to Gail Flynn's studio on the lake and learn collage. 3:30-5:30. \$15. Includes a glass of wine, and guaranteed relaxation! Call between 8-9am the morning of the rains and reserve your spot. 633-4455.



Photo credit: David Price

**EVENTS**

# SUMMER 2018 AT HARVEY'S LAKE

DATE	TIME	EVENT	CONTACT
Wednesdays	6 - 8 pm	<b>LEARN TO MEDITATE</b> - No reservations & free Shambhala Ctr. - 17 Eastern Ave., St. Johnsbury	
Wednesdays Thursdays	7 pm 9:30 am	<b>BIBLE STUDIES: THE BOOK OF ACTS</b> 69 Pavilion Lane, Harvey's Lake ( <i>Indoors if rain</i> )	Hosted by Dennis & Judy Vander Hook
Sundays <i>Starts 6/17</i>	9:30 am	<b>CHRISTIAN OUTDOOR WORSHIP SERVICES</b> 69 Pavilion Lane, Harvey's Lake ( <i>Indoors if rain</i> )	Hosted by Dennis & Judy Vander Hook
Jun 22nd - 25th	6/22 - 3 pm 6/25 - Lunch	<b>RELAX, RENEW AND AWAKEN RETREAT</b> Karme Choling, Barnet	802 633-2384 karmecholing.org
Jul 1 - Sep 16th	Ongoing	<b>LEVITT AMP ST JOHNSBURY MUSIC SERIES</b> <b>DOG MOUNTAIN</b> - 143 Parks Road, St Johnsbury	<a href="http://www.concerts.levittamp.org">www.concerts.levittamp.org</a>
Jul 7th	10:00 am - 4:00 pm	<b>48TH ANNUAL BURKLYN SUMMER</b> <b>CRAFT FAIR</b> - Bandstand Park, Lyndonville	<a href="http://www.Burklyn-Arts.org">www.Burklyn-Arts.org</a>
Jul 7th (Rain 7/8)	5 pm - 10 pm	<b>INDEPENDENCE DAY CELEBRATION AT</b> <b>BURKE</b> - Food, music, chairlift rides, fireworks	skiburke.com
Jul 9th - 11th		<b>WATERSKI CAMP AT LAKE HARVEY</b> Instructor: legendary Steve Dolgin	Natalie Kitchel - 802 279-1826 nataliekitchel@gmail.com
Jul 13th	5 pm - 7 pm	<b>WELCOME PARTY</b> - For new LHA members and new Lake Harvey property owners	RSVP Gail Flynn by 7/6 gailflynn00@gmail.com
Jul 14th	10:00 am - 12:00 pm	<b>LAKE HARVEY ASSOCIATION ANNUAL MTG.</b> West Barnet Presbyterian Church ( <i>basement</i> )	lakeharveyassociation@ lakeharvey.com
Jul 18th & 19th	1:00 pm & 6:00 pm (See schedule)	<b>CIRCUS SMIRKUS - VAUDEVILLE</b> Green Mountain Mall, St. Johnsbury, Vermont (SIGN UP FOR CAMP! For kids of all ages!)	Info, Tickets & Camp Registration <a href="http://www.smirkus.org">www.smirkus.org</a>
Jul 20th & 21st		<b>LAKE HARVEY ASSOCIATION WEEKEND</b>	<a href="http://www.lakeharvey.com">www.lakeharvey.com</a>
Jul 20th	6:00 pm	Potluck Party - Harvey's Lake Beach Pavilion	Karla Cornelius - 802 633-2534
Jul 21st	8:00 am	Mile long yard sale, West Barnet	
	12:30 pm	Boat Parade ( <i>non-motorized boats</i> )	<b>2018 THEME</b> <b>The Fabric of America</b> Don Burke 802 633-4941 Jan Sherman 802 535-2832
	1:00 pm	Boat Parade ( <i>motorized boats</i> )	
	TBD	Barnet Fire Department's Chicken BBQ ( <i>time &amp; place to be announced</i> )	For reservations call Ron Morse, 633-2595
	4:00 - 5:30 pm	Ice Cream Social at Harvey's Lake Pavilion, Boat parade awards, Kayak raffle winner announced	Red & Chris Dufrense 802 633-3711
	Dusk	Fireworks over lake	

**EVENTS**

# SUMMER 2018 AT HARVEY'S LAKE

DATE	TIME	EVENT	CONTACT
Jul 21st		<b>LOON WATCH DAY</b> <i>(Annual one day count throughout Vermont)</i>	Eric Hansen 802 586-8065
Jul 29th	11:00 am - 1:00 pm	<b>TWELFTH ANNUAL LHA DONOR REWARD CHAMPAGNE BRUNCH</b> - Connibuck Lodge	RSVP: Karla & Harry Cornelius 802 633-2534
Jul 23rd		<b>FOVLAP ANNUAL MEETING</b> Steak House, Barre-Montpelier Road	Info at <a href="http://www.vermontlakes.org">www.vermontlakes.org</a>
Aug 17th & 18th		<b>PEACHAM ACOUSTIC MUSIC FESTIVAL</b> Peacham, Vermont	Tickets: 802 748-2600 <a href="http://www.catamountarts.org">www.catamountarts.org</a>
Aug 22nd - 26th	10:00 am - 10:00 pm	<b>162ND ANNUAL CALEDONIA COUNTY FAIR</b> 1 Back Fairground Road, Lyndonville, Vermont	802 748-4208 <a href="http://www.vtfair.com">www.vtfair.com</a>
Sep 9th	9 am register 10:15 am walk	<b>ST. JOHNSBURY WALK TO END ALZHEIMER'S</b> Welcome Center, 51 Depot Square, St. Johnsbury	Mary Thon - 802 316-3839 <a href="mailto:mthon@alz.org">mthon@alz.org</a>
Sep 8th	9 am - 5 pm	<b>FALL FOLIAGE CRAFT SHOW</b> Fenton Chester Arena, Lyndon Center, Vermont	802 626-9361 <a href="http://www.chesterarena.org">www.chesterarena.org</a>
Sep 9th	10 am - 3 pm		
Sep 15th	All day	<b>COLORS OF THE KINGDOM</b> - Parade, foliage train rides, arts & crafts, farmers market, exhibits Welcome Center, Depot Square, St. Johnsbury	NEK Chamber 802 748-3678
Sep 29th	10:00 am – 6:00 pm	<b>FALL FOLIAGE FESTIVAL</b> - East Burke Village	<a href="http://www.burkevermont.com">www.burkevermont.com</a>
Oct 7th	10:00 am – 4:00 pm	<b>AUTUMN ON THE GREEN - ARTS, CRAFTS, FOOD, FUN</b> - Danville Town Green	<a href="http://www.autumnonthegreen.org">www.autumnonthegreen.org</a>
Oct 1st - 7th		<b>NORTHEAST KINGDOM FALL FOLIAGE FESTIVAL</b>	<a href="http://www.lakeharvey.com">www.lakeharvey.com</a> <a href="http://www.nekchamber.com">www.nekchamber.com</a>
Oct 4th		Peacham Day – Lunch, arts & crafts, special farmer's market, ghost walk, spaghetti dinner	
Oct 5th		Barnet Day - Pancake breakfast, crafts, european coffee hour, wagon rides, tours, ham dinner	
Oct 6th	10 am reg. 11 am race	Ducky Day 2018 - Rubber Ducky Race Ben's Mill, Barnet, Vermont	<a href="http://www.bensmill.com">www.bensmill.com</a>
Oct 6th		Groton Day - Lumberjack breakfast, parade, music, world famous chicken pot pie dinner	
Year Round		<b>CATAMOUNT ARTS</b> – Music, film, dance, art, education, events	<a href="http://www.catamountarts.com">www.catamountarts.com</a>
By appt.		<b>PRIVATE CALLIGRAPHY LESSONS</b>	<a href="mailto:gailflynn00@gmail.com">gailflynn00@gmail.com</a>



**LAKE HARVEY NOTECARDS**

Retail price is \$2.95 each, available at local stores. Members only can buy 12 for just \$24.00, plus \$3.00 shipping & handling - send check to Lake Harvey Association, PO Box 86, Barnet VT 05821.

If you are not a member, join now!



**ICE OUT 2017**

After a long, cold winter, the ice went out at 5:02 PM on April 24th. Winner Robert Smith received \$249!

**Congrats!**



Newsletter designed by A BCD Creative  
[www.abcdcreative.com](http://www.abcdcreative.com)

TO:

The **Lake Harvey** Association  
P.O. Box 86  
Barnet, VT 05821

