



Friends of HRA, Inc., 27 Sturbridge Rd., Unit 17, Holland, MA 01521 Tel# 413 668 6851 – July 2013 issue

Even with all of the rain in June, the Massachusetts water was treated for Milfoil as planned. As of this time the Connecticut permit is still delayed and the Connecticut end has not yet been treated. It will be as soon as the permit is in hand. We have seen a lot of floating milfoil, bladderwort and pondweed. Please take as much of it as you can out of the lake and throw it in your trash so that it doesn't find its way back into the water. The Spring survey was conducted by Aquatic Control Technologies (ACT) and we will post the report on our website for anyone interested in reading it. www.hamiltonreservoir.com

NEXT FHRA Meeting

The annual Friends of the Hamilton Reservoir (FHRA) meeting is August 24th. **Please note** the start time has been changed to 8:30. The Aqua Riders show is scheduled for the same day and we wanted everyone who wants to see it to be able to leave at 10:00 and head to the beach for the show. At this meeting we will have the new calendar for sale. This is also the meeting where we elect officers for the coming year. Please consider volunteering to serve. The last FHRA calendar has the wrong day marked for Thanksgiving. The calendar has November 21st as Thanksgiving; it is actually on November 28th.

Fishing

Even though most of our fishermen and women catch and release we are always being asked if the fish (and mussels) in the lake are safe to eat. Fish are an important part of a healthy diet. They are a lean, low-calorie source of protein. However, some fish caught in the nation's lakes, rivers, oceans, and estuaries may contain chemicals that could pose health risks. When contaminant levels are unsafe, consumption advisories may recommend that people limit or avoid eating certain species of fish caught in certain areas. Most of the nation's waters contain fish that are safe to eat. All states have fish consumption advisories in place to protect their residents from the potential health risks of eating contaminated fish caught in local waters. Find which fish are safe to eat, by state and waterway at this website: <http://fishadvisoryonline.epa.gov/General.aspx> and <http://www.epa.gov/hg/advisories.htm>

For the most part the 2013 spawning season for our waters is over. If you remember, the Commonwealth used to limit the taking of bass, pickerel and a few other species until mid-June. This was to ensure the spawning season was uninterrupted. The Commonwealth no longer has this limitation and our fish populations are healthy, so, if you are inclined to keep your catch, no worries. Smallmouth Bass and a reddish-pink color to the flesh of our Brown Bullhead indicate healthy water conditions, i.e. minimal heavy metals, diseases, and parasites. The pink color of bullhead flesh corresponds to healthy, balanced blood levels and the absence of toxins, thus allowing the blood to color the meat. The EPA website says to go to the state website for more information and there is a link to our state website. To download a PDF file with the fish advisories.

<http://www.mass.gov/eohhs/gov/departments/dph/programs/environmental-health/exposure-topics/fish-wildlife/fish/> Click on:

Massachusetts Department of Public Health Reminds Consumers of State's Fish Advisory. Also, this general advisory can be found at:

<http://www.eregulations.com/massachusetts/huntingandfishing2012/general-fishing-regulations-advisories/>

Fish Consumption Advisories

The MA Dept. of Public Health (MDPH) has issued a statewide advisory for pregnant women, nursing mothers, women who may become pregnant, and children under 12 not to consume fish caught in fresh water due to elevated levels of mercury in fish. MDPH has also issued fish consumption advisories for the general public on selected bodies of water primarily due to PCB and mercury contamination. For more information or a list of waters with fish consumption advisories, see the websites above or contact MDPH, Bureau of Environmental Health, at (617) 624-5757.

The Board of Health began testing the lake for E-coli after Memorial Day. Both basins continue to be well within normal range.

Wakes

With the recent heavy rains, we had seen a 20" rise in water level as the watershed caught and the dam system drained the rains. Many of our neighbors experienced floating docks and deck boards. In many cases the water level was up to and over our retaining walls. During times of high water it is important to be conscientious of the damage done to the shoreline and peoples' property by wakes. We understand there is curiosity to see the lake in such a condition but it is important to consider the erosion and property damage done. During the times of high water, DO NOT cruise at anything higher than headway speed; no wake. If we are mindful and considerate, we will not have to legislate this condition.

Activities

If you are here on the lake for all or parts of the summer, here are some things going on in town that you may want to attend or participate in-

FHRA Fundraiser at the Publick House, Sturbridge MA

Monday, July 15, 2013 - Turkey Feast

Adults \$13 / Children \$5 (4-12 yrs.) ALL YOU CAN EAT BUFFET!

Two Seating Times: SEATING ONE: 4:30pm - 6:15pm SEATING TWO: 6:30pm - 7:30pm

Casual Dining * Open Seating * No Reservations

For more information call Bev Aube: 413 245 0194



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Triathlon at Lake Siog

"Back of the Pack" will be hosting its second annual Olympic Triathlon on Sunday July 14, 2013 to benefit the Hoyt Foundation. It will be held at the Lake Siog Recreation Area in Holland. It is open to all levels of athletes and information including course maps and registration forms can be found on our website www.botpp.org under the "Events" Tab. They always welcome volunteers and sponsors to support their events. Back of the Pack is a 5013c non profit association promoting health and wellness across communities thru sport! Deborah Williams, President Back of The Pack Productions, www.botpp.org, 413-427-1492

Events at the Holland Senior/Community Center:

BBQ - Thursday, July 18th, 12:00 (sponsored by "Friends of Holland Seniors")
Spaghetti Dinner - Friday, August 2nd, 4:30 - 7:00 (sponsored by "Friends of Holland Seniors")

BUS TRIP TO WASHINGTON D.C., SEPTEMBER 20th - 23rd (Sponsored by the Holland Senior/Community Center)

How about a visit to our nation's capital this fall? The trip includes bus transportation, 3 nights' lodging, 3 breakfasts, and 3 dinners. There will be two days of guided tours including: WWII monument, Capitol Hill, Embassy Row, the Korean War Veterans' Memorial, the Smithsonian, the NEW Martin Luther King, Jr. National Monument, the Lincoln Memorial, and Arlington National Cemetery. There are guided evening tours as well. The trip is four days and three nights, cost is \$365 per person, double occupancy. Call Patti Emerson at 413-245-3163 for more information or to sign up. Ask your friends to come along!

Advertisements

If you are interested in advertising your business in the upcoming newsletters ... please contact Chris at mccoehanson@hotmail.com or call 413 245 3666 for more information. Ad must be 3.5 x 2 inches (business card size) - \$100 for 3-4 printed issues in newsletter. A double sized ad would be 3.5 x 4 and cost is \$200.

NOTE: if the date printed above your name and address below is not 2013 – YOUR MEMBERSHIP is not current. Every membership makes a difference. Please make sure we have your current email address if you'd like to receive email updates and/or newsletter via email.

HRA Membership Form – Membership \$35.00 per year per family ... Return to and Payable to: Friends of HRA, 27 Sturbridge Road, Unit 17, Holland, MA 01521

Name _____ Mailing Address: _____ City _____ State ____ Zip _____

Holland Phone: _____ Home Phone _____
 North Basin ____ South Basin (CT side) ____ Neither ____

MEMBERSHIP YEAR PD _____ Check # _____
 Holland Address: _____
 Email : _____

If you'd like to make an additional donation to our membership, please do so. \$ _____. All donations are tax deductible.

The FHRA phone number is 413 668 6851 – you can leave a message and one of the board members will return your call. If you need additional information visit HRA website www.hamiltonreservoir.com.

PLEASE VOLUNTEER YOUR TIME TO HELP FHRA BOARD W/REFRESHMENTS OR FUNDRAISING.