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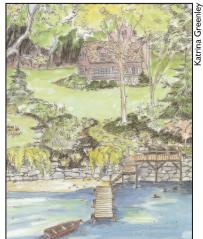
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# Solving Weed Problems Takes a Watershed

are havens for wildlife and birds. Fish rely on aquatic plants for food and habitat. Plants improve water quality by using nutrients and filtering pollutants. They protect the lake shoreline by holding soil on the banks and the lake bottom, which reduces erosion and re-suspension of sediment. As beneficial as aquatic plants are, too many weeds fowl boat propellers, tangle fishing line, prevent swimming, smell when they pile up and decompose on shore, and can reduce property values.

Weeds thrive in areas where soil is washed into the lake. Just like disturbed areas along a roadside, disturbed or newly deposited bottom sediment is ripe for weed colonization. The non-native Eurasian watermil-



Strategically placed plants frame views, block unattractive sites and protect property by reducing erosion.

foil gains a competitive edge since it will easily push through thick sediment that smoothers native plants. In addition, sediment usually has phosphorus attached to it, providing plants with the nutrient they most need in order to thrive. One pound of phosphorus can generate thousands of pounds of biomass. In short, erosion = sediment = weeds.

Long term, reducing the amount of phosphorus and soil washed into the lake is key for controlling weeds. That is one reason why the Watershed Network takes a watershed approach to protecting the lake; it is the activities around the lake that most affect the water quality and weed growth.

#### **Long-Term Solutions to Weeds**

Like all non-point source pollution, there is no one source of the phosphorus-laden silt but many small sources. The Watershed Network publication *Smart Steps for Clean Water* contains dozens of specific suggestions for reducing erosion and the amount of phosphorus available to move with the soil. Other then encouraging good practices upstream, there are a few things a lakeshore property owner can do.

\*\*Continued on page 7\*\*

Join Us for Music, Food, & Fun!

10th Anual Lakefest

Celebrate Cayuga Lake August 18, Cass Park, Ithaca

See back cover for more details

### WATERSHED STEWARD'S MESSAGE

# Wild Activities Lead Kids to Environmental Stewardship

y early summers were spent camping, hiking, canoeing and fishing in the wilds of Massachusetts and Maine. Sometimes my "wilderness" was the woods behind my house or across the street. They seemed huge to me at the time, magic areas of trees, moss, rocks, bugs and snakes, though my adult visits back to those areas reveal a less grand scale. Sometimes, it was true wildness when my family camped in Maine's vast backcountry or I attended a rustic summer camp in an isolated area of the Berkshires. I loved wading up streams, snacking on a handful of ripe berries, sitting beside a lake watching dragonflies hatch and checking under rocks in the forest for salamanders. These activities lead to a life-long love of the outdoors. And they are just the kinds of informal outdoor play that lead children to grow up caring about the environment.

Early childhood nature activities were an excellent predictor of environmental stewardship among adults according to a study by Nancy Wells and Krist Lekies at Cornell University. Gardening, formal environmental education programs and other outdoor activities helped shaped positive environmental attitudes and behaviors to some extent. They were not nearly as powerful as activities categorized as wilder, such as playing in the woods, hiking, camping, fishing and hunting. Wells and Lekies used data



Sharon shares the wonder of nature with friend Cyrus.

from a U.S. Department of Agriculture Forest Service survey that explored childhood nature experiences and adult environmentalism. Free play nature experiences before the age of 11 were still memorable and still shaped the adults interviewed. Other studies have shown that nature activities reduce stress and boosts children's cognitive functioning.

This summer take a child along as you explore and play in this marvelous watershed. The immediate wonder and fun will leave lasting memories and help build life-long respect for nature.

Sharon Anderson

#### AT WORK IN THE WATERSHED

The spring was busy with trainings on rain gardens and managing stormwater, sharing information with people at public events, working on monitoring guidance for the watershed, the Essay Contest, and a forum on Salmon Creek issues. We also held three cleanups and worked on two restoration projects.

- Salt Point in Lansing yielded 38 bags of trash, old tires and rusted scrap metal that together filled an entire dumpster. The Watershed Network collaborated with the Town of Lansing and Cayuga Lake Watershed Intermunicipal Organization for this successful event that is part of larger restoration efforts to improve this area at the outlet of Salmon Creek.
- Volunteers collected from the shoreline at Stewart Park 14 large bags of trash that included a motorcycle helmet, fishing net, baby pacifiers and a bikini top. The City of Ithaca will continue the cleanup effort by removing the downed wood that has washed ashore.
- Fall Creek received its annual cleanup from source to mouth. Happily, we did not pull as much trash from the

- Ithaca Falls area as in past years. We did have a couple of bikes, tires, mufflers, a few hats and a road sign. The Watershed Network partnered with the Fall Creek Watershed Committee and Trout Unlimited.
- A troop of girl scouts and Watershed Network members planted along Virgil Creek hundreds of trees and shrubs to continue the shoreline restoration in the town of Dryden. The Fall Creek Watershed cosponsored the effort.
- A very hot day did not deter two dozen volunteers from planting grasses and shrubs around the new wetlands at Canoga Marsh in Fayette. See the summer 2006 issue of Network News for details on the restoration effort.

The Watershed Network has been twice more recognized for its excellence. The spring 2007 issue of *Network News* received the first place Award of Excellence from the New York State Federation of Lake Association. Sharon Anderson, Watershed Steward, was selected to serve on the Board of Directors for the North American Lake Management Society where she represents interests of the northeast.

### Cayuga Lake Watershed Network

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# Dredging of Waterways in the City of Ithaca

By JoAnn Cornish, Deputy Director of Planning and Development for the City of Ithaca and Lisa Nicholas, AICP, Planner for the City of Ithaca

#### **Project Background and Need**

Maintaining the proper functioning and navigability of the waterways at the south end of Cayuga Lake is of crucial economic, public and environmental importance to the City of Ithaca, Tompkins County and the Finger Lakes Region. The Army Corps of Engineers has recently expressed concern that sediment accumulation in the

Cayuga Inlet is creating a bottleneck and causing flood levels in the Inlet south of the Flood Control Channel to rise by several inches.

According to the Army Corps, the Channel should be dredged every ten years to maintain proper functioning, yet the last time the waterways were comprehensively dredged was in 1982, twenty-five years ago.

The prolonged period between dredging activities is impacting the economic and recreational value of our waterways, specifically businesses located along the Cayuga Inlet. The Channel has the highest concentration of boat traffic in Tompkins

County due to its four marinas. There are both seasonal and transient marina slips located along the Cayuga Inlet, including the heavily used Allan H. Treman Marina boat launch and one of the State's largest covered boathouses that accommodates as many as 50 boats. As waterfront redevelopment continues, the increase in boating activity as well as other water dependent uses will depend on a navigable waterway. The need to dredge our waterways has been expressed as a primary concern among area boaters and marina operators. Due to the advanced degree of siltation in the Channel, sediment removal in areas where commercial boating activity is particularly heavy must be done as part of a comprehensive dredging program. Dredging those areas alone would result in rapid resiltation.

In summer of 2006, the City of Ithaca was awarded a \$133,000 grant from the NYS Environmental Protection Fund, Waterfront Revitalization Program for the Planning and Design Phases of a project that would remove sediment from City waterways. During these phases data will be gathered and analyzed, and then a workable strategy will be developed for the removal of the sediment.

The planning phase will focus on identifying and involving stakeholders, determining the quality and quantity of sediment to be removed, identifying feasible dredge spoils dewatering sites, and developing a strategy for obtaining necessary permits. The design phase will use this information to decide on the most feasible dredging technique, estimate costs, identify funding, develop

dewatering site and restoration plans, and apply for permits. Environmental review of all potential options and issues will be conducted as sufficient information becomes available.



Some suspended silt settles out in the Cayuga Inlet, filling it in. The remaining silt pours into the lake. The pentagonal shape is the Treman Marina.

#### Selecting a Upland Disposal Site (UDS)

In past dredging projects, spoils have been deposited and dewatered in Allan H. Treman State Marine Park as well as dewatered on barges and trucked to an approved dredge spoil site in the Town of Ithaca. The UDS at Allan H. Treman was eventually graded and seeded and is now valued as habitat for

nesting birds and community open space.

The ultimate selection of one or more suitable UDS(s) is a large and complex part of this project and will depend on several interrelated factors including:

- The amount of sediment that will be removed
- The classification of the sediment as determined by testing
- The type of equipment used for dredging
- The location and capacity of sites
- The availability of suitable sites
- The environmental impacts of using available sites
- The cost of dewatering options
- The ability to use the site for future maintenance dredging operations

In order to secure a UDS, it will be essential that the City and Town of Ithaca, Tompkins County and New York State work together cooperatively to identify suitable sites. This must be a coordinated effort since resources are very limited. The goal is to find a permanent site(s) that can be used repeatedly as the need for dredging arises. This does not preclude the possibility of using some of the dredge

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# Lake Foam Unpleasant but Often Harmless

By Sharon Anderson Watershed Steward

The sight of foam in water understandably raises fears of soaps, detergents and other human-induced pollution.

s recent as the 1960's foam caused by detergents was a big problem. While it is still possible that humans are

To blame for the foam, it is more likely just a natural phenomenon.

On lakes, in streams, in bathtubs and in mugs of beer, the cause of foam is the same. Bubbles form when agitation at the surfaces cause air to get under the surface film of water (or other watery liquid). The surface tension of water is normally very strong but it varies depending upon the dissolved stuff in the water and the temperature. Organic compounds from decomposing plant or animals, actively photosynthesizing plants, and silt can reduce the surface tension of lake or stream water. While less common, surface tension can be reduced by soaps and detergents, fire fighting activity and, in other watersheds, industrial activity such as textile, paper, and oil production.



Foam piling up on Cayuga's shores.

The odor and appearance of the foam gives clues to its origin. A fragrant, perfumed or soapy smell and a white or pinkish color point to detergent as the culprit. Find an earthy, fishy or grass-like smell that is beige or tan and the foam is probably natural (note that natural foam can be white). As a further test, collect the foamy water in a clear jar and shake it. Natural foam should dissipate soon after

the agitation stops.

In streams, foam most often forms when water tumbles over a falls, flows through a stretch of rapids or cascades over a log jam. You may see the foam floating downstream or collected in calm eddies.

In the lake, storms and agitation from boats cause the natural surfactants to mix with surface waters. The foam (and weeds and dead fish) can concentrate in coves and along the windward side of the lake. In open waters, wind can form large parallel bands of foam, referred to as Langmuir streaks. Already this summer we have received reports of foam on Cayuga Lake, though foam is more common in the fall when decaying plants introduce more organic matter.

# **Oily Sheens**

rainbow of shimmering colors just off the lakeshore is an alarming find that may mean trouble or may be natural. Just one quart of oil can spread on the lake to cover an acre. However, oily sheens may also be associated with iron bacteria, the breakdown of organic matter, or the decomposition of molted insect skins. The Field Guide to Aquatic Phenomena by the University of Maine explains this in more detail, "Some bacteria (Leptothrix discophora) that live in waterlogged places get their energy from iron and manganese, and as

these harmless bacteria grow and decompose, the iron may appear oily or form red or orange films, fluffs, and coatings. *Leptothrix* can also excrete manganese, which looks like black slime.

"The breakdown of organic matter (plant and animal material) also can leave an oily sheen on the water surface. In the spring and summer, a dark cloud in the water accompanied by an oily sheen could be the outer skins of insect cases left behind from a hatch of aquatic insects. The larvae of mayflies and some other aquatic insects molt and

shed their skins as they leave the water and become flying adults. The skins are called exuvia. Exuvia can be seen floating on the water or can accumulate on wave-swept shores... As exuvia decompose, an oily film sometimes forms on the water surface. A diatom bloom can also leave oil behind as the algal cells die."

An easy way to tell the difference between natural and unnatural sheens is to poke the oily area with a stick. The petroleum-based sheen will swirl back together immediately, while the natural sheet will remain apart. Sustaining Our Precious Water Resources: What Can an Individual Do?

Taylor DePalma, Essay Contest Winner, Immaculate Conception, Ithaca

The sky was gray; a storm was going to come down any minute. A...(man) who lived near a stream, which would eventually run into Cayuga Lake, looked up into the sky. He decided to put down the fertilizer now so he didn't have to wait for the storm to pass by. ... The rain poured down very hard and a lot of the fertilizer ...just put down, slid down the grass and into the stream that was connected to Cayuga Lake.

ow, a situation like this could happen, and all of the chemicals that runoff into the streams that are connected to Cayuga Lake, or that just run off straight into Cayuga Lake, could pollute our water. We need to protect our water and work together to stop pollutants from going into our water.

Fertilizer is one of the many chemicals that pollute our environment, including our lake. Right now Cayuga Lake's water is pretty healthy, but we want it to stay that way. We don't want dead fish and algae covering the lake whenever we would want to go out on a relaxing boat ride, would we? Today we need to protect our water source so we can have a healthy Cayuga Lake in the future.

One way that pollutants get into Cayuga Lake is from runoff. Chemicals can flow into streams, polluting the streams, and maybe even Cayuga Lake, if the waterway connects to it! Chemicals may get into the flesh of fish, poisoning them. If the fish are poisoned, whatever other creature eats them may to become contaminated, including people. From there, this process continues causing many other animals to die.

People are taking action! There are awards given out noticing farmers that are environmentally kind. We should help reinforce this by nominating more farmers that are helping the waters of Cayuga Lake. If people all worked together to create a better environment, then the lake would have a healthy future. You can start at home by doing many things like not fertilizing before a rain storm, so the chemicals don't runoff into the roads or lake, because the roads can't absorb the water. Also, don't pour chemicals into a storm drain. Use chemicals that aren't toxic or the least toxic you can find. Don't use too many chemicals when cleaning, use only enough to

wash whatever you are washing.

Today we need to help clean up the environment, so the future of Cayuga Lake is healthy. There are many other ways to stop pollution too, not just chemical pollution! You can pick up cans or garbage in your neighborhood, or even make a rain garden as a class project! If everyone in the Cayuga area put their minds to stopping pollution from going into Cayuga Lake, then it could become much cleaner! "Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has" (Margaret Mead). \*\*

Editor's Note: "Sustaining Our Precious Water Resources: What Can an Individual Do?" was excerpted from the first place essay for the Middle High School category. Read the unabridged version at www.cayugalake.org.

## Dredging of Waterways in the City of Ithaca continued from page 3

spoils for one time uses, if feasible, such as creating a protective wetland edge along the Channel or along the Steward Park shoreline.

#### **Project Timeline and Process**

The City is currently in the process of selecting a consultant to carry out both phases of the project. The planning phase is expected to take approximately 12 months, while the design phase should take about 18 months, for a total of 30 months before the actual dredging could begin.

One of the first tasks in the planning phase will be

identifying both a working group of stakeholders and a larger stakeholders group. The latter will be comprised of government agencies, organizations, institution, and individuals, whose participation throughout the project will offer resources in the form of professional and technical expertise, comment and information dissemination, and external coordination.

For more information about this project or to be included in the stakeholders group, contact Lisa Nicholas, AICP (lnichola@cityofithaca.org or 274-6557) at the City of Ithaca, Department of Planning and Development.

### **ANNOUNCEMENTS**

#### For Teachers

The Finger Lakes Institute in Geneva will be holding a teachers conference in October. For more information, contact Sheila Myers at smyers@hws.edu or 315-781-4380.

#### **Pipher Recognized**

Judy Pipher, recipient of the 2006 Morehouse Award, will receive even higher honors this October when she will be inducted into the National Women's Hall of Fame in Seneca Falls. Pipher, a professor emeritus of observational and experimental astronomy at the University of Rochester, will be recognized along with Julie Child, Elisabeth Kubler-Ross and other notable women.

#### **Cleanups Scheduled for Sept**

Join us for a shoreline cleanup at Salt Point in Lansing on Sept 15. An additional cleanup is being planned for the Cayuga Inlet area. For more information, check www.cayugalake.org in early August.

#### Lakefest

Join us Sat., August 18, 2007 at Cass Park in Ithaca. Public Welcome –FREE activities, picnic and parking. Read more on the back cover.

12:00 - 4:00	Displays and Information by Local Organizations: games, a view of how water
	moves underground, and door prizes.
12:00 - 1:00	Picnic Lunch, and Music by The Hunter
	Family
12:30 - 1:30	Wonders of Water at the Children's Garden
12:45-1:45	Reading Hour with Jack, a R.E.A.D.® dog
1:30 - 2:00	Compost Theater
2:00 - 2:30	Awards, 10-year Anniversary Celebration
	and Annual Membership Meeting
2:30 - 3:15	Puppeteer Tom Knight
3:15 - 4:30	Walk Through History

From north on Rte 89, follow Lakefest signs. From Ithaca, just over the Rte 89 bridge, past the big turtle, take the first left into the park.

Made possible by: The Tompkins County Tourism Program, Wells College, our local contributors and our loyal members.

### Solving Weed Problems Takes a Watershed continued from cover

#### **Zones of Vegetation**

Growing a lawn down to the water's edge is a common practice that is not lake friendly. Replacing sections of lawn with taller attractive plants that leave open views and access to the lake will reduce the sediment and phosphorus that feeds weeds. Tall plants along a lakeshore and streamside add roughness, created by their stems and the plant debris that accumulates around them, that slows the water as it moves to the lake. When water slows, much of the sediment can drop out. These plants have deep roots allowing water to penetrate into the soil more readily. Compared to grass, the roots take up large qualities of water and more nutrients, such as phosphorus. Ideally, a buffer of taller plants is 40 to 60 feet wide, meaning some of the buffer might be behind the house. The plants in front of the house, such as flowering shrubs, may be tall relative to grass but still short enough to allow views of the lake. Strategic placement of small trees can block unpleasant views.

#### **Wonderful Wetlands**

Wetlands perform similar functions to buffer strips, naturally slowing and cleaning water before it flows to the lake. In addition to protecting existing wetlands, previously existing wetlands can be restored and temporary wetlands known as vernal pools can be build to capture water during wet weather. Both vegetated buffer strips and wetlands,

including vernal pools, have added benefits of attracting and supporting wildlife.

#### **Ditches Dump Dirt to the Lake**

Roadside ditches are necessary to protect roadways, be they public roads or private camp roads. However, they both carry and are a source of sediment. Keep nearby ditches vegetated to minimize the amount of sediment they carry. While they can be mowed, taller plants are better sediment filters. Large stones can also protect soil from eroding from the side of ditches but have the drawn back of absorbing large amounts of heat on hot sunny days that unnaturally warms the water flowing over them. See the spring 2007 issue of *Network News* for more information on roadside ditches.

#### **Better Designs for Breakwalls**

Smooth, straight breakwalls can increase erosion and remember, erosion = sediment = weeds.

The magnified forces of waves hitting vertical break-walls along the lakeshore can stir up the bottom sediment as the waves bounce off and travel back toward the lake with nearly equal force. Large stones, an angled breakwall or strongly rooted plants in front of the breakwall are better at breaking up and diffusing the wave energy. Watch

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# Fish Virus Spreads to Nearby Skaneateles

Adapted from information provided by the New York State Department of Environmental Conservation

The ongoing fish kill of smallmouth bass and rock bass in Skaneateles Lake has been linked to Viral Hemorrhagic Septicemia (VHS). Skaneateles Lake is the second location where VHS-infected fish have been found in a New York waterbody not directly connected to the Great Lakes. VHS has been previously confirmed in Lake Ontario, the St. Lawrence River, Lake Erie, the Niagara River, and Conesus Lake. VHS is a pathogen of fish and does not pose any threat to public health. Fish carrying the VHS virus are safe to handle and eat.

The new Great Lakes strain of the virus appears to be affecting many species of fish, including Walleye, Yellow Perch, Muskellunge, Smallmouth Bass, Rock Bass, Chinook Salmon, White Bass, Black Crappie, Freshwater Drum, Round Goby, Gizzard Shad, Emerald Shiners, Bluntnose Minnows and Spottail Shiners. The disease affects all sizes of fish. The virus has spread eastward since the first



Spread of the virus threatens fishing, a popular pastime that brings significant tourist dollars to the region.

reports of the North American freshwater strain in 2005 from muskellunge in Lake St. Claire, Michigan, and from freshwater drum in Lake Ontario, Canada.

The virus causes the hemorrhaging of the fish's tissues, including internal organs. There is no known cure for VHS. Outbreaks may happen at any time, but are most likely in

the spring when fish are stressed by temperature fluctuations and reproductive spawning. Often, infected fish do not exhibit any external signs of having the disease, though it can manifest itself as red spots on the scales. Not all infected fish develop the disease. Healthy yet infected fish can carry the virus and spread it to others. Though the impact of this particular strain of VHS on fish populations is uncertain, there is some speculation that after repeated kills the remaining fish may have a resistance to VHS.

On June 6, 2007, DEC finalized regulations to help prevent the spread of VHS and other diseases into New York's inland waters. The regulations restrict the movement of bait fish and the stocking of fish into New York's waters. A copy of the final regulations are available online as a PDF from the Department of State at www.dos.state.ny.us/info/register/2007/jun6/pdfs/rules.pdf. Frequently asked questions can be found on the DEC Web site at www.dec.ny.gov/outdoor/33072.html. DEC staff are also continuing to sample waterbodies throughout the state for VHS to determine how far the disease has spread.

In addition to following the fish health regulations, anglers should be vigilant in keeping live wells clean. Live wells should be cleaned with a solution of 10 percent bleach to water (1 3/4 cups bleach per gallon of water). This will kill the VHS virus and other aquatic invasive species such as zebra mussels.

The public is advised to contact their nearest DEC regional office if they witness a large number of recently dead or dying fish (usually 100 or more). Questions about VHS and potential DEC actions to prevent its spread can be e-mailed to fwfish@gw.dec.state.ny.us or for more information call 518-402-8896. The public is also advised to regularly check the Department's Web site at www.dec.ny.gov for updated information on VHS in New York State.

## Solving Weed Problems Takes a Watershed continued from page 6

how shoreline plants move back and forth when waves hit them. This motion takes energy that reduces the force of the wave before it hits the shore, thereby reducing erosion and sediment re-suspension.

#### Don't Fertilize the Lake

Unknowingly lakeshore properties may be adding nutrients to the lake. An inadequate septic system, pet wastes left on the ground and the droppings of waterfowl can all provide fertilizer to water weeds. A lawn down to the water's edge is a welcome mat to geese. Even a small buffer of taller plants can discourage geese, which prefer areas with a clear view and no places for predators to hide. In the remaining areas

of the lawn, proper care produces a lush lawn that needs no added phosphorus and actually, helps reduce the movement of phosphorus according to new studies. Remember to have a soil test every three years to determine how much, if any, fertilizer the lawn needs. Even when fertilizer is recommended, phosphorus is rarely called for. Contact the Watershed Network to purchase zero phosphorus, lake-friendly lawn fertilizer and request a copy of *Smart Steps for Clean Water* for more tips for keeping your lawn green and the lake blue.

Based on a presentation by Paul Lord given at the New York State Federation of Lake Association conference.

# JOIN US FOR THE 10th Annual Celebration of Lakefest

The Cayuga Lake Watershed Network will celebrate its annual summer event "Lakefest", at Cass Park, Ithaca on Saturday August 18th, 2007.

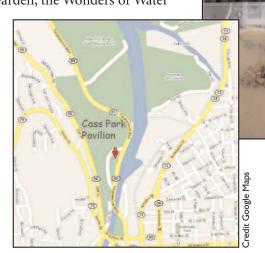
This year marks the 10th anniversary of Lakefest, and we have planned a special family-oriented event that all will enjoy.

The public is invited to a free picnic lunch at noon, provided courtesy of Wells College and the Watershed Network. While eating and chatting with others interested in the health and beauty of the watershed, you will be entertained by the mellow tunes from The Hunter Family, a Canadian folk group.

Following lunch, there will be a large number of educational as well as funfilled activities for young and old. Displays from local agencies interested in the environment, including the ever-popular interactive models of pollutants traveling through the soil, will be available all afternoon along with special activities for kids. Adjacent to Cass Park at the Ithaca Children's Garden, the Wonders of Water

will enthrall youth ages 7 to 12. The Tom Knight puppet show each year at Lakefest delights all ages. Jack, a trained Reading Education Assistance Dog, will listen to children read stories about water for the second year. The comedic group from Ithaca, "Compost Theatre", will entertain and instruct us in composting and finally the "Walk Through History" along the Cayuga Waterfront Trail brings to life how the lake and waterways shaped the culture and economy in days gone by.

Scattered throughout the afternoon, drawings for door prizes will take place, and the annual David Morehouse, Lake-Friendly Farms and volunteer recognition awards will be announced.



Food coloring injected into this groundwater model shows how water and pollution move underground.

**The Mission...** The Cayuga Lake Watershed Network seeks to protect and improve the ecological health, economic vitality and overall beauty of the watershed through education, communication and leadership.



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