

Celeb Cour Watershed's Business Community

The Network's mission embraces "vibrant, sustainable communities" around the lake and on our beautiful creeks—from the Village of Cayuga at the northeast end of the lake, to Slaterville Springs on Six Mile Creek at the southern watershed boundary; and from the Lake Como Outlet on uppermost Fall Creek on the far eastern edge of the watershed, to Spring Brook and Hencoop Creek, in the west, draining the Hector Backbone to Taughannock Creek, from the wooded heights above Cayuga and Seneca lakes in the Finger Lakes National Forest. A protected, healthy watershed needs a healthy economy for stability, and to keep destructive uses to a minimum.

In this issue of the Network News, we celebrate our business members. Many have been with us for years and others are new. Their reliable annual member renewals are a reminder that the words vibrant, healthy, and sustainable refer to even more than clean water, protected wetlands, healthy species and sustainable ecosystems. These words also describe beautiful views, hiking trails, waterfalls and parks – all the amenities that attract workers and businesses to make a home for themselves in a singular place like the Cayuga Lake watershed.

This issue includes two business interviews with people you may know and a listing of our business members. If we left anyone out, please let us know. If you are not a business member yet, please consider joining to support the work we do. Member information is on page 4 in this issue and at our website www. cayugalake.org .

If you would like to learn more about supporting/sponsoring our activities, such as Embrace the Lake spring cleanups and our CanYou Canoe Cayuga? paddling event on September 11 2016 out of Stewart Park in Ithaca, please contact our staffperson Jennifer Tufano at jenntufano@gmail.com . **



The LI_TTORAL ZONE

Tales from the Littoral Zone

The littoral zone is that three dimensional outer, shallower region of a body of water, including the shore, where most of the life activities take place. These writings originate from the "Littoral Zone".

The Longnose Gar (Lepisosteus osseus)

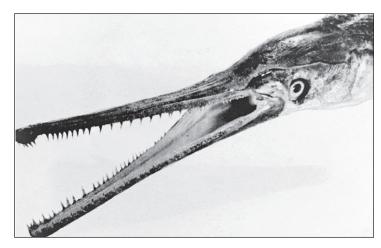
Mel Russo Finger Lakes area naturalist and life-long resident

The gar is an infrequently encountered scary looking fish found commonly in many of the Finger Lakes. Originally colonizing the Great Lakes Basin approximately 10,000 years ago via ancient connections with the Mississippi River, the species represents a very primitive group of fishes covered with a thick, tough armor of ganoid (rhomboid) scales. Its scientific name, *Lepisosteus osseus*, is Latin for spotted, hard, bony skin. It is thought that Paleo-Americans used the hard skin as a shield in battle. (Perhaps the odor, alone, repelled their attackers!)

The long, narrow bill of the gar is well endowed with a multitude of sharp, conical teeth which are used to initially grasp and pierce its prey of mostly smaller fish, which, when limp, are then turned head first to be swallowed. The beak is also equipped with electroreceptors to aid in locating its edible subjects, which it attacks with a lightning-swift motion. Since the eyes of the beast are located laterally, this extra sensory ability of the beak is a very useful, well adapted sense, especially in detecting any live, tasty meals anterior to the fish. The feeding ambush is quite a big surprise to the carefree victim, thinking that it was swimming by a seemingly inert, big stick.

Accordingly, the *Lepisostidae* can be easily mistaken for a floating small log or stick, if young. This unwitting but masterful misconception occurs because gars

commonly bask in the sun enjoying the warmth at the surface of the shallows in summer, while awaiting feeding opportunities in a perfect state of motionlessness. During this time, the head, beak and nostrils of the fish are exposed directly to the air which, uniquely, it can breathe through to its air bladder specifically for respiration, quite unlike any other fish. This process is performed while sunning at the surface, in tepid waters that are low in dissolved oxygen. The internal anatomy of the gar is unusually well adapted to air breathing in that the swim bladder, normally a thin balloon-like sack used by most fish for buoyancy, is specially equipped with a vascular system. This allows diffusion of oxygen straight from the air into the blood, thereby supplementing the



gills. This is thought to be an embryological, rudimentary origin of the lungs that are used by higher vertebrates for respiration.

Although in the Finger Lakes gars may obtain lengths of up to five feet and over 25 pounds, they are seldom caught by anglers because of their narrow, tough beak. They are harmless to humans, however, unless you eat their green eggs (with no

relation to "Green Eggs and Ham" of Dr. Seuss) which are poisonous. Any organism that chooses to eat the roe is promptly removed from the gene pool and

further allows this exceedingly and magnificently well adapted, ancient fish to persist further into modern times as yet another unappreciated anomaly of the Finger Lakes. **

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Sources

- Hubbs and Lagler: Fishes of the Great lakes Region, 2004
- Peterson: Field Guide to North American Fishes, 1991

Edited by Susan Backlund.

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By appointment.
Please contact
steward@cayugalake.org
to arrange.

8 Longnose Gar, 40 cm

Hilary Lambert, Steward steward@cayugalake.org Jennifer Tufano, Staff jenntufano@gmail.com Newsletter Advisory Committee: Michael Duttweiler, John Mawdsley, Niamh O'Leary

STAFF:

The Cayuga Lake
Watershed Network thanks
Leigh Dezelan of Dezelan
Dezign and Pioneer Printing
of Lodi for newsletter
production excellence.

Celeb Z Our Watershed's Business Community

Our mission supports lake-friendly businesses: "The Cayuga Lake Watershed Network identifies key threats to Cayuga Lake and its watershed, and it advocates for solutions that support a healthy environment and vibrant, sustainable communities." Can't do it without vibrant, sustainable businesses! Thank you.

Americana Vineyard Joseph Gober, *Interlaken*

Aurora Ridge Dairy
Bill and Penney M. Cook and
partners, *Aurora*

Baker's Acres

Reenie Sandsted, Groton

Bellweather Cider

Bill & Cheryl Barton, Trumansburg

Buttonwood Grove Winery

Marcia Klue, Romulus

Canoga Creek Farm
The Tidball Family, Seneca Falls

Cayuga Landscape Co. Inc.

David Fernandez, *Ithaca*

Cayuga National Bank

William Ryan, Union Springs

Community Science Institute

Steve Penningroth, Trumansburg

Deerhead Lakeside Restaurant Craig Moore, Seneca Falls

DeJohn Office Supply

Frank DeJohn, Seneca Falls

Dezelan Dezign

Leigh Dezelan, Ithaca

Ecologic LLC

Elizabeth Moran, Cazenovia

Fessenden Dairy

The Fessenden Family, King Ferry

George Family Farms LLC

John George & Family, Interlaken

Goose Watch Winery

The Petersons, Romulus

Hosmer Vineyards, Inc.

Cameron & Maren Hosmer, Ovid

King Ferry Winery

Pete & Tacie Saltonstall, King Ferry

Lakefront Inn

Diane Rutherford, Lansing

Lakeshore Winery

Annie & John Bachman, Romulus

Leadership Coaching, Inc.

John Engels, Rochester

Lifespan Physical Therapy

Dana Mandel, King Ferry

Lucas Vineyards

Ruth Lucas, Interlaken

MacKenzie-Childs

Jerry Ryan, Aurora

Montezuma Winery

Kelly Burnett, Seneca Falls

Moore's Tree Farm

The Moore Family, Groton

Paddles N More

Jennifer Miller, Ithaca

Patrician Verona Vineyards

Camerson & Maren Hosmer, Ovid

Patterson Farms, Inc.

Julie Patterson, Auburn

Pioneer Printing

Joe Sepi & Team, Lodi

Seneca Meadows, Inc.

Don Gentilcore, Waterloo

Senecayuga Properties

Mel Russo, Seneca Falls

Sheldrake Pt. Vineyard

Chuck Tauck, Ovid

Six Mile Creek Vineyard

Mark & Amy Renodin, *Ithaca*

Spruce Haven Farm

G. Davis Young, Union Springs

Swedish Hill Winery

Dave Peterson, Seneca Falls

Swiftwater Brewing

Andy Cook, family & friends, Rochester

Tompkins Trust Company

Ursula Russ, Ithaca

From Cayuga and Seneca Falls to Brooktondale and Dryden, the Cayuga Lake...

watershed's businesses support our events, contribute to silent auctions, and donate as business members. If you are not a business member yet, please consider joining to support the work we do. Member information is on page 4 in this issue and at our website www.cayugalake.org.

Puddledockers

Phil Crimmins, Cortland

Rowley Landscaping

Randy Rowley, Fairport

Sawmill Creek Vineyards, Inc.

The Hazlitt Family, *Hector*

Schrader Farms/Meat Market

Susan Schrader, Romulus

Schuster Farms, LLC

Peter & Karen Shuster, Seneca Falls

Sciarabba Walker & Co, LLP

Multiple offices and partners, Ithaca

Toro Run Winery

Chris Weaver & Jim Coppola, Ovid

Walnut Ridge Dairy

Family-owned and operated, Lansing

Wind Catcher Sailing Charters

Ithaca

itnaca

Mel Russo: A Naturalist-Businessman— Lake Lover's Perspective

Carmelo 'Mel' Russo, longtime supporter of the CLWN, owns and operates Senecayuga Properties located in Seneca Falls, NY. Speaking with him recently, he offered this about how and why he operates his business in the Finger Lakes. "I have a soft spot in my heart for Seneca Lake, having grown up in Geneva NY. In 1968 I took a position at a local high school teaching Biology and Chemistry (B.S. major and minor respectively from college at SUNY Brockport). While a teaching assistant at Brockport I taught some classes in Limnology and Ichthyology to both graduate and undergraduate students. I learned a lot from teaching. Before all that I was an intellectual fetus."

"In 1968 I resided at Poplar Beach on the west shore of Cayuga Lake and then moved to East Varick, also on the west shore, where I built a home on a 112-acre small farm and remained there for 42 years. In 2010 I purchased 11.5 acres in the Sheldrake/Kidders area about halfway down the west side of Cayuga and subsequently built a home, dock, and barn there."

As to his ongoing commitment to the CLWN: "I have interest in Seneca Lake because I grew up around its magnificence so I have a soft spot for Seneca. Having lived on the shores of Cayuga for the past 48 years, I also have the best regards for Cayuga. The well-being of both lakes is not only related to my residency but also to my business, Senecayuga Properties, which I founded as owner in February of 1990. The lakes must remain ecologically healthy for both my business well-being and my personal enjoyment.

"I started writing about the lakes ("The Senecacayuga Chronicles" and "Tales from the Littoral Zone") in the early 1990's as part of my business advertising (known in marketing as institutional advertising). This incorporated my original training in natural history, limnology, and Ichthyology and made use of

Your Contributions to the Cayuga Lake Watershed Network are Tax Deductible.

the information that I had accumulated over the years at Brockport, Cornell and other institutions as a graduate student in my years of teaching. Completing an article gives an old man a



sense of his real accomplishment and self-respect for things that I know that other people don't (and do). The articles often involve my inherent knowledge but usually require some research and confirmation. (They) characterize my business as having expertise in Finger Lakes real estate. People often call me for ecological and professional information which makes me feel good."

When asked about our youth's stake in the future of Cayuga Lake, Mel offered this: "Young people will learn to respect the lake more if they use it properly. It should be one of the main goals of CLWN to educate not only the youth but all people on the uniqueness of Cayuga Lake and the importance of maintaining and even improving its high water quality along with its various associated magnificent organisms both sport and non-sport. Risks to the lake proposed by various regional enterprises should be heavily scrutinized by all—young and old.

Infrequent algae blooms, edible fish, easily treatable drinking water, and refreshing swimming water are not easy to come by today and every person in the region must realize that we are exceedingly fortunate to be able to experience this extraordinary resource. We should see that it is kept that way."

window stickies (4 x 6")

		Our Programs! p, join for the first time, and/or	r support our effective programs.
	e made via paypal at our websi	te www.Cayugalake.org . <i>As always</i> , 1	ve thank you for your support.
		City	State Zip
			to our listsery? O Yes O No
We have membership le	vels to suit everyone's need	ds. Please check one of the levels	below.
O \$10 Student/Senior	O \$35 Family	○ \$50 Organization/Agency	O \$250 Lake Sponsor
O \$25 Individual	O \$50 Business/Farm	O \$100 Headwaters Donor	O \$500 Watershed Benefactor
\$Unrestricted—fc \$To support wate: \$To support impr	or general operations. r quality tests on Canoga, Burr oved outreach to YOUTH, our	roughs, Yawger and Milliken Creeks. r watershed's future protectors. reek, lakefront & ditches cleanups.	tra donation to support this work?
	Check # (paya via Paypal at our website www.	ble to Cayuga Lake Watershed Networ cayugalake.org	k please) Would you like O 1 or O full-color CLWN logo

Pete and Tacie Saltonstall and King Ferry Winery

Program Associate Jenn Tufano had a chance recently to catch up with long time CLWN supporter Pete Saltonstall, owner of King Ferry Winery with his wife Tacie.

This small, hand-tended 27-acre winery is located in beautiful King Ferry, NY on the east side of Cayuga Lake. They grow Chardonnay, Riesling, Pinot Noir, Gewürztraminer, Cabernet Franc and Vidal grapes. Pete is a long-time resident of Ithaca having attended school with our very own Hilary Lambert, Steward of the CLWN! After many years in Ithaca, Pete headed over to Boston for several years but the call to the Finger Lakes brought him back home.

His Dad was a soil scientist at Cornell and had a farm near Ellis Hollow. Where Pete's vineyard is now used to be a grazing pasture for beef cattle and he remembers being chased across those very fields by a bull when he was young! Needless to say, the close proximity of the vineyards to Cayuga Lake helps reduce cold damage to the less cold hardy vinifera grape vines.

As a student himself at Cornell, Peter obviously had experience in farming and general agriculture. First owning a construction company for years, he got involved in the winery business originally with partners then on his own for the past 30 years. Now a family affair, Pete and Tracie work alongside their son Lev, current Operations Manager poised to take of the business one day.

Pete spoke very fondly of how Lev has grown up in the business, giving tours of the winery to tour groups when he was as young as 8 years old. Having spent years cleaning tanks, climbing around on huge pallets and generally soaking up as much of the family business as possible, Lev took on a tour group one day when no one else was available. Pete, the everwatchful Dad, caught up to the tour and listened to his son speak accurately and honestly about various aspects of the operation. He was a natural!

Pete is a modest and humble guy who takes every part of his business personally. He's fond of saying to all his employees that "with all best intentions you're going to make mistakes. Here's mine so maybe you don't need to make them, too."



As to Peter's interest in the CLWN, having grown up in Ithaca he recognizes Cayuga Lake is a 'great natural resource that is often taken for granted.' Tourists often approach him saying "Oh my God this is so beautiful and you're so lucky to live here." This reminds him to look up and take notice, himself, which he often does.

He has been heavily involved in the anti-fracking movement and knew the lake would be directly threatened. He saw "cumulative external threats" and watched so many accidents happen in other communities in which fracking had taken place that he had to take action. Is he happy with the current NYS moratorium on fracking? Sure. But he's also realistic recognizing that places like the Utica-Marcellus Shale will be a prize many fracking supporters will continue to pursue.

So what's new and exciting for the Saltonstall family and King Ferry Winery this year? Many things! First is they are installing a solar array on the winery roof which is going to offset about 15% of the energy costs. Next is the construction of new pavilions on the property which will allow them to conduct more in-house, catered events. Look for these this year! Finally, with King Ferry's unique location on the east side of Cayuga Lake, he's planning to build more partnerships hopefully resulting in more tourism up in that area.

For more information on King Ferry Winery, visit www.treleavenwines.com . **



Embracing the Lake Really Early in 2016!

Hilary Lambert Steward

The Network supports and sponsors volunteer cleanups of creeks and lakeshore, via our Embrace the Lake program. Usually these two-to-three-hour community events take place from March into May, because the weather is too cold and snowy and icy to grab trash any earlier, and by May grass and plants are growing tall, hiding waterside, roadside and ditch litter.

However, this passing winter has been truly strange—perhaps it is the "new normal" of climate change and extreme weather events—and in the first week of February, the weather was warm, balmy, and snow-free.

On one of those nice days, Ithaca paddler Paul Closs went to check on wintertime low water conditions in the Flood Control Channel that runs between Tops, Wegmans, WalMart and Lowes in the big box store area off Route 13/South Meadow Street, draining to Cayuga Inlet and the lake. This area was once a vast wetlands,

the natural sponge for drainage from the creeks and hills south of Ithaca. Though it is now filled in, paved and developed, nature has maintained pockets of quiet beauty that charm walkers and draw paddlers upstream from Cayuga Inlet and Cayuga Lake. Local paddler Michael Bennett often takes his kayak into this informal urban wildlife refuge from spring to late fall. In the winter, water levels drop in Cayuga Lake, drawing down this channel's water to bare mud. Even in winter, Mike bikes over there to get away from it all. Right in the middle of the parking lots and traffic, where the channel's edge supports cattails and trees, he finds rabbits, green herons, ducks, groundhogs, and deer. He says it's a great place for birdwatching.

But on that day in February, with the water gone and the mud flats wide open in the sunshine, what Paul Closs found back in there was disturbing: massive quantities of trash, twisted skeletons of shopping carts, small and large deliberately-disposed bags and caches of commercial products, and just plain junk. Lacking snow cover and ice, Paul saw it all plainly, was grossed out, and went to work on the spot, filling many trash bags and wresting six or eight shopping carts free of the mud. High water and snow cover have been hiding this accumulating trash from humans for who knows how long—but for sure, turtles and diving birds and all the animals who frequent this area know all about it, and have had to live with it.

At the end of that first day, Paul had made a dent—but only a dent. So he went home and posted photos and an indignant call for help to his paddling pals via Facebook. They responded, ready to do a big cleanup. The Network helped by publicizing the event, and bringing gloves and bags. Someone brought massive amounts of donuts, and on the sunny day that weekend, about thirty people from Ithaca's myriad paddling community



Shopping cart and full trash bags emerge from the midwinter mud.

(kayaks, canoes, sailing boats, outriggers, Dragon Boats, Stand Up Paddleboards) showed up, along with several visiting Humphrey Fellows from Cornell University.

And they *really* made a dent. For up to four hours, people of all ages waded out into the sucking mud flats to retrieve carpets, chairs, a car

seat, and bags and bags of trash of every kind. One woman centered herself in the channel and used boards to walk across the mud to retrieve chunks of junk and bars to pry stuff out; her male companion splashed repeatedly back and forth across the channel to drag back big objects for the rising piles of collected discards. Another woman was determined to dig out a deeply-buried shopping cart, so she balanced on a board set across the quaking mud, and with pry bars and muscles she and another woman dragged it out, hauled it to shore and up onto the bank for disposal. (It should be noted that the nearby Tops store now has shopping carts equipped with wheels that quit moving if a cart is pushed beyond the edge of the parking lot. That should help cut down on future cart disposals).

At the end of the day, there were big piles of collected trash, twisted carts, junk and bulging trash bags lining the edge of the parking area along the channel, and a lot of tired, smiling, muddy people with unexpected midwinter sunburns went home to wash up, and maybe drink a beer or other cold beverage. The Network contacted the City of Ithaca Streets & Facilities team led by Ray Benjamin, who are responsive and quick about requests to pick up the trash that Paul, his pals and other cleanup volunteers accumulate.

Our old normal (March through May) Embrace the Lake cleanups season is starting. Do you, friends, family, church, Scouts, or other community group have your eyes on an eyesore!? Want us to help you publicize and get folks out to help clean up a mess along a creek, a road, the lake, or in roadside ditches? Remember—ditches are waterways too!

Contact Hilary steward@cayugalake.org or Jenn jenntufano@gmail.com and we will provide you with beautiful full-color

continued on back cover

Updating a Watershed Plan

Hilary Lambert Steward

pdating a watershed plan is hard work. It is also very rewarding! But let's talk about the hard work for a moment. A lot of people—scattered widely around Cayuga Lake and along its creeks, in its valleys and on its steep slopes—are working together via regular in-person meetings, "phoneins," and email, to update Cayuga Lake's Restoration and Protection Plan. We are focusing on thirteen topics, many of which have seen big real-world changes since the late 1990s when the first plan was put together. If you want to know how much the world and our lives have changed since 2000, just have a look at the first, beautiful, then-state of the art plan. It took over three years to put together, involved hundreds of people and about a zillion meetings. It is an encyclopedic compendium of the then-known facts about the lake and its creeks. You can read it online at the Intermunicipal Organization's website, www.cayugawatershed.org.

"The Inter-what what?" you ask? The IO is the organization formed to help all of the watershed's 43 municipalities (towns, villages, cities, counties) to work together to protect the water quality of our lakes, creeks and groundwater. The IO wants to use the updated Plan to help local governments get the funds they need, from the NYS Department of State and other

sources, to repair and replace water-quality infrastructure, to improve lake access and enjoyment, to attract sustainable healthy businesses, to protect the area for wildlife and nature, and to make sure the water is in good shape for future generations. Youth is the most important stakeholder group in tomorrow's Cayuga Lake watershed.

Here are the thirteen major topic areas that the Watershed Advisory Committee and Technical Advisory Committee are updating, with input from the 43 municipalities and the public, via meetings and an online public survey (have you completed it yet? Please do it now, at www.cayugalake.org):

- Statement of Watershed Restoration & Protection Plan Vision, Goals & Purpose
- Water Quality Status, Water Quality Issues and (Geographic) Areas Of Concern
- Public Participation
- Coordination, Collaboration, and Partnerships
- Watershed Education
- Agricultural Practices
- Stormwater Management & Erosion Control
- Wastewater Systems Management
- Hazardous Waste Management
- Monitoring & Assessment

- Wetland, Shoreline & Riparian Corridor Management
- Forestry and Silviculture Management
- Regulatory Management

There has been a lot of research carried out on many of these topic areas since 2001, and we are reporting on the new knowledge. But there have also been changes in our world that were not even on the horizon, way back then. Like what? Here's a short list of big ones: climate change; extreme weather events; preparing for the impacts these will have; invasive species ("exotics" got two lines in 2001!); water quantity and planning for future availability, storage and quality; emerging contaminants such as microbeads and pharmaceuticals; impacts of the energy industry; cleaning up old contaminants... just for starters.

A plan like this is never "done." We are updating it, we'll use it for five to ten years for decision-making and prioritizing for actions that protect our lake and creeks and communities (natural and human). Then we'll update it again, keeping it alive and thriving, to help us work our way into the future, protecting our precious water resources. This plan is funded by the NYS Department of State through the Title 11 Environmental Protection Fund. **



The mission...

The Cayuga Lake
Watershed Network
identifies key threats
to Cayuga Lake
and its watershed,
and it advocates
for solutions that
support a healthy
environment and
vibrant, sustainable
communities.



Aurora, NY 13026

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** Education

** Advocacy

** Protection

Upcoming Events

March—May: Embrace the Lake cleanups!

Contact Jennifer Tufano jenntufano@gmail.com to organize and publicize a cleanup.



April 16: Spring Community Conference, with the Intermunicipal Organization. Presentations for the public about our new wetlands map and how it was made; Report on the update process for the Cayuga Lake Watershed Restoration and Protection Plan; Planning for Invasives and water quality monitoring at the north end of the lake this summer, with the Cayuga Shoreliners and Finger Lakes Institute; A talk by naturalist Mel Russo. Location TBD near the northwest end of the lake—please check our calendar at www. cayugalake.org. Half-day, refreshments, free of charge.

August 17: Annual Meeting & Picnic! Watch for details in our next newsletter and on our website calendar.

September II: CanYou Canoe Cayuga? This iconic lakelength event will offer a different course this year, starting and ending in Ithaca's Stewart Park. Watch for details, how to register and train, in our next newsletter, on our website and our Facebook page.

Watch our website & friend us on Facebook for more about these and other events.

Embracing the Lake Really Early in 2016! continued from page 6

posters to publicize the event, with disposable gloves (thanks to generous donations from the Strok family) and plastic bags, and can maybe help make sure the collected trash gets picked up afterwards (depends on the municipality, its trash rules, and its highway department). Yes, this is watershed-wide! We are also seeking business sponsors who can help us expand this program, making it sustainable for the long term. Please contact Jenn if you and your business are interested in being an Embrace the Lake supporter-sponsor. T

