



Friends of Lake Wingra



Promoting a healthy Lake Wingra
through an active watershed community

Wingra Watershed News

Spring 2016 volume 13, number 1

What does an 'Active Watershed Community' mean?

By Susan Frett

Recently, Friends of Lake Wingra Board and staff have been applying for grants for different projects that we would like to implement around the watershed. Generally, grant applications ask for the mission of the organization. Our mission is to "promote a healthy Lake Wingra through an active watershed community." This sparked an interesting discussion at a recent Board meeting about what an active watershed community means and who is part of that community.

The community of Friends of Lake Wingra is anyone with any type of interest in the lake and watershed, it is open to all, residents, business owners, visitors, kids, adults, students, etc. Working with interested community members is often called 'stakeholder engagement'.

When starting a new community project, those working on the project will often identify a list of who the stakeholders are and why they might be interested. For example, those involved in the Monroe Street Reconstruction Alliance and Greening Monroe Street groups have created extensive lists of who has an interest in making the reconstruction process more sustainable than the typical street reconstruction.

Community projects that start with a full stakeholder engagement process



Richard Hurd

Part of the community of Lake Wingra

are usually more successful than projects that skip this step or minimize it.

What does it mean to be active in the watershed? We want people to engage in the lake and the watershed on a personal level. We hope that the people of the community take initiative to protect Lake Wingra and its watershed in whatever way they can.

If you see an issue that you think needs to be addressed take responsibility for the issue and see it through to completion. If you need help or have ques-

tions get in touch with us, we can often make connections and give advice but as a small organization we have limited abilities to get involved in every issue.

Another way to be part of an active watershed community, especially for property owners, is to participate in lake friendly best management practices. These include raking leaves out of the street, reducing the usage of de-icing salt, installing rain gardens and so on. Read more about that in the article titled "Lake Friendly Best Management

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Friends of Lake Wingra, Inc.

Mission

We promote a healthy Lake Wingra through an active watershed community.

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To become a Friend of Lake Wingra, send your tax-deductible contribution to Friends of Lake Wingra, Inc. c/o Office of Advancement, Edgewood College, 1000 Edgewood College Drive, Madison, WI 53711-1977. Please make checks to: "Edgewood College - FOLW."

Friends of Lake Wingra, Inc.

1000 Edgewood College Dr.
Madison, WI 53711
info@lakewingra.org
www.lakewingra.org

Wingra Watershed News

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Active Watershed Community cont.

Practices for Homeowners" in this newsletter. Those who want to help but aren't property owners can raise awareness about the issues affecting Lake Wingra with friends and neighbors. Everyone can help with our work parties (www.lakewingra.org/events) or find other volunteer events county wide at www.takeastake.org.

You can also advocate for the lake and support legislation that protects all of our water resources by talking to your local representatives and letting them

know that all of our lakes are a treasured community resource that need protection and restoration.

Finally, we encourage everyone to be active and to get involved by having fun around Lake Wingra and the watershed. There are lots of great outdoor recreation activities from kayaking, stand-up paddle boarding, biking, doing yoga by the lake shore, bird watching, photography, hiking and more. We hope to see you out and about around Lake Wingra this summer and in the years to come!

Summer Gardening, Educational, & Service Opportunities on the SW Path

By Sandy Stark

Four neighborhoods along the SW Path maintain native prairies, flower gardens, and wooded areas in the Lake Wingra Watershed. Work crews provide tools and treats, and you take what you learn to your own yards and rain gardens. Most have both regular and flexible schedules. Come meet and work with us for any amount of time at any of our sites.

Prairies, Gardens, and Green Spaces From West to East:

- ◆ **Midvale Heights Native Prairie and Gardens** (intersection of Midvale Blvd. & SW Path) Includes the buffalo garden! Contact Laura (ljbrown607@charter.net)
- ◆ **Dudgeon-Monroe Prairie** (intersection of Odana Rd & SW Path) This neighborhood's largest and most diverse prairie requires regular maintenance and has been the site of summer monarch releases. Contact Sue (sue.reindollar@gmail.com)
- ◆ **Westmorland Gully** (intersection of Glenway St. & SW Path, northwest side) A long, sloped prairie planting area that dedicated neighbors salvaged from a flooded and weedy ravine, now coming into its own after many reseeds. More help always needed! Contact Bonnie (tagatzcreek@att.net)

- ◆ **Glenwood Park Gardens** (intersection of Glenway and Cross Streets, south side of SW Path) Important to this Jens Jensen-designed park are the berms of native plants at the south end entrance, as well as the native shrubs and wildflowers throughout the park. Contact Peter (secnatland@yahoo.com)

- ◆ **Glenway Prairie** (intersection of Glenway St. & SW Path, behind Glenway Golf Course) This small prairie needs weeding on a regular basis. Invasives between the golf course, the woods, and the prairie keep us busy. Contact Sandy (sestark@wisc.edu)

- ◆ **Prospect Ramp Gardens** (intersection of Prospect & Fox Ave & SW Path) This 1700 sq.ft. area of flowers, grasses, berries and fruit trees needs more maintenance, and is a great site for all ages because of its accessibility. Contact Jake (jacob84@charter.net).

- ◆ **Regent Neighborhood Pollinator Gardens** (intersection of Commonwealth Ave. and SW Path) A spectacular example of diverse plantings paired up with a community seating area. Contact David (davidlezaks@gmail.com)

Monarchs for Kids

By David Thompson

The migration of monarch butterflies is one of our greatest natural wonders. To be in a mountain forest of Mexico on a warm March day--when a million butterflies take flight, stretching their wings in the sun—is a spellbinding moment. It's possible our children will never have that opportunity.

Scientists count monarchs by measuring the area of Mexican forest occupied by dense clusters of butterflies hanging from branches. Twenty years ago, the monarchs occupied 44 acres. At their low point two years ago, the area had plummeted to only 1.66 acres, representing about 35 million butterflies. That's a decline of 96 percent.

The decline is due to loss of habitat--illegal logging in Mexico, coupled with a drastic reduction in areas in the US where milkweed grows—the only food for monarch caterpillars. In the last few years, new evidence indicates that the most widely used family of pesticides-- the “neonics”-- are also contributing to the decline of both monarchs and other pollinators. These pesticides drift off the fields where they are applied. In surrounding areas, even though present in exceedingly tiny concentrations, they can still sicken or kill both insects and aquatic organisms.

Five years ago, the Friends of Lake Wingra began to focus on improved management of the lake's watershed. We planned increased public education focusing on watershed problems, but soon learned that “watershed” was an unfamiliar concept. We decided that an animal could serve as an “ambassador” for the watershed. The monarch proved to be the right choice for several reasons.

First, monarch butterflies range all over the watershed, feeding on native milkweeds in yards, parks, and especially along the shores of lakes. While they aren't aquatic, they are iconic residents of the watershed which is critical to the health of Lake Wingra.



Erik Zimmerman

Cloe Zimmerman gets one last kiss from the monarch she raised, before it starts migration. It's a magical moment when the fresh young butterfly spirals upward, then heads resolutely SW towards Mexico, 2,000 miles away.

Instead of using the word “watershed,” we prefer to emphasize the idea of healthy “neighborhoods” or “communities” of plants, animals, and people, all living together. A clean neighborhood leads to healthy people and lakes. Clean means less of the following pollutants: pesticide, fertilizer, pet waste, de-icing salt, leaves in the street, dust, and muddy runoff from construction sites.

What's good for monarchs is good for the lake. For example, one of the best things people can do for the lake is to build

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Here's what you can do to help

- ◆ Make a donation to FoLW.
- ◆ Plant milkweeds such as common milkweed, swamp (red) milkweed, or butterfly weed. Plant flowers for nectar. Build a rain garden.
- ◆ Find and raise 10+ eggs. Let a child see one butterfly emerge, and then provide the remaining chrysalises to FoLW for our programs, or to your child's teacher. We'll show you how to find eggs, and provide help with the rest of the process. It takes about a month to go from egg to butterfly.
- ◆ Help us find schools, churches, or camps where we can present.
- ◆ Don't use neonics at home or purchase treated plants. Google “common household neonics.”
- ◆ If you are experienced raising monarchs, please provide us with chrysalises---we will distribute them to schools. We need them now for summer programs or for schools in September.
- ◆ If you are a teacher, contact us soon so we can supply you with chrysalises in September. Or let us know if you need training.
- ◆ Parents—help distribute chrysalises to your school in September.
- ◆ Children who raise monarchs can do a “show-tell” to their class in the fall.
- ◆ Check www.lakewingra.org/events or check our Facebook page regularly to find monarch programs near you.





David Thompson

Rain Garden Installation at Catholic Multi-Cultural Center

Lake Friendly Best Management Practices for Property Owners

By Susan Frett

Throughout 2016 Friends of Lake Wingra will be asking property owners throughout the Lake Wingra watershed to do their part to help implement the Lake Wingra Watershed Management Plan (WMP).

The WMP was developed by Friends of Lake Wingra over the last several years in collaboration with City of Madison Engineering and other partners. The plan contains many initiatives that need to be implemented to meet the goals of reducing phosphorus and chlorides in stormwater runoff into the lake and increasing infiltration throughout the watershed. These goals are important for the protection and restoration of Lake Wingra.

Currently, high phosphorus levels cause excessive growth of nuisance weeds and algae blooms in the lake which decreases recreational usage and disrupts the lake ecosystem. Chlorides (from road salt) are toxic to aquatic life in the lake and are also contaminating some drinking water wells in the city. Infiltration of clean water is needed to protect ground-

water and the springs that feed lake Wingra, capturing stormwater runoff also helps to meet the goals of phosphorus reduction.

Many of the initiatives are municipal level projects that we hope will be implemented by the City of Madison over the next several years. However, there are many things that private property owners can also do to help. We know that many of the residents of the Lake Wingra watershed love the lake and will want to help out!

We have developed an online pledging system (<http://goo.gl/forms/SxSZsoLgu0>) where interested residents can choose from several options to do on their own properties to help Lake Wingra. Please refer to the column on page 5 for a full list of options. People can choose one option or choose to do as many as they can. Options vary from simple activities like raking leaves out of the street, redirecting a downspout to yard or garden area and shoveling promptly after a snow storm to installing rain gardens and permeable pavement driveways.

We will be collecting the addresses of people who are participating in order to evaluate our program throughout the year and to determine the effectiveness of our outreach in different areas of the watershed. Through this system you can also let us know if you would like help installing or maintaining a practice such as a rain garden on your property.

Ready to get started? Pledge your participation by filling out our online survey (<http://goo.gl/forms/SxSZsoLgu0>). Other options to help out with this project include volunteering (email info@lakewingra.org) and donating (<https://www.lakewingra.org/make-a-donation>) to Friends of Lake Wingra. We received a small grant for this project from the Natural Resources Foundation of Wisconsin's C.D. Besadny Conservation Grant Program but we are required to fulfill a 1:1 match.

Please stay tuned to our website and Facebook throughout 2016 to stay up to date on the implementation of the Lake Wingra Watershed Management Plan!

Ways residents can help

Phosphorus Reduction

Never blow grass clippings into street while mowing.

Reuse leaves as mulch and compost.

Keep leaves out of street by piling them neatly on the terrace.

Pick up and properly dispose of pet waste.

Advocate for proper construction site erosion control measures.

Do not feed geese or ducks.

Phosphorus fertilizers are banned in WI. Use others sparingly or not at all.

Chloride Reduction

Shovel promptly after a storm to avoid packing snow.

Use alternatives to de-icing salt such as sand.

Use LESS. Many use 5x too much de-icing salt.

Practice safe winter driving skills, allow more time to arrive safely.

Advocate for alternative practices, discuss salt use with your neighbors.

Advocate for reduced road salt usage by municipalities.

Advocate for less de-icing salt use by businesses.

Increase Infiltration

Redirect your downspout to yard or garden area.

Collect rain water in a rain barrel or cistern.

Plant a rain garden in your yard. We can offer advice and assistance.

Participate in the City of Madison Terrace rain garden program.

Help install a rain garden at churches, schools, community centers.

Advocate for rain gardens on commercial properties.

Use Porous Pavement for walkways, driveways and patios.

Monarchs for Kids cont.

rain gardens. These depressions planted with native perennials trap dust and other pollution, while replenishing City wells and springs around the lake. They can also reduce flooding and provide wildlife habitat. When rain gardens are planted with milkweeds and nectar plants, they provide food for both monarch caterpillars and the nectar adult butterflies need for feeding. Borders of milkweed and native plants around lakes and waterways protect lake health and provide habitat and food resources for Monarchs and other pollinators.

Monarchs are a magnet for people, which helps us spread our message. When we bring Monarchs to events, people flock to our table. We recently sponsored the IMAX movie "Flight of the Butterflies," which sold out twice, giving 600 people the chance to see the migration and life cycle of the monarch butterfly. Teachers are especially enthusiastic about environmental and science education, and would like access to emerging butterflies without the high cost of commercial suppliers.

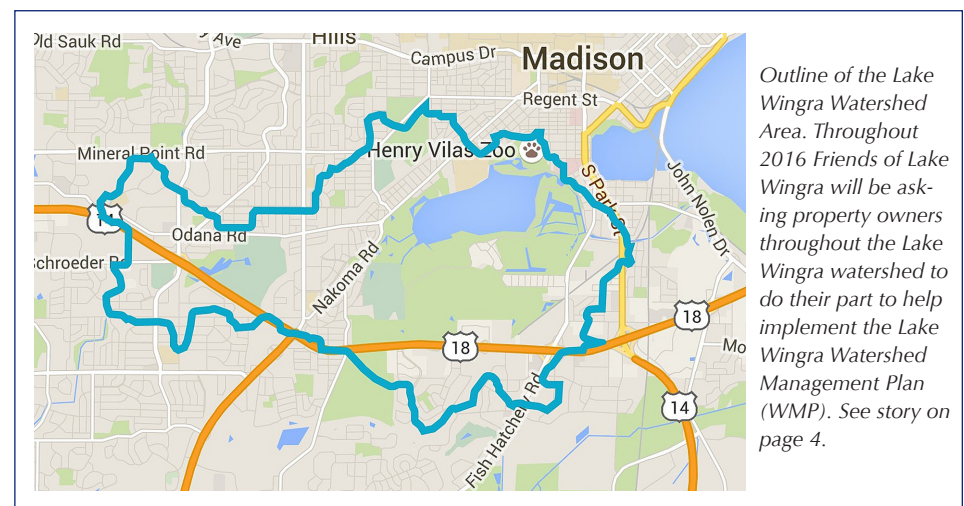
In the fall of 2014, FoLW began supplying monarchs to Thoreau Elementary School, making presentations to three second grade classes, leaving the chrysalises to emerge later. The following May one of the teachers let us know that the students were still talking about the Monarchs.

During the summer of 2015, I raised about 200 monarchs. Doug Ray con-

tributed more caterpillars, while many others helped collect eggs. I took caterpillars and butterflies to the children's room at Sequoya Branch library, a City camp, neighborhood kids, and Science Thursday at Wingra Boats. In September, Amy Zimmerman and Karen Faller helped distribute monarchs to 14 schools. The biggest audience was at Lincoln Elementary, where science teacher Clare Seguin showed monarchs to all the students at the school. At least two classes made amazing videos of monarchs emerging.

We believe kids are the key because they will be the ones to support conservation in the future. Also, every time you engage a child, many adults around them hear the message as well. We want to inspire kids to save the monarchs by giving them the chance to see a butterfly emerge from its chrysalis and take flight. So this summer, we want to expand the program by engaging more people in the process of providing monarchs to kids.

All across America, people are pulling together for monarchs and native pollinators—planting more milkweeds and reducing the usage of the dangerous neonics which are threatening their survival. This iconic insect is so evocative of hope and transformation. With your help, perhaps there will still be monarchs for your great-grandchildren to watch with wide eyes--as the fresh orange adult unfolds her quivering wings.



Odana Pond: Lake Wingra Watershed's Other Lake

By Jim Baumann

Odana Pond, the other natural lake in the Lake Wingra Watershed, is one of a number of glacial kettle ponds on the west sides of Madison and Middleton formed by buried ice chunks in the last glacial period 10,000 years ago.

Similar to Stricker's, Tiedeman's, Esser's and others of these kettle ponds, Odana Pond is shallow (four to five feet deep) and has no natural outlet. As a result water levels naturally varied from year to year. Unlike many of the other kettle ponds, until recently Odana Pond did not have an official name and has been called many different names, such as Bacchus Pond or Hammersley Marsh, or more correctly, the pond partially on the Bacchus property in 1911 or the marsh on Hammersley's farm at the same time.

Odana Pond is located in the Odana Hills Park west of the Odana Hills Golf Course and most of the pond's 14 acres are north of the Beltline highway.

This article is the first in a series of articles covering the history of the pond, the water quality issues of the pond and the current status of the MGE water withdrawal from the pond.

During the 10,000 year life of Odana Pond the size of the pond varied greatly. During wet periods, such as 2,000 years ago, the pond was likely much larger and encompassed an area that extended south and west, including the Vitense Golf Land property. It also extended east into what is presently the golf course. When the pond's basin filled, water likely flowed north along the present location of Dearholt Road to the present location of Segoe Road and eventually to Lake Mendota. During dry periods the pond would likely shrink or dry entirely.

Native Americans appeared to be frequent visitors to the pond as shown by the mounds and artifacts found along the hills and ridges north of the pond as described by Robert Birmingham in "Spirits of Earth: The Effigy Mound Landscape of Madison and the Four Lakes."

During the Late Woodland Period, 750 to 1250 A.D., Tribal members built what Charles Brown in 1911 called the Big Cross Mound Group on a hillside south of Odana Road between Wedgewood Way and Dearholt Road. The

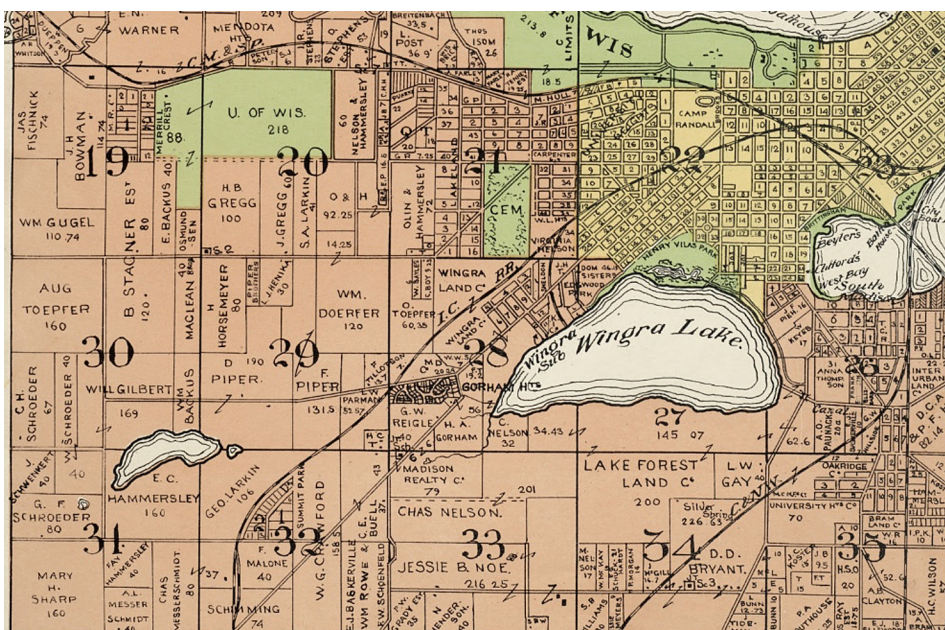
mound group consisted of eight linear mounds, with the longest being 425 feet. Two of the mounds crossed, leading to the name. The mounds may have been used as an agricultural calendar with clear lines of sight to the east, south and north. Brown noted bird effigy mounds to the north and east of the Big Cross site. Pottery from the Lake Woodland Period was found at the Dietz site to the west of Big Cross Mounds Group in the area of Coney Weston Place or Fairway Drive.

In 1949, a two-lane road was constructed across the south end of Odana Pond. Over time this two-lane road became the Beltline Highway and has been widened many times. This, of course, has diminished the size of the pond and has cut off the south end of the pond from the main part of the pond. Today, the view of the pond from the highway is partially blocked by a concrete barrier wall.

Periodic high water levels inhibited farming the land to the north of the pond. A ditch was dug to drain some of the water to the east. Once the golf course was constructed in the mid-1950s, a permanent solution to the high water level was constructed. A pipe was laid from the small pond in the golf course under a hill and outletting to a drainage ditch along the railroad tracks. Today, that railroad bed hosts the South West Bike Path. The drainage ditch, in turn, drains to a storm sewer flowing down hill to Nakoma Road and to Lake Wingra.

The physical linking of Odana Pond and its watershed to Lake Wingra has had a number of ramifications. First, it increased the watershed area for Lake Wingra by about 38 percent. Second, the connection became a conveyance of many pollutants, especially chlorides from road salt, to Lake Wingra.

This water quality role will be the focus of later articles in this brief series.



1911 Plat Book Cantwell Printing

How Anyone can Stop Aquatic Hitchhikers and Protect Lake Wingra

Tim Campbell – UWEX, WDNR, WISC

It is well known in the aquatic invasive species (AIS) world that recreational boaters are the primary pathway for new AIS to enter a lake or river. A combination of regulations that help prevent the spread of AIS and the “Clean Boats Clean Waters” boater education program has raised awareness of AIS issues among boaters and empowered them to take steps to prevent the spread of AIS.

In fact, over 90% of boaters in Wisconsin have reported being aware of AIS issues and also take prevention steps after a day of boating. The few new populations of AIS found each year when compared to 10 years ago indicates that boaters are doing their part to stop AIS.

As you may have heard, Lake Mendota was confirmed in 2015 to support invasive zebra mussels. These mussels attach to rocks, wood, plants, piers...any firm surface, and alter food webs. There is no viable control method once they become established in a lake. Since Lake Monona is downstream, this lake will likely soon host zebra mussels too, if it doesn't already. Protecting Lake Wingra from zebra mussels and other AIS depends on us.

In the recent past, most boater outreach has focused on trailered boats and motorized watercraft. The trailer and complexity that the motor adds provides many places for AIS to hide and hitch ride. However, all waters users pose some risk of transporting AIS, including canoes, kayaks, standup paddle boards, and others. The relative simplicity of these crafts make taking AIS prevention steps simple and easy to do.

The standard Stop Aquatic Hitchhikers! guidance applies to all watercrafts and is very effective at stopping the spread of AIS. On non-motorized watercraft, these steps should take just a few minutes to perform. These steps are required to be taken before leaving a waterbody, but they can even be taken when portaging around a dam or between lakes as extra precautions.

Protecting our lakes and rivers from the undesirable impacts of AIS is everyone's responsibility -including those that use nonmotorized and hand-launched watercraft. The simple guidance of “Inspect Remove Drain Never Move” can help remind boaters of easy steps they need to take to help Stop Aquatic Hitchhikers! and to keep Lake Wingra the great lake this it is today.



STOP AQUATIC HITCHHIKERS!

Prevent the transport of nuisance species.
Clean all recreational equipment.
www.ProtectYourWaters.net

Inspect	Remove	Drain	Never Move
boats, trailers and equipment	all attached aquatic plants and animals	all water from boats, vehicles, equipment including livewells and buckets containing fish	plants or live fish away from a waterbody

Even though the Stop Aquatic Hitchhikers! guidance is effective at preventing the spread of AIS, there are some actions that boaters can take to further reduce their risk of transporting AIS.

Drying watercraft with a towel before changing water bodies can help remove AIS, like zebra mussel veligers or spiny waterfleas, which are difficult to see with the naked eye. A light bleach solution (2.5 tablespoons/gallon) sprayed on the hull and wiped or rinsed off can kill and remove anything that is difficult to see.

At the end of your trip, rinsing watercraft off with a hose can remove anything that is hard to see, and letting it dry in the sun for five or more days can kill anything still on the watercraft. While these extra steps are not required by law, they do provide extra protection against transporting AIS.

Volunteer with Friends of Lake Wingra

Let us know if you want to get involved with us to help improve the health and quality of our beautiful Lake Wingra.

Sign up for our monthly e-newsletter by emailing info@lakewingra.org.

Opportunities include education programs, working with schools, rain garden installation/planting/maintenance, graphic design, newsletter editing, event planning, marketing and grant writing and review.

FoLW Board Meetings

FoLW board meetings are usually held the first Thursday of the month from 6:30-8:30 p.m. and are open to the public.

Check our event calendar on our website (www.lakewingra.org/events) for the location.

If you have an item to discuss with the board please email info@lakewingra.org a few days in advance of the meeting to be placed on the agenda.

Become a Friends of Lake Wingra Board Member

Do you want to help Lake Wingra on a deeper level? Consider becoming a board member! Start off by attending one or more of our board meetings (1st Thursday of the month 6:30-8:30 p.m.) or by emailing your interest to info@lakewingra.org.

We can arrange a personal meeting with a current board member or staff person to explore opportunities.

Friends of Lake Wingra, Inc.

c/o Office of Advancement
Edgewood College
1000 Edgewood College Dr.
Madison, WI 53711-1977



Upcoming Events

Lake Wingra & Wingra Park Cleanup

May 14, 9 - 11 a.m.
Wingra Park, www.lakewingra.org/event/lake-wingra-wingra-park-cleanup

Wingra Creek Cleanup

May 21, 9 a.m. - noon
Strand Associates, www.lakewingra.org/event/wingra-creek-cleanup-2

Rain Garden Install

May 21 and 22, 9 a.m. - 1 p.m.
Blessed Sacrament Church, www.lakewingra.org/event/rain-garden-installation-blessed-sacrament-church

Jazz in the Park

June 18, Wingra Park
Also, see our online calendar at lakewingra.org for up-to-date details on these and other upcoming events.



Monarchs resting on Blazing Star flowers planted along the SW path.

Four neighborhoods along the SW Bike Path maintain native prairies, flower gardens, and wooded areas in the Lake Wingra Watershed. Volunteers are always welcome to stop by for whatever time they have at any of the sites. More information on page 4.

Sandy Stark



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