

Aquatics **in** Brief

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Feet First

The Inspirational Story of an Exceptional Client

By **Mariah Pohl, Communications Specialist**

When people say fly fishing is difficult, 68-year-old Marty Louder challenges them to try it with their feet.

Longtime SOLitude client Martha "Marty" Louder is not your average person. She's a successful Professor of Accounting and Associate Dean at Texas A&M, where she oversees 4,500 undergraduate students. She's an avid fly-fisherwoman, who takes yearly trips to the abundant San Juan River in Mexico. And she has spent more than six decades achieving goals with limited use of her arms.

After facing polio at the age of three, Marty has navigated life with a fully-paralyzed right arm and a partially-paralyzed left arm. As a result, she relies on her feet for a lot more than walking.

"Polio has enhanced my creativity because I have to figure out how to do things

differently from everyone else," she said, pointing out that she spent six months teaching herself to fly fish. "As you can imagine, I don't tolerate anyone saying they can't do

"As you can imagine, I don't tolerate anyone saying they can't do something. If I can learn to do it with my feet, you can learn to do it with your hands."

— Marty Louder

something. If I can learn to do it with my feet, you can learn to do it with your hands."

Marty's love of fly fishing started around 2008 when she moved in to her home in Central Texas. She has always loved the water and was adamant that her new property

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Management Company*



Feet First *Continued from front cover*
would contain a pool or a backyard pond. She was elated to find a house with both.

"My son taught me how to fish on our pond with a regular casting rod, and then the next thing I knew my husband had ordered me a six foot fly fishing rod," she said.

Using online videos and special tools for individuals with unsteady hands, Marty learned the mechanics of fly fishing, and soon was able to tie fishing lines using fingers and toes. It didn't take long for fly fishing to become a passion.

In 2010, her enthusiasm for the sport led her to Mexico for a week of dedicated catch-and-release fishing in the trout-filled river of San Juan. There, she said, her guide helped her fine-tune her technique and use an 11 foot rod.

"He stressed the importance of muscle memory," she said. "His advice was really creative and I started catching fish immediately."

Marty has made a point to return to San Juan for a week each year, and said she hopes to ramp up her fishing trips when she begins working part-time in May.

A truly perfect day on the water, though, involves her pond and her family.

"I remember one time we had our grown children and our grandchildren over for an evening on the dock and it was just magic," she recalled. "The kids were learning to cast and the fish were feeding amazingly. Every time the kids put a hook in, even if it was bare, the fish would bite!"

She credits SOLitude for keeping the pond stocked and the water healthy over the last nine years, allowing her family to get full enjoyment from the waterbody.

"There's nothing better than spending time together at the pond," she said. "And it's even better when the fish are biting." ■

Five Tips for Effective Fish Stocking in 2018

By **Dave Beasley, Fisheries Biologist & Director of Fisheries**

Whether you want to build a trophy fishery or are simply interested in consistent and reliable fishing for your family and friends, a formulated Fisheries Management Plan that may include fish stocking can help you achieve your goals.

When it comes to stocking fish, here are five things to consider before moving forward:

1. First things first: Identify your goals, budget and the state of your waterbody. These parameters can be used to determine if fish stocking is the right solution—and, if so, will help you develop an effective plan.
2. Stock wisely. For instance, if you want to use your pond for recreational fishing, then focus on forage fish and only stock Largemouth Bass if necessary. Most ponds naturally have enough bass. If your desire is to control aquatic weeds or mosquitoes, then Grass Carp or forage fish such as minnows or Bluegill may be the option for you.
3. Stock healthy, professionally cultivated fish. If a fish has undergone stress, it is more likely to have a suppressed immune system and will have increased odds of mortality. To reduce the chances of stressing the fish, they should always be hauled in the proper water temperature with sufficient oxygen to allow them to acclimate to your lake or pond.
4. Know the right time of year your fish species should be stocked. Some species can be stocked year-round and can tolerate greater temperature swings; however, other species prefer specific water temperatures and are not able to handle broad temperature changes. Spring and fall are the best times of year to stock most fish species.
5. All waterbodies are different, meaning there is no one-size-fits-all strategy for proper fish stocking. It's highly recommended that you consult with a Fisheries Management Professional who can help make sure your plan is successful.

Still have questions? Contact a fisheries biologist at SOLitude to learn more about fish stocking, fish species and the best time of year to stock fish. ■





Managing Invasive Water Soldier in a Canadian Waterway

The only known Water Soldier infestation in North America

By **Glenn Sullivan, Certified Lake Manager & Environmental Scientist**

Canada's Trent-Severn Waterway provides a link between Lake Ontario in the southeast and Georgian Bay in the northwest, allowing boat navigation for its entire 240-mile length through a system of rivers and lakes, and 41 locks. Water Soldier (*Stratoides aloides*), an invasive aquatic plant that forms impenetrable mats on the water surface, infested an area of approximately 700 acres within the Trent-Severn Waterway. The infestation was first reported in the Trent River, in September of 2008, and is considered the only known Water Soldier infestation in all of North America. From there, Water Soldier spread through Lake Seymour and approximately 20 miles downstream. A multi-agency working group including the Ontario Ministry of Natural Resources and Forestry, Ontario Federation of Anglers and Hunters, Parks Canada and other agencies determined that herbicide treatments were required to control and contain the spread of Water Soldier to new areas within the Trent-Severn Waterway.

In fall 2015, SOLitude was deemed the best equipped company in North America to manage the project, and was awarded a contract to apply an aquatic herbicide to more than 300 acres of Water Soldier infested habitat within the Trent-Severn Waterway. This contract represented the largest aquatic herbicide application to date in Ontario. Water Soldier inhabits primarily shallow water (less than four feet deep) with soft, muddy substrates. Effective treatment with the herbicide required the use of airboats and experienced applicators to navigate and treat the infestation successfully.

Before any work could begin, the SOLitude team needed to overcome the logistical hurdles of a US firm working in Canada. This required establishing staff credentials and undergoing security clearance in order to obtain work permits in Ontario. It also required the firm to obtain a license and insurance to apply pesticides in Ontario. In addition, trucks, boats and application equipment needed to be "imported" to Canada at the border crossing, adding time and considerable cost to the project.

The initial application took place in October 2015, following the end of Ontario's "cabin season." The SOLitude team exceeded expectations and effectively treated 360 acres in just two days. Based on SOLitude's outstanding performance in 2015, the company was awarded the contracts to conduct treatments in 2016 and 2017.



The 2017 treatment was planned to treat the entire Water Soldier infestation, which encompassed more than 700 acres throughout Lake Seymour and the additional sites. To achieve the goal of treating the entire infestation in a five-day timeframe per contract, SOLitude provided eight team members with four treatment airboats and two support boats for the project. Each treatment airboat was run by an applicator holding an Ontario Aquatic Exterminators license, and applications were tracked using GPS guidance and pre-loaded treatment plots. Since the herbicide used is only available in one-gallon containers in Canada, this meant hand-pouring and rinsing more than 1,400 containers. Upon completion of the application, SOLitude successfully treated 724 acres in three days, including all four project sites.

The Trent-Severn Waterway presented a rare and complex opportunity to manage a Water Soldier infestation. SOLitude stepped up to the challenge, improving the health of the aquatic ecosystem and bringing the waterbody closer to a state of long-term ecological balance. ■

Eco-friendly Solutions for Maintaining a Beautiful, Balanced Waterbody

By Erin Stewart, Aquatic Biologist

When it comes to the management of their lake or pond, many people look for natural and environmentally friendly options. There are, in fact, many eco-friendly solutions that can be used to help improve aquatic environments. And these strategies are often employed as part of a proactive lake and pond management program.

The most effective and sustainable management strategies should be chosen based on the specific conditions of the waterbody. A basic water quality analysis is typically the first step in identifying possible causes of problems in our lakes and ponds. Water quality analyses often show that nutrient imbalances are causing undesirable conditions. Managing these nutrients creates a more balanced aquatic ecosystem, which helps reduce the potential for nuisance algae, aquatic weeds and foul odors. Unwanted nutrients can be limited through the use of environmentally friendly management practices including the addition of beneficial bacteria, nutrient remediation products, vegetative buffers and aeration.

Beneficial bacteria products work to reduce and cycle problem-causing, excessive nutrients such as phosphorus and nitrogen. These products are made of high concentrations of naturally occurring aquatic bacteria that help improve water quality by speeding up the natural

process of nitrogen cycling and breakdown of organic material.

Nutrient remediation can also be a very effective way to bind nutrients, so they are no longer bio-available. Aluminum sulfate, or Alum, and Phoslock are products that bind phosphates and reduce the potential for release of phosphorus from the sediments. When applied properly by a licensed lake and pond management professional, these products are non-toxic and safe for aquatic life and all water uses.

In states where permitting allows, stocking sterile Grass Carp can be a great option for biological weed control. These fish are strict herbivores that feed on aquatic vegetation and do not compete with game fish for food or habitat.

Submersed aeration systems and floating fountains help to improve water quality by increasing oxygen levels throughout the resource. In high oxygen concentrations, phosphorus remains less likely to resuspend from the bottom sediments and fish are able to utilize more of the water column. In places where electricity access is limited, solar and wind-powered aeration systems offer an equally effective and even “greener” aeration solution for lake and pond owners.



Managing vegetation in and around waterbodies can have a positive effect on water quality as well. Buffered areas surrounding lakes or ponds with native grasses and wetland plants can act as natural filters to absorb nutrients and keep sediments from entering the aquatic resource.

It's important to keep in mind that the implementation of these solutions is often most effective when they are used together or in conjunction with other management strategies already in place. For example, in the presence of aeration, beneficial bacteria will be more effective and provide better results. Adding one or many proactive, eco-friendly measures to your management program can ultimately lead to a greatly improved aquatic habitat—and you'll also feel good knowing that you are being kind to your mother earth in the process! ■

New SOLs

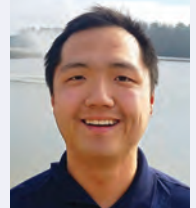
In each issue, staff members from SOLitude are highlighted. It is our pleasure to introduce you to the incredibly talented members of our team and give you insight into the vast array of knowledge and experience they offer.

Scott Conrade
Aquatic Biologist
Oneonta, NY



Scott designs and performs sustainable management plans for SOLitude's Mid-Atlantic clients, and ensures the long-term waterbody goals of the clients are exceeded. Scott graduated with a Bachelor of Science degree in Environmental Science from SUNY Oneonta.

Adam Burger
Aquatic Biologist
St. Louis, MO



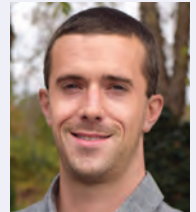
Adam works with clients in SOLitude's Mid-West territory to determine their long-term waterbody goals and uses proven and ecologically-sound strategies to exceed their expectations. Adam has professional experience installing and servicing fountains and aerators, as well as managing aquatic vegetation and algae. Adam graduated from the University of Minnesota with a Bachelor of Science degree in Environmental Science.

Chris Mann
Technical and Business Analyst
Virginia Beach, VA



Chris assists SOLitude with process documentation, corporate strategy and analysis, and IT and telecom projects. He is a graduate of Christopher Newport University in Newport News, VA. He has a Master's degree in Business Administration from Bellevue University and has a strong combination of business experience and technical skills to support SOLitude's Administrative and Operations teams.

Bret Ervin
Services and Contracts Administrator
Virginia Beach, VA



Bret focuses on supporting SOLitude's Field and Operations teams through contract and service order review and processing. Bret holds a Bachelor of Business Administration degree in Business Management with a concentration in Technology, Innovation and Entrepreneurship from James Madison University.

Bethany Thompson
Business Development Consultant
Melbourne, FL



Bethany has worked in the commercial sales industry for more than 15 years. Her in-depth understanding of customer service and the need to put the customer first has led to a long list of dedicated clients. Bethany graduated from Keiser University in Fort Lauderdale with a degree in Business Management.

Brendon Donnelly
Business Development Consultant
Atlanta, GA



Brendon has nearly a decade of experience in successful market growth. He studied Business Management at Kennesaw State University in Georgia. Before joining SOLitude, Brendon worked for a leading lawn care company, where he executed new sales growth strategies while maintaining a high yield of clients.

Sharon Mertes
Regional Administrator and Client Relations
Washington, NJ



Sharon is one of the first points of contact for clients and vendor partners and ensures SOLitude's internal and external communications are timely and productive. Sharon has a Bachelor of Science degree from Kean University and brings a wealth of business experience in her support of Field staff, Regional Directors and Operations teams.

Whitney Kochheiser
Executive Assistant
Virginia Beach, VA



Whitney supports SOLitude's CEO, Kevin Tucker, from the company's Virginia Beach office. Whitney works closely with company leadership to coordinate and execute corporate projects. She has an extensive background in executive office management and credits her diverse experience to working with multiple corporations in Washington, DC.

Creating a Better World

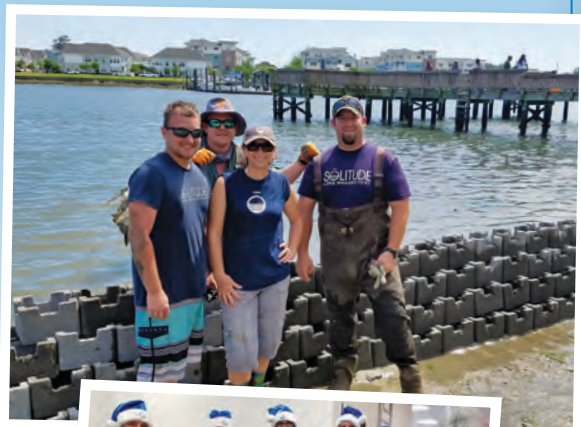
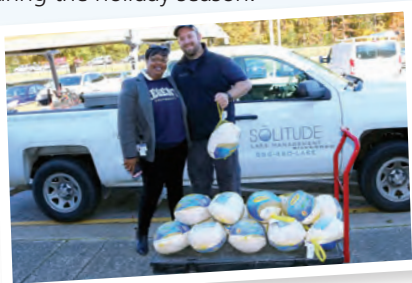
Since 2012, we have made it our mission to be part of The SOLution. Our company and team strive to create a better world through community involvement, volunteerism, activism, outreach and environmental consciousness.

SOLitude remains committed to making a difference in our local communities by planning regional team volunteering events and encouraging staff to pursue their own volunteering passions. In 2017, in addition to our Earth Day, Love Your Lake, Little GOBBLERS and HOLiday Cheer programs, we supported local events focused on:

- Grass & Tree Plantings
- Foodbank Programs
- Invasive Species Removals
- Dog & Cat Adoptions
- Fishing Tournaments & Outdoor Kids' Events
- Oyster Castle Installation/Living Shoreline Restoration
- Habitat for Humanity Builds
- Hurricane Relief Efforts

Little GOBBLERS

Our Little GOBBLERS program expanded this year, and we were able to provide 260 under-resourced families in 14 states with a Thanksgiving turkey or grocery store gift card. We also volunteered to prepare thousands of bags of food for families in need during the holiday season.



HOLiday Cheer

We continued our support of children who have been diagnosed with cancer at three children's hospitals by donating \$2,000 in toys. We also adopted five "HOLiday Cheer" families, and our team generously purchased items from the children's wish lists to help bring Christmas morning smiles to 16 kids. ■

The SOLution Stats for 2017:

Dollars Donated: \$79,393
86% increase from 2016

Hours Volunteered: 3,512
53% increase from 2016

Under Resourced Families Helped: 11,285

Forever Homes Found for Dogs and Cats: 308

Trash Collected from Cleanup Efforts: 8,150 lbs.

Plastic Pesticide Containers Recycled: 20,132

Recycled Cardboard, Plastics & Paper: 1791 cu. yd.

Good Feelings Created: Immeasurable!

A huge thank you to the SOLitude family, our clients and vendor partners for supporting our ongoing initiatives. How will you make the world a better place in 2018? We invite you to join us in being a part of The SOLution!

To learn more, visit:

www.solitudelakemanagement.com/solution

The SOLution
creating a better world

Heart & SOL Award

We're pleased to announce Ann Marie Dori, Marketing & Outreach Coordinator, as the recipient of our Heart & SOL Award! This annual award is given to the team member who goes above and beyond with personal volunteering, inspires others and has a true commitment and passion to make the world a better place. Ann Marie consistently enhances our volunteer and outreach program, The SOLution, and rallies other team members to do their part. She is also making a difference through her never-ending dedication to supporting and improving her local community. Last



year, Ann Marie logged a total of 185 volunteering hours and participated in a variety of volunteering events. She supported the SPCA cat adoption center in Virginia Beach on a weekly basis, led trash cleanups in her neighborhood, joined Lynnhaven River NOW's monthly cleanup and was a Zone Captain for the 3rd year in a row for Chesapeake Bay Foundation's Clean the Bay Day. She also assisted with a multi-phase environmental project at her community Rec Center property that included adding 60 feet of living shoreline along Pretty Lake, which feeds into the Chesapeake Bay. ■

Before and After Showcase

Excellence in Water Quality Treatments



Before



After

Location: Vero Beach, FL

Surface Area: .49 acre private golf club lake

Primary Target: Lyngbya Cyanobacteria

Restored By: Anthony Oraczewski, Assistant Territory Leader



Before



After

Location: Port St. Lucie, FL

Surface Area: .8 acre private community lake

Primary Target: Torpedo Grass, Alligator Weed, Spatterdock and Filamentous Algae

Restored By: Anthony Oraczewski, Assistant Territory Leader



Before



After

Location: Tyler, TX

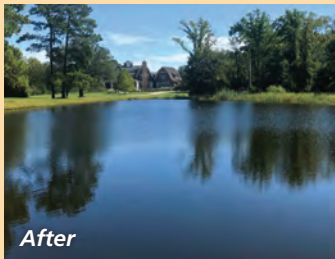
Surface Area: .3 acre private school stormwater pond

Primary Target: Filamentous Algae

Restored By: Cory Smith, Territory Leader



Before



After

Location: Hampton, VA

Surface Area: 1 acre private pond

Primary Target: Filamentous Algae and Widgeon Grass

Restored By: Kyle Finerfrock, Environmental Scientist

Nuisance Aquatic Plant Highlight: Bladderwort

Bladderwort (*Utricularia* spp.) is a genus of carnivorous plants consisting of more than 200 species. The submersed free-floating plants utilize bladder-like traps (0.2mm-1.2cm) to capture small prey, including mosquito larvae. Hundreds of traps cover the plant's 4- to 10-inch stem, which can be topped by yellow or lavender flowers. Due to its lack of roots, Bladderwort grows in dense, complex mats, which can limit water circulation, crowd out native vegetation and cause bad odors to develop in an aquatic ecosystem. Bladderwort propagates via seed and fragmentation, making management a challenge. SOLitude has successfully managed bladderwort infestations in marshes, wetlands and other delicate ecosystems using sustainable strategies to reduce free-radical phosphorous, limit future nutrient loading, enhance water quality, and improve other parameters that impact nuisance aquatic plant growth. As with any challenge, proactive management is key to the long-term health of the ecosystem. ■



Check Us Out

SOLitude will be participating in the following events over the coming months. Come visit us!

March 15

West Florida Chapter of Community Associations Institute's Annual Community Associations Day
Palmetto, FL

March 16

Rocky Mountain Chapter of Community Associations Institute's Spring Showcase & Trade Show
Denver, CO

March 17

Connecticut Chapter of Community Associations Institute's Condo/HOA Conference & Expo
Plantsville, CT

March 24

Southeastern Virginia Chapter of Community Associations Institute's Annual Community Associations Day (SEVA)
Virginia Beach, VA

April 4

South Gulf Coast Chapter of Community Associations Institute's Trade Show & Expo
Fort Myers, FL

April 5

Colorado Parks & Recreation Association Park Workshop
Greenly, CO

April 13

Massachusetts Congress of Lake and Pond Associations Annual Meeting (MA COLAP)
Westborough, MA

April 20

Central Virginia Chapter of Community Associations Institute Trade Show and Education Expo
Richmond, VA

April 26

Pennsylvania and Delaware Valley Chapter of Community Associations Institute's Annual Expo
King of Prussia, PA

May 4-5

New York State Federation of Lake Associations Conference (NYSFOLA)
Hamilton, NY

May 31

Northeast Florida Chapter of Community Associations Institute's Annual Expo
St. Augustine, FL



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- Fisheries Management
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- Bathymetric Studies
- Biological Augmentation
- Mechanical Harvesting
- Ultrasonic Algae Control



PPCECO

It's our nature to be green.

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Waste and is printed using soy-based ink.*

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Ponder These Thoughts

SOLitude Lake Management wants your lake or pond to be prepared for warm weather. With this in mind, we recommend that you consider the following during the spring months:

- Have your lake or pond's water quality professionally tested. Find out early in the season if there is an imbalance in the water.
- Put a natural and effective integrated mosquito management plan into place for your community with surveillance, monitoring, Fathead minnow or Bluegill stocking and other control methods.
- Examine basin inlet(s) and outlet(s) to ensure devices are obstruction-free and operational. Schedule an annual inspection.
- If your lake or pond's vegetative buffer was not trimmed last fall, spring is also a good time to remove dead vegetation from the buffer.
- Spring is the perfect time to enhance your waterbody's buffer with supplemental plantings. Beneficial flowering plants will add color and character, plus help absorb nutrients from entering the waterbody.
- Be sure your lake or pond is stocked with easy-to-catch fish such as Bluegill, Largemouth Bass and Channel Catfish and plan a successful summer fishing event in your community.
- Spring is an ideal time for a fisheries biologist to assess the health of your fishery. An electrofishing vessel will help them develop a strategy to keep your fishery healthy.
- Consider hydro-raking as an effective alternative to costly dredging for area selective removal of nuisance, rooted vegetation and to clear accumulations of bottom muck and debris. ■

