



Cedar Waxwings Courtesy of Sofi Lewis

Woodland Pond Lakefront Association Newsletter

Fall 2018

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WPLA Prepared for Florence

Teamwork in action!

The warnings were dire and as individual homeowners prepared for the impacts of Hurricane Florence, members of the WPLA Emergency Response Team sprang into action.

Craig Lester, Fred Sundstrom, Aubrey Tarkington and Owen Waltman made plans to monitor conditions at the dam and to alert relevant agencies if needed. Members were notified that proactive steps were taken to open the spillway outflow valve at WP Lake to lower water levels to prevent potential flooding of properties.



The Emergency Action Plan was updated, including the notification list. The Response Team met to review their responsibilities and plans for ongoing communication. Elevation boards were painted on the spillway pier and at the boat ramp to gauge water levels.

Fortunately, Woodland Pond was spared the fiercest impacts of Hurricane Florence and the outflow valve was eventually closed allowing for rain to naturally replenish the lake. Nonetheless, this proved to be a valuable event that underscores the importance of our volunteers who prepare, monitor and implement our Emergency Action Plan. It's also important to note that the team remained connected during the most recent Hurricane Michael, monitoring water levels and weather conditions.

We sincerely appreciate the efforts of Craig, Fred, Aubrey and Owen!

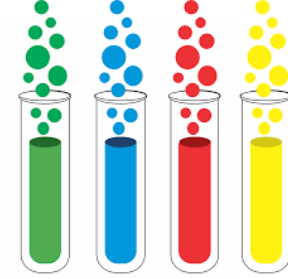
Water Conservation

Water Quality

Joe Lewis, Chair of the Conservation Committee, reported on the full water panel test conducted by Solitude. This is the third test in 2018 (previous tests: 2/27, 5/30). Since we have now established a trend to

help identify issues and concerns, the following conclusions have been drawn:

- EColi continues not to be an issue or a concern at this time.
- Blue Green (bad) algae, although present, is currently not at concern levels.
- Overall profile of water quality is acceptable but not optimal.
- Oxygen levels are low and of concern.



Steps will be taken to improve plant life and Joe will be working on economical approaches to address this. A copy of the full report is available on the WPLA website and by following this link: [WPLA Water Quality Test Results](#)

Establishing Beneficial Vegetative Buffers



(Note: The following is an article provided by Solitude Lake Management entitled "**Recommended Plants to Use and Avoid Establishing a Beneficial Vegetative Buffer.**" Follow the link below to read the full copy or contact [Jane Abbate](#) and a copy will be mailed to you.)

Lake and pond issues often start on land. When it rains, stormwater runoff accumulates a significant amount of nutrients such as phosphorus and nitrogen before draining into your waterbody. This can lead to water quality issues like foul odor, poor water clarity and algae blooms.

Having an established vegetative buffer surrounding your lake or pond not only helps filter these harmful nutrients, but also provides shoreline stability and helps prevent erosion. And by reducing the inflow of sediment into your waterbody, a well-maintained buffer can help prolong or even prevent the need for future dredging.

Additionally, vegetative buffers create an excellent habitat for dragonflies and other natural predators that feed on mosquitoes and their larvae, thus leading to improved [mosquito control](#) around your lake or pond. Buffers are also a major deterrent to nuisance Canada Geese and can prevent them from becoming full time residents on your property.

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Updates from the WPLA Board of Directors

The last meeting of the WPLA Board of Directors was Monday, September 10. Highlights of the meeting are as follows:

- Covenants: Board President, Owen Waltman, recognized the work by **Bud Schill** and **Pete Janak** completed to date on updates to these documents. It is expected that a draft of revised documents will be presented to members for comment in November and a membership vote for approval at the WPLA Annual Meeting in January, 2019.
- Silt Removal & Control Proposal: Owen reported that the pilot program approved in July was communicated and currently one lakefront owner has requested funding of \$1500 for materials. There is still additional funding available, up to the \$5000 approved amount. All members are encouraged to contact Owen for more information and/or to apply for the funds.
- Geese Management: Board member Jane Abbate conveyed that another survey regarding geese management would be undertaken to assess the success of the current geese management plan approved April 10, 2018. Discussion ensued regarding best time to launch the survey and Jane indicated that she would report at the next meeting the timeline for future geese management activity.
- Finance: WPLA Treasurer, Laurie Hucker, reported that since the July 16 meeting members who were delinquent in paying 2018 dues have fully paid including late fees. She further reported there are 97 A members and 60 B members. The account balance is: \$272,676.48 as of 9/10/18.

The next meeting of the Woodland Pond Lakefront Association meeting will be Monday, November 19 at 6:30 pm at the WP Swim and Racquet Club.

Dam Updates

Craig Lester, Chair of the WP Dam Safety Committee, has been working in cooperation with the WPLA Board on a number of important initiatives concerning the dam. Following are some updates of interest:

- Two areas of seepage at the bottom of the dam were cited as reasons for a recent dam inspection rating of "Poor. Timmons engineering has been requested to prepare a cost proposal for a detailed design of a "blanket drain" in the seepage locations. Once we have the design, the committee work to have drains installed in the two locations.
- Animal burrows are present in the dam and surrounding spillway which need to be addressed by having the holes filled.
- The Dam Safety Committee is also pursuing options to bring the dam into compliance with the DCR 0.6 PMP requirements. In the meantime, steps have been taken to have our Conditional O&M Certificate renewed.
- Plans are being developed to hold the first 'desktop' exercise of our updated Emergency Action Plan with the Board and relevant agencies.

We appreciate this Committee's efforts which go largely unnoticed in the scheme of things. There is also a significant need for a few volunteers to conduct periodic dam inspections and maintain compliance with the dam safety regulations. Please contact [Craig Lester](#) for information about how you could support these efforts and consider stepping forward to serve your Lakefront Community.

About Boats

Jon Boat for Sale!



There is a 10 ft. Landau Jon boat located on rack D6 at the Boat Launch that has been abandoned and the WPLA is putting it up for sale to the membership. Proceeds will be deposited into the WPLA general fund.

If you are interested in purchasing the boat, 'AS IS', please submit your bid via email to woodlandpondlakefront@gmail.com by October 31. Please note that bids submitted to any other email address will *not* be considered.



The highest bidder will be notified by November 2. Payment in full, payable to the Woodland Pond Lakefront Association, will be required to take possession of the boat. As incentive to purchase the boat, the successful bidder will be awarded a 2019 sticker for the boat *at no charge*.

Please contact Eileen Sundstrom if you have any questions at esundstrom02@gmail.com

**Bids must be emailed
by midnight, 10/31, to:
woodlandpondlakefront@gmail.com**

Alert! Abandoned Boats

There are two additional Jon boats, a 12 ft. America, located on rack C5, a Sundolphin Sportsman on A6 plus two orange kayaks which do not have current WPLA stickers. If these are your boats, please ensure that the decals are placed on the boat(s) or they will also be offered for sale at the next auction. If you have any questions, please contact [Eileen Sundstrom](#).

Options for Pontoon Boats

Wellness of Woodland Pond Lake

Fall is here - never mind the 80+ degree temperatures we were having lately! Raking leaves, blowing leaves, and fall planting are going to be our destiny in the next few weeks. These activities with their repetitious demands and use of tools that require prolonged gripping may lead to problems with our inner elbow, medial epicondylitis (better known as Golfer's elbow). Although this condition presents as pain in the inner elbow region, like its counterpart tennis elbow, it is a *wrist* problem. If you understand the anatomy, the prevention and treatment options make a lot of sense.



"If they are called 'leaves', why do we have to rake them up? Why don't they just leave?"

The muscles that bend the wrist and fingers, as well as the muscle that turns the palm down (as if to key on the computer), are all connected to the inner aspect of the elbow by a common tendon. Frequent rotation of the forearm or tight fist/gripping can lead to pain on the inside of the elbow (just the opposite of tennis elbow where pain is on the outside aspect). The pain is usually a sharp pain, localized to the medial epicondyle.



So what can we do to prevent or treat this? Well, as always, prevention is the key with some ergonomic modifications to the tool handles that are being used and the positions in which we put our body parts during the activities. Enlarging the size of tool handles or rakes/ shovels, with pipe insulation from a local hardware store can be very effective to reduce the grip requirements that often lead to the problem. Using power tools (instead of manual tools a leaf blower or a power digger) can reduce force requirements of our limbs as well. Alternating the right and left arms/ hands during an activity can better balance muscle demands. Stretching techniques prior to and after the activity helps to get nutrition back to the tendon and prevent inflammation. During the colder weather if gloves are worn during an activity, the finger-less type may be better than with full gloves, so that you can reduce force requirements.

The stretch at the right is the best stretch for inner elbow pain prevention/ treatment. Remember to go to a pulling/ stretching sensation, not pain and hold for 10 seconds for 10 repetitions.

Oral anti-inflammatory medications including Alleve, Advil, or Ibuprofen (if appropriate and recommended by your physician) can offer relief especially if used in combination with other methods discussed in this article. Most importantly, ice pack application to the elbow for 10 minutes using a damp towel to improve the penetration of the cold can be effective to reduce inflammation and pain. A simple and inexpensive homemade ice pack recipe is as follows:



2 cups water to ½ cup rubbing alcohol in 1 gal. size freezer bag—freeze and double bag to prevent leakage.

If you or someone you know is suffering with elbow pain that does not respond to some of these recommendations, a consult with your primary care doctor or orthopedist is recommended. Most commonly, conservative management in Hand Therapy (specialized therapy offered by an Occupational Therapist who is specialized from the neck to the hand) is recommended first. Other options that are less appealing, but sometimes necessary include shots or surgery.

If you need therapy for any conditions of the upper extremity, Jennifer Harless, OTR/L., CHT. Is the Manager of Hand Therapy/Occupational Therapy services at Colonial Orthopaedics in Chester and Colonial Heights. The office number is (804) 526-5888.



Happy raking!