

February 2007

The Istokpoga Newswire

Friends of Istokpoga Lake Association, Inc.



What Are the Invasive Aquatic Plants in Florida?

By Jeanne Porter, Secretary/ Treasurer

For a source to better understand Florida's Prohibited Aquatic Plants visit the Website for Florida Department of Environmental Protection, Bureau of Invasive Plant Management (<http://www.dep.state.fl.us/lands/invaspec/index.htm>). The prohibited Aquatic Plants are divided into two classes. Class 1 may under no circumstances be permitted to be in possession, collected, transported, cultivated or imported except as stated in Rule 62C-52.004, F.A.C. Here is the list of the Class 1 prohibited Aquatic Plants which includes those being controlled on Lake Istokpoga:

SCIENTIFIC NAMES - COMMON NAMES

[Alternanthera philoxeroides](#)

_alligatorweed, green lead plant

[Casuarina](#) spp. - Australian Pine

Crassula helmsii - swamp stone crop

[Eichhornia](#) spp. - waterhyacinth

[Hydrilla verticillata](#) - hydrilla, Florida elodea,

[Ipomoea aquatica](#) - water spinach

Ipomoea fistulosa

[Lagarosiphon](#) spp. - African elodea

Limncharis flava - Sawah flowing rush

[Lythrum salicari](#) - purple loosestrife

[Melaleuca quinquenervia](#) - melaleuca

[Mimosa pigra](#) - giant sensitive plant, cat's claw

Monochoria hastata

Monochoria vaginalis

[Myriophyllum spicatum](#) - Eurasian water-

milfoil

Nechamandra alternifolia

Oryza rufipogon - wild red rice

Pontederia rotundifolia - tropical pickerelweed

[Salvinia](#) spp., (excluding *S. minima*)

[Schinus terebinthifolius](#) -Brazilian pepper

Sparganium erectum - exotic burreed

Stratiotes aloides - water-aloe, soldier plant

Trapa spp. - water chestnut

Vossia cuspidata - hippo grass

There are only 3 prohibited aquatic plants listed in Class 2.

[Hygrophila polysperma](#) - *hygro*

[Limnophila sessiliflora](#) - *ambulia*

[Pistia stratiotes](#) - *water lettuce*

With close regulation, these 3 species may be cultured in a nursery and sold out of state. They may not be collected in the wild or imported.

Criteria for prohibited aquatic plant status:

There are four parts to the criteria used to determine if a species should be considered for the prohibited aquatic plant listing and they are based both on scientific evidence and how the plant responds in the Florida environment. The first part of the identification process looks at how rapidly the plant spreads and decomposes its effect on the dissolved oxygen in the water and how it further impairs the ecosystem's ability to function. Next, the species is graded on its propensity to disrupt wetlands in other areas or other countries with climates similar to Florida. Third, the plants

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Special points of interest:

- Be sure to join our message group
- And be sure to visit our NEW Web site at: www.istokpoga.org
- Be sure to check out the *Members Only* section

“ability to create dense, monospecific stands or monotypic stands which displace or destroy native plant habitat, destroy fish and wildlife habitats, inhibit water circulation, hinder navigation and irrigation, or severely restrict the recreational use of waterways.” And fourth, the ability to “resist effective management by present technology or available management agents so that only extraordinary efforts, such as repeated chemical treatments at high dosage rates, can bring about effective management.”

Pictures of the plants are available on the website along with full descriptions of leaves, roots, flowers, and fruit as well as effective means of control. Want to know more about Water-lettuce, Water-hyacinth, or Hydrilla or how to identify other invasive aquatic plants, you'll find it all on the Florida DEP website.

What is FOI Doing?

By Bert Galloway, President

The real thought here is what is this group Friends of Istokpoga accomplishing? At times it does seem that we are just standing in place watching the weeds grow or the algae bloom. Well, we are not just standing in place. We are a very active group of individuals trying very hard to get the attention and the ear of the agencies and government groups who control the fate of Lake Istokpoga. We have been successful in getting Istokpoga included in the Comprehensive Everglades Restoration Project with the help of the Highlands County and Audubon of Florida. You have two members who sit on the Lake Istokpoga Management Committee, which is the action group representing the Highlands County Commissioners. Friends of Istokpoga also have a good relationship with many of the agencies that are responsible for just about everything that happens on our wonderful Lake. They listen to our ideas and complaints that come from our monthly board meet-

ings and also our general membership meetings. Believe me they do act on some of our good ideas. Right now some of the work that is happening on our Lake is because of some good ideas that some of our members have had. If you don't think that things are happening on Lake Istokpoga just read the article “What's happening on Istokpoga” in this newsletter.

Well as you have read we are a very busy organization with many jobs. This translates into the need for people to help in any small way that they can. We can always use people to help out on some of our committees. We also would like to see some new people sit on our Board of Directors with new ideas and even a different approach. If you have some special skills that could help our group please step forward. If you can get a neighbor or fishing buddy to join our organization please do. Numbers do count and when Friends of Istokpoga act as one, with good representation, we do get action.

Remember Lake Istokpoga's problems did not start yesterday. So we as the stewards of this lake need to understand that we are in this for the long haul. We may solve one of our problems tomorrow but gain a new one the next day. Lake Istokpoga is the jewel of Highlands County and it deserves our hard work. I know that we want this beautiful Lake to be here and in good condition for future generations to enjoy. Please help us to achieve this goal.

Friends of Istokpoga 2007 Winter Meeting and Election

The Friends of Istokpoga Lake Association Inc. will hold our winter gen-

eral membership meeting at the Lorida community center on Thursday, February 15, 2007 at 7:00 PM. This meeting will hold the election of directors for 2007. So please come out and vote.

We are always looking for individuals to serve on our board of directors. So if you or anyone you know would like to serve on the Friends of Istokpoga board of directors let us know. We can always use new ideas and help running our organization.

We will have two speakers scheduled for the evening. State Senator J.

D. Alexander, who will give us a view of what the State of Florida can do to help us preserve and maintain Lake Istokpoga. Our second speaker will be Highlands County Lakes Manager, Mr. Clell Ford, who will bring

Special thanks to Ray Gaiefsky for all the work he did getting the Istokpoga Grid Map together on page 5.

us up to date on several projects and happenings on Lake Istokpoga. Both of these speakers will also take questions from the audience. So attend this meeting and write down a few questions that have been bothering you.

This meeting will be very informative for you. So we urge you to come out vote, listen to our speakers and get answers to some of the questions that you have about Istokpoga. Bring your friends, neighbors and fishing buddies. We need everyone's support in our effort to keep Istokpoga a vibrant and healthy Lake.

There will be refreshments served beginning at 6:45 PM. There will also be membership tables where you can pay your 2007 dues and get the password to the members only section of our website. So come out and meet with your board of directors, neighbors and others who are interested in our beautiful Lake Istokpoga.

Meet Steve Gornak

Meet Steven Gornak, the new Florida Fish and Wildlife Conservation Commission person on Lake Istokpoga

Steven grew up in Northern Virginia where he enjoyed sports, especially playing football. His hobbies include building furniture, radio controlled planes, boats, and model rockets. He is a single parent and coaches his son's football and baseball teams. He loves to take him on hikes, bike rides, and teaches him about ecosystems and to respect natural areas.

Steven received a BS degree in Marine Biology with a minor in chemistry from Old Dominion University. He received a Masters degree in Oceanography with a concentration in fish management from the College of William and Mary school of marine science.

His work experience includes the design and conducting of research projects on Chesapeake Bay striped bass population including vegetation restoration and enhancement. He has worked for the FWC for 15 years including designing and conducting research projects used to manage largemouth bass, crappie, bluegill and redear sunfish (shell crackers). He also managed two large lake enhancement projects: one of the northwest marsh and another on Ritta Island at the southern end of Lake Okeechobee. These projects reestablished historical fish spawning and nursery grounds and created vast areas where wading birds could nest and feed. The ecosystem was also enhanced via the planting of native vegetation used by many of the fish and wildlife species found on the lake. He also sat on several task force groups designed to evaluate the effects of dredge projects on the lake's ecosystem, aquatic plant control procedures, and CERP proposals, and new water level regulation schedules.

When you see Steve on the lake or in the community, please make him welcome. He is willing to listen to your ideas and answer your questions.

Website Password Change

It is time to change the password for the Members Only section of our website. Oh, you haven't visited this area of our website yet. Well, let me tell you, there are many new things there, including all of our past newsletters, as well as this one. You can also find our By-Laws, and our Articles of Incorporation. While I realize that these documents might not be the most exciting reading, they will give you a lot of information on how and why we do things.

You might be wondering why we have a member's only section on our website. The reason is that while we believe everyone should know what is happening to our great lake, we also believe our paying members deserve a bit more. In the past this has pretty much just been our newsletters. Now there is more. Just how much more, you ask? Well, rather than spoiling it for you, we are going to invite you to visit us at the website to find out. Our URL is <http://istokpoga.org/>.

By the way, those that have already paid their dues for 2007 should have received the new password in the mail. If you think you have already paid your dues and have not received the password, please send an email to friends@istokpoga.org or call 863-219-0082 and leave a message with your name, phone number and address, so we can verify your membership and be able to contact you.

When you visit our website, be sure to take a look at our **Message Group**. From the numbers that have signed up, so far, we are wondering just how many of you know about it. Or, maybe you do not understand what it is all about. Maybe I can help... Ever have a question about Lake Istokpoga or something related to it? Did you know who to call? Or did you just give up?

Our message group can not only help, but many times it will answer your questions directly. It can even answer questions you didn't know you had. When you

join the message group, you will be able to see all the questions that come to the group, and, you will be able to see all of the answers. Many of the people that are involved with the management of the lake are members, so when you send a question they all see it. Most of them will get right back to you if they know the answer to your questions. If no one responds to you after a reasonable time, one of the Friends of Istokpoga Lake Association (FOI) board members will see if they can find some one that can answer it, even if they are not members of the group.

All you need to join is to have access to email or an internet browser. You don't even have to be a member of Friends of Istokpoga. To subscribe all you have to do is send an email from your normal email address to foi-messages-subscribe@yahoogroups.com, or visit <http://groups.yahoo.com/group/foi-messages/> and sign up on line. You can also go to our Message Group page on our website where you can learn more about the message group and sign up.

Istokpoga Grid Map

On pages 5 and 6 of this newsletter you will find a map of Lake Istokpoga with grid lines and GPS coordinates. We are providing this map for you to use in case you get stranded on the lake so that you can get assistance. Lake Istokpoga is a big lake and it is easy to get lost.

On the back of the map you will find phone numbers for the police and fish camps on the lake. If you do get stranded, call one of the contacts and let them know where you are by giving them the coordinates of your location.

If you are lost but not disabled, you can use your GPS unit to locate the fish camp you launched from by using their coordinates that are also listed on the map.

We will be providing a copy of the maps to each of the fish camps listed so they will have the exact same one you have. We suggest you laminate it and keep it in your boat.

Mail completed Application to address at bottom of form with your membership fee or bring it to our meeting.
Remember that numbers count, so please consider all members of your household when joining.

Membership Application Friends of Istokpoga Lake Association, Inc.

Annual membership fee \$7.00 per person
Annual Family Membership fee \$12.00 per family*
Annual Associate membership fee \$25.00

Annual dues are valid Jan. 1 to Dec. 31

*Family Membership is for a couple and their children under 18 years old living at home

Name(s) or Business name _____

1st Street Address _____

City _____ State _____ Zip _____

Phone (____) _____ - _____

2nd Street Address _____

City _____ State _____ Zip _____

Send all mail to address 1 ___ 2 ___ other _____

Phone:(____) _____ - _____

E-mail address _____

Circle Correct Answer: Yes/No I am willing to work on a committee below?

Committees: Finance, Legislative, Newsletter, Membership, Publicity, Weed Control (Circle one)

Associate Members:

Is business name above, EXACTLY as it should appear in the newsletter/Website? _____

Primary Contact _____

Description of Business for website _____

Web Address _____

Fax Number (____) _____

Signature: _____

Additionally, I would like to donate \$10 ___ \$15 ___ \$25 ___ other _____

All Donations are tax deductible

Make Checks Payable to: **Friends of Istokpoga**

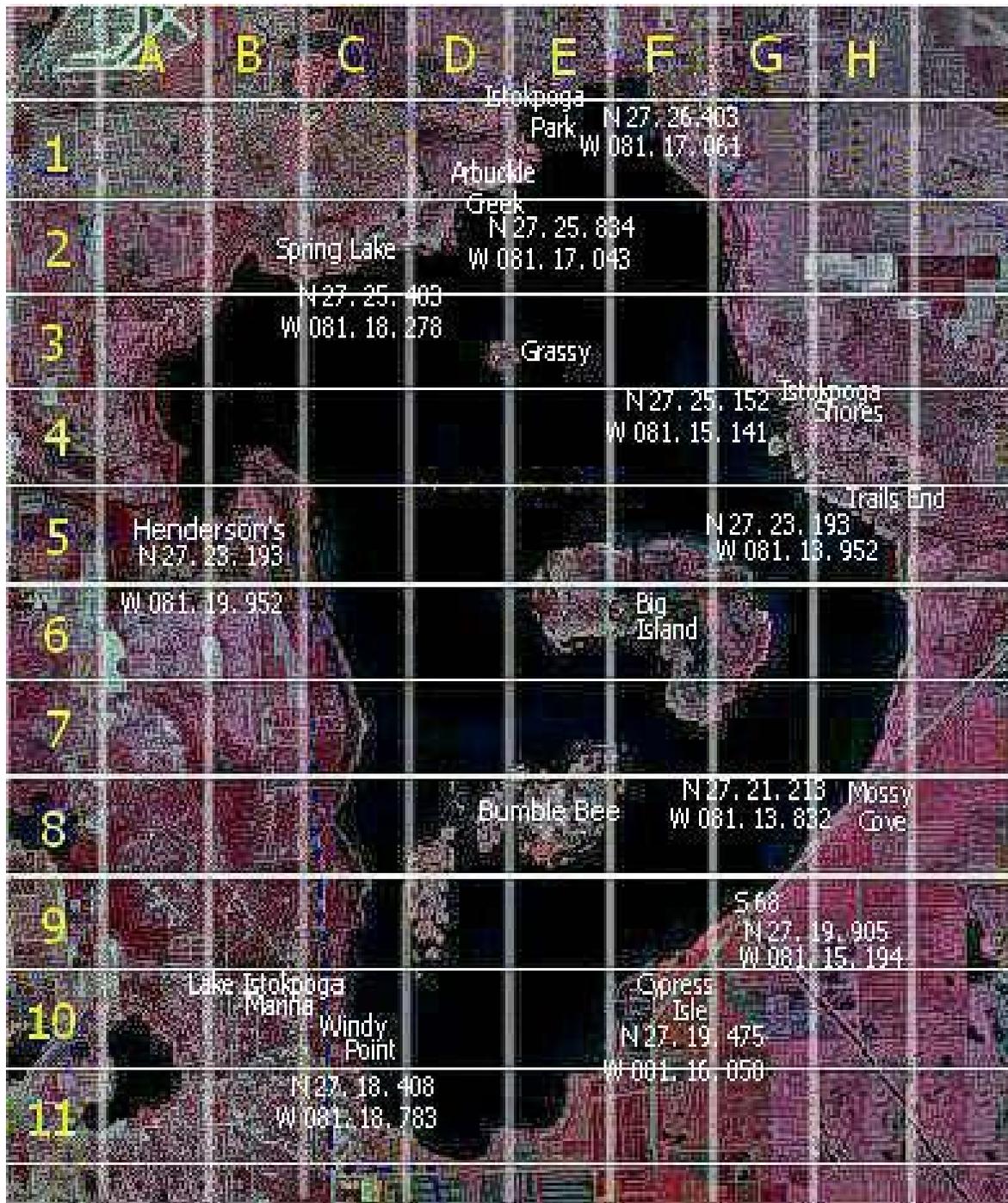
Mail to: P.O. Box 205, Lorida, FL 33857

For additional information call: 863-219-0082 - Voice Mail

Or email us at: friends@istokpoga.org

Please visit our web site: www.istokpoga.org

Friends of Istokpoga Lake Association, Inc



Lake Istokpoga

This map is provided to help you determine where you are on Lake Istokpoga. It is **not** intended for navigation purposes, and the Friends of Istokpoga Lake Association assumes no liability in your use of it. Please use at your own risk.

For more information about the Friends of Istokpoga Lake Association, Inc. please call 863-219-0082, send an email to friends@istokpoga.org or visit our website at www.istokpoga.org.

Friends of Istokpoga Lake Association, Inc

If you are lost or need help on Lake Istokpoga, please call one of the following for assistance and tell them the coordinates of your location on Lake Istokpoga using the map on previous page:

Name	Phone Number	Grid
Emergency (All)	911	n/a
Lake Placid Police	(863) 699-3759	n/a
Sebring Police	(863) 471-5108	n/a
Cypress Isle RV Park & Marina	(863) 465-5241	F10
Henderson's Fish Camp	(863) 465-2101	B5
Mossy Cove Fish Camp	(863) 655-0119	H8
Lake Istokpoga Marina	(863) 699-9585	C10
Neibert's Fishing Resort	(863) 655-1416	n/a
Trails End Fishing Resort	(863) 655-0134	H5

For more information about the Friends of Istokpoga Lake Association, Inc. please call 863-219-0082, send an email to friends@istokpoga.org or visit our website at www.istokpoga.org.

What's Happening on Istokpoga

By Bert Galloway, President

There are many projects and events happening on Lake Istokpoga at this time. I will try to bring you up to date on things that your board of directors are working on and other projects that are being performed by some of the state and local government agencies. Also I will try to give you some insight into events that have happened in the last few months.

A: Avon Park Correctional Facility Waste Water Treatment plant Modification Status

The Friends of Istokpoga received a letter from the DEP in regard to the permitting of the waste water treatment plant at the Avon Park Correctional Facility. It is the intent of the DEP to monitor the output of total phosphorus that is being discharged into Arbuckle Creek and make sure that they adhere to the standard that is set. Our one problem is the state has not set the TMDL (total maximum daily loads for phosphorus) for Arbuckle Creek. This should be done this year.

B: Arbuckle Creek Monitoring of Water Quality

Currently Paul Ritter from the SFWMD, is conducting a water quality assessment for the Arbuckle Creek watershed. He is trying to track down the areas in the watershed that contribute the most phosphorus loading of Arbuckle Creek and subsequently Lake Istokpoga. After he finds a problem he will work to eradicate the problem with better management practices, retention ponds and the like. This project is ongoing.

C: Aquatic Plant Management

The weed management committee led by Ray Gaiefsky has set out to take pictures of weed control on the lake. They will take pictures of about a dozen locations that are

being sprayed by the different agencies on the lake. The pictures will be taken on a regular basis and they will always be taken at the same GPS location and same compass direction. We hope to do this for an extended period of time and show what effect the spraying is having.

D: Aquatic Plant Resistance to Herbicides.

The herbicide that is used to control hydrilla on Lake Istokpoga can no longer be used. Fluridone, also known as Sonar, that has been very effective in controlling hydrilla can no longer be used, because the hydrilla on Istokpoga has become resistant to it. At this time we are fortunate that we have only a small amount of Hydrilla that is visible on the lake. There are some new herbicide products that are now being tested to see if they can do the job and control hydrilla. We are told that these new products are looking good but it is still too soon to pass final judgment on them. The hydrilla continues to expand and as of press time we still have no word on the new control for Hydrilla.

E: Canal Maintenance Dredging Evaluation

Phase one of this project by South Florida Water Management District (SFWMD) has been completed. At this time we are waiting for SFWMD to evaluate the feasibility of this project and fund the actual work of cleaning the canals. We are told that this is at least two years off. We need this done completed before the any new Lake Regulation Schedule can be implemented.

F: Istokpoga Canal Project - US Army Corps of Engineers

This is about an 18 month project to enhance the Istokpoga canal. There are three main features to this project. The one that is most important to Lake Istokpoga is the building of a new control gated levee (S-67) and demolition of the old existing one

(G-85). This control gate is about a ½ mile east of county road 621. It is old and it is leaking badly. We are glad to see this improvement. Also this project will build a new marina and boat ramp at US 98 and the Istokpoga canal. It will also dredge the Istokpoga canal from US 98 to where it intercepts the Kissimmee River.

G: Spring Lake Pumping Problem

We all remember last summer when Spring Lake had its flooding problem. Well this problem was no fun for the residents of Spring Lake. Fortunately for them SFWMD and Highlands County were able to solve the problem by using emergency pumps to pump the flood waters directly into Lake Istokpoga. Unfortunately this event was harmful to Lake Istokpoga, because the pumped water had high nutrients and bacteria. This problem probably could have been avoided if Spring Lake could have pumped as permitted by SFWMD. But a judge's order voided this. Spring Lake currently has their engineers looking at all their options and they will continue to work until an acceptable solution is found. Be assured we will be watching for their solution.

Friends of Istokpoga Lake
Association, Inc.

P.O. Box 205
Lorida, Florida 33857
Pager: 863-219-0082
Email: friends@istokpoga.org

Help us protect Lake Istokpoga

Were on the Web —
www.istokpoga.org



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Friends of Istokpoga Associate Members

Audubon of Florida, Lorida
Cypress Isles RV Park, Lake Placid
Graybill, Security Service, Sebring
Glades Electric Cooperative, Moore Haven
Heartland Marine, Lake Placid
High Hopes Guide Service, Sebring
Highlands Airboat Association, Inc.
Home & Office Essentials, Lake Placid
J & H Supply, Lake Worth
Jeanette Shaw, Realtor, Lorida
Jet A Service, Lake Placid
Lake Istokpoga Marina, Lake Placid
Lake Placid Marine Inc., Lake Placid

Mossy Cove Fish Camp, Lorida
Naples CAD, Naples
Outback U.S.A., Lake Placid
Perfection Home Inspection, Inc., Sebring
Performance Sales and Service, Lake Placid
Precise Installation, Lake Placid
S.O.S. Florida Lakes, Inc.
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Sue Clark, Realtor, Lake Placid
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