

RAINBOW LAKE ASSOCIATION: Working together to protect Rainbow Lake

Welcome Rainbow Lake owners and guests!

Your stewardship insures the continued quality of Rainbow Lake. We hope this information increases your knowledge of what you can do to care for our lake.

We hope you will share this information with guests and renters to help support our lake quality while they are here.

Visit the Rainbow Lake Association website: www.rainbowlakeassn.org



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BOATING SAFETY

BE SURE THAT YOUR GUESTS AND FAMILY ARE AWARE OF THE FOLLOWING RULES AND COURTESIES:

Operate all watercraft in accordance with New York State law, in a safe and courteous manner that will protect persons, wildlife and property. This will enhance the enjoyment of all those who live on and use the lake.



- Do not exceed 5 miles per hour within 100 feet of shore, a bog or island, dock, raft, float, or anchored craft. Your map of Rainbow Lake shows clearly marked no wake zones.
- Cut speed when nearing or passing canoes, rowboats, kayaks or fishing activity.
- Limit jet craft and water skiing to the middle part of the lake, away from shorelines, swimming areas and docks.
- Be aware of areas which are environmentally sensitive.
- Use caution and go very slowly through cuts and under bridges.
- State law: A spotter at least 10 years of age must be present in any boat towing a tuber or skier.

- As of May 2014, all individuals born on or after 5/1/96 are now required to successfully complete an approved course in **boater** education in order to operate a motorboat.
- No one under the age of 10 is permitted to operate a motorized craft unless that individual is accompanied by a person 18 years of age.
- As of January 1, 2009 to operate a (PWC) Jet Ski you must be 14 years of age and have completed the NYS Boating Safety Course. A copy of the certificate must be on board the PWC.
- Do not operate motorized craft while under the influence of alcohol or drugs.

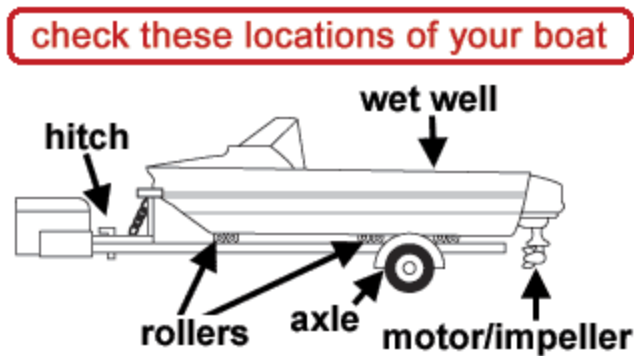


AQUATIC INVASIVE SPECIES

A number of invasive species are destroying waterways and the swimming, boating and fishing we enjoy today. One is Eurasian Milfoil, a non-native invasive plant. Milfoil's aggressive growth clogs waterways and chokes out native plants. With less food to eat and less open water, fish populations decrease. Rainbow Lake Association volunteers are among the stewards who help inspect boats at the boat launch, and survey the lake annually for signs of Eurasian Milfoil. Today we are among very few Adirondack lakes that have no Eurasian Milfoil. Keep the lake safe!

To prevent introducing Eurasian Water Milfoil into our lake, do the following:

- Remove all plant materials from your boat, anchor, trailer and anything that entered the water after you take the boat out of the water, and before you leave the boat access area. Drain live wells and bilge water before you leave the boat access area.
- Make sure your bait bucket doesn't have any plant material in or on it. Empty your bait bucket on land -- never dump live fish from a bait bucket into a body of water.
- Wash down your boat, trailer and tackle with hot water when you get home to kill any invasive hitchhikers that could be transported into other lakes.



WATER QUALITY: EVERYTHING WE PUT INTO THE GROUND ENDS UP IN THE LAKE

A watershed is an area of land that drains to a particular river, lake, bay or other body of water. We all live in a watershed: some are large like the Chesapeake, while others are small like our local streams and lakes. When it rains, all of the water that falls in our watershed eventually winds up in our streams, rivers and lakes.

HOW TO REDUCE YOUR PERSONAL POLLUTION

It is easier and less costly to reduce the amount of pollutants we introduce into our environment than to clean them up once they are already there. Here are some simple and important ways you can reduce your personal pollution:

SEPTIC SYSTEMS ARE DIFFERENT! USE YOURS PROPERLY

- Do not pour fats and oils, antibacterial or antiseptic products, chlorine bleach, solvents, chemicals, pesticides, paint thinner, or auto products down the drain. These substances kill the bacteria that make the system function. They also find their way into our groundwater.
- Use biodegradable laundry detergent.
- Do not put trash in the toilet such as paper towels, baby wipes, facial tissues (Kleenex does not break down like toilet paper!), cigarette butts, disposable diapers, sanitary napkins, tampons, or condoms. These items do not break down quickly, if at all, and will remain to fill the septic tank.
- Avoid overloading the system. Early morning and bedtime are peak bathroom use times. Run dishwashers and washing machines at other times of the day. Try not to do more than one load of laundry each day.

MAINTAIN YOUR SEPTIC SYSTEM

Proper maintenance of your septic system is essential.

- Pump out your tank. If it gets too full, sludge particles will flush out of the tank, clog the drain lines, and leach out into surface water. The EPA recommends tanks be pumped before sludge and scum accumulations exceed 30% of the tank volume.
- You don't need to add starter enzymes or yeast to your system. Additives have not been scientifically proven to improve the performance of your system.
- Direct downspout and runoff water away from the septic field to avoid saturating the drain field.
- Dense grass cover and other shallow-rooted plants are beneficial over a drain field, but trees are not. Don't plant trees near a drain field. Large plant roots can clog or break the pipes.



CHOOSE NON-TOXIC HOUSEHOLD PRODUCTS

The average home holds over 100 pounds of toxic household chemicals! Household hazardous wastes include paints, cleaners, batteries, motor oil, nail polish, weed killers and drain treatments.

Automotive Products

Antifreeze
Auto Battery
Automatic Transmission Fluid
Brake Fluid
Car Wax with Solvent
Carburetor Cleaner (fuel injectors)
Degreasers
Diesel
Fuel Oil
Kerosene
Metal Polish with Solvent
Motor Oil
Oil Filters
Windshield Washer Solution

Home Products

Air Freshener
Batteries - Button, Rechargeable
Bleach
Cleaner - All Purpose
Cleaner - Ammonia-based
Cleaner - Bleach-based
Disinfectant
Drain Cleaner
Floor Care Products (wax/stripper)
Fluorescent Lights
Furniture Polish with Solvents
Furniture Cleaner
Metal Polish with Solvents
Moth Balls
Oven Cleaner (lye based)
Pet Supplies/Flea and Tick Control
Scouring Powder or Abrasive
Cleaners
Smoke Detector
Spot Removers/Carpet
Thermometers and Thermostats
Toilet Bowl Cleaner
Upholstery and Rug Cleaner
Window/Glass Cleaner

Personal Care Products

Hair Spray
Hydrogen Peroxide
Isopropyl Alcohol (rubbing alcohol)
Nail Polish
Nail Polish Remover
Prescription and Over-the-Counter Medicines

Home Improvements

Adhesives and Glues (solvent-based)
Furniture Stripper
Latex Paint and Primer
Oil-based Paint and Primer
Paint Brush Cleaner
Paint Remover and Stripper
Paint Thinner
Stain and Varnish
Wood Preservative

Indoor Pesticides

Ant/Cockroach Spray and Bait
Rodent Poisons and Bait

Lawn and Garden

Fertilizer with Weed Killer
Fungicide
Herbicide
Insecticide
Empty Pesticide Containers

Miscellaneous

Ammunition
Art Supplies
Photographic Chemicals
Pool Chemicals

When you use these products, they travel down the drain to your septic tank, and eventually wind up in our waterways. Select a safe alternative!

WHAT YOU CAN DO

- Be familiar with the common products in your home that contain hazardous or toxic substances.
- Follow the directions on the label so you use only what's needed. Twice as much doesn't mean twice the results.
- Whether it's motor oil or paint thinner, make an effort to follow the safe and legal means of disposal. Never throw Household Hazardous Waste into a drain, the trash or onto your lawn or driveway.
- Switch from disposable batteries to rechargeable batteries, which can be used again and again.
- Take preventative measures to control pests around the home, instead of chemical sprays to solve pest problems.
- Find and use non-toxic alternatives to hazardous materials. Many companies offer non-toxic, all-natural and environmentally friendly cleaning products.



- DIY. There are many effective cleaning recipes using items you may already have, such as baking soda, lemon juice and corn starch. Search "DIY Household Cleaners" for products safe for your septic system and the environment.

MAINTAIN YOUR CAR AND BOAT

- How you maintain your car and boat has a major effect on water quality.
- Cars are the biggest source of airborne nitrogen. Keep yours tuned.
- Boats and motors can be a source of bacteria, nutrients and toxic chemicals.
- Rainbow Lake is clear of Eurasian Milfoil because we work hard to keep it that way. Please wash any boats you have used in other lakes and waterways.

YOUR YARD AND LAWN

Fertilizers, leaves, grass clippings, animal waste, and eroded soil are all sources of phosphorus. When they are dissolved by rain they end up in a nearby stream or the lake. Follow these tips for smart lawn care with water quality in mind.

- Limit lawn size. Natural wooded areas have multiple layers of vegetation - a canopy of tall trees, and understory of smaller trees and shrubs, and a groundcover of ferns and other plants. Branches and leaf litter from all of these plants build up on the forest floor over time and break down into a layer that covers the ground. This layer protects the soil from the impact of rain, keeping the soil in place instead of allowing it to erode away. Water soaks into the ground, filtering pollutants and replenishing groundwater. Studies show that lawns can create more runoff than similarly sized areas of natural plants.
- Install a vegetative buffer of native plants to reduce water runoff. Canada geese love short, tender grass and avoid tall grass where predators can hide. A shoreline buffer will send the geese packing.
- Runoff picks up pollutants and carries them to the Lake. Minimize the hard surfaces that create runoff.
- Install a rain barrel to collect runoff from your roof to use for watering your garden.
- Direct your downspouts onto your lawn or into a rain garden, away from your driveway and other impermeable surfaces. A rain garden is a vegetated depression that collects rainwater. This allows the rain that falls on rooftops, driveways, and patios to filter into the ground instead of becoming storm water runoff.

Mowing tips:

- Mow tall. Moving your mower deck to 3 inches high can reduce weeds by as much as 50-80%.
- Mow with a mulching blade. Leave clippings on your lawn for natural fertilizer.
- One gas mower running for an hour emits the same amount of pollutants as eight new cars driving 55 mph for the same amount of time, according to the Union of Concerned Scientists.

- The EPA states that 17 million gallons of fuel, mostly gasoline, are spilled each year while refueling lawn equipment.

Fertilizer:

- Try not fertilizing, but if you must, fertilize in the fall. Fertilizing the lawn in the spring can lead to a weak lawn and weed problems.
- Do not apply fertilizers to frozen ground, dormant turf, on sidewalks or driveways, or within 10 feet of the water.
- If you do use fertilizer, use Phosphorus-free products.
- Beginning on January 1, 2012, New York State law prohibits:
 - Use of phosphorus-containing lawn fertilizer unless you are establishing a new lawn or a soil test shows that your lawn does not have enough phosphorus.
 - Application of lawn fertilizer on impervious surfaces.
 - The application of lawn fertilizer within 20 feet of any surface water except: where there is a vegetative buffer of at least 10 feet; or where the fertilizer is applied by a device with a spreader guard, deflector shield or drop spreader and is applied at least three feet from surface water.
 - The application of any lawn fertilizer between December 1 and April 1.

Pick up pet waste:

- A single gram of dog waste can contain 23 million bacteria. When washed into the waterways by rain water, bacteria can cause serious health hazards. Pet waste also contains nutrients that can cause damage to the lake.
- Leaving pet waste on the ground may pose a risk of exposure to disease.
- Pet waste may contain organisms such as giardia and salmonella, which can make water unsafe for drinking or swimming.
- Dog waste and other pollutants, left on your property, go straight into the lake when rain falls.



FIRE SAFETY :

Campfires are a major cause of forest fires in the Adirondacks

- Keep your fire to a manageable size. Be aware of the wind conditions.
- Make sure children and pets are supervised near the fire. Never leave your campfire unattended.
- Keep a bucket of water near the fire.

Extinguishing Your Campfire

- Allow the wood to burn completely to ash, if possible.
- Pour lots of water on the fire. Drown ALL embers, not just the red ones. Pour until hissing sound stops.
- If you don't have water, stir dirt or sand into the embers with a shovel to bury the fire. Scrape remaining sticks and logs to remove embers. Make sure that no embers are still smoldering.
- Add water, dirt or sand and stir with a shovel until all material is cool.

Remember: If it's too hot to touch, it's too hot to leave!

Source: [Bismarck Tribune](#)

FIREWORKS

What kind of fireworks are legal in New York State?

The state passed a law in 2014 that allows fireworks leading up to the 4th of July and New Year's Eve - but only in counties that also pass a local law to allow it.

- Sparkling fountains (cylindrical and cone)
- Sparklers on wooden sticks, but not metal
- Smoking devices and Snakes
- Confetti-filled party poppers
- Paper-wrapped snappers

What kind of fireworks are not legal?

- Bottle rockets and other fireworks that fly, such as ...
- Firecrackers
- Bottle rockets
- Roman candles
- Spinners
- Other aerial devices

Who: You must be 18

Why: The point of the new law is to stop people from buying fireworks in other states and using them in New York counties where they are not legal.

We are here because we love the lake: the beauty, the tranquility, and the memories it holds for us. But Rainbow Lake can't protect itself. It relies on those of us who love it to protect it as well. Your efforts may not seem like they will have an impact, but they do. Thank you for your active stewardship of the lake we love.

**Rainbow Lake Association: www.rainbowlakeassn.org
Join us!**

Photography by Christopher, Jessica and Faith Lundgren

