



SMITH MOUNTAIN LAKE ASSOCIATION

400 Scruggs Road, Suite 2100, Moneta, VA 24121

www.SMLAssociation.org

Protecting the Investment of SML Residents

Lake Matters: January 2016

President's Letter

As we begin the New Year, let me wish all of us a healthy, happy, and prosperous 2016; and to those who volunteer, a most hearty thank you!

The Board of Directors will lose three valuable members: Kristina Mize, Bill Piatt, and Gale Taylor, who decided to retire. Together they represent many years of service to the Lake Community and will surely be missed. Thanks for all that you did for us.

Please join me in welcoming Gale Easter, Neil Holthouser and Rick Watson as new members of the Board. If you, or someone you know, would like to be considered for a position on the Board, please contact TheOffice@SMLAssociation.org. We are always in need of new members, new ideas, and new contributions.

Also new in 2016 will be a strategic planning initiative for SMLA under the direction of Vice President Lorie Smith. Lorie expects to engage the entire community and all our committees to develop a work plan that will be responsive to our needs and that will allow us to achieve new goals.

Looking for something to do in February? If you have not yet taken the required Boat Virginia course, may I highly recommend February 27th at the Berglund Center during the Southwest Virginia Boat Show. Not only will you get the benefit of in-class instruction, but you also receive, as an added bonus, free admission to the show. What a great way to spend a wintry day. Also, note that most insurance companies allow a premium discount to those who successfully complete the course. You can register at www.dgif.virginia.gov/boating or by calling 1-888-516-0844.

Please reserve the date of March 29th for our SMLA Annual Town Hall Meeting. It's a great way to find out what's going on at the lake as well as an opportunity to learn about many of the organizations working around the lake. You might even want to join one!

Happy New Year,

Pete Lewis

Pete Lewis, SMLA President

SMLA Supports a Bedford Stop on the Proposed Amtrak Extension

Pertaining to the proposed Amtrak Extension from Lynchburg to Roanoke, Virginia, The Smith Mountain Lake Association (SMLA) requested full and fair consideration by the Department of Rail and Public Transportation for a stop to be added in Bedford, Virginia.

Furthermore, SMLA requested that a study be conducted in order to provide Bedford County the findings and conclusions as soon as possible.

Adding a stop in Bedford, consistent with Bedford County expressed interest, will also benefit the residents of and tourists to the greater Smith Mountain Lake area and further enhance the economic development of both Bedford and Franklin Counties.

Water Safety: Cold Water Drowning = Death! Not Necessarily

Living around the Lake with the record low temperatures we've experienced lately makes it important to review how to survive immersion in super-cold water.

During exercise and high temperatures, our body dissipates heat by sweat and evaporation. Similarly, when immersed in cold water, the body loses heat through the contact of water with the skin. As surrounding water sucks heat away from the body, hypothermia (the lowering of the body's core temperature) sets in, we become weak and lethargic, and we can quickly drown.

When the face is immersed in water that is seventy degrees Fahrenheit or less, the MDR (Mammalian Diving Reflex) kicks in. So how does the MDR help us survive? The body automatically slows down our respiration and heartbeat to where they are nearly undetectable, constricts the muscles in our extremities, and directs oxygen laden blood to our brain and critical organs. This is more pronounced in infants and children, where there have been cases of resuscitations after forty minutes of submersion. In adults, survival for twenty five minutes is possible.

As a result, lifeguards and EMTs go by the axiom, "You are not dead until you are warm and dead." The MDR reverses quickly so it's imperative that CPR is administered immediately and the patient is quickly transported to advanced medical care. The old assertion that brain death occurs four to six minutes after one stops breathing isn't always applicable in these cases.

What else can you do if you find yourself unceremoniously dunked in water below seventy degrees? First and foremost, you should ALWAYS wear a personal flotation device (lifejacket) around the water, on your dock, and in your boat—but especially in cold weather. "But I'm a great swimmer," you say. Slip on a slick spot and hit your head, perhaps? Even Olympic caliber athletes can't swim when they are dazed or unconscious.

Have you ever tried to swim in clothes, much less winter coats and boots? It's nearly impossible without flotation assistance. As a point of information, the side stroke, breast stroke or elementary back stroke, all with underwater recoveries (arms remain in the water), are the best strokes to use when swimming in clothes. Getting survival training that teaches how to inflate clothes for flotation is also a good idea.

In cold water, keep your head above the surface. As mentioned in a previous *Water Safety Notes*, more heat is lost through the head than any other part of the body. If you can't swim to safety, assume the American Red Cross HELP position: knees to the chest, keeping body as compact as possible to retain heat. With more than one person in the water, an ARC HUDDLE position (side by side with arms around one another's waists, as in a football huddle) with knees held close to chests will help retain heat.

Other hypothermia tips: Warm the torso and head first with clothes and blankets. Warming hands and feet next to a fire may feel good, but it forces the coldest blood in your body to your core and may reduce your temperature even more. If you feel you have frost nip (cold, painful red skin on your extremities), warm gradually. If you feel you have frost bite (pale, no pain, frozen opaque skin), take care not to rub and create more tissue damage (there are ice crystals there). Instead, warm to the frost nip level (pain and red skin) and place pads between affected toes and fingers.

Last things: Always keep an updated first aid kit with a survival space blanket available. Take an ARC first aid course for yourself and your loved ones. There is plenty of winter fun to be had at Smith Mountain Lake. A bit of forethought and planning will keep you safe and enjoying your surroundings.

Patrick J. Massa, Chair—SML Water Safety Council



Buffer Landscape Committee

The mission statement of the Buffer Landscape Committee is as follows:

To preserve the lake shoreline and water quality while providing wildlife habitat, protecting your property investment and enhancing the beauty of the lake

So how do we go about achieving our mission? Well, we put together a team of about 20 volunteers, many of which are Virginia Master Naturalists or Virginia Master Gardeners. We secure some funding from the SMLA for publicity for Buffer Landscape presentations and Buffer Landscape recognition awards. We conduct home visits to those lake residents requesting our services in order to improve their buffer landscape techniques. We offer our expertise to other local groups by providing guest speakers. We recognize home owners who display excellent buffer gardens. We conduct monthly planning meetings to discuss how best to achieve our mission statement.

Buffer landscaping consists of vegetation planted near the lakeshore to trap sediments and to filter nutrients and pollutants. It also serves to prevent erosion and stabilize sloped areas of the shoreline. Buffer Landscaping promotes the concept that landowners can have a beautiful lakefront while being lake friendly and environmentally sound.

We welcome you to contact us if you would like to schedule a home consultation visit, recommend someone for recognition for an exceptional buffer garden, request a guest speaker for your group, or better yet, become a member of the Buffer Landscape team.



Typical home visit

You may contact us by going to the SMLA website; www.smlassociation.org and clicking the Buffer Landscape button or by calling 540-719-0690.

Rich Brager

Mountain Valley Pipeline and Smith Mountain Lake Levels

The Smith Mountain Lake Association (SMLA) has reviewed the Mountain Valley Pipeline (MVP) filing with the Federal Energy Regulatory Commission (FERC) and found what appears to be a significant deficiency in the MVP application concerning groundwater. Groundwater in the Franklin County region can be roughly divided into two components:

- 1) the deep groundwater in the fractured bedrock and
- 2) the near-surface groundwater lying above the bedrock in the soil zone.

The deep groundwater supply is the one tapped for drinking water by many of the wells and is the only groundwater component addressed in the MVP filing. In contrast, the near-surface groundwater supply represents about 60-70% of the water flowing into the Smith Mountain and Leesville lakes, but is dismissed as unimportant in the MVP application. The SMLA has identified three possible scenarios where the MVP construction through Franklin County could potentially disrupt this flow of groundwater into the two lakes, possibly resulting in lower Smith Mountain Lake levels in the future. SMLA has filed a letter with FERC describing our concerns about this deficiency and our recommendations for addressing it. A copy of our filing can be found in the FERC eLibrary (http://elibrary.ferc.gov/idmws/docket_search.asp, document 20151130-5400 under docket CP16-10) or requested from the SMLA Office.

Water Quality

We are all responsible for water quality in SML and the river and streams that flow into it. It is not just boaters throwing trash and other waste overboard. Runoff from your property carries fertilizer, pet waste, fuel & oil spills, human waste from failing septic tanks, livestock waste, trash, etc. The amount of runoff is made worse by tree, shrubbery and brush cutting. This runoff flows into streams, rivers and the lake degrading water quality.

You can help by limiting the amount of pollutants and runoff that comes from your actions and your property. Also by volunteering to be a SMLA Water Quality Monitor or a Save Our Streams Monitor. We are always in need of additional monitors as some prior year monitors either retire or move away. If you are potentially interested contact Larry Iceman at (540) 721-4694 or E-mail icemanle@gmail.com. Monitor training is provided.

A big *Thank You* to all 87 of the WQM and SOS volunteers from last year.

Larry Iceman, SMLA WQM

Smith Mountain Lake Water Safety Council

The number of accidents and injuries continue to decline on Smith Mountain Lake. This would not happen without a concerted effort by many people to improve our experiences on the lake while reducing the hazards. The SML Water Safety Council annually recognizes an individual, business, or organization for their outstanding contributions in advancing safety on the waters of Smith Mountain Lake.

The 2015 Karl Martin Water Safety Award recipient will be named at the Annual and Town Hall Meeting on March 29 at 6:30 pm at Trinity Ecumenical Parish. Please plan to attend.



SMLA 2016 Board of Directors

Seated, (from left) Diana Shoudel–Secretary, Pete Lewis–President, Lorie Smith–Vice President, and John Rupnik–Treasurer

Standing,: Neil Holthouser, Gale Easter, Rich Brager, Rick Watson , Larry Iceman, Michael McEvoy, Terry Naylor, Charles H. Sinex, Russ Johnson, Pat Massa, and Randy Stow

Not Pictured: Bob Camicia, James Colby, Tom Hofelich, Jim Erler, and Rob Whitener

Melvin S. Johnston Citizen Volunteer Award

The Smith Mountain Lake Association invites nominations from its members for the Melvin S. Johnston Citizen Volunteer Award. This award is presented to the individual or individuals, that SMLA feels made the greatest contribution to Smith Mountain Lake and to the quality of life around the lake in the prior calendar year or over an extended time period.

Selection will be made by the Board of Directors of SMLA based on any of the following contributions.

1. Impact on SML Environmental Issues
2. Improvements to Water Safety
3. Management of Lake Maintenance Issues
4. Implementation of Projects/Programs of the Smith Mountain Lake Association
5. Leadership
6. Lake and/or Community Stewardship

Send your nomination, plus your reasons for the nomination, to TheOffice@smlassociation.org by Tuesday, February 9, 2016. Please Note: Previous recipients of the award are not eligible.

Application for NEW Membership to SMLA

Members: Do you know someone who would support the mission of SMLA? Please give them this membership application. Membership is one of the easiest ways to safeguard Smith Mountain Lake, and SMLA is a non-profit organization. Dues are tax deductible. Joining is as easy as mailing a check or calling 540-719-0690 on Tuesday or Friday to pay by credit card.

Free gift to NEW Members with 4 membership levels! Select Annual Membership level below:

- | | |
|--|--|
| <input type="checkbox"/> Family Membership.....\$30.00
<input type="checkbox"/> Bronze Membership.....\$50.00
with complimentary Lake Map
<input type="checkbox"/> Silver Membership.....\$100.00
with complimentary "No Wake" dock sign | <input type="checkbox"/> Gold Membership.....\$250.00
with both Lake Map and "No Wake" sign
<input type="checkbox"/> Platinum Membership.....\$500.00
with both Lake Map and "No Wake" sign
<input type="checkbox"/> Business Membership.....\$50.00 |
|--|--|

Business Name: _____

Address: _____

Total Amount Enclosed: _____

Phone: _____

Please provide the following information for each person in your family/organization who will be a part of your membership. Use an additional sheet if needed to provide the information on additional members.

Name: _____

Name: _____

email: _____

email: _____

Additional phone: _____

Additional phone: _____

Paperless Newsletter (receive pdf file by email only)

Paperless Newsletter (receive pdf file by email only)

Please indicate any programs in which you would like to participate:

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- | | |
|--|--|
| <input type="checkbox"/> Environmental Education
<input type="checkbox"/> Lake Council
<input type="checkbox"/> Buffer Landscape
<input type="checkbox"/> Litter
<input type="checkbox"/> Royal Flush
<input type="checkbox"/> Water Management
<input type="checkbox"/> Save the Islands

<input type="checkbox"/> Lake Map Program
<input type="checkbox"/> Local Government
<input type="checkbox"/> Membership & Business Partners
<input type="checkbox"/> Office Volunteer
<input type="checkbox"/> Public/Media Relations
<input type="checkbox"/> Shoreline Management Plan
<input type="checkbox"/> Take Pride in SML (lake cleanup)
<input type="checkbox"/> Water Safety Council | <input type="checkbox"/> Lake Issues
<input type="checkbox"/> Storm Water Runoff
<input type="checkbox"/> Weed Monitors
<input type="checkbox"/> Septic Pump out
<input type="checkbox"/> Water Quality Monitoring
<input type="checkbox"/> Fertilizer
<input type="checkbox"/> Save our Streams |
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- | | |
|--|--|
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<input type="checkbox"/> Fertilizer
<input type="checkbox"/> Save our Streams |
|--|--|

New Members Only: Please mail your tax deductible check to –

Smith Mountain Lake Association, 400 Scruggs Road, Suite 2100, Moneta, VA 24121

Existing Members: This is not a renewal notice. The office will contact you when it is time to renew your membership. You can find your renewal date near your address on the mailing label page of this newsletter. You may charge your membership level, or pay via credit card, by calling 540-719-0690 on Tuesday or Friday when our administrative assistant will be available to assist you.

Phone: 540-719-0690

Fax: 540-719-0690

e-mail: TheOffice@smlassociation.org

Partner Businesses

SMLA is very appreciative of our Partner businesses that support our mission and recognize the value of membership by extending special discounts to our members. The generosity goes full circle in our community, and many members tell us that in an effort to fully support local businesses they do not request SMLA discounts. If you are one of those members who is kind enough to waive the SMLA member discount at a partner business, please express your appreciation to the proprietor. Partner business advertisements appear beginning below. We want supporting businesses to know that these advertisements are noticed by members and that their support of SMLA is appreciated.



Where Boaters Belong™

Capt. Rick Ellett

P 540-719-5555 F 704-302-1930
 rellett@seatow.com www.seatow.com

\$21.00 off new Sea Tow memberships for SMLA members



8360 Hardy Road • Hardy, Virginia 24101
 www.bayroc-marina.com

Ph: (540) 890-2194 Kristina Mize
 Fax: (540) 890-2178 Owner

10% discount for food or retail items, excludes service, parts, & gas



Haywood's
Jewelers

Phone: 540.721.2210 Phone: 540.483.5191
 13020 B.T. Washington Hwy 346 Franklin St.
 Smith Mountain Lake, VA 24101 Rocky Mt., VA 24151

Free Ring Cleaning!

HaywoodsJewelers.com

Roanoke River Valley Log Homes
 Log Home Packages & Timber Frame Products

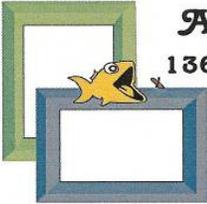
www.ilovelogs.com
540.420.0338 or 540.420.8326
ilovelogs@yahoo.com

Free Price Quotes • Custom Plans Welcome

Sam & Gale Easter
 Independent Representatives:
 Log Homes of America, Inc.



Discounts to SMLA Members



Artfully Framed at the Lake
 13699 Booker T. Washington Hwy
 Moneta, VA 24121
 The Forum at Westlake
 540-721-1218

Custom Picture Framing & Gallery
Karen Maynard

15% off custom picture framing



Hardware - Paint - Plumbing - Electrical - Lawn & Garden - Irrigation
 Fencing - Pet - Equine - Pressure Treated Lumber - Dock & Marine
 Supplies - Erosion Control - Culvert Pipe - Power Equipment

Phone: 540-297-5558 **10% OFF Reg. Price**
 Fax: 540-297-1861 **Trees & Shrubs for**
 www.monetafnc.com **SMLA Members**

11739 Moneta Rd
 Moneta, Va 24121

Hometown Service & Quality at the Right Price !

Help Cut Expenses – Go Paperless!

Are you willing to receive newsletters, in full color, as a PDF file? Send an email to:
 TheOffice@smlassociation.org or call 540-719-0690 to receive electronic newsletters only.

SMLA Office Hours

The secretary is in the office on Tuesday and Friday from 9:00 to 5:00.
 From September through April, the office will be open most
 Mondays and Thursdays from 9:00 to 1:00 (staffed by volunteers).
 The SMLA office is closed on Wednesday.

Appalachian Power Provides Office Hours at the Smith Mountain Lake Association office for your Shoreline Management Questions on Friday Afternoons from 1:00 p.m.—4:30 p.m.

Office hours are an opportunity for property owners to ask general questions about shoreline management at Smith Mountain Lake. No appointment is needed.

Visit www.smithmtn.com for more information and FAQs about the Shoreline Management Plan.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Like it never even happened.®</p>  <p>Lynchburg, Bedford & Campbell Counties Fire & Water - Cleanup and Restoration™ www.servproofflynchburg.com</p>  <p>Susan Myers (434) 525-9559</p> <p>(434) 609-3304 Cell P.O. Box 15124 (540) 586-1579 Office Lynchburg, VA 24502 (434) 525-9558 Fax smyers@servproofflynchburg.com <i>Independently Owned and Operated</i></p> <p>10% off scheduled carpet or duct cleaning. (Please mention ad at booking.)</p>	<p>Advertise your business here!</p> <p>Become a business partner and agree to give discounts or incentives to SMLA Members.</p> <p>For information send an email to: TheOffice@smlassociation.org or call 540-719-0690.</p>
 <p>HOME BUILDING CENTER</p> <p>13700 Booker T. Washington Hwy. • Moneta, Virginia 24121</p> <p><i>Sign up for the Capps Best Rewards Program</i></p> <p>P: (540) 721-2276 F: (540) 721-2299</p>	 <p>Tara Wall Vice President Office: 540.483.4868 Fax: 1.866.511.2385 tara@tntautobody.net www.TNTAutoBody.net</p> <p>Service, Quality, Commitment, No Compromise!</p> <p>20% off any automotive detailing package. Cannot be combined with any other offer.</p>
<p>SMLA Needs Your Help: A group of dedicated volunteers man the SMLA office on Mondays and Thursdays when our Office Manager is not in. From 9-1 they take care of phone communications, map sales, membership renewals and various other office duties.</p> <p>We need additional help in order to fill the calendar. If you are interested in this valuable service, please contact Jo Holden at 719-0690 or Margot Realmuto at 721-4353. Training is available.</p>	 <p>You can support SMLA by passing along the New Membership Application in this newsletter to a friend or neighbor who is not a member.</p> <p><i>Representing members on issues that affect Smith Mountain Lake and its watershed.</i></p>

Partners Program Update

The Partners' Program is an opportunity for businesses to "partner" with SMLA in promoting the health and welfare of the lake. We are looking for an individual who will assist in the implementation of the Partners' Program. This will include contacting businesses to solicit business memberships and offer incentives to our members.

There is a natural synergy between our area businesses and SMLA. If the lake remains healthy, we will continue to attract residents and visitors, promoting business success!

If you are interested in assisting, please contact Lorie Smith at 540-524-9220.

Smith Mountain Lake Association
400 Scruggs Road, Suite 2100
Moneta, VA 24121

Smith Mountain Lake Water Safety Council

The number of accidents and injuries continue to decline on Smith Mountain Lake. This would not happen without a concerted effort by many people to improve our experiences on the lake while reducing the hazards. The Smith Mountain Lake Water Safety Council annually recognizes an individual, business, or organization for their outstanding contributions in advancing safety on the waters of Smith Mountain Lake.

The 2015 Karl Martin Water Safety Award recipient will be named at the Annual and Town Hall Meeting on March 29 at Trinity Ecumenical Parish. Please attend.

To that end nominations are being sought from the public for the 2015 Water Safety Award.

The submission should include:

- Who is being nominated?
- How have they significantly contributed to water safety?
- Over what period has this occurred?
- Name and contact information of those submitting (in case further follow-up is needed)
- **Nominations must be received by January 31, 2016**

Please send nominations to: SML Water Safety Council
Suite 211, 400 Scruggs Road, Moneta, VA 24121
or pmassa@ycp.edu Subject: 2015 Water Safety Award



Change of Phone? - Change of Email?

Please let us know about these changes so we can continue to keep you informed.

Email: theoffice@smlassociation.org
or call 540-719-0690

Thank You

SMLA Annual and Town Hall Meeting: March 29

Be sure to mark your calendars for the evening of March 29th for our SMLA Annual and Town Hall Meeting at 6:30 at Trinity Ecumenical Parish. It's a great opportunity to catch up on what's going on around the lake. Plan to touch base with the many groups that are working to maintain and improve the lake resources that we all enjoy. So bring your friends and neighbors and we'll look forward to seeing you there. Expect awards, exhibits, refreshments and door prizes!