Note: Methodology, explanation of analysis, and biological background on Rest Lake studies are contained within the Manitowish Waters Chain of Lakes-wide Management Plan document.

8.1 Rest Lake

An Introduction to Rest Lake

Rest Lake, Vilas County, is a deep, lowland drainage lake with a maximum depth of 53 feet, a mean depth of 18 feet, and a surface area of approximately 664 acres. It is fed via Papoose Creek from the north and the Manitowish River from the southeast. The Rest Lake Reservoir Dam is located on the west side of the lake, and maintains/controls water levels for upstream lakes in the Manitowish Waters Chain of Lakes. The lake is currently in a mesotrophic state, and its watershed encompasses approximately 146,515 acres. In 2012, 37 native aquatic plant species were located in the lake, of which common waterweed (*Elodea canadensis*) was the most common. Three non-native plants, pale yellow iris, purple loosestrife, and reed canary grass, were observed growing along areas of Rest Lake's shoreline in 2012.

Field Survey Notes

Primarily sandy substrate observed during point-intercept survey. Great habitat diversity, with sand, rock and shallow wetlands being found around the lake's perimeter.

Photo 8.1. Rest Lake, Vilas County

Lake at a Glance* – Rest Lake

Morphology	
Acreage	664
Maximum Depth (ft)	53
Mean Depth (ft)	18
Volume (acre-feet)	14,544
Shoreline Complexity	6.4
Vegetation	
Curly-leaf Survey Date	May 29, 2012
Comprehensive Survey Date	July 24-25, 2012
Number of Native Species	37
Threatened/Special Concern Species	0
Exotic Plant Species	Pale yellow iris; Purple loosestrife; Reed canary grass
Simpson's Diversity	0.90
Average Conservatism	6.7
Water Quality	
Wisconsin Lake Classification	Deep, Lowland Drainage
Trophic State	Mesotrophic
Limiting Nutrient	Phosphorus
Watershed to Lake Area Ratio	223:1

**These parameters/surveys are discussed within the Chain-wide portion of the management plan.*

8.1.1 Rest Lake Water Quality

Water quality data was collected from Rest Lake on six occasions in 2012/2013. Onterra staff sampled the lake for a variety of water quality parameters including total phosphorus, chlorophyll-*a*, Secchi disk clarity, temperature, and dissolved oxygen. Please note that the data in these graphs represent concentrations and depths taken during the growing season (April-October), summer months (June-August) or winter (February-March) as indicated with each dataset. Furthermore, unless otherwise noted the phosphorus and chlorophyll-*a* data represent only surface samples. In addition to sampling efforts completed in 2012/2013, any historical data was researched and are included within this report as available.

Unfortunately, very limited data exists for two water quality parameters of interest – total phosphorus and chlorophyll-*a* concentrations. In 2012, average summer phosphorus concentrations (14.3 µg/L) were less than the median value (23.0 µg/L) for other deep, lowland drainage lakes in the state (Figure 8.1.1-1) The values measured through this management planning process are similar to several data points which were collected in years past. A weighted value from all available data ranks as *Excellent* for a deep, lowland drainage lake.

Total phosphorus surface values from 2012 are compared with bottom-lake samples collected during this same time frame in Figure 8.1.1-2. As displayed in this figure, on several occasions surface and bottom total phosphorus concentrations were similar. However, on some occasions, namely during July and August of 2012, the bottom phosphorus concentrations were much greater than the relatively low surface concentrations. During these periods, anoxic conditions were recorded near the bottom of the lake through measurement of dissolved oxygen (refer to Figure 8.1.1-6 and associated text). This is an indication of hypolimnetic nutrient recycling, or internal nutrient loading, which is a process discussed further in the Manitowish Waters Chain of Lakes-wide document. While this process may be contributing some phosphorus to Rest Lake's water column, the impacts of nutrient loading are not apparent in the lake's overall water quality; as previously mentioned, Rest Lake's surface water total phosphorus values are slightly lower than the median value for comparable lakes in Wisconsin.

Similar to what has been observed with the total phosphorus dataset, summer average chlorophyll-*a* concentrations (2.3 µg/L) were less than the median value (7.0 µg/L) for other lakes of this type (Figure 8.1.1-3). These values are comparable to several historical values that have been collected on Rest Lake.

Both of these parameters, total phosphorus and chlorophyll-*a*, rank within a TSI category of *Excellent*, indicating the lake has enough nutrients for production of aquatic plants, algae, and other organisms but not so much that a water quality issue is present. During 2012 visits to the lake, Onterra ecologists recorded field notes describing very good water conditions.

As lakes become more eutrophic from man-made and naturally occurring processes, the potential for algae blooms exist. As discussed above, algae are correlated with nutrient content in Wisconsin lakes. In other words, as nutrients increase so should the algae in a lake. While it is healthy to have a limited to moderate abundance of algae in a lake ecosystem, excessive algae can lead to recreational and aesthetic impairments. Health concerns may become an issue if some species, namely blue-green algae, get out of hand.

In 2013, some residents had concerns over an algae bloom in Papoose Bay of Rest Lake. The type of algae found within this bloom was not identified, and concerns reported included unpleasing aesthetics and negative effects on watercraft motors. In 2014 algae samples were collected and identified by WDNR staff. The Papoose Bay samples included a filamentous golden-brown algae (*Chrysophyta*).

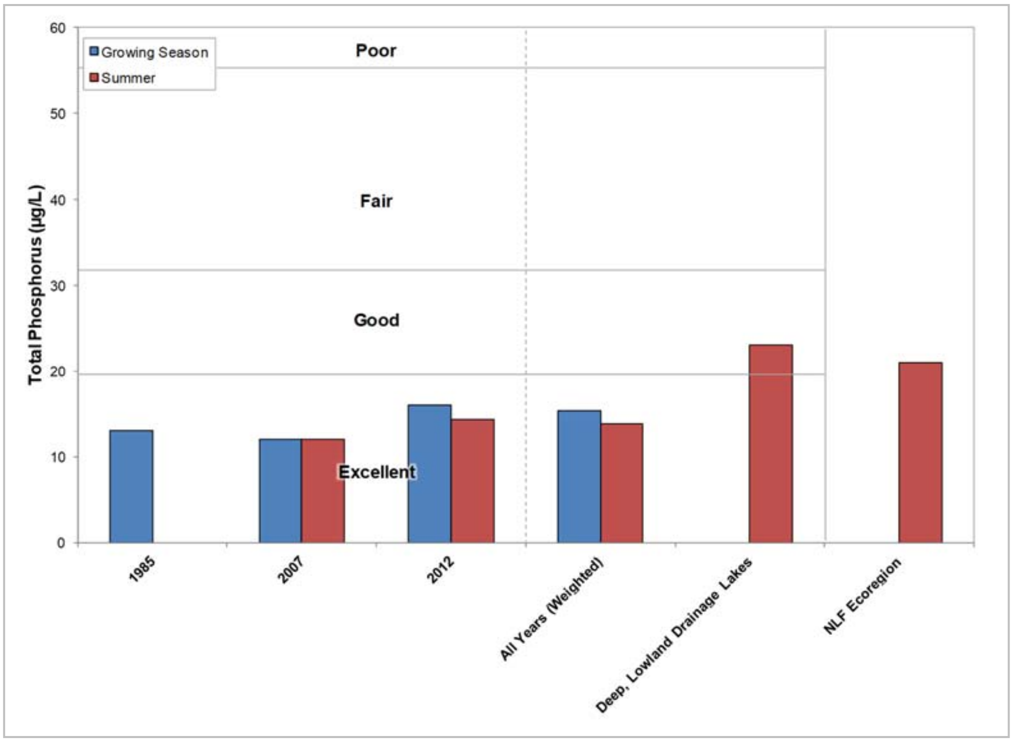


Figure 8.1.1-1. Rest Lake, state-wide deep, lowland drainage lakes, and regional total phosphorus concentrations. Mean values calculated with summer month surface sample data. Water Quality Index values adapted from WDNR PUB WT-913.

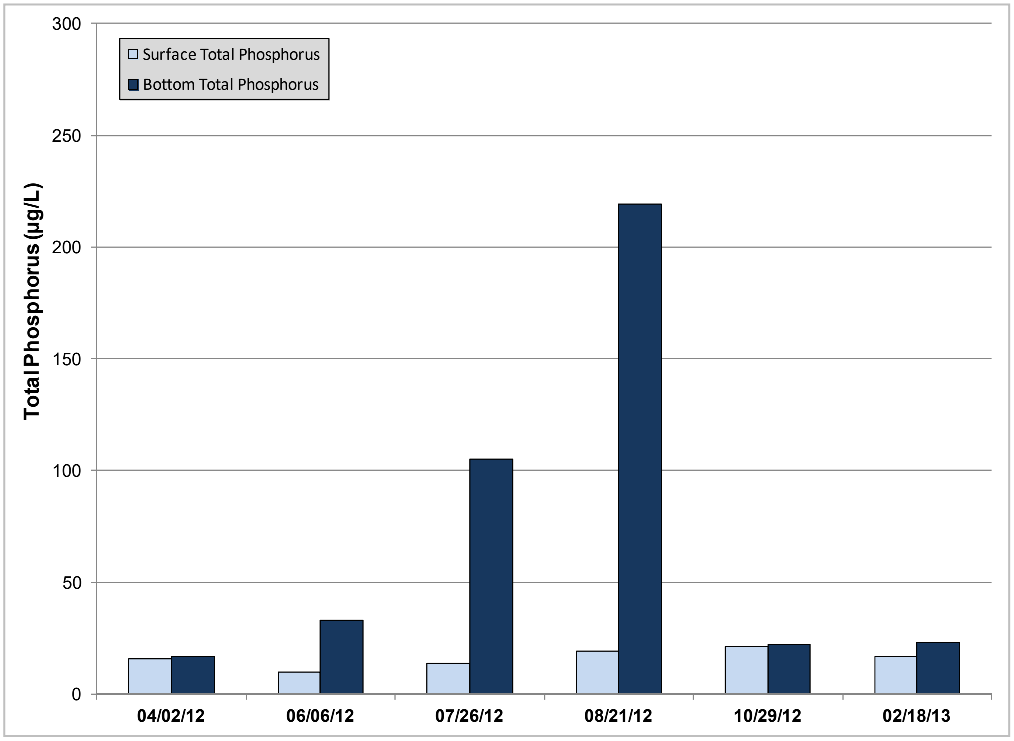


Figure 8.1.1-2. Rest Lake surface and bottom total phosphorus values, 2012-2013. Anoxia was observed in the hypolimnion of the lake during July and August sampling visits.

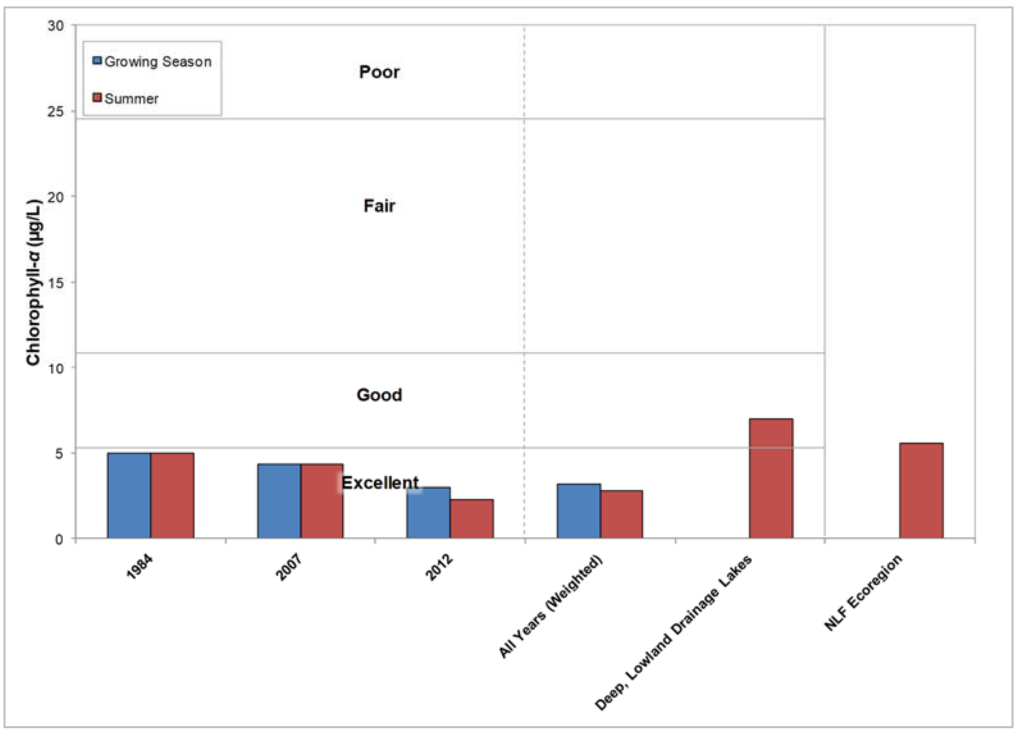


Figure 8.1.1-3. Rest Lake, state-wide deep, lowland drainage lakes, and regional chlorophyll-*a* concentrations. Mean values calculated with summer month surface sample data. Water Quality Index values adapted from WDNR PUB WT-913.

From the examination of nearly two decades worth of intermittent Secchi disk clarity data, several conclusions can be drawn. First, the clarity of Rest Lake's water can be described as *Excellent* in most years (Figure 8.1.1-4). A weighted average over this timeframe is greater than the median value for other deep, lowland drainage lakes in the state as well as all lakes within the ecoregion. Secondly, there is very little variation seen in this data set indicating there is little reason to believe the water clarity has improved, or more importantly, gotten worse over this time period.

Secchi disk clarity is influenced by many factors, including plankton production and suspended sediments, which themselves vary due to several environmental conditions such as precipitation, sunlight, and nutrient availability. In Rest Lake as well as the other lakes in the Manitowish Waters Chain of Lakes, a natural staining of the water plays a role in light penetration, and thus water clarity, as well. The waters of Rest Lake contain naturally occurring organic acids that are washed into the lake from nearby wetlands. The acids are not harmful to humans or aquatic species; they are by-products of decomposing terrestrial and wetland plant species. This natural staining may reduce light penetration into the water column, which reduces visibility and also reduces the growing depth of aquatic vegetation within the lake.

"True color" measures the dissolved organic materials in water. Water samples collected in April and July of 2012 were measured for this parameter, and were found to be at 10 Platinum-cobalt units (Pt-co units, or PCU). Lillie and Mason (1983) categorized lakes with 0-40 PCU as having "low" color, 40-100 PCU as "medium" color, and >100 PCU as high color.

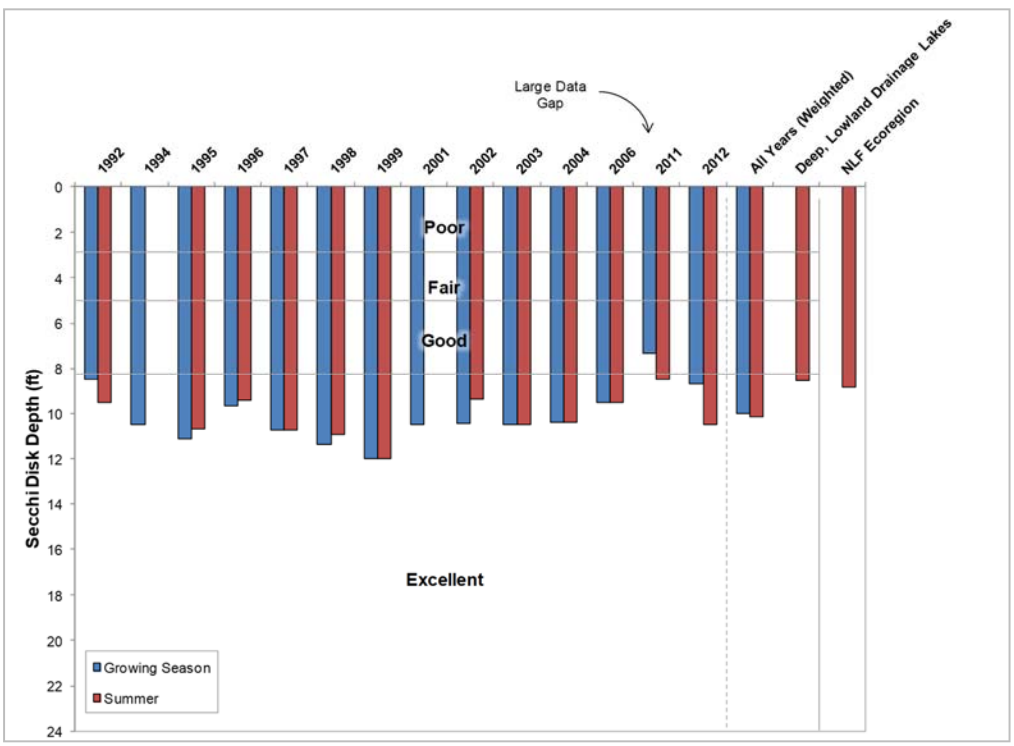


Figure 8.1.1-4. Rest Lake, state-wide deep, lowland drainage lakes, and regional Secchi disk clarity values. Mean values calculated with summer month surface sample data. Water Quality Index values adapted from WDNR PUB WT-913.

Rest Lake Trophic State

The TSI values calculated with Secchi disk, chlorophyll-*a*, and total phosphorus values range in values spanning from lower mesotrophic to eutrophic (Figure 8.1.1-5). In general, the best values to use in judging a lake's trophic state are the biological parameters; therefore, relying primarily on total phosphorus and chlorophyll-*a* TSI values, it can be concluded that Rest Lake is in a mesotrophic state.

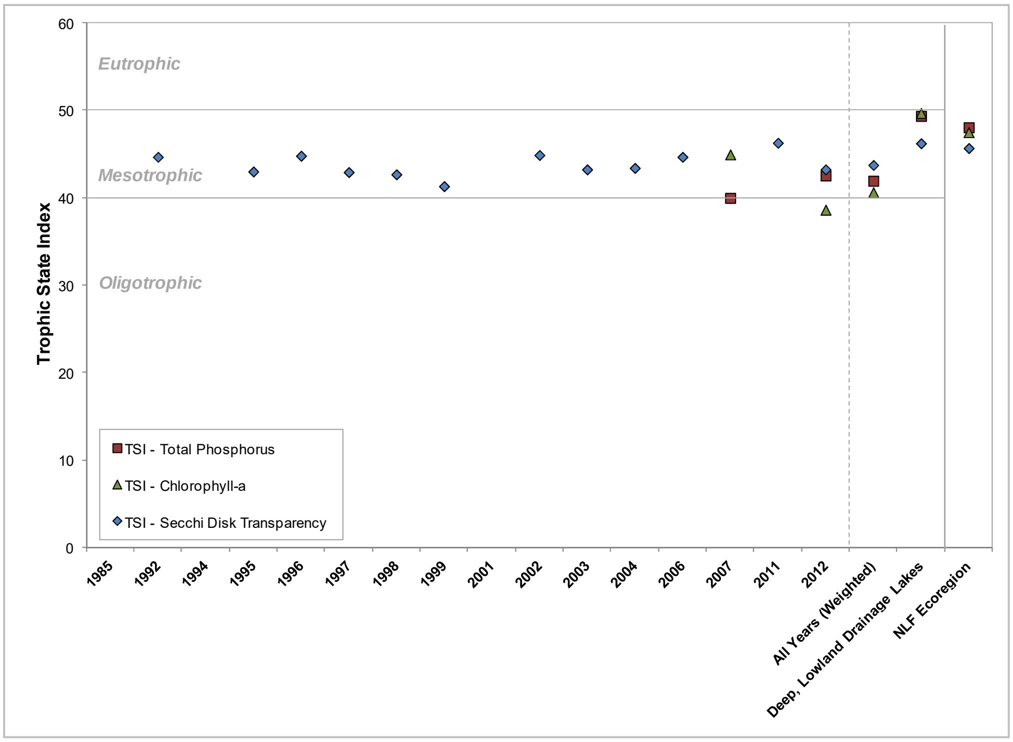


Figure 8.1.1-5. Rest Lake, state-wide deep, lowland drainage lakes, and regional Trophic State Index values. Values calculated with summer month surface sample data using WDNR PUB-WT-193.

Dissolved Oxygen and Temperature in Rest Lake

Dissolved oxygen and temperature profiles were created during each water quality sampling trip made to Rest Lake by Onterra staff. Graphs of those data are displayed in Figure 8.1.1-6 for all sampling events.

Rest Lake mixes thoroughly during the spring and fall, when changing air temperatures and gusty winds help to mix the water column. During the summer months, the bottom of the lake becomes void of oxygen and temperatures remain fairly cool as they were in the spring months. This occurrence is not uncommon in deep Wisconsin lakes, where wind energy is not sufficient during the summer to mix the entire water column – only the upper portion. During this time, bacteria break down organic matter that has collected at the bottom of the lake and in doing so utilize any available oxygen.

The lake mixes completely again in the fall, re-oxygenating the water in the lower part of the water column. During the winter months, the coldest temperatures are found just under the overlying ice, while oxygen gradually diminishes once again towards the bottom of the lake. In February of

2013, oxygen levels remained sufficient throughout most of the water column to support most aquatic life in northern Wisconsin lakes.

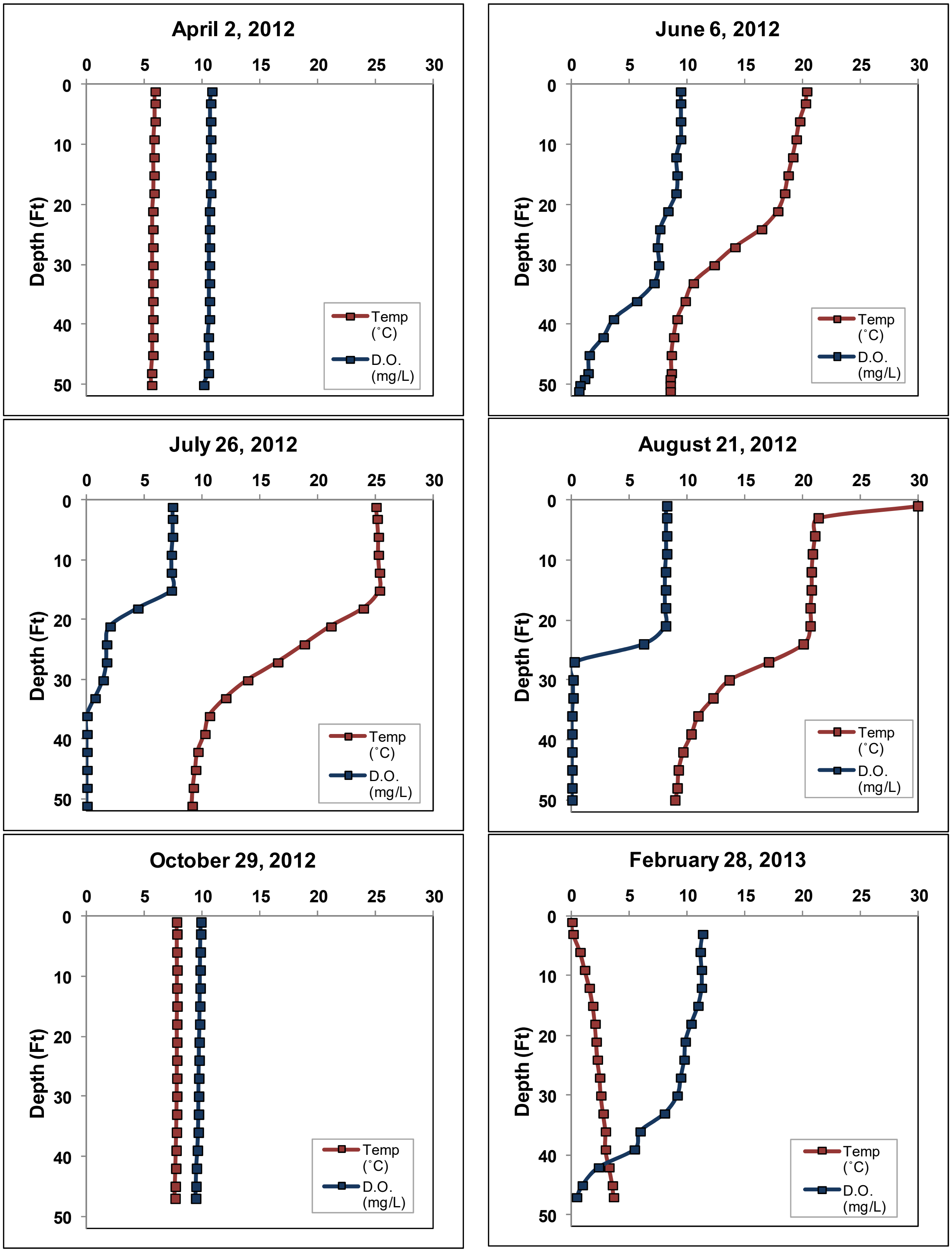


Figure 8.1.1-6. Rest Lake dissolved oxygen and temperature profiles.

Additional Water Quality Data Collected at Rest Lake

The water quality section is centered on lake eutrophication. However, parameters other than water clarity, nutrients, and chlorophyll-*a* were collected as part of the project. These other parameters were collected to increase the understanding of Rest Lake's water quality and are recommended as a part of the WDNR long-term lake trends monitoring protocol. These parameters include; pH, alkalinity, and calcium.

As the Chain-wide Water Quality Section explains, the pH scale ranges from 0 to 14 and indicates the concentration of hydrogen ions (H^+) within the lake's water and is thus an index of the lake's acidity. Rest Lake's surface water pH was measured at roughly 8.5 during April and 7.2 during July of 2012. These values are near or slightly above neutral and fall within the normal range for Wisconsin lakes. Fluctuations in pH with respect to seasonality is common; in-lake processes such as photosynthesis by plants act to reduce acidity by carbon dioxide removal while decomposition of organic matter add carbon dioxide to water, thereby increasing acidity.

A lake's pH is primarily determined by the amount of alkalinity that is held within the water. Alkalinity is a lake's capacity to resist fluctuations in pH by neutralizing or buffering against inputs such as acid rain. Lakes with low alkalinity have higher amounts of the bicarbonate compound (HCO_3^-) while lakes with a higher alkalinity have more of the carbonate compound of alkalinity ($CO_3^=$). The carbonate form is better at buffering acidity, so lakes with higher alkalinity are less sensitive to acid rain than those with lower alkalinity. The alkalinity in Rest Lake was measured at 47 mg/L as $CaCO_3$ in April and July of 2012. This indicates that the lake has a substantial capacity to resist fluctuations in pH and has a low sensitivity to acid rain.

Samples of calcium were also collected from Rest Lake during 2012. Calcium is commonly examined because invasive and native mussels use the element for shell building and in reproduction. Invasive mussels typically require higher calcium concentrations than native mussels. The commonly accepted pH range for zebra mussels is 7.0 to 9.0, so Rest Lake's pH of 7.2 – 8.5 falls within this range. Lakes with calcium concentrations of less than 12 mg/L are considered to have very low susceptibility to zebra mussel establishment. The calcium concentration of Rest Lake was found to be 14.2 mg/L in April and 12.7 mg/L in July of 2012, which is at the bottom end of the optimal range for zebra mussels. Plankton tows were completed by Onterra staff during the summer of 2012 and these samples were processed by the WDNR for larval zebra mussels. No veligers (larval stage of zebra mussels) were observed within these samples.

8.1.2 Rest Lake Watershed Assessment

Rest Lake's watershed is 146,517 acres in size. Compared to Rest Lake's size of 81 acres, this makes for a large watershed to lake area ratio of 223:1. Similar to most lakes that are downstream of other lakes, the large majority of the lake's watershed consists of the lake immediately upstream. For Rest Lake this means that 137,942 acres (94%) of the lake's watershed is the Stone Lake subwatershed and the rest of the Rest Lake's watershed is comprised of land cover types including forest (3%), wetlands (2%), and smaller amounts of other landuses (Figure 8.1.2-1). Wisconsin Lakes Modeling Suite (WiLMS) modeling indicates that Rest Lake's residence time is approximately 33 days, or the water within the lake is completely replaced 11 times per year.

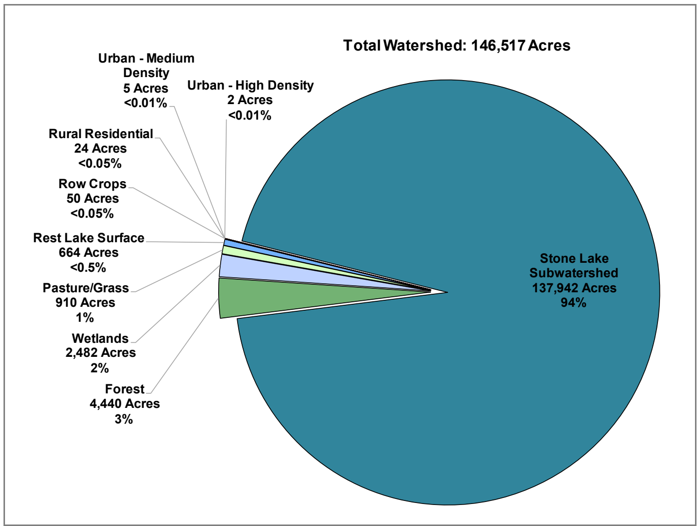


Figure 8.1.2-1. Rest Lake watershed proportion of land cover types. Based upon National Land Cover Database (NLCD – Fry et. al 2011).

Of the estimated 9,220 pounds of phosphorus being delivered to Rest Lake on an annual basis, approximately 8,170 pounds (89%) originates from the Stone Lake subwatershed, with next largest source being forest at 357 pounds (4%) pasture/grass at 243 pounds (3%), and the remainder being from various landuses and atmospheric inputs (Figure 8.1.2-2). Using the estimated annual potential phosphorus load, WiLMS predicted an in-lake growing season average total phosphorus concentration of 18 µg/L, which is similar to the measured growing season average total phosphorus concentration of 14 µg/L. This means the model works reasonably well for Rest Lake.

Because the large majority of the phosphorus that enters Rest Lake comes from the upstream Stone Lake, efforts to reduce phosphorus levels in Rest Lake should concentrate on reducing phosphorus inputs to the upstream lake.

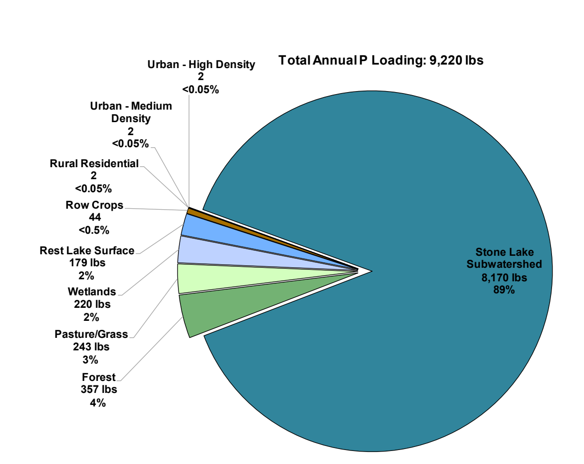


Figure 8.1.2-2. Rest Lake estimated potential annual phosphorus loading. Based upon Wisconsin Lake Modeling Suite (WiLMS) estimates.

8.1.3 Rest Lake Shoreland Condition

Shoreland Development

As mentioned previously in the Chain-wide Shoreland Condition Section, one of the most sensitive areas of the watershed is the immediate shoreland area. This area of land is the last source of protection for a lake against surface water runoff, and is also a critical area for wildlife habitat. In late summer of 2012, Rest Lake's immediate shoreline was assessed in terms of its development. Rest Lake has stretches of shoreland that fit all of the five shoreland assessment categories. In all, 4.5 miles of natural/undeveloped and developed-natural shoreline were observed during the survey (Figure 8.1.3-1). This constitutes about 50% of Rest Lake's shoreline. These shoreland types provide the most benefit to the lake and should be left in their natural state if at all possible. During the survey, 2.5 miles of urbanized and developed–unnatural shoreline (28%) was observed. If restoration of the Rest Lake shoreline is to occur, primary focus should be placed on these shoreland areas as they currently provide little benefit to, and actually may harm, the lake ecosystem. Rest Lake Map 1 displays the location of these shoreline lengths around the entire lake.

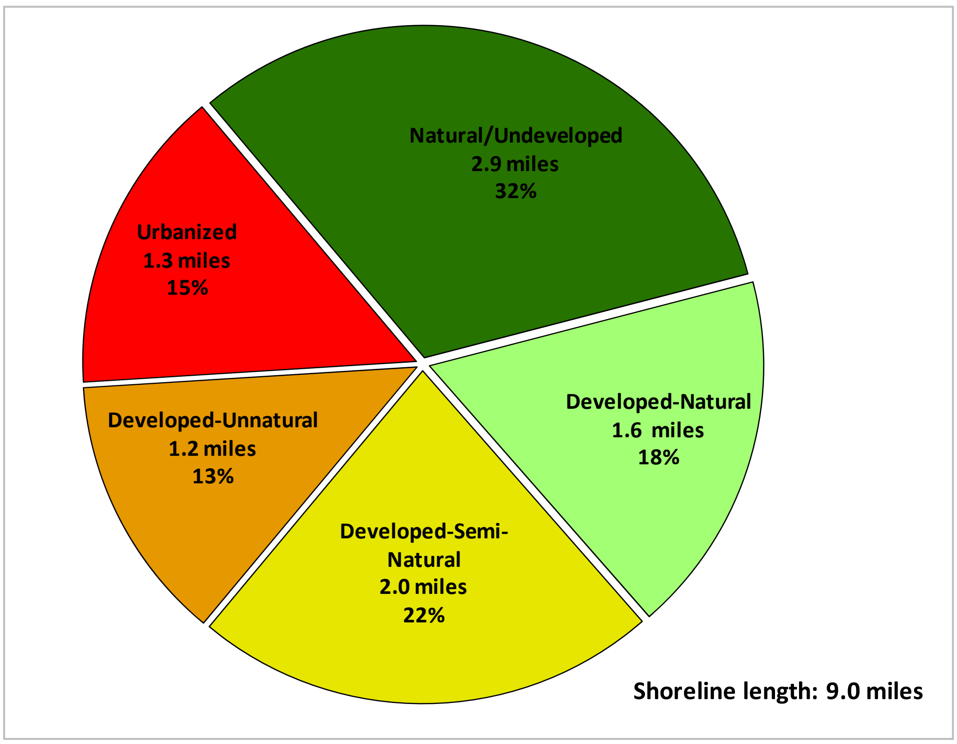


Figure 8.1.3-1. Rest Lake shoreland categories and total lengths. Based upon a late summer 2012 survey. Locations of these categorized shorelands can be found on Rest Lake Map 1.

Coarse Woody Habitat

As part of the shoreland condition assessment, Rest Lake was also surveyed to determine the extent of its coarse woody habitat. Coarse woody habitat was identified and classified in three size categories (2-8 inches in diameter, 8+ inches in diameter, or clusters of pieces) as well as four branching categories: no branches, minimal branches, moderate branches, and full canopy. As discussed earlier, research indicates that fish species prefer some branching as opposed to no branching on coarse woody habitat, and increasing complexity is positively correlated with higher fish species richness, diversity and abundance (Newbrey et al. 2005).

During this survey, 59 total pieces of coarse woody habitat were observed along 9.0 miles of shoreline (Rest Lake Map 2), which gives Rest Lake a coarse woody habitat to shoreline mile ratio of 7:1 (Figure 8.1.3-2). Only instances where emergent coarse woody habitat extended from shore into the water were recorded during the survey. Thirty pieces of 2-8 inches in diameter pieces of coarse woody habitat were found, twenty-nine pieces of 8+ inches in diameter pieces of coarse woody habitat were found, and no instances of clusters of coarse woody habitat were found.

To put this into perspective, Wisconsin researchers have found that in completely undeveloped lakes, an average of 345 coarse woody habitat structures may be found per mile (Christensen et al. 1996). Please note the methodologies between the surveys done on Rest Lake and those cited in this literature comparison are much different, but still provide a valuable insight into what undisturbed shorelines may have in terms of coarse woody habitat.

Onterra has completed coarse woody habitat surveys on 98 lakes throughout Wisconsin since 2012, with the majority occurring in the NLF ecoregion on lakes with public access. The number of coarse woody habitat pieces per shoreline mile in Rest Lake falls well below the 25th percentile of these 98 lakes (Figure 8.1.3-2).

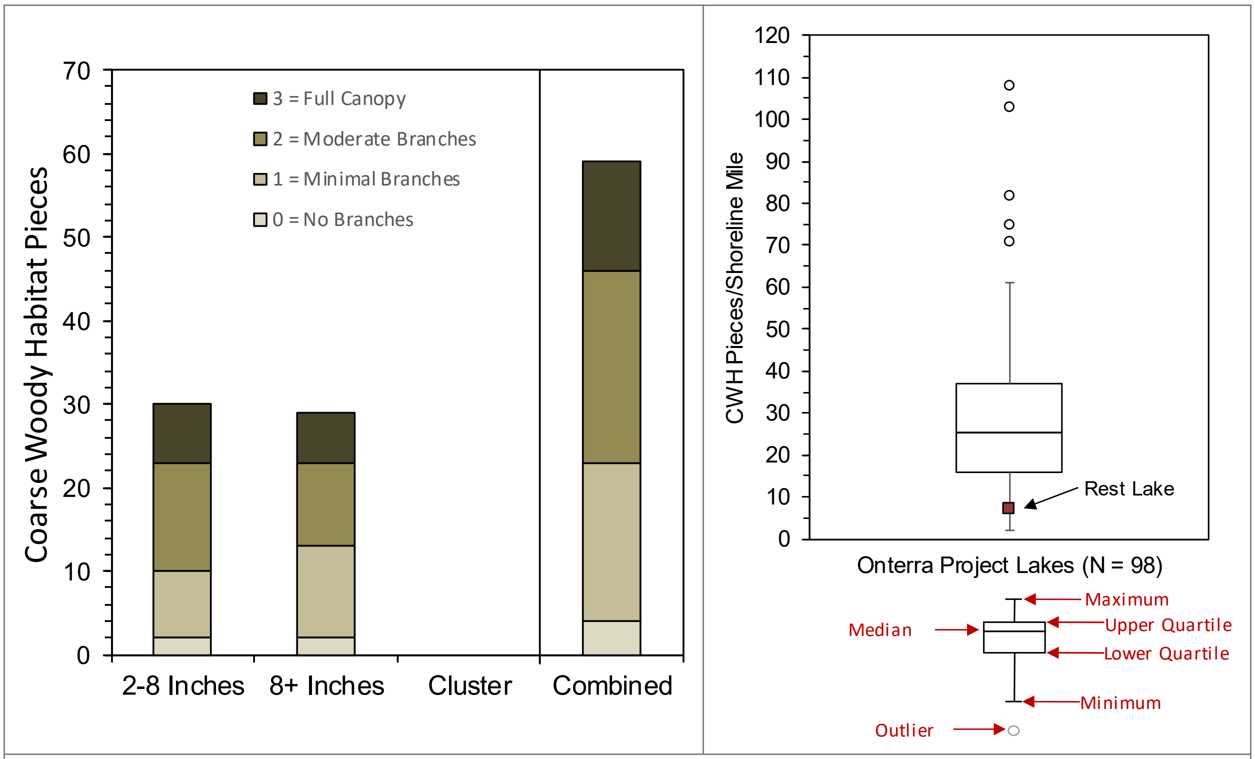


Figure 8.1.3-2. Rest Lake coarse woody habitat survey results. Based upon a late summer 2012 survey. Locations of the Rest Lake coarse woody habitat can be found on Rest Lake Map 2.

8.1.4 Rest Lake Aquatic Vegetation

Note: Rest Lake consists of what some consider two waterbodies – Rest Lake and a bay at the north end called Papoose Bay. Papoose Bay and Rest Lake were surveyed in a similar manner with regards to the aquatic plant community; however, some aspects of the aquatic plant community are analyzed separately as discussed below.

An early season aquatic invasive species survey was conducted on Rest Lake and Papoose Bay on May 29, 2012. While the intent of this survey is to locate *any* potential non-native species within the lake, the primary focus is to locate occurrences of curly-leaf pondweed which should be at or near its peak growth at this time. During this meander-based survey of the littoral zone, Onterra ecologists did not locate any occurrences of curly-leaf pondweed or any other submersed non-native aquatic plant species.

The aquatic plant point-intercept survey was conducted on Rest Lake and Papoose Bay on July 24, 2012 by Onterra. The floating-leaf and emergent plant community mapping survey was completed on July 25, 2012 to map these community types. During all surveys, 37 species of native aquatic plants were located in Rest Lake (Table 8.1.4-1). Twenty-one of these species were sampled directly on the rake during the point-intercept survey and are used in the analysis that follows, while the remaining 16 species were observed incidentally. Three exotic species, pale yellow iris (*Iris speudacorus*), purple loosestrife (*Lythrum salicaria*), and reed canary grass (*Phalaris arundinacea*) were observed along the shores of Rest Lake also. Exotic species inventories and management actions are discussed within the Chain-wide plan document. A total of 24 native aquatic plant species were located in Papoose Bay in 2012, 17 of which were sampled directly during the point-intercept survey (Table 8.1.4-2). No exotic species were located in Papoose Bay in 2012. Table 8.1.4-1 and Table 8.1.4-2 also include a list of aquatic plant species located in Rest Lake and Papoose Bay during whole-lake point-intercept surveys conducted by members of WDNR in 2008.

Aquatic plants were found growing to a depth of 15 feet in Rest Lake and to the maximum depth of Papoose Bay, 7 feet, in 2012. A WDNR 2008 survey found aquatic plants growing to a depth of 11.5 feet in Rest Lake and 6.5 feet in Papoose Bay. Of the 415 point-intercept sampling locations that fell at or below the maximum depth of plant growth (littoral zone) in Rest Lake in 2012, 18% contained aquatic vegetation, indicating Rest Lake's littoral zone is not highly vegetated. As illustrated on Rest Lake Map 3, aquatic vegetation was most abundant in shallow areas within the northern and southwestern areas of the lake. Papoose Bay, being relatively shallow, was highly vegetated with 84% of the point-intercept sampling locations sampled containing aquatic vegetation in 2012. Papoose Bay-Map 1 displays the point-intercept locations that contained aquatic vegetation in 2012, and that many of the point-intercept sampling locations were not sampled and were listed as "non-navigable" due to dense emergent vegetation.

On Rest Lake, approximately 60% of the point-intercept sampling locations where sediment data were collected (<14 feet) were sand, 35% consisted of a fine, soft sediments (muck) and 5% were determined to be rocky (Chain-wide Fisheries Section, Table 3.5-5). Most (76%) of the point-intercept sampling locations in Papoose Bay held fine, soft sediments, while 21% contained sand and 3% contained a rocky substrate.

Table 8.1.4-1. Aquatic plant species located in Rest Lake during Onterra 2012 surveys and WDNR 2008 point-intercept survey.

Growth Form	Scientific Name	Common Name	Coefficient of Conservatsim (C)	WDNR (2008)	Onterra (2012)
Emergent	*Carex crinita*	Fringed sedge	6		I
	Carex lacustris	Lake sedge	6		I
	Carex retrorsa	Retrorse sedge	6		I
	Eleocharis palustris	Creeping spikerush	6		I
	Equisetum fluviatile	Water horsetail	7	X	I
	Glyceria canadensis	Rattlesnake grass	7		I
	Iris pseudacorus	Pale yellow iris	Exotic		I
	Iris versicolor	Northern blue flag	5		I
	Juncus effusus	Soft rush	4		I
	Lythrum alatum	Winged loosestrife	6		I
	Lythrum salicaria	Purple loosestrife	Exotic		I
	Phalaris arundinacea	Reed canary grass	Exotic		I
	Sagittaria latifolia	Common arrowhead	3		I
	Schoenoplectus pungens	Three-square rush	5		I
	Schoenoplectus tabernaemontani	Softstem bulrush	4		I
	Scirpus cyperinus	Wool grass	4		I
	Sium suave	Water parsnip	5	X	I
	Typha sp.	Cattail sp.	1	X	I
	Zizania palustris	Northern wild rice	8	X	X
FL	*Nymphaea odorata*	White water lily	6		I
	Nuphar variegata	Spatterdock	6		X
FL/E	*Sparganium fluctuans*	Floating-leaf bur-reed	10	X	X
Submergent	*Bidens beckii*	Water marigold	8	X	X
	Ceratophyllum demersum	Coontail	3	X	X
	Chara sp.	Muskgrasses	7		X
	Elodea canadensis	Common waterweed	3	X	X
	Elodea nuttallii	Slender waterweed	7	X	
	Heteranthera dubia	Water stargrass	6	X	X
	Myriophyllum sibiricum	Northern watermilfoil	7	X	X
	Najas flexilis	Slender naiad	6	X	X
	Najas guadalupensis	Southern naiad	7		X
	Nitella sp.	Stoneworts	7	X	X
	Potamogeton amplifolius	Large-leaf pondweed	7	X	X
	Potamogeton foliosus	Leafy pondweed	6	X	X
	Potamogeton friesii	Fries' pondweed	8	X	X
	Potamogeton pusillus	Small pondweed	7	X	X
	Potamogeton robbinsii	Fern pondweed	8	X	X
	Potamogeton spirillus	Spiral-fruited pondweed	8	X	X
	Potamogeton strictifolius	Stiff pondweed	9	X	
	Potamogeton zosteriformis	Flat-stem pondweed	6	X	X
	Utricularia intermedia	Flat-leaf bladderwort	9	X	
	Utricularia vulgaris	Common bladderwort	7		X
	Vallisneria americana	Wild celery	6	X	X
S/E	*Sagittaria cristata*	Crested arrowhead	9	X	
	Schoenoplectus subterminalis	Water bulrush	9	X	

FL = Floating-leaf; FL/E = Floating-leaf/Emergent; S/E = Submergent/Emergent
X = Located on rake during point-intercept survey; I = Incidentally located

Table 8.1.4-2. Aquatic plant species located in Papoose Bay during Onterra 2012 surveys and WDNR 2008 point-intercept survey.

Growth Form	Scientific Name	Common Name	Coefficient of Conservatsim (C)	WDNR (2008)	Onterra (2012)
Emergent	*Carex* sp.	Sedge sp.	N/A	X	
	Cicuta maculata	Water hemlock	6	X	
	Equisetum fluviatile	Water horsetail	7	X	I
	Juncus effusus	Soft rush	4	X	
	Leersia sp.	Sawgrass sp.	N/A	X	
	Sagittaria rigida	Stiff arrowhead	8	X	
	Sagittaria sp.	Arrowhead sp.	N/A	X	
	Schoenoplectus tabernaemontani	Softstem bulrush	4	X	I
	Scirpus cyperinus	Wool grass	4		I
	Sium suave	Water parsnip	5		I
	Typha spp.	Cattail spp.	1		I
	Zizania palustris	Northern wild rice	8		X
FL	*Nuphar variegata*	Spatterdock	6		I
	Nymphaea odorata	White water lily	6	X	
FL/E	*Sparganium fluctuans*	Floating-leaf bur-reed	10		I
Submergent	*Bidens beckii*	Water marigold	8	X	X
	Callitriche sp.	Water starwort sp.	N/A	X	
	Ceratophyllum demersum	Coontail	3	X	X
	Chara sp.	Muskgrasses	7	X	X
	Elodea canadensis	Common waterweed	3	X	X
	Heteranthera dubia	Water stargrass	6	X	
	Myriophyllum sibiricum	Northern watermilfoil	7	X	X
	Najas flexilis	Slender naiad	6	X	X
	Nitella sp.	Stoneworts	7		X
	Potamogeton foliosus	Leafy pondweed	6	X	
	Potamogeton friesii	Fries' pondweed	8	X	
	Potamogeton gramineus	Variable pondweed	7	X	X
	Potamogeton gramineus	Variable pondweed	7	X	
	Potamogeton obtusifolius	Blunt-leaf pondweed	9		X
	Potamogeton pusillus	Small pondweed	7	X	
	Potamogeton richardsonii	Clasping-leaf pondweed	5	X	X
	Potamogeton robbinsii	Fern pondweed	8	X	X
	Potamogeton zosteriformis	Flat-stem pondweed	6	X	X
	Ranunculus aquatilis	White water-crowfoot	8	X	
	Utricularia vulgaris	Common bladderwort	7		X
	Vallisneria americana	Wild celery	6		X
S/E	*Eleocharis acicularis*	Needle spikerush	5	X	
	Sagittaria cuneata	Arum-leaved arrowhead	7	X	X
FF	*Lemna trisulca*	Forked duckweed	6	X	X

FL = Floating-leaf; FL/E = Floating-leaf/Emergent; S/E = Submergent/Emergent; FF = Free-floating
X = Located on rake during point-intercept survey; I = Incidentally located

Figure 8.1.4-1 displays the littoral frequency of occurrence of aquatic plant species in Rest Lake from the 2012 point-intercept survey. Common waterweed, fern pondweed, and slender naiad were the three-most frequently encountered species in 2012. Common waterweed can be found in lakes throughout Wisconsin and North America. It is usually found growing in soft substrates, and possesses long stems with whorls of three, slender leaves. This species can tolerate and thrive in lakes with lower water clarity, and can often grow to nuisance levels forming large mats on the water's surface. Common waterweed provides excellent structural habitat for aquatic organisms and is an important food source for animals such as muskrats.

Fern pondweed, a common plant of lakes in northern Wisconsin, was the second-most abundant plant in Rest Lake in 2012. This plant generally grows in dense beds which creep along the bottom of the lake, where they provide excellent structural habitat for aquatic invertebrates and fish. The third-most abundant plant in 2012, slender naiad, is a common annual species in Wisconsin, and is considered to be one of the most important food sources for a number of migratory waterfowl species (Borman et al. 1997). Their numerous seeds, leaves, and stems all provide sources of food, while the small, condensed network of leaves provide excellent habitat for aquatic invertebrates.

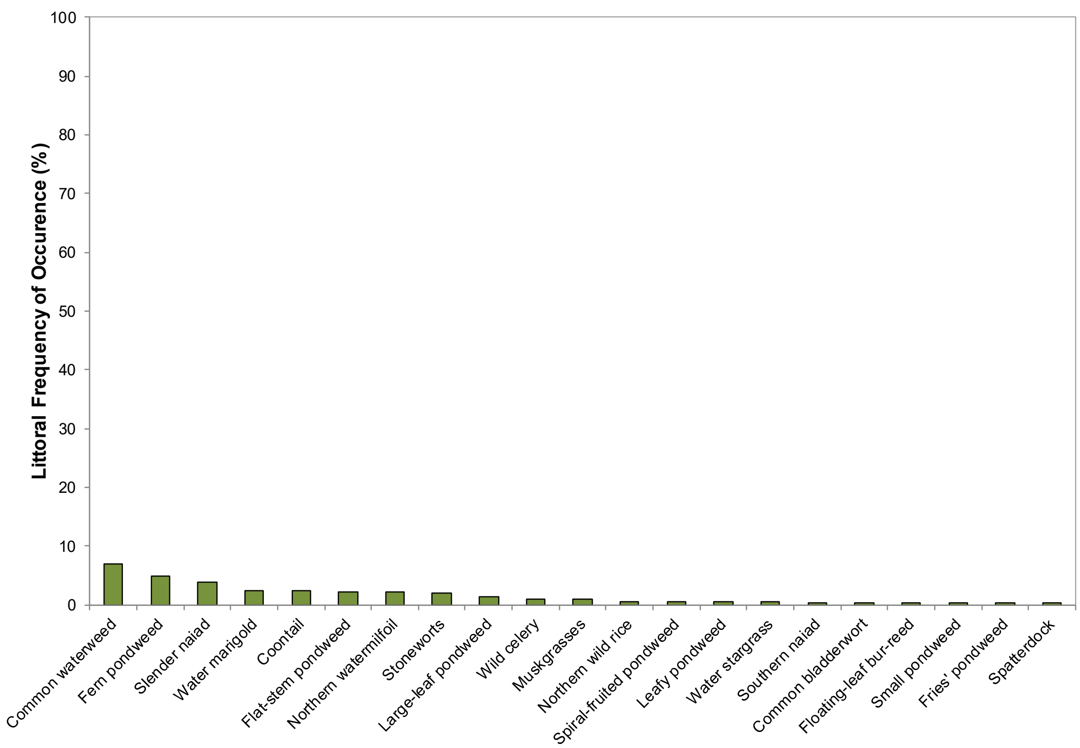


Figure 8.1.4-1. Rest Lake aquatic plant littoral frequency of occurrence analysis. Created using data from a 2012 point-intercept survey.

Figure 8.1.4-2 displays the littoral frequency of occurrence of select aquatic plant species from both the Onterra 2012 and WDNR 2008 point-intercept surveys. Like in 2012, common waterweed and fern pondweed were the most frequently encountered aquatic plants. As indicated on Figure 8.1.4-2, northern wild rice was the only aquatic plant species to exhibit a statistically valid reduction in its littoral occurrence from 2008 to 2012 (Chi-square $\alpha = 0.05$). However, this is due to additional point-intercept sampling locations that were sampled in 2008 within the northwest bay of Rest Lake that were non-navigable due to dense northern wild rice in 2012. No other aquatic plant species exhibited statistically valid changes in their occurrence over this time period.

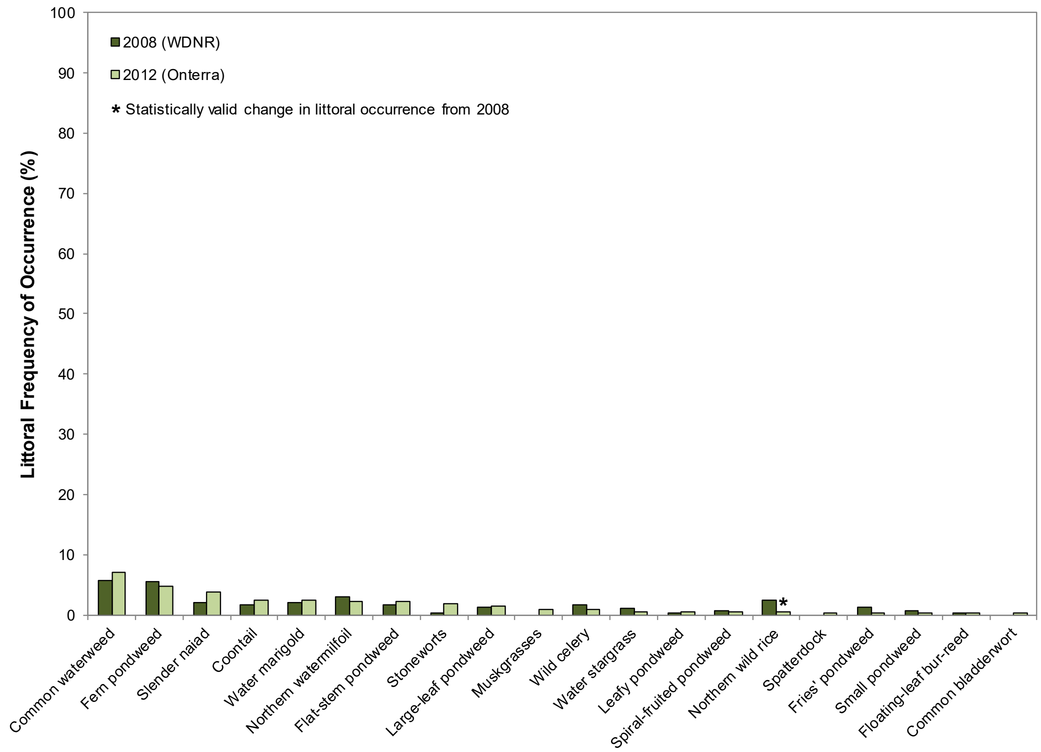


Figure 8.1.4-2. Rest Lake select aquatic plant littoral frequency of occurrence analysis. Created using data from WDNR 2008 and Onterra 2012 point-intercept surveys.

The 2012 littoral frequency chart for Papoose Bay (Figure 8.1.4-3) illustrates that coontail, common waterweed, and flat-stem pondweed were the three-most frequently encountered aquatic plant species during the 2012 point-intercept survey. However, only about half of the point-intercept sampling locations were able to be sampled, the remaining were located in dense, emergent vegetation, mostly comprised of northern wild rice. Had these points been able to be sampled, these data would likely show that northern wild rice is the most dominant plant within Papoose Bay.

Coontail, like common waterweed, is found throughout lakes in Wisconsin and North America. It produces long stems that contain whorls of stiff leaves, lacks true roots, and obtains the majority of its essential nutrients directly from the water. Coontail is usually found in lakes of higher productivity where there are sufficient nutrients within the water to support it. Its dense growth removes excess nutrients from the water, and provides aquatic wildlife with excellent structural habitat. Flat-stem pondweed, as its name indicates, possesses a conspicuously flattened stem. Like coontail, flat-stem pondweed is usually found in more productive lakes, and provides valuable structural habitat and sources of food for wildlife.

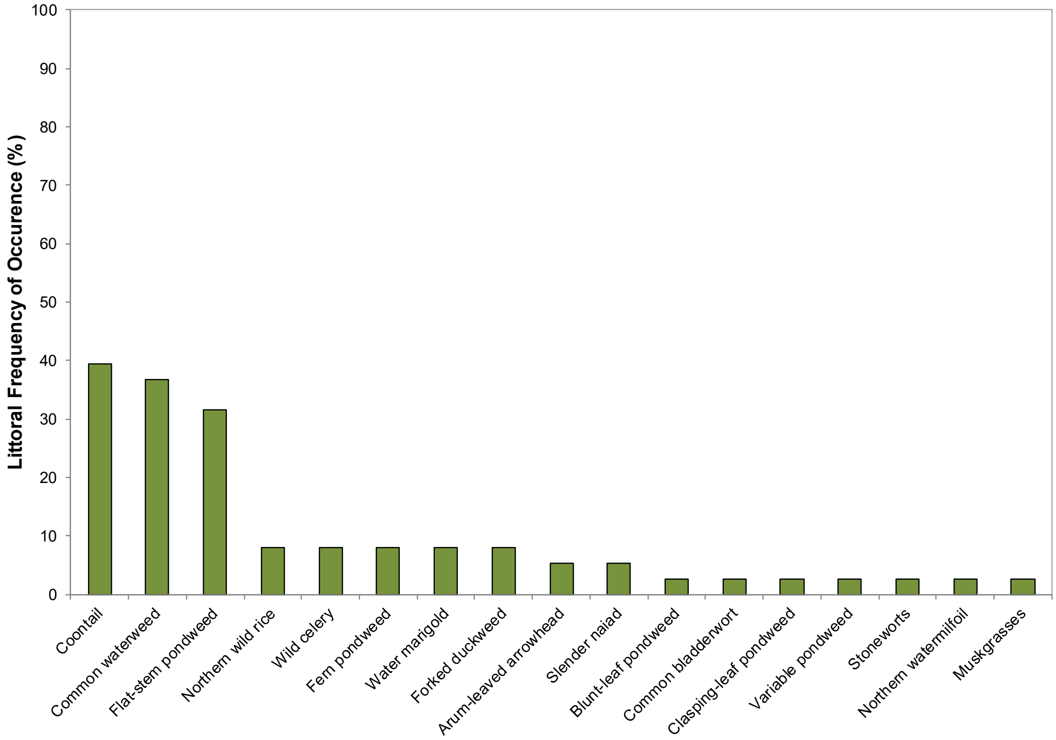


Figure 8.1.4-3. Papoose Bay aquatic plant littoral frequency of occurrence analysis. Created using data from a 2012 point-intercept survey.

Figure 8.1.4-4 displays the littoral frequency of occurrence of aquatic plants from the 2012 and WDNR 2008 point-intercept surveys in Papoose Bay. As illustrate, a number of aquatic plants, including muskgrasses, northern watermilfoil, Fries' pondweed, arrowhead sp., small pondweed, coontail, and flat-stem pondweed, saw statistically valid changes in occurrence from 2008 to 2012. While some of these may reflect natural community dynamics of Papoose Bay over time, these changes are likely due to the difference in the number of point-intercept locations sampled between 2008 and 2012. Nearly all the points (83) were able to be sampled in 2008, while less than half (38) were able to be sampled in 2012. As discussed in the chain-wide section, northern wild rice populations tend fluctuate naturally on an annual basis. It is likely that the northern wild rice in Papoose Bay was less dense in 2008 allowing surveyors to access areas that were non-navigable in 2012.

As discussed in the chain-wide section, the calculations used for the Floristic Quality Index (FQI) for a lake's aquatic plant community are based on the aquatic plant species that were encountered on the rake during the point-intercept survey and does not include incidental species. These species encountered on the rake and their conservatism values were used to calculate the FQI of Rest Lake's and Papoose Bay's aquatic plant communities in 2008 and 2012 (Figure 8.1.4-5). The number of native species encountered on the rake declined from 2008 to 2012 in both Rest Lake and Papoose Bay. The large reduction in the number of species encountered in Papoose Bay in 2012 is likely due to the previously discussed reduced sampling effort. The number of native species for both Rest Lake and Papoose Bay falls above the median value for both lakes in the Northern Lakes and Forests Lakes (NLFL) Ecoregion and for lakes throughout Wisconsin.

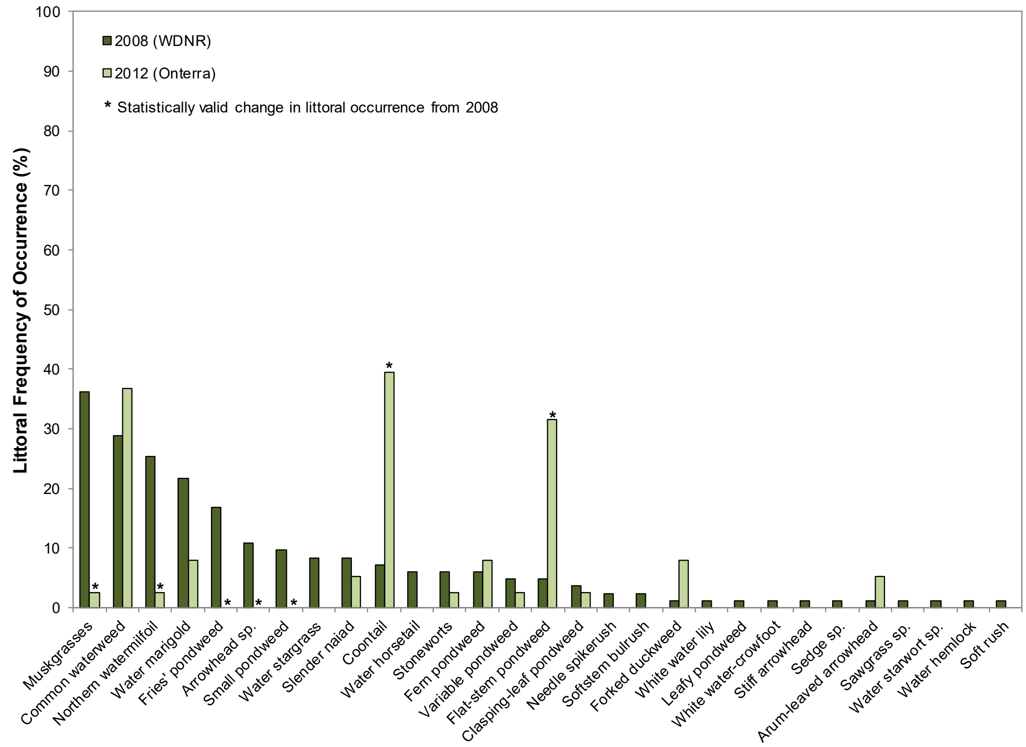


Figure 8.1.4-4. Papoose Bay aquatic plant littoral frequency of occurrence analysis. Created using data from WDNR 2008 and Onterra 2012 point-intercept surveys.

The average conservatism values decreased slightly in Rest Lake from 2008 to 2012, and increased slightly in Papoose Bay (Figure 8.1-4-5). The average conservatism values for Rest Lake and Papoose Bay in 2012 fall below the median value for lakes in the NLFL Ecoregion, but above the median for lakes throughout Wisconsin. The Floristic Quality Index values for both Rest Lake and Papoose Bay declined from 2008 to 2012, but both waterbodies were higher than the median values for lakes in NLFL Ecoregion and lakes in Wisconsin in 2012. These data indicate that the aquatic plant community of Rest Lake is of comparable quality to other lakes in NLFL Ecoregion and of higher quality than the majority of lakes in Wisconsin, and the plant community has changed little since 2008. The plant community of Papoose Bay is of comparable to slightly lower quality than other lakes in the NLFL Ecoregion but of higher quality than most of the lakes in Wisconsin.

As explained earlier in the Manitowish Waters Chain of Lakes-wide document, the littoral frequency of occurrence analysis allows for an understanding of how often each of the plants is located during the point-intercept survey. Because each sampling location may contain numerous plant species, relative frequency of occurrence is one tool to evaluate how often each plant species is found in relation to all other species found (composition of population). For instance, while common waterweed was found at 7% of the littoral sampling locations in Rest Lake in 2012, its relative frequency of occurrence is 21%. Explained another way, if 100 plants were randomly sampled from Rest Lake, 21 of them would be common waterweed. This distribution can be observed in Figures 8.1.4-6 and 8.1.4-7.

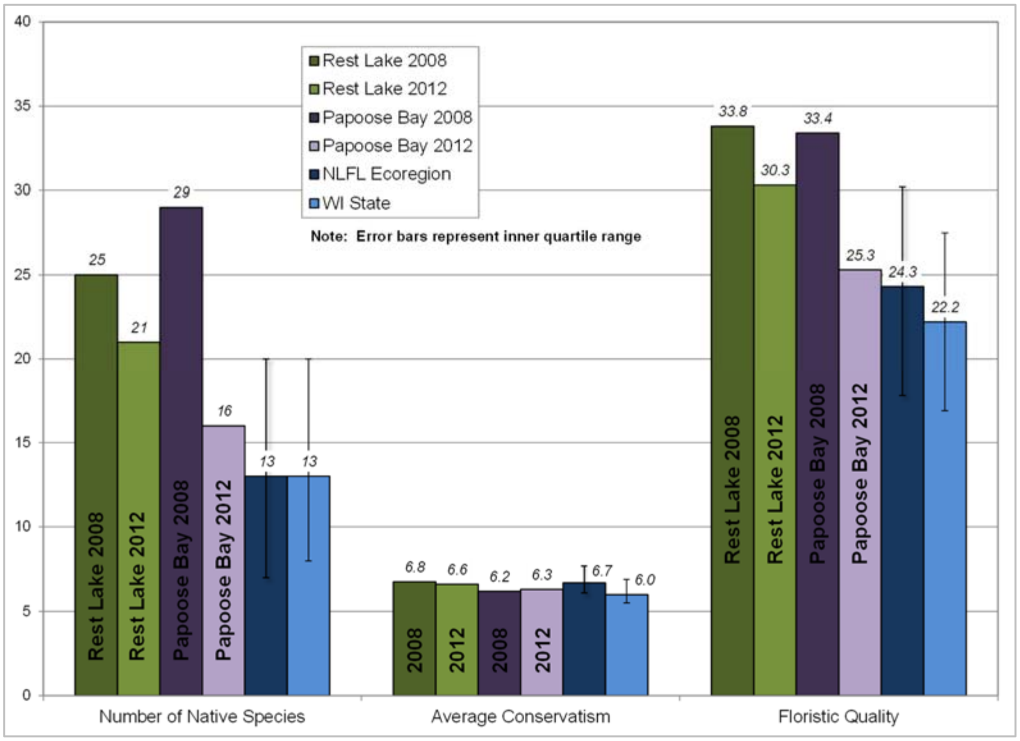


Figure 8.1.4-5. Rest Lake and Papoose Bay 2008 and 2012 Floristic Quality Analysis. Created using data from WDNR 2008 and Onterra 2012 point-intercept surveys. Analysis following Nichols (1999).

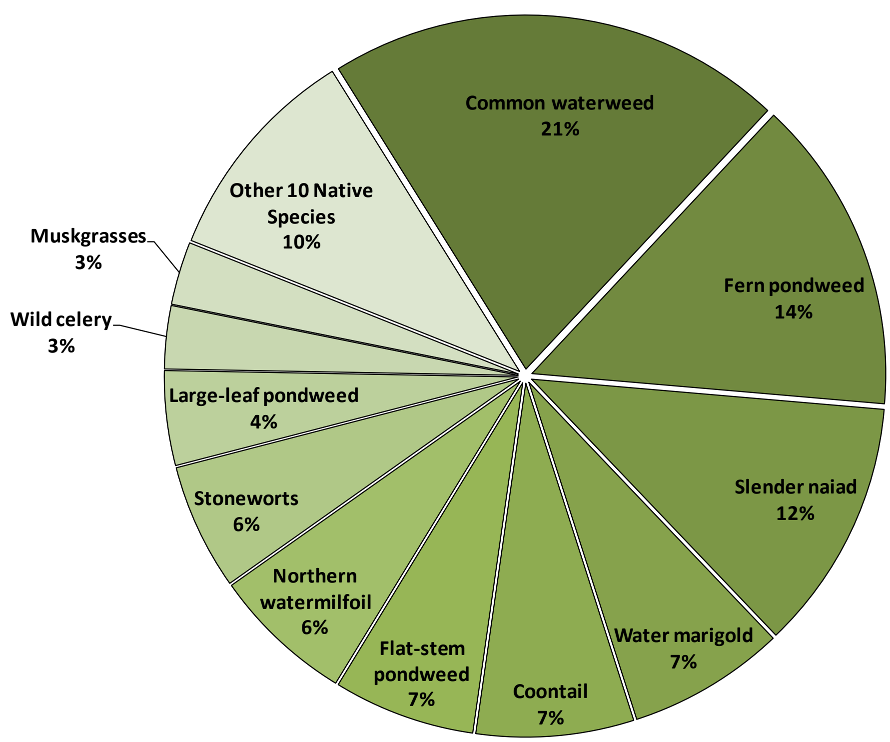


Figure 8.1.4-6. Rest Lake 2012 aquatic plant relative frequency of occurrence analysis. Created using data from 2012 point-intercept survey.

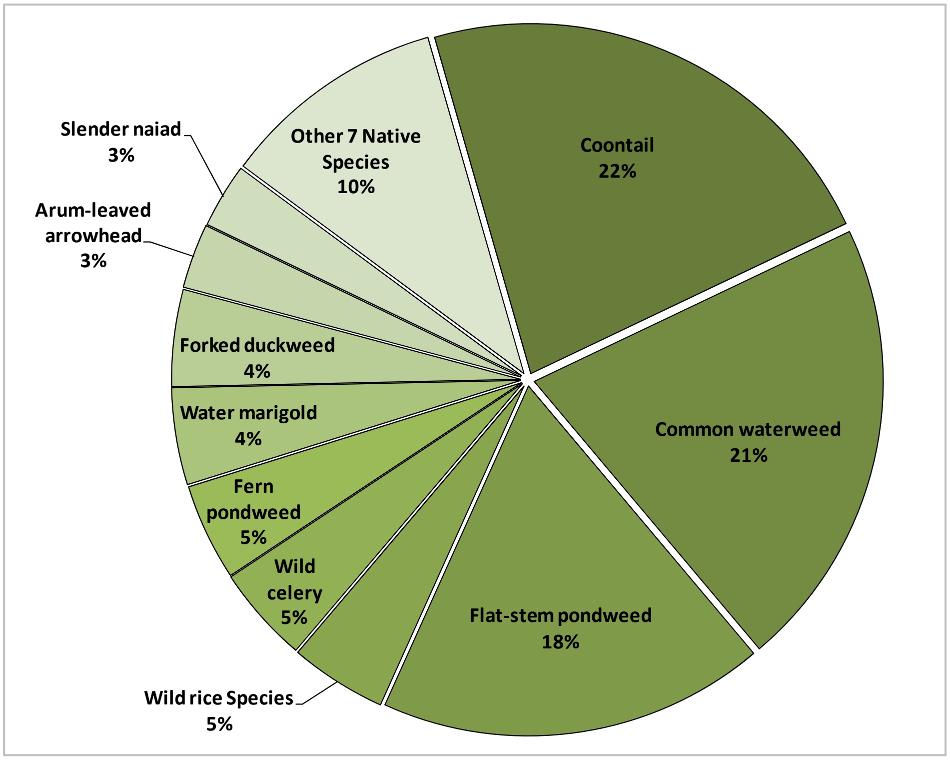


Figure 8.1.4-7. Papoose Bay 2012 aquatic plant relative frequency of occurrence analysis. Created using data from 2012 point-intercept survey.

The quality of Rest Lake and Papoose Bay are also indicated by the presence of emergent and floating-leaf plant communities that occur in many areas. The 2012 community map indicates that approximately 11.1 acres of Rest Lake and 9.1 acres of Papoose Bay contain these types of plant communities (Rest Lake Map 4, Papoose Bay-Map 2, Table 8.1.4-3). Fourteen native floating-leaf and emergent species were located on Rest Lake and Papoose Bay (Table 8.1.4-1, 8.1.4-2), all of which provide valuable wildlife habitat.

Table 8.1.4-3. Rest Lake and Papoose Bay acres of emergent and floating-leaf plant communities from the 2012 community mapping survey.

Plant Community	Rest Lake Acres	Papoose Bay Acres
Emergent	10.3	9.0
Floating-leaf	0.1	0.1
Mixed Emergent & Floating-leaf	0.7	0.0
Total	11.1	9.1
Grand Total	**20.2**	

The community map represents a 'snapshot' of the emergent and floating-leaf plant communities, replications of this survey through time will provide a valuable understanding of the dynamics of these communities within Rest Lake. This is important, because these communities are often negatively affected by recreational use and shoreland development. Radomski and Goeman (2001) found a 66% reduction in vegetation coverage on developed shorelines when compared to undeveloped shorelines in Minnesota Lakes. Furthermore, they also found a significant reduction in abundance and size of northern pike (*Esox lucius*), bluegill (*Lepomis macrochirus*), and pumpkinseed (*Lepomis gibbosus*) associated with these developed shorelines.

Papoose Creek

Papoose Creek consists of a tributary stream and a small bay at the north end of Rest Lake. Some consider the bay a separate waterbody from Rest Lake and the remaining Manitowish Waters Chain of Lakes. The Papoose Bay Association (PBA) is heavily involved with the Manitowish Waters Lake Association, North Lakeland Discovery Center and other stakeholders in management of this waterbody. Specifically, the PBA is involved with management of abundant aquatic plant populations, which bring about navigational issues in this bay.

Mechanical Harvesting in Papoose Bay

Papoose Bay riparian property owners, many who are members of the Papoose Bay Association, experience navigational issues brought about by abundant aquatic plant populations within the bay. The association has sponsored mechanical harvesting to maintain navigational lanes to increase navigability annually since 2002. In 2012, approximately 2 acres of aquatic plants were mechanically harvested. Papoose Bay-Map 3 shows that a 30-foot wide navigational lane was harvested down the center of the bay, while 15-foot wide riparian access lanes were harvested to maintain access to the main navigational channel. Within the Implementation Plan, Management Goal 7 addresses future harvesting permitting and activities.

Non-Native Aquatic Plants in Rest Lake

Pale-yellow iris

Pale-yellow iris (*Iris pseudacorus*) is a large, showy iris with bright yellow flowers. Native to Europe and Asia, this species was sold commercially in the United States for ornamental use and has since escaped into Wisconsin's wetland areas forming large monotypic colonies and displacing valuable native wetland species. This species was observed flowering along the shoreline areas on the lake during the early-season aquatic invasive species survey. The single location of pale-yellow iris on Rest Lake's western shore can be viewed on Rest Lake Map 4. This exotic plant is typically controlled with hand-removal and in cases of heavy infestations, the use of herbicides.

Purple loosestrife

Purple loosestrife (*Lythrum salicaria*) is a perennial herbaceous plant native to Europe and was likely brought over to North America as a garden ornamental. This plant escaped from its garden landscape into wetland environments where it is able to out-compete our native plants for space and resources. First detected in Wisconsin in the 1930's, it has now spread to 70 of the state's 72 counties. Purple loosestrife largely spreads by seed, but also can vegetatively spread from root or stem fragments.

In Rest Lake, purple loosestrife was located along the shoreline of the southern portion of the lake (Rest Lake – Map 4). There are a number of effective control strategies for combating this aggressive plant, including herbicide application, biological control by native beetles, and manual hand removal. Due to the low occurrence and distribution of plants, hand removal by volunteers is likely the best option as it would decrease costs significantly. Additional purple loosestrife monitoring would be required to ensure the eradication of the plant from the shorelines and wetland areas around Rest Lake.

Reed canary grass

Reed canary grass (*Phalaris arundinacea*) is a large, coarse perennial grass that can reach six feet in height. Often difficult to distinguish from native grasses, this species forms dense, highly productive stands that vigorously outcompete native species. Unlike native grasses, few wildlife species utilize the grass as a food source, and the stems grow too densely to provide cover for small mammals and waterfowl. It grows best in moist soils such as wetlands, marshes, stream banks and lake shorelines. Reed canary grass was observed in several areas in the south half of Rest Lake (Rest Lake – Map 4). Reed canary grass is difficult to eradicate; at the time of this writing there is no commonly accepted control method. This plant is quite resilient to herbicide applications. Small, discrete patches have been covered by black plastic to reduce growth for an entire season. However, the species must be monitored because rhizomes may spread out beyond the plastic.

Curly-leaf Pondweed

Curly-leaf pondweed (*Potamogeton crispus*) is discussed in detail at the end of the Aquatic Plant Section 3.4. Monitoring results, control actions, and a description of the plant's lifecycle are contained in that section.

Curly-leaf pondweed was first discovered in Rest Lake during 2015. Through 2019, the infrequent occurrences of this exotic were managed through volunteer and professional hand-harvesting. As a part of the Manitowish Waters Comprehensive Management Plan, Rest Lake's curly-leaf pondweed population will be monitored by volunteers and professionals with control actions being implemented as appropriate.

8.1.5 Rest Lake Fisheries Data Integration

Fishery management is an important aspect in the comprehensive management of a lake ecosystem; therefore, a brief summary of available data is included here and within each lake's individual report section as a reference. The following section is not intended to be a comprehensive plan for the lake's fishery, as those aspects are currently being conducted by the fisheries biologists overseeing Rest Lake. The goal of this section is to provide an overview of some of the data that exists. Although current fish data were not collected as a part of this project, the following information was compiled based upon data available from the Wisconsin Department of Natural Resources (WDNR) the Great Lakes Indian Fish and Wildlife Commission (GLIFWC) and personal communications with DNR Fisheries Biologist Hadley Boehm (WDNR 2018 & GLIFWC 2017).

Fish Stocking

To assist in meeting fisheries management goals, the WDNR may stock fry, fingerling or adult fish in a waterbody that were raised in nearby permitted hatcheries (Photograph 8.1.5-1). Stocking of a lake may be done to assist the population of a species due to a lack of natural reproduction in the system, or to otherwise enhance angling opportunities. Rest Lake has been stocked from 1973 to 2016 with walleye and muskellunge (Table 8.1.5-1).

Photograph 8.1.5-1. Fingerling Muskellunge.

Table 8.1.5-1. Stocking data available for Rest Lake (1974-2016).

Year	Species	Strain (Stock)	Age Class	# Fish Stocked	Avg Fish Length (in
1976	Walleye	Unspecified	Fingerling	32,000	3
1973	Muskellunge	Unspecified	Fingerling	1,000	11
1977	Muskellunge	Unspecified	Fingerling	700	9
1983	Muskellunge	Unspecified	Fingerling	300	11
1985	Muskellunge	Unspecified	Fingerling	600	10
1987	Muskellunge	Unspecified	Fingerling	1,800	12
1989	Muskellunge	Unspecified	Fingerling	600	11
1991	Muskellunge	Unspecified	Fingerling	300	12
1992	Muskellunge	Unspecified	Fingerling	300	10
1993	Muskellunge	Unspecified	Fingerling	300	12.4
1996	Muskellunge	Unspecified	Fingerling	300	10.8
1998	Muskellunge	Unspecified	Large Fingerling	600	12
2000	Muskellunge	Unspecified	Large Fingerling	600	10.3
2002	Muskellunge	Unspecified	Large Fingerling	203	10.1
2004	Muskellunge	Unspecified	Large Fingerling	203	10.5
2006	Muskellunge	Upper Wisconsin River	Large Fingerling	203	10.5
2008	Muskellunge	Upper Wisconsin River	Large Fingerling	202	10.1
2010	Muskellunge	Upper Wisconsin River	Large Fingerling	203	12.8
2012	Muskellunge	Upper Wisconsin River	Large Fingerling	203	10.2
2014	Muskellunge	Upper Wisconsin River	Large Fingerling	212	10.4
2016	Muskellunge	Upper Wisconsin River	Large Fingerling	183	10.9

Rest Lake Spear Harvest Records

Walleye open water spear harvest records are provided in Figure 8.1.5-1 from 1999 to 2017. As many as 209 walleye have been harvested from the lake in the past (2015), but the average harvest is roughly 127 fish in a given year. Spear harvesters on average have taken 97% of the declared quota. Additionally, on average 8% of walleye harvested have been female.

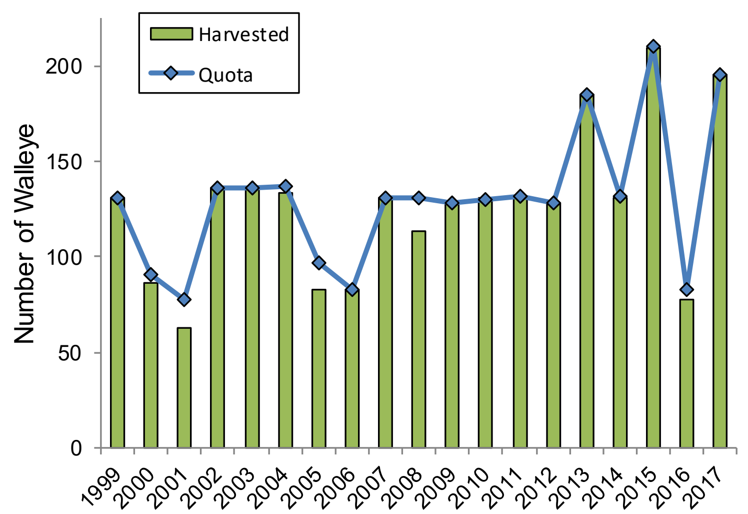


Figure 8.1.5-1. Rest Lake walleye spear harvest data. (GLIFWC 1999-2017).

Muskellunge open water spear harvest records are provided in Figure 8.1.5-2 from 1999 to 2017. As many as six muskellunge have been harvested from the lake in the past (2012), however the average harvest is two fish in a given year. Spear harvesters on average have taken 16% of the declared quota. Additionally, on average 27% of muskellunge harvested have been female.

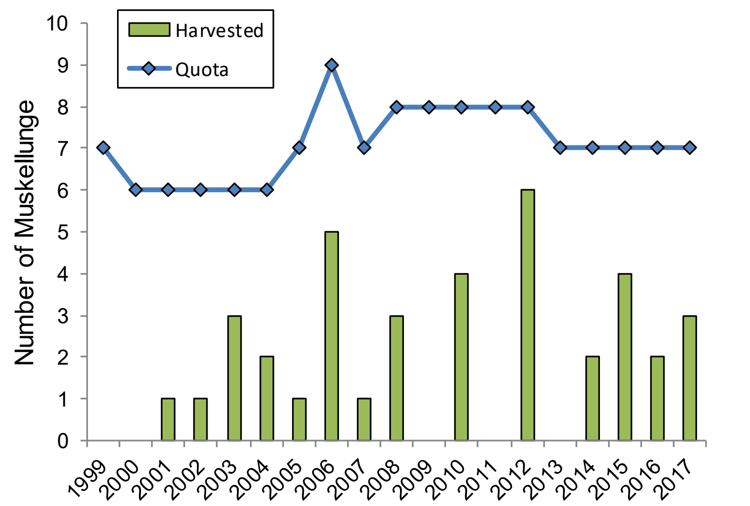
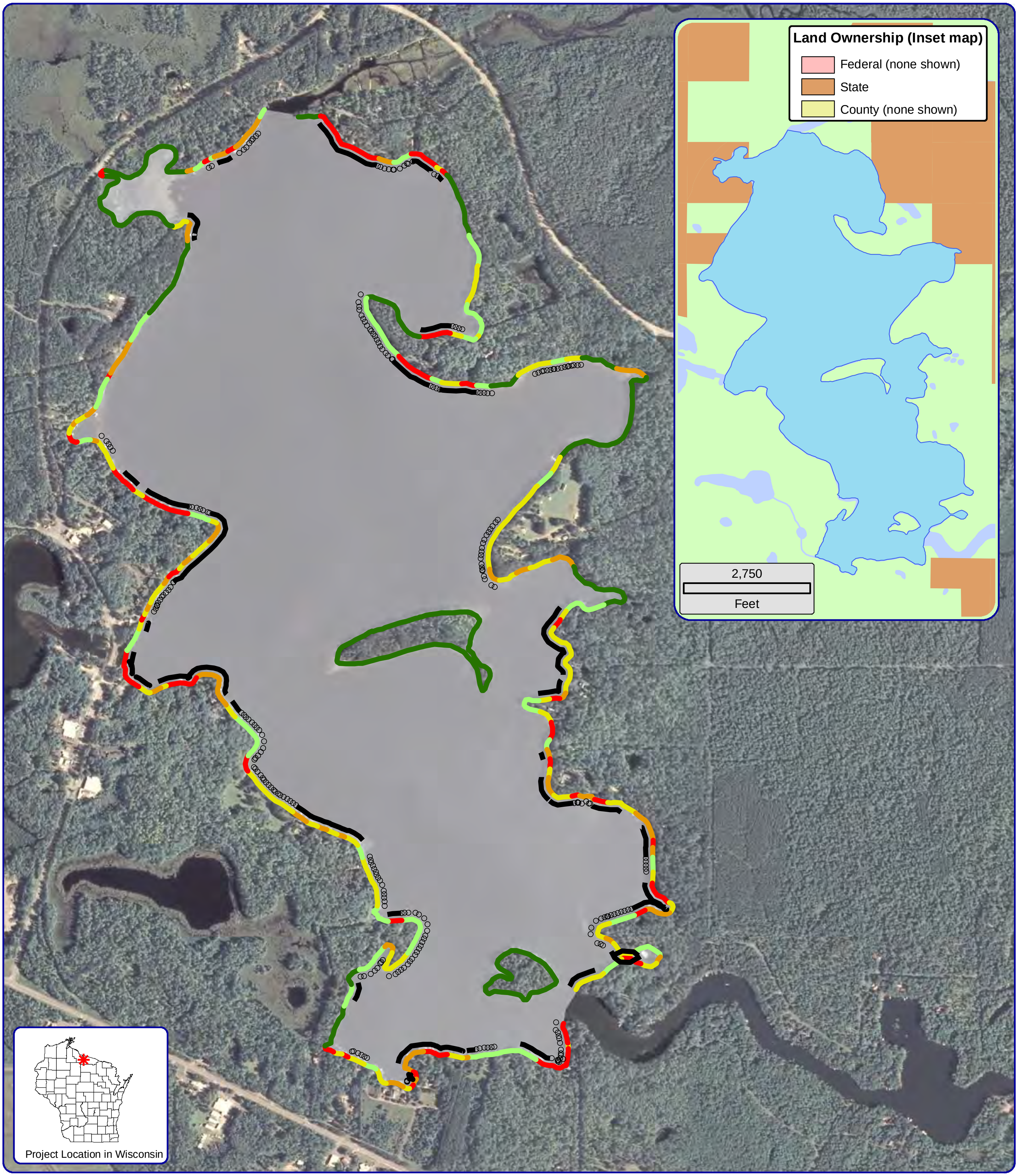


Figure 8.1.5-2. Rest Lake muskellunge spear harvest data. (GLIFWC 1999-2017).



N
W E
S
1,250
Feet

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920.338.8860
www.onterra-eco.com

Sources:
Shoreline Assessment: Onterra, 2013
Orthophotgraphy: NAIP, 2010
Map Date: September 24, 2013
Filename: Rest_Map1_SA_2012.mxd

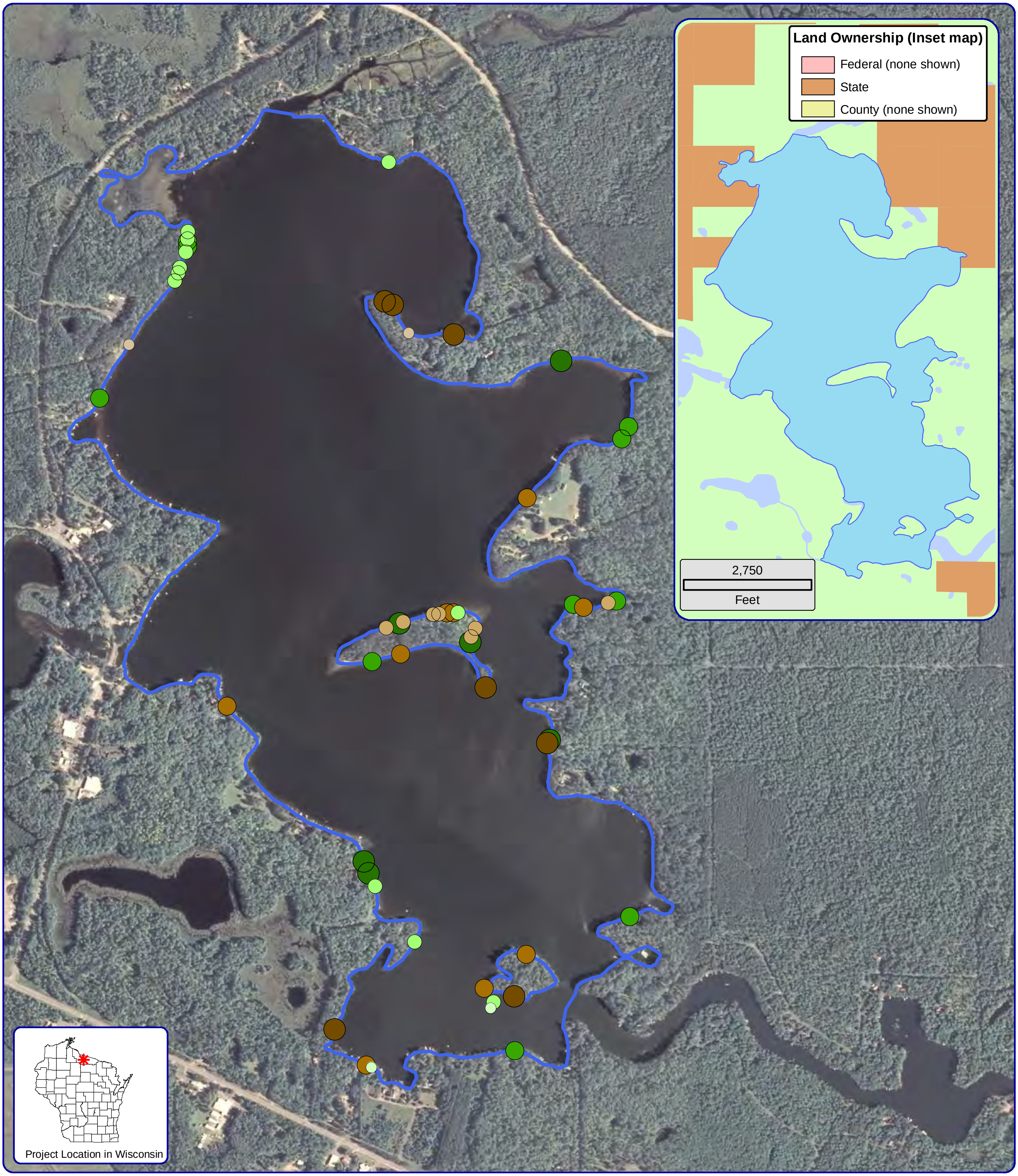
Legend

- Natural/Undeveloped
- Developed-Natural
- Developed-Semi-Natural
- Developed-Unnatural
- Urbanized

Seawall

- Masonary/Wood
- Rip-Rap

Rest Lake - Map 1
Manitowish Waters Chain of Lakes
Vilas County, Wisconsin
Shoreline Condition



N
W E
S

1,250
Feet

Legend

- 2-8 Inches, No Branches
- 2-8 Inches, Minimal Branches
- 2-8 Inches, Moderate Branches
- 2-8 Inches, Full Canopy (none)
- >8 Inches, No Branches
- >8 Inches, Minimal Branches (none)
- >8 Inches, Moderate Branches
- >8 Inches, Full Canopy
- Cluster

Rest Lake - Map 2
Manitowish Waters Chain of Lakes
Vilas County, Wisconsin

Course Woody Habitat

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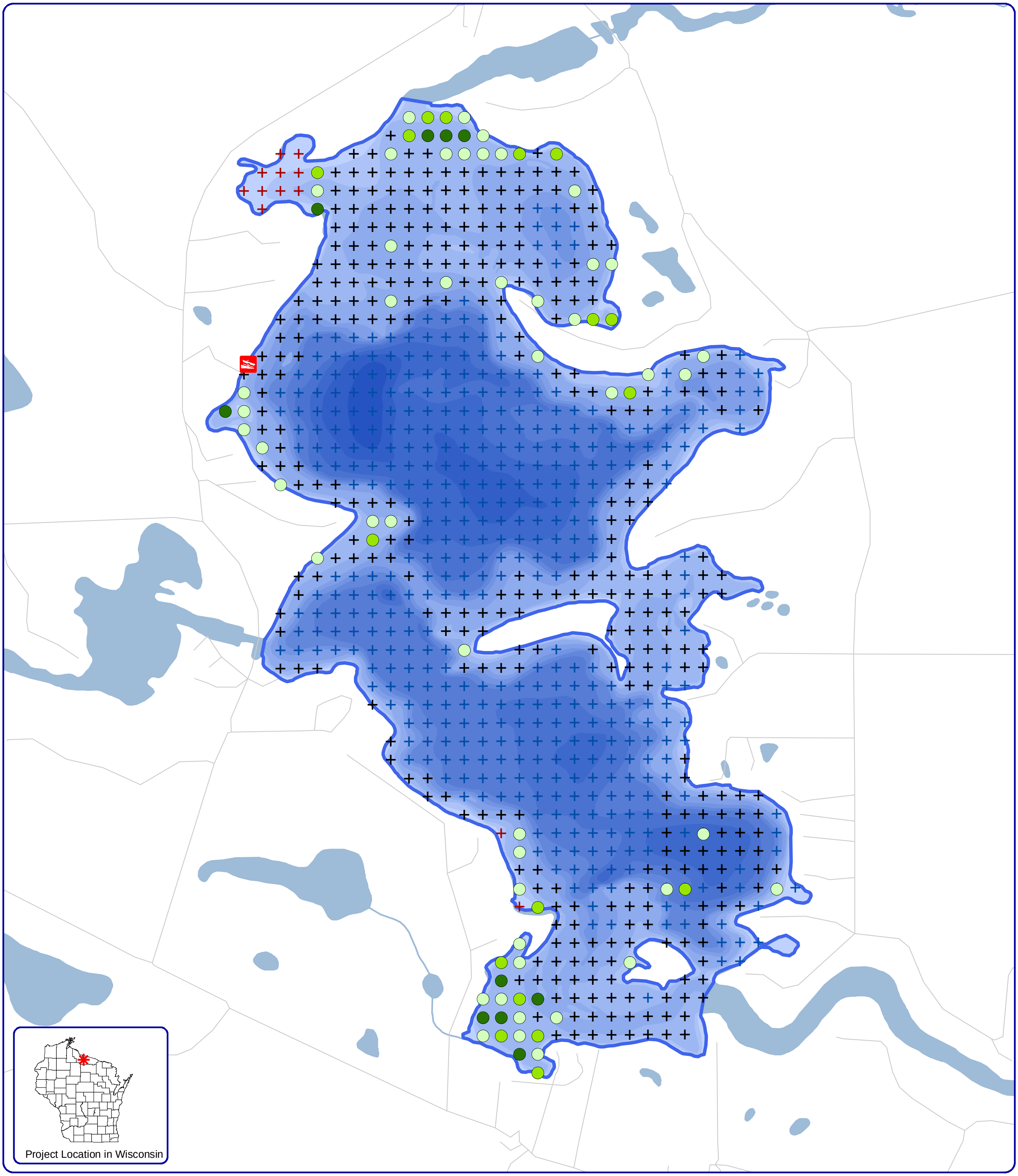
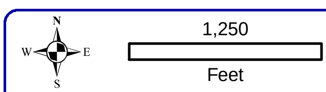
Sources:
Shoreline Assessment: Onterra, 2013
Orthophotography: NAIP, 2010
Map Date: September 24, 2013
Filename: Rest_Map2_CWH_2012.mxd





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Sources:
Roads and Hydro: WDNR
Aquatic Plant Survey: Onterra, 2012
Map Date: September 24, 2013
Filename: Rest_Map3_TRFPI_2012.mxd

Legend

2012 Point-intercept Survey

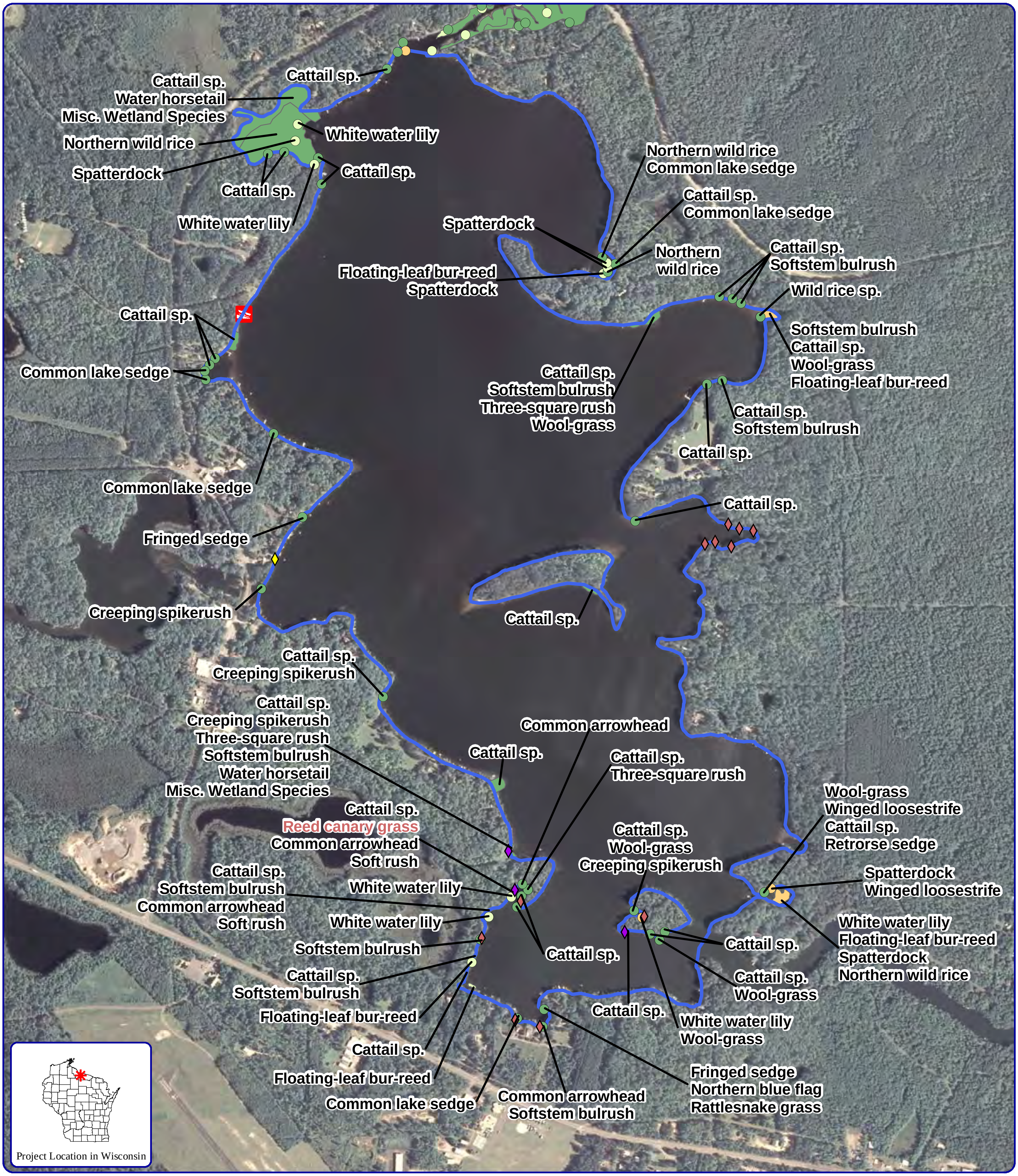
- + No Vegetation
- Total Rake Fullness = 1
- Total Rake Fullness = 2
- Total Rake Fullness = 3
- + Too Deep (Below Max Depth of Plants)
- + Non-navigable

Rest Lake - Map 3

Manitowish Waters Chain of Lakes

Vilas County, Wisconsin

Aquatic Vegetation Distribution



N
W E
S

1,250

Feet

Legend

Small Plant Communities
- Emergent
- Floating-leaf
- Mixed Floating-leaf & Emergent

Large Plant Communities
- Emergent
- Floating-leaf
- Mixed Floating-leaf & Emergent

Exotic Plant Communities
- Purple Loosestrife
- Pale Yellow Iris
- Reed Canary Grass

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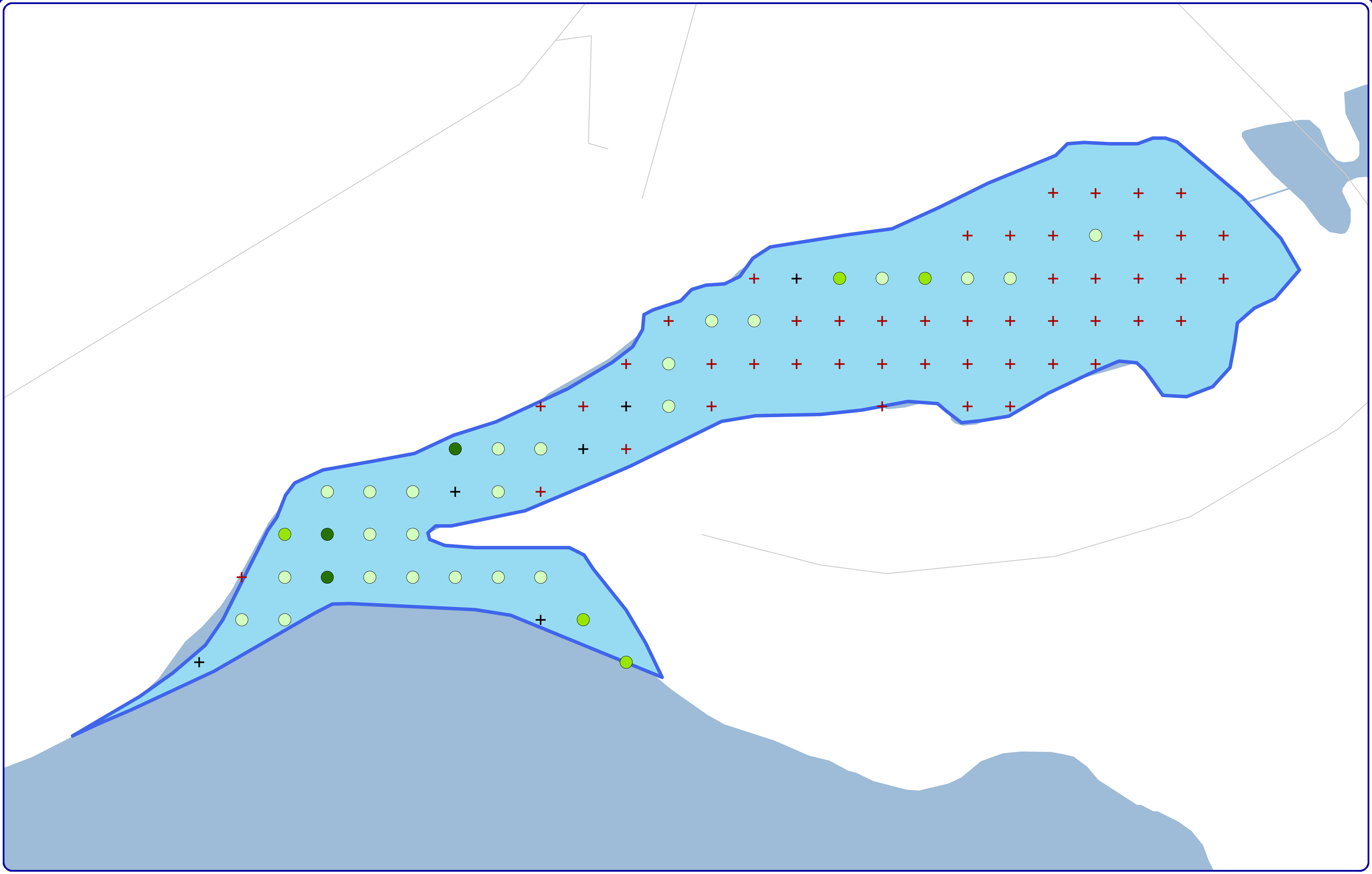
Sources:
Hydro: WDNR
Aquatic Plants: Onterra, 2012
Orthophotography: NAIP, 2010
Map date: December 11, 2012
Filename: Rest_Comm_2012.mxd

Rest Lake - Map 4
Manitowish Waters
Chain of Lakes
Vilas County, Wisconsin
Emergent & Floating-leaf Aquatic Plant Communities



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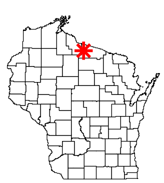
Sources:
Aquatic Plant Surveyt: Onterra, 2012
Roads and Hydro: WDNR
Map Date: September 24, 2013
Filename: PapooseBay_Map1_TRFPI_2012.mxd



Project Location in Wisconsin

Legend

2012 Point-intercept Survey

- No Vegetation
- Total Rake Fullness = 1
- Total Rake Fullness = 2
- Total Rake Fullness = 3
- Too Deep (Below Max Depth of Plants)
- Non-navigable

Papoose Bay - Map 1
Manitowish Waters
Chain of Lakes
Vilas County, Wisconsin

Aquatic Plant Distribution

N W E S

325

Feet

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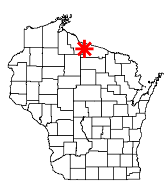
Sources:
Aquatic Plants: Onterra, 2012
Orthophotography: NAIP, 2010
Map date: December 11, 2012
Filename: PapooseBay_Map2_Comm_2012.mxd



Project Location in Wisconsin

Legend

Small Plant Communities

- Emergent
- Floating-leaf
- Mixed Floating-leaf & Emergent

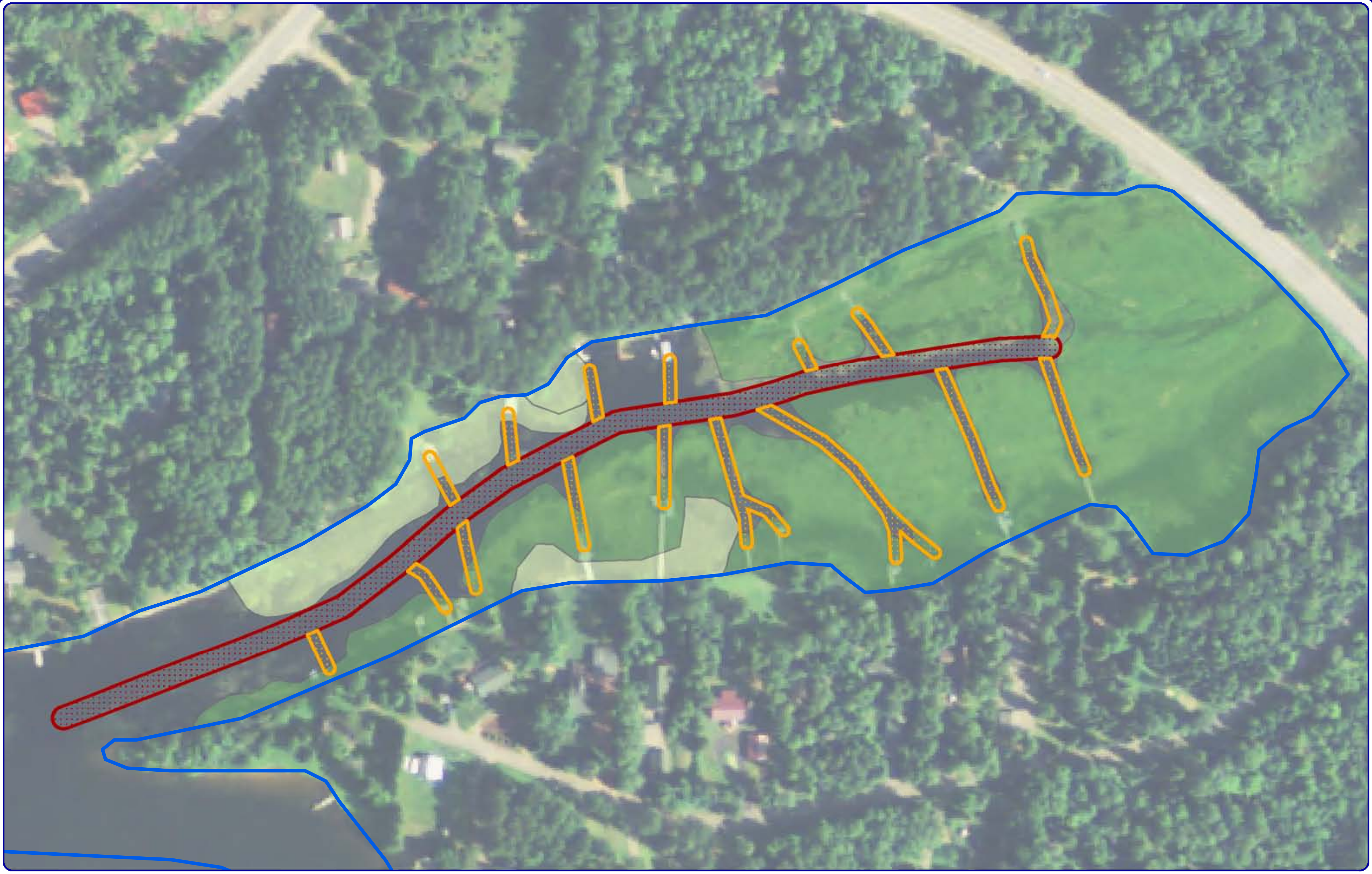
Large Plant Communities

- Emergent
- Floating-leaf
- Mixed Floating-leaf & Emergent

Papoose Bay - Map 2

Manitowish Waters
Chain of Lakes
Vilas County, Wisconsin

Emergent & Floating-leaf Aquatic Plant Communities



175

Feet

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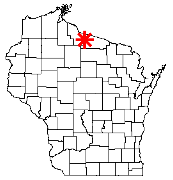
Sources:
Aquatic Plants: Onterra, 2012
Orthophotography: NAIP, 2010
Map date: October 8, 2013
Filename: Rest_Map5_MechanicalHarvestPlan.mxd



Project Location in Wisconsin

Legend

Mechanical Harvest Plan

Common Use Lane
(30-ft width, 1.0 total acres)

Riparian Acess Lane
(15-ft width, 0.7 total acres)

Northern Wild Rice

Dense Plant Community

Sparse Plant Community

Papoose Bay - Map 3

Manitowish Waters
Chain of Lakes
Vilas County, Wisconsin

Current Mechanical Harvest Plan