



Kingston Lake(Great Pond) Association Inc.

Newsletter

BOX 1018 KINGSTON, NH 03848
603-642-3156

SUMMER 2020

You can do something about storm water run-off.

Storm Water Run-off is caused by: new or increased impervious surfaces, eroding soils, fertilizers, pet waste, leaking septic systems, lawn and auto chemicals, road salt and increased water temperatures.

These are KLA spring and summer dates.

**May 9, 2020
Kingston State
Park Clean up**

**June 13 Shoreline
Clean Up**

**June 24
Membership
Meeting**

**July 26 Bruce
Anderson Regatta
at Camp Lincoln**

Are you interested in participating in our lake programs? We have something for everyone.

Lake Hosting

Weed watching

Water Sampling

**Join us for the
Regatta on
Sunday, July 26.**

Corona Virus 19 makes us all aware of how important our God given natural resources are to our mental, physical and spiritual well-being. A healthy water body is so important.

In Kingston, we are fortunate to have Kingston Lake and the State Park in the middle of town. The Park has been busier than usual as folks are walking, riding bikes, and picnicking. Being able to enjoy the outdoors during these challenging times is wonderful. The ice went out on March 6; the boating activity began the next day. There have been kayaks, fishing boats, and even a sail boat on a chilly April 1 morning. Being near water has a calming effect. We at KLA hope you are enjoying the benefits of having Kingston Lake in your back yard.

A message from NH's Fish and Game Department. We are encouraging people to get outdoors, go fishing, take a walk, ride a bike, whatever activity you enjoy while continuing to do social distancing. Check out NH Fish and Game's webpage, Connecting Kids to Wildlife (www.wildlife.state.nh.us/education/kis.html) where there are resources for activities and learning opportunities. i Naturalist is also a great app for your phone. You can take pictures of birds, flowers, plants and learn all about that particular species.

Lake or Pond by John Halloran

Kingston Lake is also known as Great Pond by many people in town. Which is correct? Well, they both are. Kingston Lake is a place name but Great Pond is actually a more accurate term based on biological production or trophic classification. There are four indicators that determine a waterbody's status. These include the amount of chlorophyll present, the amount of dissolved oxygen, the transparency of the water, and the level of aquatic plant growth. Oligotrophic lakes are bigger, deeper with clear water. They have low phosphorus levels, rocky or sandy bottoms, and limited plant growth. Mesotrophic is an intermediate category between Oligotrophic and Eutrophic. Eutrophic refers to smaller ponds with extensive areas of rooted plant growth, mucky bottoms, and tea colored water. Kingston Lake was classified as Eutrophic in 2009. Kingston Lake is aging. In human terms, it would be like a person in his/her 60's or 70's. There is still a lot of fun and life in the lake for fishing, boating, and swimming which is all the more reason to support your local lake association which is working to protect and preserve healthy water quality.

KLA has a table on Saturday morning at Kingston Days. We use this opportunity to talk to our friends and neighbors about our programs and our mission. Our mission is to protect healthy water quality in Kingston Lake and the greater watershed area.

Protect

Preserve

Participate

Educate

KLA Officers:

**Muriel Ingalls, Pres
Steve White, V Pres
Susan Palmeter, Sec
Ben Bixby, Treas.**

**Board of Directors:
Betty Wright, Bill
Bixby, Betsey Bixby,
Larry Smith, Sumner
Kalman, Ted
Holcombe, Jim
Edwards, John
Halloran, Pat Keeler,
David Buehler,
Megan Loosigian,
web master.**

Weeds are not all bad. They are a natural part of a water body and they provide food and habitat for fish. However, too many weeds are a nuisance. You can help to stop the spread of weeds by avoiding stormwater run-off and pumping your septic system every two years. Don't fertilize near the lake.

Here are the water sampling results from 2019.

Chlorophyll levels were low in June, stable in July and increased in August but were lower than previous years.

Transparency was good in June and remained stable through August. **Dissolved Oxygen** levels were encouraging in limited data collections with predictions being that water quality standards were being met. **E coli** is a bacterium that forms in the gut of animals. It can be released in the water bodies through the feces of animals living in the water. Human feces can also be introduced through failing septic systems and portable toilets. Don't pee or poop in the water. Don't feed the ducks or geese. Water fowl build up waste products that contain e coli and go directly into the lake or pond. The e coli test results for 2019 were not good and resulted in some beach closures. Overall, the 2019 test results for Kingston Lake met state standards. However, this was the second year in a row that the e coli numbers were high in the three public beach areas. We can all help to improve these numbers by making sure animal and human waste are not in the lake. Volunteer Lake Assessment Program (VLAP) is planning on holding on line training on June 13. What do we sample? We take water samples from 2 deep spots on the lake and at the tributaries and the dam site.

KLA is hoping to bring NH Lakes' LakeSmart Program to Kingston Lake (Great Pond). June 24, 2020 is KLA's annual membership meeting and we have invited Krystal Balanoff from NH Lakes to talk about the Lake Smart Program. The LakeSmart program is an initiative of the NH Lakes Association; it is an education, evaluation, and recognition program that assists property owners in managing activities in their home, on their property and along the lake that help keep lakes clean and healthy. It begins with the property owner taking an online survey. The property owner can send in pictures and/or invite an evaluator to their property. Property owners receive a confidential assessment with lake friendly suggestions for property management. Property owners who score high will receive a LakeSmart Award-two signs that they can post on their property. A LakeSmart property owner would be concerned about soil erosion and pollutants that go into the lake. Paved areas near the lake allow storm water run off into the lake. Beautiful lawns require fertilizers so a better choice would be to have natural barriers like lake-friendly shrubs, such as ferns, low bush blueberries, or groundcover near the lake to protect the lake from pollutants and storm water runoff. This kind of ground cover provides food and shelter for animals as well as a filtration system for the lake. Join us on June 24th for the LakeSmart presentation at the Kingston Community Library at 7:00.

A family or individual membership to KLA is \$40. Our budget includes: dues to NH Lakes, and Loon Preservation Society, \$500 scholarship to a YMCA Camper, support for our activities, and printing and postage for our newsletter. Each year we set money aside in the budget for the "weed fund".



EDUCATE

The Asian Clam is an exotic aquatic species. It feeds using a bottom foot and may reduce the food supply for the natives.



2019 Lake Host Program. The Lake Host Program is a courtesy boat inspection program. Paid and volunteer lake hosts staff the town and state ramp areas and inspect boats as they come and go from the lake. Lake Hosts make sure that boats, trailers, and gear are free of exotic aquatic plants and animals. It is important to wash, drain and dry all equipment entering and exiting the lake, as once these invasive species enter the lake, they take over, spoiling the lake for recreational use. This past summer Lake Hosts performed 2,272 inspections. Money for this program comes from a grant funded by the State of NH and our local citizens in Kingston. Betty Wright is the KLA program coordinator for the Lake Host Grant. Anyone interested in becoming a Lake Host can contact Betty at bettywrightnh@gmail.com.

NH Lakes Lake Host Charitable Giving Program. You can make a donation to the Kingston Lake Host Program. Your donation will go directly to the Kingston Lake Lake Host Program. Contact Betty Wright for more information or go on line at NH Lakes Lake Host Program.

CD3 Station sounds like something out of Star Wars, but it is NH's Clean Drain Dry Dispose Systems. These waterless systems empower boaters to prevent the spread of invasive species with user operated cleaning equipment. Four models are available. All models include a wet/dry vacuum, air blower, tethered hand tools and LED lights. KLA's goal is to provide one of these systems at the State boat ramp. When boaters exit/enter the lake they will use this system to clean their boat, trailer and other gear.

KLA/Bakie School Partnership. In September of 2019, two AmeriCorps members, Julia Cline and Hollyn Walters, brought the Watershed Warrior Project (WWP) to 5th grade students at Bakie School. The WWP fits nicely into the 5th grade curriculum on the water cycle. WWP consist of 5 stations: How do lakes form? How does water move around? How to reduce watershed runoff and pollution? What lives in and around the water? Prevent the spread of invasives. Take the Watershed Warrior Pledge. Bakie students enjoyed these hands-on stations in their outdoor classroom.

Check Out Our Spring and Summer Schedule

The Adopt- a- Park Program is in its tenth season. On **Saturday May 9, 2020** volunteers will sweep into the Park with rakes, tarps, trucks and tractors to spruce it up for another summer season. Please bring your own sandwich or snack. We can use your help. Our goal is to clean the beach and picnic area by the beach. We are hoping to be able to hold this event as planned. But if you are anxious about social distancing, you can go in the park anytime and choose an area to rake and pick up. Many hands make light work.

Please clip and return to KLA. Enclosed is my check for \$40 for membership renewal/donation. Dues are usually paid in May/June.

Name _____

Address _____

Phone _____

email _____

I would like to help with

____ Please contact me.

I think this family/couple/individual would like to join the Association.

Name

Address _____

Your feedback is welcome.



Spring Lake Clean-Up is Saturday June 13th from 1:00 - 3:00. KLA boaters will navigate the lake picking up sticks, logs and other winter debris that could be hazardous to boating and swimming. If you have debris that needs to be removed, contact us.

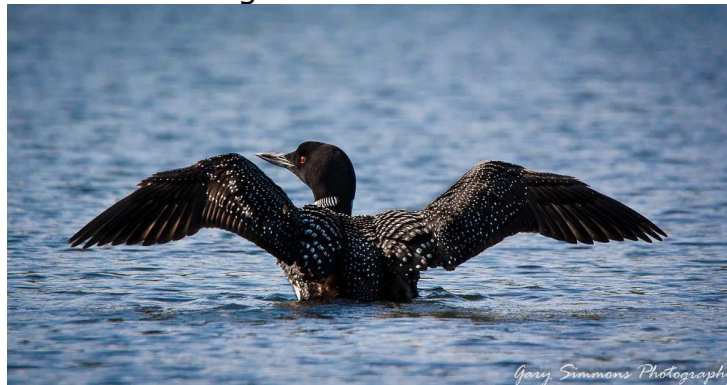
June 24, 2020 Annual Membership Meeting 7-8:30 at the Kingston Community Library. We will have a social time with refreshments from 7:00 – 7:30. There will be a 45-minute presentation by NH Lakes on the LakeSmart Program at 7:30, and there will be time for your questions. Watch the newspaper for this program's details. LakeSmart Program is described in detail on page 2 of this newsletter.

The Bruce Anderson Kayak/Canoe/Paddle Board Regatta is scheduled for Sunday July 26, 2020. This fun family event, named after its founder, continues to grow. The three-mile course is around the perimeter of the lake beginning at Camp Lincoln. Kayaks and PFDs are available at Camp Lincoln. Paddle board course will be around the island. Registration begins at 9:30 and the starting bell is at 10:30. Refreshments are available before and after the race. The registration fee is \$5.00 per person. Prizes are awarded in several categories.

Kid's Kayak Raffle. Once again, we are raffling off a children's kayak. The raffle tickets are 1 for \$5.00, 3 for \$10.00 and 7 for \$20. Tickets will be available at our membership meeting on June 24, and our Regatta on July 26. The drawing will be held at the end of the Regatta. This is one of our fundraisers to support our programs. Look for our budget details on the sidebar on page 3. Call Muriel Ingalls at 642-3156 to purchase tickets.



Loons. Four loons were spotted in Clark's Cove in the end of March. They have also been spotted in front of my house. One early sunny morning, they gave me quite a show. They were having breakfast. I watched one of them dive down and come up with a small fish. Then suddenly, he/she raised up and flashed its wings. I was mesmerized.



Gary Simmons Photography

