



Kingston Lake(Great Pond) Association Inc. Newsletter

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SUMMER 2022

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 14, 2022
Kingston State
Park Clean up**

**June 11 Shoreline
Clean Up**

**June 29
Membership
Meeting**

**July 31 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 31.**

Ice out on Kingston Lake (Great Pond) in 2022 was on Sunday March 13. On Monday morning March 14, I poured my favorite cup of tea and sat in my reading chair in front of lake side windows. I noticed several ice chunks bobbing in the cove on the opposite side of the lake. It appeared like one of the ice chunks had sprouted a wing. I grabbed my binoculars and to my surprise I counted 6 loons bobbing, swimming and diving. What a spectacular sight. Loons nest in the winter along the ocean and when ice is out, they fly to the lakes. All that day I counted 5 and 6 loons. They were in the cove at the end of Clark Road. They were in front of my house diving and eating in my swimming area. The next day I invited a friend to walk with me in the Kingston State Park. I shared my loon story and we eagerly looked for them from the shore in the park. On our return to my house, my friend noticed a flock of birds on the water near the cove by the island. I gave her my binoculars and she counted 14 loons swimming, diving, socializing. I looked as well and verified her count. We were amazed, what a magnificent sight. I have lived on the lake for 50 years and I have never seen that number of loons. Since we are in the southern part of NH, our ice is out earlier and I am sure they were congregating and waiting for the ice to go out on central and northern lakes. For the next several days, I saw smaller numbers, 5 and 6 congregating. Loons are territorial and the size of Kingston Lake can host no more than 2 pairs. Mating season is just around the corner, so I am hoping and eagerly awaiting our loons to settle in. Muriel Ingalls



KLA has a table on Saturdays 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, Mark Thom,
Jim Edwards, John
Halloran, Pat Keeler,
David Buehler, and
Holly Ouellette.**

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.

Water sampling results for 2021.

By John Halloran

The Kingston Lake Association collects samples from around the lake three times each summer. The samples are brought to DES in Concord for analysis each time and we get a Summary Report early the following year. The DES report presents a summary for two different stations on the lake. The summary analyzes parameters for the station as representative of that half of the lake while pointing out any parameters or locations that are trending in a negative way. The report is usually much the same for both stations but differences in depth, vegetation and density of structures often lead to better or worse conditions. The North Station is considered to be from the State Park toward Camp Lincoln and the South Station is the middle of the lake on the Main St. side.

Observations:

Chlorophyll levels are used to measure algal growth, which have been trending upward but are still below state averages.

Conductivity is a measure of charged ions in the water, which is traditionally low in New Hampshire's "soft water." Lake results have been consistently elevated in recent years and are trending downward below state averages. This indicates a possible pollution source such as runoff, road salt intrusion, or a failed septic system.

Color varies from a light tea color to a darker brown over the course of the summer. This comes from decaying organic matter and minerals in the soil such as iron. Phosphorous levels were lower than usual earlier in the summer but rose above state averages later in the season. The overall trend has been stable.

Transparency, measured with a weighted black and white measuring disc, has been variable over time but consistent with state median values since testing began.

Turbidity varied over an elevated range during the season and the increased organic matter can be traced to significant rain and runoff.

pH determines the acidity of the water. Historically, New Hampshire lakes are slightly acidic due to acid rain. pH is important to the survival and reproduction of aquatic life. South Station samples were mostly acidic and less than desirable for some fish species. Kelly Brook inlet and Great Pond Park Road were both below the state median. North Station samples were all below the state median for acidity with Ball Rd. inlet low enough to be potentially critical to aquatic life. This is an area of concern.

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

Bald Eagles



Are on Kingston Lake. Eagles breed in forested areas near water. They have a wing span of 6-8'. They reuse the same nest and pairs stay together for years. They diet mostly on fish and small mammals. They are legally protected in NH.

More on loons. Jim MacDougall lives on Rockrimmon Road and a stone's throw from the lake. He visits the lake every day hoping to see the loons. In the summer of 2021, he observed a pair of loons making a nest on the lake in several different locations. Their attempts were unsuccessful as the nests would get washed away. Loons must nest close to water as they are very vulnerable on land. Jim and I approached the Loon Preservation Society to get some help. The LPS makes nests that protect the loons. We are hoping to one day have a man-made nest on Kingston Lake. Although we understand it is better if the loons can do it themselves; but sometimes they need our help.



Timing is everything. *If you live in Kingston, you received a letter from our Highway Agent, Rich St. Hilaire dated April 15, 2022. Kingston is required to maintain an MS4 permit because all water bodies in Kingston were found to have some level of unacceptable substances. As part of Kingston's MS4 permit, there is an outreach requirement to educated the public. Every homeowner lives in the watershed. Kingston is the home of 5 water bodies, and Kingston sits on an aquifer. "Raindrops and snow melt all drain somewhere. This runoff and melt have an impact on your wells, wet land and receiving water bodies. When proper precautions are put in place, each precaution has an impact on the amount of discharge." **This is where KLA comes in. At our annual membership meeting on June 29, 2022 a speaker from NH Lakes will present the LakeSmart 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. Please put June 29, 7-8:30 at the Kingston Community Library on your calendar*

Information and websites you can use to assist in managing stormwater run-off. NHDES' "Homeowners Guide to Stormwater Management". Soak up the rain in NH. www.soaknh.org. www.nhlakes.org/lakesmart/.

Loons



The loons are back. We heard their calls on April 15 and saw two in the swimming area. Boaters be aware of these special birds. They are legally protected in NH.

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 _____

2021/2022 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. **In the summer 2021, Lake Hosts performed 2,272 boat inspections at the State Ramp and 148 inspections at the town ramp.** Money for this program comes from a grant funded by the State of NH and our local taxes in Kingston. 2022 will be our 15th season with the Lake Host Program. Thank you. Betty Wright is the KLA program coordinator for the Lake Host Grant. Anyone interested in becoming a paid or a volunteer 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 www.nhlakes.org/lakehost/

Check Out Our Spring and Summer Schedule

The Adopt- a- Park Program. On **Saturday May 14, 2022** volunteers will sweep into the park with rakes, tarps, trucks and tractors to spruce it up for another summer season. We can use your help. Our goal is to clean the beach and picnic area by the beach. Many hands make light work.

Spring Lake Clean-Up is Saturday June 11th 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 29, 2022 Annual Membership Meeting 7-8:30 in the Kingston Community Library. We will have a social time with refreshments from 7:00 – 7:30. There will be a 45-minute presentation and there will be time for your questions. See the article in this newsletter, and watch the newspaper for details about this program. Mark your calendar.

The Bruce Anderson Kayak/Canoe/Paddle Board Regatta is scheduled for Sunday July 31, 2022. 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.



