



# Kingston Lake(Great Pond) Association Inc. Newsletter

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SUMMER 2023

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 13, 2023  
Kingston State  
Park Clean up**

**June 10 Shoreline  
Clean Up**

**June 28  
Membership  
Meeting**

**July 30 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 30  
for family fun.**

***The winter of 2022-23 was unusual in many ways.*** *The lake did not freeze over until the middle of January and it was never really safe. By the middle of February, the lake was completely open. Loons were seen in several locations including near the island, near the beach at Rockrimmon and in Clark's cove. Then we had a cold snap and the ice formed again and stayed frozen for a couple of weeks. It opened up again by the middle of March. I saw a lone loon feeding in the swimming area near Pine Acres. Speaking of loons, we received a man-made loon nest from the Loon Preservation Committee. The nest was placed in the cove area off Clark's Island. Our loon observation guru, Jim MacDougall, saw a lot of activity around the nest area; but the loons did not nest there. The Loon nest has been stored over the winter and we will put the nest back in the lake at the end of April. The nest is large and heavy. We are grateful to our friends at Camp Lincoln for the use of their pontoon boat and muscle power in taking the nest in and out of the water.*



**Kingston Lake (Great Pond) is the recipient of a \$100,000 grant** administered through NH DES. Bell Environmentalists will be the consultant for this grant. The completed report will be submitted to the Town of Kingston by October 2024. The project is broken down into many tasks including: planning meetings, water sampling activities, data gathering, and surveys which will culminate into a Water Shed Management Plan. This plan will drive improvements to enhance water quality in Kingston Lake (Great Pond). KLA is grateful to Camp Lincoln and The Seacoast Area YMCA for the leading this initiative.

KLA has a table on Saturday at Kingston Days 9/9/23. 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  
V Pres - Vacant  
Susan Palmeter, Sec  
Ben Bixby, Treas.

**Board of Directors:**  
Betty Wright, Bill Bixby, Betsey Bixby, Larry Smith, Sumner Kalman, Jim Edwards, John Halloran, Pat Keeler, and Holly Ouellette. Two positions vacant.

**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.**

**Something new and exciting for Kingston Lake.** The Scott B. Weinhold Memorial Life Jacket Loaner Station will be opening on May 21 at the public boat ramp on Main Street. This is an initiative of Patti Weinhold with the support of the Kingston Lake Association and Kingston's Select Board. Patti's grandson, Scott, lost his life in a boating mishap in Texas four years ago. Patti has spent the past 4 years fund raising for the search and rescue team that found Scott's body 15 days after the accident. Patti's has wanted to do something more preventative so she has initiated the life jacket loaner station project. The purpose of the loaner station is to provide life jackets in a variety of sizes to anyone who finds themselves on the water without one for the day, free of charge. This program will also bring awareness to water safety. Volunteers from KLA will help monitor the life jacket station ensuring that the jackets are plentiful, in a variety of sizes and in good condition. The life jacket station will operate on a good will honor system. KLA is grateful to Patti and her supporters for this unique and valuable service.

***Water sampling results for 2022.***

*By John Halloran*

The Kingston Lake Association collects samples from two deep water spots and five tributaries around the lake May through September. The samples are brought to DES in Concord for analysis. We receive a summary report early the following year.

Dissolved oxygen (DO) is used by all aquatic life forms and can be used to measure overall lake health. NH lakes typically turn over twice yearly in spring and fall. Surface layers typically have a higher DO due to wind and wave action as well as algae growth producing oxygen by photosynthesis. These upper levels warm up in the summer and as they cool off in the fall the layers mix resulting in uniform DO and temperature. These patterns influence lake productivity, phosphorus cycling and fish populations.

**Observations and recommendations from 2022 sampling:**

**Chlorophyll** is a photosynthetic pigment that contributes to excessive algae growth. NH 's soft water typically reflects low chloride and conductivity values. 2022 levels were elevated indicating the possibility of pollution from septic systems and excessive road salt.

**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  
Muskrats**



Are semi-aquatic mammals that inhabit areas abundant in water. They have short legs, their hind legs are partially webbed and act as oars when swimming, their tails act like rudders. They can stay submerged for 20 minutes and can swim 3 mph. They eat roots and stalks of aquatic plants.

**Conductivity/Chloride** levels in excess of state standards and were noted at several sites on the lake.

**Color** is generally caused by decaying organic matter and minerals in the soil such as iron. Color decreased to a light tea color in 2022 from the darker brown in 2021.

**Total phosphorus** is measured in both organic and inorganic samples and 2022 were greater than the street median and the highest since monitoring began. This is an area of concern.

**Transparency or clarity** of the water is affected by the algae content of the water, color and the amount of particulate matter.

**Turbidity** in the water is caused by suspended matter such as clay, silt, and algae that causes light to be scattered not transmitted to the water column.

**pH** is a measure of hydrogen ions in the water that determines its acidity. pH has been stable in Kingston Lake since monitoring began.

**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](http://www.soaknh.org). [www.nhlakes.org/lakesmart/](http://www.nhlakes.org/lakesmart/).

**2023 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 2022, Lake Hosts performed 2,592 boat inspections at the State and Town ramps.** Money for this program comes from a grant funded by the State of NH and our local taxes in Kingston. 2023 will be our 16<sup>th</sup> season with the Lake Host Program. Thank you.

**Leigh Komornick is the KLA program coordinator** for the Lake Host Grant. Anyone interested in becoming a paid or a volunteer lake host can contact Leigh at [lgkski@aol.com](mailto:lgkski@aol.com). Volunteers help earn money for the lake host program. **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 Leigh Komornick for more information or go on line at NH Lakes Lake Host Program. [www.nhlakes.org/lakehost/](http://www.nhlakes.org/lakehost/)

**Bufflehead ducks**



A flock of bufflehead ducks flew in to the lake after the ice went out in February. They were seen by several lake residents. This is a small duck with a large head. They forage for aquatic insects, crustaceans and mollusks. They submerge for about 13 seconds and eat their prey underwater. Their coloring could be mistaken for a loon. Like loons they require a running start to take off from water. Female buffleheads are smaller with a white patch on their black heads.

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.

**Check Out Our Spring and Summer Schedule**

**The Adopt- a- Park Program.** On **Saturday May 13, 2023** 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 10<sup>th</sup> 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 28, 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. This year’s speaker is **Lisa Loosigian and her topic is "Soak Up the Rain"**. This is a timely topic for our Grant project. There will be many concrete suggestions as to how you can make a difference in improving the water quality of Kingston Lake.

**The Bruce Anderson Kayak/Canoe/Paddle Board Regatta is scheduled for Sunday July 30, 2023.** 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.



**2024 Kingston Lakes Calendars** will be available at Kingston Days on September 8,9,10. Look for The KLA information table on the Plains. Do you have a favorite lake picture? Would you like to share it with others? Email it to [dmingalls@comcast.net](mailto:dmingalls@comcast.net) and we will make room for it in our 2024 calendar. All lakes in Kingston will be represented. Thank you for your contribution.

The Kingston Lake Association meets on the last Wednesday of the month at 7:00 at the Kingston Community Library. All meetings are open to the public; your ideas and feedback are welcome. We do not meet in November or December. Come and join us.



