



# Kingston Lake(Great Pond) Association Inc.

## Newsletter

BOX 1018 KINGSTON, NH 03848  
603-642-3156

SUMMER 2024

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 18, 9-12  
Kingston State  
Park Clean up  
Volunteers needed**

**May 19, 1:00 PM  
the Scott  
Weinhold Life  
Jacket Station will  
be ready for a new  
boating season.  
Join us for this  
celebration.**

**June 8, Tour the  
lake with a  
biologist from the  
Loon Preservation  
Committee (LPC)  
Meet us at the  
State Ramp at 9  
am with your  
kayak or canoe.**

**June 26  
Membership  
Meeting, speaker  
from DES  
regarding the  
results of the  
watershed grant.**

**July 28 Bruce  
Anderson Regatta  
at Camp Lincoln.  
Join us for this fun  
family event.**

**Winter of 23-24.** Winter on the lake is different every year and always interesting. This year the lake didn't freeze until January and it was never very safe. A friend came over with his children and measured the ice on a Sunday afternoon. The ice was smooth and 6 inches thick. We had one more good skating day and then the snow came. The ice went out on February 8 after several days of strong winds. The next day a flock of bufflehead ducks appeared, then the mergansers, six swans swam by and then the loons.

### **Loon Mating and Nesting Season 2023 by Jim MacDougall**

Of the many pleasures of springtime, one near and dear is the return of a pair of loons to Kingston Lake (Great Pond) where they have claimed a territory for the last several years. True to form, the pair was seen on the lake in early April and soon will begin the rituals of mating and the tasks of nesting, brooding and, if successful, raising a loonlet or maybe two. Loons typically nest on islands and recent years have seen them nest on Grape Island, and several times on Clark Island. Each effort proved unsuccessful and the reasons are uncertain. Given that loons nest just on the shoreline at the edge of the lake, their nests are susceptible to significant changes in the water level: dry spells and droughts, downpours and floods. Land predators such as racoons and skunks and a variety of predatory birds may take loon eggs. There is also a threat posed by boats too close to the loon's nest. For the last two years we have put a loon nesting raft on the lake to offer a potential alternative that would not be threatened by changing water levels or land predators. The raft, provided by the Loon Preservation Committee of Moultonborough, has a mesh canopy to protect the nest from predatory birds. Both years the loons chose natural sites for their nests and failed to hatch an egg. Again, it is not certain why they failed; but we will put the nesting raft on the lake once again to see if they are attracted to it. In late April and throughout much of May, the loons will scout potential nest sites. Once they choose one, they will mate and nest. Nesting typically begins in late-May or June. The egg generally takes 27-28 days to hatch. This is a fairly long time during which the nest is vulnerable to the factors mentioned above. If the initial nest fails, the loons may go through the mating and nesting process again. Last year we saw a nest that failed in mid-June and the loons made another by mid-July. If you see the loons this spring and into the summer, please give them some space. With our help, this could be the year they succeed in hatching and raising young ones; a happy occasion on our northern lakes.

On April 15, 2023, a pair of loons was together on Kingston Lake (Great Pond). Throughout the month of May, they reconnoitered potential nesting sites. During this period, they spent significant and

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

**Lake Hosting**

**Weed watching**

**Water Sampling**

**KLA Officers:**

**Muriel Ingalls, Pres and Secretary. V  
Pres – Linda Corson  
Treasurer-Susan  
Palmer. Web  
Master- Betty Wright**

**Board of Directors:  
Betty Wright, Bill  
Bixby, Betsey Bixby,  
Larry Smith, Sumner  
Kalman, John  
Halloran, 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.**

**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**

focused efforts around Grape Island, particularly on the S side near the site of a previous nest. After Memorial Day weekend, their search seemed to focus more on Clark Island. On June 14 a nest was spotted on the N side of Clark Island. By June 17 the loons were no longer on this nest. On July 9 a second nest was spotted near the SW point of Clark Island. By mid-July, the loons were no longer on this nest. No additional nesting activity was observed.



This picture is of a loon on the nest on Clark Island, 2023.

**A new initiative** for KLA this spring will be a KLA sign similar to the one at the Kingston Recreation Department. This sign will be placed at the Town Boat Launch. The sign will contain our logo and a message board to announce our events and important water quality messages. The sign will be dedicated to Steven Clark who passed away in 2023. The Clark family requested that donations in his name be made to the lake association. We are very grateful to the Clark family for considering our organization. If you have been on the lake for a long time perhaps you will recall a homemade iceboat zipping across the ice. That was Steve enjoying a chilly ride across the frozen lake.

**Kingston Lake (Great Pond) is the recipient of a \$100,000 grant** administered through NH DES. Bell Environmentalists is the consultant for this grant. The completed report will be submitted to the Town of Kingston by October 2024. Bell Environmentalists and DES personnel have been hard at work surveying the Kingston Lake Watershed area. They have identified 55 nonpoint source sites, and have ranked them according to lowest to highest impact on water quality. Eighteen sites have been identified as high priority to improve water quality. **The outcomes from this Grant will be the topic of our annual membership meeting on June 26 at 7 in the Kingston Community Library.** This is an open meeting and everyone is invited to this very important meeting about the health and future of Kingston Lake (Great Pond).

**The Scott B. Weinhold Memorial Life Jacket Loaner Station** will open on May 19, 2024 with a dedication at 1:00 PM at the public boat ramp on Main Street. The public is invited. The life jacket station opened last year and was a huge hit. Life jackets of all sizes are available, including ones for dogs. 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 five years ago. Patti wanted to do something 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

**printing and postage for our newsletter. Each year we set money aside in the budget for the "weed fund".**



EDUCATE  
Mergansers.



Mergansers arrived at the lake after ice out on Feb. 8. They are fish eating ducks. They nest in trees. The female has a red beak. They have pure white chests and black and white heads. They can be mistaken for bufflehead ducks.

Bufflehead ducks



A flock of bufflehead ducks flew in to the lake after the ice went out on Feb 8. 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

awareness to water safety. Patti continues to support water safety. She and Muriel will be involved in the "Healthy Kids" project at the Y in Exeter on May 4, 2024 from 9-1.

### **Water sampling results for 2023.**

Members of the Kingston Lake Association collect samples from two deep water spots and five tributaries around the lake June through September. The samples are brought to DES in Concord for analysis. We receive a summary report early the following year. Our sampling team, Bill Bixby, Steve White, and Linda Corson, received high marks from NH DES. Jim Edwards transports the samples each month to Concord in a timely manner.

### **Observations and recommendations from 2023 sampling:**

**Chlorophyll** is a photosynthetic pigment that contributes to excessive algae growth. NH 's soft water typically reflects low chloride and conductivity values. 2023 levels were stable.

**Conductivity/Chloride** levels in excess of state standards were noted at several sites on the lake and have been worsening since water sampling began.

**Color** is generally caused by decaying organic matter and minerals in the soil such as iron. Excessive rain in July caused darkening of the tea color.

**Total phosphorus** levels have been stable but variable. Tp levels are often elevated by rain and storm events.

**Transparency or clarity** of the water has been relatively stable but worsens with storm events.

**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. Turbidity is relatively stable but is influenced by storm events.

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

**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/).

**2024 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 2023, Lake Hosts performed 2,208 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. 2024 will be our 17<sup>th</sup> season with the Lake Host Program. Thank you.

coloring could be mistaken for a loon. Like loons they require a running start to take off from water.

Swans.

In the last two years Swans have been seen on the lake in early spring. There are 6 living species of Swans and many extinct species. Swans mate for life, although "divorce" may occur following nesting failure. The female will lay 3-6 eggs.

Please clip and return to KLA. Box 1018, Kingston, NH 03848

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.

**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/)

### **Check Out Our Spring and Summer Schedule**

**The Adopt- a- Park Program.** On **Saturday May 18, 9-12** 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 ongoing. We have many KLA members who live on the lake and they are vigilant about cleaning up debris in the lake. If you need help with a lakeside project email Muriel at [dmingalls@comcast.net](mailto:dmingalls@comcast.net).

**June 26, 2024 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 will talk about the result of the Grant and give and overview of the Watershed Management Plan. This is an important meeting and we hope to see you there.

**The Bruce Anderson Kayak/Canoe/Paddle Board Regatta is scheduled for Sunday July 28, 2024.** 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 \$10.00 per person. Prizes are awarded in several categories.



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.

