



# The Kingston Lake Association Newsletter

MAY 2015

SUMMER 2015

## **Attention Boaters!!**

**NH law requires that anyone who operates a motor boat over 25 hp must pass a proctored in person exam. If you have not yet received your certificate, you can find more info at <http://www.boat-ed.com/nh> or at the NH Department of Safety's website.**

Headway speed means 6 mph or the slowest speed that a boat can be operated and maintain steerage way.

No Wake is exactly what it says, not causing a wake. A wake is a double wave that goes off on either side of the boat. No wake zones are often used to protect aquatic life and the shoreline.

NH Spar buoys assist boaters. All red and all black buoys mark the channels- go between them to avoid rocks and shallow areas.

White with a black top buoy-navigate North if you are traveling East-West; navigate East if you are traveling North- South.

White with a red top buoy-navigate South if you are traveling East-West; navigate West if your are traveling North-South

## How do you know if it is safe to swim in Kingston Lake?

There are over 800 public lakes and ponds in NH and only 8 biologists to evaluate them. It would be an impossible task without the help of dedicated volunteers who offer their time to help the Department of Environmental Services (DES). This network of volunteers is a part of DES's volunteer lake assessment program (VLAP). VLAP establishes teams of volunteers to conduct lake monitoring and sampling in the months of June, July and August. VLAP issues an annual report on the health of each water body. Water sampling has been going on in Kingston Lake since 1991. Last year's reports are available on the DES website <http://des.nh.gov>. Follow these links: VLAP Annual Reports, 2014. Kingston Lake is listed as Great Pond under the Merrimack Valley Region. There are two reports one for the South Station near Grape Island and one for the North Station near the narrows. In summary, Kingston Lake is stable and falls into the middle age range. The "Homeowner's Guide to Stormwater Management" is an important tool for educating watershed residents to reducing stormwater run off. This guide can also be found on the DES website. The VLAP workshop for the 2015 season is scheduled for Saturday, June 6, 8:30-12:30 at the NH DES Office on 29 Hazen Drive in Concord. You can register on line at the DES website.

2014 Lake Host Season was a great success. Our lake hosts and volunteers did an outstanding job of monitoring the boats coming and going at the town and state ramps. Our hosts inspected 930 boats at the State Ramp and 224 boats at the town ramp. These courtesy boat inspections keep the exotic vegetation from entering our lake. At present we have no known exotic species. We are looking forward to another great season in 2015.

By the way, the NH Lakes Association received two awards. NH lakes was awarded the Spirit of NH Outstanding Volunteer Champion Award for 2014. During the 2014 Lake Host season, 500 individuals volunteered as Lake Hosts logging 11,093 hours at boat ramps teaching boaters how to clean, drain and dry their boats and trailers to prevent the spread of aquatic invasive species. Then in February of 2015, NH Lakes received the 2015 Outstanding Invasive Species Award from the National Invasive Species Achievement Awards Ceremony in Washington DC. KLA is delighted to be a part of this award winning program.

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

**Lake Hosting**

**Weed watching**

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

**KLA has a table on Saturday morning August 8, 2015 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.**

**KLA Officers:**

**Muriel Ingalls, Pres  
Larry Smith, V Pres  
Susan Palmeter, Sec  
Eileen Scott, Treas.**

**Board of Directors:  
Betty Wright, Bill Bixby, Steve White, Bryan Clark, Skip Clark, Richard Coleman, Stan Hicks, Sumner Kalman, Ted Holcombe, Jeff Gleason, Jim Edwards, John Halloran, Ed Stempien, and Jim Mower, web master.**

Navigation rules are important to safe operation of boats. Specifically, the following operations are illegal: operating a vessel at greater than headway speed if within 150 feet of: swimmers, other vessels, rafts or floats, permitted swimming areas, docks or mooring fields, the shoreline and overtaking another vessel at a distance or speed that your wake causes danger or damage. Look for other navigation tips in this newsletter.

### ***New Hampshire's fifth season is here, MUD SEASON***

Actually mud season has a purpose and it can be fun to get outside after a long and snowy winter to clean things up. Here are some things you can do to clean up your property and protect the health of the water bodies around Kingston: Sweep up your driveways, walkways and steps to remove leftover sand. Sand in our waters makes them shallower and causes plant growth. Check your property for erosion and fix any erosion problems before the next rain storm. Remove storm debris according to the Shoreland Water Quality Protection Act. If your property is 250 feet within the lake, downed or damaged trees can be removed. Leave the stumps though as they become natural barriers

**The Kingston Lake Association has suffered greatly from the loss of two of Kingston's finest gentlemen, Bruce Anderson and Dave Ingalls. Bruce was instrumental in the Lake Host Program, the State Park Clean up and the Regatta. Bruce was also involved with the Kingston Days Celebration and he was a member of the Voices of Distinction. Bruce was the owner of Sunrise Tree Service. Dave was involved with the Lake Sampling program, the State Park Clean Up and one of the founders of KLA. He was a life time member of the Kingston Conservation Commission and was heavily involved with the town forests. The David E. Ingalls loop trail in the town forest off Valley Lane on Hunt Road is a great place to connect with nature. Both men were lake and forest enthusiasts. Both were great men who were always friendly and willing to help. Bruce and Dave we miss you so much.**

**Kingston Lake hosts a great number of swimmers who swim the width of the lake regularly from the State Park beach to the opposite shoreline. One of these swimmers is Bob Fernald who used Kingston Lake to train for the swim across the English Channel. He turned in one of the fastest swimming times in 2014, 11 hours.**

**Call Muriel 642-3156 or Betsey 642-5579 for lake hospitality.**

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 pump your septic system every two year

**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".**

**Thank you for your support.**

**Kingston Lake Association Inc.**

**PO Box  
1018Kingston,  
NH 03848**

[www.kingstonla.com](http://www.kingstonla.com)

**We are on  
Facebook**

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

**The Adopt a Park Program** is in its fifth season. On May 16, 2015 volunteers will sweep into the Park with rakes, tarps, trucks and tractors to spruce it up for another summer season. Please join us from 9-1. Lunch provided. Rain date May 17.

**Spring Lake Clean-Up** is Saturday June 13<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.

**June 24, 2015 Annual Membership Meeting 7-8:30 at the Kingston Community Library.** We will have a social time with refreshments from 7:00 – 7:30. The 45 minute presentation will begin at 7:30 and there will be time for your questions. Our guest speaker this year will be Ben Kilham. His topic will be NH's black bears. Check out his story and goals at [www.benkilham.com](http://www.benkilham.com) . You won't want to miss this unique presentation.

**The Bruce Anderson Kayak/Canoe Regatta is scheduled for Sunday July 26, 2015.** 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. 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. Come and join the fun.

What does living on the lake mean to you?

I came to Kingston Lake in 1971 when my husband Dave and I purchased Pine Acres from Edith and Herman Teuber. The Teubers were in their 70's and managing the property was a challenge. In 1971, we had an old fashion winter much like the one we had this year. The snow banks were as high as the Pine Acres sign on the road. Herman ploughed with an old model A truck which we also used. The plough had to be manually controlled. Dave and I ploughed together. I worked the plough and Dave drove around and around. We also had a coal burning furnace that had to be stoked and filled daily to keep our house warm. Then when spring came there was all the yard work, water front equipment to be painted and put in, and five cottages to clean and get ready for summer guests. Usually by the fourth of July, the cottages were full and the summer was off to a great start. Even though there were always chores, we found time to play. We water-skied, enjoyed boating and fishing, and every afternoon was spent swimming and playing in the lake. The children always had friends coming by. School friends and cottage friends mixed and enriched their lives. In 1976 we added our tennis court. Tennis brought new challenges and made a life time sport for all of the Ingalls and many of their friends. It is quiet here now much of the time. The children are grown and have their own lives. They return often and bring grandchildren and new friends. Five cottages have become three and only house our family. The peace and beauty of the lake have not changed and comfort me every day.



Now it's your turn!

We hope you will continue to support us. You can do this in several ways.

- Renew your annual membership of \$40.00. If you have already done this, thank you.
- Help us grow our membership. Tell your friends and neighbors about us or give us their names so we can contact them.
- Participate. Pick an activity or event to participate in so we can grow our active membership.
- Come to our **annual membership meeting on June 24** at 7:00 at the Kingston Community Library.
- Consider joining the Board of Directors.

There are so many organizations and worthy causes that compete for our resources of time, money and energy. We say a great big THANK YOU for choosing to share with Kingston Lake Association.

Please clip and return to KLA. Enclosed is my check for membership renewal/donation.

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.

