Kanasatka Water Matters

News & Updates

January 2023 - Issue 3

A New Year's Resolution: Get LakeSmart!

One property owner's journey to lake friendly living

by Judy Stoessel

As we turn to 2023, please consider making a New Year's resolution: Become a LakeSmart property! Winter is the perfect season for reflection, education and planning.

If this seems like a daunting prospect, take a moment to think about what best motivates you. For me it was approaching the task much the way I would have led a strategic planning project back when I was working: researching first, followed by identifying big goals, and then by breaking it all down into smaller action steps. I even gave some thought to phases over several seasons, to spread out both my labor and costs.

Next I made a list of small, actionable items. I know that I have always worked best when I have a checklist and get the satisfaction of crossing items off. It took three seasons of steady work for me to accomplish my initial set of goals.

Your challenge is to identify specific action steps using whatever tricks and techniques will lead you to success. I highly encourage you to write them down. As with so many things, knowing what to do is a big step, but the larger challenge lies in actually taking the steps. NH Lakes provides a link to the LakeSmart booklet on their web site and it is well worth reading. And they also have many other resources available through this link: **LakeSmart Resource Library**

When you are at your lakefront home, continue your research by understanding your property. As Kevin Kelly has often exhorted, you need to observe your yard, particularly when it is raining hard. You need to understand where the water goes, whether it is what comes out of your downspouts and off your roof, or what runs down your yard and driveway if it is sloped. Observe your yard in all seasons and weather so you have a strong understanding of your runoff situation, and this will in turn inform your action steps. Go play in the puddles!

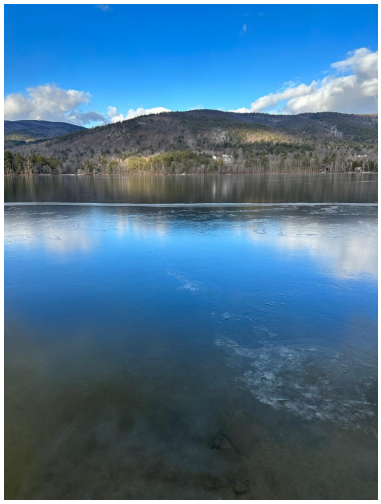
Becoming LakeSmart means making a commitment to our Lake. Some of the steps you will undoubtedly need to undertake also take time. So I urge you to get started this winter by doing your homework and making a to-do list. Then, as the days lengthen, you can get to work and start crossing tasks off your list!

Notes: The Lake Winnipesaukee Association (LWA) web site also contains much useful information:**LWA Website** And if you are ready to embark on the Lake Smart process, this page on the LWA website will take you to the Lake Smart Program and how to get started: **Winnipesaukee Take Action**

2022 LakeSmart Award winners to be announced soon!

Next Steps For Getting Our Lake Back
It Starts with ***You***

by Lisa Hutchinson and Tim Baker



We frequently get asked: What can I do to help the Lake? This is all so overwhelming, where do I even start? How do we get assistance? The best way to start is to start at home – on your own property. Start small. This is a marathon, not a sprint.

First Steps for Everyone:

1. Inspect your property for runoff and erosion during any heavy storm, especially in winter and spring before vegetation emerges
2. Complete a LakeSmart assessment on the Lake Winnipesaukee Association site; be sure to ask for a site visit
3. Get your septic inspected by a qualified professional (different from a pump-out inspection). If you have a drum or holding tank only, which is more than 25 years old, these systems should be evaluated ASAP and may need to be replaced with a compliant system
4. Improve your rating on the Shoreline Survey (usually in the Bare Soil or Waterfront Buffer categories). Establish a no-mow area, let natural vegetation grow up along your shoreline with a small access area, plant or transplant native plants (choose deeper roots), add erosion-control mulch or other ground cover
5. Begin addressing issues throughout your property, even if they do not lead all the way to the lake. Gravel, drip lines, swales, water bars from old firehoses, and other solutions are good DIY projects. Resources include Soak Up the Rain, Landscaping at the Waters Edge, the LakeSmart brochure
6. Check your road or driveway – Is it sloped to allow water to drain to the sides? Are there ditches and culverts to prevent washouts? Is there a cache-basin or vegetation placed to allow runoff to soak into the ground?
7. Work together in your neighborhood to help each other complete projects

Most importantly, we all need to start now! We cannot wait for grant funding, or rely on LKWA to solve our cyanobacteria issue. It's up to us all. Whether property is owned individually or by a group of families or abutters, we need to begin planning for project implementation this next year if possible. For the most difficult solutions, this most likely will require hiring an engineering firm or a reputable landscape company. There are many things we can all do now while still seeking remediation funding.

Shoreline Surveys – Next Steps

Everyone should have received their Shoreline Survey from the Watershed Management Plan in 2022. As part of the WMP, each shorefront property owner received an individualized assessment of their property with a list of resources. Any surveys not picked up were mailed to property owners of record in the fall. Lake Kanasatka needs everyone to read the plan, view the resources, and educate themselves to take the necessary steps to make improvements. Each property owner improving their Shoreline Survey rating will make a tremendous difference to lake health! It may take only a 1 or 2 point improvement, usually in the Bare Soil or Waterfront Buffer categories. The added benefit - your property will look better too!

How Far Can You Throw A Football?

by Lisa Hutchinson

With football season winding down and the Super Bowl ahead, maybe you are wondering how this question relates to Lake Kanasatka? The key: how far is 150 feet? Keep reading to learn why this number is so important to lake health!

We often share the NH boating rules for keeping 150' from shore, docks, floats, swimmers, loons, paddlers, AND other boats when operating at greater than headway speed. 150 feet is considered the *minimum* distance from shore when creating a wake. Bigger and deeper-hulled boats require 300' or more for lake health. Why 150' or more? In addition to safety issues, boat wakes harm the shoreline and nearshore shallows and structures, and accelerating or operating over headway

speed in shallower water disturbs the lake bottom. These disruptions release more phosphorus, which feeds our cyanobacteria blooms.

So just how far is 150 feet?

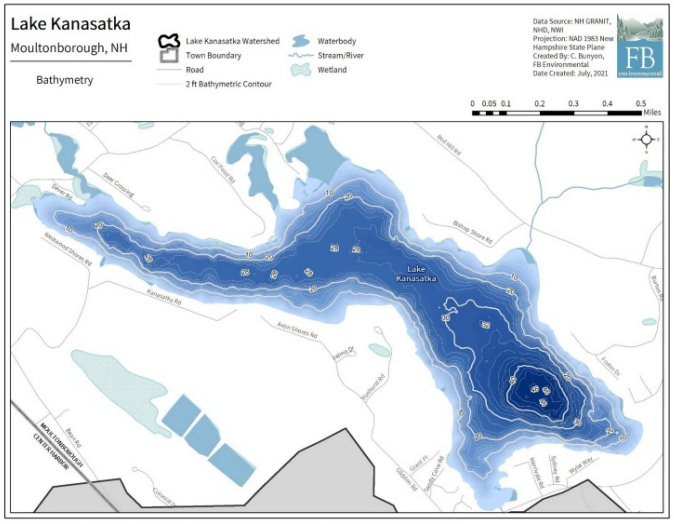
1. 50 yards, or half the length of a football field
2. Distance from the dam and boat launch to the 150' buoy in the lake
3. 5 times the standard dock length of 30'
4. 2-3 times the distance of most floats from shore (most are 50-80' out)
5. Length of 2 tow ropes for water skiing (most are 75')

How far can you throw that football pass?!

If 150 Feet is the Number, Why is 20 Feet So Important?

Kanasatka is a relatively shallow lake, with shallow coves, so where you are boating makes a huge difference to lake health.

At the June 4 public meeting we learned that creating a wake in less than 20' of water may cause disruption to the lake bottom, releasing more phosphorus and feeding our cyanobacteria blooms. We saw pleas last summer to move to deeper water to pull skiers or tubers or before accelerating beyond headway speed. Recent studies show disturbance of the lake bottom up to 20' deep. And we saw clear evidence during our core sediment sampling that the bottom was impacted at least 17' deep. Creating larger wakes, especially operating bow up/stern down and not on plane, causes the most shoreline erosion and lakebed sediment disturbance.



Map A-1. Bathymetry as 2-foot depth contours for Lake Kanasatka. Surveyed by NHDES in 2021.

As part of our WMP efforts, we have a newly updated and more detailed bathymetric map. Bathymetry shows the depth of the water. White lines are marked at every 2' depth, with thicker lines every 10' depth. Deepest spots are noted with numbers such as 28 and 46. Any area lighter blue within the 20' depth line is less than 20' deep at full lake level. Darker blue areas show water deeper than 20'.

In all coves and many places along the shoreline,**150'** from shore is still shallower than **20'**. Get to know your bathymetry! Distance measurements are not included on this map, but here, for your consideration, are approximate distances from shore to 20' deep water:

1. Boat launch: Over 1000'
2. Vonhurst/Birchwood Association beach: 600'
3. Sibley cove at the West End: Over 1000'
4. Camp Quinebarge point to opposite shore: only the middle 150' of the lake exceeds 20', the lake here is only 700' wide
5. Coe Point Cove: 225'
6. Kilnwood Area: over 300' from docks, 450' from Deer Hill Camp
7. Bishop Shore Cove: 675'
8. Maples Bay: 450' to 975' depending on boating route

Your LKWA and Watershed Management Plan teams support responsible and enjoyable boating. We hope you find this new map useful.

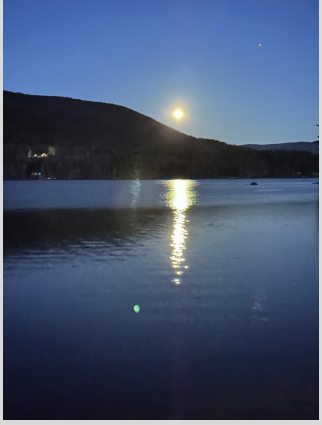
Salt or No Salt

excerpted from Farmers Almanac article

by Robin Sweetser

On the topic of using salt in winter the Farmer's Almanac has this to say: "Rock salt (sodium chloride) has been the conventional choice to melt ice on driveways and sidewalks as salt has a lower freezing point than water. Rock salt is effective to approximately 12°F, but can damage soils, kill plants and grass, and cause driveway and car problems. It's also toxic to animals when ingested. Plus, if you care about keeping local waters pristine, salt causes problems with over-salinization of rivers and lakes."

Alternative suggestions to salt offered by the Farmer's Almanac include:



1. “Rubbing Alcohol: In a bucket, mix 1/2 gallon of warm water with 6 drops of dish soap and 1/4 cup of rubbing alcohol ($1.99 for 16 ounces where I live which would make MANY batches). Splash this around on your icy spots and watch the ice bubble up and melt away. It’s very effective and satisfying! The rubbing alcohol has a much lower freezing point than water so it thaws ice and prevents re-icing! (Rubbing alcohol often appears as one of many ingredients in commercial ice melts.)
You can also combine the alcohol with water in a spray bottle, creating a portable ice-melting solution to keep in your car to defrost your windshield! Often, airplanes use rubbing alcohol to defrost the wings of a plane.

2. Calcium magnesium acetate (CMA): A new, salt-free melting agent, CMA works differently than other materials in that it does not form a brine-like salt. Instead, it helps prevent snow particles from sticking to each other or the road surface. CMA is made from dolomitic limestone and acetic acid (the main compound of vinegar). This material has little impact on plants and animals and is a good alternative for environmentally-sensitive areas. It’s considered biodegradable and doesn't damage brick or concrete surfaces. That said, it is a more expensive alternative.

3. Natural Fertilizer: Alfalfa meal, wood ashes, coffee grounds. Alfalfa meal is a great non-chemical fertilizer that won’t burn your plants. Wood ash from your fireplace contains potassium salts that help melt ice. Ash also absorbs solar energy, increasing the temperature to melt the ice. All these abrasives will help speed melting AND improve traction. Plus, they have relatively few impacts on the environment or plants.”

Read the full article here: **Robin Sweetser**

Septic Systems

by Chris Wallace

Old and poorly functioning septic systems directly impact Lake Kanasatka’s water quality. By having your system evaluated by a certified and licensed state of NH inspector you can cross off one of the most important steps in earning the LakeSmart-Winni Blue designation!

If you have either installed a new certified septic system or have had your system checked and approved by a NH certified and licensed Septic System Inspector in the last 3 years then you are among the growing number of homeowners who are committed to improving the water quality of Lake Kanasatka by reducing the amount of phosphorous that enters the lake.

According to the Lake Kanasatka WMP, older and poorly functioning septic systems are one of the highest contributors to phosphorous loading. For yourself and others, make sure your system is functioning properly and pumped out every 2-3 years depending on your usage.

NH certified and licensed inspectors in our area include:

- Lamprey Septic and Drain Service 603 476-5557
- Septic Check Inspections 603 893-2011

Septic Fact Sheet

You and Your Septic System

Did You Know?

Kanasatka’s very own **Rosemarie Rung** celebrating the passage of HB 1066 in July, which she co-sponsored. This bill directs “the Department of Environmental Services (DES) to develop a plan to combat and mitigate the growth and

expansion of cyanobacteria in New Hampshire."

Ice In/Out Dates

Ice In for 2022 came, went and came again. The official ice in date was December 26th. The thickness was measured between 3" and 3.75" Photo Right - Ice Fishing by December 30th!

Now the question is when will the official Lake Kanasatka Ice out date be for 2023. Any guesses?

2015 April 20
2016 March 172017 April 16
2018 April 22
2019 April 22
2020 April 3
2021 April 1
2022 April 4
2023 ??

Grant Writing Team Update

by Eileen Ehman

A new Grant Writing Committee was formed in December, and committee members are working on their first grant application, which is due January 31, 2023. It is a federal program, with grants ranging from $25,000-$50,000. The committee has been informed that it will be highly competitive, based on recent grant cycles.

"*The Five Star and Urban Waters Grant Restoration Program* seeks to develop nation-wide community stewardship of local natural resources, preserving these resources for future generations and enhancing habitat for local wildlife.

Grants seek to address water quality issues in priority watersheds, such as erosion due to unstable streambanks, pollution from stormwater runoff, and degraded shorelines caused by development."

Winni Toy Box Construction Site

by Kevin Kelly

On 12/01/2022, the stormwater management system at this construction site on Rte. 25 at Redding Lane experienced a significant accidental overflow during a heavy rainstorm. Muddy (turbid) water flowed through the culvert under Route 25 and into the large retention pond across the highway.

The purpose of this retention pond is to protect Lake Kanasatka from damaging stormwater. Over time, such discharges of sediment will inhibit the retention pond's ability to infiltrate stormwater as designed. I contacted The Town of Moultonborough Land Use Office and they immediately sent their engineer to the site. He met with the contractor to enhance their

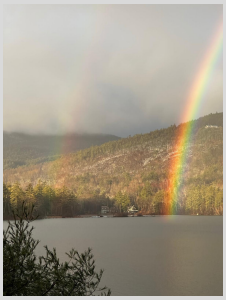
stormwater controls within the job site. They also installed a series of green sediment control socks down the slope to the culvert and around the culvert opening.

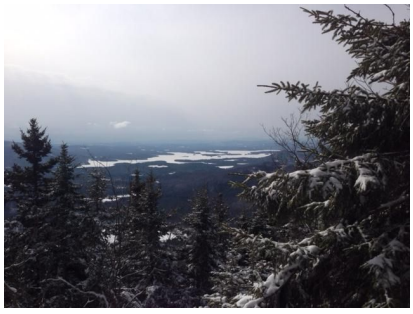
As a bonus, these socks will also filter the stormwater runoff from the gas station parking lot. Stormwater runoff from developments and construction sites is addressed in Moultonborough Zoning Ordinance 12.5.1, which states *There shall be no negative impact to water quality post-development from pre-development conditions.* Special thanks to The Town of Moultonborough for their quick action and follow-up. Their engineer called me at home that evening to update me on his course of action. And additional thanks to the contractor, who responded quickly and thoroughly to correct the problem.

Dues for Fiscal year 2023

At the July 2022 annual meeting, a motion was made and voted on to raise LKWA dues from $25.00 to $35.00 per year per voting member. Beginning January 1, 2023 dues payment in the amount of $35.00 may be sent to: *LKWA P.O. Box 774 Center Harbor, NH 03226.*

Thank you for your support.





LKWA Board Meeting Notes

The LKWA Board of Directors monthly meeting was held December 15th at 4pm via Zoom. Six directors were present with two absent. The Board approved the previous meeting minutes.

Treasurer Rob Baker reported on finances and stated the association membership is currently at a new all-time high with 150 paid members YTD December 2022.

The board received a request by a member wanting to know if the monthly meetings were open to the public. After discussion the board concluded regular board meetings were considered non-public sessions. The board felt the minutes overview provided in the monthly newsletter were sufficient to inform the membership of what took place.

The Communications Committee reported that 288 Kanasatka Water Matters newsletters were sent out by email in December. 80% of those emails were opened.

The board also discussed the WMP implementation, and the tasks associated with it. This will be a large focused effort requiring strong participation by many volunteers. A Zoom meeting will be scheduled for a future date to provide the Kanasatka community with a status update.

Discussion was held about the new grant writing/ fundraising committee. New volunteers have come together to offer

help with this important task. Results and outcome will be shared with all.

Current Board Members
Kirk Meloney, President
Jane Nash, Vice President
Rob Baker, Treasurer
Colette Cooke, Secretary
Wendy Booker
Tim Baker
Lisa Hutchinson
Chris Wallace

Volunteers Needed:

Web Site Support:

LKWA is looking for someone to update and maintain the LKWA website in an effort to keep kanasatka.org current and relevant as we begin the implementation phase of the Watershed Management Plan. Please contact LKWA President Kirk Meloney at kirk.meloney@gmail.com if you are interested and would like further details.

Photos:

Calling all photographers! Please send your photos that we can utilize in the newsletter.

Send them to the Communications email
.
They must be yours, or you must provide permission to use the photos. That just makes our job easier in putting together the newsletter. Thanks.

LKWA email contacts:

Watershed Management Plan
LKWAWatershedPlan@gmail.com

LKWA Communications email:
LKWACommunications@gmail.com

Link to Watershed Management Plan

This newsletter is brought to you by the LKWA Communications Committee: Carol Hart, Janna Hoiberg, Kevin Kelly, Jane Nash and Chris Wallace