



# Kanasatka Water Matters

## News & Updates

July - August 2023 Issue 7



New Hampshire Marine Patrol is advising boaters to stay 300 feet from the shore and maintain headway speed to help reduce the impact on the shoreline during periods of unusually high water.

Because of the high water level, waves are crashing onto the shoreline with more force causing sediment and excess nutrients to wash into the lake in areas not normally affected.

Reducing your wake and doubling your distance will help reduce your impact on Lake Kanasatka. Excerpted from the Laconia Daily Sun. Read the full article here:

[https://www.laconiadailysun.com/news/local/calls-from-state-local-advocates-for-300-foot-safe-passage-while-water-is-high/article\\_cd3ca6ec-24df-11ee-9c38-7fe613735ed3.html](https://www.laconiadailysun.com/news/local/calls-from-state-local-advocates-for-300-foot-safe-passage-while-water-is-high/article_cd3ca6ec-24df-11ee-9c38-7fe613735ed3.html)

## Ways to Protect Lake Kanasatka series

**By Max Hoene**  
**Conservation Commissioner, LakeSmart**  
**Award recipient and Lake Kanasatka**  
**homeowner**

### July lake-friendly edition

According to NHDES, stormwater runoff contributes to over 90% of the water quality problems in New Hampshire. As a waterfront property owner, you want to protect your investment and its distinctive shoreline setting. Poorly managed stormwater can create many different problems including flooding, erosion and degraded water quality. Summer is a great time for shorefront owners to evaluate their property to make it more lake friendly.

Ways to be more lake friendly and protect our lake: This series began in our March issue with the first 2 lake friendly tips. This article includes 3 additional ways to protect our lake.



## **1. Consider kicking the fertilizer habit!**

According to the EPA's Fiscal Year 2014 National Water Program Guidance, "nitrogen and phosphorus pollution is one of the most serious and pervasive water quality problems" in the United States (U.S.EPA, 2013), meaning if you fertilize your lawn to have a green lawn, you are eventually going to have a green lake. So far at least 11 states have banned phosphorus fertilizer use or sale. New Hampshire is not there yet, but according to law RSA 483-B "No fertilizer shall be applied to vegetation or soils located within 25 feet of the reference line of any public water. Beyond 25 feet, slow or controlled release fertilizer, as defined by rules adopted by the [Shoreland Water Quality Protection Act], may be used." In addition to nutrients that harm marine waters, lawn fertilizers are also often full of pesticide chemicals (especially weed and feed products) which can cause cancer and harm aquatic life.

So how can you grow green grass and reduce nutrients from flowing into Lake Kanasatka?

- a. Stop fertilizer from leaving your lawn and entering the lake. Establish a No Mow Zone or install a vegetated buffer garden between the lawn and water which absorbs nutrients and silt keeping them from entering the lake.
- b. Shrink your lawn to only the area needed for play, paths, and picnics. Cut lawns to a length of 3 to 4 inches and leave clippings. This longer length enables the grass to develop a healthier root system. The deeper roots also do a better job of absorbing nutrients.
- c. Creating a low mow zone planted with native grasses and wildflowers will help to slow, filter, and infiltrate stormwater as well as provide wonderful habitat for wildlife. Areas are generally mowed 1–2 times per year (late winter or early fall are best) allowing the meadow to flourish without harming nesting wildlife.
- d. Try not applying fertilizer at all. The best way to grow green grass is to build healthy soil, which can take a few years. Healthy soil contains microbes that gradually decompose organic matter (mulched leaves & grass clippings) releasing nutrients gradually, without the need for additional fertilizers. Grass clippings provide the nitrogen that grass needs. Also, clover fixes nitrogen naturally in the soil. Keep clover <10% of the seed mix.

For more ideas, check out the resources below:

<https://nhlakes.org/wp-content/uploads/Natural-Lawn-Fact-Sheet-1.pdf>

<https://nhlakes.org/wp-content/uploads/Lawn-Care-within-the-Protected-Shoreline-PDF.pdf>

[https://www.maine.gov/dep/land/watershed/camp/road/gravel\\_road\\_manual.pdf](https://www.maine.gov/dep/land/watershed/camp/road/gravel_road_manual.pdf)

## **2. Fix your path.**

Paths are like little driveways except they run all the way down to the lake. They can channel stormwater and wash soil directly into the water. If you observe exposed ground or erosion along your walkway to the lake it may be time to fix your path. Water bars made from logs or landscape timbers can push runoff into adjacent areas covered with vegetation. Infiltration steps backfilled with crushed stone are a great way to stabilize the walking surface while providing erosion control on steep paths. Infiltration steps absorb rainwater and are stable even in heavy rains. On flatter areas alternatives could be to install stepping stones, or pervious paver walkways.

Image courtesy of NH DES. For more ideas, check out the resources below:



Photos above are Acton Wakefield Watersheds Alliance

### 3. Mulch bare areas

Heavily used areas frequently have compacted soils and little capacity to absorb runoff. Do not leave soil bare. Stormwater in these areas can wash out soil to the shorefront, or lake below. If you cannot plant or get grass to grow, consider a top dressing with 3-4 "thick" layer of Erosion Control Mulch (ECM). ECM is much heavier than conventional landscaping mulch. It is a mixture of elongated fibers, gravel, and soil. ECM fibers lock together to protect the underlying soil from erosion by slowing down stormwater and enabling it to be absorbed in the ground. Erosion Control Mulch should not be used in areas with concentrated water flows or on slopes greater than 2:1 (27°). ECM can be added in conjunction with other stormwater management practices. For example, ECM can be spread in between water bars or rubber razors, and around native plants. Erosion Control Mulch is versatile and can be put on almost any area in need of protection from erosion!

Chronic erosion problems: Property subject to erosion of soil or silt into our cherished Lake Kanasatka should be repaired and properly stabilized. Inspect your lot during and after storm events to check for erosion problems which may include ditches, driveway and sloped areas that are not stabilized and show evidence of ruts and gullies. Look for washouts caused by concentrated stormwater runoff in bare sloped areas. Mulched areas should be inspected regularly after each large rainfall.

Find more resources here:

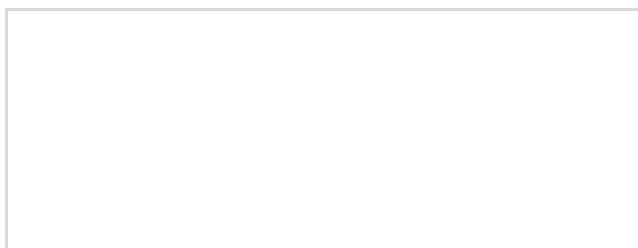
<https://nhlakes.org/wp-content/uploads/Erosion-Control-Mix-Fact-Sheet.pdf>

<https://awwatersheds.org/erosion-control-mix-ecm-do-it-yourself-conservation-practices/>

Image below courtesy of NH DES. Find more resources here:

<https://www4.des.state.nh.us/SoakNH/wp-content/uploads/2020/03/infiltration-steps.pdf>

[https://extension.unh.edu/sites/default/files/migrated\\_unmanaged\\_files/resource004159\\_rep5940.pdf](https://extension.unh.edu/sites/default/files/migrated_unmanaged_files/resource004159_rep5940.pdf)







## LKWA Annual Meeting

The Annual Meeting of the Lake Kanasatka Watershed Association (LKWA) was held on Saturday July 8th at Moultonborough Academy. Nearly 100 members were in attendance.

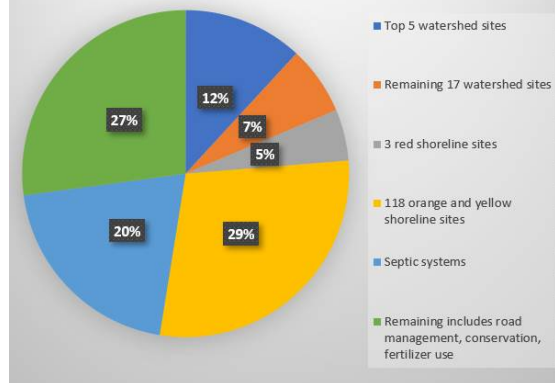
Payment of dues by LKWA membership was recorded by Mr. R. Baker, assisted by Ms. Ehman.

Mr. Meloney opened the meeting with an overview of the agenda to be presented. Mr. Meloney shared highlights of the Board's various activities over the past year which included getting State of NH filing documents in order for the purposes of being able to fundraise, ongoing efforts to move the WMP Implementation forward, establishing a Communications Committee charged with bringing the website up to date and enhancing the content and producing a regular LKWA newsletter. Mr. Meloney also thanked Kevin Kelly for his ongoing diligence in attending to issues throughout the watershed and Mark Foley for tackling the issues at Sandy Cove. Mr. Meloney also highlighted the recent NH Gives initiative led by Director Colette Cooke which raised over \$9000.00 for LKWA.

Past Treasurer Rob Baker shared a fiscal year in review. Mr. Baker also asked for a vote to approval donations in the amount of \$250 each to LRCT, The Loon Center and NH Lakes. The vote was passed.

Interim Treasurer Eileen Ehman discussed the budget for fiscal year 2024 which runs

## Phosphorus Load Reductions Goals From Existing Development



## Phosphorus Load Reduction Goals by Lisa Hutchinson

We've heard interest in showing more clearly some of the goals contained in the WMP. And Steve Landry from NHDES, our guest speaker at the annual meeting, pointed out that every little reduction in phosphorus load counts, even if it's just a fraction of 1 kg/yr.

The overall goal is to reduce the phosphorus feeding the cyanobacteria blooms. Phosphorus comes from external and internal sources. External sources we can impact are watershed and shoreline loads and septic system issues, and to a small extent discouraging waterfowl. The internal source is mostly deposits on the lake bottom that have accumulated over time, and are made available in the water column by disturbances of the lake bottom in shallower waters and by lack of oxygen in the deeper waters.

Major pieces of reducing phosphorus are 59 kilograms per year (kg/yr) from existing development in the watershed, 40 kg/yr from future development in the watershed, and a significant amount from an in-lake treatment.

Our goals, to reach the 59 kg/yr reduction from existing development, are

- > 15 kg/yr, 25% reduction by 2024
- > 29 kg/yr, 50% reduction by 2026
- > 100% reduction by 2031
- > NHDES is requiring a 10 kg/yr external load reduction for us to proceed with our application for an in-lake (alum) treatment.

The accompanying chart depicts how the WMP suggests we get to the 59 kg/yr

from July 1, 2023-June 30, 2024. Ms. Ehman stated that based on the budget, the dues would need to increase to \$45 per member/year. A member from the audience made a motion to increase the dues to \$50 per member/year which was approved by members by a majority vote.

Trish Townsend reported that a loon couple visited the nest on the raft in Kilnwood, mated, but no eggs were laid. The 2 loons continue to make their rounds on the lake.

Directors Kirk Meloney, Lisa Hutchinson and Tim Baker gave an overview of what has been done over the past year re WMP implementation and what steps will be taken next that will support our interest in an in-lake treatment which will need support and approval from DES.

Homeowner Mark Foley talked about the process of addressing the issues on Sandy Cove. The Sandy Cove Association worked together with the help and support of Kevin Kelly through several phases of stormwater remediation. The results are encouraging and considerably less stormwater is reaching the lake.

Director Cooke provided additional information regarding the NH Gives program and stated that social media connections can increase our yield next year.

President Kirk Meloney discussed new guidance re Cyanobacteria Advisory signage. Homeowners are encouraged to sign up to get information sent directly to them when a warning or advisory is in place. LKWA will place a sign at the boat launch dam area but nowhere else. Mr. Meloney stated that individual road associations may post a sign if they desire but that would be outside the auspices of LKWA.

The slate of Directors for a term of 2 years included Tim Baker, Lisa Hutchinson, Chris Wallace, Janna Hoiberg, Kevin Kelly and Scott Apgar. The slate was approved by a majority vote. The complete Board of Directors for the coming year is: Kirk Meloney, Jane Nash, Colette Cooke, Tim Baker, Lisa Hutchinson, Chris Wallace, Kevin Kelly, Janna Hoiberg and Scott Apgar and Eileen Ehman. This concluded the business meeting.

Mr. Meloney next introduced and welcomed Mr. Steve Landry, Supervisor of the Watershed Assistance Section at NH Department of Environmental Services,

reduction.

Small reductions add up!

> The top 5 watershed sites represent a target of 7 kg/yr, or average of 1.4 per site

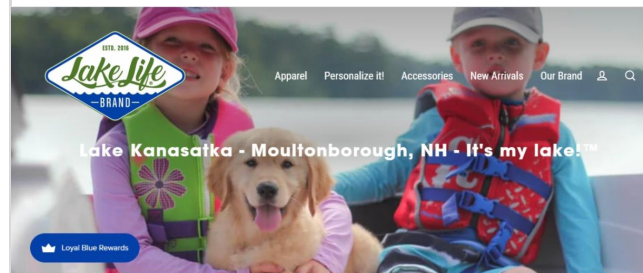
> The remaining 17 watershed sites represent a target of 4 kg/yr, or average of 0.24 per site

> The 3 red shoreline sites represent a target of 3 kg/yr, or average of 1.0 per site

> **The 118 orange and yellow shoreline sites represent a target of 17 kg/yr, or 0.14 per site. This is the biggest piece of the pie**

> Overall septic reductions target is 12 kg/yr.

We are making progress. There are many roads to success, but it will take all of us!



## Lake Life Brand Products

Hello all,

The LKWA board and I wanted to share with you how excited my business partner Rick and I are to be working with the Lake Kanasatka Watershed. Although it's early, we've already had a handful of orders and we hope that our partnership will grow to make a sizable impact towards Lake K water quality initiatives.

Every purchase of Lake Life Brand products helps protect and preserve life on the lake. We donate 20% of our profits to organizations that share this commitment of lake preservation. I'm including our recent cover article featured in **Travel Taste + Tour** magazine to give you some additional flavor for our little business.

Our partnership with LKWA is a pilot program for us - we have created a personalized collection of products and committed 100% of profit to the association directly. We think that's a compelling



who provided a detailed presentation and discussion regarding Lake Kanastatka's Watershed Management Plan and status for potential implementation of an in-lake treatment.

Following Mr. Landry's remarks, Mr. Meloney adjourned the Annual Meeting.

## Unprecedented Water Levels

A local dock company reminds us that "water levels are at unprecedented high levels for this busy time of year. Please be aware of your wake and the damage it can do along the shoreline." For further information on best boating practices in general, go to:

<https://lwafiles.files.wordpress.com/2014/12/des-boat-fact-sheet.pdf>

**Please consider keeping 300 feet from the shore to protect the lake!**

reason to order cool stuff that celebrates our happy place!

Together, we will continue to learn from the experience and adjust our approach. what we offer, and how we work together. We are interested in your feedback along the way. As a little extra incentive, you can use "KANASATKA5" to get \$5 OFF of your purchases through August 15th. While you're there, you can subscribe to our newsletter and join Loyal Blue Rewards to earn free gear.

Let's make a difference together!

Jump on in!  
Matthew, Lake Life® Brand

<https://www.lakelifebrand.com/collections/kanastatka>

**Like. Follow. Mention.**  
Share with us @mylifeonthelake

## Upcoming Events

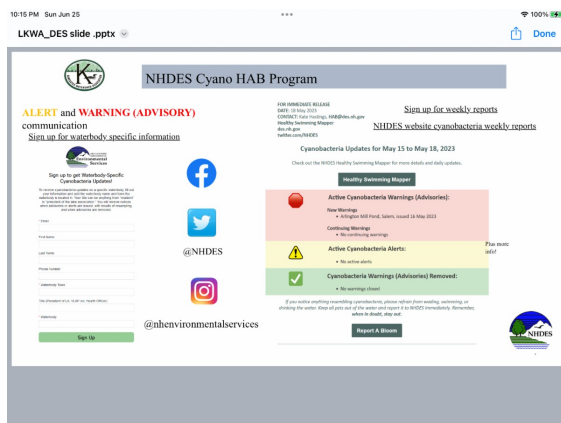
### LKWA Community Picnic

Saturday August 12th,  
11:30-2 PM @ VonHurst  
Beach. Hamburgers, veggie burgers, hot dogs, soda and water will be provided. Please bring a salad, side dish or dessert to share.  
***Bring your own chair.*** Very limited parking on Von Hurst Road. If you plan to drive, consider carpooling with friends or neighbors. Kayaking or canoeing to Von Hurst beach is also an option.

### Concert in the Cove

This fundraiser returns Saturday, August 19th, 3-5 PM @ the east end of the lake. Come by boat, kayak, raft or tube and enjoy the music of Studio B Band! Bring a donation- any amount appreciated.





## Harmful Algal Blooms (HABs) Updates

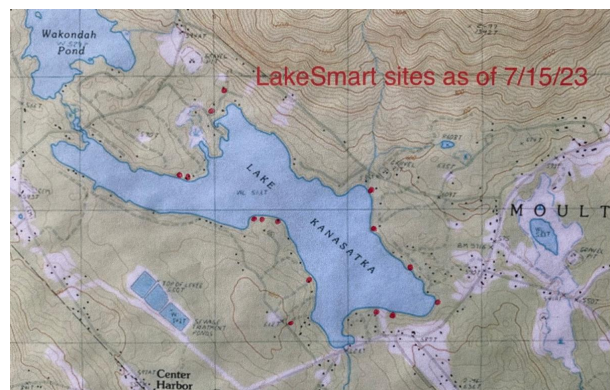
Stay up-to-date on harmful algal blooms in the state this summer! NHDES strongly recommends you utilize these resources prior to visiting a waterbody.

**SIGN UP FOR OUR WEEKLY UPDATES**  
**VIEW THE ADVISORIES AND ALERTS ON OUR MAP**  
**GET ALERTS FOR SPECIFIC WATERBODIES**

For further information about Harmful algal blooms (HAB's) see: <https://www.des.nh.gov/water/healthy-swimming/harmful-algal-blooms>

## **LOON UPDATE:**

After several months of 24/7 streaming, the loon cam system affixed to the nesting raft was taken offline on June 30. Although the loon pair did mate, no eggs were laid this year. The pair are still active around the lake.



## **PLEASE HELP US REACH OUR LAKESMART/WinniBlue GOAL!**

We need to show that 25% or 45 of Kanasatka's 182 lake front properties are LakeSmart/WinniBlue certified by the close of 2023 as a form of proof (data) that we are reducing the phosphorous load from stormwater runoff. Meeting or exceeding this goal will show that we are serious about our water quality and allow us to be better positioned to receive grant money for an alum treatment.

As of July 25th we have 15 **LakeSmart/WinniBlue** approved properties with several additional properties very close to completing the process. It's easy to get started, just go to:

<https://kanasatka.org/lakesmartprogram/>

and click on the self-assessment link. You even have the option to complete the entire LakeSmart/WinniBlue program online by submitting pictures and providing answers to the team's questions. If you prefer to have someone tour your property, that course of action is available by registering for a site visit.

The choice is yours! LKWA volunteers from the Outreach Team are also available to help you with the process. Send a request to: [LKWAWatershedPlan@gmail.com](mailto:LKWAWatershedPlan@gmail.com)







## **Sandy Cove Association (SCA) – fully embracing our responsibility to be stewards of LK!**

*by Mark Foley*

*President, Sandy Cove Association*

Firstly, thanks to Chris Wallace, Kevin Kelly and the LKWA Board for inviting us to share our Sandy Cove little “big dig” story. This is a story of caring and camaraderie. This is a story that highlights how together there is nothing we cannot accomplish. I also want to thank all members (nine families) of the Sandy Cove Association. For the past two years we have come together in a unified way. Your commitment and unconditional support have

made a challenging situation far easier to get our arms around.

Sandy Cove has always tried to do the right thing to mitigate stormwater runoff. In 2010 we invested \$5,000 to install a 16-inch culvert and regrade the road. Before we heard the words “infiltrate high” we had done just that for the upper half of our road. More recently when we saw page 46 of the Watershed Management Plan (WMP), highlighting Sandy Cove as a high impact site, we knew that our efforts needed to go to the next level.

The WMP reiterated what we had been learning “the hard way” since 2020. The only silver lining of those early years was that we got to meet and form important relationships with the passionate members of our lake-wide community. Starting with Kevin Kelly and numerous members of the rapid response team we received a crash course in what was happening and what our role needed to be. We learned a lot from this dedicated group. They inspired us with the confidence that we could play an important role in protecting LK.

In 2022, Bree Rossiter (LWA and LakeSmart) attended our summertime annual meeting. Bree provided lots of useful insights and resources. We learned about “leave it be” and the many creative ways of diverting stormwater – like firehoses strategically located on a road. In March of this year, we called a special Zoom meeting to talk about implementing a plan to step up and more importantly to step up now. We had 100% turnout and full participation during this productive meeting. Two of our families secured a combined 300 feet of firehose. I mention this because each of our nine families is involved in our collective efforts in one way or the other. We stand united. It’s been inspiring to see the “all-hands-on-deck” mindset. It was just ‘obvious’ that we needed to come together like never before. I also mention this because we have lots of leftover firehose. If you are working on a stormwater diversion project and would like some firehose, please email me at [markfoley321@gmail.com](mailto:markfoley321@gmail.com). I’ll gladly deliver it for free and lend a helping hand if needed.

During a special March 2023 Zoom meeting we uniformly agreed that Sandy Cove Road needed a lot of work. While we were fully prepared to invest another \$5,000, like we did in 2010. It turns out that we did far more vital work for far less. And this is a direct result of the friendship and support of Kevin Kelly. During a morning walk this April I bumped into Kevin. I was excited to tell him about our plans to rent a backhoe so that we could install another culvert. Kevin was happy to hear that news but the first words out of his mouth were “would you like me to help you with my backhoe?”

That moment changed everything. We immediately began meeting with Kevin and a member of our community, Mike, who is a civil engineer. Mike also spent five years working on Boston’s big dig. Not only did we realize we were going to design and implement the proper solutions, but we also started referring to this project as the Sandy Cove little ‘big dig.’ We scheduled phase one, the installation of the new culvert, for Mid-May.

As Glidden Road is unfortunately a big contributor to our stormwater issues, our first piece of business was to significantly expand the catch basin located on the Apgar property. This catch basin is fed by a culvert under Glidden Road. The picture to the left shows the finished product that now keeps more water up top (infiltrates high). Scott and Lorraine were nine year members of SCA. And now as our direct neighbors they remain





committed to supporting us in way, shape or form. Thank you, Scott and Lorraine.

In following Kevin's advice, we learned a lot from our April walks in the rain. It was made clear that much of the water from Glidden Road was missing the upper culvert. Therefore, a core part of our little 'big dig' was the installation of the new culvert. Mother nature cooperated with us by providing a perfect day for this work.

As we knew it would, the new system is working like a charm. It's capturing storm water that used to cascade down the left side of the road and it's diverting the water to a large natural infiltration area on the right-hand side. This is another good example of infiltrate high.

We knew our work was not done, so we planned our phase two work for June. Our focus was the bottom of the road where it abuts the beach.

Mike and Kevin used a Saturday in June to rework the bottom of the road. They created a large berm on the left side of the road. Stormwater that used to find its way into the lake along this path is now diverted to the right-hand side of the road which has both natural infiltration and a newly created catch basin. A side benefit of the rain in June is that we got to see the new system working perfectly. It is holding its own even during the torrential rains. And like with our work in May we knew that there was more to be done. We are currently planning to install a new rain basin on the left side of the road near the new berm. We will also be shaping a new secondary berm which will serve as a back-up plan in case the current system were to get overrun.

Many of us involved in this Sandy Cove work thoroughly enjoy working on projects like this. And the purpose and meaning of this work has been magnified a hundred-fold. If anyone is considering a stormwater mitigation project and would like support, there is a large team of amazing people who are ready to go. We are also aware that we will need to remain vigilant and steadfast in the years to come. We hope our little story provides some hope and inspiration that 'together' we can do this.

## Questions and Answers

**I am confused about the dues. I know it is \$50.00 as of July 1, 2023 but is that for a family or just an individual. Can you explain?**

Dues are \$50.00 per person which gives that individual 1 vote at the annual meeting. If an additional person in the family (spouse, adult child etc.) wishes to vote, they would also need to become a member of LKWA and pay \$50.00.

Please send your dues for the fiscal year beginning July 1 to P.O. Box 774 Center Harbor, NH 03226.

**How can we be certain the Alum will be safe for our residents, lake, fish and wildlife?**

Aluminum (aluminum sulfate (alum) and sodium aluminate) has been applied to hundreds of lakes with few reported incidents. Aluminum dosing and application methods have evolved and improved over the decades which have increased its reliability, efficacy, and safety.

As long as the pH of the lake is kept between 6 and 8, the forms of aluminum that might be toxic do not exist. Modern aluminum treatments include real time pH monitoring and the ability to balance the dosage of alum and sodium aluminate to keep pH in the desired range. Such a program is proposed for Lake Kanasatka.

**VOLUNTEERS NEEDED!**



**Lake Kanasatka  
Watershed Association**  
P.O. Box 774  
Center Harbor, NH 03226

#### Dues Notice for the 2023-2024 Year

Dues for the 2023-24 Fiscal Year were increased to \$50 *per voting member* by a majority vote of the membership at the LKWA Annual Meeting on July 8, 2023. Annual dues covers normal operational expenses for LKWA (not including the Watershed-Based Management Plan costs.)

LKWA operates on a fiscal year that opens on July 1 and ends on June 30. Therefore, dues in the amount of \$50 per voting member are in effect immediately.

Please complete this form and mail it with your check, payable to LKWA, with the name of the member(s) on the notation line.

Name(s):		
Address:		
City:	State:	Zip:
Telephone/Cell:	*Email:	

*\*By providing your email address you may receive LKWA Newsletters and notifications from time to time.*

Mailing Address:		
City:	State:	Zip:

If you have any questions, please send an email to the attention of the Treasurer at [info@kanasatka.org](mailto:info@kanasatka.org).  
Thank you!

## Stormwater Runoff Solution!

LKWA member and Facebook administrator Scott Parker has graciously offered to build water razors for homeowners on Lake Kanasatka. Scott is donating his time to acquire the materials and provide the construction of custom finished razors for your site *and* provide delivery at a cost of \$5.00 per foot.

See the March and May issues of Kanasatka Water Matters available online at <https://kanasatka.org/newsletters/> for more information on and photos of these ingenious devices.



· The *Kanasatka Water Matters* newsletter team is looking for a volunteer familiar with the Constant Contact platform to assist with the task of uploading finished copy (supplied by others) to be sent out to our 300+ subscribers.

· The team is also looking for someone to proof-read submitted articles in Dropbox and again once they are in Constant Contact draft form.

Our newsletter has quickly become something that Lake Kanasatkians look forward to reading. Benefits include being the first person to read the new issue of *Kanasatka Water Matters* prior to publication!

If you have a few hours to spare 5-6 times a year, we would appreciate your help. Please contact us at [lkwacommunications@gmail.com](mailto:lkwacommunications@gmail.com) to indicate your interest in joining this important team!

· The Watershed Management Plan implementation team is looking for a geologist and/or soil scientist to volunteer their expertise in assessing and calculating the depreciation of phosphorus laden runoff among different soil types around the lake.

Please contact: [LKWAWatershedPlan@gmail.com](mailto:LKWAWatershedPlan@gmail.com) if you are able to help with this project.

Water Razor Photo on left, courtesy of Acton Wakefield Watersheds Alliance

## From the LKWA Data Team

### [Request for Property Owner Input](#)

The Data Team is designing a comprehensive form for lakefront and watershed property owners to easily submit information needed to implement the Watershed-Based Management Plan and proceed with applying for an in-lake alum treatment through the NHDES process. This form, with instructions

1. Tracking our progress against the goals and timelines in the WMP and reporting on that progress
2. Following up with property owners who make improvements to calculate the phosphorus reductions achieved, we have targets from NHDES to continue with our application for the alum treatment, and interim targets to meet in the plan
3. Having data on 'in-kind' contributions to offset matching grant requirements, as well as show our community's commitment to fixing our lake as we apply for grants
4. Collecting minor demographic information to support grant applications and various action items in the plan, such as if your water supply is a well or the lake, whether you are a full-time resident or here part-time.

# How to Buy Native Plants--A Trip to the Garden Center

*By Judy Stoessel*  
*Lake Smart Recipient and Lake Kanasatka Homeowner*

Some of you may be veteran gardeners and others may be new to the



idea of planting things in your yard. There are many rewards to growing things, but also many challenges. The challenge is greater if you have resolved to work with native plants because they can be hard to find.



Garden centers and nurseries, like other retail businesses, are in the business of selling things, and they work hard to lure you in. Often the flashiest or most colorful plants are situated right at the entrance where they will tempt you to make impulse buys. They are most likely NOT native plants. It is important to do your research ahead of time and know what you are looking for. I keep a list on my phone so I have it with me at all times.

Many garden centers focus on familiar annuals and perennials that are not native. A very few carry native plants. And even fewer specialize only in native plants. Be sure to advocate for natives with garden center staff.

Nurseries are starting to provide more native plants, but the trend is for them to sell cultivars. They can make the most money selling “enhanced” versions. You will see lots of plants labeled “native” that are actually “cultivars” or “nativars.” While not all bad, these tend to be not as good as buying a true native plant. Often a cultivar is bred to create different bloom shape, color, scent, or plant size. New traits, while they may be aesthetically pleasing to humans, can make the plants less appealing to the pollinators that are hard-wired to the native plants. A “nativar” is a nursery trade-invented term for a native cultivar.

How do you tell if a plant is native? It’s all in the plant names and labels and you’re going to need to learn a little botanical Latin! Plants have many common names, which can vary from region to region and thus be confusing. The only way to be sure of a plant ID is to use the Latin or binomial name, with a genus name listed first followed by a specific epithet. Combined, these two terms are called the species name.

Let’s use one of my favorite shrubs, summersweet or sweet pepperbush, as an example. Its species name is *Clethra alnifolia*. It grows around 5-7’ tall, will grow in full sun to total shade, but will grow best in light, dappled shade, or with morning sun and afternoon shade. The blooms have a wonderful scent. Because of their tolerance for moist soils, they can be used for lakefront erosion control and rain gardens.

So look for a plant label that just says *Clethra alnifolia*. This is the true native. If it is a cultivar, it will have a third name in parentheses, for example, *Clethra alnifolia* ‘Ruby Spice’. Another dead giveaway-- if it is in a pot branded “Monrovia”, or “Proven Winners” –you can bet that it is a cultivar created by the wholesale nursery trade.

*Happy Planting!*

#### **Notes:**

Regrettably, a recent check of what is being sold at Stephens Landscape Center and Aubuchon Hardware, both in Moultonborough, revealed quite a few native cultivars but few true native plants. Push them to stock more true natives!

Links to a few native plant nurseries in NH:

Bagley Pond Perennials in Warner NH <https://bagleypondperennials.com/>

Found Well Farm in Pembroke NH <https://foundwellfarm.com/>

NH Native Perennials in Madison NH <https://nhnativeperennials.com/>  
NH State Forest Nursery in Concord NH <https://www.nh.gov/nhnursery/>  
How to Buy Native Plants—link to an article on the Audubon Society web  
site: <https://www.audubon.org/news/how-buy-native-plants>

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## LKWA Welcomes New Board Members!

Returning board members include: Kirk Meloney, Jane Nash, Tim Baker, Colette Cooke, Lisa Hutchinson and Chris Wallace

Our 4 newest members are:

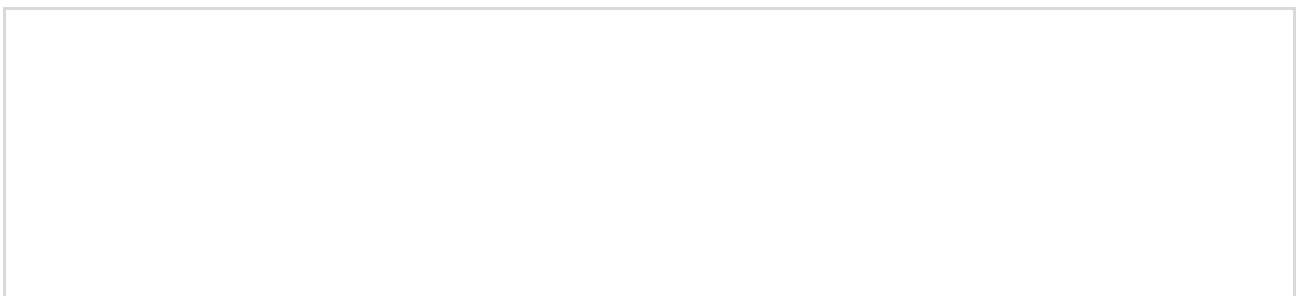
**Eileen Ehman** has joined the board as a Director and Treasurer, filling the spot vacated by Rob Baker. Eileen comes to us with a wealth of experience in finance and continues to be a part of our Grants Committee. Eileen and her husband Jim, purchased a seasonal cottage on Jack's Road in 2002 and visited as often as they could for the next 20 years. They built a permanent house on the same spot as the cottage in 2021 and moved from Connecticut when they retired that same year. They enjoy "snowbirding" to Florida during the winter months each year.

**Kevin Kelly** is a longtime Lake Kanasatka neighbor, owning seasonal cottages on Vonhurst Road and Glidden Road. He and his wife Sandra built a year round home on Glidden Road in 2015. Kevin is out and about all year long keeping an eye on activities and issues that impact our lake. His deep commitment to a healthy lake and extensive experience with stormwater issues will serve our community well. A former LKWA President, Kevin is currently a member of our Communications newsletter team. He is also active in the community of Moultonborough where he volunteers at the Lakes Region Food Pantry and regularly attends town meetings.

**Janna Hoiberg** and her husband Steve have owned their home on Avon Shores Road for over 35 years, moving here permanently from Colorado in 2020. She and Steve love to travel the world, hiking, sightseeing and enjoying the local cuisine of the many places they have visited. You may know that Janna is a successful business owner and author. She is also a key Communications Team member who makes sure that our LKWA newsletters are properly formatted in Constant Contact and are sent out via email.

**Scott Apgar** and his wife Lorraine are full-time residents of Moultonborough having moved here from Boxboro, MA in 2019. Prior to relocating here permanently, they enjoyed summers and weekends at their home on Sandy Cove Road which they purchased in 2005, and then moved next door to Glidden Road in 2014. Both Scott and Lorraine work from home and enjoy spending their non-work hours doing outdoor activities like kayaking our beautiful lake, cycling the local roadways and hiking the many trails in the area.

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# Lake Kanasatka - Together YOU



Photo Courtesy of Pam Grotenhuis Gallant

**\$9,240 RAISED**

**91 DONORS**

NH GIVES was a huge success!

Did you know...

- we were # 7 of 54 participating organizations organizations in the Lakes Region?
- we were # 1 among all lake associations in New Hampshire?

That's lot of love for a little lake like ours! □ Thank you for participating in the great event. See you next year!

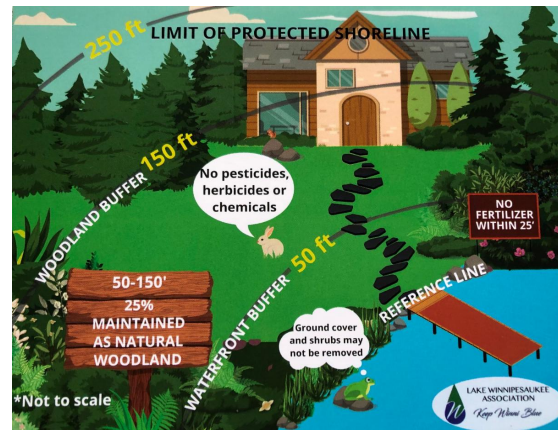


## Board of Directors Meeting Summary May 18, 2023

1. **Insurance Update:** Policy required by Moultonborough Academy purchased for Annual Meeting for \$130.00. Board approved a policy for Directors' and Officers' Liability insurance at a cost of \$743.00.

### 2. Watershed Management Plan

**Activities:** Meeting with FB Environmental to review integration of recent water quality data into WMP model; Meeting scheduled with NHDES and UNH; Water Razor Project proceeding based on member



## LKWA Board of Directors Meeting Summary June 15, 2023

1. Reviewed results of NH Gives Campaign.
2. Prepared slate of candidates for election at the annual meeting
3. Approved by Unanimous Consent in lieu of a meeting election of Eileen Ehman as Director and Treasurer pro tempore from



interest. Follow up on high priority private properties is being developed.

3. **Grant Update:** A Congressionally Directed Spending (CDS) grant submitted with Lake Winnepesaukee Association is advancing for further review.

4. **Budget:** Annual budget planning for 2023/2024 discussed.

5. **Newsletter:** Annual Board newsletter will be issued in June. Monthly newsletter had circulation of 300 with “open” rate of 78%.

6. **Volunteer Recruiting Response:** 3 volunteers for community outreach team; 4 volunteers for data team.

7. **Fundraising:** NH Gives will occur on June 6-7. An annual appeal is being discussed.

8. **Nominating Committee:** Board discussed Treasurer position, director positions for next slate and eligible nomination committee members.

remaining term of Rob Baker’s position until July 2024 annual meeting.

4. Discussed posting NHDES Advisories according to new process and guidelines provided by NHDES

5. Discussed survey to be provided to membership to gather information on a variety of topics

6. Discussed possible capital campaign for future lake treatment remediation

7. Discussed preliminary annual meeting logistics

8. Noted contact from NHPR for LKWA input for cyanobacteria article

***Congratulations to our latest  
LakeSmart/WinniBlue Awardees:***

**Michelle Gysan  
Leo & Monica Dumais**

### **LKWA email contacts:**

Watershed Management Plan  
[LKWAWatershedPlan@gmail.com](mailto:LKWAWatershedPlan@gmail.com)

General LKWA and Board:  
[LKWAmail@gmail.com](mailto:LKWAmail@gmail.com)

LKWA Communications email:  
[LKWACommunications@gmail.com](mailto: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***

Lake Kanasatka Watershed  
Association |  
[www.kanasatka.org](http://www.kanasatka.org)

