

Wentworth Watershed Association



The ZEPHYR

Summer 2019

Now that summer has finally arrived, it is wonderful seeing so many of our members at events or stopping by the office to purchase our new merchandise. If you joined us for our Summer Kick-Off meeting, then you heard about the work that happens in the watershed year-round. We couldn't do this work without your membership, annual fund contributions and your volunteerism. In case you missed it, here are some of the things we are up to at the Association (this list isn't comprehensive, but meant to serve as a snapshot of the work we do).

Your donations support:

Milfoil mitigation	Dive Team	Wolfeboro Water Summit	Donor stewardship
Ben Baldwin Fishing Derby	Heath Brook property saved	Wildlife reporting	Trail planning
Soak up the Rain consultations	Full Moon Paddle	DES Stormwater Grants	Coordination w/ other area lake associations
Land stewardship	Merchandise sales	Annual paddle events	Town liaison on milfoil
Camp Dinner	Honoring and recognition of members	Watershed Rep coordination and signboards	Financial oversight
Naturalist walks	Strategic real estate advisory	Stamp Act Island Walk	Town project coordination
Weedwatchers	Liaison with schools	Member database	Email news updates
Water quality testing	Growing DES relationships	Developing partnerships	Weedwatcher training
Scholarship program at Kingswood	Relationship building within Town of Wolfeboro	Watershed real estate threat watch	Board governance and compliance
Lake Host Program	Campaign materials	Communications/ Press Releases	Smith River Dam liaison with town
Cyanobacteria monitoring	Summer Kick-off Event	Office operations	Program planning
Social media	Loon census	Annual Meeting	Grants
Annual Report	Event production	Membership	Land monitoring
Zephyr	Sign Boards	Website	Citizen Science

LOON CHRONICLES 2019



In spite of the fact that we seem to have had fewer loons on Lake Wentworth, we have had reports of four nesting pairs. This is the most Lake Wentworth has ever had in recent history. This week a pair of chicks that were hatched from a nest on Brummet Island were seen. Another nest in the Heath has been abandoned, and it is still to be determined if any chicks hatched from that nest. Earlier this summer the nest was attacked by an eagle that destroyed one of the eggs. When the eagle returned for a second attack, a lake resident was able to scare the eagle away, and the loon returned to the nest and covered the egg. There are possibly two more nests that may produce chicks. Although there have not been any nesting loons on Crescent Lake, there has been a single loon in residence.

If you see any adult loons with a chick or chicks, please stay at least 150 feet away, and use binoculars or a spotting scope to view the family. Chicks are very vulnerable when they first hatch, as they do not dive the first few weeks. Please report any activity that appears to harass the loons.

The Loon Census is a statewide effort, by the Loon Preservation Committee.

Remember, for the protection of the loons, please use non-lead fishing tackle.

Hugh Crawford



Summer is here and people want to celebrate. We are often asked "Can I launch fireworks near the lake?" In Wolfeboro, the answer is no. Consumer fireworks are not allowed in Wolfeboro. Please visit the town of Wolfeboro website to review the ordinance.

Fireworks can also be triggering for people with PTSD, pets and wildlife and can pollute our lakes and groundwater. To learn more about the environmental impacts of fireworks, visit the DES website and search for the Fireworks and New Hampshire's Lakes Environmental Fact Sheet.



Throughout New Hampshire, and in our watershed, neighbors are planting rain gardens, using rain barrels, planting trees, and finding other ways to Soak Up the Rain to protect and restore clean water in their local lakes, streams, and estuaries. Brochures and free resources are available at: <https://www4.des.state.nh.us/SoakNH/>

Have you pumped your septic tank recently?

Please check your household logs to confirm that you have had your septic system pumped in the last 2-3 years. If not, please schedule septic maintenance with your service provider.

More than four billion gallons of wastewater are dispersed below the ground's surface every day. Ground water contaminated by poorly or untreated household wastewater poses dangers to drinking water and to the environment. Malfunctioning septic systems release bacteria, viruses, and chemicals toxic into our local water bodies and waterways. When fertilizers and nutrients are added to our watershed they cause increased vegetative growth leading to low dissolved oxygen levels in lakes and increased potential for cyanobacteria blooms.

Learn more about what you can do to protect the lakes and your septic system from malfunctioning at: epa.gov/septic

Pull the Plug on Aquatic Hitchhikers

CLEAN: Clean off all mud, plants, animals, and debris from your boat, trailer, and equipment. Clean off anchors and anchor lines, water intake grates on jet-powered craft, kayak and canoe cockpits, storage compartments, and paddles too! Dispose of all material away from the waterbody where it won't wash back into the water. Cleaning is the law in New Hampshire!

DRAIN: Drain the motor, bilge, live wells, ballast tanks, storage compartments, and gear. Blow out water in jet-powered craft and tip paddle craft and motors to let out water. Drain all equipment away from the water where runoff won't flow back into the water. OPEN/REMOVE drain plugs and keep out/open while trailering. You may need a wrench to remove plugs. Draining is the law in New Hampshire!

DRY: Dry off everything that came into contact with the water. If launching your boat again within five days, thoroughly rinse with clean water somewhere runoff won't flow back into the water and towel dry. Rinsing with high pressure, hot water between waterbodies is the gold standard.

Are you a homeowner in the watershed?

Please be sure to educate your guests or tenants about the "Clean, Drain and Dry" method for preventing the spread of aquatic invasive species.

Lake Hosts Still Needed!

Are you willing to share the messaging above with boaters at Mast Landing? We need you! To find out more, visit wentworthwatershed.org or call Susan Goodwin 569-2935.



New roadside signs have been made and are going up throughout the watershed. Additionally, this summer's Association programs and dates have been printed on waterproof paper so they will last the whole summer! We hope you will join us for one or more of our remaining events.

What are Cyanobacteria?

Cyanobacteria are bacteria that photosynthesize. Many species of cyanobacteria grow in colonies to form surface water “blooms.” Blooms are usually blue-green in color and consist of thousands of individual cells. Cyanobacteria are some of the earliest inhabitants of our waters, and naturally occur in all of our lakes, often in relatively low numbers. However, research indicates that cyanobacteria abundance increases as lake nutrients increase. As part of the aquatic food web, they can be eaten by various grazers in the lake ecosystem, such as zooplankton and mussels. Although most often seen when floating near the surface, many cyanobacteria species spend a portion of their life cycle on the lake bottom during the winter months. Increased water temperature and light in the spring promote the upward movement of cyanobacteria through the water column toward the surface where blooms or scums are formed. These scums are often observed in mid to late summer and sometimes well into the fall.

Why are Cyanobacteria a Concern?

Some cyanobacteria produce toxins that adversely affect livestock, domestic animals and humans. According to the World Health Organization (WHO), toxic cyanobacteria are found worldwide in both inland and coastal waters. The first reports of toxic cyanobacteria in New Hampshire occurred in the 1960s and 1970s. The WHO has documented acute impacts to humans from cyanobacteria from the US and around the world as far back as 1931. While most human health impacts have resulted from ingestion of contaminated drinking water, cases of illnesses have also been attributed to swimming in cyanobacteria infested waters. The possible effects of cyanobacteria on the health of New Hampshire lakes and their natural inhabitants, such as fish and other aquatic life, are under study at this time.

The Center for Freshwater Biology (CFB) at the University of New Hampshire is currently examining the potential impacts of these toxins upon the lake food web. The potential human health hazards via exposure through drinking water and/or during recreational water activities are also a concern. Some studies suggest cyanobacteria may be linked to amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease.

Do Cyanobacteria Exist in New Hampshire Waters?

Yes, they occur in lakes worldwide. Cyanobacteria have been found in a majority of lakes in New Hampshire, but most often cyanobacteria numbers present in our lakes are near the minimum level of detection. Four of the most common cyanobacteria found in New Hampshire are: Anabaena, Aphanizomenon, Oscillatoria and Microcystis. Anabaena and Aphanizomenon produce neurotoxins (nerve toxins) that interfere with nerve function and have almost immediate effects when ingested. Microcystis and Oscillatoria are best known for producing hepatotoxins (liver toxins) known as microcystins. Oscillatoria and Lyngbya (another type of cyanobacteria) also produce dermatotoxins, which cause skin rashes.

Should you be Concerned about Swimming in or Drinking from a NH Lake?

Both NHDES and UNH have extensive lake monitoring programs. Generally, the water quality of New Hampshire's lakes is very good. However, the state strongly advises against using lake water for consumption, since neither in-home water treatment systems nor boiling the water will eliminate cyanobacteria toxins if present. If you observe a cyanobacteria bloom or scum in the water, remember the following: Do not wade or swim in the water! Do not drink the water! Do not let pets or livestock into or near the water! Exposure to toxic cyanobacteria scums may cause various symptoms, including nausea, vomiting, diarrhea, mild fever, skin rashes, eye and nose irritations, and general malaise. If anyone (including pets) comes in contact with a cyanobacteria bloom or scum, they should rinse off with fresh water as soon as possible. If you observe a cyanobacteria bloom or scum, please call NHDES at (603) 848-8094!

NHDES will sample the scum and determine if it contains toxin-producing bacteria. An advisory will be posted on the immediate shoreline of a designated beach indicating that the area may not be suitable for swimming. If the affected area extends into water that is not part of a designated beach, NHDES will issue a warning for the entire lake. NHDES will continue to monitor the water and will notify the appropriate parties regarding the results of initial and subsequent testing. Public notification occurs through press releases and the NHDES website. When monitoring indicates that cyanobacteria are no longer present at levels that could harm humans or animals, the advisory or warning will be removed. Where to find current cyanobacteria advisories and warnings: Please visit des.nh.gov/ and click “Beach Advisory” under the ALERTS banner on the left sidebar to access the currently posted advisories and lake warnings for cyanobacteria blooms and elevated bacteria.

2019 Calendar of Events

Water Summit III	May 11	9am - 12pm	Great Hall at Wolfeboro Town Hall
45th Annual Great Smith River Canoe and Kayak Race	May 18	1:15pm	Registration from 10am until 12:45pm on the day of the race at Albee Beach
iNaturalist Citizen Science Training	June 5	10am - 12pm	Association HQ/591 Center Street
Introduction to Tree Identification Guided Walk	June 15	9am - 12pm	Fernald Crossing station on Route 109
WeedWatchers Meeting	June 22	9am - 11am	Association HQ/591 Center Street
Summer Kickoff Meeting	June 29	5pm - 7pm	Great Hall at Wolfeboro Town Hall
Ben Baldwin Fishing Derby	July 6	9am - 1pm	Tom and Karen Ouhrabka's dock - Smith River
Walk with Naturalists	July 10	9am	Brewster Heath Preserve
Loon Census	July 20	8am - 9am	Assigned locations
Island Heritage Paddle	July 20	10:30am	Meet at Sister Island
Introduction to Mushroom Identification Guided Walk	July 27	3pm	Fernald Crossing station on Route 109
Naturalist Marsh Paddle	August 5	9am	Near Rye Marsh - please register to attend
Annual Meeting	August 11	9am - 11am	Great Hall at Wolfeboro Town Hall
Stamp Act Island Walk	August 17	9:30am and 10am	North Beach - please register to attend
Full Moon Paddle and Social	August 17	6pm - 8pm	Albee Beach then to Burnt Timber Brewery - please register and pay program fee
Camp Dinner	August 30	5pm	Camp Bernadette



In Memory of Board Member Bob Morneau

Bob valued people and communities. The Wentworth Watershed Association, the Kingswood Acres Condo Association, and Wolfeboro were three overlapping communities that were important to Bob.

Bob was a humble man full of caring, kindness, strength and concern for others. He meant a great deal to all of us in the community. He was a board member, a shore rep and the person who would pitch-in wherever he was needed. He helped activate his neighbors in Kingswood Acres to be members of the watershed – a few of whom serve on Association committees.

He was concerned about the water quality of Lake Wentworth and Crescent Lake and the presence of milfoil. For years he helped manage our property to mitigate water run-off. He was a very early supporter of rain gardens and other landscaping attempts to lessen the runoff into the lake. He supported the dive team and its efforts to eliminate milfoil. He even reached into his own pocket to purchase equipment for the team when they needed it.

Bob always tried to bring people together. This was a special gift because he was not afraid to speak his mind over troubling issues that would come up. He always worked for the greater good and made sure that the right thing was done. He did this because of his deep concern for the lake and its environment.

There are so many memories. When I close my eyes, I see him checking the water run-off during a storm and the damage after the storm ended. I see him gazing out at Crescent Lake – the lake he was trying to preserve from Milfoil, phosphorus run-off, and silt. I see that special smile and glimmer in his eye.

Losing Bob leaves a great void in us, on our beloved lakes, and on Earth. Our lives are forever changed by this good, kind man, may his goodness live on in each of us.

Written by Association member and Bob's friend Nancy Gilbert

Check out our Annual Report at wentworthwatershed.org

Yes, I want to help the Wentworth Watershed Association continue its conservation efforts!

Membership

\$50 per adult suggested

Gift Membership

\$50 per adult

Please attach a note about contact information for gift membership(s).

Additional Donation

\$50

\$1000

\$100

\$5000

\$250

Other _____

\$500

Please write your name(s) and address below. Providing your email address will enable you to receive *The Zephyr* and invitations to events. The Wentworth Watershed Association does not share your contact information.

NAME(S) _____

STREET/PO BOX _____

TOWN/CITY _____

STATE _____ ZIP _____

EMAIL _____ PHONE _____

EMAIL _____ PHONE _____

You can also donate online at wentworthwatershed.org.

Wentworth Watershed Association is a 501(c)(3) non-profit organization. All donations are tax-deductible to the full extent allowed by law. EIN 04-3374499

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