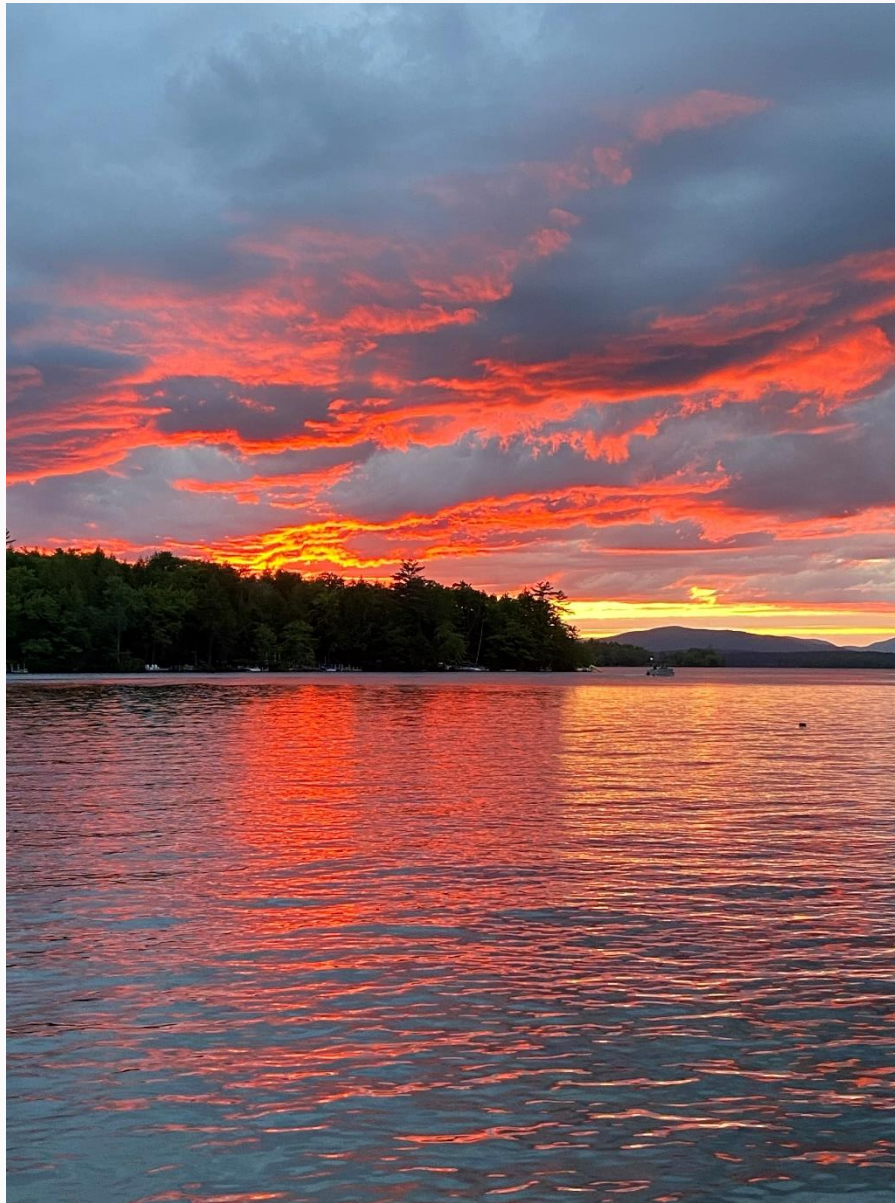


[Send this Newsletter to a Friend! \(click here\)](#)



## WELCOME TO THE SUMMER EDITION

### Wolfeboro Waters Quarterly E-Newsletter

Edited by Abigail Adams and Libby Peard

**Wolfeboro Waters** is a committee created in response to the Town of Wolfeboro's concerns about the water quality of our lakes and ponds.

We came into existence after the first cyanobacteria outbreak occurred in Winter Harbor on Lake Winnepesaukee in 2018.

We are a committee of volunteer citizens appointed by and reporting to Wolfeboro Board of Selectmen.

We initiate communication and outreach programs to develop more community awareness and involvement in protecting these precious resources.

## IN CASE YOU MISSED IT...

On May 13, the Lake Wentworth Watershed Association hosted another successful Water Summit. Wolfeboro Waters was a proud sponsor!



A [Water Summit 5 recap](#) is available through the Wentworth Watershed Association website. Or, you can watch video of Water Summit 5 on the [Wolfeboro Community Television YouTube channel](#).

---

## BE WAKE WISE!

This is especially important in times of high lake levels. Please read on for more information from the New Hampshire Lakes Association and the Wentworth Watershed Association.



### How to be Wake Wise on the Water

Lakes and their shores are fragile environments. Fish, wildlife habitat, shorelines and shoreline structures are vulnerable to damage from boat wakes.

#### What is Wake?

Wake is the disturbed column of water around and behind a boat as it makes its way through the water.

Wash is a specific component of wake consisting of loose and broken water and includes water thrown aft by the propeller and the waves that roll off the side of the boat.

#### What causes Wake?

The size of a boat's wake depends on the hull size, boat speed, distance from shore, and depth of water the boat is operating in.

Naturally occurring wind-driven waves tend to have low frequency and are relatively slow moving.

Unlike natural waves, boat wake travels at the speed of the boat and wake frequencies are often high.

The combination of a wake's high speed, height and wave frequency makes it dangerous to others and damaging to shoreline areas, built shoreline structures and wildlife habitat.

Within at least 250 feet of shore and in narrow channels, reduce speed to **leave no wake**.

**We can all play a part in watershed management!**

A watershed is an area of land that drains to a lowest common point, like a lake, pond, river, stream, or ocean. The image above is from our partners at Lake Winnepesaukee Association and shows the expanse of their watershed, outlined in blue.

A watershed is an area of land that drains to a lowest common point, like a lake, pond, river, stream, or ocean. The image above is from our partners at Lake Winnepesaukee Association and shows the expanse of their watershed, outlined in blue.

If you love your lakes and streams and you hate cyanobacteria, please remember that all of us (even those who are not on the water) are in the watershed. That is to say, what we put in the ground and on our gardens and lawns ends up in streams and lakes.

For guidance on gardening with watersheds in mind, please check out [Lake Safe Fertilizing](#) from the Wentworth Watershed Association, an important community partner providing valuable [Lake Minded Resources](#) through the Association website. You can also access a series of presentations from UNH on [Landscaping for Water Quality](#).

And, here is guidance on additional steps we can take to keep our lakes healthy, all made available by NH Lakes:

[Top 10 Ways to Keep Lakes Healthy](#)

[Lake-Friendly Actions in Your Home](#)

[Lake-Friendly Actions on Your Property](#)

[Take Lake-Friendly Actions along the Shoreline](#)

---

## Is it OK to add **sand** to lake beaches?

Owners of waterfront property often want to bring in sand to replenish or enhance their existing beach. After all, many beaches were created this way in the past. However, we now know that adding sand to a lake can have a huge impact on water quality, wildlife, and the natural beauty of shoreline areas. (It's also illegal.)

Sand often contains the nutrient phosphorus. Phosphorous is food for algae. One pound of phosphorous can produce 10,000 pounds of algae.

From NH DES:

<https://www.des.nh.gov/water/wetlands/faqs/water-access-structures-non-tidal-areas#faq34851>

Can I replenish sand in my beach by bringing in additional sand?

Replenishment of sand in non-tidal beaches may be allowed, but in general, must not exceed more than 10 cubic yards of sand and must not occur more frequently than once every six years. Replenishment requires wetlands permitting and must be for an existing, legal beach.

---

## THE STORY OF TUCKER POND



---

Here's an update on the Wolfeboro Waters  
Assessment Working Group.  
Citizen Science at work...

**Wolfeboro Waters** is excited to have a Summer Intern from UNH. Caleb du Charme is a recent graduate with a degree in Neurobiology and will be going on to graduate work in Genetics at UNH this fall. He is interested in the work of the Assessment Working Group of Wolfeboro Waters and is performing PCR analysis on our lake samples.

He is also providing invaluable skills in data management and computer programming to help WW manage the increasing volume of sample data. When asked what made him apply for this internship, Caleb said: " I feel that this is very important work for the health of our lakes and am really enjoying working with Wolfeboro Waters". We love having him!

Since the cyanobacteria bloom in Winter Harbor in 2018, the Wolfeboro Waters Assessment Working Group has worked closely with NHDES' cyanobacteria program, UNH, and Bigelow Laboratory for Ocean Sciences in Maine and has identified several different types of cyanobacteria in Wolfeboro's waters. These include the very visible late-summer *Gloeotrichia* and *Dolichospermum*, both of which have been observed in bloom quantities in area lakes, as well as the tiny *Picocyanobacteria*, called cyanobium, which are not visible to the human eye.

---

Summer is Cyanobacteria time, and blooms have already been reported.

---

Cyanobacteria Reporting Protocols

Advisories are issued by NHDES when samples are collected and cell counts exceed the threshold of 70,000 cells/mL. Alerts are issued by NHDES for lake-goers to be on the lookout for developing conditions, especially those near shores with high recreation potential. Observations are cyanobacteria sightings that have been visually confirmed.

For [Cyanobacteria Facts and Actions](#), here's another contribution from the Wentworth Watershed Association.

---

Pick up free bumper stickers and refrigerator magnets!

Wolfeboro Waters bumper stickers and refrigerator magnets are available at Dive Winni, the Town Hall Entry Way, or the Wolfeboro Information Center.

---

Visit Our Website

Like Us On Facebook

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).