

A LITTLE NEWS FROM OUR LITTLE LAKE SUNAPEE



Peter Bloch, EarthAerial Productions

Letter From The President

Our Lake Ecosystem: Protecting Its Delicate Balance

This winter, I was fortunate to spend a week in Antarctica traveling with National Geographic. Our trip guides were experienced scientists conducting their own research on ecologically sensitive locations and wildlife. They shared the many ways climate change is negatively affecting the unique environment of Antarctica by upsetting a delicate balance that sustains life on land and in water. As a protector of our lake's ecosystem, I was struck by the parallels we are facing in New Hampshire with maintaining the special balance that characterizes a healthy lake. Our New Hampshire lakes are more than just inviting places to swim, fish, or kayak—they are living systems that respond quickly to what happens around them. In fact, scientists often describe lakes as “early warning systems” for environmental change. Because they collect water, nutrients, and pollutants from the surrounding land, even small changes in the environment can show up in a lake surprisingly fast.

One of the biggest challenges lakes face is an overload of nutrients, especially phosphorus and nitrogen. These nutrients often come from sources like fertilizer runoff, lawn care, and sewage. While nutrients are essential for plant growth, too much of them can disturb the natural balance of a lake, contributing to the growth of algae, including harmful cyanobacteria.

Climate change is adding even more pressure. Warmer temperatures are changing how lakes function. Many lakes are experiencing shorter winters and reduced ice cover, which affects how water layers mix and how nutrients are distributed. *Cont on page 2*

Letter From The President Continued

Warmer water can also push cold water fish beyond their tolerance limits, leading to population declines or even collapse of the species. At the same time, changing weather patterns are increasing the intensity of storms and rainfall. Heavy rains wash more nutrients, organic matter, and pollutants into lakes from surrounding land. This runoff not only feeds more algal growth but also makes the water murkier, reducing sunlight and further stressing aquatic ecosystems.

These changes also impact the lake's food web. As temperatures shift, the timing of life cycle vents—such as when fish spawn—can become misaligned. Over time, these shifts can disrupt the balance of the entire ecosystem.

These circumstances point to an important truth: the health of a lake depends on the actions of the community around it. Simple choices—like reducing fertilizer use, properly maintaining septic systems, planting vegetation along shorelines, and managing stormwater—can make a meaningful difference. Protecting a lake is not just about preserving its natural beauty; it's about sustaining a complex, delicate system that supports wildlife, recreation, and water quality. By understanding how sensitive lakes are and how quickly they can change, communities can take proactive steps to care for them. These proactive steps represent the core of the “LOVE OUR LAKES *with all it takes*” initiative LLSPA is launching with help from PLPA, LSPA, and other local lakes to engage the entire community in caring for the health of our lakes and ponds. A healthy lake is a shared responsibility—and with coordinated action, it is something we can protect for generations to come.

Deborah D Hoover, LLSPA President

Leadership Transition

At our annual meeting on July 11, members will elect a new slate of officers to lead LLSPA into the future. It has been a true privilege to serve the LLSPA community as President over the past three years. Together, we have made meaningful progress, and I am deeply grateful for all that we've accomplished. At the same time, there is still important work ahead to protect and preserve the health of our lake. As we face evolving challenges—from changing weather patterns to invasive species and cyanobacteria blooms—this is a moment for us to come together with a shared purpose. By continuing to collaborate and stay engaged, we can ensure our lake remains a vibrant, healthy, and welcoming natural resource for generations to come.

I look forward to continuing to serve as a dedicated LLSPA board member and to supporting lake conservation efforts statewide through my work with the NH LAKES board. Thank you for your trust, partnership, and support throughout my time as President. Our important work together continues, and I am confident in all that we will achieve as a community. - Deborah D Hoover, LLSPA President

LOVE OUR LAKES with all it takes



It's Spring. Think Lakes!

All the lakes in our area are vital to our quality of life, our economy, our recreation, and even our identity. That's why a new community-wide initiative—LOVE OUR LAKES *with all it takes*—invites *everyone*, whether you live on the waterfront, in town, or high on a hill, to adopt six simple habits that help protect water quality and preserve our lakes for the good of our community and for future generations. The idea is simple: lake-friendly behavior can become part of who we are as a community.

Spring is one of the most important seasons to LOVE OUR LAKES *with all it takes*, because melting snow and spring rains carry nutrients, chemicals, and sediment into nearby waterways. We begin to plant gardens, care for lawns, and spruce up our properties. Fortunately, small actions by many people can make a big difference.

The six simple habits?

1. **Keep nutrients out of the water** by pumping septic, limiting fertilizer use, picking up pet waste, and keeping yard waste out of streams and wetlands.
2. **Help plants protect our lakes** by preserving natural vegetation and avoiding mowing right to shorelines and drainage areas.
3. **Slow runoff and keep it on land** by planting grass or native plants on bare soil and redirecting downspouts away from roads and waterways.
4. **Limit use of chemicals, especially near water**, including lawn herbicides and pesticides.
5. **Use salt only as a last resort** and sweep up excess that may still be present on your property.
6. **Enjoy our lakes... wisely** by cleaning, draining, and drying boats and equipment before launching.

It's Spring. Think Lakes! Cont.

As one of the founding partners in the LOVE OUR LAKES with all it takes initiative, your protective association (LLSPA) is doing its part. We see our role as stewards and champions of the campaign's simple messages. We are encouraging other organizations to get on board to form a broad and growing coalition of community organizations, businesses, clubs, hiking groups, and residents working together to spread awareness and encourage lake-friendly habits across the region.

For more information or to see how your group can take part, contact us—at [Little Lake Sunapee Protective Association](#). There is no fee or formal obligation beyond helping share the message and encouraging practical action to protect what's most important to our lives and our livelihoods.



Join us for our LLSPA Annual Meeting!

July 11th at 4 pm at the **New London Historical Society**. Please bring an hors d'oeuvres to share for social hour afterwards!



Loving Our Lakes Begins with the Children

by Sallie Barker (LLSPA Board of Directors, Former School Librarian)

If you listen carefully to the song of the Black Capped Chickadee, its song is a lilting “Lit-tleLake Sun-napee”! Of course, the chickadees in MY yard prefer to say “Hello Lizzie” or “Hello Abbie” to my granddaughters. It is my trick to get my granddaughters to stop, listen, and to notice that every bird has a different song and that their earth offers a lot for them to notice. A good deal of my time has been spent encouraging my students, my children and now grandchildren to notice and appreciate nature. My mission: create nature lovers! There’s my “hands on” approach (Jump in the lake! Get dirty! Listen to the birds!) and there’s my bedtime story approach (which is NEVER just for bedtime!). The combination works best. No phones, no tv, no computers!

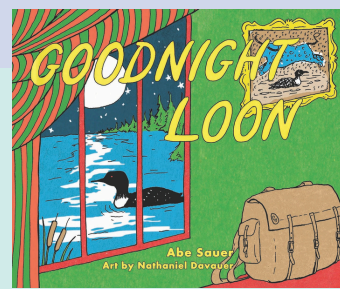
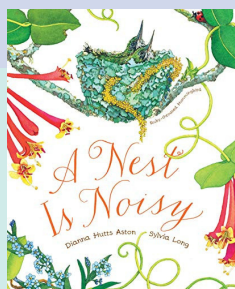
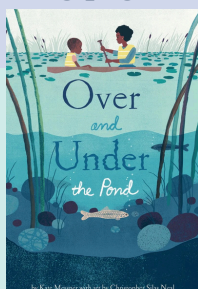
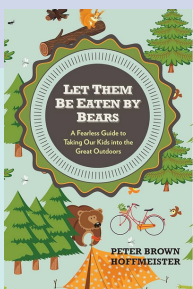
If you want to help raise Lake Lovers here are some helpful hints:

Our friends at LSPA created a seasonal backpack that is all about nature and is full of projects, stories, and fact books. These backpacks hang on a hook and hope to catch the eyes of New London’s children at Tracy Library and Springfield’s Children at Libbie Cass Library that families can borrow.

LSPA additionally hosts an ecologically-based story hour for children every Tuesday morning <https://www.lakesunapee.org/events>

There is a wealth of stories and fact books written to entice children to love and appreciate the great outdoors. Between our local libraries and Morgan Hill Bookstore, the offerings about our beautiful lake and this beautiful world are at your fingertips. The Ovenbird in our yard just sang “Teacher! Teacher! Teacher!” and the Chestnut-Sided Warbler called out “Pleased to Meetcha!” It’s our job to let children know that everyone, be they feathered, scaled, furry, or especially human, is on board to encourage kids to join in on the Love Our Lakes message! Join forces to raise conservationists!

Continued on the following page



Loving Our Lakes Begins with the Children cont.

Here are some books that never get put away at my house:

Peter Brown Hoffmeister's *Let Them Be Eaten By Bears: A Fearless Guide to Taking Our Kids Into the Great Outdoors*

April Pulley Sayre's *Thank You, Earth*

Farrell's *The Hike*

Oswald's *Hike*

Messner's *Over and Under The Pond*

Aston's *A Nest Is Noisy*

Jin's *Lake Life With You*

Pat Brisson's *Common Critters, The Wildlife in Your Neighborhood*, illustrated by a NH fellow, Dan Tavis

Rachel Igotofsky's *What's Inside a Bird's Nest?*

Sauer's *Good Night Loon*

Hodgkins' *Little Loon*

Griek's *Loon*

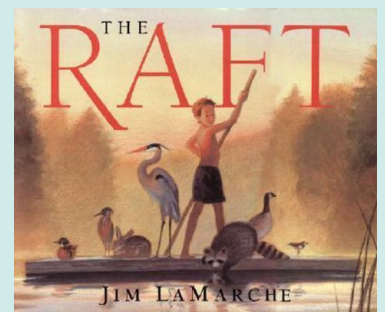
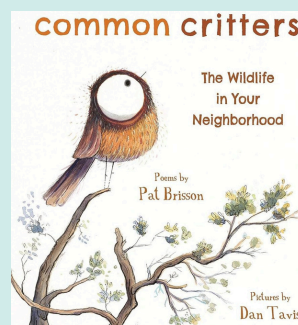
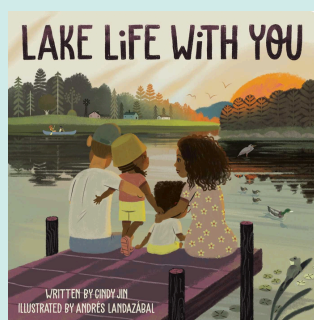
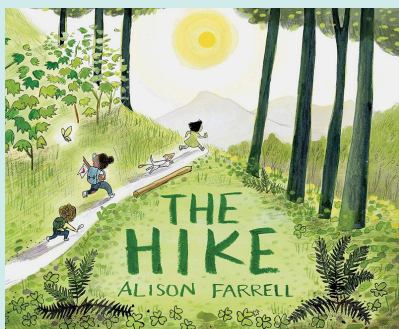
Chris Van Dusen's *Hattie & Hudson*

And for all ages, to keep handy on the coffee table all year long:

Holland's *Naturally Curious (Nature's Monthly Guide to New England)*

HAPPY READING!

Sallie Barker



Lake Navigation Hazards!

Safety Warning: Boaters are advised that ice movement frequently drags buoys off-station, so they should not rely solely on them and should watch for hazards in early spring.

New Hampshire Marine Patrols handle hazard buoy movement post-ice melt by inspecting, repairing, and resetting them to correct locations to address shifting caused by ice. While many, like those on Lake Winnepesaukee, now use winter-hardy PVC buoys left in place, they are often repositioned by ice. Patrols check and correct these locations before peak season, with warnings that buoy positions may not be perfectly accurate early in spring.

Key Aspects of NH Marine Patrol's Post-Ice Buoy Management: Inspection and Repositioning: After ice breaks up, Marine Patrol (often along with local watershed associations) surveys lake hazards to ensure buoys marking rocks and shoals are in their designated, safe locations.

Goose Commandeers the Artificial Loon Nest: A Brief Tenant Standoff

Little Lake Sunapee's one artificial loon nest was commandeered by an unusual (to us!) tenant during May! A Canada Goose laid two eggs in the nest in early May and incubated them. A pair of loons circled the nest daily, but no foul (or should we say fowl!) play was witnessed between the two species.

The Loon Preservation Committee and the local volunteers who serve as liaisons to the committee (thank you John Wilson, Jack Sheehan, Steve Root and Peter Stanley) decided that it was best practice to leave the goose alone. Loon pairs typically nest on a schedule that is after the goslings hatch. Luckily the goslings have hatched, and the nest has since been cleaned out and repurposed by the loons! As of May 26th, the loon pair has laid at least one egg!



LLSPA's Board of Directors

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