



REFLECTIONS

The Newsletter
for the
Pleasant Lake
Protective Association

Vol. 47 Issue 1
May 2016



A LETTER FROM THE PRESIDENT

I am very happy to report that we've had another successful year here in the Pleasant Lake watershed. Water quality remains good, we have abundant wildlife that we live in harmony with, we are invasive weed free and the watershed as a whole is healthy. There were no major problems or surprises to be dealt with and in many ways it was an unremarkable year. However, the reason we can say that it was unremarkable is because we were watching so closely. We are fortunate that many people understand exactly how lucky we are to have a natural resource like Pleasant Lake and how important it is to preserve for future generations. It truly takes a community effort to make that happen.

I'd like to thank the Board of Directors of PLPA for all of their contributions of hard work and helpful talents, some of whom have been doing so for more than a decade. From organizing the Lake Hosts to maintaining buoys, from membership outreach to fireworks and flares, the board does it all. Thanks to all that have served, are serving and will serve on the board. Later in this newsletter, you will read the last reports from both Dick Kellom (Water Quality) and Bev and Dave Payne (Lake Hosts), we thank them greatly for their service to Pleasant Lake and hope they know how much they will be missed. Also, a special mention should go out to John Filbin for his work the past 8 years on the Run For The Lake which benefits PLPA and the New London Fire Department. We greatly appreciate all that you did in making that a reality each summer. We also would like to thank Justin and Dawn Oates for taking on the race so that it will continue into the future.

I'd also like to thank the Town of New London, with special mention to Kim Hallquist and Richard Lee, for their partnership in ensuring that the lake remains one of the greatest things about New London. We also are deeply grateful to NH Lakes and NH DES for the invaluable help they provide to us on the state level.

Speaking of things state, don't forget that the new lead law goes into effect on June 1st so please take the time to read the article about that as we want to do everything we can to protect our loons who are in their 10th year of nesting on Pleasant Lake.

One last change that you will notice this summer is that there will be signs appearing on the roads around the lake letting people know they are entering the Pleasant Lake watershed

and to encourage them to keep it clean and raise awareness, as is our mission. I'm also optimistically hoping the signs might make folks less likely to throw their beer or other trash out the window going down Pleasant Street.

I hope you enjoy reading the rest of the newsletter and find it informative. In particular, I hope people will take the time to read Storm Connor's tips for dealing with knotweed. Knotweed is a very real problem here in our

watershed and the more people that help in the fight, the more likely we are to have positive change. And if you have more questions on that article or any others, people feel free to contact a board member for more information.

Here's wishing all those who read this a great summer wherever you are and I hope you get to spend at least some of it here on Pleasant Lake. Whether it's walking around the lake, fishing, enjoying the loons or other wildlife, watersports, or simply enjoying time spent with family and friends, I hope you get to enjoy whatever thing it is that makes Pleasant Lake special to you. I would like to thank all of our members and volunteers, without whom none of this would happen. It's your time and financial donations that make all of this possible. So whether you wrote a check, volunteered, picked up some trash on the side of the road, or anything else that bettered the lake in any way, thank you for all you do to keep Pleasant Lake the lake we all love.

Will Kidder



PLEASANT LAKE MAINTAINS PERFECT RECORD — NO EXOTICS

An all-time record number of boat inspections were conducted during the summer of 2015, a total of 2,161. Five trained Lake Hosts greeted the boaters that enjoyed our pristine lake: Sylvia Dowd, Cathy Todd, Casey Laughinghouse, Sonia Garre and Emma Davis. The PLPA program has been in place since 2002 and must be continued in order to minimize the risk of exotic life which may not be eliminated, once introduced, without huge expense. Most boaters love and respect Pleasant Lake and follow the guidelines as directed by the program.

We encourage you to stop by the ramp between 8am and 6pm, introduce yourselves and thank the Lake Hosts for taking their job seriously!

Dave and Bev Payne pass the gavel to Sally and Peter Winship and wish them well as they continue the effort we made for the last five years.

The Paynes

KNOTWEED CONTROL

Knotweed grows about 10 feet high, has beautiful white flowers in September, and is supported by rhizomes in its root system which hold an immense amount of food. This allows the plant to endure cutting, smothering, and chemicals. The root system grows 6 feet deep and 30 feet horizontally. It is very difficult to kill. One inch pieces of root or stalk are capable of growing new plants. It can also spread by seed. It spreads like crazy!

If you have an infestation of knotweed you would like to exterminate, first clear out all the dried stalks. They will not sprout and can be put in your compost pile or burned (with a burning permit). As the sprouts come up, continue cutting or mowing them. Be careful of the green material. Do not put it in your compost pile. Either leave it where it is, or put it somewhere where it can dry out. Continued cutting will weaken the plant. In 5 years or so, it might actually kill it.

At the end of August stop cutting and allow it to grow to 2 or 3 feet tall. The white blossoms will form. At this point the foliage can be sprayed with a weed killer. Look for Imazapyr (trade names Arsenal and others) or Glyphosate (Rodeo, Glycomate and a host of others). Imazapyr and Glyphosate are not harmful to animals but will harm any plants they touch. Note that the glyphosate Roundup contains other ingredients harmful to aquatics. These products can also be injected into the stems or applied to cut stalks if you can apply within 3 minutes of cutting. Injection is an attractive approach, but is very labor intensive.

Eradication will probably take at least 3 years if this procedure is followed. Knotweed is a very hardy plant.

Storm Connors

PLPA OFFICERS AND BOARD MEMBERS

www.plpa.net

President: Will Kidder	526-4531
Vice President: Peter Winship	848-6700
Treasurer: Tom Stark	525-6741
Secretary: Kittie Wilson	526-4069
Steve Allenby	877-0043
Storm Connors	526-6024
Jen Esten	526-2589
John Filbin	526-4879
Marilyn Kidder	526-4250
Judy Oates	526-2173
John Ryan	526-4813
John Wilson	526-4069
Sally Winship	848-9464
Oge Young	526-2430

Honorary Board Member: Dick Clayton



WEED WATCHERS

A group of dedicated volunteers patrol the lakeshore each month, in search of any sign of exotic-invasive weeds. They participate in training sessions and put in hours of time on and in the water. We are most thankful for all that they do to protect Pleasant Lake. Weed Watcher Captain: John Wilson 526-4069 Weed Watchers: Doug Baxter, JC Nichols, Lynn Annicharico, Paul Messer, Dick Kellom, Kittie Wilson, Debbie Perkins, Bruce Avery, George Jamieson, Bruce Johnson, Sally Winship, Judy Oates, Tom and Sandy Stark, Bruce and John Williamson, Jeff Hollinger, Oge Young, Jerry and Janie Barnes, Bob Kirchberger, Dee and Storm Connors.

~ THANK YOU ALL SO VERY MUCH!



PLEASANT LAKE WATER QUALITY – 2015

Last year, following a particularly snowy winter, the major tributaries to the lake were sampled in April to check on the runoff. During the summer the lake was monitored each month June through September with samples taken as usual at six shore locations and the deep spot near the middle. Incidentally, we were particularly fortunate to have sunny and calm weather on the sampling days – a much appreciated plus that doesn't always happen! In August the monitoring crew was joined by a DES representative for the biannual visit at which time phytoplankton and E.coli samples were taken. The summer test results showed that the pH, acid neutralizing capacity, phosphorus, electrical conductivity and chlorophyll-a values were all within the normal range. The new meter PLPA recently purchased provided consistently reliable measurements of temperature and dissolved oxygen in the water column. Certainly the surprise of the summer was the water clarity. Secchi disk view scope readings of 8.0 meters (26.2 feet) or greater for July through September gave the highest values since 2003. Other lakes also reported increased clarity, presumably a function of the dry summer and lack of much runoff.

As for the coming summer, with the very early ice-out and expected longer than normal growing season, it wouldn't be surprising to see an increase in the algae and plant growth. We'll see!

The lake continues to be in good shape, thanks in large part to the work of the lake hosts, weed watchers, monitoring crew, Colby-Sawyer lab personnel and the many unnamed folks who look out for it. Your efforts are very much appreciated and are vital to its continued health. Thank you!

Dick Kellom



The Loons of Pleasant Lake 2015 Season

For the ninth year in a row the Pleasant Lake loon pair returned to the lake to mate and nest. This year two eggs were hatched from the nesting raft in Turtle Cove. The Stark Family had the honor of naming the loons this year and named them "Phloon" and "Phloona". "Phloon" was banded at six weeks old, but "Phloona" was not quite developed enough for banding. Both chicks had a very successful summer. "Phloon" and Father Loon left the lake for their ocean home in October. Mother Loon and "Phloona" left in late November.



Thank you for your commitment to preserve and protect the Loons of Pleasant Lake. Please subscribe to "All Things Pleasant on the Lake" by visiting www.plpa.net or writing lanesend2@tds.net. You will receive a nature photo journal each Friday morning updating you on the loons and other

natural events on the lake. And please remember to always use lead free sinkers and jigs when fishing. The smallest piece of lead will kill a loon. Please spread the word. Together we can make a difference!



Photos in this newsletter taken by Kittie Wilson. Printing and distribution by Echo Communications, Inc.

Fish Lead Free!

Effective June 1, 2016, the sale and freshwater use of lead fishing sinkers and lead jigs weighing one ounce or less is banned in New Hampshire. Senate Bill 89 was originally signed by Governor Hassan in 2013, but there was a three year phase-in period to allow retailers and anglers to switch to non-lead tackle. Please visit www.loon.org, the website of The Loon Preservation Committee, to learn more about the Fish Lead Free program.





Golf Shirt Sale!

Only \$15 ea/ two for \$25

The Store is open and stocked with all your PLPA logo items...

Tee shirts, hats, windbreakers, sweatshirts, youth hoodies, travel coffee mugs and more.

Come to the PLPA Annual Meeting on July 2nd and shop 'til you drop.

or visit the store at 501 Lakeshore Drive to see our complete inventory (please call ahead to 603-848-6700). Shipping available on pre-paid orders.

★ All major credit cards accepted ★

Peter & Sally Winship, managers

ELKINS FISH & GAME CLUB 4TH LAKE-A-THON SUNDAY JULY 3RD • PLEASANT LAKE DAM

Come enjoy this educational and fun event! The highlight is the Cardboard Boat Regatta, as contestants build and race their boats around a course. Divers are in the water to collect any debris. The divers will also collect any existing trash from the lake bottom in the area of the dam and boat launch. The boats begin to gather at 9:00 AM and the race begins at 10:00 AM. Please visit the Elkins Fish & Game Club website: www.elkinsfishandgame.net for all the details.



Pleasant Lake Ice-out Dates

2006	APRIL	2
2007	APRIL	26
2008	APRIL	21
2009	APRIL	13
2010	APRIL	2
2011	APRIL	22
2012	MARCH	22
2013	APRIL	17
2014	APRIL	22
2015	APRIL	21
2016	March	17

Lost and Found

If you have lost something from your beach or waterfront, or if something unexpected comes ashore, please call 526-4069 or e-mail lanesend2@tds.net and we will try to help!



SAFE BOATING AND FISHING RULES

We hope you enjoy your day boating here on Pleasant Lake! For your safety and enjoyment as well as that of others, please follow these important boating and fishing rules:

NO WAKE ZONES

When you are within 150 feet of any shore, other boats, skiers, swimmers, floats, or marked swimming areas, State law mandates that you must slow down to NO WAKE speed.

NO WAKE means no faster than 6 mph.

150 feet is equal to the length of two ski ropes.

TOWING SKIERS

All skiers must wear life jackets.

A maximum of two people may be towed at any time.

An observer 13 years or older is required.

No skiing is allowed before sunrise and after sunset.

Always keep your boat and skier 150 feet or more away from

EVERYTHING including the shore, the island, other boats, skiers, swimmers, floats, and marked swimming areas.

Do not drop a skier within 150 feet of the shore.

ON-BOARD SAFETY

It is illegal and dangerous to sit on the edge of the cockpit, bow or transom.

There must be at least one appropriately-sized life jacket for every person onboard. This includes paddle boarders and kayaks. By law, children 12 or under must wear a life jacket at all times. On a power boat, it is recommended that you always attach a lanyard properly between the ignition switch and the operator.

BOATING CERTIFICATION

New Hampshire law requires that all persons who operate a powerboat with a motor greater than 25 horsepower must have a New Hampshire Safe Boater Education Certificate and that certificate must be carried on board. Out-of-state boaters must have completed a National Association of State Boating Law Administrators (NASBLA) approved course and carry that certificate on board.

Call 1-888-254-2125 or go to www.boat-ed.com/nh/ for more information.

WILDLIFE, LOONS

Pleasant Lake is home to many water birds, including nesting loons. The loon is a protected species and harassment is a punishable offense. Loon chicks are very small and cannot dive or fly to escape an oncoming boat, kayak or canoe. **Please keep well away from all water birds, especially loons and their chicks.**

FISHING

Children under the age of 16 may fish without a license.

The use of lead sinkers and jigs is strictly prohibited. Ingestion will kill a loon!

Only smelt can be used as live bait in Pleasant Lake.

Be sure to follow all the Fishing Rules published in the New Hampshire Freshwater Fishing Digest.

Ask the Lake Host how to become involved in the Pleasant Lake Lead Free Rock Bass Marathon.

Copies of *A Boater's Guide to NH Boating Law* and *The New Hampshire Freshwater Fishing Digest* are available at Clarke's Ace Hardware in New London.



THE "150 FEET LAW"

New Hampshire Law 270-D:2 Section VI

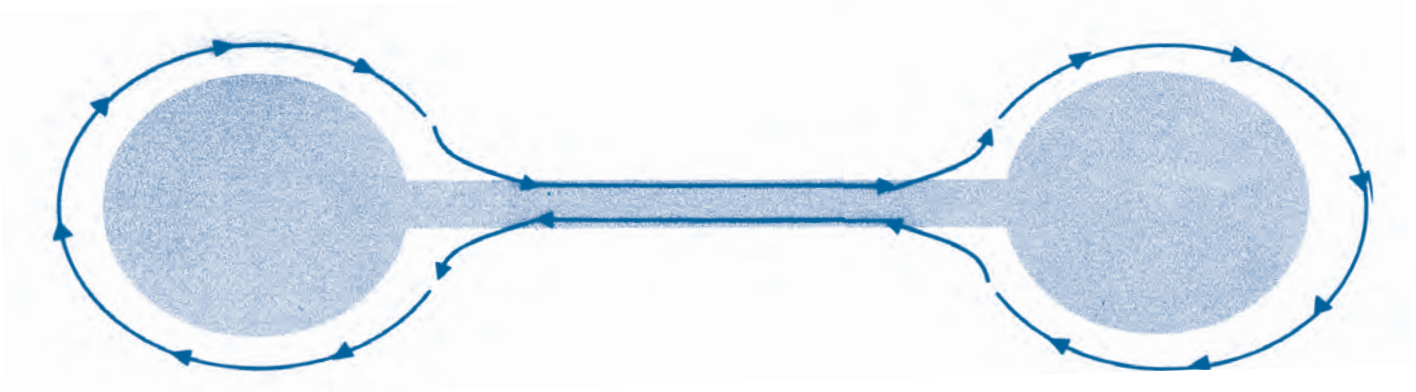
All vessels shall maintain **headway speed** (only 6mph and No Wake) **when within 150 feet** (the length of two ski ropes) from: the shore, the island, other boats, docks, rafts, swimmers, permitted swimming areas.

There are additional requirements for vessel operators towing skiers or boarders, including:

- In addition to the operator, another person must be present in the boat when towing a skier or boarder.
- The additional person must be 13 years old or older and capable of assisting the person being towed.
- No more than 2 persons may be towed and that requires two additional observers.
- No towing after sunset and before sunrise.
- **When returning to the shore with a skier, the towing vessel and the skier must remain at least 150 feet from the shore.**

Ski down the middle of the lake and Use "Best Practice" Towing

Long, straight runs, with barbell turns help keep the wake moving away from the skier.



IF YOU SEE A VIOLATION, PLEASE REPORT IT!

- Obtain the bow number of the boat.
- Call Marine Patrol at 293-2037. They appreciate our help!



The 2015 Grand Marshals:
Terry and Edna Dancy,
Dick and Lyn Kellom



2015 "Star Wars" Boat Parade



THE PLEASANT LAKE BOAT PARADE

2016 Theme:
**LET THE
GAMES
BEGIN!**

THE PLEASANT LAKE BOAT PARADE

Saturday July 2nd at 3:00

It's time to celebrate the 2016 Summer Olympics! Show your Team USA Pride!
What is your favorite summer Olympic sport? Who will carry the Olympic Torch?
(Please be sure to observe all Boating Safety Regulations)

2:30 Gathering of the Boats

We will gather off Slope 'N Shore, take pictures and admire all the clever ideas!

3:00 Parade

The horn will sound and we will follow the Grand Marshals, Tom and Sandy Stark.

We travel clockwise this year, so your port side will be facing the shore.

Come Join the Olympians!



9th Annual 5K Run For The Lake

"THREE FOR ALL" - ALL ABILITIES RACE

SUNDAY, JULY 3RD, 2016 AT 8:30 AM



To benefit The Play Brigade and the Pleasant Lake Protective Association
Start and Finish at 836 Pleasant Street, New London, NH across from the Inn at Pleasant Lake.

Registration Online Encouraged: <https://g2racereg.webconnex.com/lake5k2016>

Registrant Name _____

☐

Male

☐

Female

Age on Race Day _____

Address _____

City _____

Zip _____

Phone _____

Email _____

Emergency Contact _____

Emergency Phone _____

Please Select a Category:

☐

Runner

☐

Walker

☐

Mobility Impaired

☐

Stroller

☐

Other _____

Entry Fee: Children Under 10 FREE!

(Accompanied by an Adult)

Adult \$25

☐

Youth \$20 (Ages 10-16)

☐

Registrations must be received by June 24th. Race day registrations \$5 additional fee, 7:30-8:00 AM.

Free T-Shirt to First 125 entrants!

Desired Shirt Size:

YOUTH

☐

SM

☐

MED

☐

LG

☐

XLG

☐

VOLUNTEERS NEEDED!

Email us at: info@playbrigade.com

Waiver and Release

I, the registrant, agree to assume all risk and harm, injury or loss of whatever nature resulting from my participation in The Run for the Lake. I release, remise, discharge and forever hold harmless the Town of New London, N.H., Pleasant Lake Protective Association, The Play Brigade, Slope 'n Shore Club, Race officials and volunteers, and all sponsors and contributors associated with the event, from any claims which might arise from my participation in said run/walk or from traveling to or returning therefrom. I understand and agree to the waiver and release.

Signature _____

Date _____

Parent Signature if Under 18: _____

Date _____

Send Registration Form and Check Payment

(Payable to "The Play Brigade") to:

The Play Brigade, P.O. Box 67076, Chestnut Hill, MA 02467

Questions? :info@playbrigade.com

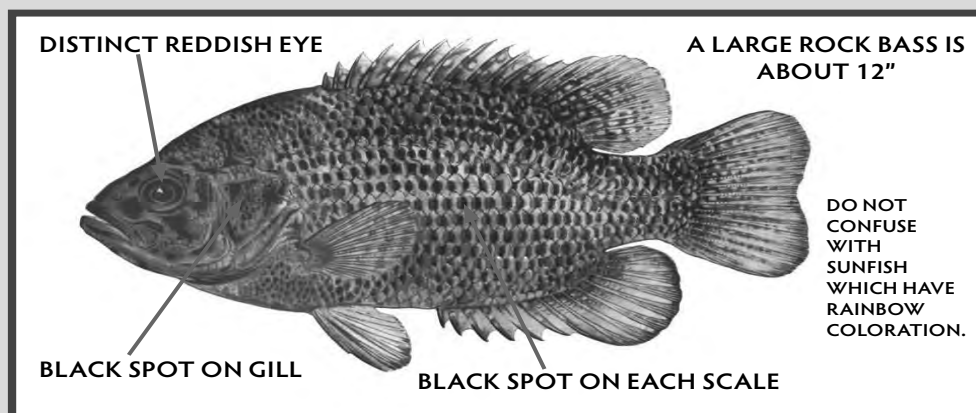
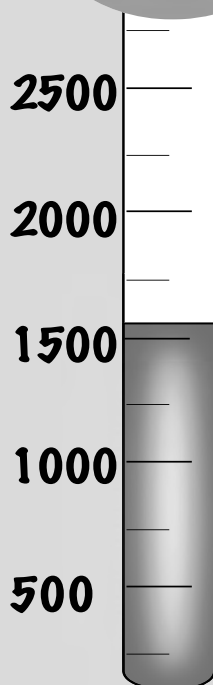
More Info: www.Playbrigade.com

REGISTRATION FORM

PLEASANT LAKE LEAD FREE ROCK BASS MARATHON

June 11 TO AUGUST 27, 2016
KIDS WIN FABULOUS PRIZES!

OUR GOAL
3000
Rock Bass



**ALL ANGLERS ARE ENCOURAGED TO CATCH
AND REMOVE ROCK BASS FROM PLEASANT LAKE.**

ROCK BASS ARE STILL A PROBLEM IN PLEASANT LAKE, THREATENING THE SURVIVAL OF ALL DESIRABLE GAME FISH (SALMON, TROUT AND SMALLMOUTH BASS) BY EATING THEIR EGGS, CRAWFISH AND OTHER NATURAL GAMEFISH FOOD. THEY ARE DESTRUCTIVE EATING MACHINES AND WE WANT TO DECREASE THEIR NUMBERS. CAUGHT ROCK BASS CAN BE DEPOSITED IN THE COLLECTION BUCKET AT THE ELKINS BOAT LANDING. MARATHON PARTICIPANTS, YOUNG FISHERPERSONS (UNDER SIXTEEN – NO FISHING LICENSE REQUIRED), FILL OUT AN ENTRY FORM FOR EACH DEPOSIT MADE TO HAVE YOUR NAME POSTED ON THE LEADER BOARD.

PRIZE AWARDS SATURDAY AT 12:00 NOON, AUG. 27, 2016!

**DROP A HOOKED WORM
IN A HOLE BETWEEN
THE ROCKS NEAR SHORE -
THAT'S WHERE THE
ROCK BASS LIVE.
AND PLEASE
NO LEAD SINKERS!
LEAD CAN BE FATAL
TO LOONS AND IT'S
AGAINST THE LAW!**

ON THE FINAL DAY OF THE MARATHON, AUGUST 27, 2016, THERE WILL BE A GALA AWARDS CEREMONY AT ELKINS DAM! ALL FISH CAUGHT THAT DAY, SATURDAY, AUGUST 27, MUST BE TURNED IN BY 12 NOON TO BE ADDED TO THE OTHERS RECORDED DURING THE SUMMER. VALUABLE GIFT CARDS AND BEAUTIFUL TROPHIES WILL THEN BE AWARDED FOR THE FIRST AND SECOND MOST FISH CAUGHT AND FOR THE LARGEST DURING THE MARATHON. FISHING IS A GREAT ACTIVITY FOR YOUNG PEOPLE AND CONSIDERED BY NEW HAMPSHIRE FISH AND GAME DEPARTMENT TO BE A WHOLESOME OUTDOOR EXPERIENCE - ESPECIALLY WHEN ENCOURAGED BY ENTHUSIASTIC PARENTS.

Gift cards of increasing value will be awarded to all entrants in each category.

CATEGORY	QTY OF FISH ENTERED
R	10 to 24
O	25 to 49
C	50 to 99
K	100 to 149
B	150 to 199
A	200 to 299
S	300 to 399
S*	400 to 499
S**	500+

PLEASE JOIN THE PLEASANT LAKE PROTECTIVE ASSOCIATION

\$ 40.00	Membership Fee	Name: _____
\$ _____	Protection Programs	Address: _____
\$ _____	Fireworks	_____
\$ _____	Where Needed	Town, State, Zip: _____
_____	Total	E-Mail Address: _____

Note: Contributions to the PLPA are fully tax-deductable. PLPA is a 501(c)(3) Non-profit organization.

I would like to learn more about becoming a volunteer in *(check all that apply)*

- | | |
|---------------------------------------|------------------------------|
| _____ Membership and Communications | _____ Watershed Conservation |
| _____ Exotic-Invasive Weed Prevention | _____ Water Quality |
| _____ Activities | _____ Fish Conservation |
| _____ Wildlife Conservation | _____ Boating Safety |

My phone number: _____

MAIL BY JULY 1 TO:

**PLEASANT LAKE PROTECTIVE ASSOCIATION
P.O. BOX 1584, NEW LONDON, NH 03257**

Many Thanks!!

WHAT'S IN YOUR TACKLE BOX?

"No idea! We only use Grandpa's tackle box when we vacation on the lake."

Grandpa's Tackle Box is full of toxic lead!

Please dispose of the lead tackle properly.

"I don't know if my sinkers and jigs are lead or not."

Then they are probably toxic lead.

Unpainted lead will actually write on paper. Please dispose of all of your lead tackle properly.

"I only purchase lead-free tackle. I find that tungsten jigs and sinkers are superior for bass fishing. I certainly don't want my children handling lead."

Congratulations!

We all need to make the switch to lead-free tackle. Ask for lead-free at your tackle shop.

DON'T LET THIS LOON'S MEAL BE HER LAST!

The smallest piece of lead will kill a loon. When you lose a sinker or jig in the lake, loons may pick it up as they forage for pebbles to aid in digestion, or when feeding on a fish that is attached to lead tackle. That loon will die of lead poisoning in a matter of weeks. Death by lead fishing tackle accounts for nearly half of all documented adult loon deaths in New Hampshire.

These deaths are completely preventable!

Please use only lead free fishing tackle!

Thank you for helping to keep the beautiful call of the loon echoing over New Hampshire waters!

For more information please visit www.loon.org



Courtesy of The Pleasant Lake Protective Association

**PLEASANT LAKE
PROTECTIVE
ASSOCIATION, INC.**

**P.O. BOX 1584
New London, New Hampshire 03257**

PRESERVE AND PROTECT
PLEASANT LAKE

Meet the 2016 Pleasant Lake “Lake Hosts”!



From left to right – Don Scheffeld, Liam McKenna, Cathy Todd, Ron Towle

CELEBRATE PLEASANT LAKE THIS SUMMER!

July 2nd Saturday

- 8:30 AM** Coffee, Juice, Pastries
- 9:00 AM** [PLPA Annual Meeting](#)
Slope ‘N Shore Boathouse
- 2:30 PM** Gathering of the Boats off Slope ‘N Shore Beach
- 3:00 PM** [Boat Parade](#)
Theme: “*LET THE GAMES BEGIN!*”
The Parade will go clockwise this year.
- 9:00 PM** Cannon Fired! Light the [Flares!](#)
- 9:30 PM** [Fireworks!!!](#)
Followed by Illumination of the Colors and [Taps](#)

July 3rd Sunday

- 8:30 AM** 9th Annual [RUN FOR THE LAKE](#)
Begins across from the Inn at Pleasant Lake
- 9:00 AM** 4th [Lake-A-Thon](#), Elkins Fish & Game Club
Pleasant Lake Dam



August 27th Saturday

- NOON** [Pleasant Lake Lead Free Rock Bass Marathon](#)
Awards Ceremony, Elkins Dam

