

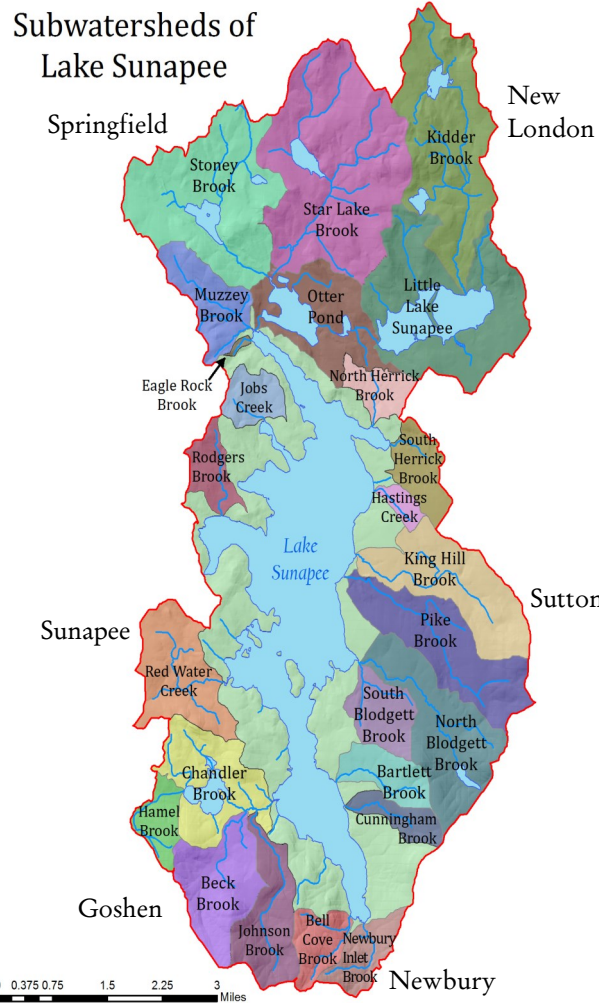
What is a Watershed?

According to the EPA, a watershed is the land surface area that drains to a common waterway, such as a stream, lake, estuary, wetland, aquifer or even the ocean.

The Lake Sunapee Watershed is nearly **50** square miles and includes **six** towns: **Sunapee, Newbury, New London, Springfield, Sutton and Goshen**. Within those bounds, there are **10** other lakes and ponds and associated tributaries that are included in the watershed.

Oligotrophic or Eutrophic?

Lake Sunapee is an oligotrophic lake meaning it has the right nutrient balance and oxygen levels to support a healthy ecosystem. **This is a good thing and we want to keep it that way!** Oligotrophic lakes have clear water and are important for loons, trout and other species that need those types of conditions to survive and thrive. A waterbody in a eutrophic state has frequent algal blooms and dense plant growth due to abundant nutrient levels. Decaying organic matter, primarily from plants, leads to low oxygen levels affecting the health of fish and other species. Land change and disturbance (e.g., roads, development) and land use activities (e.g., lawn and crop fertilizer applications) near shoreline and streams contributes to nutrient loading in a lake or pond.



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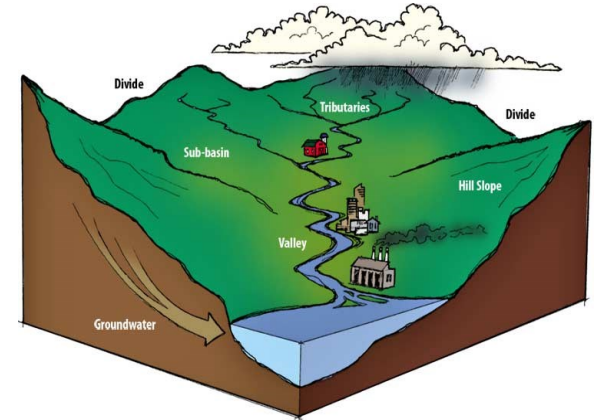
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Land disturbance and land use has a direct impact on water quality.



Lake Sunapee Watershed Management Plan Update



LSPA



Devoted to the Environmental Quality of the Lake Sunapee Watershed

The 319 Watershed Grant* awarded to LSPA will help define the steps necessary to protect and preserve the water quality of Lake Sunapee for years to come.

Why is LSPA working to update the watershed management plan?

The existing Watershed Management Plan (WMP) for Lake Sunapee, completed in 2008, does not meet current EPA requirements. The new plan will meet these requirements and will qualify LSPA and other entities for future grant funding.

The *main goal* of the updated plan is to **reduce** current and future nutrient loading into Lake Sunapee to avoid a decline in water quality.

This plan will focus primarily on **phosphorus** and the associated algal growth that increases when phosphorus levels rise.

Phosphorus is a nutrient that all aquatic plants and animals need to thrive, but in excess, it can have **negative** impacts on lake water quality.

What are the Main Objectives to Achieve this Goal?

- Identify in-lake phosphorus concentration and set water quality goals.
- Identify “hot spot” areas where sedimentation is entering the lake or tributaries.
- In collaboration with NH Department of Transportation, towns and other stakeholders, create a schedule to implement future water quality improvement projects.
- Provide citizens with the proper tools to be better land stewards.

Ways YOU Can Help!

- **Do not** use fertilizer within a few hundred feet of a waterbody, including streams. Stormwater runoff can capture excess fertilizer and transport it into the lake.
- Leave your landscape in a **natural un-manicured state** to help absorb runoff.
- Plant **native plants and groundcover** in areas devoid of vegetation to avoid sediment erosion and to help slow down surface water flow.
- Minimize your lawn area and have at least a 25+ foot **plant buffer** between the lawn and the lake.
- Grade your driveway to disperse **storm-water runoff** into low lying vegetated areas where it can seep naturally into the ground.
- Prevent the “channeling” of runoff into the lake by designing walkways to **meander** diffusing surface flow.
- **Do not feed** waterfowl encouraging them to congregate because their feces contain bacteria and phosphorus which can affect water quality.
- Maintain your **septic system** by having it inspected and pumped **every 3-5 years** preventing the leaching of pollutants into the lake.



A clogged culvert in the watershed



Street runoff in the watershed

Both pictures are examples of situations the 319 grant will be addressing.

Help us promote environmentally responsible use of land and water resources.

For more information about the plan, please contact LSPA, visit our website, or sign up for our e-newsletter to stay informed.

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Other Useful Resources:

- LSPA’s Online Resource Library
- Soak Up The Rain NH (www4.des.state.nh.us/SoakNH/)

*The Environmental Protection Agency 319 Watershed Grant through NH Department of Environmental Services, NPS Restoration Program