



MLPOA

Monomonac Lake Property
Owners Association

Stewards protecting the health of Lake Monomonac in Rindge NH

NEWS & UPDATES

Annual Meeting Notice

We will be emailing the **July 18th Annual Meeting** notice mid-July including agenda, slate of officers, 2025 minutes, and Bylaw changes. We send this information ahead of time to keep the meeting moving smoothly. Keep in mind *only members in good standing can vote* at the Annual Meeting (although anyone is welcome to attend)! If you are not yet a member, [update your membership now!](#) Since we are a 501(c)(3) organization, your dues are tax deductible!

This is a meeting not to be missed—in addition to the usual business affairs, the annual meeting will include some very informative presentations on the work underway for the Watershed Management Program. Plus you get to meet your lake neighbors, enjoy some refreshments, and have a chance at winning a prize or two. We'd love to see you there!

WMP

Speaking of [Watershed Management Program](#), a lot of work has been undertaken this past winter and into the spring. Some preliminary reports have been provided by FBE and we are eager to share the final results this fall. Meanwhile, we are excited to announce additional initiatives underway that complement the work already in progress. Read on to learn more.

LakeSmart

[LakeSmart](#) is a free, non-regulatory, and voluntary education and recognition program encouraging lake property owners to adopt habits that protect lake water quality, wildlife habitat, and property values.

Keep your eyes on your email as we are offering free property assessments through the NH LAKES LakeSmart program. This program helps homeowners adopt landscaping and maintenance practices that prevent pollution, fight harmful algal blooms (like cyanobacteria!), and protect water quality as well as property values.





Subtidal Buoy

WHAT IS THAT YELLOW BUOY DOING ON OUR LAKE?

MLPOA and WSLA are pleased to share that a solar-powered water monitoring buoy has been deployed on Lake Monomonac. It is located to the northeast of the Santa Maria, near where the ski course is located. The buoy will continuously monitor lake conditions through mid-November, providing multi-depth data and scientific analysis on water quality indicators including cyanobacteria, algae, temperature, dissolved oxygen, and turbidity. We are currently in an evaluation period and will share additional information after we have had an opportunity to assess the data and reporting capabilities.

Is It Safe to Pee in the Lake? (Urine for a surprise!)

While it might seem harmless to relieve yourself in our lake, it becomes less so when lots of folks do it. And let's face it, we've all witnessed questionable quick dips into the water or outright relief right off the deck of a boat.

But human urine is a **biohazard**; it contains things we don't want in our lake.

These include:

- **un-metabolized pharmaceuticals** and their metabolic **byproducts**, from over-the-counter pain relievers to prescriptions for medical needs to antibiotics for infections. Once in the water, these byproducts disrupt the reproductive cycles of fish.
- **nitrates** and **phosphorus**, food for algae, contribute to cyanobacteria blooms, which make the lake toxic to us, our pets, and aquatic wildlife.

And our lake water **isn't treated**; it contains things **we don't want in our body**.

- Turns out that those muscles holding our urine in are also keeping lake water out. Relaxing those muscles to urinate in the lake also allows lake water to enter our body—through the urethra and into our bladder. This exposes us to whatever pesky bacteria is in the lake. The result can be a painful and inconvenient UTI. ([For more info click here.](#))

Emergencies happen. While boats on our lake typically don't have a toilet, hacks are available—from easy DIY *heads* to inexpensive and expensive *thrones*. Portable and stow-able, please consider one as a healthier alternative for when you're out in nature, and nature calls.



Is it Pollen or Cyanobacteria?

To find out, conduct a **do-it-yourself stick-test**. Place a stick into the film and slowly lift it out. If the film coats the stick like paint would, it is probably cyanobacteria. Please [report](#) it! If it doesn't coat it, the film is most likely pollen. **Always wear gloves and use a long stick to avoid direct skin contact with the water.**

<https://hgic.clemson.edu/factsheet/do-it-yourself-visual-indicators-stick-test-and-jar-test-for-cyanobacteria/>

To sign up for cyanobacteria bloom alerts in New Hampshire, you can subscribe to [waterbody-specific](#) email notifications through the [Healthy Swimming Email Signup](#)

Reef Marker Placement

MLPOA thanks (past president) Kevin McCusker for his help getting the reef markers relocated. After several email and letter exchanges between MLPOA and NH Marine Patrol, it was Kevin's photos and notes that best illustrated the need to relocate the reef markers. NH Marine Patrol informed us over Memorial Day weekend that the navigation markers are now properly placed. Let's hope so!!



Loons

A pair of loons has nested! Please stay clear of the marked sanctuary area. The Monadnock Region Field Biologist from the Loon Preservation Committee has been notified of our latest loon news and has already toured the lake. For updates and past history, check our [website](#).

Lake Host Program began Memorial Day Weekend

Troy and James, past Lake Host employees, are back again this summer at the North of the Border on Rt. 202 boat ramp. Every Friday through Sunday, Troy and James will be performing courtesy inspections, looking for invasive species, of every boat and trailer entering and leaving the lake.

Clean, Drain, Dry. A reminder to anyone launching/hauling out any boat (motor boats, kayaks, sailboats, rowboat – any boat) anywhere on the lake to check for invasives! For more information, click [here](#).

Now you can directly support our [Lake Host Program](#).

Lake Ed Day

Thank you to all those involved in Lake Ed Day! Eight pontoon boats with their captains plus NHDES limnologists met 30 Rindge 5th graders at Rindge Acres Beach Association (RABA) June 4th to learn about water quality. They spent several hours on the lake testing turbidity (clarity), depth, plankton, and more. It was great to see how interested the students were.

This program is a joint effort with NH DES and is the only program held in the state.

Thanks to board member Lauren Moran for running this program. She tells us that Winchendon Toy Town Elementary School will be back on track to join us next year. Click [here](#) to read the back story. Check our [Facebook page](#) to see more photos of the event.



NH LAKES 2026 Congress

Have you checked out [NH LAKES](#)? They are a member-supported 501(c)(3) nonprofit organization dedicated to restoring and preserving the health of New Hampshire's lakes. NH LAKES recently held an annual day-long education, training, and networking event.

MLPOA's VP Jeff Eisenberg and Ecology Chair, Don Wilson attended along with our WMP FBE consultants Amalia Handler and Forest Bell.



MLSA Season

Sails Up! The Monomonac Lake Sailing Association (MLSA) 2026 season will begin Saturday, June 27. Watch weekend sailing races every Saturday (and a couple of Sundays) through Labor Day Weekend. If you want to learn more about the MLSA, or are interested in becoming a member, email Chip, Membership Chair (Chipha41@gmail.com), who will be happy to help.



MLPOA Board

Please join us in thanking Steve Gray for his many years of outstanding service to this organization. Steve recently resigned from the Board of Directors, which he has served on since 2019. Steve was MLPOA Vice President from 2020–2022 and President from 2022–2024. Steve conceived of and was instrumental in managing the popular calendar project for many years. Steve is highly regarded as the “historian” of our lake, which has proven helpful throughout the years. We all wish to thank Steve for his many contributions and acknowledge his ongoing commitment to the Lake Association. Words cannot express our gratitude for all you have done to make our Association stronger.

Follow Us on Facebook and join the [Welcome to Lake Monomonac](#) Facebook group to stay connected and up-to-date on lake news.

FYI: Winchendon Springs Lake Association (WSLA) has sent out their spring 2026 newsletter. [Read it here.](#)



Thank you for supporting the health and future of Lake Monomonac.

[Visit our Website](#)

Connect with us
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