

LAKESIDE

A QUARTERLY PUBLICATION OF NEW HAMPSHIRE LAKES ASSOCIATION

*Discover NH Lakes & Ponds
through the Lake Explorer Quest!*



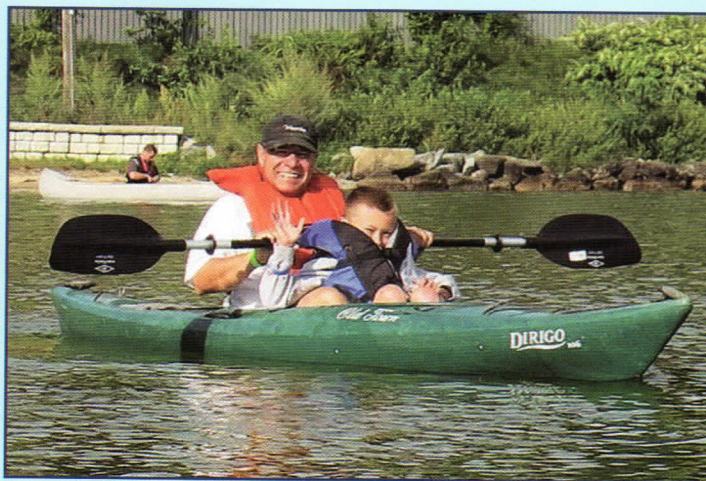
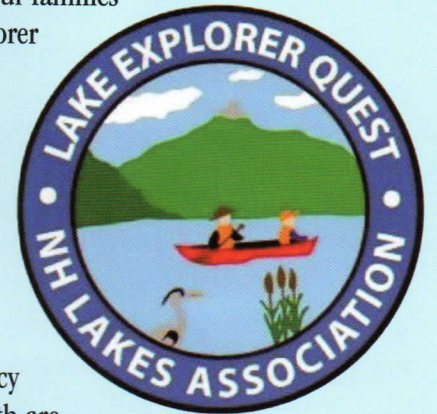
Volume XXIV, No. 2, Summer, 2014

Lakes and ponds are for exploring and so much more! NH LAKES invites you, along with your families and friends, to get out and explore our lakes and ponds by paddling through the Lake Explorer Quest—NH LAKES' newest stewardship program.

Individuals/families who explore five waterbodies by canoe, kayak, paddleboard, or other paddle boat, and document their explorations with NH LAKES will earn an official Lake Explorer Quest patch. Participants must also certify that they practiced the “Clean, Drain & Dry” method for preventing the spread of aquatic invasive species and implemented safe boating practices on each excursion.

Get some fresh air and exercise!

By spending time in nature we increase our connection to it, thereby increasing our tendency towards stewardship and protecting our natural world. Studies have shown that today's youth are experiencing a “nature deficit” which can be detrimental to physical and mental development. Children who spend time outdoors are healthier and more creative, have better concentration, and get better grades. And, studies suggest that nature deficit may apply to many adults as well. Also, paddling is a fun way to get some exercise!



Through the Lake Explorer Quest, NH LAKES encourages families to spend time together while paddling and stewarding our lakes and ponds.

Help stop the spread of invasive species!

Another purpose of the Lake Explorer Quest program is to promote the “Clean, Drain & Dry” method of preventing the spread of aquatic invasive species. While paddle boats provide less of a risk than motorboats in allowing aquatic invasive species to hitchhike from waterbody to waterbody, they can and do aid in their spread. It is critical that paddlers always remove hitchhiking plant fragments and debris on their boat, drain out all water collected inside the hull and storage compartments, and dry their boats, trailers, and gear before and after each waterbody they explore.

Be safe!

Through the Lake Explorer Quest program, NH LAKES encourages paddlers to conduct safe boating practices—including plan-

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LAKESIDE

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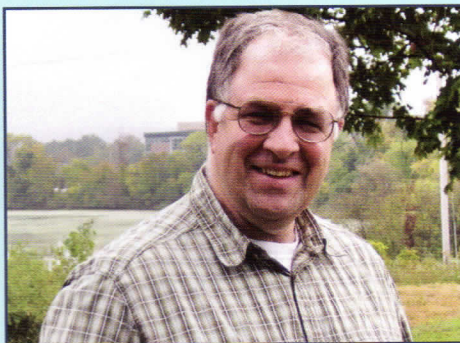
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From the President...



Hello and welcome back to *Lakeside*. I invite you to kick back—hopefully alongside your favorite lake—and enjoy reading about lake stewardship and some of the activities that NH LAKES has been working on to benefit you and your lake. And, as one of many readers of *Lakeside*, we hope you consider yourself to be just that—a lake steward.

As you read this issue and consider your stewardship role, I ask you to think back and reflect upon what originally attracted you to lakes. I suspect that, for many, it was early childhood experiences exploring the outdoors with family and friends. As you may have heard in the news, or experienced with your own children or grandchildren, our nation's youth and their families aren't getting outdoors as much these days as in previous generations, causing what has been coined "nature deficit disorder." To help get youth and their families outside—and to foster the next generation of lake stewards—we have just launched the Lake Explorer Quest. Through this program, our future lake stewards will learn about the importance of cleaning, draining, and drying their boats between

waterbodies to prevent the spread of aquatic invasive species, addressing one of the greatest threats to our lakes.

The other major threat to our lakes is storm-water runoff. In this issue, you will read about ways people are reducing their contribution to runoff—doing their parts as lake stewards—to combat this ever-growing problem. The New Hampshire Department of Environmental Services encourages homeowners to reduce runoff through the Soak Up the Rain New Hampshire program. And, although you may not have a gravel road or driveway to maintain, no doubt your local association or community does. Read about the work of one of New Hampshire's own entrepreneurs who has created a how-to manual based on years of experience focused on mitigating stormwater impacts from rural roads.

While developing new programs and spreading the word about great programming provided by our partners, we have been advocating for our lakes in the state legislature and continually improving our member services. Be sure to read our Advocacy and Member Services program updates.

Our goal is to continually improve our programming and services in order to help to you and your association with your local stewardship efforts. Please let us know how we can do so.

Sincerely,

Tom O'Brien
NH LAKES President

NH LAKES gratefully acknowledges the support of:



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Our partner in lake protection helping us reach new audiences in new ways.

Advocacy Program Update

By Tom O'Brien, NH LAKES President & Policy Advocate

Advocacy works, and the 2014 legislative session is proof positive of the power of collaboration and coalition building. During the past several months, NH LAKES worked with many local lake associations, a statewide coalition of lake groups directly affected by milfoil, the New Hampshire Marine Trades Association (the folks who sell the boats), and key state agency officials and legislators to advocate for the passage of HB-292 relative to boat registration fees and the control of aquatic invasive species. At the time of this writing, that bill awaits only the Governor's signature.

While the passage of HB-292, which adds \$2.00 to the cost of registering a boat in New Hampshire, may seem like a modest accomplishment, it will add approximately \$200,000 to the statewide grant program that is already in place to combat infestations of invasive species in our lakes and rivers. This money will help more local associations, municipalities, and businesses to manage these infestations on more waterbodies, the statewide cost of which is already upwards of \$1,000,000 a year and rising. It takes a legitimate and important cause, a broad-based coalition, a committed group of agency professionals, and an open-minded and engaged legislative and executive branch to get a bill like HB-292 passed, but by working together we got it done.

On a related advocacy front, NH LAKES did not support the implementation of a registration fee on canoes and kayaks—an idea that was once again floated about (although there was no bill filed) to help fund the New Hampshire Department of Fish and Game. That agency has been charged with providing more services than it has funding to support, but we don't think that funding garnered from the registration of canoes and kayaks is the answer. But, relative to AIS, we are increasing our outreach to these boaters, making sure that they understand that canoes and kayaks can spread aquatic invasive species from waterbody to waterbody. Paddlers can do their part as stewards to prevent the spread of aquatic invasive species by always cleaning, draining, and drying their boats and gear between waterbodies.

Speaking of "Clean, Drain & Dry"... this is a method that is, in most instances, a simple thing for boaters to do and has proven to be extremely effective in preventing the spread of aquatic invasive plants and animals (those Asian clam and zebra mussel larvae hitchhike in drops of water and are practically invisible to the naked eye!). Through its Public

Policy and Advocacy Committee, NH LAKES is taking a close look at how this methodology (C,D&D) can be encouraged—maybe even required?—on a more widespread basis. With Asian clams in southern New Hampshire, and zebra mussels on our state borders, aquatic invasive species are an increasing threat to our lakes and rivers. Are we ready to change how we maintain our boats and require everyone to C,D&D their boat between waterbodies in order to protect them?

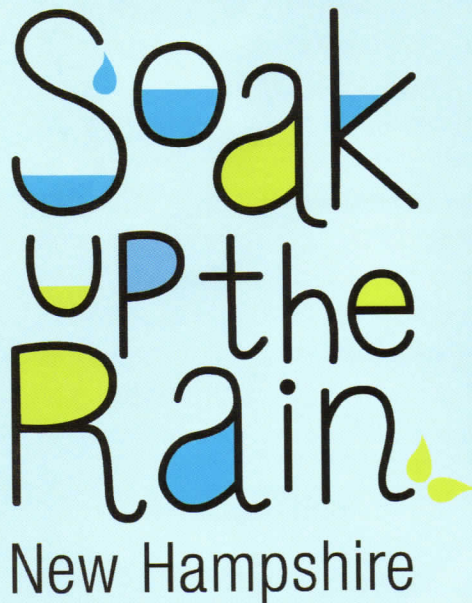
Boating is a wonderful activity and enjoyed by so many people on New Hampshire's approximately 1,000 lakes and 17,000 mile of rivers. No matter if one owns waterfront property, trailers his/her boat from home on the weekend, or comes from afar once in a lifetime to enjoy one of New Hampshire's lakes and rivers, shouldn't it be every boater's responsibility to decontaminate their boat before entering and after leaving a waterbody? Please let us know what you think about this important advocacy challenge and help NH LAKES shape its advocacy strategy in the coming months and years. I can be reached at tobrien@nhlakes.org and 603.226.0299.



SOAK Up the Rain New Hampshire: Your Land. Your Water. Your Solution.

By Lisa Loosigian, Stormwater Technician, New Hampshire Department of Environmental Services

With the long and frigid New Hampshire winter finally in our collective rearview mirror, many of us are thinking about ways that we can soak up the sun this summer season. While enjoying the sunshine near your local lake or pond, the New Hampshire Department of Environmental Services (NHDES) is encouraging homeowners to also think about soaking up the rain. Soak Up the Rain New Hampshire (SOAK) is NHDES's newest outreach and assistance program with the goal of protecting and restoring clean water in the state's lakes, streams, and coastal waters from the negative impacts of stormwater pollution.



Over 90% of the water pollution problems in New Hampshire are caused by stormwater runoff. We often think of roads, buildings, and parking lots as being the primary sources of stormwater runoff, but every single property, even our private homes, can contribute runoff and pollution to nearby lakes and streams. Through the SOAK program, NHDES works with local organizations to help property owners install rain gardens, rain

barrels, and other stormwater best management practices to reduce stormwater runoff and pollution and encourage clean and healthy water.

How Can You Get Involved with Soak Up the Rain?

There are several ways that you or your organization can partner with the Soak Up the Rain New Hampshire Program.

1. Start a Local SOAK Group

The SOAK program is currently looking for groups to build new local programs throughout the state. Organizations with a strong understanding of community issues and active relationships with residents, like lake and watershed associations, can help the SOAK program succeed by acting as a local voice. Local SOAK programs provide a local identity and make connections between residents and the waterbodies that they care about. Local SOAK programs coordinate projects, and they help spread the word about stormwater and the importance of protecting water quality in their communities.

2. Become an Official SOAK Partner

There are many groups across the state and region who are also working with homeowners and small business owners to protect clean water. The SOAK program partners with these organizations to share resources and to collaborate on projects, trainings, and other events.

Partners include:

- US EPA Soak up the Rain Program
- New Hampshire Lakes Association (NH LAKES)
- Lake Winnepesaukee Watershed Association

- Green Mountain Conservation Group
- New Hampshire Certified Landscape Professionals
- Cheshire County Conservation District

3. Share How You are Soaking Up the Rain

If you are an individual property owner and have installed a rain garden, dry well, or other stormwater practice on your property, share your story with us. We'll add your project to the SOAK map on our website and send you a reusable "Soak Up the Rain" tote bag. You can also choose to be added to our mailing list to keep up to date on SOAK news and events.

Soak Up the Rain Success Story

During the summer of 2013, NHDES worked with the Great Bay Stewards to install the first rain garden under the Soak Up the Rain Great Bay program. The rain garden captures and absorbs stormwater that once flowed across this property causing algae to grow in a scenic pond and contributing pollution to the bay.

With a thoughtful design and a handful of dedicated volunteers and water quality professionals, it took one day to install a beautiful and functional rain garden.

The rain garden uses colorful and robust plants that tolerate both wet and dry conditions. The sunken shape of the garden allows rain water to collect and soak into the ground where soils and plants naturally filter out pollutants. This rain garden is estimated to soak up 8,954 gallons of runoff, 11 pounds of sediment, 0.05 pounds of phos-

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phorus, and 0.22 pounds of nitrogen each year. While the numbers from this one small rain garden may not sound impressive, all it takes is one successful installation to start a trend.

The buzz that this rain garden created in the neighborhood is perhaps the greatest success. The proud property owners hosted a "rain garden party" to showcase their garden and spark the trend. More than 30 neighbors attended. While enjoying the late summer evening and each other's company, they learned about the rain garden and its benefits to their shared resource, the bay.

For More Information

Visit the SOAK NH website at www.soaknh.org to find information and available resources for individual property owners, for becoming an official SOAK partner, or for starting a local SOAK program.

To speak to NHDES about this program, contact Jillian McCarthy at jillian.mccarthy@des.nh.gov and (603) 271-8475.



NHDES staff worked with the Great Bay Stewards to install a rain garden.

Lake Explorer Quest, continued from page 1

ning the excursion and preparing for the unexpected while out on the water. NH LAKES offers some basic paddling safety tips and provides connections to additional resources specific to canoeing, kayaking, and paddleboarding safety.

Where to go?

Individuals/families seeking to earn their Lake Explorer patch are invited to paddle at least five lakes or ponds of their choice in New Hampshire. NH LAKES provides a

link to the New Hampshire Department of Fish and Game listing of public access sites on waterbodies and depth maps of selected lakes and ponds.

For More Information

To learn more about the Lake Explorer Quest, including where paddle boats can be rented, and to download an official patch request form, visit www.nhlakes.org/lake-explorer-quest.

We hope you will create wonderful memories with your family and friends while exploring and stewarding our lakes and ponds by participating in the Lake Explorer Quest this summer!



Membership Matters

New Members April 4 – June 15

Individuals

Shirley Alessandroni
Jean Marchant
Beverly Nyce
Estelle Smith
Daryl Zerveskes

Associations

Town of Dunbarton

Corporate Members

Old Town Canoes and Kayaks
LL Bean

Unpaved Rural Roads: Educate Before you Regulate

By Russ Lanoie, private contractor specializing in roadway and driveway consulting and maintenance

Not only were the winter and spring of 2014 brutal on vehicles because of how they affected local roads and driveways, they also had a lasting effect on New Hampshire lakes and ponds, long after frost heaves settled down and potholes were repaired. These effects were greatest from the unpaved “dirt” roads that surround many of our lakes and ponds.

Winter’s excessive snow, mixed with rain and biting cold, caused snowbanks to freeze to the ground, forming ice dams and trapping runoff water along our rural unpaved roads. As it ran down hills, water from melting ice and snow, especially when compounded with rain, made gullies on roadbeds along ice dams. On flat ground, water pooled on roads so that passing cars stirred up the gravel surface, making mud, ruts, and potholes.

Photo 1 shows a local development road that washed out this past winter. Runoff water flowing along the snowbank lining the road formed a channel that eventually widened and deepened. The runoff, carrying silt and clay eroded from the road, found its way into a roaring stream that flows into a nearby pond. While the eroded sediment is visible in Photo 2, it is the accompanying—but invisible—nutrients in the runoff water that ultimately pose a great threat to the health of the pond.

As with many natural occurrences, this situation is nobody’s fault but everybody’s problem. Or, is it nobody’s fault? Homeowners and development road associations have a respon-



Photo 1: Runoff water caused this rural road to be eroded away.



Photo 2: Runoff water from eroded rural roads contains visible sediment and unseen nutrients that can degrade nearby surface waters.

sibility to monitor conditions and take appropriate action before such problems arise. Shouldn’t the environmental “police” act to ensure that appropriate action be taken?

“Educate before you regulate” implies providing information about how to avoid impending problems by implementing proper practices, known as BMPs (Best Management Practices). Such education can often prompt responsible people to take necessary action to avoid problems before legislation forces compliance.

Having maintained gravel roads and driveways for nearly 50 years in the New Hampshire White Mountains, I find that many homeowners, development associations, and even contractors, lack the necessary understanding of proper rural road construction and maintenance practices. Indeed, it has taken me many years to learn the best ways to maintain rural roads to minimize both spring and summer runoff. Proper rural road stormwater runoff management is becoming more critical as rain events become more intense with 100-year storms now happening every few years.

Unpaved Rural Roads, continued on page 7



Photo 3: Manually creating narrow splits in ice dams along rural roadways can direct runoff water off of the road, helping to prevent catastrophic roadway washouts.

One of the things I've learned is that the catastrophic results of ice dam formation along rural roads can be avoided by simply breaking slots through the dams (as shown in Photo 3) every so often, just as many people do with the ice dams that form on the roofs of poorly insulated homes. Making just a narrow slot will allow runoff to escape and the flowing water will widen the slot. This can be a short-term, labor intensive chore, but the long-term results are well worth the effort.

Breaking ice dams is just one of many practices that can help reduce runoff water from unpaved rural roads and driveways. Based on my hands-on experience managing rural roads over the years, I have assembled an unpaved road owner's Best Management Practice manual and developed an accompanying training workshop that I have delivered to many conservation groups. Presented in plain language, both are designed to help responsible road owners, and those doing the maintenance, understand what makes for an environmentally-friendly rural road.

Just as many other environmental concerns have caused legislation to be enacted in New Hampshire and beyond, roadway stormwater runoff management will eventually become more regulated to protect surface waters from degradation. In the meantime, voluntary proper maintenance of rural unpaved roads is a win-win-win practice that benefits those who travel on the roads, those who pay for the maintenance of these roads, and those who enjoy the lakes and ponds that these roads often surround.

Proper maintenance of rural roads begins with education.

A Ditch in Time, an owner's manual for those who live on dirt and gravel roads, is available at locations throughout the Mt. Washington Valley and at www.ruralhometech.com. To host a Rural Road Maintenance Workshop in your area, send a message to Russ through the "Contact Us" page at www.ruralhometech.com.

NH LAKES LakeFest 2014: Raft-a-Palooza

Presented by Binnie Media

Can we count you in?

What: Educational event to raise awareness among canoeists and kayakers about how to prevent the spread of aquatic invasive species, featuring an attempt to set the Guinness World Record for the largest floating raft of canoes and kayaks (current record is 2,099) and a FREE family-friendly festival where NH LAKES' new Watershed Warriors education program will be debuted!

When: Sunday, August 3, 2014

Where: Endicott Rock Park along Lake Winnepesaukee in Laconia

For more information and to register: Go to www.nhlakefest.org or call 603.226.0299



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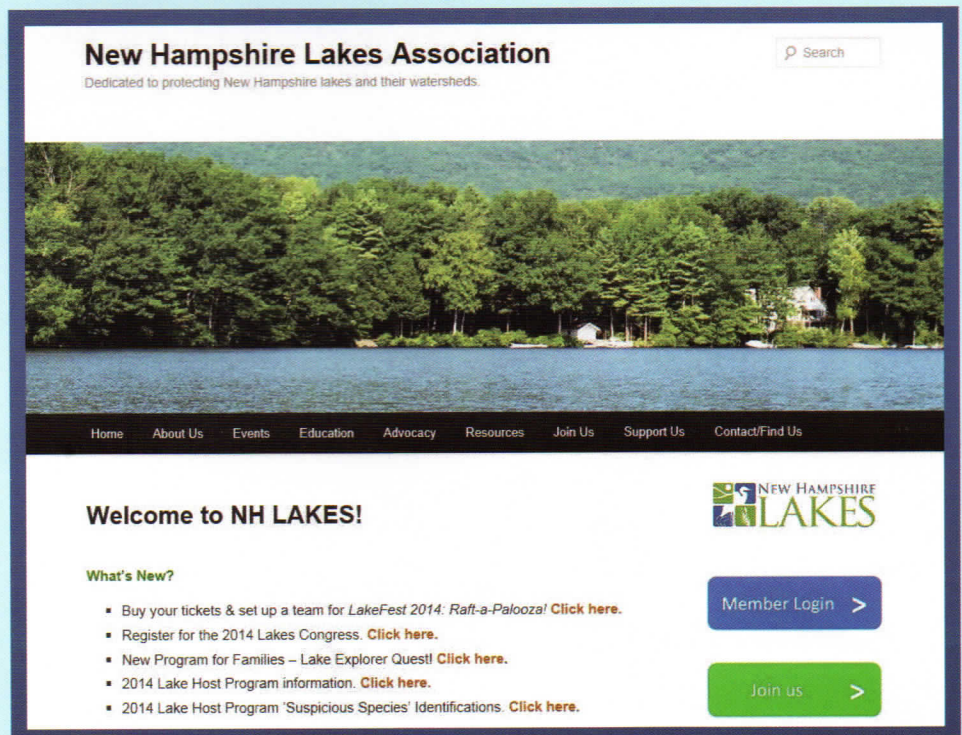
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NH LAKES Member Services Update: New Website & New Contact Management System!

Have you seen our new website? NH LAKES has a new website that many of our members have already told us is attractive and easy to navigate. It's also extremely easy for our staff to update.

But what our staff is most excited about is something you cannot see. Integrated with our new website is our new contact management system. Among other things, through NH LAKES' new contact system, you will be able to log-in online to your own personal member account to update your contact information and to renew your membership. Stay tuned for more details!

In the meantime, we invite you to visit www.nhlakes.org. Let us know what you think. If you have any questions or suggestions, please feel free to email Martha Lovejoy, NH LAKES Member Services Administrator, at mlovejoy@nhlakes.org.



If you haven't already, visit the new NH LAKES website at www.nhlakes.org.