

LAKESIDE

A QUARTERLY PUBLICATION OF NEW HAMPSHIRE LAKES ASSOCIATION

Lake Hosts Break Records Again!



Members dedicated to protecting lakes

Volume XVII, No. 4, Winter 2009

"Someone once said of football, 'The best offense is a good defense.' That also applies to our fight with exotic invasive weeds. The Lake Host Program has to be effective because it is the only strategy in this war that truly works."

- 2008 Lake Host Volunteer

In 2008, the Lake Host™ Program once again proved its effectiveness in defending lakes and ponds from the spread of exotic aquatic plants as Lakes Hosts made a record-breaking 224 "saves" of exotic plants! Feedback from our dedicated team of Lake Hosts proves how very important this program is to preventing the spread of exotic aquatic plants.

A truly unique program

The Lake Host™ Program is a courtesy boat inspection program organized by NH LAKES in cooperation with a variety of local partners including lake associations and civic groups. The goal of the program is to prevent the introduction and spread of exotic aquatic plants like variable milfoil from devastating our lakes. Through the Lake Host™ Program, trained paid and volunteer Lake Hosts are present at public motorized boat launch sites ("ramps") to conduct courtesy boat and trailer inspections. Lake Hosts check vessels both coming and going at the ramps to remove hitchhiking plants. Lake Hosts also spend time teaching boaters how to conduct self-inspections of their boats and trailers so they don't inadvertently transfer unwanted plants from one water body to another as they enjoy New Hampshire's water bodies.

Nationally, the NH LAKES Lake Host™ Program is a unique program. While some states have similar volunteer-based courtesy boat inspection programs, very few programs are able to pay their inspectors. The NH LAKES program offers a rewarding and enjoyable way for volunteers to "give back" to their community and to protect their lake or pond. ***It also provides local, paid employment opportunities to strengthen the economy.***

During the program's seven-year history, \$713,606 in federal funding and \$1,031,000 in state funding has enabled NH LAKES to provide payroll grants to lake associations, conservation commissions, and other eligible groups to implement the Lake Host™ program at local public boat launch sites. Payroll grant awards have motivated and enabled local groups to protect the individual lake or pond that they care about from the spread of exotic aquatic plants. As a result, since 2002, local groups have contributed a total match of \$1,310,788 in the form of hard cash, cash-equivalent of volunteer time, and out-of-pocket expenses towards our statewide prevention effort!

Help Save Money and the Environment!

To help us conserve paper and reduce our printing costs, please sign up to receive the electronic version of *Lakeside*, NH LAKES' quarterly newsletter. To receive the electronic version, simply email a message to info@nhlakes.org requesting to be added to the *Lakeside* email distribution list.

By signing up to receive the electronic version of Lakeside, NH LAKES will be able to focus additional funding on specific programs to protect the lakes and ponds that you care about!

Lake Hosts, continued on page 7

LAKESIDE

published quarterly by the

NEW HAMPSHIRE LAKES ASSOCIATION

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For information on sponsorship, contact the
NH LAKES office at (603) 226-0299.

From the President...



Over four years ago, NH LAKES responded to our membership survey by raising funds and hiring two new staff positions to further strengthen the organization as the only statewide nonprofit organization dedicated to protecting New Hampshire's lakes. We have seen tremendous success since then with the development of new programs and improved existing programs, many new members and more communities becoming involved in the protection of our lakes. Unfortunately, during recent months, the challenging financial situation in the country has impacted New Hampshire, especially our nonprofits. In order to protect the organization and avoid closing our doors (as many New Hampshire nonprofits have done these past few months), we recently had to reduce our staff from five to three full-time positions. This has been difficult, but the good news is we have positioned ourselves to maintain our programs and fulfill the mission of the organization.

The 2009 legislative session is under way and I will be your policy advocate once again in addition to being President of the organization (see page 3 for an update). Of course, our advocacy is only as strong as our grassroots education work, so we are relying on our legislative volunteers to continue to be involved in the legislative arena this year.

Andrea LaMoreaux, our Education Director, is busy planning the eighth season of our Lake Host™ program (see cover story), the 16th Lakes Congress which will be held in New London in June, and the third season of Lakes Conservation Corps (see page 5). In addition to this, she will be continuing to educate town planning boards, schools, conservation commissions and lake associations about how to bet-

ter manage and protect New Hampshire's lakes.

Financial stability is critical to our continued success. Dyanna Smith will continue to work with our membership, donors and sponsors to raise funds for long-term support of the organization, as well as plan for upcoming special projects and events, including our second annual LakeFest in Meredith in July.

We welcome five new directors to our board who are poised to help us move forward in the coming year, while we say a heartfelt goodbye to our outgoing members of the board. We look forward to the participation and support of our new board members and thank those stepping down for their generous service to NH LAKES.

Finally, we see the changes at NH LAKES as exciting opportunities to get more people involved as members and volunteers. For 2009, I ask every member to share his/her enthusiasm about NH LAKES with others and encourage them to invest in the future of our lakes, **and in the future of all those individuals who enjoy our lakes**, by joining or donating to NH LAKES and also by supporting your local lake association.

NH LAKES, **the only statewide nonprofit organization dedicated to protecting New Hampshire's lakes**, will need to do more with less this year—with your help, we will succeed. As always, please call us or stop by with your questions and concerns.

Thank you for your continued commitment to NH LAKES and have a wonderful winter!

NH LAKES gratefully acknowledges the support of:

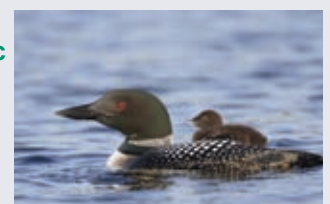


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underwrite this issue of *Lakeside*.

2009 Legislative Session

The 2009 legislative session is under way! NH LAKES is very active again this year, initiating one bill and testifying on many others in an effort to better protect New Hampshire's lakes and ponds.

Restricting Phosphorus Levels in Automatic Dishwasher Detergents (House Bill 350)

- Initiated by NH LAKES and sponsored by Representative Suzanne Gottling of Sunapee.
- Prohibits the sale and distribution of household cleaning products containing phosphorus, specifically targeting automatic dishwashing detergent. Phosphorus has a significant detrimental impact to lakes, often acting as a fertilizer for aquatic vegetation causing overabundant plant and algal growth.
- The focus of this bill is to update the law with phosphorus restrictions on automatic dishwasher detergents. (Low or phosphorus-free dishwasher detergents are readily available today through most manufacturers).
- HB 350 is currently before the House of

Representatives Commerce and Consumer Affairs Committee.

Increasing State Boating Fees (House Bill 205)

- Increases the fee charged by the state based on the length of the vessel.
- Allocates an additional \$1.00 per boat registration to exotic invasive aquatic weed control. Currently, \$1.50 of every boat registration goes into aquatic weed control. This bill would increase the amount to \$2.50 per registered boat.
- Also increases the license fee from \$4.00 to \$12.00 and increases the registering agent fee from \$1.50 to \$5.00.
- This bill is currently before the House of Representatives and may be amended with additional money for aquatic weed prevention and control.

Modifying Fill and Dredge Permit for Wetlands (House Bill 222)

- Requires the New Hampshire Department of Environmental Services to consider direct and indirect impacts to wetlands and associated surface waters while reviewing applications for a permit. Currently, only direct

impacts are considered.

- Indirect impacts include characteristics such as habitat, groundwater recharge and discharge, flood control, and water quality.
- HB 222 is currently before the House of Representatives.

Comprehensive Shoreland Protection Act (Senate Bill 134)

- Clarifies the reference line as the surface elevation on natural fresh water bodies and artificial impoundments listed in the Official List of Public Waters maintained by the New Hampshire Department of Environmental Services.
- Adds a reduced permit fee for projects that qualify as a permit by notification. Water quality improvement projects will be \$100 and all other permit by notification projects will be \$250.
- This bill is currently before the Senate.

If you have any questions regarding these bills, or if you would like to become a NH LAKES legislative volunteer to receive weekly legislative updates, please contact Jared Teutsch at jteutsch@nhlakes.org or (603) 226-0299.



*Rattlesnake Island, Lake Winnepesaukee.
Photo courtesy of Bill Hemmel, www.lakesregionaerials.com.*

The Lake Host™ Program Needs You!

Help make the Lake Host™ Program at your local lake or pond even more effective by becoming a volunteer Lake Host with your local participating group or by donating financially to the Lake Host™ Program! While NH LAKES has applied for an increased amount of state funding to implement the 2009 Lake Host™ Program, it will continue to be important for groups to secure local support to supplement their 2009 payroll award to even better defend their local lakes and ponds from invading exotic aquatic plants.

The Lake Host™ Program is the first line of defense in preventing the spread of exotic aquatic plants in New Hampshire. Since the Department of Environmental Services has limited funding to help groups battle exotic aquatic plant infestations, *the cost of man-*

aging a lake or pond with an exotic infestation quickly becomes an extremely expensive problem for the local municipality, lake or pond association, and shoreline and non-shorefront property owners alike.

The best way to deal with an exotic aquatic plant infestation is to prevent it!

If the Lake Host™ program isn't being conducted at a lake or pond in your area, contact NH LAKES to find out how to implement the program in your community.

Contributions you make to NH LAKES are used to support the expansion of the program statewide as our ultimate goal is to staff every boat ramp in the state with Lake Hosts.

Supporters of the Lake Host™ program can submit donations online at www.nhlakes.org or can use the envelope included in this issue of *Lakeside* to mail donations.

Even if you don't live along a lake or pond, or have a favorite lake or pond that you enjoy recreating on, all of New Hampshire's residents and visitors benefit from the Lake Host™ Program. *Keeping lakes and ponds free from exotic species helps protect our quality of*



Lake Host Linda Terrio inspects a boat before it enters Lake Sunapee.



Everyone's enjoyment of New Hampshire's lakes is endangered by exotic aquatic plants.

life and economy in New Hampshire!

Please help support our extraordinary Lake Host™ Program!

For more information about the Lake Host™ Program, contact Andrea LaMoreaux, NH LAKES Education Director, at alamoreaux@nblakes.org or (603) 226-0299.

Looking for Articles for your Association's Newsletter?

Have you read an article in *Lakeside* that you would like to include in your association's newsletter? Would you like to know of other lake management and protection articles that NH LAKES can provide to your group? If you answered "yes" to either of these questions, contact Andrea LaMoreaux, NH LAKES Education Director at alamoreaux@nblakes.org or (603) 226-0299 for more information. NH LAKES would like to help you spread the word about how your association's members can help better protect New Hampshire's lakes and ponds!

Teens Fix Pollution Problems Through the Lake Conservation CorpsSM



Rain had previously caused an erosion problem at the Back Lake public beach and sparked a project idea for NH LAKES.



The Pittsburg Lake Conservation CorpsSM crew built a rain garden that allows plants to soak up polluted water running off the landscape.



Teens involved in a new project of the Lake Conservation CorpsSM, a two-year old program of NH LAKES, took a constructive step toward water and shoreline protection in Pittsburg this past summer. The public beach on Back Lake previously had an eroded gully caused by polluted water coming from the road, driveway, and grassy lawn. With the help of the community and local school, the beach was repaired where it was once eroded and the surrounding area was beautified where it was once a flooded lawn. As a result, the amount of pollution flowing into Back Lake has been reduced!

Support for the Pittsburg Lake Conservation CorpsSM project came from the generosity of the Tillotson Fund (which supports conservation and community-based projects in the North Country), TransCanada, the Pittsburg school and town selectmen, and from local contractors. In addition, old conveyor belts were donated by the Orleans Vermont division of Ethan Allen for the construction of innovative rubber razors used to divert polluted water away from the beach driveway, and Found Well Farm of Pembroke sold more than 60 native wetland plants at discounted rates for the rain garden.

Along with these partnerships, local students also provided, as a Pittsburg resident called it, “a lot of good work, and hard work, and muscle work” to the Back Lake project.

NH LAKES, along with its many partners, plans on providing the crew with another conservation project for Back Lake this coming summer to continue fostering responsible lake stewardship in the North Country.

The NH LAKES Lake Conservation CorpsSM Program is an educational program designed to actively involve youth in shoreline and watershed restoration projects to improve the quality of New Hampshire’s surface waters. NH LAKES hopes that students who participate in the Lake Conservation CorpsSM will develop a lifelong interest in the responsible stewardship of natural resources.

NH LAKES is currently developing additional partnerships and identifying funding sources to implement a statewide Lake Conservation Corps. If you would like to become a program partner or sponsor, please contact NH LAKES at (603) 226-0299 or info@nblakes.org or donate on-line at www.nblakes.org.



The drainage improvements implemented at the site work to divert polluted water from the roadway to soak into the ground instead of eroding sediment from the beach and polluting Back Lake.

Response to Annual Fund Encouraging

Response to this winter's Annual Fund card and letter was encouraging, and we want to extend a warm and heartfelt thank you to everyone who gave. With so many worthy causes in need, it's difficult to express how grateful we are to have such strong support from members, participating lake associations and all the people we reach out to during the rest of the year with services and lake-related action. Winter is our toughest season, as our more visible programming enters its quiet phase of the year. The Annual Fund is what carries the organization successfully into the renewed activity of early Spring. A few outstanding gifts by long-term supporters and founders also added to the success of our winter fundraising.

Thank you!



"Your lake gave you so much this summer, this winter return the favor".

Lakes Legacy Society Cruises with the M/S Mount Washington

On a gorgeous, sunny autumn day in October, the M/S Mount Washington pulled out of Weirs Beach with a full boat—including many of NH LAKES' Lakes Legacy Society members.



The M/S Mount Washington coming in to harbor at Weirs Beach.

Once a year, Legacy members are honored with a thank you celebration for their generous financial support to the organization. Normally taking place in the summer season, we decided instead to aim for a tour of Lake Winnepesaukee during peak foliage, and we hit it pretty close to the mark!

Special thanks go out to Jim Morash, and all the folks at Mt. Washington Cruises for arranging this lovely afternoon for Lakes Legacy.



Lakes Legacy Society members enjoy the surprisingly sunny day that appeared for our thank you event, falling in the middle of two weeks of solid rain!

2008 Lakeside Living Expo

If you attended the 1st Annual Lakeside Living Expo at Gunstock in July, part of your entry fee was generously donated to NH LAKES. We joined a variety of other lake-related businesses and organizations at the Expo with a display about NH LAKES, and fielded lots of great questions about milfoil prevention, shoreline protection and water quality issues. Special thanks go out to Suzette Anthony and all the folks that organized the Expo—donating to us a total of \$1,160 from the proceeds!

IceFest

IceFest, our first winter lake event, is well underway—for 2010! We have some wonderful plans for IceFest that will take a bit longer to develop fully, so we are waiting for the better timing that next winter may bring. News of IceFest 2010 will be updated on the website and future issues of *Lakesides*. Stay tuned!

A highly successful program

Even though state and federal grant funding to support the 2008 Lake Host™ Program was reduced by nearly 20 percent (compared to what was available for the 2007 program), 2008 was a record-breaking success. New Lake Host records were set for the number of courtesy boat inspections conducted, “saves” of exotic plants made, ramps staffed, and organizations and Lake Hosts participating, as show in the table below.

Lake Host™ Program Statistics

	2002	2003	2004	2005	2006	2007	2008
Number of Participating Organizations	38	46	51	56	57	68	70
Number of Paid Lake Hosts	102	149	190	175	204	221	240
Number of Volunteer Lake Hosts	59	167	216	318	353	429	470
Number of Lakes and Ponds with Lake Hosts	37	45	50	56	56	64	70
Number of Ramps Covered	45	59	61	61	66	83	88
Number of Inspections Conducted	15,878	26,583	31,629	34,878	34,573	44,183	55,924
Number of “saves” (exotic plants found)*	4	7	16	54	54	157	224
Federal Funds	\$ 260,100	\$10,000	\$85,300	\$35,000	\$117,000	\$117,000	\$89,206
State Funds	\$0	\$165,000	\$150,000	\$185,000	\$185,000	\$185,000	\$161,000
Local Funds (hard cash and cash-equivalents)	\$37,155	\$112,382	\$151,238	\$200,756	\$183,179	\$292,017	\$334,061
TOTAL PROGRAM	\$297,255	\$287,382	\$386,538	\$420,756	\$485,179	\$594,017	\$584,267

* For the complete list of exotic species “saves” made through the 2008 program visit www.nhlakes.org.

Local support is critical

Much of the success of the Lake Host™ program, particularly of the 2008 program, can be attributed to the increasing local support for the program over the years.

To make up for receiving reduced payroll grant awards in 2008, many groups were able to secure funding from local sources to supplement paid Lake Host salaries. An impressive total of \$112,241 was contributed by local groups to cover additional salaries and benefits for paid Lake Hosts! Numerous groups were also able to secure additional volunteer Lake Hosts to staff ramps. Thanks to local support, each year more and more paid and volunteer Lake Hosts have helped protect our lakes and ponds from exotic plants!

Apply to the 2009 Lake Host™ Program

We are gearing up for another fantastic year! If your group would like to participate in the 2009 Lake Host™ Program to protect your lake or pond from the spread of devastating exotic aquatic plants, please visit the NH LAKES website at www.nhlakes.org after February 16, 2009, to download a grant application. If you have any questions about the application or your group’s eligibility to participate in the grant program, please contact NH LAKES at lakehost@nhlakes.org or (603) 226-0299.



Lake Host Onni Irish educates a boater at Pleasant Lake in Deerfield.

Membership Matters

New Members – September 10, 2008 through January 26, 2009

Individuals

Valerie Atkins • Mrs. Ann Bartlett • Bill and Wendy Cahill
 Nancy and Adam Cornelius • Brooke D'Entremont • Paul DeSantis
 Kathleen and Anthony Difruscia • Mr. Ken Eastman • Catherine Eby
 Bob and Terry Estabrook • Mr. and Mrs. Thomas Fallon
 Dr. Norma Finkelstein • Richard G. Hendl • Donald and Peggy Hughes
 Miss Aleta Johnson • Mr. Earl T. Kivett • Mrs. Jean Kundert • Andrea Lawson
 David and Charlotte Lesser • Mr. Steven Mikulka • Mr. Geof Molina
 Glenn R. Mueller • Ms. Mary Ann Murray • Jim and Pam Nadler
 Nicholas Paquette • Robert C. Parker • Nancy Robinson • Mrs. Jill R. Rolph
 Barbara Sanders • Sherry Sims • Ms. Debbie Steadman • Mr. Thomas Sturgill

Businesses

New England EnviroStrategies, Inc. • White Mountain Survey Co., Inc.

Associations

Badger Cottage Corporation • Powwow Pond Council
 Varney Point Association

Lakes in Winter

Your favorite New Hampshire lake or pond is covered mostly by ice now. *Have you ever wondered why the ice floats on top of the water?*

During late fall, the surface waters of the lake cool, and at approximately 39° Fahrenheit, the ice formation process begins. At this temperature, the surface water molecules begin to spread apart, becoming less dense than the water lying underneath. The more the surface water cools, the more the molecules spread apart and the less dense the surface layer becomes. Around 32° Fahrenheit, the less dense surface water layer freezes into ice which then floats on the denser water below.

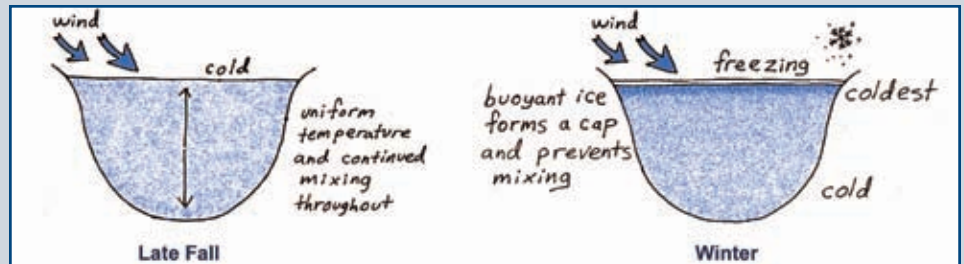
In New Hampshire we are fortunate that our lakes and ponds become covered with ice during the winter as this allows for another season of recreation. Many of us enjoy ice skating, cross country skiing, ice fishing, and some of us may even enjoy ice sailing!

But what happens beneath the ice during the winter?

Typically, the water just under the ice layer is approximately 32° Fahrenheit and the water becomes slightly warmer closer to the bottom of

the lake. Since the ice seals the lake off from the atmosphere, no additional oxygen is mixed into the lake during the winter. When snow covers the ice, sunlight is not able to penetrate into the water so algae and plants are unable to make additional oxygen through photosynthesis. Therefore, as the winter progresses, the amount of oxygen, which is vital to the survival of the organisms living in the lake, is reduced. If the snow and ice cover remain for a lengthy period, it is possible that all the oxygen in the lake will be used up before the ice melts causing organisms—particularly fish—to perish.

Luckily, when the ice cover melts in March or April, the lake will mix with the atmosphere, bringing more oxygen and essential nutrients for the survival of aquatic life into the lake once again!



Lake circulation patterns change as the season change.

Upcoming Events

- **March 23, 2009:** 2009 Lake Host™ Program Payroll Grant applications due.
- **May – June 2009:** Lake Host™ Program training sessions.
- **Friday, June 26, 2009:** 2009 Lakes Congress, Colby Sawyer College, New London.
- **Thursday, July 23, 2009:** 2009 LakeFest, Inn at Church Landing, Meredith.

For more information on these upcoming events, contact NH LAKES at (603) 226-0299 or info@nhlakes.org.

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