

# LAKESIDE

A QUARTERLY PUBLICATION OF NEW HAMPSHIRE LAKES ASSOCIATION

## *Another Award for the Lake Host Program!*



Volume XXV, No. 1, Spring 2015

On November 10, 2014, the New Hampshire Lakes Association (NH LAKES) was awarded the Spirit of New Hampshire 2014 Outstanding Volunteer Champion Award. Then, on Wednesday, February 25, NH LAKES received the 2015 Outstanding Invasive Species Volunteer Award at the National Invasive Species Achievement Awards Ceremony held in Washington D.C. NH LAKES accepted both of these prestigious awards for the management of its Lake Host Program—a courtesy boat inspection program that has helped boaters prevent the spread of aquatic invasive species in New Hampshire since 2002.

During 2014, 500 individuals volunteered as Lake Hosts, logging a total of 11,093 hours teaching boaters at boat ramps throughout New Hampshire how to clean, drain, and dry their boats and trailers to prevent the spread of aquatic invasive species. In addition, 250 Lake Host employees worked 33,708 hours at boat ramps. Invasive plants like milfoil and animals like the Asian clam alter the natural ecology of waterbodies, degrade boating, swimming, and fishing areas, and are expensive to manage and nearly impossible to get rid of once they become well-established in a waterbody. Since 2002, Lake Host volunteers and employees together have conducted more than 664,000 courtesy boat inspections and have made more than 1,467 'saves' of aquatic invasive species that were about to enter or had just left a waterbody.

Receiving the Outstanding Invasive Species Volunteer Champion Award on behalf of NH LAKES at the ceremony held at the United States Department of Agriculture in Washington D.C. were Tom O'Brien (NH LAKES President), John Edie (NH LAKES Board Member), and Annie Isacco (NH LAKES Lake Host Volunteer at Warren Lake in Alstead).

“The competition for these awards was intense and it was humbling to be among such accomplished leaders in the fight against invasive species. The award recipients hailed from Hawaii, Maryland, Mississippi, Montana, Texas, Washington, Washington D.C., and New Hampshire,” commented Tom O'Brien. “The most important thing about our award is that it recognizes our volunteers who give their time to help others protect our lakes. It was a privilege to represent the NH LAKES Lake Host Program in Washington, D.C.”



*Receiving the Outstanding Invasive Species Volunteer Champion Award on behalf of NH LAKES at the ceremony held in Washington D.C. were: John Edie, NH LAKES Board Member (left); Tom O'Brien, NH LAKES President (second from left); and Annie Isacco, NH LAKES Lake Host Volunteer at Warren Lake in Alstead (second from right).*

# From the President...

## LAKESIDE

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Happy spring to all! At least that is what we are expecting will have arrived by the time you get this issue of *Lakeside*. I am writing to you in late March. With the morning temperature still in the teens, I am reminded that this past winter was the real deal—lots of snow and consistently cold temperatures. This winter has certainly given me a greater appreciation than in previous years for the coming warm weather and the reawakening of our lakes. Don't get me wrong, our lakes are busy places in winter, but, for most of us, not as inviting as they are when the weather (and the water) warms. I am very much looking forward to meeting many of you around the lake in the coming, warmer months.

NH LAKES transitions into spring this year with a great deal of momentum, reminding me of a line from a traditional Gaelic blessing: "May the wind always be at your back." Many good things have transpired over the past few months, allowing NH LAKES to sail ahead into the spring and summer programs and events that we have planned for you—our members and friends.

**Our Volunteers:** After winning the Spirit of New Hampshire Volunteer Champion Award last fall, in February our Lake Host volunteers won a National Aquatic Invasive Species Award. Thank you and congratulations, Lake Hosts! We look

forward to your continuing dedication to protecting our lakes from aquatic invasive species this year as the boating season will open soon!

These dedicated volunteers are just some of the stewards that are doing great work on behalf of our lakes. If you know of an exemplary volunteer lake steward, don't miss the opportunity to nominate him or her for the prestigious John F. Morten Award—applications for 2015 are due on June 15.

**Our New Programs:** During the past few months, we've been working on two new family-friendly programs that will help foster the next generation(s) of lake stewards. In this issue, you'll read about the importance of getting children (and adults!) outside and some exciting lake-related opportunities to do so. Perhaps this will be the summer that you take your family on a lake explorer quest or you (or your family and friends or lake association) will become watershed warriors in the protection of lakes.

**Our Longest Running Event:** I am also especially thrilled about our 22nd Annual Lakes Congress (May 29, Church Landing in Meredith—be there!). This annual lake education, training, and networking conference promises to be bigger and better than ever. A water issues communication expert from the Chesapeake Bay area will kick off the 2015 Lakes Congress and will provide hands-on training throughout the day.

Whether you are a NH LAKES volunteer, program participant, member, or donor, I thank you from the heart, for you are the soul of NH LAKES.

Sincerely,

Tom O'Brien  
NH LAKES President

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# NH LAKES Advocacy Program Update

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



This has been a most 'interesting' advocacy season and legislative session. This status report is as of March 19 and, although the spring equinox is just a few days away, we are still in winter's grip. The severe winter weather that we experienced this year created havoc with the legislative schedule, resulting in committee hearings being stacked up, one after the other. But legislators, advocates like myself, and agency officials alike, persevered through the weather and the compressed schedule to get it all in. Truthfully, I found it energizing to make my way through the snow to work alongside my fellow conservation partners, state agency staff, and many of our members and friends who advocate for our lakes.

Our legislative plan for the 2015 session was primarily designed to improve our ability to prevent and manage aquatic invasive species (AIS) infestations in New Hampshire. This agenda was developed as a result of the input that we received through our annual advocacy survey last fall. Toward that end, NH LAKES developed a document, describing the impact of AIS in New Hampshire, to use as a communication tool with legislators and other policy makers. This AIS 'white paper' describes, in concise terms, the case for expanding our toolbox for AIS prevention and management. You can read that document by going to [www.nhlakes.org/advocacy-priorities](http://www.nhlakes.org/advocacy-priorities).

Our broad AIS prevention and management goals are as follows:

- Continue to improve courtesy boat inspection protocols and coverage at our public access ramps;
- Tighten requirements around the transportation of (any) plants or animals by boats and trailers;
- Improve boater adherence to clean, drain, and dry techniques for decontaminating boats;
- Engage and include private boat ramp owners (e.g. marinas and boat dealerships); and
- Increase public awareness and modify boater behavior through institutional (e.g. boat operator certification) and non-institutional (e.g. education and media messaging) means.

These goals have resulted in the following recent outcomes:

- House Bill 281, defining "exotic aquatic species of wildlife" and relative to the duties of the exotic aquatic weeds and species committee, was passed by the House. We are cautiously optimistic that it will be passed by the Senate and signed into law. It will increase the number of members of this committee, on which NH LAKES already serves, and broaden the committee charge to include invasive plant *and* animal species—a critical step toward an integrated approach to preventing the spread and managing AIS.
- House Bill 667, relative to aquatic invasive species and authorizing a program to inspect boats for the presence of aquatic invasive species. This Bill would have required all boats entering a waterbody to participate in an event for which a permit was needed (like regattas and fishing derbies) to be inspected by the event organizers for the presence of AIS. This bill did not pass, but has resulted in some significant developments. NH LAKES is now working with the New Hampshire Departments of Environmental Services (NHDES), Fish and Game, and Safety to implement an outreach program that encourages event participants to clean, drain, and dry their boats, trailers, and gear.
- NH LAKES is working with the New Hampshire Marine Trades Association with the goal of expanding Lake Host training and the clean, drain, and dry technique to all boat marina staff and marine contractors.
- We also advocated for House Bill 565 that would have allowed the state to temporarily restrict boats on certain waters that have a confirmed exotic (i.e. invasive) aquatic species infestation. This bill was designed to improve the state's ability to quickly and effectively contain and treat new AIS infestations. This bill did not pass.

While the 2015 legislative session will continue through late-spring, we will soon be presenting our AIS prevention strategy for the 2016 legislative session to the Exotic Aquatic Weeds and Species Committee. Our core strategy is to begin the consensus and coalition-building process with this committee so that we have AIS 'ambassadors' going into the 2016 session. Our legislative agenda will include the following:

- Requiring that all boaters clean off all visible plants, animals, and debris from boats and trailers before leaving a water access point or shoreline property.
- Requiring that all boaters drain all water-related equipment (e.g. boat, ballast tanks, portable bait containers, and motors) and bilge and livewells before leaving a water access point or shoreline property.

Through our research, nationwide contacts and conversations, and the New Hampshire experience, we believe that the easiest and most reliable way to prevent the spread of AIS is for boaters to always take the time to clean, drain, and dry their boats, trailer, and gear between waterbodies. This method is not only easy and reliable, it is necessary. Invasive plant fragments that hitchhike on boats and trailers and into waterbodies not only generate new plant infestations, they can transport invasive animals such as Asian clams and zebra mussels. Microscopic larvae of invasive animal species can also be transported from waterbody to waterbody inconspicuously in drops of water trapped in a variety of boat and trailer compartments. These practices, if adhered to by all boaters, would effectively and greatly reduce the transport of hitchhiking plants and animals from one waterbody to another, helping to ensure that future generations have the opportunity to enjoy invasive-free lakes in New Hampshire.

Thank you for working with us and providing your feedback and support. Please contact me at [tobrien@nhlakes.org](mailto:tobrien@nhlakes.org) or 603.226.0299 if you have any questions or comments. And, to learn more about our advocacy strategy and effective advocacy techniques, join us at the 2015 Lakes Congress on May 29.

# Help Support Your Local Lake Host Program: Make a gift through the Lake Host Charitable Giving Program!

The NH LAKES Member Services Program has developed the Lake Host Charitable Giving Program to help our local partners raise funds for their local Lake Host Program payroll expenses and to provide individuals with an easy way to support the Lake Host Program at their favorite lake.

## Individuals—this program is for you if you are interested in:

- making a charitable donation to your local group's NH LAKES Lake Host payroll to protect local lakes from the spread of aquatic invasive species, and
- receiving a tax deduction for your donation.

If you wish to make a donation to the NH LAKES Lake Host Program at your local lake, you can access the Lake Host Donation Form online at [www.nhlakes.org/lake-host-charitable-giving](http://www.nhlakes.org/lake-host-charitable-giving).



**John F. Morten (1914-1989)**

## Call for Nominations: 2015 Morten Award for Exemplary Lake Stewardship

In September 2002, a special award was created in honor of the late John F. Morten (1914-1989), in recognition of his lifelong work to protect New Hampshire's lakes and ponds. It was his vision and grassroots efforts that helped create the Lakes Region Federation, which later became the New Hampshire Lakes Association (NH LAKES) upon its merger with the New Hampshire Lakes Legislative Coalition. It was John Morten who saw the value of a statewide umbrella organization to represent lake interests with both the legislature and state agencies.

Mr. Morten exemplified selfless dedication to the lakes he loved so much, giving generously of his time, talents, and financial resources to help protect them. He was a person who made things happen—the creative idea man, leader, and activist who was organized, determined, and persistent in the achievement of any task. It is in tribute to his vision, dedication, commitment, and vigor that NH LAKES established the John F. Morten Memorial Award for Exemplary Lakes Stewardship.

If you would like to nominate an individual for the 2015 Morten Award, visit the NH LAKES website at [www.nhlakes.org/Morten-Award](http://www.nhlakes.org/Morten-Award) to download a nomination form, email [info@nhlakes.org](mailto:info@nhlakes.org), or contact the office at (603) 226-0299. All nominations must be submitted by June 15, 2015.

# Kick off summer with us at the 2015 Lakes Congress!

Register before it's sold out!



## When:

**Thursday, May 28: 7:00 – 8:00 p.m.**

Spend the evening with us and the Lake Winnepesaukee Association for a discussion with James Gallagher of the New Hampshire Department of Environmental Services about the challenges of lake level management in New Hampshire. *There is no fee for this session, but preregistration is required.*

**Friday, May 29: 8:00 a.m. – 2:45 p.m**

## Where:

Church Landing at Mills Falls in Meredith along beautiful Lake Winnepesaukee

## What:

The focus of our 22nd annual educational and networking conference is to provide training to participants in hands-on skills that they will use to educate, advocate, and organize to help protect and manage their local lakes!

## Highlights Include:

- Training with Eric Eckl, nationally-renowned marketing campaign strategist for environmental causes!
- Certification as a Lake Host, Weed Watcher, and Watershed Warrior Activity Leader!
- Networking with nonprofit tax and fundraising professionals!
- Field trips aboard the Lake Winnepesaukee Association Floating Classroom!

## For More Information & To Register:

[www.nhlakes.org/lakes-congress](http://www.nhlakes.org/lakes-congress)

## About Eric Eckl: 2015 Lakes Congress Featured Presenter



Eric founded Water Words That Work, LLC and oversees all the company's client projects. Eric has more than 15 years' experience planning and carrying out issue advocacy, fundraising, and behavior change campaigns. Eric is a sought-after speaker for environmental, marketing, and technology conferences. He has appeared on CNN and been quoted in the New York Times. Eric sits on the editorial committee for the Center for Watershed Protection, and serves on the board of directors for the Green Media Toolshed.

For more information, visit  
[www.waterwordsthatwork.com](http://www.waterwordsthatwork.com).

## Stay the night in Meredith!

Lakes Congress registrants are encouraged to stay the night in Meredith before Friday's program. Registrants will receive a special discounted rate to stay at any of the Mills Falls Inns in Meredith on Thursday, May 28. There are wonderful restaurants, shops, and sights to enjoy. To reserve a room, call (800) 622-6455 and mention that you will be attending the 2015 Lakes Congress.

# Opening Doors to Happier, Healthier Lives...Through Lakes!

by Andrea LaMoreaux, NH LAKES Vice President

Does time spent at the lake make you happier? Does it make you healthier? I am betting that the time you have spent at your favorite lake has improved the quality of your life in numerous ways. Over the years, many of our members have shared stories with me about how they first arrived at their favorite lake and why they keep coming back. “The lake is my caretaker, my friend, and my therapist,” explained Tom Duffy, NH LAKES 2013 John F. Morten Award recipient.

I know that the lakes in my life—Lake Sunapee where my parents have a place and Seneca Lake, in upstate New York, where my husband’s family has spent all their summers for generations—have had an important and positive impact on my life, and on that of everyone in my family.

I also know, as many of you undoubtedly know, that many of our lakes seem to be less busy and quieter during the summer these days, particularly on the weekdays. While that might not sound like a bad thing, in many cases, this apparent lack of activity and noise is not a welcomed change. It tells us that families, and particularly children, aren’t out enjoying, exploring, and relaxing by the lake like they used to.

The reasons for this phenomenon are many and certainly vary from family to family. But, whatever the reason, less time spent, and in particular, less unstructured free-time spent enjoying lakes—one of New Hampshire’s most ubiquitous natural resources—may be unhealthy for us as a society and unhealthy for our lakes.

Consider the following, excerpted from the report “*Opening Doors to Happier, Healthier Lives*” published in 2012 by the New Hampshire Children in Nature Coalition:

“As mounting evidence details a growing—and disturbing—disconnect between children and nature, it is time for New Hampshire to embrace a comprehensive statewide effort to promote happier, healthier lifestyles in ways that honor our state’s tradition of celebrating and cherishing its diverse and rich natural resources.

It may be hard to believe, but just a generation ago, one of the most dreaded punishments a kid could face was having to stay inside on a nice day while his or her friends played outdoors.

How times have changed.

Today, American children from 8 to 18 average 54 hours a week with electronic entertainment, including television, computers, and video gaming devices, according to the Kaiser Family Foundation. Among the consequences are increasing obesity rates and sedentary lifestyles, deepening misconceptions about the natural world and less emphasis on unstructured time outdoors. The price of continuing these trends is serious, not only for children and their families, but for our communities, our schools, our culture, our economy, and the identity of the Granite State.



In New Hampshire, 71 percent of children ages 6 to 17 and 53 percent of high school students do not get enough physical activity, according to the state Department of Health and Human Services. And it’s no coincidence that 32 percent of children ages 6 to 12 are overweight or obese. Combined, excess weight and lack of physical activity are risk factors for asthma, diabetes, hypertension, and other chronic illnesses that burden the state’s health care system and lead to lost productivity.

Yet, research shows that the benefits of embracing an active, outdoor lifestyle are many, and that children who spend time outdoors are healthier and more creative, have better concentration, and even get better grades.

Spending time in nature:

- Is fun and safe.
- Reduces stress.
- Makes children more focused.
- Enhances children’s emotional and social development.
- Improves school performance and cognitive ability.
- Enhances creativity, problem solving ability, self-esteem, and self-control.
- Reduces obesity and improves health and well-being.
- Gives kids a reason to care about and protect their environment.
- Can promote healthy lifelong lifestyles, and open career opportunities.”

For the good of your lake and for the good of the families and children who live in and visit New Hampshire, NH LAKES urges you to step up and take action to help combat this “lake-deficit” phenomenon. As an individual, you can do this—and may already be doing this—by

*Opening Doors, continued on page 7*

inviting family and friends to spend some time at the lake. You may even invite them to do so through the NH LAKES Explorer Quest (read the article below to learn more about this program). Work with your lake association to sponsor a NH LAKES Watershed Warrior activity circuit at an upcoming community event (read article on page 8 to learn more about this program) or sponsor a field trip to a lake for a local camp, daycare, or school.

By helping others to enjoy lakes, in addition to helping to open doors to happier, healthier lives, you will help build the next generation of lake stewards who will care for our lakes. Thank you.

To learn more about the New Hampshire Children in Nature Coalition, visit [www.nhchildreninnature.org](http://www.nhchildreninnature.org).



Along with the New Hampshire Children in Nature Coalition, NH LAKES encourages families to participate in informal outdoor activities like fishing.

Photo: © www.123rf.com

## Membership Matters

### New Members

December 11, 2014 – March 18, 2015

#### Individuals

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Ryan Crawford

Christine Destrempe

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#### In Memoriam

W. Clinton Sterling, in memory of  
his aunt, Delena Barnard

## Have you named NH LAKES?

Making a gift to NH LAKES through your will or revocable living trust is a simple way to support the NH LAKES mission and help to protect our lakes and their watersheds into the future. If you wish to name NH LAKES in your will or estate plan, we should be named as: *New Hampshire Lakes Association, Inc., a nonprofit corporation, organized and existing under the laws of New Hampshire, address 14 Horseshoe Pond Lane, Concord, NH 03301.* Our tax identification number is 22-2668396. **If you have chosen to include NH LAKES in your estate plans, please let us know!**

## Looking for something to do with the kids or your guests this summer?

NH LAKES invites individuals and families to get out and explore our lakes and ponds by paddling through our Lake Explorer Quest Program! Individuals/families who explore three waterbodies by canoe, kayak, paddleboard, or other paddle boat, and document their explorations with NH LAKES will earn an official Lake Explorer Quest patch and certificate. Participants must also certify that they practiced the "Clean, Drain & Dry" method for preventing the spread of aquatic invasive species and that they implemented safe boating practices on each excursion. Find out more at [www.nhlakes.org/lake-explorer-quest](http://www.nhlakes.org/lake-explorer-quest). NH LAKES thanks the Dorr Foundation for their support of this program.



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## Inside this issue

Another Award for the Lake Host Program!

From the President...

NH LAKES Advocacy Program Update

Help Support Your Local Lake Host Program

Call for Nominations: 2015 Morten Award for Exemplary Lake Stewardship

Kick off summer with us at the 2015 Lakes Congress!

Opening Doors to Happier, Healthier Lives... Through Lakes!

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Have you named NH LAKES?

Host A Watershed Warrior Event in Your Community!

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# Host A Watershed Warrior Event in Your Community!

Is your group looking for a way to foster the next generation of lake stewards in your community? If “yes,” consider hosting the Watershed Warrior Program at your next association family fun day or community festival!

The NH LAKES Watershed Warrior program is designed for youth and their families to “take action” to keep lakes and watersheds healthy. Traveling through the stations of the Watershed Warrior activity circuit, participants experience hands-on fun while learning about lake ecology and simple, everyday things that people can do to help keep lakes healthy. At the end of the circuit, participants have the opportunity to become a “Watershed Warrior” by pledging to incorporate at least one lake-friendly practice into their daily routine. All Watershed Warriors earn a multicolored patch and certificate.

To find out how to bring this program to your community, and to become a trained Watershed Warrior Station Leader, attend the 2015 Lakes Congress on May 29 and sign up for session III-C!

Register at [www.nhlakes.org/lakes-congress](http://www.nhlakes.org/lakes-congress).

For additional information about the Watershed Warrior Program, visit [www.nhlakes.org/watershed-warrior](http://www.nhlakes.org/watershed-warrior).

*NH LAKES thanks the Dorr Foundation for their support of this program.*



*A Watershed Warrior learns about the aquatic food web. The program was piloted at the NH LAKES LakeFest 2014: Raft-a-Palooza festival and feedback from young participants was enthusiastic. “I learned so much! A lot of this stuff I didn’t know about at all!” commented one 8-year-old. Some children enjoyed it so much they went through the circuit multiple times!*

