

LAKE SIDE

A QUARTERLY PUBLICATION OF NEW HAMPSHIRE LAKES ASSOCIATION

The Time Has Come - Fish Lead Free NH!



XXVI, No. 1, Spring 2016

On June 1, 2016, the sale and freshwater use of lead fishing sinkers and jigs weighing one ounce or less will be banned in New Hampshire. This fishing tackle is the largest known cause of death for the adult Common Loon in New Hampshire. Nearly half of the adult loons collected over the last-twenty five years died from lead poisoning, a direct result of the ingestion of lead sinkers and lead-headed jigs used by anglers. Lead is highly toxic and loons will die within two to four weeks after they ingest just one small lead object.

It took nearly two decades and an incredible team effort, spearheaded by staff and volunteers from the Loon Preservation Committee (LPC), New Hampshire Lakes Association (NH LAKES), outside scientists and experts, and many statewide and local partners, to secure the vital protections for loons that become effective this June. Starting in 1998, a bill signed into law banned only the **use** of lead sinkers weighing one ounce or less and lead jigs measuring one inch or less on New Hampshire lakes and ponds. In 2004, a bill was signed into law that banned the **sale** of these lead sinkers and jigs and **expanded** the ban on their use to include all freshwaters of the state. In 2005, a bill to weaken the restrictions on lead sinkers and jigs was defeated. Over the years, the one ounce or less weight standard for lead sinkers has proven to be sufficient, while the one inch or less length standard for prohibited jigs has proven to be inadequate for protecting loons—all of the lead jigs removed from dead New Hampshire adult loons have measured well over one inch. In 2013, House Bill (HB) 89 banning the sale and freshwater use of lead fishing sinkers **and jigs** weighing one ounce or less in New Hampshire was voted into law by Governor Maggie Hassan.



The three-year phase in period for HB 89 provided anglers and retailers time to transition to non-lead tackle. Also during this time, a partnership of organizations, which included the New Hampshire Fish and Game Department, LPC, and NH LAKES, worked together to expand the Fish Lead Free Program to New Hampshire. Through this program, anglers in the Northeast are provided with information on lead fishing laws, why and how to fish lead free, and where to dispose of lead fishing tackle safely.

Banning the sale and freshwater use of lead fishing sinkers and jigs weighing one ounce or less in New Hampshire will help ensure that the outstanding work of many volunteers to rebuild our loon population will not be erased by easily preventable lead mortality. We thank all who worked alongside the LPC and NH LAKES to help HB 89 become law.

To learn more, attend the "Fish Lead Free NH" session at the 2016 Lakes Congress on June 3. Reserve your spot today at www.nhlakes.org/lakes-congress.

Protecting New Hampshire lakes and their watersheds.

LAKESIDE

published quarterly by the

NEW HAMPSHIRE LAKES ASSOCIATION

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From the President...



Spring has sprung! At NH LAKES we hope that you have come through winter eagerly looking forward to another warm weather season at the lake. There will be much going on this summer and, although you no doubt will be busy, we hope to get together with you—at your home, your lake association meeting, a NH LAKES membership gathering, or out and about on your favorite lake.

Speaking of which... did you know that NH LAKES staff and members of our Board of Directors are available to meet with you to discuss your lake concerns and your lake association's challenges and aspirations? Our staff and board members have expertise and services to offer you in the stewardship of your lake and the growth and sustainability of your lake association. If you need help—or aren't sure if you need help—contact us soon. Although we are available year-round, our summer schedule fills up quickly.

Which reminds me... I came to NH LAKES in 2011 from a statewide watershed association in Oregon where services were the most valuable benefit we could provide to our members. Working at NH LAKES has broadened my horizons and perspective on environmental stewardship. Here at NH LAKES, we have a history of

advocacy and education programming *and* services for our local partner groups and member organizations and individuals—including you and your family. With our partners, members, and individuals like you, we are creating this history together and there are many stories to be told, some of which we and others have shared with you in this issue of *Lakeside*.

Some of these stories reflect a long collaborative process—like the effort that resulted in a ban on the lead fishing tackle killing our loons. Some stories reveal how we have built our credibility over the years with state agencies, business leaders, and legislators, so that we are taken seriously when we introduce new ways to protect our lakes—like the overwhelming positive response we have received so far this legislative session to the “Clean & Drain” bill we initiated to help stop the spread of aquatic invasive plants and animals. Or, the personal stories of lake stewards like Joe Goodnough, a long-standing NH LAKES board member and Lake Sunapee advocate. Joe, still inspired every day by his lake experiences, shares the discoveries he made about himself and his lake while recently reading the national bestselling book “*Blue Mind*.” I am personally looking forward to hearing what Céline Cousteau, the granddaughter of Jacques Cousteau and author of the forward to “*Blue Mind*,” has to say when she speaks to us at Lakes Congress on June 2 and 3.

There are indeed many stories to be told—and many more yet to unfold—chronicling lake protection in New Hampshire. I am glad to be adding chapters to my story working with you.

Sincerely,

Tom O'Brien
President & Policy Advocate

Healthy, Clean & Safe Lakes for Future Generations!

Making a legacy 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 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!

NH LAKES Advocacy Program Update

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



As I write this update in mid-March, we are about halfway through the New Hampshire 2016 Legislative Session and passage of the “Clean & Drain” bill that NH LAKES

has been working on for the past year, a bill designed to stop the spread of aquatic invasive species. At this juncture, I am happy to report that not only has this bill survived, it has been improved upon through the course of the legislative review process. Its path forward, with your help, appears promising.

How we got this far: NH LAKES is on the Exotic Aquatic Weeds and Species Committee (EAWSC) which is Chaired by State Representative Suzanne Smith (Hebron). In early 2015, we worked to get a bill passed that added stakeholders to this committee who were knowledgeable about aquatic invasive plants *and* animals. Later in 2015, we introduced the “Clean & Drain” bill concepts—modeled on those of the states of Minnesota and Vermont—to the EAWSC and state agencies. We know from our research and experience that the practice of cleaning, draining, and drying a boat between waterbodies is the simplest and most effective method of preventing invasive plants and animals from being spread from waterbody to waterbody. And, while we thought that “Clean & Drain”

practices would have a good chance of being made law, we knew it was not likely the “Dry” practice would be mandated. Going into the 2016 legislative session we had a bill developed through consensus. Under the leadership of Representative Suzanne Gottling (Sunapee) as the bill’s prime sponsor, House Resources Committee Chair Chris Christensen (Merrimack), and subcommittee Chair Frederick Rice (Hampton), and along with the agencies and stakeholders, the “Clean & Drain” bill (House Bill 1589) was passed in February by the Resources Committee on a 20-0 vote. On March 9, it was passed on a voice vote by the full House of Representatives.

Next, House Bill 1589 will “crossover” to the Senate to be heard by the Energy and Natural Resources Committee. If passed by this committee, it will go on to the full Senate. By the time you read this, I expect that the bill will have been heard in this committee and that you were contacted by us through the *NH LAKES Advocacy Alert!* Eburst to advocate in support of the bill. We laid good ground for the “Clean & Drain” bill and, while its path so far has been relatively smooth, we will need you to help bring this bill home through the full Senate and on to the Governor’s desk.

There was one other bill this session that drew us to engage. House Bill 1517 sought to reduce the property setback from 20 feet to

10 feet for the construction of temporary seasonal docks. NH LAKES urged the House Resources subcommittee not to act on this bill during this legislative session, as we believe that the legislators needed to have more information and to better understand dock permitting issues and processes before acting. We don’t know if our testimony influenced the actions of this committee, but we do know that the bill was sent to “study.” We intend to participate in that conversation throughout this coming summer and fall.

Help Shape Our Advocacy Strategy: At our Lakes Congress on June 3, we will be hosting a workshop designed for you to help us plan the future of our advocacy program. We survey you every year to find out what is most important to you when it comes to lake and watershed management and protection issues. Now, we want to talk with you about how, as a community of lake stewards, we can best achieve our shared lake protection goals. Share your thoughts with us—sign up for Lakes Congress workshop II-B at www.nhlakes.org/lakes-congress.

Keep In Touch! If you haven’t already done so, please subscribe to our *NH LAKES Advocacy Alert!* Eburst—sign up at www.nhlakes.org or email info@nhlakes.org. And, if you have any questions or input, contact me at tobrien@nhlakes.org or (603) 226-0299.

In Memoriam

On December 5, 2015, **Paul A. Richardson** of Alton passed away. Paul was active in community projects, serving on the Alton Beach Committee and the Alton Milfoil Committee. Paul also served as a volunteer with the University of New Hampshire Lay Lakes Monitoring Program, the NH LAKES Lake Host Program, and the New Hampshire Boat Museum youth boat building program.

On January 10, 2016, **Thomas P. Wright** of Dublin passed away. He was a long-time member of the Dublin Lake Preservation Committee and NH LAKES. He also served on the NH LAKES Board of Directors. Tom cared deeply about public service, conservation, planning, and zoning.

Paul and Tom were both highly regarded members of their communities and lake stewards. We are grateful for their contributions to lake protection and to NH LAKES.

If you haven't reserved your spot at the 2016 Lakes Congress yet...what are you waiting for?

If you have been to a Lakes Congress before, you know that it's an educational, training, and networking event not-to-be missed by anyone who loves lakes. But, if you haven't yet been to a Lakes Congress, we challenge you to trust us and give it a try this year—we guarantee you won't be disappointed. Join us on June 2 and 3 at exquisite Church Landing in Meredith and you'll be sure to enjoy all that our 23rd Annual Lakes Congress has to offer.



The focus of the 2016 Lakes Congress is to provide participants with the following: knowledge and skills to educate, advocate, and organize to protect water resources; a deeper understanding of their personal connection to water; and inspiration to help others tune into the “Blue Mind” mindset—the science that describes all of the physical, ecological, economic, cognitive, emotional, psychological, and social benefits provided by healthy waterbodies.

In addition to 15 concurrent workshop sessions—including two led by Water Words That Work—highlights of the event will include:

- An inspiring keynote address presented by Céline Cousteau—“Blue Mind” movement advocate and granddaughter of legendary underwater explorer and filmmaker Jacques Cousteau.
- Seeing what lies beneath Lake Winnepesaukee with Hans Hug, Jr., diver and underwater historian.
- Opportunities to take a field trip on the Floating Classroom.

Don't delay—online registration opens April 1 and space is limited in many sessions. For more information, and to reserve your spot, visit www.nhlakes.org/lakes-congress.

My “Blue Mind” Reaction

by Joe Goodnough, Board Member, NH LAKES

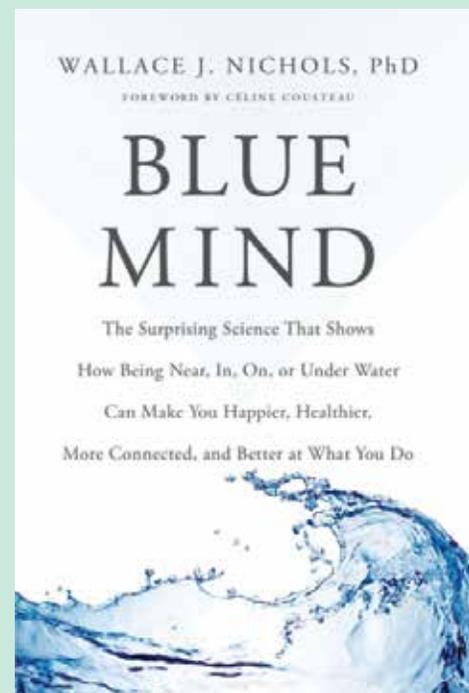
I welcome you to join in my delight after receiving my gift of the amazing “Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do.” Dr. Wallace J. Nichols’ national bestseller book has the power to propel you across a lifetime of pleasure that comes from our close proximity to water.

Dr. Nichols reports on research and documented facts that are the foundation of the Blue Mind movement—many things which I have felt but now understand in measurable terms. Most people love being near water. We save up to vacation near water, we pay extra for water views, and we revel in swimming, boating, diving in it. Why? Are there definitive benefits we receive from these activities? The answer is ‘Yes,’ but even after 50 years of lake-side campsteading, I could not have told you why being waterside has such a powerful, positive influence on my life (and yours too). After reading “Blue Mind” now I can.

Dr. Nichols highlights research that includes showing subjects pictures of waterless landscapes and then presenting scenes which include water. When the water appears, the brain begins producing endorphins, the heart rate smooths out, and stress levels go down. It's a scientifically proven fact—we are hard-wired to respond positively to water! Wow! That cobalt blue ‘lawn’ in front of my camp makes definable and measureable contributions to my quality of life, my health, and even my longevity. That's a pot of ‘blue gold’ at the end of the rainbow for sure!

In the case of our Blue Mind gift-giving lakes, each of us can make a difference that matters by giving back. I urge you learn about the ecology and health of the lakes in your community, to get out and enjoy them, and to follow the guidelines and laws that exist to protect them. Join your local lake organization and join NH LAKES. And, join me at the Lakes Congress in June to learn more about Blue Mind and how you can help spread this mindset to others!

“Blue Mind” by Dr. Wallace J. Nichols, can be purchased through most major booksellers.



Attend the 2016 Lakes Congress and learn how you can spread the Blue Mind mindset to help protect our lakes!

Meet our Lakes Congress Keynote Presenter: Céline Cousteau

Céline Cousteau, the daughter of ocean explorer Jean-Michel Cousteau and granddaughter of legendary explorer and filmmaker Jacques Cousteau, is an adventurer in her own right. An explorer both above and below the sea, she is constantly traversing the world, taking part in new experiences and sharing her love of the Earth with people around the globe.

As the founder and executive director of the non-profit organization CauseCentric Productions, Céline collaborates with other nonprofits and individuals to increase their worldwide exposure through short documentaries about their work. As one of the premier

environmental speakers in the industry, Céline brings wit, wisdom, and insight, showing all audiences why the Earth and its unique ecosystems deserve every citizen's respect and attention.

We are thrilled that Céline will be providing the keynote address at our 2016 Lakes Congress on Friday, June 3. Author of the forward to *"Blue Mind"* written by Dr. Wallace J. Nichols, Céline will speak from the heart about how the Blue Mind mindset has influenced her life and work and how you can help spread the Blue Mind message to help protect the Earth—including our lakes.



Céline Cousteau, one of the premier environmental speakers in the industry, will present the keynote address at the 2016 Lakes Congress about spreading the Blue Mind message to protect the Earth—including our lakes.

Meet our Lakes Congress Evening Presenter: Hans Hug Jr.



Hans Hug, Jr., will kick off the 2016 Lakes Congress with his presentation "What Lies Beneath Lake Winnepesaukee?"

On the evening of Thursday, June 2, from 7:00 - 8:30 p.m., join us as Hans Hug, Jr.—scuba diver and noted history buff—will kick off the 2016 Lakes Congress with his *"What Lies Beneath Winnepesaukee?"* presentation.

Hans has been an avid diver for 28 years throughout New England, ranging from the Connecticut River to the ocean. He has dived all over Winnepesaukee, bringing side scan sonar with him when he searches. He has located more than 60 wrecks including large

pieces of the original Mt. Washington, captured hundreds of images on side scan sonar, and photographed and videotaped many of his discoveries.

This session is hosted by the Lake Winnepesaukee Association in partnership with NH LAKES. There is no fee to attend this session, but pre-registration is requested. To pre-register, visit www.nhlakes.org/lakes-congress.



Hans has located more than 60 shipwrecks on the bottom of Lake Winnepesaukee, including that of the old Mount Washington.

Meet our Lakes Congress Presenting Sponsor: Grappone Automotive Group

Grappone Automotive is a 92-year old family business in Bow, New Hampshire. They are best known for selling and servicing cars and trucks, but fourth generation steward Amanda Grappone Osmer hopes to spread the word that Team Grappone is so much more than that. “What impelled me to join the business after college was my love of working with people, and the feeling I get when I see them strive to reach their potential,” she says. Amanda feels at home in the outdoors, and worked for the experiential education pro-

gram Outward Bound in her 20s, falling in love with the notion that “there is more in you than you think.”

As she entered the business world, Amanda’s belief in experiential education didn’t wane: four years ago, she and the team of Directors hired veteran Outward Bound field instructor and corporate trainer Mark Brown to serve as Grappone’s Director of Corporate Potential. His focus on human potential has made for some memorable training and leadership programs which have taken place in class-

rooms, on mountains and rivers, and over a three-day Outward Bound course on Thompson Island in Boston Harbor.

“I feel strongly that connecting people to nature fuels creativity and positivity,” says Amanda. “When our team feels good about themselves they do better work and we are better able to support great groups like the New Hampshire Lakes Association. I’m really looking forward to the Lakes Congress and am proud that Grappone is a sponsor.”



Grappone Automotive Group, presenting sponsor of the 2016 Lakes Congress, hosts an annual “boat to work” day, where team members paddle from New Hampshire Technical Institute to Grappone Toyota where the Turkey River meets the Merrimack River.

Spring Cleaning at the Lake

For some of us—perhaps many of us—there are few rites of spring more satisfying than the annual clean. Perhaps you look forward to opening the windows and airing out the house, cleaning out the closets, sweeping the sand and salt off the driveway and walkways, or picking up the broken tree limbs in the yard.

Whether or not you plan to undertake a round of deep cleaning at your home this spring, we urge you to get together with your local lake association or community group to do some spring cleaning along the lake shoreline. If your group already hosts an annual shoreline clean-up and you have never participated, we challenge you to join in this year—it’s a great way to meet people and feel good about making a positive (and visible!) impact on lake.

If your group does not host a springtime shoreline clean-up along the lake, why not start one?

While organizing a shoreline clean-up event might sound daunting, and perhaps even a little bit unpleasant, with some planning and tips from the experts, it will go smoothly—it might even turn out to be a fun social event that volunteers will want to participate in year after year!

Since 2000, the Manchester Urban Ponds Restoration Program (UPRP) has organized 101 clean-up events. During this 15-year period, a total of 800 individuals volunteered 2,298.50 hours and collected 2,093 bags of trash. This does not include ‘illegally dumped’ items such as shopping carts (91), tires (388), car batteries, car parts, and construction debris. The UPRP also conducts water quality sampling and restoration projects, and, in 2011, was awarded an Environmental Merit Award by the U.S. Environmental Protection Agency.

To get a clean-up program started for your lake,

download the “*Tips for Organizing and Conducting Volunteer Clean-up Events*” prepared by UPRP posted at www.nhlakes.org/article-library.



Since 2000, 800 volunteers have helped to remove more than 1,500 bags of trash and other items from the shorelines of Manchester’s urban ponds—and they have had fun doing it.

Why It's More Important Than Ever to Prevent the Spread This Summer!

by Andrea LaMoreaux, Vice President, NH LAKES

If you spent this past winter in New Hampshire, I don't need to tell you this: New Hampshire just experienced its warmest winter ever recorded. I also don't need to tell you that the ice cover on our lakes and ponds was relatively thin and short-lived. By most accounts, the winter of 2015 – 2016 in New Hampshire was the winter that wasn't. While the mild winter might have been a welcomed phenomenon for some, for our lakes and ponds it could spell trouble.

Since most lakes and ponds iced-over several weeks later than usual (Lake Winnepesaukee didn't officially ice-over until mid-February!) sunlight was able to shine into our lakes throughout the fall and early winter, extending the 2015 growing season for aquatic plants—native species *and* invasive species. And, the early ice-out is providing a jump start on the 2016 growing season for all plants. For these reasons, and more, this summer it will be more important than ever for our lakes to be protected from the introduction and spread of aquatic invasive species.

Help Prevent the Spread

Eight new aquatic species infestations were found in New Hampshire waters last summer. If there are public or private boat ramps on your lake not protected by Lake Hosts, don't wait any longer to set up this first line of defense against aquatic invasive species—contact us today. And, if your lake is protected through the program, you can help by spending a few hours this summer at the ramp volunteering as a Lake Host.

Whether or not your lake is protected by the Lake Host Program, here are a few simple aquatic invasive species prevention tips we would like to share with you:

1. Individuals: If you have guests or renters that bring their paddle or motor boats to your lake, be sure to encourage them to arrive “Cleaned, Drained, and Dry”—their boats, trailer, and gear, that is! This spring we will be publishing a new aquatic inva-

sive species prevention brochure—**call or email us if you would like a supply.**

2. Lake Associations: Inventory the public boat ramps in your community. Is there a “Clean, Drain, and Dry” sign posted at each boating access site? Is there additional aquatic invasive species prevention and identification information posted on a nearby kiosk? **If not, contact us and we will provide you with posting information and kiosk construction specifications if a kiosk doesn't exist!**

3. Lake Associations: Is there a marina or campground on the water in your community? If “yes” we encourage you to let the owners know how important it is that their customers help prevent the spread of aquatic invasive species. If the owners would like to post or distribute prevention information, **let us know and we'll get them what they need!**

Detect the Spread Early

Is your lake protected by Weed Watchers? Through this program, volunteers are trained how to survey the lake to detect the early growth of aquatic invasive species. The sooner an invasive species infestation is found, the easier and less expensive it will be to prevent it from spreading throughout the lake. If your lake isn't monitored through the Weed Watchers program, or if interest in Weed Watchers at your lake has waned over the years, it is critical that your group start or rejuvenate the program. Contact Amy Smagula, Exotic Species Coordinator with New Hampshire Department of Environmental Services at Amy.Smagula@des.nh.gov or (603) 271-2248 for more information.

Find out More

Sign up for the “Aquatic Invasive Species Prevention: Beyond Lake Hosting” workshop at the 2016 Lakes Congress on June 3. Amy Smagula will kick off this session with a summary of the status of aquatic invasive species infestations in the state and what is currently

being done to prevent their spread. I will then highlight a variety of approaches that are being implemented in other areas of the country to prevent the spread of aquatic invasive species. Attendees will be invited to share their ideas on additional methods that could be added to the aquatic species prevention tool box in New Hampshire.

*It will leave a lasting impact on you.
Don't leave a lasting impact on it.*



NH LAKES is publishing a new brochure about aquatic invasive species prevention. If you would like a supply to distribute in your community, contact NH LAKES at 603.226.0299 or info@nhlakes.org.

Planning for the Future: The Pleasant Lake Watershed Restoration Plan

by Tom Brennan, Chairman, Pleasant Lake Preservation Association

Has the lake you have enjoyed over the years changed? What do you think the future holds for your cherished summer retreat? Would you like to have an answer to that question based on scientific data? Would you like to have an idea of what your grandchildren may see and experience at the lake? A watershed restoration plan can help paint that picture. Even better, it can identify an array of projects and activities that will help improve a “do nothing” portrait painted of the lake’s future. But, what does it take to develop a watershed restoration plan and how do you get the process started? While the process is different for every organization and for every watershed, perhaps our story will shed some light on a few of the key components for success.

Our association was founded in 1958 by lake residents whose goal was to protect and preserve Pleasant Lake in Deerfield and Northwood, New Hampshire—the group was known as the ‘Pleasant Lake Association.’ Thanks to the foresight and commitment of our predecessors, our organization has participated in the New Hampshire Department of Environmental Services (DES) Volunteer Lake

Assessment Program since the 1980s. And, in 2002, a number of key contributors found a way to conduct a “Lake and Watershed Diagnostic Study.” As result, we have a solid history of water quality data to build upon—a bit of a leg up on the process of developing a watershed restoration plan.

However, as the lake ages, so do the key contributors taking care of it. Like all lake associations, we face the on-going need to find new people willing to get involved. In 2010, the association implemented a few fundamental changes which helped lay the foundation for the development of a watershed restoration plan. Until that time, membership was only open to shoreline residents. The Board of Directors voted to open membership to anyone that wanted to support the organization—we opened the doors and windows and welcomed fresh air into our group. In 2010, we also changed our name to the ‘Pleasant Lake Preservation Association’ (PLPA). Now our group was open to anyone that wanted to help and we began to think of ourselves as not just a ‘lake’ association but rather as a ‘watershed’ association.

Not long after that, the stars aligned. Ann Scholz, a new resident to the watershed, asked to meet with the Board of Directors. Ann was a breath of fresh air, suggesting that the association seek grant funding to develop a watershed restoration plan to identify and address the pollutant sources in the watershed. The Board had one critical concern—who had the time and expertise to apply for the grant? Ann’s response was remarkable. She said, “Let’s try. I’ll do as much as I can. Let’s see if we can pull it off.”

With a small cadre of volunteers, a great deal of advice from DES, and letters of support from NH LAKES, the Town of Deerfield, an array of lake residents, and many more, our grant application was submitted. In 2014, the PLPA and the Southern New Hampshire Planning Commission were awarded a grant from DES to support a “Watershed Restoration Project for Pleasant Lake.” The first task was to select a consultant to manage the project. That same cadre of volunteers stepped forward and participated once again, interviewing candidates, and finally selecting FB Environmental.

With FB Environmental on board, the data collection and scientific assessments began. Once again our volunteers were on the front lines of the work. One new member of the association whose only tie to the watershed is that he moors a sail boat on the lake, provided hours of technical support, days of field work, and captured names and address needed for a septic system survey. A young lake resident found time while pursuing a master’s degree to contribute to the work on several fronts. There are many more unsung heroes that have helped. The fresh air has been welcomed. Their contributions have been significant. I think Ann would agree, while she planted the seed and got the process started, a lot of already very busy folks like Ann have made significant contributions to the project.

Pleasant Lake, continued on page 9

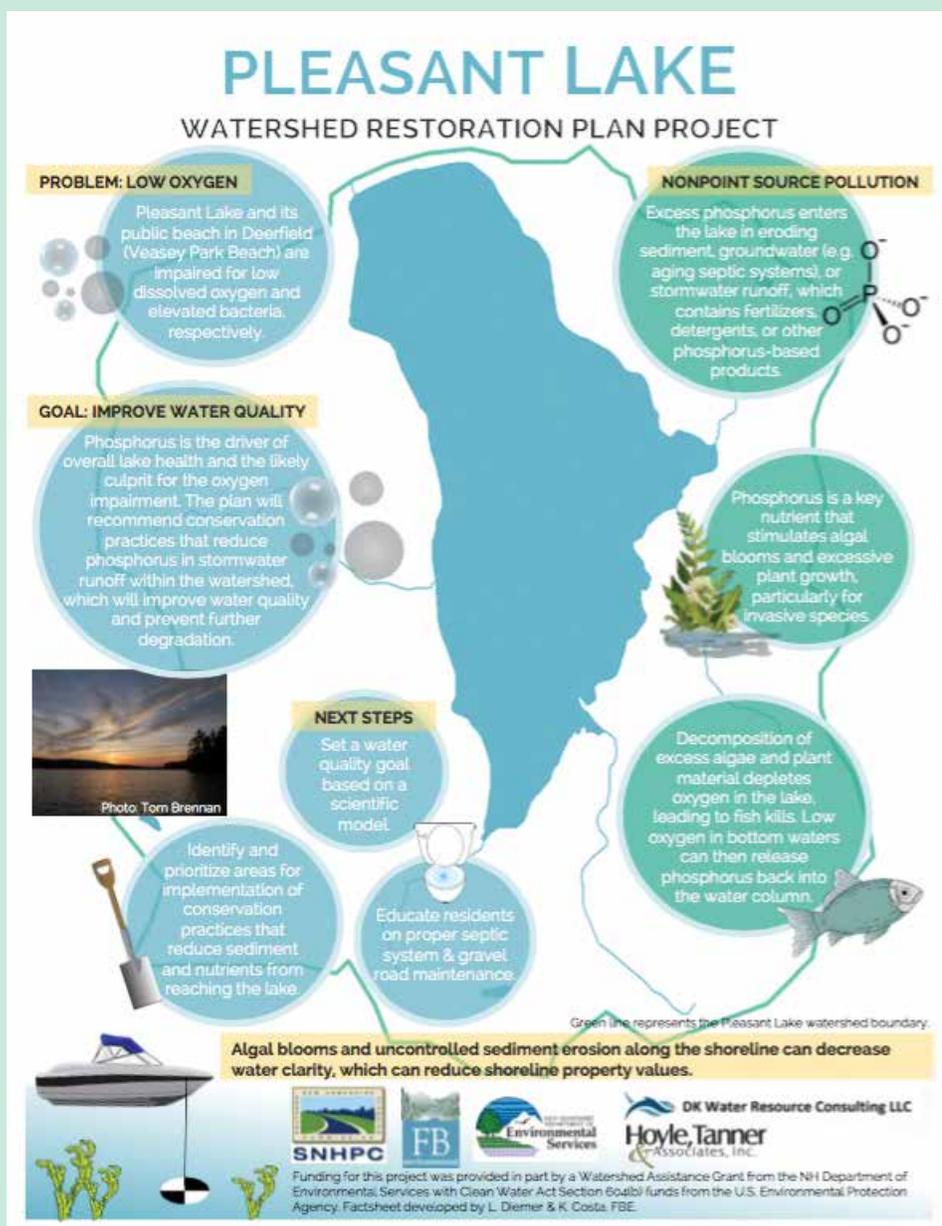


Pleasant Lake Preservation Association volunteers were on board to help conduct a shoreline survey of the lake through the watershed restoration project.

As we near the completion of the Watershed Restoration Plan for Pleasant Lake, I am reminded of the old adage, “The reward for good work is more work.” The restoration plan is simply that—a plan. If it is to be of any value at all, if it is to prove to have been worth the time and money to pull it together, the work has just begun. The Pleasant Lake Watershed Restoration Plan will identify the critical factors that can improve the future of the lake. The task remains to find both the resources and the will to make the necessary improvements to preserve this valuable resource for all.

Want to learn more about developing a watershed restoration plan?

To learn more about the Pleasant Lake Watershed Restoration Plan and how to organize a watershed restoration plan in your community, be sure to sign up for the “*Citizen-Driven Watershed-Based Plans for Lake Protection: A How To*” workshop session presented by FB Environmental at the 2016 Lakes Congress on June 3. For more information, and to register, visit www.nhlakes.org/lakes-congress.



NH LAKES Board Happenings

Welcome! We are thrilled to welcome Andre A. Hunter to the NH LAKES Board of Directors. After successfully selling their travel planning business in 2013 (founded and run with his wife Kelly for 20 years), Andre is currently doing some private consulting and is devoting most of the rest of his time to supporting other not for profit organizations. These include his role as president of the board of the Mianus River Gorge Inc. (New York), the president of the Friends of Dartmouth Rowing, and co-president of his Dartmouth College class. Prior to his career in the travel business, Andre spent 10 years in banking and real estate investment in New York. Both Andre and his wife graduated from Dartmouth College and both subsequently received their MBAs from the Tuck School at Dartmouth.

Thank you! We thank Ted Braun for his contributions to NH LAKES. He stepped down from the NH LAKES Board of Directors this winter after having served since 2010. Ted will be heading up the Silver Lake Association of Chesham & Nelson, Inc. as the organization's president.

Congratulations! And, we congratulate Jason Reimers who has joined the NH LAKES Executive Committee as Secretary. Jason, an attorney and part-owner of BCM Environmental & Land Law, has served on the NH LAKES Board of Directors since 2014.

To learn more about our current board members and committees, visit our website (www.nhlakes.org) and select “About Us.” If you or someone you know loves New Hampshire lakes and is interested in board service and applying their “work, wealth, and wisdom” to help keep our lakes healthy, clean, and safe, please contact NH LAKES President, Tom O'Brien, at tobrien@nhlakes.org.

A Tradition is Born

by Martha Lovejoy, Member Services & Fiscal Administrator, NH LAKES

What do you get when you combine a beautiful lake, a committed local lake association, a cooperative town, and a large passionate family?

The First Annual Stinson Lake 5k Run/Walk, that's what! On Saturday, August 15, 2015, 55 area residents signed up to participate in this family-friendly competition designed to support the Lake Host Program at Stinson Lake in Rumney.

It all began when members of the Harrington family, longtime Stinson Lake residents, happened to read a New York Times article about a rag-tag group of rugby-playing friends that began their own Do-It-Yourself Triathlon with a swim across Stinson Lake. This article inspired the idea of having an event designed to bring the community together to celebrate the pristine lake with some form of friendly competition. Then, Lindsey Scully, Buzz Harrington's granddaughter, realized that the scenic paved road that bordered the eastern shore of the lake is almost exactly 1.6 miles long and perfect for a 5k race. And that is how the First Annual Stinson Lake 5k Run/Walk was born.

"It was my grandfather who thought of the cause and that all proceeds should go to the Stinson Lake Association with the specific purpose of protecting the lake from aquatic invasive species," recalls Lindsey. She took this opportunity to learn more about aquatic invasive species and the threat they pose to the lake—the place where she had spent all her summers growing up. Motivated and a bit concerned by what she learned, Lindsey approached members of the Stinson Lake Association with her idea of holding a 5k race to benefit the NH LAKES Lake Host aquatic invasive species prevention program at the lake and to help get the message out about the threat of aquatic invasive species.

Tim Lewis, Stinson Lake Association President, along with directors Richard

Bromund, Ron Vance, and Bill and Nonnie Hall, worked together to get the association membership behind the idea. The organization's main concern—liability—was remedied with the purchase of event insurance. Members of the association worked with town officials to ensure the course was safe since they were unable to fully close the road. Rumney police chief, Brett Miller, was an extremely helpful source of information and he donated his time on the day of the event.

"Once the association approved the event, my supportive family took it from there," said Lindsey. But, there was not much time to market the event, so Lindsey used Facebook to get the word out. Everyone was surprised when 55 people showed up on race day and paid the \$25 registration fee. The first 50 registrants received an event t-shirt.

Before the race started, Lindsey made some brief remarks to the participants and their fans on the importance of being proactive about the threat of aquatic invasive species rather than reactive. Tim spoke for a few minutes about the work the association was doing to protect the lake from aquatic invasive species. Then the runners were off! The event was a success all-around—it brought in \$637 for the Lake Host Program, raised awareness about the prevention of aquatic invasive species, and brought the community together to celebrate the lake.

The Harrington Family and the Stinson Lake Association invite you to join them for the Second Annual Stinson Lake 5k Run/Walk event to be held on Saturday, August 20, 2016. They hope to double the number of participants this year! For more information, log onto Facebook and search for "Stinson Lake Association."



Stinson Lake Road, bordering Stinson Lake, is a beautiful setting for a 5k race.



From left to right: Keri Bassingwaite, Lindsey Scully, Erica Labella, Chris Ebner, Sam Elmer, and Jack Maison were the top finishers in the First Annual Stinson Lake 5k road race last summer.



Thanks to the Harrington Family, an annual 5k race was born at Stinson Lake during summer 2015.

Call for Nominations: 2016 Morten Award for Exemplary Lake Stewardship



John F. Morten (1914-1989)

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 2016 Morten Award, visit the NH LAKES website at www.nhlakes.org/Morten-Award to download a nomination form, email info@nhlakes.org, or contact the office at (603) 226-0299. All nominations must be submitted by June 1, 2016.

John F. Morten Award Recipients

- 2002 State Senator Carl Johnson (Meredith)
- 2003 Laura and John Nichols (Wolfeboro)
- 2004 Nancy Earle (South Conway)
- 2005 William B. Martin, Jr. (Enfield)
- 2006 W. Wallace Francis (Nelson)
- 2007 Courtland Cross (New London)
- 2008 Hallock Richards (Moultonborough)
- 2009 Philip Parsons (Sandwich)
- 2010 Shirley and Glyn Green (Enfield)
- 2011 John ('Jack') Sheehan (New London)
- 2012 Richard ('Dick') Clayton (New London)
- 2013 Tom Duffy (Nottingham)
- 2014 Marge and Dave Thorpe (Meredith)
- 2015 Robin Loveland (Antrim)

Membership Matters

New Members

December 15, 2015 – March 10, 2016

Individuals

William and Jane Aldrich

William and Lisa Aulet

William Berger

Mr. and Mrs. Brill

Tom and Nancy Chabott

Steve and Jeri Chapman

John and Mary Anne Ciriello

Mr. & Mrs. Fred Clark

Ted and Jan Cowles

John Duffy

Madeline Fore

Matt and Danielle Green

EJ Hanagan

Ted and Bobbi Hoyt

Maryann Leclair

Stephanie Lom

Neil and Claire Lupton

Martin and Tristin Mannion

Ron Norman

Bob Patterson

Granthia Preston

Sarah Sandford-Miller and Joe Miller

John Wheeler

Marc and Tracy Whitehead

Jane Williamson

Don Yurewicz

Associations

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Pendleton Beach Association

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Grappone Automotive Group

Grants Received

Alden N. Young Trust

Jack and Dorothy Byrne Foundation

New Hampshire Charitable Foundation

Patagonia

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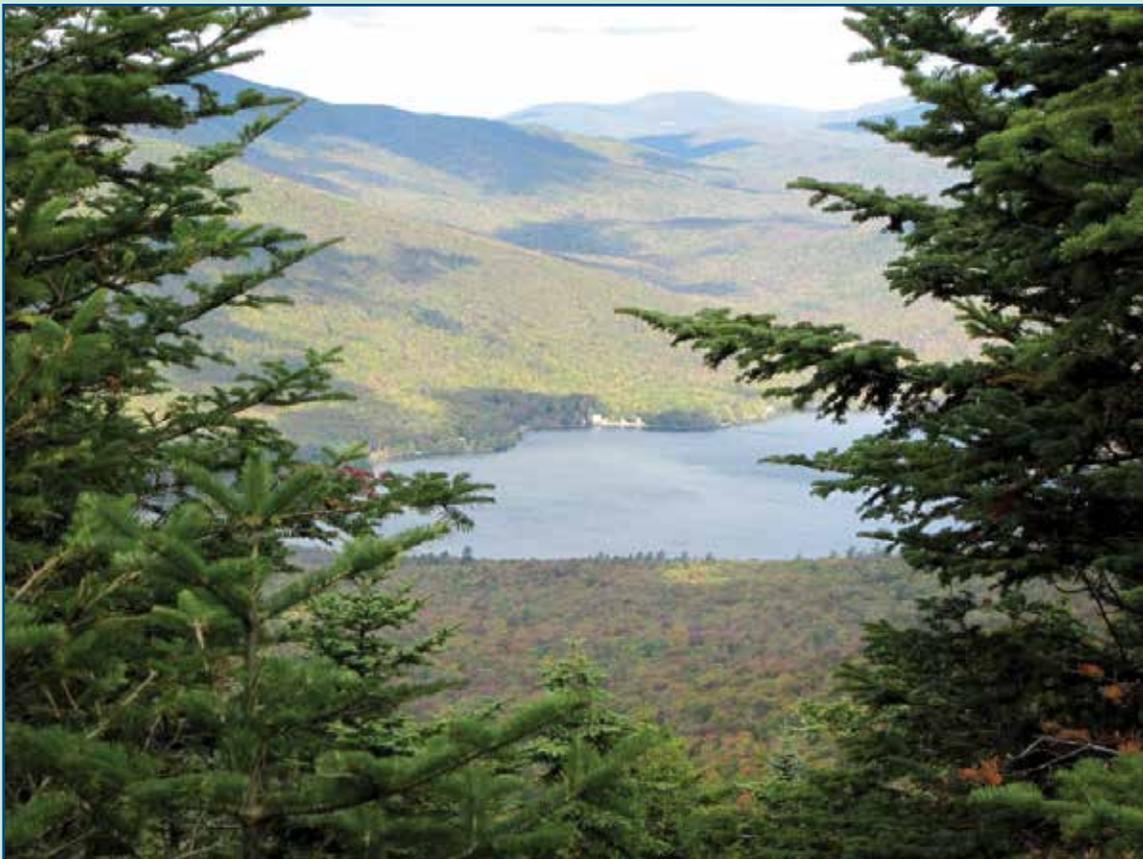
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Call for Nominations: 2016 Morten Award for Exemplary Lake Stewardship

Membership Matters



Spring has arrived at our lakes, including Stinson Lake in Rumney!