

2023 Lakes Congress Session Descriptions – Friday, June 2

9:15 a.m. – 9:45 a.m. Keynote Address

Indigenous Waterways – Protection, Restoration, and Sustainability

Presented by: Denise K. Pouliot, Sag8moskwa, and Artist and Paul W. Pouliot, Sag8mo and THPO, of the Cowasuck Band of the Pennacook-Abenaki People

Join us for an Indigenous historical narrative on exploring ways to protect, restore, and sustainably manage waterways through Indigenous knowledge and practices. Denise K. Pouliot, Sag8moskwa, and Artist and Paul W. Pouliot, Sag8mo and THPO, of the Cowasuck Band of the Pennacook-Abenaki People will discuss their contemporary response about being the continued "Care Takers" of N'dakinna, our homelands and our lakes.

10:00 a.m. – 10:45 a.m. Session 1

A. The Plan to Address Toxic Cyanobacteria Blooms in New Hampshire

Presented by: Dave Neils, Chief Aquatic Biologist, New Hampshire Department of Environmental Services, and Doug Darling, Chair, Cyanobacteria Advisory Committee

We're seeing a growing number of cyanobacteria blooms each year in New Hampshire, and it's apparent more needs to be done to protect our lakes, our health, and our economy. The Cyanobacteria Plan Advisory Committee was created in response to state legislation in 2022 mandating the New Hampshire Department of Environmental Services to prepare a statewide cyanobacteria strategy by November 1, 2023. Find out from two key players where this plan stands now and what comes next.

B. Lake Water Quality Trends in New Hampshire

Presented by: Kirsten Hugger, Aquatic Ecologist, New Hampshire Department of Environmental Services

New Hampshire is home to approximately 1,000 lakes and ponds—some of the cleanest and healthiest lakes in the country. However there has been a downward trend in water quality in many of our lakes over recent years. Hear how lake health is monitored and what the data is telling us. And find out how you can help monitor the health of our lakes and ponds!

C. Big or Small - Watershed Management Planning for Your Lake

Presented by: Jeff Marcoux, Watershed Management, New Hampshire Department of Environmental Services; Ann Scholz, Pleasant Lake Preservation Association; and, Pat Tarpey, President, Lake Winnepesaukee Association

Watershed management plans are essential for restoring and preserving the health of our lakes. But, it can be tricky to know where to start when developing a plan—no matter if your lake and watershed are big or small! Hear from this panel what it takes to identify water quality problems in your watershed, propose solutions, and create a strategy for putting those solutions into action.

D. Tips for Lake-Friendly Living

Presented by: Krystal Costa Balanoff, Conservation Program Manager, NH LAKES, and Gloria Norcross, Conservation Program Assistant, NH LAKES

What does it mean to live in a lake-friendly way? Whether you live along a lake, or far from the nearest waterbody, if you maintain a household, yard, gravel road or driveway, or septic system, there are things you can do to help keep waterways near and far, clean and healthy. Attend this session and you're sure to get simple tips on how you can adopt lake-friendly practices that reduce pollution, fix erosion, and protect shorelines.

11:00 a.m. – 11:45 a.m. Session 2

A. Restoring and Preserving Lake Health Through Local Septic System Ordinances

Presented by: Bayard Tracy, President, Spofford Lake Association; Pam Walton, Chesterfield Conservation Commission; Bob Compton, Deering Planning Board (former member); and, Peter Kaplan, Deering Planning Board (former member)

Restoring and preserving lake health is an important priority, especially in waterbodies that support recreational activities. One way to keep our lakes healthy is to adopt local septic system ordinances as current state septic laws are not protective enough of lake health. Local ordinances can help ensure that wastewater is properly treated and disposed of to avoid polluting lakes. Hear from this panel how local regulations can be enacted to ensure that septic systems are properly maintained and inspected to protect lake and public health.

B. Cyanobacteria Blooms in New Hampshire's Lakes

Presented by Kate Hastings, Cyanobacteria Harmful Algal Bloom Program Manager, New Hampshire Department of Environmental Services

New Hampshire's lakes have seen a record number of toxic cyanobacteria blooms during the past three summers. And we're seeing these blooms earlier in the spring and later into the fall. These blooms can produce toxins that make people, pets, and wildlife sick. Attend this session and learn about the dangers of these blooms, what they look like, how they are monitored, and what to do if you spot a bloom.

C. State's Landing Case Study: A Watershed Management Plan Success Story

Presented by: Pat Tarpey, President, Lake Winnepesaukee Association, and Chris Theriault, Director, Moultonborough Department of Public Works

Attend this session and find out how the Town of Moultonborough and the Lake Winnepesaukee Association joined forces to restore a virtually unusable boat launch and beach along Lake Winnepesaukee into an attractive, safe, and lake-friendly area. For years, the State's Landing beach area on Lake Winnepesaukee had experienced severe runoff water problems and high levels of bacteria, sedimentation, and plant growth in the water. Between 2020 and 2021, the boat launch was reconstructed, the beach was dredged and restored, the road was re-graded, and vegetation was planted to reduce polluted runoff water. If there's a town property in your community along the lake that needs to be restored, you won't want to miss this session!

D. LakeSmart Success! A Community Working Together

Presented by: Krystal Costa Balanoff, Conservation Program Manager, NH LAKES, and Russ Lanoie, Owner of Rural Home Tech

Dirk and Mary Landis purchased a home on Silver Lake in Madison in 2021. They quickly realized that during rainstorms, water ran across the property and down to the shoreline. They knew the runoff water was carrying unwanted and harmful nutrients into their beloved lake and was poisoning it. Join this session to find out how LakeSmart helped them get in touch with the right person to help them fix the problem. And, hear how their neighbors were inspired to fix problems on their property that were also contributing pollution to the lake!

11:45 a.m. – 1:00 p.m. Lunch – Tent & Winnepesaukee Ballroom

Enjoy lunch provided by the Lakehouse Grille, a member of the Common Man family of restaurants. Visit our exhibitor tables and make connections with professionals who can help you accomplish the goals you have in mind for your favorite lake. And, back by popular demand are lunchtime discussion topics! During the lunch session, we will offer the opportunity for attendees to sit together in the Winnepesaukee Ballroom at designated tables to network and discuss specific lake-related topics with others. See the signs on the tables and the insert in the conference folder for more information.

1:00 p.m. – 1:45 p.m. Session 3

A. Demystifying Shoreland Permitting

Presented by: Rosemary Aures, Shoreland Specialist, New Hampshire Department of Environmental Services

Shoreland permitting for building and other land disturbance projects can seem complicated. Join this session to learn about the various permits needed for shoreline development, as well as environmental considerations for minimizing impacts on aquatic habitats. This session will also provide insights into navigating the permitting process and complying with regulations.

B. Introduction to Aquatic Plant Identification

Presented by: Kirsten Hugger, Aquatic Ecologist, New Hampshire Department of Environmental Services

Ever wonder which plants are good for the lake and which are bad? Join this session to see a variety of plant specimens, learn how to identify what plants are growing in your favorite lake, and find out what to do if you think you've spotted a problem plant.

C. Exploring In-Lake Management Solutions for Cleaner and Healthier Water Quality

Presented by: Marc Bellaud, Director of Technical Services, SOLitude Lake Management

Learn about the most effective in-lake methods for improving water quality, from natural solutions like aquatic vegetation to technological advancements like aeration systems. Learn how to assess different lake management strategies and how to create a plan to implement them. Mark will explore the benefits of each solution and how they can help protect our lake ecosystems. You'll leave with a better understanding of what it takes to achieve a cleaner and healthier lake environment.

D. Digital Media 101 – Best Practices for Social Media, Website, and E-News

Presented by: Jon Elliard and Keith Phillips, NH Rocks

Struggling to get your message out to your community about the problems your lake faces? How about the important work your group is doing and how others can join in to help? Attend this session, and learn the best practices for creating and managing social media accounts, content creation for websites, and strategies for developing and distributing effective e-newsletters. You will learn how to craft effective messages and create content that resonates with your target audiences. And you'll explore ways to optimize your digital media channels for maximum visibility and engagement. This session is suitable for beginners who are new to the world of digital media, as well as those looking to refine their existing skills.

2:00 p.m. – 2:45 p.m. Session 4

A. Building a Collaborative for Environmental Conservation in New Hampshire

Presented by: Rick Van de Poll, PhD, Ecosystem Management Consultants of New England, LLC, and Bruce Pardoe, Chair, Prescott Farm

Join a body of conservation leaders in the Lakes Region who are building a collaborative organization to support environmental conservation in New Hampshire! This session will introduce the Land and Lakes Conservation Collaborative, a new 501(c)(3) organization that intends to network among environmental NGOs in the state, provide support services at all levels of government, and achieve solid conservation results through education and outreach, grant-funding, and legislative action. If you love natural New Hampshire as much as we do and wish to protect it, then this workshop session is for you!

B. Invasive Plant Management Techniques and Case Studies

Presented by: Neil Santos, Pawtuckaway Lake Improvement Association, Karin Nelson, Moultonborough Milfoil Committee, and Marc Bellaud, SOLitude Lake Management

In this session, we will discuss various techniques for managing invasive plants in our lakes and ponds. We'll also explore some case studies of successful invasive aquatic plant management efforts, including as diver-assisted suction harvesting and herbicide treatment. We'll cover prevention, early detection, and control strategies. This session will provide you with an understanding of the latest invasive plant management techniques and their application in a variety of settings.

C. Nippo Lake Case Study—Treating Lakes Once Cyanobacteria Blooms

Presented by Don Kretchmer, Certified Lake Manager, and Kevin Fitzgerald, Nippo Lake Board Director and former President

Nippo Lake has experienced cyanobacteria blooms for the past 10 years. The Nippo Lake Association with assistance and professional guidance from the New Hampshire Department of Environmental Services and a professional Certified Lake Manager developed a strategy to eliminate the problem. After an aggressive watershed management program, an in-lake pilot program that included an aluminum treatment was used to reduce phosphorus levels, improve clarity, and prevent cyanobacteria blooms. With this treatment and continued watershed management, the lake should maintain its improved water quality for many years. Learn how this treatment worked and where Nippo Lake stands today.

D. Tips for Engaging and Growing Your Donor Community

Presented by: Erin Graichen, Donor Relations Coordinator, NH LAKES

In this session, you will learn tips for engaging and growing your donor community. We'll discuss how to create a meaningful connection with donors, build relationships with them, and identify strategies to cultivate and retain a loyal donor base. We'll also explore ideas for tracking donations, creating communications, and nurturing a positive donor experience. You will leave with actionable tips and strategies to grow your group's donor base.