



# LAKESIDE

A QUARTERLY PUBLICATION OF NH LAKES - Volume XXVIII, No. 4, Winter 2019

## NH LAKES at the State House

by Kelly Buchanan, NH LAKES Advocacy Program Coordinator

**Happy New Year, all! A new year means the State House is a flurry of activity and NH LAKES is in the thick of it.**

This is an incredibly exciting time for us. Our Advocacy Program is more proactive than ever this year thanks to those who supported our recent campaign to expand the capacity and impact of NH LAKES. Tom and I are both spending lots of time building meaningful relationships with key decision makers and responding to new bills that affect our lakes. We have already cleared the first set of hurdles recruiting sponsors to file legislative service requests (LSRs), which are requests to draft bills. The 2019 legislative session includes three NH LAKES inspired LSRs (with a fourth one pending). Our priority LSRs address the following issues:

**Funding for Aquatic Invasive Species (AIS) Prevention and Management:** LSR 2019-0700, sponsored by Representative Suzanne Smith, seeks to establish an AIS decal program in New Hampshire. Under the proposed program, boats registered in other states that use New Hampshire inland waters would be required to purchase a \$20 decal annually to affix to their bow. The funding from the decal program would go to the New Hampshire Department of Environmental Services Exotic Species Program to support the prevention and management of AIS. This requirement would not apply to marine vessels, paddle craft, or boats registered in the state of New Hampshire.

**Best Available Technology for Preventing AIS:** LSR 2019-0554, sponsored by Representative Chuck Grassie, pursues legislation to require boaters to use AIS prevention technologies (e.g. garden hose, cleaning tools, decontamination unit), if they are made available to them at boat access facilities. If boat access facility owners (such as state agencies and municipalities) provide such technologies, boaters using those facilities would be required to utilize the available technology. This initiative is complementary to the current clean and drain law.

**Effects of Wake (Ballast) Boats:** LSR 2019-0065, sponsored by Representative Suzanne Smith,

Representative Dan Wolfe, and Senator Martha Fuller Clark, proposes a study commission to examine the effects of wake (ballast) boats on the spread of AIS, on the safety of swimmers and other boaters, and on shoreline erosion. Although wake (ballast) boats provide users with a unique recreational experience, the larger than average wake they produce and the potential for them to transport AIS in ballast systems, raises concerns. We believe that it is necessary to study and document the potential impacts, both positive and negative, of these watercraft in New Hampshire.



*New Hampshire State House in winter.*

**We're diligently working to see these initiatives through, but we need your support.** Please consider signing up for our advocacy alerts at [www.nhlakes.org](http://www.nhlakes.org) to stay informed on our progress and respond to our calls to action. We'll need you—our members and friends—to call, email, or write legislators, and testify at hearings in support or opposition to certain bills. New Hampshire legislators love to hear from their constituents and your voices are the ones that truly matter in the Granite State. **We can't do this important work without you!**

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# From the President...



NH LAKES' resolution in 2019 is to increase our conservation impact. By conservation impact, I mean the changes we are able to make on the landscape, in the actions of people like you, in our lake communities, and with the legislature, state agencies, and other public policy decision makers—all to achieve measureable results toward our goal of clean and healthy lakes. In this issue of *Lakeside*, you'll find that we have plans to increase our conservation impact in 2019 by expanding our existing programs and launching new programs.

Undoubtedly, one way we will measure our increased impact in the coming year is through numbers. But measuring results is not just about the number of bills passed, the number of boat access sites upgraded with invasive species spread prevention technologies, the number of invasive species removed by Lake Hosts, or the number of property owners that implemented lake-friendly living practices. Those numbers are important, but we also measure our impact through stories. Stories matter because they indicate an emotional connection, a psychological change, and a level of understanding,

appreciation, and commitment to take action. It is stories that illuminate the profound connection people have with lakes and their deeply personal efforts to conserve them.

So, what are your lake conservation stories? Why have you collected water samples from the lake every month, each summer, for the past decade? Why do you spend your free time on the weekend teaching boaters how to clean, drain, and dry their boat? Why did you decide not to use fertilizer on your property or to not pull out the shrubs along the shoreline? Why do you support your local lake association and NH LAKES? If you haven't told your story in a while, please do so. Share it with a neighbor, a colleague, and a family member. Write these stories down, publish them in your association's newsletter, and consider making an audio recording for posterity. And, please share your story with NH LAKES—we especially love to hear what you have done or are doing to ensure your favorite lake remains clean and healthy for future generations.

Here's to 2019 being the year of increased conservation impact and sharing that passion through storytelling.

On behalf of NH LAKES,

Tom O'Brien, President

## Leave a Legacy

Please remember NH LAKES in your will. To do this, simply share this sentence with your attorney or financial planner:

*I bequeath \$\_\_\_ or \_\_\_% of my estate to:*

NH LAKES, 17 Chenell Drive, Suite One, 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. Thank you!



**NH LAKES operations are funded in part  
by a grant from the New Hampshire  
Charitable Foundation.**

# Save the Date!

## Thursday, May 30 & Friday, May 31, 2019

NH LAKES hosts its annual Lakes Congress each spring. During this all-day education, training, and networking event, lake and other natural resource stewards, lake management professionals, business leaders, and municipal and political leaders exchange information, ideas and experiences, and introduce new



approaches to help manage and protect our lakes. In 2019, look for

topics including: best available technologies for aquatic invasive species prevention, working with your local land trust to conserve your watershed, the state of lake advocacy in New Hampshire, and many more! You won't want to miss it. Registration opens in early April—last year the event was sold out!

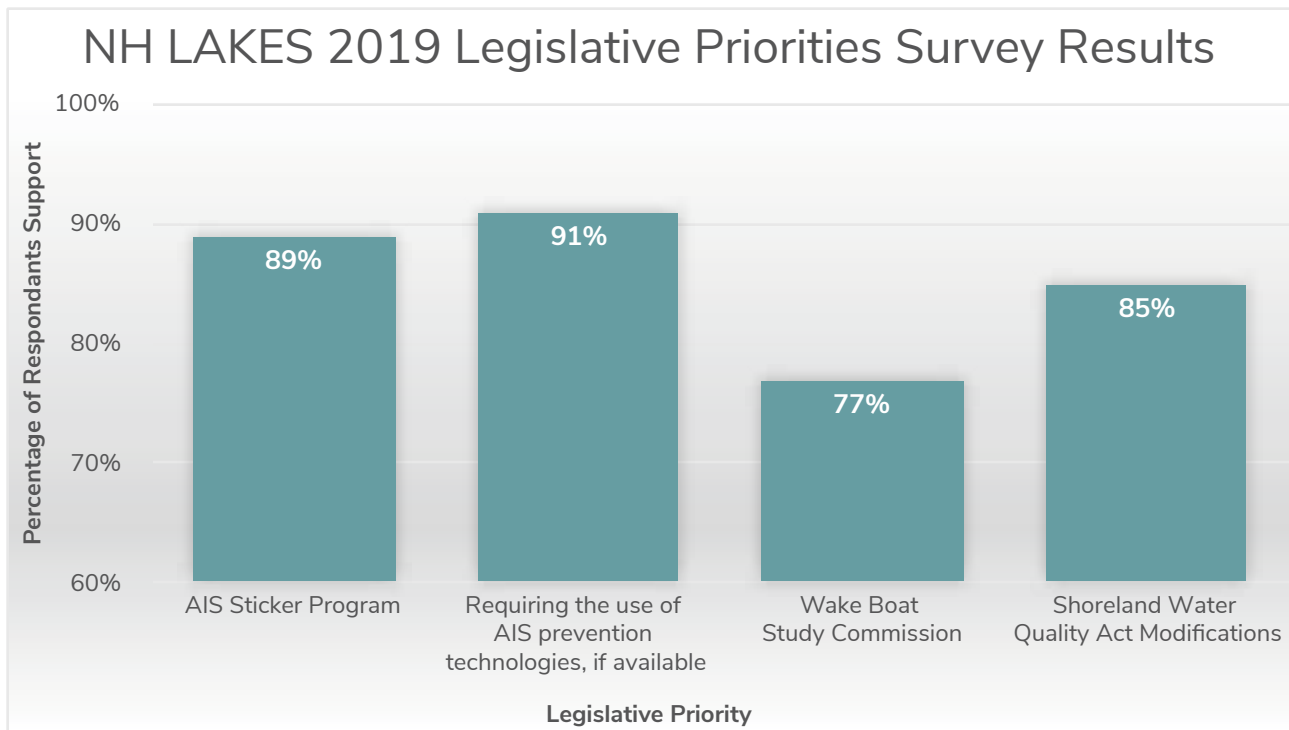
## NH LAKES Legislative Survey Results

A total of 255 individuals participated in our annual legislative advocacy survey. If you had a chance this past fall to take this important opportunity to voice your opinion about our work, thank you for your time and thoughtfulness! During the legislative session, legislators ask us if we've surveyed our members and whether or

not they support particular initiatives. Your responses to the legislative advocacy survey direct our work at the State House and enable us to share your opinions with our state legislators.

The results of the survey indicated most participants responded favorably to our 2019 legislative priorities, especially introducing an aquatic

invasive species (AIS) sticker program and legislation to incentivize the use of clean, drain, and dry technologies at public boat access ramps to prevent the further spread of AIS. Be sure to check our website, [www.nhlakes.org](http://www.nhlakes.org), for the full results of this survey. This spring, we'll report on the results of our municipal advocacy survey.



\* Each bar represents the percentage of 255 survey participants who responded that they “strongly support” or “support” a specific legislative proposal.

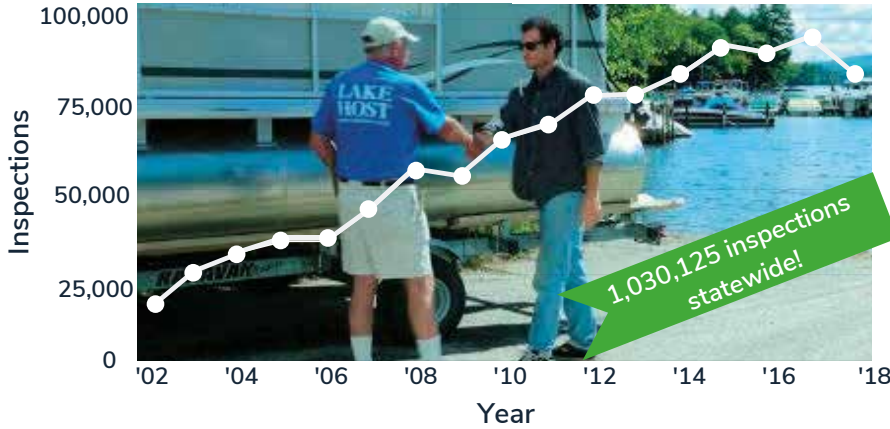
# LAKE HOST PROGRAM

2002 - 2018

## Summary & Accomplishments



### COURTESY BOAT INSPECTIONS



### INVASIVE SPECIES REMOVED

1,598 'saves' at 53 waterbodies over 17 years

- Fanwort 809
- Variable Milfoil 637
- Eurasian Milfoil 87
- European Naiad 19
- Curly Leaf Pondweed 15
- Water Chestnut 14
- Chinese Mystery Snail 13
- Zebra Mussel 1
- Common Reed 1

### PARTICIPATION

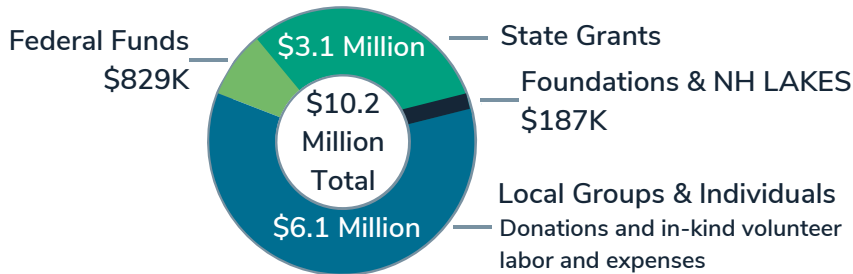
#### Boat Ramps Covered



#### Lake Host Inspectors



### PROGRAM FUNDING OVERALL (2002 - 2018)



*Preventing the spread of aquatic invasive species in New Hampshire for 17 years - one boat and boater at a time!*

# Make a Resolution to do More in 2019 to Prevent the Spread!

**Did you know?** There are more than 400 public federal and state-owned access sites where residents and visitors can launch motorboats, sailboats, canoes, kayaks, paddleboards, and other watercraft into the water in New Hampshire. And, there are at least a couple hundred town and privately-owned boat access sites scattered around the state as well. New Hampshire is a boater's paradise!

**While New Hampshire boasts some of the best boating opportunities in the region (and possibly in the nation) boating activity can also bring along with it unwanted opportunities.** These include the opportunity for invasive plants and animals to spread from waterbody to waterbody. In fact, the primary way aquatic invasive species spread is through transient boating activity—boats that are used in more than one waterbody during a boating season. This applies to motorized and non-motorized boats (including canoes, kayaks, and paddle boards, too!).

**NH LAKES has known about this threat to the health and enjoyment of our lakes for a long time.** This is why we have provided the Lake Host Program—our nationally-recognized aquatic invasive species (AIS) education and prevention program—at approximately 100 of the most-highly used boat ramps in the state every summer since 2002. During the last

17 years, thousands of trained Lake Hosts have conducted over one-million courtesy boat and trailer inspections and have removed 1,598 fragments of invasive species that had just hitchhiked out of the water or were about to hitchhike back into the water on a boat or trailer. And, the number of additional invasive species saved Lake Hosts have contributed to by teaching boaters how to clean, drain, and dry their boats, trailers, and gear on their own, when a Lake Host isn't at the ramp to help, is immeasurable!

**Despite the successes of the Lake Host Program, it's likely that several thousand boaters using New Hampshire's waters each summer don't know what actions to take to prevent the spread of invasive species.** Only 100 or so of the approximately 600 public boating access sites in New Hampshire are staffed by Lake Hosts, and not all of the ramps are staffed from sun-up to sun-down every day of the boating



season. And, our inspectors have seen that despite state laws and educational efforts boaters continue to arrive at access sites with boats, trailers, and gear that have not been cleaned, drained, and dried. Considering that it can take just one boat with a fragment of an invasive plant, or a few drops of water with a single invasive animal larva, being launched into a waterbody to cause a widespread infestation, this is alarming!

**Here's the good news...**There are numerous tools and technologies that can be made available to boaters to help them clean, drain, and dry their boats, trailers, and gear when a Lake Host isn't there to help. These are detailed in our new publication *Best Available Technologies for Aquatic Invasive Species Spread Prevention: A guidebook by NH LAKES for boat access site owners and partners* (to download a copy visit, [www.nhlakes.org](http://www.nhlakes.org) and look under "What's New"). NH LAKES can help determine what spread prevention tools and technologies are best for each access site. We can also help access site owners find funding and partners to help install tools and technologies and deliver programs.

**NH LAKES has resolved to do more in 2019 to prevent the spread of invasive species—but we need the commitment of boat access site owners and their local partners!**

## Three Resolutions to Prevent the Spread

1. If there's a boat access site on your local lake, make sure it's protected through the Lake Host Program. The 2019 Lake Host Program grant application will be available in February—new groups are encouraged to apply!
2. All waterfront property owners that launch watercraft (and their guests and renters, too!) need to know about the clean, drain, and dry approach for preventing the spread of AIS. NH LAKES can provide handouts and training.
3. Share the new publication *Best Available Technologies for Aquatic Invasive Species Spread Prevention: A guidebook by NH LAKES for boat access site owners and partners* with boat access site owners in your community and pledge to help them upgrade access sites.

# Go Fish to Avoid Work, but be Careful What You Eat!

by David Neils, Director, Jody Connor Limnology Center, New Hampshire Department of Environmental Services

**A pastime is defined as something someone does regularly for enjoyment rather than work.** Fishing fits that bill perfectly for many of us who enjoy the waterways of New Hampshire. While a successful fishing trip is typically marked by what types and how many fish that are caught, cooking up your catch adds an extra level of satisfaction to the experience. Not only do fresh fish taste great, fish consumption is an important part of a healthy diet. Fish contain high-quality proteins, essential nutrients, are low in saturated fats, and have high levels of omega-3 fatty acids. So, fishing as a pastime is pretty much a win-win proposition, right? Well, yes and no. “Yes” to avoiding work, catching some fish, and filling our belly with a healthy meal. However, “no” in some cases, when it comes to the consumption of fish with high levels of mercury.

## **The presence of mercury in fish tissue is well-documented in fish that reside in freshwaters of northeastern North America.**

Mercury in fish tissue occurs primarily as methyl-mercury, a compound highly toxic to humans. The consumption of fish with high concentrations of methyl-mercury by humans is particularly harmful to the development of the neurological



system of unborn and young children, and puts adults at an increased risk of kidney failure, heart attack, and compromised immune system. It is because of this potential health hazard that a statewide New Hampshire fish advisory is in place that provides recommended limits on the consumption of freshwater fish species. The advisory includes specific recommendations for pregnant and nursing woman, children, and adults. It also contains recommendations for certain species of fish and waterbodies with fish known to have high concentrations of mercury.

## **So, where does the mercury that ends up in fish tissue come from?**

Mercury is a naturally occurring element that occurs in the environment. It enters the atmosphere by burning fossil fuels, trash, and medical waste. Mercury emissions occur globally and are especially high in areas where air emission regulations are lacking and fossil fuels are the primary source of electrical generation. Once airborne, mercury travels in the atmosphere and is eventually deposited on the landscape where some portion is transformed into the highly toxic methyl-mercury form. Methyl-mercury occurs in low concentrations in surface waters; however, it bioaccumulates in the food chain and can result in high concentrations in fish consumed by humans and wildlife. In order to alleviate the threat posed by mercury emissions, clean air standards have been enacted that have contributed to a 99 percent reduction in New Hampshire since 1997.

**Thanks to volunteers, the New Hampshire Department of Environmental Services (NHDES) has one of the longest-running and most detailed mercury-in-fish data sets in the country!** To track the

concentrations of mercury in the tissue of freshwater fish in New Hampshire, the Jody Connor Limnology Center (JCLC) at NHDES has produced data from 4,100 fish, 26 species, and 227 waterbodies—most of the specimens analyzed were submitted by volunteers! A recent report summarizes these data and highlights that the current statewide fish advisory is still protective of public health. Special size-restrictive consumption limits are still recommended for smallmouth bass, largemouth bass, yellow perch, white perch, and eastern chain pickerel because larger individuals tended to have high mercury concentrations. The report suggests more specific consumption limits are necessary for lake trout, northern pike, and walleye since new data suggests these species also have high concentrations of mercury. A detailed analysis of yellow perch data indicates that the concentration of mercury has declined significantly over time but remained stable for largemouth bass.

**Volunteer help is still needed to expand the mercury-in-fish tissue dataset.** To participate, a minimum of five fish per species for each waterbody should be submitted for analysis. Details on how to store and transfer samples can be obtained by contacting the JCLC at (603) 271-8865. So, next time you go fishing to avoid work—whatever that work might be—remember to follow the fish consumption guidelines if you enjoy eating fish, and consider saving a few for mercury analysis at the JCLC!

For more information on the most recent mercury-in-fish consumption guidelines, visit <https://tinyurl.com/NH-Fish-Consumption-Guidelines>, and for the most recent technical report, visit <https://tinyurl.com/NH-Fish-Tissue-Report>.

# Do YOU Want to be LakeSmart?

**Just over two years ago, NH LAKES posed this question to lake protection leaders around the state: “If NH LAKES keeps doing the same thing we’ve been doing for the past 25 years over the next 25 years, will our lakes be better off?”** The answer was a resounding, “No.” This answer was largely due to the fact that something more needs to be done on a statewide level to reduce the amount of polluted runoff water flowing off the landscape and into our lakes. We also heard that more needs to be done to encourage a culture of lake-friendly living throughout the state.

**We are thrilled to report that NH LAKES is now in a position to do more in these areas!** We have received funding support from the Jane’s Trust Foundation and the Davis Conservation Foundation to launch the LakeSmart program in New Hampshire in 2019. LakeSmart is an education and reward program for property owners who maintain their homes in ways that protect lake quality. This free, non-regulatory, and

voluntary certification program has been implemented successfully for several years in Maine by the Maine Lakes Society through its network of member lake associations. In 2016 alone, 226 property owners on 53 lakes received the LakeSmart award in Maine!

**We are also thrilled to report that our friends at the Maine Lakes Society have offered their full assistance in helping us launch the LakeSmart program in New Hampshire in 2019.** With that said, we will be tailoring the program to New Hampshire and to individual participation as well as group participation. We will be looking for up to ten lake associations and 50 individuals to participate during summer 2019—stay tuned for more information on how you or your local group can participate. And, if you want to learn more in the meantime, check out the Maine Lakes Society to see how the program works in Maine—visit [www.mainelakessociety.org](http://www.mainelakessociety.org).

## A Tax-Saving Way to Help the Lakes You Love

Did you know? If you are 70½ or older, you can give up to \$100,000 from your IRA directly to a qualified charity, like NH LAKES, without having to pay income taxes on that transfer.

If you have not yet taken your required minimum distribution (RMD) for the year, your IRA charitable rollover gift can satisfy all or part of that requirement. Even if you have already taken your RMD for the year, this law no longer has an expiration date so you will be free to make annual gifts like this to NH LAKES in the future.

It is wise to consult with your tax professional if you are contemplating a charitable gift under this law as there are some requirements to be aware of. Please feel free to contact Martha Lovejoy, NH LAKES Director of Finance and Development, at [mlovejoy@nhlakes.org](mailto:mlovejoy@nhlakes.org) with any questions.

## NH LAKES Board Happenings

**Welcome back!** Please join us in welcoming back Susan Goodwin to the NH LAKES Board of Directors. Susan is a life-long summer resident of Lake Wentworth. She and her husband, Peter, retired and moved to Wolfeboro full-time in 2008. She is a trustee of the Lake Wentworth Watershed Association, serves on the Lakes Region Curling Association board, and also chairs the Wolfeboro Milfoil Control Committee. Susan originally served on the NH LAKES

board from 2009 through 2017, serving as board chair from 2012 through 2016. Susan recently explained, “I am thrilled to re-join the board as I’ve really missed working with this terrific organization. I am passionate about protecting our lakes from the multiple threats facing them.”

**Thank you!** Please join us in thanking David Packard for his years of service on the NH LAKES Board of Directors. David joined the board in 2010 and served as the chair of the Public Policy

and Advocacy Committee for several years. We look forward to continuing to work with David as he will continue to serve on the Public Policy and Advocacy Committee and represent NH LAKES on the Lakes Management Advisory Committee.

To learn about all of the talented individuals serving on the NH LAKES Board of Directors, visit [www.nhlakes.org/board-of-directors](http://www.nhlakes.org/board-of-directors).



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Membership Matters

## Membership Matters

New Members: September 10 – December 13, 2018

### Individuals

James Aiken  
Stephen Avery  
James and Jennifer Brooks  
Janet and John Chapin  
Jim Chapman  
Kitty and Nancy Cole-Richardson  
Tim and Nancy Cone  
Russell and Maureen Croteau  
Sylvia Dowd  
Sarah Ellison  
Mac Gardner  
Tom Gerson  
Casey and Robyn Griffin  
Irving Hamer and Sara Lawrence-  
Lightfoot  
Kathryn Huebner  
Peirce Hunter  
Clint and Paula Inglee  
Lindsay and Steven Kafka  
John and Judith Kelly  
Alice and Peter Kent

Barb Kresge  
Lean and Margaret Lake  
Jeff and Pat Lapworth  
Donald and Kathryn Levesque  
Rick and Jane Linder  
Donna and Bill Matson  
Augustine Medeiros  
James Michener  
Jud and Elisabeth Millsbaugh  
Brendan Morrison  
Warren R. Muir  
Christopher Perreca  
Mr. and Mrs. Chris Plourde  
Paul and Rosemarie Preble  
Carole Pritzker  
Daniel Proskauer  
Ronald and Kathryn Reed  
Nancy Reynolds  
Jeanne and Ben Sanders  
Lauren E. Simpson  
Ted Snow  
Richard Stacey

Peter and Debbie Stanley  
Andrew Sudbury  
Ace Tarberry  
Alec Tarberry  
Glenn and Meredith Tonnesen  
Greg and Susie Townsley  
Mary Velluto  
Dr. Ken Wagner  
Mrs. Charles R. Walgreen III  
Leonard Wetherbee  
Russell Wilder  
David and Gail Williams  
Christie Wrazen

### Organizations

Harvey Lake Women's Club

### Businesses

Lake Life Brand  
White Mountains Capital, Inc.

### Foundations

Andrew Houston Charitable Fund