



A QUARTERLY PUBLICATION OF NH LAKES - XXXI, No. 2, Summer 2020

Lake Hosts Continue to Provide Essential Services

So far this summer, we've seen that boaters are more excited than ever to get out onto the water! This means our lakes, more than ever, must be protected from the spread of invasive species. And, this is why our Lake Host courtesy boat inspectors were classified as providing essential services under orders issued by Governor Sununu this past spring.

Specifically, our Lake Hosts are considered essential through the Public Works section of Exhibit A to Emergency Order 17, issued on March 26, which reads "Workers who support the operation, maintenance, and public safety of state parks, forests, wildlife management areas, water supply protection lands, and other critical natural resources."

In mid-May, we launched the 19th season of our essential Lake Host Program in partnership with nearly 85 local groups. Our 700+ Lake Hosts, stationed at nearly 100 of the mostly highly-used boat ramps, are continuing to help boaters prevent the spread of invasive species this summer, while also taking special precautions to prevent the spread of the coronavirus.

Wearing face masks and maintaining at least six feet of distance between others, Lake Hosts are asking that all boaters take the following simple

steps after taking their boat out of the water:

CLEAN: Clean off all mud, plants, animals, and debris from your boat, trailer, and gear. Clean off anchors and anchor lines, water intake grates on jet-powered craft, kayak and canoe cockpits, storage compartments, and paddles, too! Dispose of all material away from the lake where it won't wash back into the water. Cleaning is the law in New Hampshire!

DRAIN: Drain the motor, bilge, live wells, ballast tanks, storage compartments, and gear. Blow out water in jet-powered craft and tip paddle craft and motors to let out water. Drain all equipment in an area where the water won't flow back into the lake. **OPEN/REMOVE** drain plugs and keep out/open while trailering. Draining is the law in New Hampshire!

DRY: If possible, wait at least five days before launching into the lake again. If you don't have five days, dry off everything that came in contact with the water—a towel will work.

We are grateful to all who are working and volunteering this summer to make sure our

lakes continued to be protected from the spread of invasive species. If you see a Lake Host at a boat ramp during your travels this summer, please take a moment to say hello (from a distance) and let them know how much you appreciate their service.

And, a special thank you to the New Hampshire Department of Environmental Services, the New Hampshire Electric Coop Foundation, Great River Hydro, LLC, and all the lake associations, municipalities, and individuals who have made financial contributions to support the 2020 Lake Host Program. Not only are we protecting our lakes from the spread of invasive species, together we are helping to boost the economy by providing nearly 300 summer jobs!



Mary Hervey, Lake Host at Pawtuckaway.

Lakeside
published quarterly by

NH LAKES

17 Chenell Drive, Suite One
Concord, NH 03301
603.226.0299
nhlakes.org info@nhlakes.org

Officers

Stuart Lord (Silver Lake)
Chair

John Edie (Meredith)
Vice Chair

Bruce Freeman (Strafford)
Treasurer

John-Michael (JM) Giraldo (Rye)
Secretary

Kim Godfrey (Holderness)
At-Large

Board of Directors

Susan R. Goodwin (Wolfeboro)

Shirley Green (Enfield)

Andre A. Hunter (Newbury)

Chris Hussey (Windham)

Jim Lovell (Ossipee)

Bradford W. Melson (Gilford)

Roger F. Murray, III (Wolfeboro)

Robert W. Reed (Chichester)

Robert W. Shaw, Jr. (Moultonborough)

Robert N. Snelling (Holderness)

Elaine Warshell (Moultonborough)

Honorary Directors

Joseph Farrelly (Concord)

Anne Lovett (Holderness)

Sidney Lovett (Holderness)

Staff

Tom O'Brien

President and Policy Advocate

Andrea LaMoreaux

Vice President of Programs and Operations

Martha Lovejoy

Director of Finance and Development

Krystal Costa Balanoff

Conservation Program Coordinator

Erin Graichen

Membership Coordinator

Erin Mastine

Outreach Program Coordinator

Jessica Sayers

Conservation Program Assistant

Lakeside Printing

Speedy Printing

Concord, NH

Lakeside Layout

Tracey George, Speedy Printing

Concord, NH

Masthead Photo Credit

Glenn Carlson

From the President...



Remember back in the day, as in, last summer?

Oh, what a difference a year can make... Times certainly have changed, and how we do

the work of ensuring clean and healthy lakes has changed. But, changing and adapting is what we have done, as we continue to achieve our mission in these challenging times. I know you have had to adapt and change, too. I also know you are still committed to ensuring our lakes remain clean and healthy. Thank you, thank you, thank you, for continuing your support of clean and healthy lakes and for your support of our work on your behalf.

I want to assure you that NH LAKES has adapted and responded to these challenging times—we are still delivering our most important clean and healthy lakes programs. I have never been part of a more resilient, creative, collaborative, and hardworking group of people. And, that's only the people I work with and for. Outside of work, over the last three to four months, I have observed incredible acts of creativity and positivity from neighbors, friends, and complete strangers—even if viewed only through social media. It has been uplifting to witness people staying safe, yet connected, while expressing their innate creative selves. Can you say drive-by birthday party anyone?

Around lakes, people have stayed safely connected as well. Last fall, I began regularly hiking each week with a group

of men from one of our lake communities. Those hikes were discontinued this spring, of course, but once the weather warmed, the group got together through boating meetups. Following physical distancing guidelines, they were able to hail each other from across the water, connecting with each other on the lake they all love.

That boating meetup reminded me of a story told to me by Joe and Ann Farrelly of their early days on Pleasant Lake in Deerfield. On Sunday mornings, their sons would deliver the newspaper around the lake by boat, and Joe and Ann would paddle out to the center of the lake to have coffee with friends—each in their own boat. I hope these past few months, as hard as they may have been, have given you the chance to slow down, simplify, and reconnect to those you love.

I know this has been a challenging time for all. But, I hope this time has also been for you, as it has been for me, a time of reflection and assessment of what and who is most important to us. Maybe you reconnected to an old hobby, or to cooking, gardening, or reading actual books. This time we have is precious. And, I hope you have found time to be at the lake—eventually, with all your friends and family, too.

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: New Hampshire Lakes Association, Inc., 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.

Advocating for Clean and Healthy Lakes is What We Do!

The New Hampshire State Legislature stopped convening back in March, in response to public health guidelines, and all legislative activity was put on hold. By mid-May, virtual meetings became the norm and, as of this writing, the House of Representatives is planning for a full in-person session (for all 400 State Representatives) on June 11 in a university arena to allow for physical distancing.

The wake boat study commission, in which NH LAKES participates, reconvened online in June to finish its work and submit a report by June 30. At the time of this writing, the study commission's recommendations were not decided. Throughout this process, NH LAKES has learned a great deal about wake (ballast) boats and is developing strategies to address the impacts this type of watercraft can have on the health of our lakes. Clean and healthy lakes is our highest priority and our primary concern when

considering wake (ballast) boats.

If wake (ballast) boats are transported from one lake (or river) to another waterbody within the same season, hitchhiking invasive species can be flushed out of the ballast compartments into a new lake environment, possibly causing a new aquatic invasive species infestation. Aquatic invasive species are already infesting some of our lakes and rivers in New Hampshire and, along with a variety of other species, are found in many of our neighboring states. Ballast water from boats (regardless of size) has been the primary source of aquatic invasive species spread around the globe. Recreational boat ballast tanks and bags pose the same threat to our lakes here in New Hampshire as the ballast water in ships have had on the environmental health and ecology of the Great Lakes.

It is NH LAKES' position that the wake

(ballast) boat industry and operators should take responsibility for cleaning, draining, and drying (or decontaminating) ballast tanks/bags on boats being moved from one waterbody to another in the same season. We also want to provide an opportunity for citizens to influence the use of wake (ballast) boats, as they can all other boats, through the petition process administered by the New Hampshire Department of Safety. We remain supportive of boater education as well as regulatory options to address the threat of ballast water and the spread of aquatic invasive species.

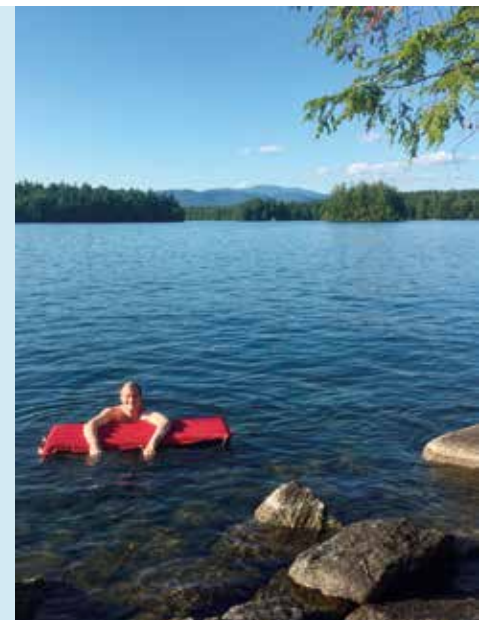
The topic of wake (ballast) boats remains a work in progress for us, as we continue to learn and apply the science and the facts to inform smart and effective public policy. Please get involved by signing up for the NH LAKES Advocacy Alert, a periodic e-newsletter, at nhlakes.org.

The Blue Mind Rx: Needed Now More than Ever

Have you felt an unusually strong urge to get out to the lake these days? A day at the lake can be good for us—it can help set our bodies and minds at ease. The feeling of calm, peace, general happiness, and satisfaction with life in the moment, we experience when near, in, on, or under the water—including our lakes—is called 'blue mind.' Today, during the global pandemic, the urgent need for blue mind science and practice is more pressing than ever.

But exactly how and why does being at the lake set our minds and bodies at ease? In the book *Blue Mind*, Dr. Wallace J. Nichols, our 2017 Lakes Congress Keynote Presenter, researcher, and New York Times Best Selling author, reveals the remarkable truth about the benefits of being in, on, under, or simply near water. Combining cutting-edge neuroscience with compelling personal stories from top athletes, leading scientists, military veterans, and gifted artists, he shows how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success.

Blue Mind not only illustrates the crucial importance of our connection to water—it provides a paradigm shifting "blueprint" for a better life on this blue marble we call home. To learn more, or to order *Blue Mind*, visit wallacejnichols.org.



**How do you practice blue mind?
(Photo Credit: Libby O'Connell)**

Save the Date for Lakes Congress 2021!



In late-March, we made the difficult decision to cancel the 2020 Lakes Congress, which was to be held at the end of May. We proactively made this decision to ensure the safety of our staff, presenters, and guests who would have attended. It was a difficult decision, but we know it was the right one.

Be sure to save the date for Lakes Congress next year—June 3 and 4, 2021! It is our hope to keep the same line-up of great presenters and workshops that had been planned for Lakes Congress 2020. Take a look at the agenda and session descriptions on our website at nhlakes.org/lakes-congress to get a taste of what's in store for next year!

Our Outreach Work has Shifted Gears!

As we all know, our usual face-to-face outreach programs just can't happen with the current situation. And, as sad as it makes us to not see your smiling faces in person, we are excited that NH LAKES has remained as committed as ever to providing you with educational programming! Our staff is learning a new science—preventing the spread of pathogens—to keep all our volunteers and seasonal employees safe and healthy. Keep reading to learn about our new programs and the status of our existing programs.

LakeSmart Lake-Friendly Living Webinar Series:

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, this webinar opportunity is for you! We pulled together a few experts who shared their time and tips with us on how to live in a lake-friendly way—all to help keep the lakes you love, clean and healthy. This five-week series ran from Thursday, May 21, through Thursday, June 18, and we're considering hosting more. All presentations are posted on our website for your viewing at nhlakes.org/lake-friendly-living-webinar-series. If you have ideas for other webinars you would like to see, please reach out to Erin Mastine, our Outreach Program Coordinator, at emastine@nhlakes.org.

Video Library: We have been working on new videos that feature everything from LakeSmart Living, to the Clean, Drain, and Dry method, and Lake-Friendly Boating! Check out these videos, along with others, on the new addition to the "Article Library" on our website. Just click on the "Videos" button at nhlakes.org/article-library.

Watershed Warriors: At this time, we do not have any groups that have requested we bring the Watershed Warrior family-friendly activity circuit to a community event this summer—this is understandable as community gatherings will likely not be held for the foreseeable future due to the coronavirus. If you are interested in exploring how to bring this program to your community group virtually, please reach out to Erin Mastine, our Outreach Program Coordinator, at emastine@nhlakes.org.

Lakes Region Conservation Corps: While we remain committed to helping to foster the next generation of natural resource conservation professionals, we made the difficult decision to not host AmeriCorps volunteers this summer. There were several factors that lead us to this decision—the biggest factor was ensuring the safety of the volunteers and the continued safety of our NH LAKES team. We look forward to participating again next year! You can learn more about this program at nhlakes.org/lakes-region-conservation-corps.



Our Waterless Watercraft Cleaning Unit is on the Move!

Despite the stay-at-home-order, our mobile, solar powered waterless watercraft cleaning unit is not staying put this summer! In May, we kicked off the second summer of deploying our CD3 Clean, Drain, Dry & Dispose unit around the state by stationing it for two weeks in the southern region of the state at Lake Massabesic—the drinking water supply for the City of Manchester. Next, it traveled to the Lake Sunapee Region, and in mid-summer, we'll bring it up north to Lake Francis in Pittsburg! It will be making several additional stops throughout the summer. To see when and where the CD3 unit will be, visit our calendar at nhlakes.org/calendar.

We're sharing our cleaning unit with boating access site owners and local partners throughout the state to demonstrate how this technology can be used to empower boaters to take simple steps to prevent the spread of invasive species—especially when a Lake Host isn't at the ramp to help boaters to do so. Our CD3 is equipped with hand tools to help boaters remove plant fragments and other debris. A wrench is provided to help open drain plugs to remove standing water trapped in bilges, live wells, and storage compartments. And, a blower is provided to help fully dry all areas that came in contact with the water.

If you would like our CD3 unit to visit your community, fill out an inquiry form on our website at nhlakes.org/AIS-Best-Tech, email info@nhlakes.org, or call 603.226.0299.



The NH LAKES CD3 Waterless Watercraft Cleaning Station.

Have You Taken the First Step to Being LakeSmart?

You may have heard about our new LakeSmart Lake-Friendly Living Program that we launched last year, but did you know how easy it is to be a part of it? You can take the first step in learning about your property and the affects it has on the lake by taking a simple online survey from your own computer or smart device!



A LakeSmart visit last fall.

By taking the online LakeSmart Property Owner Self-Assessment, not only will you learn about things you are already doing that are lake-friendly, you are sure to get some ideas on additional lake-friendly actions you could adopt. Once you complete the survey, you can choose to invite a LakeSmart Evaluator to your property to get even more ideas about how to be more lake-friendly! Once the stay-at-home order is lifted, site visits will be scheduled.

To learn more, visit our website at nhlakes.org/lakesmart.

Does Your Local Boat Ramp Need an Upgrade?

If there is a local boating access site in your community, do you know if it needs an aquatic invasive species spread prevention upgrade? This summer, we're offering a new service to our members and friends! NH LAKES staff is available to visit boating access sites in communities throughout the state to recommend what outreach strategies, tools, and technology would work best to provide lakes with more protection from the spread of invasive species. If you're interested in inviting NH LAKES to take a look at a local ramp, fill out an inquiry form on our website at nhlakes.org/AIS-Best-Tech, email info@nhlakes.org, or call 603.226.0299.

Lawns vs. Lakes: Seven Things to Know if You Want a Lake-Friendly Lawn

by Jeff Sirles, Brand Coordinator, Belknap Landscape

There are few landscape features as widely present and enjoyed in New Hampshire as lawns. Lawns are a beautiful place to enjoy the outdoors with family and friends. Unfortunately, lawns can create conditions that are detrimental to lake health. From unchecked runoff water to fertilizers, herbicides, and other chemicals, lakefront and watershed property owners need to be mindful of the effect their lawns have on water quality. Here are seven things to know and do as a responsible property owner to make sure your green spaces and the lake will have a happy coexistence.

Reduce and Eliminate Runoff Water: Runoff water is the most significant negative influence your landscape can have on lake health. In nature, runoff is kept in check through natural means, which help slow, divert, and absorb water into the ground. Lawns, especially those that are not well planned or maintained, can be conduits for runoff—and pollutants—into the lake. The first step in reducing runoff is identifying how water is shed from your property. The best way to discover this is during a rainstorm. If you notice water flowing from your lawn directly into the lake, or easily overcoming drainage or existing barriers, you have a runoff concern. Consider taking steps (some of which are listed below) to overcome this problem.

Size Matters: Lawns absorb water, especially when properly maintained. They are, however, not as effective at absorbing water as natural forests, gardens, or other landscape features. When considering adding or renovating a green space on your property, consider the size of the yard you need. Limiting the square footage of

turfgrass reduces runoff and the need for fertilizers or other chemical treatments. We often find when property owners begin thinking about landscaping, they envision a “blank slate” to be a swath of lawn, and then consider adding features to that space. Instead, think of turfgrass as a feature. It should accent your landscape and add useable living space, not dominate the landscape. Install the amount of lawn you’ll use. In the long term, you’ll save time and expense as well as help minimize runoff.

It’s About Both Nature and Nurture: A well-maintained lawn will absorb nutrients and water more effectively than a neglected lawn. Lawns should be dethatched and aerated once a year. Dethatching removes the barrier of organic matter, which limits the absorption of water and nutrients. Aeration promotes absorption by creating voids in the soil and reducing soil compaction. These steps will enable your lawn to best combat runoff, require less fertilization, and allow the turfgrass to outgrow weeds, reducing the need for herbicides. Mowing more frequently, at a higher blade setting allows for healthier turfgrass and can encourage deeper root growth. Additionally, a healthy turfgrass maintenance program encourages these grasses to become more robust. Their roots will grow deeper, facilitating more absorption, reducing erosion, and reducing the need for frequent watering.

Water the Right Way: The idea behind watering your lawn is to ensure the turf receives the water it needs to be lush and viable. The amount of water you need to apply to your lawn varies based upon your specific property, the recent weather, the season, and the health of your turf;



Photos courtesy of Belknap Landscape Company.

however, overwatering is detrimental to the health of your lawn as well as the surrounding environment. Consider a regimen that uses less volume and occurs more frequently, and check the ground before watering. Watering at dawn will reduce the amount of water needed. Before you begin, check the soil to see if it's already moist. If the soil is moist, watering isn't necessary, and adding water may promote runoff, turf diseases and mold, as well as discourage deep root growth.

Good Barriers Make Good Neighbors: Lawns that parade right up to the lakefront is a common sight on many lakes, but usually this is not best for the lake, or the property. This type of lawn installation in many cases should be avoided. First, the viability of a lawn near the water is challenging. The New Hampshire Department of Environmental Services has strict setback laws for the application of fertilizers and chemicals near waterways. This makes assuring the viability and attractive appearance of the lawn more challenging and labor-intensive. Second, lawns immediately adjacent to the lake have a most significant runoff concern because there is nothing to slow, absorb, or prevent runoff from occurring, other than the limits of the turfgrass itself.

A barrier of some sort separating the lawn from the lake is a good practice. These options include things such as a strip of natural forest land, a garden or flowerbed, or a drainage solution like a dry riverbed to encourage water to flow to a place where it can be absorbed, such as a rain garden. The wider the barrier, the more effective it will be in protecting the lake from runoff. The more native species or low-water plants utilized, the more viable the organic border will be.

Apply Chemicals with Care: Chemicals commonly applied to lawns are carried in runoff and can be particularly harmful to our lakes. The best way to assure you are not introducing chemicals to the lake is not to use them. With 30 years of landscape industry experience, we know this isn't going to happen universally. Instead, let's focus on some things to be mindful of while applying chemicals.

A little goes a long way. Carefully follow the instructions supplied by the manufacturer and consider applying less. Chemicals that are over-applied may not be fully absorbed or adhere well, making them susceptible to runoff. Similar to the expressed method to prevent over-watering, consider applying chemicals in lesser volume more frequently to control their use and effectiveness while reducing waste and pollution.

Be mindful of the weather. Do not apply chemicals on a windy day, or if rain is in the immediate forecast. This can cause the chemicals to be blown or washed away (often ending up in the lake).

Follow the New Hampshire Department of Agriculture regulations. These regulations are intended for the safety of you, your neighbors, and our lakes. Do not do allow a

contractor who is not licensed to apply chemicals to your property. Similarly, to a do-it-yourselfer, a contractor should know the regulations. The best way to know if they do is to ask if they are licensed.

Trust the Pros, But Ask Questions: As landscape professionals, we have a bias toward encouraging lakefront and watershed property owners to hire a professional landscaper, and we believe there's a good reason. Owning property in an area adjacent to a waterway comes with a level of responsibility to be a good steward of your land and how it may affect water quality. Landscaping, in particular, can look deceptively straight-forward, and as a result, most property owners consider doing some of these tasks themselves. Unfortunately, many property owners lack knowledge of regulations and landscaping practices for water protection resulting in damage to the lake. Property owners who want to protect the lake, regardless of if they have or want a lawn, would be well-advised to seek a professional to install or service their properties.

Vetting a landscaper by asking questions about licenses, certifications, experience, and associations is a good practice. Both the New Hampshire Landscape Association and the National Association of Landscape Professionals offer professional memberships and certification requirements, and are a good place to start. A quality landscaper can demonstrate a track record of responsible behavior, in addition to satisfactorily answering any questions you have about their qualifications.

Being able to enjoy your outdoor spaces, including lawns or other features, is your right as a property owner. Protecting our lakes is the responsibility of property owners, service providers, and our community at large. Thoughtful execution and behaviors can help assure both.

Belknap Landscape is a full-service landscape company that has been serving the Lakes Region for over 30 years. They specialize in high-quality design, permitting, project management, construction, irrigation, maintenance, and tree care services. For more information, visit belknaplandscape.com.



“What’s this green cotton candy stuff in the lake?”

by *Andrea LaMoreaux, Vice President of Programs & Operations, NH LAKES*

Typically, in mid-July the calls like this start coming into the NH LAKES office...

“Hi, I was out on the lake yesterday and I saw something strange in the water,” reports the curious caller. “It was floating under the surface. It looked like a billowy yellow-green colored cloud.”

“Did it look like cotton candy?” I ask.

“Why, yes, I suppose it did,” typically confirms the caller.

What is it? You may find billowy masses of what looks like yellow or green cotton candy in your lake in mid-summer, typically following a long hot spell, or after significant rains. The clouds often congregate in shallow water near the shoreline, but can also be found floating aimlessly out in the deep open water. This cotton candy-like mass is actually made up of hair-like strands of thousands, maybe even millions, of individual single-celled green algae (microscopic plants) connected end-to-end. The algae provide valuable food and cover for aquatic insects and fish.

How does it happen? Filamentous algae typically form on lake bottoms in shallow areas or on submerged objects where the water is clear and where sunlight reaches the bottom. As the algae grow, oxygen is produced and gets trapped in the tangled strands. This trapped oxygen makes the algal mass buoyant, causing it to rise to the surface of the lake.

What does it mean? Filamentous algae are normal and important components in a lake. However, excessive growth of filamentous algae can become a nuisance to lake users and may indicate that there is a phosphorus pollution problem in the waterbody—phosphorus is the nutrient that aquatic plants and algae use to grow and it comes from sources such as fertilizer and eroding soil.

But, it is harmful? Is it toxic?! Our partners at the New Hampshire Department of Environmental Services (NHDES) explain that one way to distinguish green filamentous algae which is not toxic from a potentially toxic cyanobacterial bloom is to try the “stick test.” Grab a stick and attempt to lift the mass out of the water. If it stays on the stick when lifted out of water and appears as a bundle of green slimy threads of hair, it is most likely green filamentous algae—and not toxic. If it disperses and clouds

the water, and you cannot easily lift a bundle, then it could be cyanobacteria—possibly of the toxic variety that could be harmful to humans, pets, and wildlife. If you think you have spotted a cyanobacteria bloom, take a photo and contact NHDES at by calling or texting 603.848.8094 emailing HAB@des.nh.gov.

Here’s what you can do. If you find clouds of filamentous algae in your lake offensive, you can try to remove them. However, grabbing a handful typically yields only a few stringy, slimy threads of algae. If you do manage to capture some, you might want to use it as fertilizer or mulch in your garden.

The best way to minimize the amount of all types of algae, including filamentous green algae, in the lake is to reduce the amount of runoff water and phosphorus that flows off of your property and into the lake. You can do this by not using fertilizer on your lawn, leaving or planting a thick row of native groundcovers, ferns, shrubs, and trees along the shoreline, and by diverting runoff rainwater from your roof and driveway into vegetated areas or trenches filled with crushed-stone.

What to do if you find something unusual or fascinating in the lake: Contact us at info@nhlakes.org or 603.226.0299 and we’ll help you figure out what it is and what it means!



Cyanobacteria: Here's What You Need to Know this Summer

By late May this year, the New Hampshire Department of Environmental Services had already issued a lake-wide advisory for a toxic cyanobacteria bloom for a lake in the southeast region of the state.

Cyanobacteria are natural components of waterbodies worldwide, though blooms and surface scums may form when excess nutrients are available in the water. Some cyanobacteria produce toxins that are stored within the cells and released upon cell death. Toxins can cause both acute and chronic health effects that range in severity. Acute health effects include irritation of skin and mucous membranes, tingling, numbness, nausea, vomiting, seizures, and diarrhea. Chronic effects may include liver and central nervous system damage.

If you observe a bloom you suspect is cyanobacteria:

- Do not wade or swim in the water, especially near the area of the bloom.
- Do not drink the water and avoid using water directly from the lake.
- Do not let pets or livestock into or near the water; dogs are especially vulnerable to toxic cyanobacteria.
- Report the bloom to NHDES—the fastest way to confirm if the bloom is cyanobacteria is to text photos and directly to Amanda McQuaid, NHDES Harmful Algal and Cyanobacteria Bloom Program Coordinator, at 603.848.8094. Or, email HAB@des.nh.gov.

Where to Find Current Cyanobacteria Advisories and Warnings:

Visit des.nh.gov and click

“Beach Advisory” under the ALERTS banner on the left sidebar to access the currently posted advisories and lake warnings.



Cyanobacteria bloom.

Frequently Asked Questions: COVID-19 and Our Lakes

If you have concerns about how the novel coronavirus (COVID-19) may affect our lakes, you are not alone. The NH LAKES staff has received many inquiries on this topic over the last couple of months, as have our partners at the New Hampshire Department of Environmental Services (NHDES). While there is little known on this subject, NHDES continuously checks for updates and new information on COVID-19. The virus is spread primarily via respiratory droplets when in close contact with people, and not via recreational water. NHDES has pulled together a fact sheet on this topic which includes some frequently asked questions and answers from the Center for Disease Control. Below, we've included few

questions and answers we thought you might be interested in.

Can coronavirus be spread between people gathering in water outdoors?

Yes, there is strong evidence that if people are in close contact with each other (within six feet) they may spread the virus via the small respiratory droplets that occur when we talk, cough, or sneeze. There is no evidence that the virus can spread from water to a person.

Can coronavirus survive in our lakes and ponds?

There is no evidence that the virus is able to survive and infect people in natural waterbodies, in either marine or freshwater environments.

Can I catch COVID-19 from feces of other people, while swimming?

There is no evidence that the virus is able to survive and infect people via feces in recreational water. The World Health Organization (WHO) has stated: “While initial investigations suggest the virus may be present in feces in some cases, to date, there have not been reports of fecal-oral transmission of COVID-19. Additionally, there is no evidence to date on the survival of the COVID-19 virus in water or sewage. WHO is assessing ongoing research on the ways COVID-19 is spread and will continue to share new findings on this topic.”

To learn more, visit des.nh.gov/covid19/documents/wmb-covid-faq.pdf.

Meeting During Pandemic Times

The crisis of COVID-19 has changed almost everything—how we live, how we work, and how we play. But, it hasn't changed how we feel about the lakes of New Hampshire or what needs to be done to keep them clean and healthy. While the NH LAKES staff has found new ways to work safely during these uncertain times, local lake associations, too, must find ways to continue doing business. One main piece of business most local lake associations must do during summer is hold an annual meeting. And, many local lake association boards and committees need to meet several additional times per year.

We've been asked, "So, how can our association continue to meet, take votes, and do other critical business during the coronavirus pandemic?" Your NH LAKES Team has pulled together some information and recommendations to help lake associations get business done during the pandemic—read on below to find out how your group can continue its essential business while staying safe.

The state of New Hampshire allows for remote, virtual meetings for nonprofits per the statute referenced and excerpted below:

"Unless the articles of incorporation or bylaws provide otherwise, the board of directors may permit any or all directors to participate in a regular or special meeting by, or conduct the meeting through the use of, any means of communication by which all directors participating may simultaneously hear each other during the meeting. A director participating in a meeting by this means is deemed to be present in person at the meeting." (NH Rev Stat § 293-A:8.20 (2019))

The key standard in this statute is that all directors (i.e. voters) participating can 'simultaneously hear each other during the meeting.' That means a decision-making environment in which

everyone can hear each other, but they don't necessarily have to see each other. Decision making by other means, that doesn't allow for simultaneous hearing, like email, might be used in emergencies, but those decisions should be ratified once the full body can meet in a way that meets the 'simultaneous hearing' standard. So, local lake associations have options on how to meet and make decisions.

NH LAKES recommends meeting by way of conference call or a virtual online meeting App (like Zoom or Google Hangouts/Meet) as opposed to decision making by mail (post or electronic). We recommend audio and visual meetings because:

1. You more fully meet the spirit of the law (with all directors hearing simultaneously) and, therefore, are able to discuss issues; and,
2. You maintain connection within your membership community.

Whether by conference call or online virtual meeting, make sure to keep detailed minutes. Describe in the minutes how your group met (conference call or virtual meeting) and why you met in that way. Once you are able to meet again, ratify what was decided 'back then' when you couldn't meet in person.

We've also pulled together the following guidelines and considerations for running a conference call or an online meeting.

- Your group must ask if it is practical to meet via remote communication. A board meeting may be conducted with a traditional phone-based conference call with relative ease. A membership meeting of fifty, one hundred, or more people may be a different story.
- If you do choose to go forward with a conference call or online

meeting, a little bit of advance planning can do a lot to prevent chaos and uncertainty during the meeting. You will need to use a technology that will securely and reliably host your event and allow you to verify the members and allow participation as required by state statute and your group's bylaws.

- For an in-person meeting, reasonable guidelines are necessary to maintain order. Likewise, for your virtual meeting you will need to establish protocols for muting microphones and calling on people.
- Calculate how many people are necessary for a quorum in advance so that you know if you have met it, rather than trying to conduct the calculations during the meeting.
- Decide how you will verify who is at the meeting and who is eligible to vote. You cannot simply count the votes of those who have called in if you do not know if the people casting votes are eligible to do so. You can call the roll or use passwords or other technological features to help you identify members, but some precautions will have to be implemented in advance. And, make sure to decide how you will actually take votes.
- Decide how you will you handle members who experience technical difficulties.
- And, be prepared for a larger than usual crowd! You may actually have more people attend an online meeting than you typically do your typical meetings, due to the ease of convenience.

We can help! If you need help figuring out the best way to get your group's essential work done during this time, NH LAKES can help! Reach out to us anytime at info@nhlakes.org or 603.226.0299.

Lakes are for Snakes, too?!

NH LAKES Conservation Program Coordinator, Krystal Costa Balanoff, recently fielded a call from a resident concerned about “large black water snakes that have appeared out of nowhere and have never been seen on the lake before!”

While snakes in the lake may be alarming, don't worry! New Hampshire's only species of water snake—the Northern water snake (*Nerodia sipedon*)—is non-venomous and poses no threat, if observed from a respectful distance. With that said, this brownish-black snake, which you may see swimming in the lake or sunbathing along the shoreline, can get pretty big! They may strike out if cornered and sometimes will shake their tail to make themselves seem scarier than they really are. They are otherwise harmless and feed off of mice, frogs, and other small critters living around the lake.

So, there you have it—lakes are for snakes, too!



Northern Water Snake.



summer afternoon
kayak bobbing on the waves
nowhere else to be

Greg Schwartz



17 Chenell Drive, Suite One
Concord, NH 03301

NON-PROFIT ORG.
US POSTAGE
PAID
PERMIT #192
CONCORD, NH

Inside this issue

Lake Hosts Continue to Provide Essential Services

From the President...

Advocating for Clean and Healthy Lakes is What We Do!

The Blue Mind Rx: Needed Now More than Ever

Save the Date for Lakes Congress 2021!

Our Outreach Work has Shifted Gears!

Our Waterless Watercraft Cleaning Unit is on the Move!

Have You Taken the First Step to Being LakeSmart?

Does Your Local Boat Ramp Need an Upgrade?

Lawns vs. Lakes: Seven Things to Know if You

Want a Lake-Friendly Lawn

"What's this green cotton candy stuff in the lake?"

Cyanobacteria: Here's What You Need to Know this Summer

Frequently Asked Questions: COVID-19 and Our Lakes

Meeting During Pandemic Times

Lakes are for Snakes, too?!

Membership Matters

New Members: March 3 – May 26, 2020

Individuals

Wayne Adams Barker

Dave Blanchette

Elizabeth Bolgiano

Thomas Duffy

Bob Goldthwaite

Christopher Hussey

Dorothy and Andy Jeffrey

Will Kidder

Leigh Komornick

Donald MacFarlane

Steve Magoun

Steve McGrath

Karen McInnis

Richard McVoy

John Morris

Sharon Nahill and James Schor

Gregg Thibodeau

Organizations

Inter-Lakes High School

