



The Monitor

THE NEWSLETTER OF THE NEWFOUND LAKE REGION ASSOCIATION

Watershed Master Plan Going Strong!

Every Acre Counts: The Newfound Watershed Master Plan project is moving like the Newfound River in Spring! This substantial, watershed-wide project is building a natural resources planning framework for towns in the Newfound Lake watershed and beyond. In addition to our founding partners, the final Plan will benefit from contributions by the NH Society for Protection of Forests, NH Fish & Game, the NH Timberland Owners Association, and the NH Department

of Environmental Services (NHDES).

In addition to all the reporting activity, expect to see a lot more of long-term NLRA partner Bob Craycraft as he collects samples to assess near-shore water quality and biologic activity. Between Bob's duties and those of our intrepid lake monitoring program volunteers (now in its 23rd consecutive year), the NLRA pontoon boat will be a frequent sight on and around the Lake.

We are excited to have an active and informed Steering Committee to help

the Watershed Master Plan process and to communicate with their Town Boards. Their guidance is vital to understanding the interests and needs of individual towns while creating a document that transcends municipal boundaries.

Steering Committee members currently include Dan Paradis, Heidi Milbrand and George Frame (Bristol), Kathi Lovett and Milt Radimer (Bridgewater), Chuck Beno and Bruce Barnard (Hebron), Slim Spafford (Groton) and Cindy Williams (Alexandria).

July 19th Mid-Project Presentations

The results of three major watershed studies will be presented at our July 19th Annual Summer Gathering, including:

- The 18-month tributary water quality monitoring project report (Bob Craycraft, UNH)
- The 2007 public opinion survey, mailed to nearly 2,000 people with over 800 responses (Dr. Brian Eisenhauer, PSU)
- Phosphorous carrying capacity of the lake (Steve Landry, NHDES).

Reports from all of these studies will be placed on our website as they are completed.



Newfound River from the Bristol Riverwalk Bridge, May 2008

From the Executive Director

Greetings, and welcome back to summer at Newfound! With the snow recently gone, the ice off the lake and the days warming, it is time to welcome the upcoming season. While winter offers a more subdued pace than our short summer brings, we still managed to accomplish a number of our goals to make your Association even better. Here are some of the highlights:

- The towns of Alexandria, Bridgewater, Bristol and Hebron became members at their March town meetings, providing funding as well as a powerful symbol of commitment.

- We continue to develop innovative and strategic partnerships with like-minded organizations and local leaders. For example, this April we convened a forum of local builders to discuss high-efficiency buildings.

- Our totally re-vamped web site is up and running, and we are adding content and photographs to share the Newfound experience with our friends far and wide. There are several options to submit your own photos and comments, too. Take a look at www.Newfoundlake.org!

- The NLRA is assisting the Spectacle Pond Association (SPA) to repair the dike that maintains a stable water level in Spectacle Pond, co-located in the towns of Hebron and Groton. We expect to work with the SPA, the NHDES and other stakeholders to preserve this local gem.

- The NH Charitable Foundation



Mt. Cardigan presides over the Lake.

provided grant funding to help us develop a strategic communications plan to meet our goal of doubling membership by 2010 and becoming an increasingly effective advocate for land and water

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President's Message

I am pleased to report that your Association has had a very successful year. NLRA members should be most proud of the dedication and commitment that staff and volunteers have demonstrated. Nothing happens without these fine folks doing the work!

Members of a variety of volunteer boards and committees in the towns of the watershed are turning to NLRA as an expert resource: the NLRA has been asked to render opinions on a number of

projects, large and small. We have provided everything from natural resource maps to structuring a beach monitoring program. Our workshops and outreach programs have touched hundreds of watershed residents and visitors. As they have gained knowledge about the care of our natural resources, the Association has gained stature as an expert resource.

Your Association has established strategic alliances with a number of partners. Communication lines are open with the

largest conservancy groups in the state and region, with whom we discuss current and future projects on an on-going basis. "Every Acre Counts: The Newfound Watershed Master Plan" is the most dynamic and ambitious project ever undertaken by the Association.

I look forward to seeing you at our Annual Summer Gathering on July 19th to refresh relationships and talk more about how your organization is protecting Newfound Lake and its watershed.

Victor Field, President



The Monitor is a publication of the Newfound Lake Region Association.

NLRA Officers and Executive Committee Members:

Victor Field, *President*; Don Martin, *Vice President*; Peter Carey, *Treasurer*; Helga Stamp, *Secretary*;

Trustees: Jan Collins, Bill Fay, Ron Olson, Greg Wagner, Ken Weidman

Staff: Boyd Smith, *Executive Director*; Martha Twombly, *Program Director*

NEWFOUND LAKE REGION ASSOCIATION

800 Lake St. Bristol, NH 03222 P: 603-744-8689 info@newfoundlake.org

Wait 'til You SEE what's Coming!



Music all Day!

There will be wandering bards playing acoustical music in the morning and afternoon, Uncle Steve's Band will headline at noon, and traditional favorite Baker Valley Band will close the day.

Food Galore!

Yum yum! The Bristol Lyons Club is cooking hamburgers and fries, The Inn on Newfound will offer their famous chili and hot dogs, the Hebron Area Woman's Group is bringing desserts and finger foods, and The Mill will have their homemade ice cream and fudge!

Mark your Calendars & Save the Date!

Environmental Exposition!

Look at all the watershed partners who are coming to town! NH Audubon, NH Fish and Game, the Circle Program, Squam Lake Science Center, West Shore Marine, Northeast Organic Farmer's Association, Master Gardeners, Judy Rice (alternatives to invasive perennials and shrubs), Pew Environmental Group (climate change), Appalachian Mountain Club, NH Department of Environmental Services, UNH, NH Lakes Association, Plymouth Area Renewable Energy Collaborative, Society for the Protection of NH Forests, Newfound Trackers, Historic Societies, Trout Unlimited, Newfound B & B's, D Acres, and more!

Event Partners:

NLRA, Tapply-Thompson Community Center, Slim Baker Foundation, NH Audubon.

Sponsors:

Bristol Rotary, Bristol Lyons Club, Camp Wicosuta. Thank you!

Demonstrations

Hands-on Tributary Water Quality Monitoring in the Cockermouth River, fly-tying, fly-casting, wool spinning,

Enviroscape (erosion) model, and more!

New date and place!

June 28, 2008

10 am-4 pm

Audubon Ash Cottage,
North Shore Road, Hebron



Enviroscape Model in action

Local Artisans and Crafters

(watch our website for a growing list)

Animals

Live fish...Llamas, sheep, angora bunnies – the Fiber Farmers!

Activities for Everyone!

There is something for everyone! Face Painting, scavenger hunts, Interactive education...

"Talking Tree Tour," "Un-Nature Tours," Kids games and crafts...

Mural painting with Karen Bush, fish-print T-shirts...

Horse-drawn wagon rides to the Cockermouth River!

...and a Forest Society hike to Spectacle Pond.



Face painting at the Naturally Newfound Fair

Programs

Major changes to the Comprehensive Shoreline Protection Act – now effective on July 1, 2008

Activities that occur on and around the edges of water bodies have a direct impact on the cleanliness and health of that water body. The Comprehensive Shoreland Protection Act (CSPA) now:

- Requires a NH DES state permit for development taking place within 250' of protected surface water.
- Changes the way shoreland “buffers” will be managed (introduces a point system).
- Provides for flexible management of limits in the critical area of “impervious surfaces.”
- Changes how rivers are classified, protecting 1,391 stream miles.



- Requires a 50' setback for both primary and accessory structures.
- Protects the Pemigewasset and Cockermouth Rivers.
- Requires 150' frontage for new construction even with off-site sewage.
- No chemical fertilizers allowed within 25' of the shore.

Please visit the NH DES website at: www.des.state.nh.us/cspa/ for more detailed information and permit application procedures.

Clean Water is New Hampshire's Best Resource!

Example of an effective shoreland buffer.

Lake Host Funding Cut – Volunteers Step Up!

Due to increasing need and reduced resources, funding by the NH Lakes Association for our 2008 Lake Host program was cut back from 2007 levels. As more lakes in NH become affected by milfoil and other invasive species, the competition for funding is expected to increase. Our Lake Hosts work from Memorial Day through Labor Day at Newfound Marina, West Shore Marine, and the Wellington State Park boat ramp, inspecting boats and trailers – and educating boat owners – to keep invasive plants

out of Newfound Lake. If you're launching a boat in Newfound – say thanks to the Lake Hosts!

The NH Lakes Association funding allows the NLRA to hire local students for this important work. Because our goal is to staff the ramps from 6 am - 6 pm EVERY DAY OF THE SUMMER, we rely on our volunteer Lake Hosts too. Over 2,400 boats were inspected at Wellington State Park in 2007! This year we hope to utilize more volunteers to maintain good coverage of the boat ramps.



Members dedicated to protecting lakes

The Floating Classroom Will Sail!

Bring your friends and visitors out on a Lake Ecology tour, with naturalist Glen Copatch of Alexandria. Glen is a teacher at the Interlakes School, and is pursuing his masters degree at Plymouth State University. Glen will be accompanied by daughter Alicia, who will also serve as one of our volunteer Lake Hosts. The Floating Classroom will likely have two scheduled trips per week, with group trips by special appointment. Details and a schedule will be posted on the website



soon! The Floating Classroom is open to the public and free.

Newfound Trackers Update

A very enthusiastic group of 16 hardy souls spent many days this winter on snowshoes in the hills above Newfound Lake studying the wildlife habitat and tracks of mammals under the guidance of Sue Morse, founder of Keeping Track, Inc. (www.keepingtrack.org) The Keeping Track mission is to inspire community participation in the long-term stewardship of wildlife habitat by training “citizen scientists” to learn about wildlife and follow a protocol to collect data over time.

This program came about following the introduction of the NH Fish and Game Wildlife Action Plan in 2006.

It turns out that some of the HIGH-EST quality habitat *in the state* surrounds Newfound Lake, mainly because of the large, undeveloped tracts of land. The next step logically was to “get out there” and do research on the ground to provide more specific information about the types of habitats and what species were present.

Bear, bobcat, fisher, moose, mink and otter are the six focal species that the group will track, though they are also trained to note all other animal and bird sightings.

• *What is a focal species?*

Focal species usually require a specific type of habitat that provides them with enough food and shelter to estab-



Team member Ann Giles poses for a close up of new (left) and older healed (right) “moose barking” signs. Moose “scent mark” the area they’re in for a variety of reasons.

lish themselves in an area. In addition, they must be able to find mates, and to rear their young safely. Some animals, such as bears, need a fairly large territory – the males may range up to 50 miles – and plenty of food like beech nuts and berries to give them enough calories to hibernate. Others, like the bobcat, need remote, cliffy areas that are inaccessible to potential predators.

• *What is “fragmentation?”*

The greatest threat to wildlife is the direct loss of their habitat, but habitat

“fragmentation” has a detrimental impact as well. Fragmentation occurs when a roadway is built through a habitat area, thereby endangering animals that would otherwise be able to travel safely, or cutting animals off from resources they need to survive. This is also the reason travel “corridors” are important links between larger blocks of natural habitat, and need to be protected.

The Newfound Trackers will be developing “transects” (long, mapped, routes through a variety of habitats) throughout the Newfound watershed, to begin monitoring the location and movement of focal species, and to identify where their specific habitats may be. In the future, this information will help the watershed towns identify some of these critical areas, and the corridors that connect them, so development impacts are minimized, or the areas are conserved in the future.

Need any tracks identified? Want to go out in the field with a trained tracker? Give us a call at 744-8689!

NLRA Adopts the Highways Around the Lake!

Kee*p NH Clean and Scenic* is the motto of many of you who always take a trash bag with you on your walks. The NLRA is joining th NH Dept. of Transportation and the Newfound Memorial Middle School to do its part in cleaning up roadsides along specific stretches of the state roads surrounding Newfound Lake. Team Captains Greg Wagner (West Shore Marine), Ed and Marion Weber (The Ledges), Jeff Hillier and Peter and Karen Carey (Hebron), will coordinate groups for West Shore and North Shore Roads. Road signs will identify sections maintained by NLRA volunteers. Teams are being formed for Route 3A now, so if anyone can help, please give us a call!

Stop in and see our Rain Garden!

You’ll see it growing in front of our offices at 800 Lake Street in Bristol. Extra (native!) perennials you may be thinning out are welcome!

This RAIN GARDEN cleans-up polluted stormwater runoff from the parking lot before it flows into the Newfound River.



This project was accomplished through the New Hampshire Lakes Association Lake Conservation Corps™ Program in cooperation with the Newfound Lake Region Association.

Materials, expertise, and tools were generously donated by:
Kupala Land Services, Alexandria, NH Balkway Landscaping, Gifford, NH
Simple by Nature, New Hampton, NH University of New Hampshire, Durham, NH
Acton Wakefield Watersheds Alliance Youth Conservation Corps

For more information contact:

NH LAKES at (603) 226-0299 or info@nhlakes.org
Newfound Lake Region Association at (603) 744-8689 or info@NewfoundLake.org



www.newfoundlake.org

www.nhlakes.org

Our Town Partners

Our sincere appreciation to Alexandria, Bridgewater, Bristol and Hebron for supporting us with your recent memberships – your partnership is a vote of confidence that we are on the right track! To do our part to build a healthy community, the NLRA will contribute its expertise and energy to several projects that directly assist our watershed towns, including:

- **Alexandria Water Monitoring.** As the intensity of our 18-month tributary monitoring program winds down, we are offering our water monitoring equipment to the Town Conservation Commission to collect data from several specific areas of interest. This offer is open to other watershed towns, too. (Equipment use

FROM THE EXECUTIVE DIRECTOR

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conservation. Our thanks to our friends at the NHCF!

It is clear from my many discussions with you as well as review of the Master Plans of the nine watershed towns that we are here for one main reason: Newfound Lake and its surrounding lands, rivers and streams are among the most beautiful places we know. All of us value what Newfound has to offer, and it is this common principle that gives me such hope for the success of our watershed planning effort.

The Newfound Lake Region Association is committed to protecting the quality of the Lake and surrounding lands for years to come. Thank you for allowing me the opportunity to be part of building this legacy. See you around the watershed!

Boyd Smith, Executive Director

must be scheduled in advance through the NLRA, and guidance will be provided by NLRA tributary monitoring “experts”).

- **Bristol Beach Monitoring.** The NLRA developed and is implementing a sampling program of culverts that discharge at the Avery-Crouse beach. The results will be reported to the Town to help assess beach management options.

- **Bristol Sewer to the Lake.** The NLRA is monitoring this ongoing project to extend public sewer. Our major role will be to provide water quality data from our various sampling programs to help assess the extent of potential impacts from near-shore development. We also attend meetings to advocate for a holistic solution to address the identified threats.

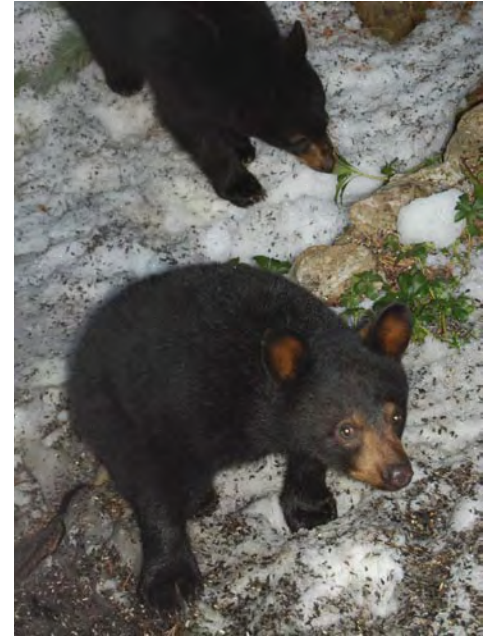
- **Bristol – Newfound River Dams.** The saga of the two ancient and out-of-service dams located on the Newfound River between the lake outlet and Bristol has entered a new phase. The current plan is to remove the upper dam between the abutments, close the smaller side channel and restore the river to its original course. During a May 7 public meeting in Bristol, concern was expressed about both the plan and the way it was devised. The NLRA will continue to keep you informed on this important issue.

- **Attending Alexandria, Bridgewater, Bristol, Groton and Hebron Board meetings.** Boyd and Martha are “making the rounds” getting to know our local leaders to share information and ideas about how we can further collaborate and provide valuable services to Newfound communities.

We look forward to seeing you at the NLRA displays at this summer’s local fairs and events (see www.Newfoundlake.org for our latest calendar of events)!

Bears Visit Milt

by Milt Radimer, Bridgewater



It was about 5 pm in the middle of April, when I heard a loud scratching on the outside of my house. There at my dining room window I was amazed to see three bears, scratching for the sunflower seed the birds had scattered in the snow.

I ran for my camera, but as I slid the window open, Mama bear ran about 15 feet away and looked back at me. The two cubs kept eating seeds. I took a few pictures, but my flash frightened them and they ran to Mama.

I left the window open and waited. The cubs returned (Mama stayed a safe distance away). After eating their fill, the cubs returned to Mama, who then climbed one of my large “pasture” pines, and stretched out on one of the branches to watch the cubs wrestle in the snow!

The cubs returned to the food again, where I snapped a few more pictures, but I couldn’t get them all in one photo! I would have liked to get a photo of Mama in the tree, but thought better about leaving the house!

Membership

The Newfound Lake Region Association is here to help protect your lake and watershed. Only with your support can we continue to inspect boats at the Wellington ramp and other access points for milfoil, reach out to residents and visitors with informative and timely workshops and presentations, support our local towns and businesses in their efforts to provide safe and vibrant communities, and collaborate with all the people and organizations passionate about the long-term health of Newfound Lake and surrounding lands.

We are pleased to report that your 500-member-strong organization has grown nearly 15 percent since January 2007, including more than 70 new or return-

ing members and several local businesses. The 2007 Annual Fund was even more successful than the previous year, which was a record-breaker. Results of our 2007 financial review show income diversity, with programs receiving the majority of funds. This special issue of *The Monitor* recognizes the many people who contributed to the NLRA during 2007.

2008 brings a new and exciting addition to our Membership outreach efforts. Thanks to a generous grant from the NH Charitable Foundation, we have contracted a consultant to help us create a strategic communications plan. The NLRA has some unique and powerful resources to incorporate into our communications strategy, including you, our long-term

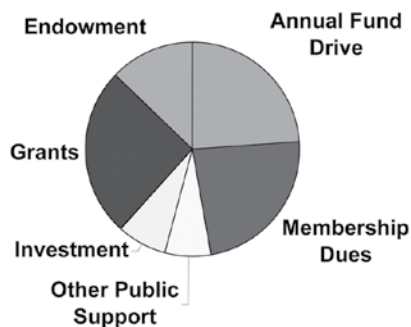
members and supporters, and soon-to-be reported results from the Plymouth State public opinion survey. Our goal is to double (at least!) our number of supporters by 2010.

The NLRA would not be here without your support. We appreciate your generous contributions of time, talent and treasure that allow us to make a lasting difference protecting Newfound Lake and the lands that surround it. Keep in touch!

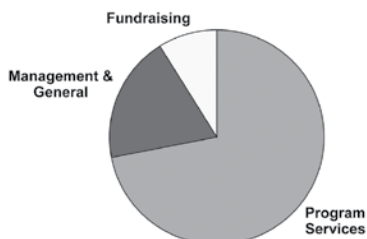


Summary from the 2007 Financial Statements

NLRA – 2007 Concentration of Support



NLRA – 2007 Functional Expenses



Membership Form

Member support is vital to help us protect Newfound Lake. Please renew your membership or join NLRA today!

Please mail this form and your check, payable to NLRA, to:
NLRA, 800 Lake St. Bristol, NH 03222.

Name _____

Email address: _____

Permanent Mailing Address: _____

Summer Mailing Address: _____

Please check here if you are interested in receiving email communications (web-based newsletters, annual report, news updates).

Membership Categories:

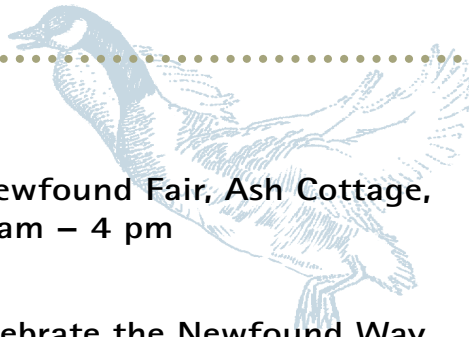
- Newfounder \$2000+
- Steward \$1000-\$1,999
- Protector \$500-\$999
- Sustainer \$250-\$499
- Maintainer \$100-\$249
- Supporter \$50-\$99
- Basic \$35-\$50

Volunteer opportunities:

Please check all that apply.

- Lake Host/Invasive Species Protection
- Water Quality Monitoring/Education
- Watershed Mapping/Land Conservation
- Events/Publications/Outreach
- Membership Development
- Strategic Planning

Calendar



June 28

Naturally Newfound Fair, Ash Cottage,
Hebron, 10 am – 4 pm

July 4

Parade; "Celebrate the Newfound Way
of Life," Bristol

July 19

Annual Gathering and Watershed
Mid-Project Presentations, Bridgewater
Town Hall, 4 – 7:30 pm,
(potluck supper 5 – 6 pm)

August 16

BBQ, Bluegrass, and Ice Cream Summer
Social and Silent Auction, Alexandria
Old Town Hall, 5 – 8:30 pm

*Watch local media and
www.Newfoundlake.org
for upcoming events.*

*Welcome to our
Newest Town and
Business Members!*

Alexandria
Bridgewater
Hebron
Village Pizza
Hayward & Company
The Newfound Grocery

*S'more Shores
Ready for Summer!*

The Mill Ice Cream Café, located in Bristol's Central Square, has combined Belgian chocolate ice cream with boulders of walnut fudge, marshmallow ripples and crunchy graham cracker to create S'more Shores. Enjoy viewing the Newfound River from The Mill while sampling this uniquely local flavor. A portion of S'more Shores sales will be donated to the NLRA.

♻️ Printed on recycled paper.

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*Visit our website for new
information and upcoming workshops:
www.Newfoundlake.org*

info@Newfoundlake.org

Telephone and facsimile: 603.744.8689

800 Lake St. • Bristol, New Hampshire 03222

Newfound Lake Region Association

The Monitor



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