



The Monitor

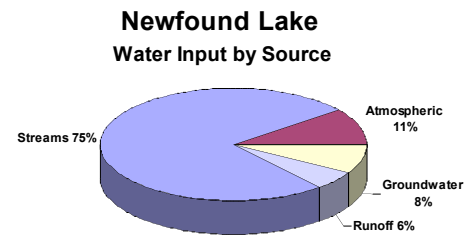
THE NEWSLETTER OF THE NEWFOUND LAKE REGION ASSOCIATION

Storm Water Run Off – A Serious Threat

The floods of the past few years and the many intense rainstorms of 2008 make an inescapable point: when rain comes down on our steep hillsides in buckets (one or two inches per hour and more), anything not nailed down is coming down. Loose soil, leaves and sticks are washed from roads and exposed ground, flushed into our streams and rivers, and deposited in our wetlands and lakes. Storm water debris carries a pervasive suite of hitchhikers: phosphorous and nitrogen from organic matter and fertilizer, petroleum

compounds from paved roads, parking lots and roofing materials, pesticides from treated lawns, and e-coli (fecal) bacteria from everywhere.

Storm water-induced erosion affects us all. If you live in the hills, you may have seen chunks of your property washed away by surging, brown-stained water or the same forceful water pushing up against your house. As a road agent, you probably make repeated trips to the same places that wash out every year to dump more tons of fill into Nature's latest excavation. If you live near a stream



Atmospheric = direct precipitation into Newfound Lake

Newfound Lake Tributary Assessment,
UNH Center for Freshwater Biology (July 2008)

or the lake, you are probably disturbed to see brown water churning its way to form deltas of silt and muck that are seedbeds for weed growth and where the water is usually crystal clear. Based on the number of calls we received this summer, and our own observations of these events, we are concerned, too.

According to the results of our 18-month Phosphorus Study, roughly 75% of the water entering Newfound Lake comes from tributaries, mainly the Cocker mouth and the Fowler Rivers. An additional 6% enters from “ungauged watersheds” which include culverts and intermittent streams. Of the remainder, 11% comes from direct precipitation onto the lake and 8% from ground water (in-lake springs). Due to the extreme steepness of much of the Newfound area, disturbed ground, dirt roads and recently forested lands are



Effects of storm water erosion on steep slopes. Photograph courtesy of NHDES.

Continued on page 10

From the Executive Director

Another summer has gone by, and signs of autumn are all around us. The year has been eventful and stimulating with all the rewards that working for a dynamic and successful organization brings. Roughly a year ago we set some lofty goals to make the NLRA stronger and more relevant: building the diversity and skills of our Board of Trustees, extending our community outreach and increasing our membership. I am pleased to say we have met these goals, allowing us to continue building towards our vision of being a premier environmental advocate, helping to protect the Newfound Region's unique and precious land and water.

At our September 15th meeting, the Trustees welcomed Dave Carlson of Bridgewater to the NLRA Board. Dave

joins three other members of the latest "freshman class", Ken Weidman, Kathi Lovett, and Noah Munro. Many of you are already familiar with some of the talents represented by our newest Trustees. We will be posting Trustee biographical details on our web site for those who have not yet met them. Thanks to all of our Trustees for their invaluable work, and welcome to Dave, Ken, Kathi and Noah!

As part of providing technical support to watershed towns, we are working with Bristol on storm water management in the Red Fox village area, monitoring water quality in culverts at the Avery-Crouse town beach, and sharing data collected as part of the Watershed Master Plan with the sewer-to-the-lake project. We responded to Groton Select Board

concerns about local control of forestry operations, especially the heavy cutting occurring in the hills of Alexandria, Groton and Hebron by co-sponsoring a public workshop on the local forest industry with the NH Timberland Owners Association. To pave the way for Watershed Master Plan adoption and implementation by local boards and voters in 2009 / 2010, we will be releasing a series of articles through the local media that summarize key findings and recommendations over the next few months.

I am pleased to say that our 2008 membership drive, which included outreach to lakefront property and mooring owners, lapsed NLRA members and current members resulted in roughly 100 new memberships. We are now nearly

Continued on p. 4

President's Message

Seems to me as if it was just a short time ago that I last wrote a column for "the Monitor". The reality is though, that a lot has happened since that time, all of which has been very exciting. As many may remember, while serving as president approximately ten years ago I convinced Victor Field to join the Board of Trustees. The progress made in those ten years has been impressive. Victor served as president more than once, most recently stepping in again to fill a vacancy just last year. Along with another

of our past presidents, Pete Carey who recently served as Treasurer, Executive Director Boyd Smith, Program Director Martha Twombly and the Trustees serving in these past years, the progress made toward our mission and goals of conserving and protecting the lake and watershed has been amazing.

We're particularly excited by the progress shown so far on the Watershed Master Plan and the promise for renewed energy from the Land and Watershed Committee thanks to Martha's initiatives.

Work on a brand-new membership brochure has been completed and we're very pleased with the success of recent efforts to increase membership, recognizing the importance of growth to the vitality of our organization.

While welcoming four brand-new Trustees to the Board, I'd like to thank all of our current Trustees for their tireless efforts and dedication as well as extend appreciation to long time Trustee Ron Olson who retired from the Board this summer.

— Don Martin, President



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

NLRA Officers and Executive Committee Members:

Don Martin, *President*; Victor Field, *Vice-President*; Ken Weidman, *Treasurer*; Helga Stamp, *Secretary*; Trustees: Pete Carey, Dave Carlson, Jan Collins, Bill Fay, Kathi Lovett, Noah Munro, Greg Wagner
Staff: Boyd Smith, *Executive Director*; Martha Twombly, *Program Director*

NEWFOUND LAKE REGION ASSOCIATION

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NATURALLY NEWFOUND FAIR

The beautiful, pastoral setting of Audubon's Ash Cottage overlooking the Hebron Marsh was the site of the 2008 Naturally Newfound Fair. This year the NLRA partnered with Les Dion of the Tapply-Thompson Community Center, and Beth Colby of the Slim Baker Foundation to expand the activities offered at the fair, and to involve more of the local communities. Co-sponsors also included Piche's Tents, Camp Wicosuta, Bristol Rotary and the Bristol Lyons Club.



Local crafters at the the Naturally Newfound Fair

The annual Naturally Newfound Fair is a long-standing event that brings our watershed communities together to celebrate our beautiful region. It's a fun-filled day full of activities and demonstrations for all ages to learn about how important our natural resources are to our families, businesses and overall community character. It's also a day to see how many talented crafters we have in our midst, and to meet many experts who teach us resource-friendly practices that preserve the high quality of our water, wildlife, forest, and historic resources.

The open fields of the Audubon property provided plenty of space for numerous local crafters, demonstrations, and environmental organization's displays.

Event Partners:

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

Sponsors:

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

Alongside NLRA Program and Watershed Master Plan displays, exhibitors included: the Newfound Tracking Team, Society for the Protection of NH Forests, Trout Unlimited, the Master Gardeners, Circle Program, White Mountain Exploration (EMS), NH Lakes Association, NH Dept. of Environmental Services, NH Audubon, D Acres Sustainability Center, Pew Environment Group, Plymouth Area Renewable Energy Initiative/Local Foods, Appalachian Mountain Club, Green Lawns/Northeast Organic Farmers Association, Newfound Woodworks, and the Squam Lakes Science Center. Joe Cramer offered fly-tying demonstrations, Todd Smith of Trout Unlimited gave fly casting demos, and Mike Hamel spun llama wool, to be made into wool hats and scarves.

A wonderful new feature of the fair was live animals: Llamas from the Hamel Fiber Farm in Groton, and sheep from Pike



Hats made from Mike Hamel's spun llama wool.

Hill Farm in Holderness. "Biff" Wisner of Hebron also brought his horse and exquisite, antique carriages. One of the most popular new activities was Dave Sharp's wagon rides around the lower Audubon field to the Cockermouth River with his two Belgian work horses. Along the way were interactive exhibits: the "Talking Trees" and an "Un-nature Tour" by students from the Tapply Thompson Community Center to educate participants about ecology.

Facepainting was only one of numerous activities for kids. Kids of all ages could help paint a mural of two loons

Continued on next page



Sheep from the Pike Hill Farm in Holderness; Llamas – Hamel Fiber Farm, Groton

Thanks for YOUR Creative Funding Ideas!

Gene Bank of Newfound Photography donates 50% of the proceeds from sales of his photographs and photo products coming to him via links on the NLRA website. Check it out: www.newfoundlake.org/photogallery.html.



Another painless way you can contribute to the NLRA is by logging onto the internet search engine “Good Search.” Then, every time you perform a search via Good Search, a small contribution will be made to the NLRA.



FROM THE EXECUTIVE DIRECTOR Continued from p. 1 650 strong, an increase of 225 families since early 2006. Our “stretch” goal is to have 1,000 members by the end of 2010. As the NLRA exists to serve our Newfound community, a growing and unified membership gives us a stronger voice in decisions that affect all of our futures.

We hope that you enjoy this issue of The Monitor. There is so much going on, and so much to do that there is not room for all the news in this simple publication. Please visit us at our Web site (www.newfoundlake.org) or give us a call at 603-744-8689 to share your concerns and ideas about how we can work together to protect this beautiful part of the world for ourselves and future generations.

See you around the watershed!

—Boyd Smith, Director

Garlyn and Paul Mangianello of **Basic Ingredients Bakery and Gift Shop** in Bridgewater are supporting the NLRA through the sale of very popular “Newfound Lake” aluminum drinking water bottles. 42% of the proceeds are donated to the NLRA.



Longtime member, volunteer, and artist **Ellie Lonske** of Hebron has produced four color postcards from her watercolors of Hebron and Newfound Lake scenes. For every postcard the NLRA earns 25 cents! You can purchase these cards at our office or online for 50 cents each!

Noah Munro, co-owner and manager of **The Mill Ice Cream and Fudge Factory** in Bristol, has created a new flavor to celebrate Newfound Lake “S’mores Shores.” Noah reports that, “S’more Shores was a huge hit - with many people coming in just to buy that flavor! Definitely one the most popular flavors of the summer.” Over \$400 has been donated to the NLRA already!

NATURALLY NEWFOUND FAIR Continued from p. 3 with artist Karen Bush. There were “fish-print” T-shirts to be made, and there were ongoing crafts to create.

Several food vendors cooked up delicious offerings including: Hebron Village Store’s pulled pork sandwiches, hotdogs and chili from the Inn on Newfound, desserts by the Hebron Area Women’s Group, ice cream and fudge from The Mill, and lots of fresh spring water from the NLRA.

There was something for everyone at the fair, and families stayed for hours to enjoy all the activities. Participants liked the new date too – it was moved from the traditional Memorial Day weekend in the past to a later weekend in June, when more folks are around to join in the celebration of the pristine Newfound Lake region. So mark your calendar NOW for June 27, 2009 to save the date! Same time, same place.

Volunteers — A Most Valuable Resource!

We have over 80 active volunteers who keep ALL our programs and events cooking! These include: Lake Hosts, Lake Monitors, Stream Monitors, Watershed Master Plan steering committee members, Naturally Newfound Fair committee, Weed Watchers, Floating Classroom captains, Newfound Tracking Team members, Purple Loosestrife “Busters”, Adopt-A-Highway pick-uppers, our fund-raising and investment committees, and last but NOT least, our fantastic Board of Trustees. Wow!

Special appreciation goes to Helga Stamp, who has volunteered over 60 hours this summer as a Lake Host at the Wellington State Park boat launch, representing about \$1200 in matching funds. Helga also offers countless hours at all NLRA events, and serves as NLRA Board of Trustees Secretary. Helga also volunteers for the Belknap Mill Society at the Historic Belknap Mill in Laconia, serving as “Program Coordinator and Lead Volunteer” of the 4th grade school program in the spring, and is an accomplished artist.



Helga Stamp



“Captain” and Naturalist Glen Copatch introduces students to protozoa and critters of the Hebron Marsh, on the Floating Classroom. Photo by Alicia Copatch

Floating Classroom Sails all Summer

“Captain” Glen Copatch, science and industrial arts teacher at the Interlakes High School and Master’s student at Plymouth State University, and his daughter Alicia, Lake Host-in-training, piloted more than 80 visitors out onto the lake to learn about geology, watershed concepts, lake and marsh ecology, and to participate in hands-on water quality monitoring activities. “It was very encouraging to see folks so interested in learning about environmental issues,” said Glen, “I hope that interest continues for next year.” Alicia was very excited to be applying skills she has learned in her science classes. Special thanks to the Inn on Newfound for allowing us to use their dock on Pasquaney Bay for easy access to the Floating Classroom.

“Adopt-A-Highway” for a Clean and Scenic Newfound Lake Experience

Our members take pride in our region – and to prove it just come see how clean the roadways are becoming! Thanks to our new volunteer “trash collectors” who help keep our area clean and pristine! We welcome more volunteers to police their neighborhoods as they are out on regular walks.

Welcome new Adopt-A-Highway volunteers for Rte. 3A: Bob and Sue Martens, George Carr, Bob Felder, Don Estes and Steve McMahon.



Programs

Thank You, 2008 Volunteers

Tributary Monitors

Bill and Joan Bell
Kate Barrett
Linda Walsh
Betsy & Phil Twombly
Melinda Ryder
Joe Allison
Bob Twombly
Suzanne Smith
Ralph Donahue
Boyd Smith
Martha Twombly

Lake Hosts

Helga Stamp
Ann Brittelli
Ron Olson
Ed Weber
George Carr
Jeff Hillier
Jack Weir
Ken Dearborn
Gail Casey
Sue Bickford
Glen and Alicia Copatch
Kitty Koch

Lake Monitors

Bill Fay, Chair
Ralph Donahue
Nancy Dineen
Ron West
Dick Beyer
Lyn Eggsgard

Weed Watchers

Herb D'Arcy, Chair
Suzanne Smith
Ron Olson
Jeff Hillier
Bill Fay
Martha Twombly
Vicki D'Allesandro
Inge Eddy
Jack Weir
Pete and Karen Carey
Kitty Koch
Kate Barrett
Nadine Hession
Cindy Williams
Margaret DeCotis
Judy Grimes
Jan & Ron Collins

Floating Classroom

Bill Fay
Bob Felder
Alicia Copatch

Newfound Trackers

Martha Twombly
Linda Walsh
Monica Raymond
Suzanne Smith
John Lloyd
Karen Carey
Roger Larochelle
Mitch Manseau
Denyce Gagne
Janet Dearborn
Kay Hanson

Sue Weidman
Carolyn Sharp
Lea Stewart
Ron West
Jenny Tuthill
Ann Giles
Dave Settele

Naturally Newfound Fair

Victor Field
Mark Coulson
Mark Dionne
Everett Begor
Bill & Jeanette Fay
Nancy Howard
Jan & Ron Collins
Pete & Karen Carey
Karen Boyd
Liz Hawkins
Helga & Max Stamp
Bob & Marsha Felder
Ellie Lonsky
Bette Gibson
Nadine & Mark Hession
Phil & Betsy Twombly
Vicki D'Allesandro
Jack Weir
Brenda & John Ackerman
Lee & Polly Alexander
Carol Heuser
Linda Walsh
Doug & Ralph McQuilken
Roger & Jen Larochelle
Monica Raymond
Nancy & Hugh Sycamore
Camp Onaway Counselors

Adopt-A-Highway

Greg Wagner
Karen Boyd
George Carr
Kate Barrett
Ed and Marion Weber
Dick Cowern
Martha Twombly
Jeff Hillier
Karen and Pete Carey
Linda Walsh
Ellie Lonsky
Bob Martens
Bob Felder
Steve McMahon
Don Estes
Bill and Willa Lucarelli

WMP Steering Committee

Dan Paradis
Chuck Beno
George Frame
Milt Radimer
Heidi and Don Milbrand
Slim Spafford
Janet Towse
Sherry Nelson
Kathi Lovett
Cindy Williams
Bruce Barnard
Richard and Jo O'Connor
Noah Munro
Jack and Val Scarborough



Ann Brittelli, Helga Stamp, Chris Koch and George Carr. Not shown are: Melissa MacDonald, Kevin Arnold, Ken Dearborn, Ed Weber, Ron Olson, Jack Weir, Gail Casey, and Susan Bickford.

Lake Hosts Save the Day!

Thanks to our paid and volunteer Lake Hosts for teaching the boating public how to inspect and remove all plant materials from boats entering a body of water – especially Newfound Lake. We had one confirmed “save”, when host Melissa MacDonald sent a jet-skier back to the parking lot to remove many strands of invasive milfoil from his craft before she would allow him to launch! This was the only confirmed “save” we had on Newfound Lake, but each year more NH lakes become infested with invasives, so the threat is still high!

The Lake Host program is funded by a grant from the NH Lakes Association, and supported by NLRA volunteers. As outside funding continues to dwindle for this important program, we are exploring new ways to best protect Newfound Lake from the scourge of milfoil and other exotic weeds.

We are looking for more volunteer Lake Hosts for 2009, so please let us know if you're interested in learning more!

Thank you to all of our Volunteers for a myriad of activities! Apologies if we've missed anyone! Please contact us if you're interested in learning more about our programs and volunteer opportunities.

Programs

Purple Loosestrife – The “Marsh Monster”

We do have one invasive aquatic plant beginning to spread around Newfound Lake. Purple loosestrife is a lovely, tall, pink/purple flowering plant now spreading along local roadsides and wetlands in our midst!

Purple loosestrife thrives in wet soils – and will quickly take over – choking out

native plants and eliminating the natural ecosystem. Invasive plants destroy fish and wildlife habitat, clog streams, block flood control capabilities, and can potentially stop recreation such as swimming, fishing and boating – not to mention reducing property values!

Each plant can produce 2-3 million seeds, so mowing roadsides can make the problem worse.

This year, the NLRA sponsored a pilot program to purchase *Galerucella* beetles from the New Jersey Department of Agriculture “beneficial insect” lab, which has many years of experience with beetles that feed only on purple loosestrife leaves, roots and seeds. The beetles were released in the Follansbee Cove wetland in June, one of two small wetlands along West Shore Road infested with loosestrife. Results are being monitored, as it often takes several years to eliminate an infestation. Individual plants found along roadsides can also be removed manually, so the NLRA is teaching proper techniques to our local conservation commissions.



Kate Barrett, Alexandria Conservation Commission, Arthur Cummings, Hebron Conservation Commission, and Martha Twombly, NLRA Program Director and Chair of the Hebron Conservation Commission release *Galerucella* beetles on an 1/6 acre infestation of purple loosestrife on West Shore Road in Alexandria.



Volunteer Cacia McClain carefully removes flowers of a purple loosestrife plant – these may contain up to 3 million seeds – and then will completely dig out the roots, to prevent the spread of this invasive weed.

Newfound Wildlife Trackers

The Newfound Trackers have held monthly meetings this summer in combination work-session / potluck-dinner format, to continue honing their technical skills, and be sure to have fun at the same time. Meeting dates are posted on the website (www.newfoundlake.org/programs/wildlifetrackingteam.html), and anyone interested is welcome to join in. Fall activities will focus on establishing transects around the watershed and designing a data collection protocol for the winter tracking months. The Team will also be offering presentations for town Conservation Commissions throughout the watershed (and others by request!).

Members include:

Alexandria: Monica Raymond, Carolyn Sharp and Jenny Tuthill; *Bridgewater:* Sue Weidman, Mitch Manseau, and Ann Giles; *Campton:* Lea Stewart; *Danbury:* Denyce Gagne; *Plymouth:* Linda Walsh and Janet Dearborn; *Hebron:* Roger Larochele, Karen Carey, Suzanne Smith, John Lloyd, Ron West, Dave Settele, and Martha Twombly; *Holderness:* Kay Hanson.



Tracking team members find bear claw and “scent” marks on a telephone pole.

Around the Lake

Annual Meeting – A Memorable Afternoon of Friendship and Facts

On July 19 roughly 60 members and friends traded their precious Newfound time for an afternoon of NLRA business, pot-luck food and mid-project reports on the progress of the Watershed Master Plan. We welcomed new Trustees Ken Weidman, Kathi Lovett and Noah Munro, and elected a slate of officers that included Don Martin (President), Victor Field (Vice President), Ken Weidman (Treasurer), Helga Stamp (Secretary) and Pete Carey (Member-at-large).

The Watershed Master Plan presenters summarized the results of the recent community survey, demographic and local master plan analysis, tributary and lake monitoring and outreach to the local communities. A real eye-popper was the news that, as a Class A water body, addition of anything other than “naturally occurring” phosphorus to Newfound Lake is prohibited. The implications of this policy are being actively explored by the project team as well as at the State level.

In spite of a full afternoon of presentations and socializing, the astute and energetic audience remained for nearly an hour past quitting time to ask questions of the presenters and discuss their concerns and ideas about protecting the beauty of our local land and water. It was a stimulating and rewarding event that we look forward to building on for 2009.



NLRA Trustees (L to R): Ken Weidman, Treasurer; Noah Munro; Don Martin, Chair; Bill Fay, Programs; Helga Stamp, Secretary; Pete Carey; Victor Field, Vice-President; not shown: Greg Wagner, Kathi Lovett, Jan Collins.



NLRA Annual Board Meeting

Bristol Charette – Designing the Future

On September 19 our Executive Director attended a design charette hosted by the Town of Bristol and facilitated by a team of experts from Plan New Hampshire. The charette was a fast-paced public brain storming session that focused on how to improve Bristol's Central Square and capitalize on the amazing beauty of the Newfound River. There was a general consensus that Central Square needs traffic management to improve pedestrian access and safety. The potential exists to develop paths that connect the down town area with the federal lands along the Pemigewasset River, including the park at Profile Falls. The concept of “eco-tourism” as a mainstay of our local economy was discussed by the audience and enthusiastically supported by the design team. Recommendations and sketches should be provided to the Town of Bristol by the end of October, including both “easy fixes” and more long-term projects.

Around the Lake

Bristol Dam – Going, going...

The so-called Upper Dam is finally meeting its fate, decreed by the State and those liable for its removal. In late September crews began removing the dam and reconstructing the Newfound River channel. The goal is to return the river to its pre-impoundment conditions, with the bulk of the construction work taking place this fall, and wetlands planting and monitoring over the next few years. Of course Mother Nature will have plenty to add to the course of events. We'll miss the pond and its heron-like fly fisherman, but hope for a return to prime salmonid habitat as the river becomes settled in its new bed.



Photo by Joe Denning

Land Conservation Partnership Initiative

Program Director Martha Twombly convened two "Land Conservation Roundtable" discussions with local business experts, land conservation advocates, NLRA members, and representatives of several lakes region land trusts, to brainstorm ways to increase the pace of land conservation in the Cardigan–Newfound region.

The Newfound Lake watershed is still a pristine place, predominantly due to its large tracts of forested "open" space. Forests provide superlative wildlife habitat, and they absorb and cleanse water as it cycles from the atmosphere, passing through streams and groundwater, into our aquifers and the lake. Our lands are where we hike, hunt, ski, snowmobile, enjoy the outdoors, and also provide jobs for our forest industries and farms. Conserving land is one of the best ways to protect the character of the region, to preserve our pristine water quality, to sustain our economy and renew our sense of place.

These roundtables resulted in the creation of a "task force" to develop a proposal for a collaborative working partnership between the Land and Watershed Committee of the NLRA, the Society for the Protection of New Hampshire Forests, the Lakes Region Conservation Trust, and others. The Task Force will develop guiding principles, proposed governance, roles and responsibilities, budgets, and funding. "Having a local group focused on land conservation in the Newfound area will help assess and prioritize potential conservation projects, and provide a local resource center for landowners and towns," Martha says. "The NLRA is currently mapping water resources with assistance from the Forest Society and NH DES grant funding, and we're already beginning to identify valuable wildlife habitats with our tracking team and data from the NH Fish and Game Department's Wildlife Action Plan."

Members of the Land Conservation Task Force currently include Pete Carey, Dick Beyer, Don Berry (LRCT), Mark Coulson, Roger Larochelle, Dijit Taylor (Forest Society), Analeyah North, Irene Garvey, Jenn Larochelle, Vin Broderick, and Martha Twombly.

STORM WATER

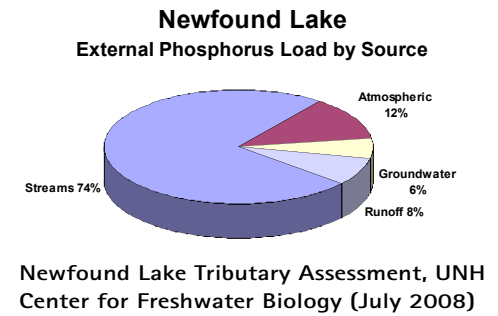
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extremely vulnerable to erosion caused by intense rainfall. When soil is washed away, we not only lose this precious resource but it eventually ends up in our rivers, wetlands and the lake.

Storm water contaminants are the biggest threat to our water quality. It is during storm events that the majority of sediments and contaminants enter our rivers and lakes. For example, during dry conditions in 2008 turbidity (suspended solids), e-coli (fecal materials) and phos-

phorous discharging from culverts to the Avery-Crouse beach were all very low: approximately 10 gallons per minute flow, 5 NTU turbidity (< 10 NTU is very clear), 40 counts / 100 milliliters e-coli and 0.05 parts per billion (ppb) phosphorus. During a heavy rainstorm on July 24th these amounts increased 50 to 100-fold or more.

The e-coli standard for a public beach is 88. In addition, the phosphorous standard for Newfound Lake, a State-defined Class A water body, is roughly 4 ppb, based on ten years of sampling by UNH scientists and NLRA volunteers. Exceeding the e-coli standard leads to increased health risks and beach closings, while exceeding the Class A standard for phosphorus may result in the State reclassifying Newfound Lake as "impaired". Both of these undesirable outcomes are a far cry from the high water quality standards we take for granted. We face a potential water quality emergency that



requires early, preventive action.

The Newfound Lake Region Association is working with watershed towns and our technical partners to reduce storm water impacts. We have met with local NH Department of Transportation leaders to discuss their storm water issues, Best Management Practices (BMPs) and collaborative efforts. We co-sponsored a public workshop with the NH Timberland Owners Association to educate the public about many aspects of forestry, including storm water BMPs, and are working with the Town of Bristol and local residents to reduce storm water impacts on steep slopes and at the Avery-Crouse beach. In addition, we are seeking funding to prepare and distribute a storm water information and action brochure to all the watershed communities.

Storm water management is complicated, simply because one of the best cures is to disperse storm water over a larger area to reduce its velocity, which directly affects how much sediment and debris are loosened and transported. Dispersing heavy rains requires more undisturbed land to absorb the water, rather than impervious surfaces such as roads, lawns and buildings that concentrate the flow into smaller areas with higher velocities. As our land becomes more developed we must do so in a way that slows the flow and increases absorption into the ground, so that storm water runoff is no longer a sediment super highway threatening the water quality we all prize so highly.

Tributary Monitoring Update

We've been watching phosphorus since 1992 as it is the primary cause of increased plant growth and algae in fresh water bodies. Phosphorous is naturally occurring in soils, but it is also found in commercial detergents and fertilizers. So, runoff from soil erosion, lawns and stormwater carries phosphorous directly into Newfound Lake. This summer's violent storm events have been of particular concern, as they cause increased velocity and scouring of stream, ground surface and roadway runoff in our very steep watershed.

One of the goals of the Tributary Monitoring program is to identify sources of damaging runoff, and to respond more quickly in finding solutions. A full report can be found on our website (under Watershed Master Plan).

This intensive water quality monitoring project is complimentary to the larger watershed master planning initiative to help educate our watershed towns to work toward informed land-use planning decisions and best management practices that will keep this area pristine for all residents, visitors, and future generations. The NLRA will be offering a series of educational workshops directed at helping local municipalities implement measures that protect natural resources and more specifically, protect water quality.



Volunteer Joe Allison samples water quality in the Whittemore Brook.

Membership

The Newfound Lake Region Association is grateful to all our members for your critical support – without you, we would not be able to be your full-time “water watchdogs”!

Our 2008 membership drive included renewal requests to current members, outreach to former members, and invitations to not-yet members that own moorings or lake front property. As many of you probably noticed, our format was much more direct and urgent in tone than in years past. This is because time is precious, our land and water are potentially at risk, and our mission to protect the Newfound Region is critical. While we will continue to craft our outreach message, you will be pleased to know that we added nearly 100 new members in 2008!

For the NLRA to be an even more effective advocate for environmental stewardship we need to enlist more support from the roughly 5,000 watershed residents and its 10,000 annual visitors. A large and diverse membership increases our voice and credibility in local planning and policy decisions and provides a broader base to ensure the organization’s financial stability. As a critical first step, we have set a goal of reaching the 1,000-member mark by the end of 2010.

We can meet this important goal with your help. Simply find a friend who also loves the Newfound Region, tell them about our shared vision for protecting the long-term beauty of the Newfound area, and encourage them to join the NLRA at the Family level (\$50) or higher.

We are fast approaching the beginning of the 2008 Annual Fund campaign. This effort, which is critical to our ability to serve the Newfound Region, supplements our membership drive. Essentially, the NLRA requests member support twice a year, in the Spring and Fall. Your gifts

typically provide more than 80% of operating revenue, and the organization would not exist without your generosity.

While economic times are tough, we hope that you will see your support of the NLRA as one of the few good investments left. Our work protects your Newfound experience, and property values, for the future. Please look for our Annual Fund outreach in the coming weeks, and support our programs and conservation efforts at your highest possible level.

Thanks again for all that you do as a member of the NLRA. Gifts of “time, talent and treasure” are what make our work possible, and working together towards a common goal is a great feeling!



UNH students assist Bob Craycraft in sediment sampling on Newfound Lake.



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

You can join on line at www.newfoundlake.org!

Piche's Contributes Tent to Newfound Fair

Piche's Ski & Sport of Gilford, NH contributed over \$1,000 by greatly reducing our price for the use of their large tent at the June 2008 Naturally Newfound Fair. The balance of the cost was offset by gifts from the **Bristol Rotary and Lions Clubs**. Thanks to the generosity of these businesses, we were prepared for the weather – always a big deal at a major outdoor event!



Volunteers investigate shallower waters for weeds.



Founders Award

Dubbed the "Power Couple" by retiring NLRA President Victor Field, Phil and Betsy Twombly of Hebron were honored for their many years of service and leadership in the Newfound Lake Region Association. Their contributions began during the start-up of the organization, and included tenure on the Board of Trustees, involvement in many sub-committees, ongoing volunteerism, and Betsy's initiation of the Naturally Newfound Fair (Ann Giles provided the name). Today they are still active, as members of the Tributary Monitoring program, and assisting at every event and workshop. The award is presented by their daughter, Martha, NLRA's Program Director.

Printed on recycled paper.

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

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