

The Watershed News

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Summer 2018

A Quarterly Publication for the Ossipee Watershed Published by the Green Mountain Conservation Group

Celebrate the opening of BLUE HERON HOUSE on JULY 21

By Moselle Spiller,
Outreach Coordinator

GMCG's early housing beginnings started in a farm house kitchen, then the attic of the Freedom Village Store, and most recently in a tiny 3 room house on Huntress Bridge Road. For the last four years Executive Director Blair Folts and dedicated volunteers have been renovating this new home—Blue Heron House (BHH) at the Patricia & Charles H. Watts II Conservation Center.

Please join us on Saturday July 21 from 5-9pm to celebrate this milestone.

Ribbon cutting will take place at 5:15pm. Dr. Rick Van de Poll will lead a walk around the vernal pool at 5:30 followed by his presentation on riparian habitat at 6pm in the new Community Room. Bring a favorite dish to the potluck and enjoy live music by the Huntress Bridge Band. FMI visit gmcg.org

As I only started working at GMCG in January 2018 I was unfamiliar with the history of the new "home." Recently, I interviewed Blair and this is what I learned about Blue Heron House.

Moselle: How did the BHH come to be?

Blair: For a decade we have struggled with a crowded work space and have tried to accommodate summer interns, staff and volunteers in our humble office. In 2011, we created a building committee to plan for a small addition. At that time we also were gifted a bequest by Effingham residents, Jackie and Larry Levitt. Larry was our first water quality volunteer. Discussions and planning continued but no real action until 2014 when Brian Taylor called to alert us that the property next door on the Ossipee River was coming up for sale at auction. It was being taken by the town for tax purposes. At that point it was only 4 days to the auction. GMCG supporters, Little Royal Family Foundation, approached us, and offered to fund the purchase of the property and then gift it to GMCG. We



PLEASE ! We need volunteer help!
Join us Wednesdays in July from 4-6.

were all very excited about this opportunity especially since it was adjacent to our office and on the river.

Shortly after the auction, I approached Patricia Watts about the new proposal. As reported in previous newsletters, GMCG members will remember that she and her late husband Charlie were mentors to me when I was forming the organization. I wanted her blessing and support on this new building. Not only did she agree to the naming of the site, the Patricia and Charles Watts II Conservation Center, but she also was one of the lead supporters.

M: When did work on BHH start?

B: June 2014— we spent that summer cleaning and gutting the house.

M: The bigger space really opens the possibilities for programs. What were some of the significant expansions?

B: The two most exciting expansions are the new Community Room and the Larry and Jackie Leavitt Water Resource Center. Renovation included turning the two car garage into a Community Room. It has a kitchen, a handicapped bathroom, a presentation space that opens out onto a patio and looks out to the vernal pool. It is also going to be open to the public to rent.

Also, the addition included space for water quality work and the acidification of samples. WQM volunteers know that in the past we had to do our "lab work" in what was fondly called "the Bat Cave" — the shed out back.

M: BHH is a multi-functional space with offices, library, class room, what else?

B: There is also a gorgeous room next to the Water Quality Center that is part of the porch. It overlooks the Ossipee River. We plan to always have it open so folks can stop and have a sit in one of the rocking chairs and just take a moment to reflect on the importance of our shared water resources. Upstairs there is also the Glad and Stan Brown Natural Resource Library which overlooks the new pond. It too is a public space that we hope will be used.

M: Outside the BHH boasts trails, outdoor amphitheater, river access, and of course the vernal pool! Can you tell us more about the vernal pool?

B: When we took over the property, behind the house were trees and debris that had been dumped into the swampy area. We met with wetland scientist Dr. Rick Van de Poll and he initiated this "vernal pool enhancement project" and helped facilitate permits from Army Corps of Engineers and NH DES. Bill Huckins, a site designer, who was instrumental in creating most of the displays at the Squam Lakes Science Center, met with Rick and together they created a plan. It was an incredible process to witness as it looked so destructive in the beginning but has turned into an major wildlife spot. During the excavation process we found three ground water springs and what was to be a vernal pool is now a little pond. The property is unique as it supports several different riparian habitats.

M: What do you picture in 10 years?

B: GMCG will be leading the way in regional water quality research. There will be opportunities to track water quality changes right here where the entire Watershed's waters exit NH into Maine. The organization will grow to host a staff person for each aspect of the mission-- research, education, advocacy and land conservation. And, I can see summer interns loving the chance to work and live right on the river.

The Watershed News

The Watershed News is a quarterly publication of the Green Mountain Conservation Group, a non-profit, 501(c)3, charitable organization established in 1997 and dedicated to the preservation of the natural resources in the Ossipee Watershed. The towns of Eaton, Effingham, Freedom, Madison, Ossipee, Sandwich and Tamworth make up the boundaries of the Ossipee Watershed. This watershed includes one of the largest and deepest stratified drift aquifers in New Hampshire. GMCG also partners across the Maine border into Parsonsfield and beyond. Water does not have any political boundaries.

GMCG's purpose is twofold:

1. To provide an organizational structure for a coalition of citizens and local officials interested in identifying sensitive areas within the Watershed in need of protection;
2. To offer public educational events about conservation issues and possible solutions regarding the preservation of unique natural resources.

Through research, education, advocacy and land conservation we strive to promote an awareness and appreciation of our watershed's natural resources and encourage a commitment to protect them.

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 Education: Karen Deighan
 Outreach: Moselle Spiller
 Water: Jill Emerson

GMCG Membership Program

***What are you waiting for?!
 Offer the membership gift to a
 friend, family or neighbor.***

In an effort to raise awareness about protecting the Ossipee Watershed and to develop alliances with local businesses, Green Mountain Conservation Group has launched a new initiative this year. If you become a GMCG member at the \$25-minimum amount, you will receive a membership card that offers discounts or gifts from local businesses and artists who have joined the initiative. Some members have already benefited from this initiative, but for those who haven't, here is how it works: Members who shop at Farm to Table Market in Center Ossipee, for example, and spend more than \$25, only need to show their membership card to receive a one-time free pint of ice cream. Or if members go to Tuckerman Brewing Company, they can get \$2 off a Flight of 4 Beer Samples. And these are just a few examples. For a list of all our local partners who are participating in this initiative, please go to <http://www.gmcg.org/membership/our-partners/>. You might discover some really great local businesses and artists. I know I did thanks to my new membership card.

What is great too is that you can conveniently sign up the person of your choice for this membership and give them a gift that is worth well over \$100 in rewards.

At the same time, you will help them discover new local businesses and artists and help GMCG in our efforts to advocate for the protection of shared resources. So, you really can't go wrong with our membership gift.

Oh and did I mentioned that as a dues paying member in 2018, you will also receive 10% off GMCG products too (T-shirts, water bottles etc.)! So... what are you waiting for? Sign up right now. You can even do it online at: <http://www.gmcg.org/membership/join-us/>

To sum up, by becoming a Green Mountain Conservation Group member or offering this membership gift to someone you care for, you or they will get some discount and free products and also support local businesses and artists. What is not to like? We can't wait to hear from you and see what you think of our new initiative. Feel free to share your experience with us by tagging us on Facebook or Twitter or by just stopping by in person.

*Emilie Talpin is Ossipee Representative
 on the GMCG Board of Directors*



Simply show your card to participating businesses to redeem your benefits! FMI see page 7.

Conservation Conversations

Editors Note: *Conservation Commissions across the Ossipee Watershed care about natural resources. Please read to keep updated on their happenings.*

Ossipee

The Ossipee Conservation Commission continues their stewardship requirements for conservation land by performing annual observations of several larger conservation parcels. They continue to acquire conservation land signage & expect to install the first sign sometime this summer.

Eaton

The Eaton Conservation Commission continues efforts to control weeds in their blueberry fields. They have plans to create a wetlands inventory for the town. An Upper Saco Valley Land Trust meeting was held at the Eaton Town Hall to share their findings on water quality in Saco watershed.

Saturday, July 21st at 9am, Amy Smagula from DES is giving a

presentation and training on Aquatic Invasive Species in NH waterbodies in the gymnasium at the Conway Rec Center. Amy will give a 45 minute presentation, then look at actual plant specimens. Kits containing all you need to test your own lake or pond will be available to participants. Rsvp to Marnie Cobbs, call 447-3877 or write to marniecobbsnh@gmail.com

Sandwich

The Sandwich Conservation Commission welcomes back Adam Weeks and Emma Bickford for their 2nd year as Director and Assistant Director of the Five Days of Sandwich Summer camp program. New activities include programs about water clarity and kayaking, thanks to a generous partnering with the Squam Lakes Association, which will provide boats and snorkeling gear. This program for children of Sandwich property owners runs for three one-week sessions, beginning on July 2 and ending July 20.

Children learn about Sandwich history, sustainable use of local resources, water safety, and trail craft. Activities are physically stimulating, challenging, and fun! Registration for children ages 7 to 14 is through the Sandwich Selectmen's Office. Contact Catherine Graham 284-7701 or tos@cyberpine.net

Tamworth

The Tamworth Conservation Commission will sponsor Summer camps for three Tamworth students; two will attend Tin Mountain and one will go to Barry Conservation camp. The Commission is also offering outdoor opportunities for all ages.

The Vernal Pool Walk on April 21st was very well attended. This was followed by a wildflower walk with Barbara Bald in South Tamworth on June 12.

Eric Milligan of the New Hampshire Mushroom Company will give a presentation on mushrooms at the library on June 27th at 7pm.

Pancakes and Planning Help form OAAC

By Karen Deighan

The Ossipee Aquifer Advisory Committee (OAAC) and Green Mountain Conservation Group (GMC) hosted a community pancake breakfast on May 5th. The breakfast was free and open to the public. It featured homemade pancakes cooked and served by OAAC members Kit Morgan, Rich Fahey, and Tim Otterbach.

Hollowdale Farms donated homemade butter and local maple syrup.

The purpose of the breakfast was to bring stakeholders from the seven towns in the Ossipee Watershed together to discuss ways to plan for growth that will also protect the Ossipee Aquifer, maintain our quality of life, and foster economic development.

Dr. Robert Newton (Geologist, Smith College) spoke on the Ossipee Aquifer and the importance of creating an aquifer advisory committee that would be responsible for reviewing large scale developments that could impact the Aquifer. He shared details and welcomed questions from the audience regarding an exemplar aquifer advisory committee- the

Barnes Aquifer Protection Advisory Committee (BAPAC) that he has been involved with for over twenty years. BAPAC is a coalition of 4 communities working together to protect their aquifer in Western Massachusetts.

The meeting was facilitated by Steve Whitman from Resilience Planning & Design, LLC. He led the following roundtable discussions: community planning, coordinating efforts across town borders, and how to consider water resources and water quality when looking at development. Participants were engaged in a lively discussion. As a result, attendees were in agreement of the importance of establishing an advisory committee for aquifer protection. They also expressed that communicating between communities is vital. OAAC will continue their work with monthly meetings. One suggestion presented was to invite planning boards to host meetings with multiple towns on water protection.

The OAAC is looking for interested people to be part of the committee. Please contact GMC if you would like to be involved. 539-1859.



Steven Whitman facilitated a discussion about resilience planning.



Robert Newton presented on the unique geology of the Ossipee

Jill Emerson joins GMCG as new Water Quality Coordinator

Hi there! My name is Jill Emerson, and I'm looking forward to joining the GMCG family this June as the Water Quality Coordinator. I'm coming from Dartmouth College where I studied circadian rhythms, or body clocks, in a fungal species for the past 9 years. And if you think you've never heard of circadian rhythms: I promise you, you have! But I have to tell you, for a girl who has spent the last nine years studying clocks, I'm terrible at keeping track of the time.

Fortunately for me, while I'm a mini disaster at time keeping, my body is not. Many different organisms, including plants, animals, fungi, and even some bacteria, all have an internal clock they follow known as a circadian rhythm. This core clock is responsible for turning on and shutting off certain genes over a roughly 24-hour period. Circadian rhythms regulate the day/night cycle of the body and are responsible for physiological and behavioral changes that happen throughout the day. Luckily for me, it's a process that runs constantly in the background of our bodies and one you usually don't have to pay any attention to it.

A circadian clock, by definition, must meet two criteria. The first is being regulatable by its environment – mainly light. In a nutshell, the eye is responsible for setting the circadian rhythm of a person by sending signals to the

hypothalamus, which cascades down to cells in the rest of your body. This cascade takes time, however, which is why when we travel outside of our normal time zones or experience Daylight Savings time we feel more tired than usual. The light cues our bodies are receiving in our new environment are no longer in sync with the circadian clock our body has developed from our previous time zone. Fortunately, our bodies are able to adjust to a new time in about a day or two; you just need to wait for all of your cells to get aligned back to normal.

The second thing that makes a clock a clock is that when kept in constant conditions (so no light changes), it will still turn genes on and off at regular intervals. In this type of environment, our clock is considered "free-running". So even without light and temperature changes to guide our clocks, our bodies will more or less stay on a 24-hour cycle. This is because clocks can anticipate when an event is supposed to occur (like breakfast), even if outside factors like light and temperature are not present.

Clocks work great, until we mess with them. Staying up too late or waking up too early will disrupt your normal clock rhythms. Certain medications or compounds (hello, caffeine!) can also affect circadian rhythms. Our bodies have had millions of years to develop a routine and, much like a toddler, they want to stick

to it! But when we do things like work late night shifts or travel 3000 miles in a day, we are actively fighting with our set clocks. And long term effects of fighting with our clocks can lead to things like obesity, depression, and even heart disease. It's best if we can keep the same sleep/wake routine every day, which admittedly is easier said than done. I mean, who doesn't want to sleep in on a Saturday?

Our circadian rhythms control so much of our lives. From waking up to falling asleep and many of the things in between are a direct result of our master clock. And it's a good thing that it's keeping track of our lives as well as it does because it allows us to function normally. As they say: in life, timing is truly everything.



Jill, in hazmat attire above, will be designing the new WQ lab.

Summer Programming Debuts at Blue Heron House

The first several Summer events have already taken place on the new property. On June 4th Wendy Scribner lead a fascinating fern identification nature walk along the Blue Heron Trail which is home to at least 6 different fern species.

June 12th was GMCG's first Homeschool Day of the year. This two hour session was lead by Karen Deighan and assisted by Moselle Spiller. Homeschoolers and their parents arrived to a field book making station where they created their own hand made book out of recycled materials. Next they set out on a map guided nature walk recording their discoveries in their field books. After walking around the vernal pool, through the wetland and forest habitats, they



Karen presents on macro invertebrates to students on the Ossipee River bank.

arrived at the river, where Karen gave a presentation on native macro species.

Students also learned about water quality with Karen and young participants tested water right out of the Ossipee River using the same meters and methodology as GMCG water quality volunteers. Homeschool day was well attended, and Karen & Moselle felt it was a good test run for continued on-site programs.

Upcoming events feature GMCG's new pilot series "Wonders of the Watershed". These are free-fun-all ages friendly-events every Friday from 10am to noon. Participants are encouraged to bring a picnic lunch to enjoy on the Ossipee River bank. For a full listing & details on these events please visit www.gmcg.org/

Reflections — “In the cool morning air”

By Susan M. Poirier

In the cool morning air, fog hovers lightly over the beaver impoundment – water vapor filled air, a part of the circle of moisture which makes our planet habitable. Soon the sun’s warmth will heat the atmosphere; the fog will dissipate and the heron nests will once again stand starkly against the blue sky.

Down below the nests, the water moves with the light breeze. Waves flow and bunch across the wider areas. When a fish pops up, the ripples circle like the arcs on a target. Here! The fish was here! But now it’s gone.

More ripples flow in a V behind a male wood duck. The brilliant colors move along with such ease and smoothness. There is no sense of paddling feet. The duck simply moves. Is it pulled along on an underwater conveyor belt? So it appears.

The water cycle is the true conveyor belt. No webbed feet move it. Here in the impoundment, the water sits in the warm sun, giving life to turtles, fish, beavers, otters, frogs, herons. Small insects move up and down within it; small birds swoop overhead, gathering other insects which hover above, taking them back to the nestlings, hungry and growing. The heat and breeze cause an imperceptible movement of moisture, lifting it upward from the beaver pond until it becomes one with the air. Eventually weather forces coalesce and dark clouds tumble over the sky. The rain comes, sometimes dropping softly; on other occasions driving down fiercely.

As the drops fall, they soak into the forest leaf litter and into the gardens and lawns. They form puddles on our sandy driveway. These are the good rains. But, if the soil is too dry, or the rain too hard and fast or the area is paved, some of the water flows off, moving rapidly to the low areas, moving as if on a highway and cursing down, gaining speed, seeking always the lowest spots. It moves, carrying with it whatever was in its path, be it light soil, chemicals, seeds, leaves.

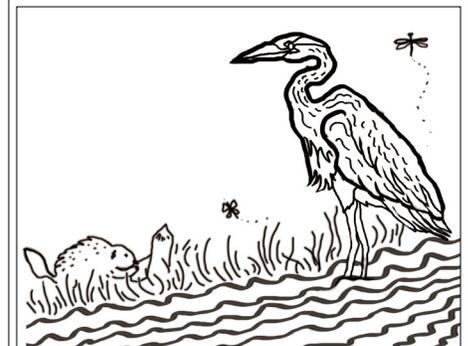
Here, the beaver pond is the lowest area around. Small hills once surrounded a seasonal marshy wetland. Years ago, beavers, ancestors of our current inhabitants no doubt, found the damp area and recognized its potential. They cut and dragged branches to form a dam. Once the water had backed up behind it, they dove down and scooped mud, carrying it in small hands, then patting it into the dam. More water backed up. They cut more limbs and constructed lodges, making them solid then eating out tunnels and rooms. As the family grew, they extended the dam and the water deepened. The dam extends for quite a distance now, visible on satellite images of the area, complete with a spillway, made smooth by hundreds of sliding beaver bodies moving down to a second pond.

The water flows – across our yard, across the forest floor, down the slopes, into the ponds. It seeps through the dam and over the spillway and forms a small stream. Under the road flows the water, winding through more woods,

widening and contracting, until it meets the marsh. Soon the marsh becomes the lake and the lake flows into the river. One river melds into another until far away, to the southeast, the ocean beckons and the waters join. Eventually, the moisture will rise from this body of water, move inland and rain back down again, on this small beaver pond.

We all learned about this cycle in school – water to air, air to water. But learning from a book is not the same as watching the mist rise above a body of water on a cool morning. Looking at the animals living in and on and over the water; seeing the herons feed their young; gazing at small turtles sunning on a long, low branch; delighting in the sight of a mother duck followed by a dozen little ones; these make the science lesson real and tangible. The sun is shining. The fog is gone. The cycle continues.

Susan M. Poirier, is a master gardener with the Carroll County office of the University of New Hampshire Cooperative Extension, located at 73 Main Street (P. O. Box 1480), in Conway



Drawing by Moselle Spiller

Summer Camps Reflect on Over a Decade of Water Quality Partnership

The Ossipee Watershed is home to multiple Summer Camps where children from around the world come to experience the wonders of nature. These camps depend on clean water to provide campers with a healthy and fun Summer experience. Starting in 2003, camps Calumet, Cody, Huckins, Robin Hood, and Marist helped initiate GMCG's Volunteer Lake Assessment Program (VLAP). The camps provided resources such as boats, campers, and volunteers to jumpstart GMCG's efforts to collect water samples on Lake Ossipee and its four bays; Leavitt, Broad, Berry, and Lower Danforth Pond.

In the beginning camps provided GMCG with boat transportation and people power until the partnership transitioned to focus on youth education. Ed Green volunteered as GMCG's key boat driver and today sampling on the lake is completed primarily by volunteers. However, Camp Huckins continues to do secci disk testing, and Calumet provides access to the Pine River for tributary testing.

GMCG is grateful to the camp community for their continued support. Recently, three camp directors were interviewed in order to gain perspective on this partnership and understand the deep value a clean watershed holds to the Camps and Campers.

Jody Skelton has been the Executive Director at Carroll County YMCA Camp Huckins for 16 years. She's been Summering at the camp for 49 years since starting as a camper herself. She recalls first partnering with GMCG in the early 2000's when they were contacted by GMCG as part of a forest fire preparedness plan. Campers have since been going out on the water with GMCG staff or volunteers each summer to collect water samples and learn about the watershed. Jody feels the mission of GMCG is important to the future prosperity of the camps because in her words "no healthy lake, no activities, no animals." When asked what her favorite thing about her job is she replied "building confidence and leadership skills in young women."

Chuck Illig has been the Head Counsellor of Operations at Camp Robin Hood for 40 years. Camp Robin Hood has been working with GMCG on Lake Ossipee for 10 years. He says the livelihood of his camp is directly tied to the health of the watershed and lake. Without safe water for the kids to swim there would be no lake activities. "Keep 'n the lake clean," he says is important. When asked what his favorite thing about his job is he replied "campers keep me young."

Adam Fales is the Director of Children and Youth Programs at Camp Calumet for 4 years. He enjoys going out on the

pontoon boat with campers in the early morning to collect the water samples. He says kids who don't live close to nature really appreciate drinking the local water. Some campers who have only ever tasted city tap water say the Ossipee Aquifer water is the best they've ever had. Adam says that he sees a trend in youth interested in environmental issues. His favorite thing about his job is watching campers grow over the course of their camp careers and into leadership roles. He looks forward to partnering with GMCG on future projects involving erosion prevention to exposed roots along the lakeshore.



May Van Rossum & Daniella Domec of Camp Huckins, Moselle Spiller of GMCG, Adam Fales of Calumet

Water Literacy programs for 2018 completed with Trout Release

Karen Deighan wrapped up Trout in the Classroom (TIC) with both the KA Brett School and Madison Elementary School. TIC is an environmental education program in which students raise trout from eggs to fry, monitor tank water quality, and engage in stream habitat study. The program begins in



KA Brett School release trout.

January each year. The program ends in May when the students release the trout in a state-approved stream. This year, students from both schools released their trout in the Bear Camp River.



KA Brett School students display quilt.

Students participated in the National TIC Annual Trout Quilt Project. Students decorated a quilt square and wrote a letter



Madison Elementary School students with their quilt on a beaver stick.

talking about their home watershed or trout in their classroom tank. The finished squares and letters were mailed across the country to other participating classes. The exciting part began when packets of squares and letters started to arrive from across the country. The squares were sewn into a wall hanging and presented to the students.

Save the Date! 2018 Summer Calendar

All events take place at 236 Huntress Bridge Road Effingham, NH. For info call 539-1859 or email info@gmccg.org

- Monday July 2nd 10am to 12pm Mushroom Hunt**, lead by Stephanie Doyle of the NH Mushroom Company.
- Friday July 6th 10am to 12pm Blue Heron Trail Nature Walk** and field book making art station.
- Friday July 13th 10am 12pm Vernal Pool Ecology** presentation and nature walk.
- Wednesday July 18th 6pm to 7pm Paint the Ossipee River** with provided art supplies or use your own.
- Friday July 20th 10am to 12pm River Bank Discovery**, collect macro species and test water samples.
- Saturday July 21st 5pm to 9pm Blue Heron House Grand Opening** Ribbon cutting, community potluck dinner, free Bobby Sue's ice cream, campfire & smores, wetlands presentation by Dr. Rick Van de Poll, silent auction, live music by the Huntress Bridge Band!
- Friday July 27th 10am to 12pm Fly Fishing Fun**, learn to tie flies and make your own fishing pole!
- Friday August 3rd 10am to 12pm Water Testing Workshop**, bring a water sample from your home tap or well.
- Monday August 6th 10am to 12pm Edible Plant Workshop** with Carol Felice.

Donate \$25 or more and receive a GMCG Membership Card that can be used to redeem perks across the watershed! Item #'s correspond to back of card...

1. New Hampshire Mushroom Company, Tamworth - 1 free bag of compost.
2. Snowvillage Inn, Eaton - 1 FREE dessert with a purchase of an entrée.
3. Jennifer Van Cor, Artist, Effingham - 15% off artwork listed in online store.
4. Farm to Table Market, West Ossipee - 1 FREE pint of Sandwich Creamery Ice Cream with purchase of \$25 or more.
5. Tuckerman Brewing Company, Conway - \$2 off a flight of 5 beer samples.
6. Thrivent Financial, Freedom - Basic Retirement Plan (Social Security, Savings or Distribution Strategy, and Risk Analysis) for \$500.
7. Corner House Inn, Center Sandwich - 20% discount on food and non-alcoholic beverages for 2 people (1 time visit).
8. The Old Country Store, Moultonborough - 20% discount off any item (1 time visit).
9. Village Green Café, Sandwich - 1 FREE espresso drink (1 time visit).
10. Mr. Charlie's Hippy Shop, Ossipee - 10% discount on merchandise (1 time visit).
11. Dana Cunningham, Musician, Conway - 10% discount on 1 time website purchase.
12. El Mariachi Restaurant, Moultonborough - 10% discount on food and non-alcoholic beverages for 2 people (1 time visit).
14. Green Turtle Yoga, West Ossipee - 10% of classes and class passes.
15. Ossipee Adventure Boot Camp - 20% off boot camp or TRX class.
16. Katy Jones Cruise Travel Outlet - Up to \$100 towards a future vacation booked with CTO (cruise or land) . Must be 7+ night and balcony or higher.
17. Freedom Village Store - Free coffee and pasty, muffin or turnover with a \$25 purchase of regular priced merchandise (non - food).
18. Teazit Up Hair Salon, Chocorua - 25% off the 1st service of your choice.
19. Clippers & Blades, Chocorua - \$2.00 discount off one haircut
20. Lakeside Physical Therapy—10% off 3 month membership.



PLEASE! Renew your membership today! Every drop counts! Thank you!



(Please make checks payable to Green Mountain Conservation Group Box 95, Effingham, NH 03882)
You may also donate online at www.gmccg.org/we-need-your-help/

Vernal Pool __\$25 Stream __\$50 River __\$75 Pond __\$100 Bay __\$250 Lake __\$500 Aquifer __\$1000 Other __

NAME _____

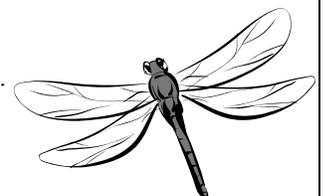
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Are you interested in being a GMCG Volunteer? YES

GMCG is a non-profit 501 (C)3 tax-exempt organization funded by grants, memberships, and donations.

THANK YOU FOR YOUR CONTINUED SUPPORT!





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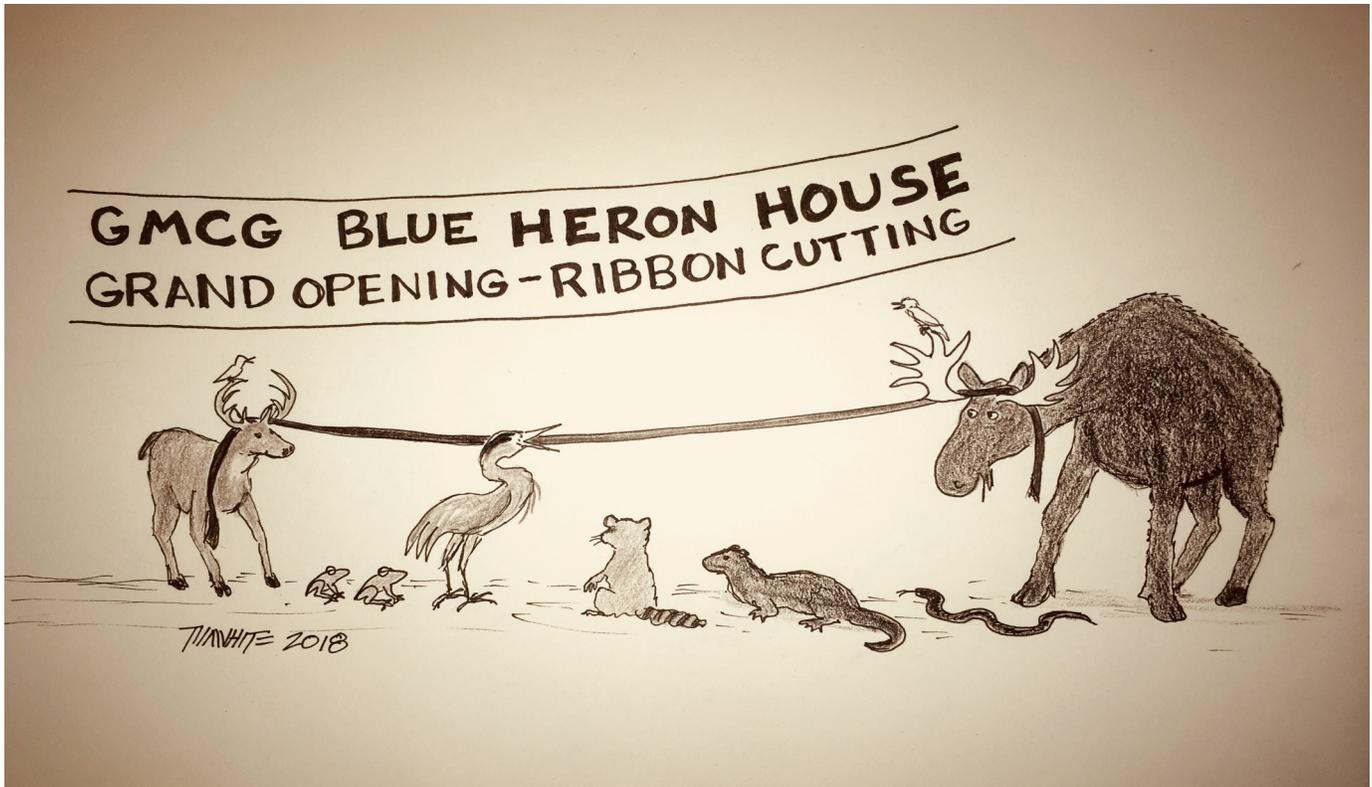
The Watershed News

Save the date!

**JULY 21
OPENING
Blue Heron House!
&
Community
Potluck**

**Autumn Newsletter
submissions due September 10**

EVERY PERSON CAN MAKE A DIFFERENCE AND EACH PERSON SHOULD TRY.



Sign up for event updates with *Watershed Happenings* and stay in the flow! Sign-up at www.gmcg.org