

The Watershed News

Volume XXII Issue II

Spring 2019

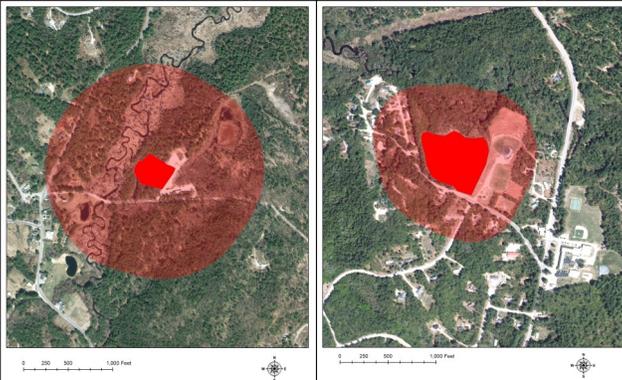
A Quarterly Publication for the Ossipee Watershed Published by the Green Mountain Conservation Group

PFAS detected in monitoring wells in Effingham and Tamworth

In New Hampshire and across the country, communities are dealing with PFAS as an environmental contaminant and health concern. Perfluoroalkyl substances (PFAS) describe a vast group of synthetic chemicals that have been used in industrial and consumer products since the 1940s. Of the many PFAS, PFOA and PFOS are the most widely produced and studied. These chemicals are ubiquitous: found in non-stick cookware, stain-resistant carpeting, water-repelling fabric, fire-fighting foam, paints, and cleaning products. Low levels of PFAS can transfer to food from PFAS packaging or from contaminated soil. Although PFOA and PFAS have been phased out from industry, these chemicals were so widely used that they still persist in our environment and in our aging landfills.

According to the US Environmental Protection Agency, "Certain PFAS can accumulate and stay in the human body for long periods." Researchers are still studying how PFAS might affect humans, but studies in rats have linked PFAS to adverse changes in liver function, hormone levels, and development. In human epidemiological studies, results may suggest increased cholesterol levels, increased risks of certain cancers like kidney and testicular cancer and decreased thyroid functions among exposed populations. As emerging contaminants, PFAS have not been adequately studied to determine precisely how they might affect human health.

Given their prevalence, completely eliminating your exposure to PFAS is unlikely. In December, the New Hampshire Department of Environmental Services (NHDES) announced new drinking water standards: limiting PFOA/PFOS individual concentrations or



Left: Closed Effingham landfill with approximate 1,000 ft radius.

combined PFOA and PFOS total concentration to 70 parts per trillion (ppt). Some neighboring states have been more stringent: Vermont's limit for groundwater is only 20 ppt, and New Jersey's is 14 ppt.

In January, the towns of Effingham and Tamworth were notified by NHDES that PFAS were detected in the monitoring wells in their closed landfills. In an email to the Town of Effingham, NHDES stated that PFAS were detected in two monitoring wells located at the closed landfill on Snow Road with PFAS concentrations ranging from 33.18 ppt to 263.38 ppt. NHDES noted that Effingham's historic use of fire-fighting foam at the landfill might be responsible for elevated levels of PFAS and that no PFAS were detected at the monitoring wells located at the current transfer station. Effingham property owners with water supply wells located within 1,000 feet of the landfill should expect water sampling results and recommendations by the end of April. At this time, there are no state requirements to test the South River for PFAS; which abuts the landfill and eventually feeds into the Saco River, where 300,000 people get their drinking water in Saco and Biddeford Maine. It not yet clear how

PFAS might interact with the river.

At the closed landfill in Tamworth, NHDES found one monitoring well had combined PFOA and PFOS levels exceeding 400 ppt and were detected at an additional well but below state standards. According to public NHDES records, the Tamworth Board of Selectman is working with the Tamworth Conservation Commission and an engineering firm to determine next steps for PFAS sampling. Special attention will be paid to wells within 500 feet

of the landfill and "shall be sampled for PFAS on an expedited basis to assess whether nearby drinking water sources have been impacted by Site-related contaminants." The landfill is located on Durrell Road where the K.A. Brett School, the Bearcamp Valley School, a day care center and several homes are within or near the 500-foot radius.

Private well sampling and remediation actions depend on if PFAS are detected and at what concentrations. If low levels of PFAS are detected, sampling regime will be based on site-specific considerations. If water supply wells have PFAS levels exceeding 90% of state standard, potable water must be provided to the homeowner with either short-term bottled water or long-term remediation efforts.

PFAS have already proven to be a very complicated issue that will take years to understand as well as mitigate. Once again, we are reminded that what we do on our land influences our drinking water resources. These resources are often invisible, buried through hundreds of feet of earth, easily contaminated and expensive to clean up, but crucial to life. For 21 years, GMCG has been at the forefront of water conservation issues in the Ossipee Watershed. Even as new

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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Outreach: Moselle Spiller
Water: Jill Emerson

Former board member and dedicated volunteer responds

BY PETER POHL

I picked up a copy of the newsletter and read the summary of the history of GMCG, I suspected that the comments would lead up to the dreaded announcement that executive director and founder, Blair Folts would announce she would be passing the reins of the organization to the next generation of leadership. From my twenty plus years of knowing Blair, I know she is a very humble person who gives credit to the multitude of individuals who are responsible for the creation and the success of this incredible organization. However, it has been her leadership and determination that has led to what GMCG has become and its achievements to date.

Like any ship, there has to be a captain that keeps the ship afloat and headed on the correct course and she has been responsible for that. She has been that spark plug, that enthusiasm for the multitude of missions, i.e. REAL, that has prevailed when the challenges to continue have seemed overwhelming. She has devoted the past 22 years of her life making great sacrifices to ensure the organization succeeded and grew. The latest achievement, the debt free Blue Heron House, is but one example but which I would label the icing on the cake.

I believe that God places individuals on this earth with special gifts that have the mission of advancing society. The word NO is not in their vocabulary! Blair certainly is one of those individuals.

To think that she and a handful of individuals around a kitchen table, motivated by one local issue, created the most diverse conservation organization in the state with the mission of doing research to gain facts, educational programs to inform the public about the important issues centered around water quality and the health of the environment, advocacy efforts to change a mindset and implement measures that would protect the region and finally land protection to secure the permanent protection of unique properties throughout the Ossipee Watershed is incredible. It is the only organization to undertake such an ambitious mission. Many others focus on one or two of these goals, but Blair's vision for GMCG and ability to multitask has created the complete package. Through this complex vision, GMCG has gained the admiration of all those involved with protecting our precious

state resources so that future generations can enjoy the environment and our water resources.

It has to be very difficult for someone, who has created such a success, to decide when to step back and hand the reins over to the next generation. Those who can't make that transition, I think, generally witness the demise of what they have worked so hard to achieve. I applaud Blair's ability to make that decision and to choose it at such an appropriate time in the history of the organization.

Having watched over the year's Blair's commitment to GMCG, I have been reminded of my own years of parenting. Although Blair does not have children, she did give birth to GMCG, nurtured the organization, watched it grow, stepped back when needed and now is letting go when the time was right for both her and I suspect, the organization.

On occasion I have reread the poignant words of Kahlil Gibran and I share this now thinking about GMCG as a past Board Member, Land Trust Committee member and supporter of the organization:

... Your children are not your children.

They are the sons and daughters of Life's longing for itself.

They come through you but not from you.

And though they are with you, yet they do not belong to you.

You may give them your love but not your thoughts.

You may house their bodies but not their souls, for their souls dwell in the house of tomorrow, which you can not visit, not even in your dreams.

You may strive to be like them, but seek not to make them like you

For life goes not backward nor tarries with yesterday.

You are the bows from which your children as living arrows are sent forth.

The archer sees the mark upon the path of the infinite, and He bends you with His might that his arrow will go swift and far.

Let your bending in the archer's hand be for gladness;

For even as he loves the arrow that flies, so He loves also the bow that is stable."

In my humble view, Blair has been the Archer of this organization and has hit the BULLSEYE. I know GMCG will always be

'Trout in the Classroom' program launches in local schools in January

GMCG's Education Coordinator Tara Schroeder and AmeriCorps Member Haley Parent have been busy with two major educational programs in 2019, the first being the Trout in the Classroom (TIC). TIC is a nationwide program where local students raise Eastern Brook Trout (EBT) in their classrooms to later be released to a nearby river or stream. EBT is listed as a species of greatest conservation need in the NH Wildlife Action Plan as their habitat has been severely reduced over the past few hundred years due to land use changes and development.



Haley with EBT eggs at the Berlin Hatchery

GMCG has coordinated TIC with local schools, hatcheries, NH Fish & Game for many years, and this year, there are approximately 80 students from 4 local schools participating in the program.

Students from K.A. Brett School, Sandwich Central School, Freedom Elementary School and Sacopee Valley Middle School are all raising 300-400 trout in their classrooms from January through April. This year, GMCG also worked with Maine Department of Inland Fisheries & Wildlife to set up the program at Sacopee in Maine.

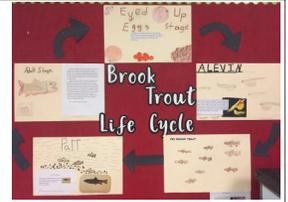
In January, Tara and Haley traveled to Berlin, NH and Casco, ME to pick up EBT eggs that were delivered to NH and ME classrooms. At the Berlin Fish Hatchery, they received an



Students at Sandwich Central School placing their eggs in their new

informative tour from the foreman, Alec Judge. Alec gave them an overview of the

logistics involved in raising EBT and other trout species at the hatchery for stocking. Tara and Haley then created a video for the students to be watched in the classroom so that although they were not able to visit these hatcheries themselves, they could still learn about the important role hatcheries play in fish conservation and research.



Students from Sandwich Central School have an educational display next to their tank located in the

Tara and Haley presented at each of the schools prior to egg delivery on the anatomy, life cycle, and conservation significance of the EBT as an indicator species for high water quality. Watershed and water quality concepts, as well as habitat needs for tanks and the release day were also discussed.

Students have been both inquisitive and excited about the EBT they are raising. They diligently test water quality on a

'GET WET!' groundwater education program reaches 170 students

GET WET!, an acronym for 'Groundwater Education Through Water Evaluation and Testing', is a program based out of the University of Maine designed to engage local students and the community in drinking water education.

The mission of GET WET! is to bring collaborative environmental research into the community through the classroom in order to understand local environmental changes and promote public health through safe drinking water. GMCG's Education Coordinator Tara Schroeder adopted the program for use in the Ossipee Watershed in 2007.

This year, Tara and Haley have been coordinating pre-visit presentations,



Students at Sandwich Central School test for nitrates and hardness with help from GMCG

testing days, and results/research days for approximately 170 students in five participating schools across the Watershed in New Hampshire and Maine. Prior to the first school visit, Tara and Haley hosted a Volunteer Training Workshop to recruit new volunteers and retired teachers interested in helping GMCG staff run the testing and results days that require lots of hands-on work with the students.



Newly trained volunteers from Freedom and Tamworth will assist

During the pre-visit presentation, Tara has students assist in a demonstration to teach them about water conservation and the reality of limited available freshwater. Students also learn about groundwater, aquifers, pollutants and the importance of

monitoring and protecting shared drinking water resources where they live.

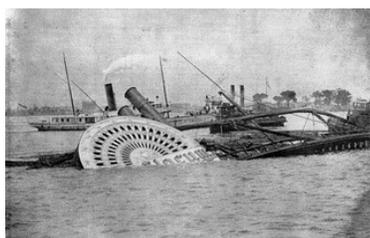
Once they have been introduced to the six parameters that they will test their home well samples for (chloride, nitrate/nitrite, iron, hardness, conductivity and pH), students complete their testing day with the help of GMCG staff, volunteers and their teachers.

Soon after the testing day GMCG and volunteers return for a results and research day where students are assisted at four stations to delve deeper into their water quality results. The stations focus on further research of the parameters, creating graphs to present their data, learning the connection to water quality and land use through Google Earth™, and analyzing their data with basic statistics functions.

This spring, students will present their findings to local communities through their statistics, graphs, maps and research. GMCG will also provide more information about where to test well water for other important contaminants such as

Life (and science) lessons at the lake

There's an old saying that goes, "if you are lucky to live by a lake, you are lucky enough." I like to consider myself lucky adjacent: I spent much of my childhood summers with my grandparents at their lake house. There, I learned vitally important lessons that every kid needs to learn about a lake – usually by the tried and true scientific method of "guess and check." I answered some key questions, like which shoreline contained the most leeches or what method was best in catching a frog. Once, I was told by a cousin that you can't sink a paddle boat. Through a lot of effort I found that (with enough perseverance) you could in fact sink a paddle boat. More importantly I learned that if you sink it on purpose,



The sinking of the SS Grandma's Paddle

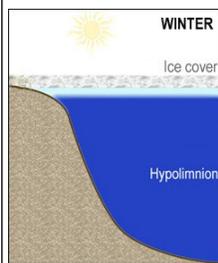
why picking the middle of the cove isn't the best choice.

My favorite time waster was snorkeling. It was a fun activity my dad and I would do together in the summers – many times we'd find lost trinkets of fishing lures or sunglasses, and one time even a fishing pole (which fatefully, a few years later, would become lost again to the water on a camping trip, hopefully to be discovered by some other kid snorkeling with her dad. Also, sorry Dad!). One of the things I noticed was that when we'd dive down for our trinkets, the water was always colder the deeper you went. I never really gave it a lot of thought (the shiny trinkets were more important at the time) but this seemed to be a universal thing in almost any lake we snorkeled in. You've probably noticed it too when you go swimming in a lake. So what's going on?

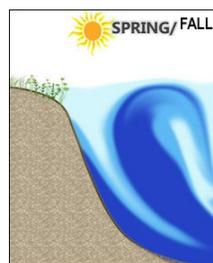
Deep lakes in this area undergo thermal stratification, or layering. This stratification typically occurs in the late spring when lake water is warming up. Many lakes stratify into three layers:

there's the top layer (called the epilimnion), the middle layer, (metalimnion), and the bottom layer (hypolimnion). Water in the top layer tends to be the warmest, least dense, and most oxygenated waters of the lake; while waters in the bottom layer are the coldest, most dense, and the least oxygenated. As the summer progresses, this thermal layering becomes more stable, - the temperature and density differences in the water have become too great to be mixed by normal seasonal winds and waves.

This stratification doesn't persist all year: in the cooler air temperatures of spring and fall, the water of the top layer cools. Eventually the density between the top and bottom layers of the water are not that different. This, combined with stronger seasonal winds allows all three layers of the lake to mix together, or turn over. This mixing is important for the health of the lake – it redistributes the oxygen in the water at the top and the nutrients from the water at the bottom relatively evenly throughout the water column. Most lakes are dimictic, meaning they mix twice a year – in spring and fall. In the winter, ice-covered lakes have reverse stratification, where the densest, coldest water is a thin layer right under the surface of the ice. This is a rather unstable stratification, as the rest of the water is not that much warmer or less dense. The ice coverage protects the lake from high winds, so during this time of year mixing doesn't really occur. This cycle is then



Winter lake layers



Seasonal mixing

repeated, year after year.

However, limnologists – those who study inland water – are noticing some changes to lake patterns. The time between ice in and ice out events on lakes is becoming shorter and shorter, indicating that our lake are staying warmer for longer. Warmer lakes mean stratification happens earlier and stays stable longer each year, which results in shorten nutrient and oxygen mixing throughout the water column. Ultimately, this leads to the increase of "dead zones" in lakes where organisms cannot survive due to lack of oxygen. Higher water temperatures also mean that there is a higher rate of nutrient release from bottom sediments. Combined with warmer seasonal waters and this can increase the likelihood of cyanobacteria blooms. During bloom events, the water is considered unsafe for swimming due to the potential of toxin release from the bacteria. Warming climate causes a cascade of changes that affect more than just lake layers.

Now that I have kids of my own, I want to share with them the curiosities of the lake and let them make their own discoveries. Will they notice the cold

Just around the river bend

GMCG has been compiling and analyzing 15 plus years of water monitoring data. Soon, we will be adding new data to our records as we begin the 2019 RIVERS Water Quality Monitoring Program in May. Here are five reasons you should join us in a river:

- *Contribute to research* – Scientists at GMCG and UNH are using the data collected by RIVERS volunteers to identify trends in the Ossipee Watershed.
- *Get outside* – Have you ever been knee deep in a stream with the birds singing and the sun rising? Now's your chance.
- *Learn about your watershed* – Where does rain end up after it leaves your backyard?
- *Connect with people* – Friends that RIVERS sample together, stay together.
- *Cool off* – Summer is hot. Water is cool.

Intrigued? Join us at the

Explore vernal pools with Dr. Rick Van de Poll this spring

BY DR. RICK VAN DE POLL

Basic Definition:

A vernal pool is an ephemeral water body that typically floods in winter, dries up in summer, and contains a suite of organisms adapted to these conditions. Most vernal pools contain one or more species of mole salamanders, wood frogs, and/or fairy shrimp. They also typically lack fish.

What to Look For:

The following attributes are common in Vernal Pools:

- **60 days of inundation in late winter and spring**

The number of consecutive days of flooding is variable, although the minimum number of 60 correlates with the length of time required by salamanders to lay eggs, hatch as larvae, and emerge as air-breathing sub-adults.

- **No Fish**

Most vernal pools do not contain fish, although certain types might have small fish from time to time as a result of over-bank flooding, waterfowl transport, or both. The critical factor is to have the fish not eat all of the amphibian eggs, larvae or fairy shrimp during most years.

- **Obligate Breeding Amphibians**

Wood frogs are the most habitat-specific amphibian that require vernal pools in which to breed. Mole salamanders (*Ambystomidae*) such as spotted or blue-spotted salamander, are common in vernal pools but can also occur in trout streams, beaver ponds, and forested wetlands.

- **Characteristic Invertebrate Species**

Fairy shrimp are obligate breeders, however, a large number of other invertebrates are commonly associated with vernal pools, such as *Pisidium*



Spotted Salamander

Why Are Vernal Pools Important?

- * They provide habitat for a number of rare species
- * They support a large number of migratory amphibian and reptile species
- * They provide mid-chain food support for wildlife
- * They concentrate nutrients and organic matter
- * They provide fresh water in otherwise dry upland forests

(“pill”) clams, *Phryganea* (“giant tubemaker”) caddisflies, *Limnephilus* (“log cabin”) caddisflies, predaceous



Wood Frog

diving beetles, water boatmen, *Sympetrum* dragonflies, *Coenagrion* and *Lestes* damselflies, midges, mosquitoes, and springtails.

Vernal pools are incredibly important on the landscape as they provide temporary habitat for migratory wildlife such as birds, turtles, and other amphibians, as well as food chain support for larger wildlife. They also provide a source of fresh water for deer and other large game, and contribute to the diversity

Where to Look?

- * Watershed divides
- * Floodplains
- * Outwash plains
- * Hilltops with ‘perched’ soils

of plants, algae, mushrooms, and aquatic micro-organisms. Normally they occur in otherwise dry landscapes such as at watershed divides, low terraces, and floodplains.

At the GMCG headquarters, a vernal



Created vernal pool at GMCG

pool was created in an existing forested swamp in 2016. Within hours of the initial excavation the six to eight-foot deep pool filled with water in spite of the short-term drought. By mid-fall the water level was at capacity, and by spring some of the above-described obligate breeding amphibians were present. Both spotted salamanders and wood frogs were breeding and have ever since.

On May 4 from 10:00 a.m. to 12:00 p.m. Dr. Rick Van de Poll will return to Blue Heron House to explore the vernal pool once again. This short workshop will provide an overview of vernal pool ecology, including their landscape position, basin characteristics, typical breeding species, and their importance for local and regional biodiversity. The field session will explore this two-year old pool for evidence of amphibians, fairy shrimp, and other macro-invertebrates that are typically found in such habitats. Get ready for getting your hands wet and your eyes amazed! Rain or shine!

Recommended equipment:

- Wading boots (optional)
- Dip nets
- Hand lens
- Collecting jars, trays, etc.
- Camera & notebook
- Reference books (optional, see below)

References

- Colburn, Elizabeth A. 2004. *Vernal Pools: Natural History and Conservation*. Blacksburg, VA: McDonald and Woodward Publishing Co.
- DeGraaf, R.M. and D.D. Rudis. 1983. *Amphibians and Reptiles of New England*. Amherst: University of Massachusetts Press.

Conservation Conversations

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

Effingham

On March 12, Effingham voters will decide on whether to keep or repeal zoning ordinances in place since 2010. ECC is working to schedule a presentation in April with NHF&G titled "Restoring Brook Trout in New Hampshire". Date will be posted on the GMCG website. ECC will be hosting our annual roadside clean up on Sat., April 27, 8 to 10 a.m.. Meet at the Town Office for a road assignment, bags, gloves, and pick-up sticks for those who need them. Clean up will end at Town Offices for a BBQ at noon. We're hoping the roadside snow banks will be history by then. Please

join us honoring Earth Day and doing a good deed for Effingham!

Eaton

Things are pretty slow in town, right now. No new news!

Freedom

The Freedom Conservation Commission continues to research and work last quarter initiatives, including:
 a) proposed control burn in the Freedom town forest
 b) well-water testing in coordination with GMCG.

Ossipee

The OCC is preparing to advertise for the Lake Host Positions for the Summer 2019 season. Hosts will be placed at both the Rt 25 NH F&G Launching Ramp, and at Ossipee Lake Marina. Interested parties are encouraged to contact the OCC. We are proceeding with our efforts to install signage at our

town's major parcels which are in conservation easement. The signage installation will commence in the spring. The OCC will continue to install Conservation Land Boundary Markers at the perimeters of the major parcels in conservation easement. This will continue through the summer and into the fall.

Tamworth

TCC sponsored Susan Morse's excellent talk & slide program, "Bear With Us: Living with Bears in the North Country" in Tamworth on 2/15. In response to community interest, the Commission has collaborated with Tin Mtn. Conservation Center to offer an active and innovative summer program for 11-13-year-olds on July 22-26: "Trailblazing Tamworth." Participants will hike, explore, swim and camp out. Open to all area students. The TCC will provide scholarship support for

Notes from downstream

Since 2018 the SRCC has been fighting legislation "LR 2204: An Act to Eliminate Permitting Process Redundancy in Saco and Biddeford's Downtowns" proposed by the cities of Saco and Biddeford to eliminate the regulatory authority of the SRCC from the downtown areas of Saco and Biddeford. City leadership has claimed that standards and regulatory mechanisms in the Saco River Corridor Act, particularly the DEP shoreland zoning ordinance are redundant and a hindrance to economic development. The cities each have prospective plans for large development projects in the Corridor.

Removing the review of the SRCC and deregulating the Saco River Corridor will allow for expansive shoreline development putting the health of the Saco River, adjacent lands, estuary, and downstream neighbors at risk from increased pollution if proposed development

occurs.

The Saco River Corridor Act was established in 1973 by citizens who recognized the need to protect the Saco Corridor's exceptionally healthy natural resources. The SRCC holds that the rules and standards of the SRCA are not redundant, but a crucial protection of the river, adjacent lands, and public safety.

The Saco River Estuary in Southern Maine is a richly biodiverse natural treasure, and includes federally listed species of concern. It also has the one of the highest number of fish species recorded in a Maine estuary.

The economic value of a clean and safe Saco River will benefit many for generations. If you would like to support the SRCC's efforts to remove this proposed legislation, you can submit written comment or attend a public hearing. The SRCC has a public hearing date set for March 5,

2019, at 7 p.m. at the Dayton Town Hall, in Maine, to take public comment before any changes are made to the law. Written comment period will extend until March 16, 2019.

Instructions for writing letters to Maine legislators can be found at [www.maine.gov/sos/path/exploring/](http://www.maine.gov/sos/path/exploring/write.html)



[write.html](http://www.maine.gov/sos/path/exploring/write.html).

Save the Date! 2019 Spring Calendar

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

Blue Heron Bird Club on March 5-6, March 19-20, and April 2-3 Join us select Tuesdays and Wednesdays from 9-10 a.m. as we participate in the citizen science birding initiative from Cornell Lab of Ornithology-Project FeederWatch. GMCG will provide hot coffee as we observe and record the winter birds at our newly installed bird feeders. No birding experience necessary. All birding will be conducted from our comfortable rocking chairs in our community room.

Tuesday, April 2 GIS Training 1:30 to 3:30 p.m. Learn easy (and free!) ways to make your own online maps with Shane Bradt of UNH Cooperative Extension. While desktop GIS is become more accessible all the time, plenty of easy (and some free) options exist for novice and intermediate GIS users to make and share online maps. This workshop will start with a summary of the variety of GIS options that currently exist, which will be followed by getting participants some hands-on experience making maps with several free online mapping websites. \$30/pp, space is limited to 15 people. Preregistration required.

Wednesday, April 3, RIVERS Volunteer Info Session 6 to 7 p.m. Learn how you can participate in the RIVERS Water Quality Monitoring Program - a summer biweekly tributary monitoring experience in your local community. No experience necessary! Current volunteers are invited to share their expertise and experience with new recruits. Light refreshments will be provided.

Wednesday, April 24, RIVERS Volunteer Training Session 10 a.m. to 12 p.m. or Saturday, April 27, 10 a.m. to 12 p.m. Our RIVERS Volunteers will learn/refresh their water quality skills, practice using monitoring equipment, and meet other volunteers to prepare for the 2019 RIVERS Water Quality Monitoring Program. We strongly encourage all volunteers, new and old, to attend one of the two training sessions offered.

Saturday, April 20 Earth Day with GMCG 10:30 a.m. to 12:30 p.m. Celebrate Earth Day and help GMCG with trail clean up efforts on our trail by the river, create your own recycled t-shirt shopping bag to take home or give to a local student which will be filled with food as part of the End-68-Hours of Hunger program, or adopt a chair to decorate with your favorite things from nature at Blue Heron House. GMCG staff and volunteers will lead fun Earth Day activities at our conservation center that will be fun for all ages. Adopt-a-chair activity requests a \$5 donation to cover the cost of materials.

Saturday, April 27 Keep Effingham Litter Free (KELF) with the Effingham Conservation Commission 8-9:30 a.m. Volunteers gather at the Town Offices to take blue bags, vest, gloves, grabber and a road-side assignment from and gather back at noon for a BBQ lunch.

Saturday, May 4 Vernal Pool Workshop with Dr. Rick Van de Poll 10:00 a.m.-12:00 p.m. This short workshop will provide an overview of vernal pool ecology, including their landscape position, basin characteristics, typical breeding species, and their importance for local and regional biodiversity. The field session will explore this two-year old pool for evidence of amphibians, fairy shrimp, and other macro-invertebrates that are typically found in such habitats. Get ready for getting your hands wet and your eyes amazed! Rain or shine!

Saturday, June 1 GET WET! at Conway Public Library 1-3 p.m. GMCG presents the Groundwater Education through Water Evaluation and Testing (GET WET!) program. Participants can bring in a sample of their home well water and test it for six parameters, including: chloride, conductivity, hardness, nitrates/nitrites, pH, and iron. Learn about common contaminants, health concerns, where to go for more information, and sign up to be a volunteer to bring this important program to schools in your community!

Saturday, June 22, "Creatures of the Night" Live Animals with the Effingham Conservation Commission at the Effingham Street Fair 11:00 a.m. presented by the Squam Lakes Natural Science Center at the Effingham Public Library, upstairs (Masonic Lounge).

Wednesday, June 26 Keeping Our Lakes Healthy Event 6:00-8:00 p.m. Russ Lanoie, Private Contractor and Licensed Septic Designer/Installer from the White Mountains specializing in soil and water issues, and Amanda McQuaid, Public Beach Program Coordinator NH Department of



MARCH IS MEMBERSHIP MONTH!

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.gmcg.org/we-need-your-help/

Vernal Pool__\$25 Stream__\$50 River__\$75 Pond__\$100 Bay__\$250 Lake__\$500 Aquifer__\$1000 Other__

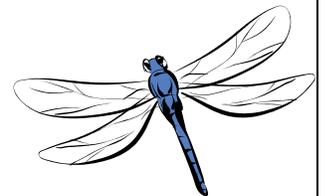
NAME_____

ADDRESS_____

PHONE_____EMAIL_____

Are you interested in being a GMCG Volunteer? YES

GMCG is a nonprofit 501(c)(3) tax-exempt organization funded by grants, memberships, and donations.





PO Box 95
236 Huntress Bridge Road
Effingham, NH 03882
(603) 539-1859
www.gmcg.org

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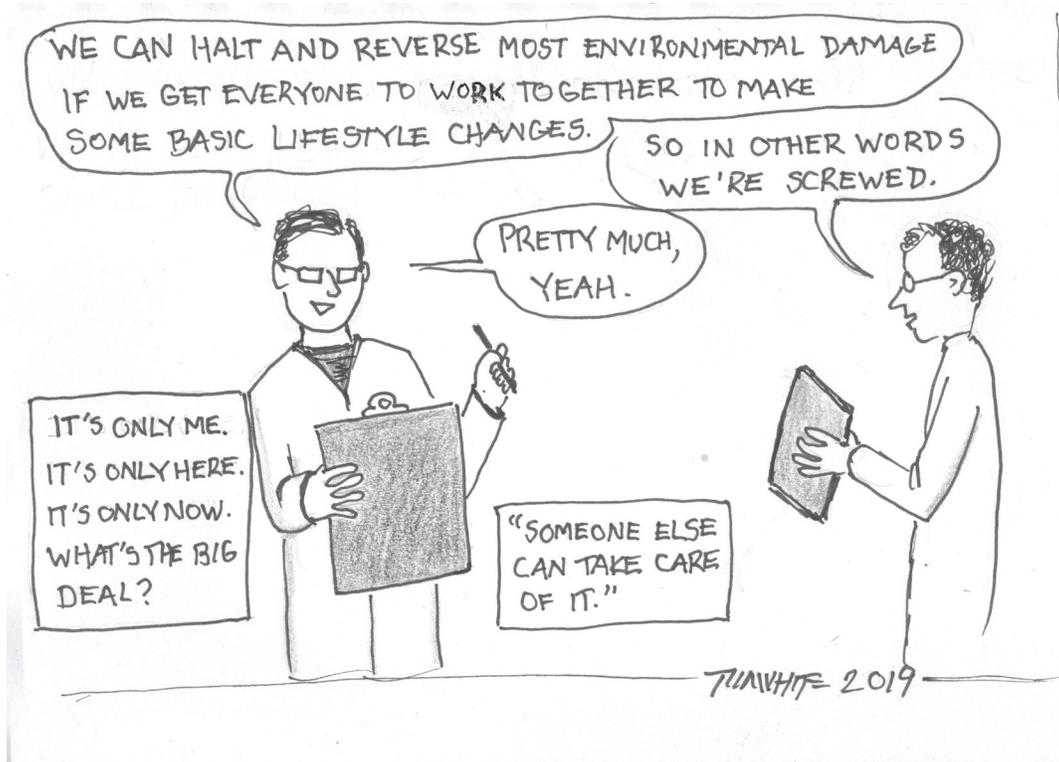
The Watershed News

Save the date!
Keeping our lakes
healthy event

June 26

Summer Newsletter items due:
June 15

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