

# The Watershed News

Volume XXII Issue III

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## Ossipee Lake Watershed Management will pursue BMPs in 2019

By Moselle Spiller

Best Management Practices (BMPs) protect shared water resources through the reduction of pollutant loads and reduction of storm water run-off, using structural designs such as rain gardens, vegetated buffers, drainage ditches, swales, retention walls, and basins. BMPs also include proper septic system maintenance. GMCG is now in Phase III of their Watershed Management Plan and are poised to begin the design and implementation of BMPs on Ossipee Lake. Funding for this project is provided in part by a Watershed Assistance Grant from the NH Department of Environmental Services with Clean Water Act Section 319 funds from the U.S. Environmental Protection Agency.

The Ossipee Watershed is comprised of over 242,000 acres and is home to the largest stratified drift aquifer in New Hampshire. This aquifer is the primary source of drinking water for this region, and communities downstream in Maine. The Watershed has significant natural and recreational resources that drive the local economy. Water monitoring has shown that while water quality is currently good for most surface waters, declining clarity of lakes and increasing concentrations of salt and sediment are having an impact on water quality.

In 2018, GMCG completed a Watershed Management Plan for Ossipee Lake. Recommendations included prioritization of top sites on the lake in need of BMPs to mitigate nutrient loading, continued education about land use, and septic management. During the summer of 2018, Ossipee Lake experienced several cyanobacteria blooms. Numerous calls were made to the GMCG office about this problem ranging from “who can identify why the water looks so odd” to “can you just treat this and make it go away.” Thanks to Water Quality Coordinator and

microbiologist, Jill Emerson, GMCG was able to become the “go-to lab” locally to identify these bacteria. When asked what could be done to stop the blooms or prevent them, a whole new conversation opened with property owners. GMCG’s advocacy for BMPs is now being heard in a new way. Residents are now understanding the



*Summer temperatures when combined with excess phosphorus and nitrogen found in storm water run-off exacerbates bacteria and algal blooms.*

work conducted during the 2018 Watershed Management Plan and why BMPs are critical to water protection.

As stated in the 2015 (Phase I) and the 2018 (Phase II) Watershed Management Plans, shorefront residential property was identified as a significant threat to Ossipee Lake water quality. Direct shoreline areas are typically among the highest for pollutant loading given their proximity to the water. According to the 2015 shoreline survey, 62% of shoreline parcels showed characteristics detrimental to lake water quality, such as inadequate buffers, evidence of bare soil, and structures within 75 feet of the shoreline. Improvement of shoreline conditions has great potential to protect water quality. Pollutant load reductions can be achieved through a combination of small-scale shoreline and larger-scale watershed BMPs.

In 2018, GMCG met with property owners and businesses on Ossipee Lake to discuss strategies for implementing BMPs to mitigate pollutant loading to the lake. GMCG currently has commitments from six property owners to help implement Showcase BMPs in 2019, and in 2020 GMCG will partner with a local town road agent to build a BMP on a town road. The grant helps to fund a contracted environmental engineer to assist with the design of the BMPs and to conduct the load reduction assessment after the BMP has been built. GMCG also has commitments from the land owners to contribute time, resources, equipment, and volunteers to make sure that BMPs will be installed successfully.

Are you interested in learning more about Best Management Practices or do you already have knowledge and experience to share? GMCG’s BMP Steering Committee is being formed to guide Project BMP 2019-2020. The BMP Steering Committee will ideally be made up of residents from the seven town Watershed. The committee will meet every two months beginning Wednesday, July 3 from 5 to 6 p.m. at GMCG’s Blue Heron House. Meetings will include the engineer who will be consulting on BMP designs, facilitated discussions about water quality, and advocacy strategies to get more folks in the lake community on board. The first meeting on July 3 will be an introduction to the project, featuring a presentation on BMPs, their purposes, various functions and designs. Meet at GMCG’s new home at 236 Huntress Bridge Road, Effingham. Coffee, tea, and light snacks will be provided.

*Moselle Spiller is Outreach Coordinator and BMP Project Manager*



## 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.

### Board of Directors

Larry Wogman, Chairman  
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Rich Fahy, Treasurer  
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### Town Representatives

Eaton, Kristine Foster-Carbone  
Effingham, Susan Slack  
Freedom, Alice Custard  
Madison, vacant  
Ossipee, Emilie Talpin  
Sandwich, Mark Longley  
Tamworth, vacant  
Maine, Peter Zack

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Executive Director, Blair Folts  
Education: Tara Schroeder  
Outreach: Moselle Spiller  
Water: Jill Emerson

### 2019 AmeriCorps Members

Victoria Green  
Haley Parent

## REAL is the braid that guides GMCG

By Blair Folts  
Executive Director

Sunday at the Effingham dump yields an informative conversation ranging from what is happening at the Ossipee Lake Dam, to why don't we still recycle things to "did you know there are sea running salmon in Emerson Brook." One person then asks about the summer well water study and another says "that is a nice way to remember your GMCG mission—that braid of REAL—research, education, advocacy and land conservation." I drive away smiling. Twenty-two years ago we were still burning garbage at our dump, GMCG didn't exist and no one at the dump would have been able to talk about the mission as a "braid of REAL." I smile.

Early at GMCG we knew that if the community can be given all the scientific evidence about a proposal and its possible impacts, then the community will make the most informed decision and the community will know how to best protect their own resource. In my tenure, I have seen the understanding of this grow. I have watched residents and visitors learn about the aquifer, wildlife habitat, and protecting the forested landscape. I have further watched people across the watershed vote to protect the areas and resources that they love and know are critical to our well being as a watershed community. This has come from countless educational workshops and outreach from staff and volunteers at GMCG. I have been humbled to watch their dedication to provide this important tool — education. And the education has grown, because the research has provided the data and sound science about the need to protect the natural resources. And through the research and the education GMCG has been able to partner with others to advocate for resource conservation. And if the research, education and advocacy have not been enough to teach folks about the importance of shared natural resources, then GMCG, as a land trust is also in place to either procure land in fee ownership or through a conservation easement.

The important message of protecting resources across the Ossipee Watershed has been and is met through this braid of the tools of REAL. This is a complex mission and often takes members and followers a second look to fully understand. It has worked brilliantly for GMCG and is a solid way to continue to guide important conservation work in our region. The GMCG staff works closely together to honor

this braid and even though each employee has her own job, they are all interwoven with the REAL braid.

With my "passing of the torch" in November, the GMCG Board knows that they have challenges ahead. This, coupled with board members coming and going has lead the Board to seek guidance from outside consultants—Cheryl King Fisher and Julie Early, early GMCG funders and supporters. They will help with both the Executive Director and Board transitions. They also will help guide the Board to create a new path from that grassroots "kitchen table-scrappy being" to the new road at the Patricia & Charles Watts Center.

In the past year, GMCG has moved out of the tiny Huntress House and into Blue Heron House, expanded staff from one and a half to six. This expansion has included a great new partnership with Squam Lakes Association and two stellar AmeriCorps Members. With these expansions, the budget has also grown and requires a new look at the organization's fundraising, governance and strategic plan. The GMCG Board is excited to have a great team of consultants on board to help with many aspects of this transition. It is an inspirational time for all at GMCG.

I recently had the opportunity to review a dance performance that I wrote in 1991 about the creative process. The dancers were "Knowledge, Love, Passion, Education, Aesthetics" all surrounded by both physical and emotional support. Upon watching this piece for the first time in thirty years, I realized how similar my approach with GMCG has been over the past twenty-two years. This creative process is not limited to artists. It is also how we approach communication with partners of differing opinions, how we provide education to groups of people of varying skill sets, how we promote land conservation and how we advocate for low impact, aesthetic development.

GMCG's strength will continue to be through Research, Education, Advocacy and Land Conservation. With the leadership of the GMCG Board and guidance from so many partners, the organization will continue to be a leader in conservation in the Ossipee Watershed. It is my deep hope that the community will continue to jump in and help volunteer where needed — be it on the Board or as a volunteer for one of the programs. GMCG has grown with community support and volunteers are the backbone of the organization.

**Thank you.**

## Summer Programs kick off with new Nature Story & Discovery Time

Wednesdays in July children ages one to six are invited to the Blue Heron House to participate in free, fun and educational place-based environmental activities from 10:30 to 11:30 a.m. Children will have opportunities to enjoy outdoor walks, snacks, and stories. Nature Story & Discovery Time will feature a different theme each week, such as insects, pond exploration, water, trees and wildlife.

Young children will enjoy a story time, an outdoor walk, scavenger hunt, or other engaging activities finishing with crafts and a snack. There will be a raffle and prizes each week, with the grand prize, passes to Attitash Mountain Summer Adventure Park, raffled on the final Wednesday. The program will run about one hour and caregivers and children are encouraged to stay afterwards and



*GMCG will host a Nature Story & Discovery Time Wednesdays from 10:30-11:30 in July for young children ages one to six to explore their conservation center.*

enjoy the trails, vernal pool, and fishing by the river. Bring your own poles and tackle and please note, swimming is not allowed.

Blue Heron House offers a wealth of opportunities for youth to be immersed in the outdoors and engaged with wildlife and critters the property offers. Additionally, visitors can walk the Great Blue Heron Trail, which is currently

being built with the help of GMCG volunteers and AmeriCorps Members. The trail follows fascinating riparian habitat along the Ossipee River, the outlet for the entire drainage of water from the Ossipee Watershed. The trail is family-friendly and favorable for anyone looking for gentle exploration in the woods. The trail passes through a vernal pool and an older growth forest, that provides excellent habitat for species such as beaver, wood frog, blue spotted salamander, woodpeckers and sap-suckers. GMCG is excited to offer Nature Story & Discovery Time this July for young children. Visit [gmcg.org](http://gmcg.org) for more details!

*Thanks to Zeb's Charitable Foundation, Beam Construction & Associates, Inc. and Skehan Home Center for their support of these educational programs!*

## GMCG kiosk and interpretive map unveiled on Ossipee River

GMCG is thrilled to announce the unveiling of the welcome kiosk located in the Blue Heron House parking lot next the Ossipee River! A ribbon cutting ceremony was held on May 10th with Ben Amsden of the New Hampshire Charitable Foundation, GMCG board members, and volunteers. During the winter and early spring of 2019, AmeriCorps members Haley Parent, Victoria Green, and Outreach Coordinator Moselle Spiller worked with volunteers Brian Taylor, and Jack Williams to design, plan, and construct the kiosk.

As soon as the snow melted away and the ground had thawed, Haley and Moselle began digging the post holes with a manual post hole digger. They met many a stubborn rock in the way, and after multiple attempts on a rainy evening, Haley, with arms shoulder deep in the mud, was able to extract multiple football sized rocks from the three feet deep post holes. A few days later with the help of an excavator, the constructed kiosk was lowered into the holes, and packed down tight with sand and smaller rocks.

The graphic design for the front and back was created by Moselle featuring original artwork of native animals and maps. The front panel displays the GMCG mission statement and educational facts about the Ossipee Aquifer, as well as hand painted maps. The back side features information on the RIVERS water quality monitoring program, the vernal pool, and local animal species.



*Volunteers, staff, and the NHCF cut the ribbon to the new kiosk on May 10.*

This project was made possible with funding by the NH Charitable Foundation and the Davis Foundation.



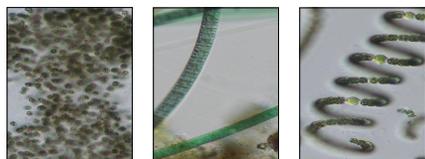
*The front view of the kiosk. GMCG plans to install a box to hold brochures as well as a log book for visitors to leave comments and observations. Please come visit!*

## Cyanobacteria: Friend and Foe

By Jill Emerson

Cyanobacteria (or “blue green algae”) have been getting a lot of attention recently – and with good reason. Large uncontrolled growths, referred to as blooms, have been popping up more and more across the country, thanks in large part to increasingly warmer waters and runoff from large storm events. Cyanobacteria have the ability to produce highly toxic compounds broadly referred to as cyanotoxins, of which there are many different types. Typically, the highest amount of toxins are released upon cell death. During bloom events when there are many bacteria growing and dying, there can be an extremely high level of toxins present in the water. These cyanotoxins can have a wide range of variability to them, making testing for them all problematic, time consuming, and costly (and potentially impossible to test for them all). Therefore, it’s safest to consider that all bloom events are toxic, and the best thing to do if you see a bloom is to stay away from it, as interesting or innocent as it may appear.

While awareness of cyanobacteria is increasing, its existence is nothing new. Like 3.5 billion years ago nothing new. Fossils date cyanobacteria back to the Archean Eon, and the organism is largely credited for switching Earth from a carbon dioxide atmosphere to a more oxygen rich one, thanks to cyanobacteria’s photosynthetic capabilities (1). Over its billions of years of survival, cyanobacteria evolved into many different species that have many different shapes and structures. Some can appear as small spotty cells, some like



Variation in cyanobacteria shapes (*Microcystis*, *Oscillatoria*, and *Dolichospermum*, respectively). Credit: cyanos.org

blades of grass, while others resemble beaded bracelets.

In cases, cyanobacteria have also evolved to form symbiotic (mutually beneficial) relationships with some plants and fungi. A common example of this is lichens, which are part fungi and part

bacteria found commonly on rocks and trees. In this relationship, the fungi get both carbohydrates and nitrogen from the cyanobacteria; meanwhile, the cyanobacteria get protection from the sun’s UV rays due to a protective coating the fungi release (2). This codependence also allows both organisms to flourish in places where alone neither would be very successful. In fact, cyanobacteria have had such successful symbiosis with other lifeforms that our modern day plants actually evolved from cyanobacteria taking up residence inside another organism, providing food in return for protection. Thus the chloroplast (the part of the plant that houses the chlorophyll and performs photosynthesis) was born.

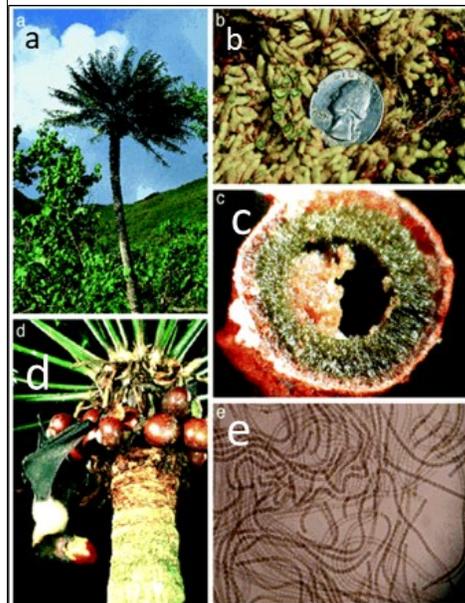
While evolutionarily, we have much to be thankful for about cyanobacteria, its potent toxins pose a significant problem in nature. In one well reported case, cyanobacteria’s symbiotic relationship with plants led to a curious finding on the island of Guam (3). Here, the native Chamorro people once had an incidence rate of 100 times higher than anywhere else in the world of amyotrophic lateral sclerosis/parkinsonism-dementia complex (AL-SPDC), a neurodegenerative disorder that has elements of ALS, Parkinson’s disease, and Alzheimer’s disease. Many sufferers of AL-SPDC on Guam had higher levels of a toxin called BMAA, a type of cyanotoxin. Researchers were able to find that the cyanobacteria had formed a symbiotic relationship with the root system of the cycad trees, which produces a fleshy seed eaten by a bat known as a flying fox. This bat, in turn, is consumed by the Chamorro people during cultural celebrations. Most interestingly, at each step in the food chain – cyanobacteria to cycad to bat – the level of BMAA increased (0.3 µg/g, 37 µg/g, 3,556 µg/g respectively).

These findings showcased a natural biomagnification of toxins that can happen when cyanobacteria are part of a food web. This, coupled with the persistence of the toxins, are why it is important to never irrigate crops with waters that are actively experiencing or have recently experienced a bloom.

Cyanobacteria from a scientific perspective are wildly fascinating, but are clearly an environmental, economical, and health and safety issue. If you think a water body near you is experiencing a bloom, snap a picture of the affected area (if safe to do so!) and call your local state

government for assistance. We want everyone to stay safe this summer, so please check local government listings for noted cyanobacteria blooms happening in your area, and if you see something unusual growing in the water this summer, it’s best to stay away from it and report it.

*Jill Emerson is the Water Quality Coordinator at GMCG*



From the Guam study: *C. micronesica* Hill. (a) Habit in South Guam as a 4-m-tall unbranched tree. (b) Positively geotropic coralloid roots with tips cut to show zone of cyanobacterial invasion. (c) Cross section of coralloid root showing green ring of cyanobacterial growth. (d) *P. mariannus* feeding on fleshy sarcotesta of seed (photo courtesy of Merlin Tuttle, Bat Conservation International). (e) Cyanobacteria of the genus *Nostoc* cultured from the coralloid roots. Credit: Cox et al. 2003 PNAS

### Citations:

1. Mazard S., Penesyan A., Ostrowski M., Paulsen I.T., Egan S. Tiny Microbes with a Big Impact: The Role of Cyanobacteria and Their Metabolites in Shaping Our Future. Marine Drugs. 2016 May; 14(5): 97 doi: 10.3390/md14050097
2. Vidyasagar A. What are Lichens? Live Science. 2016 June. www.livescience.com/55008-lichens.html
3. Cox P.A., Banack S.A., Murch S.J. Biomagnification of cyanobacterial neurotoxins and neurodegenerative disease among the Chamorro people of Guam. PNAS. 2003 November;100 (23) 13380-13383

## Watershed Happenings



Team Green took a Polar Plunge in the frigid Ossipee River on April 1 for Research, Education, Advocacy & Land Conservation (REAL). Thank you for helping us raise \$2,500 for the important programs that support Healthy Waters, Healthy Communities!



UNH senior Hillary Johnson is GMCG's summer intern helping out with water quality monitoring across the Ossipee Watershed.



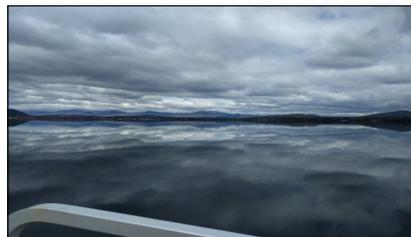
This spring, over 35 volunteers from both GMCG and our downstream partners at SRCC attended a joint RIVERS training session. GMCG is monitoring 29 sites biweekly this summer until October.



THANK YOU to Zeb's General Store Charitable Fund for awarding GMCG \$2,000 in support of the Youth Water Literacy and Watershed Ambassador Programs! Local Kennett High School student Sierra Abrams has been hired as the first Watershed Ambassador to help bring environmental education to young children this summer with the Nature Story & Discovery Time as well as the Summer Environmental Film Series.



Staff from GMCG and NH DES as well as dedicated volunteers helped collect water samples in June as part of the Volunteer Lake Assessment Program on the Lake Ossipee system. Want to be involved in our next lake monitoring day? Email our Water Quality Coordinator Jill Emerson at [water@gmccg.org](mailto:water@gmccg.org) to find out when our next trip out is scheduled for! See you out there!



The Less Plastic Challenge was held at GMCG's Earth Day celebration at this year. The winning entries were:  
 1. Sleeping bag for the homeless  
 2. Reusable shopping bags  
 3. Kentucky Derby outfit

Thank you to all of the students at Sacopee Middle School in Maine, and Kingswood Youth Center and Freedom Elementary School in New Hampshire, who created such imaginative projects to upcycle plastic feed bags and pellet bags! And, thank you to Karen Payne for this wonderful idea to get kids thinking about single use plastic and our "trash" in a different way!



Students from Freedom Elementary School (above) and Sacopee Middle School (below) successfully released their Eastern Brook Trout into local streams this May as part of the Trout in the Classroom Program. The students raised the trout in their classrooms starting in January, learning about the trout life cycle, habitat requirements and conservation.



## Conservation Conversations

**Editor's Note:** *Conservation Conversations is intended to provide a forum for the seven towns of the Ossipee Watershed to share news of their conservation and planning activities and an opportunity to find creative solutions to challenges.*

### Eaton

Eaton Conservation Commission will restart water testing on Crystal Lake, Long Pond and Thurston Pond for alkalinity, phosphorus, chlorophyll-a, and conductivity via Bob Craycraft of the UNH Cooperative Extension Lay Lakes Monitoring program.

### Effingham

Effingham Elementary School hosted an Earth Day Poster Contest titled "Climate Change: What does it mean for you and our Earth?" Winners in each grade received books selected by the ECC chair. The April roadside cleanup drew 20 volunteers with Keep Effingham Litter-Free, and in May a group of six

volunteers cleaned a major section of Green Mountain Road. Combined efforts netted a total of 189 bags of litter and nine tires.

### Freedom

Freedom Conservation Commission is working with GMCG to conduct well water testing event (part of the GET WET! program) during Old Home Week on August 7. The FCC is researching policy for release of orphaned bear cubs in Town Forest. The FCC has added 25 new septic applications to the Shoreline Septic Review database. The database currently accounts for 65% of the septic systems in the Freedom shoreline district.

### Sandwich

Counselors Adam Weeks and Emma Bickford will return for their third summer as Director and Assistant Director of the Five Days of Sandwich camp program. Four members of the SCC attended workshops on easement monitoring in April and May, sponsored by Nature Groupie and UNH Extension.

### Ossipee

The OCC finished installing a new sign located at the Windows on the Ossipee Mountains scenic outlook. The brush clean-up at the outlook was completed by Coyote Mountain Farm, Inc. Plans are in design-phase for a new sign to be located at the Town Forest on Route 16. Plans for adding three or four parking spaces at the Old Mill Site on the Beech River and Annie Nichols Road for trail hikers are being scheduled. OCC is looking forward to working with Jim McElroy on the summer Lake Host program.

### Tamworth

Five scholarships were given to kids for Tin Mountain camp, covering most of the cost. Trail maintenance is currently taking place. TCC completed the first round of red-backed salamander censuses, starting a long-term study that will provide information to herpetologists studying global warming. TCC will be marching in the 4th of July parade as the "Salamander Crossing!"

## Notes from Downstream

*"Borders? I've never seen one, but I hear they exist in some people's minds." Thor Hererdhal*

*GMCG and SRCC have partnered since 2001 on a shared water quality monitoring program across two states, twenty-six towns and one watershed.*

This spring the Saco River Corridor Commission voted to pass rulemaking changes which would modify certain provisions of the commission's performance standards. The main regulation changes include the ability for an applicant to demolish and reconstruct an existing nonconforming structure within 100 feet of the Saco, Ossipee and Little Ossipee Rivers without the need of a hardship variance. The commission has made these changes in order to bring provisions of the Saco River Corridor Act into better alignment with the DEP Mandatory Shoreland Zoning Act.

The Saco River Corridor Act, established in 1973, includes

environmental regulations which were fostered by local citizens in order to ensure properly planned development, the protection of the unique and precious natural resources of the Saco River Corridor and protect public health. The Saco River Corridor Act is an entirely different set of regulations from the DEP shoreland zoning ordinance, and though there are some similarities between various aspects of the ordinances, there are also vast differences. The Saco River Corridor Act provides an added set of environmental protections because the citizens of the Saco River Basin recognize the value of protecting this precious natural resource, which also supplies a great deal of our drinking water.

In addition to passing rulemaking changes the commission has begun our 20<sup>th</sup> consecutive year of our water quality monitoring program in collaboration with Green Mountain Conservation Group's water quality

monitoring program to form the RIVERS program, both groups will be working to rewrite our joint QAPP, approved by the Maine DEP, NH DES and the EPA over the course of the remainder of the year. As always, feel free to contact our office with any questions or comments regarding the commission's work.

*Dalyn Houser  
Executive Director  
Saco River Corridor Commission*



## Save the Date! 2019 Summer Calendar

All events take place at 236 Huntress Bridge Road, Effingham, NH. For info call (603) 539-1859 or email [info@gmcg.org](mailto:info@gmcg.org).

**Tuesdays, July 2 - 30: Summer Environmental Film Series** GMCG will project on a big screen engaging environmental documentaries that inspire and make us think. Family-friendly, free popcorn provided! Films include: *Chasing Coral*, *Free Solo*, *Pandas*, *Vanishing of the Bees*, and *Jane*. Every Tuesday from July 2 to July 30, 2019. Films begin at dusk, please arrive by 7:30 p.m. for parking and seating. For more information on films, including trailers and the full schedule, visit [www.gmcg.org](http://www.gmcg.org). Fun giveaways and prizes each week.

**Wednesdays, July 3 - July 31: Nature Story & Discovery Time** Every Wednesday throughout the month of July 10:30 to 11:30 a.m. at Blue Heron House. Kids ages one to six can enjoy fun nature stories, outdoor activities and crafts with a different theme each week. Explore the conservation center's trails, vernal pool, Ossipee River and go on a nature scavenger hunt! Fun giveaways and prizes each week, with the grand prize drawn July 31: two passes to Attitash Mountain Resort summer adventure park.

**Wednesday, August 7: Wild Edibles Walk 9 to 10:30 a.m. at Blue Heron House** Learn to identify the many native medicinal plants that abound in our backyards led by herbalist Carol Felice of the Remick Museum, Tamworth. This is a free, family-friendly event.

**Wednesday, August 7: GET WET! for Freedom Old Home Week 2 to 4 p.m. at Freedom Town Hall** 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. Visit our website to learn about common contaminants, health concerns, where to go for more information, and how to sign up to be a volunteer to bring this important program to schools in your community.

**Friday, August 16: Volunteer Biological Assessment Program (VBAP) Training 12:30 to 3:30 p.m.** Each fall, GMCG works with schools in the Ossipee Watershed to monitor local rivers and streams and assess their health using macroinvertebrates as bioindicators. A free training is being offered this year for anyone who would like to help with the program or start one at their school. The training will be led by NH Fish & Game's Judy Tumosa. Preregistration is required at [www.gmcg.org](http://www.gmcg.org).

**Saturday, August 17: Art as Message 5 to 7 p.m. at Patricia Ladd Carega Gallery in Sandwich, NH** Join GMCG Executive Director, Blair Folts, Wetland Scientist, Dr. Rick Van de Poll, painter and Senior Philanthropy Advisor with New Hampshire Charitable Foundation, Linda Gray and Boston based internationally recognized artist, Deborah Friedman for a conversation on how art can be a strong way to spread environmental messages. The forum is part of an exhibition of landscapes entitled *Oblique Horizon* that opens on July 27 and acts as a backdrop for workshops and conversations about the stewardship of our world. For more information contact the gallery at (603) 284-7728.

**Thursday, August 22: Volunteer Celebration! & Open House 3:30 to 6:30 p.m. at Blue Heron House:** Join GMCG's community of dedicated volunteers, supporters, and staff for a potluck picnic and open house featuring awards, live music, and tours of the Blue Heron House and trail! Free and open to the public. Folks new to GMCG are welcome, too! Come meet our staff and learn about available volunteer opportunities!

**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/](http://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.



THANK YOU FOR YOUR CONTINUED SUPPORT!  
GMCG's Federal Tax Identification Number is: 02-0498020





Nonprofit  
Organization  
U.S. Postage Paid  
Effingham, NH  
Permit No. 10

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

# The Watershed News

**Save the date!**  
**Volunteer**  
**Celebration**  
  
**August 22**  
**3:30 to 6:30 p.m.**

**Autumn Newsletter items due:**  
**September 16**

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](http://www.gmcg.org)