



July 30, 2014

The Sampler is a monthly e-newsletter produced by the Volunteer Lake Assessment Program.

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### **Web Highlights**

This month's featured lake website is [Mascoma Lake Association](#) in Enfield, NH

[Significant Harmful Algal Bloom Predicted in Western Lake Erie this Summer](#)

[Treatment Plants Voluntarily Test for Microcystin](#)

### **Upcoming Events**

#### **LakeFest 2014: Raft-a-Palooza!**

Sunday, August 3, 2014  
Endicott Rock Park  
Weirs Beach in Laconia, NH

#### **Watershed on Wheels (WOW) Express**

August 9, 2014  
[Hay Day at The Fells](#)  
Newbury, NH

August 10, 2014

[Love Your Lakes Day](#)  
LSPA Learning Center  
63 Main St.  
Sunapee Harbor, Sunapee

August 22, 2014

[Moose Festival](#)  
Colebrook, NH

**Erosion Control Field Day**  
**Implementing Good**

## **Duck for Cover, it's Swimmers Itch Season!**

The first reports of swimmers' itch, commonly referred to as "duck itch" are rolling in so now is a good time to provide information for lake residents and visitors. Swimmers' itch is an allergic reaction that causes irritation to the skin when it comes in contact with cercaria larvae, a tiny parasite carried in waterfowl and other mammals and released into the water when they defecate. Swimmers' itch became prominent in the 1950's when the U.S. Fish and Game imported mallard ducks, which carried the parasite, into many New Hampshire lakes to increase game population. Although cercaria is not parasitic to humans and causes no long-term health effects or disease, it can be extremely uncomfortable; causing tingling, burning and itching of the skin within minutes of exposure and generally causes a pimple-like bump on the skin within 12 hours of contact, which may worsen to blisters. Ointments used for mosquito and other bug bites can be used to lessen the symptoms of duck itch, however, the rash itself typically goes away naturally within a few days. There are no ways to completely prevent swimmers' itch however there are ways to lessen your chance of coming in contact with the parasite. You can minimize your risk by following these tips:

- Avoid swimming in areas that are known to have the parasite, or that have signs posted warning about swimmers' itch.
- Encourage officials to post signs if there have been known break outs.
- Avoid swimming in marsh-like areas where snails are commonly found as they are the intermediate host that release cercaria into the water.
- Dry off or shower immediately after swimming.
- Don't feed the ducks or other waterfowl found on your lake!

## Erosion Control in NH

August 19, 2014  
Moultonborough Safety Bldg.  
1035 Whittier Hwy.  
Moultonborough, NH

August 20, 2014  
Harris Center for  
Conservation Education  
83 King's Hwy.  
Hancock, NH

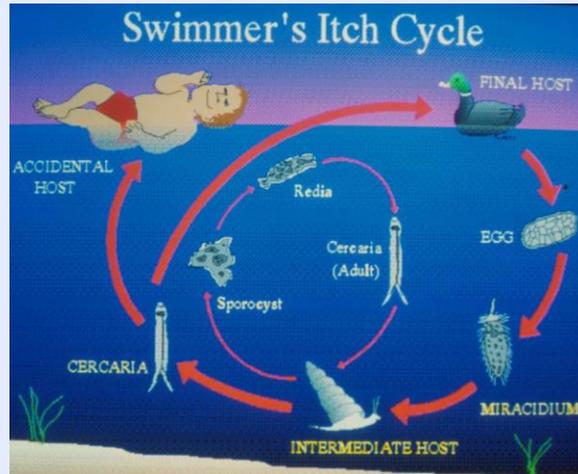
## Grants

[NHDES Water Supply Land  
Protection Grants for I-93  
Corridor](#)

Deadline November 1, 2014

## Limno Lingo

**Watershed:** An area within which all water flows to the lowest basin, whether it be a lake, river or ocean.



For more information, please refer to the [NHDES environmental fact sheet](#) WD-BB-2 Swimmers' Itch.

## May and June VLAP Summary

The VLAP sampling season started off slow in June with most lakes opting to start sampling a little later in June than normal. The VLAP Coordinator and two interns conducted a total of 33 biologist visits in May and June and volunteers sampled a total of 80 lakes on their own. Volunteers returned samples to the Jody Connor Limnology Center (JCLC) and VLAP Satellite Laboratory in New London for analysis. A total of 2,617 analyses were conducted through the JCLC in May and June.

May and June both saw above average temperatures as recorded in Concord, NH. May experienced fairly normal rainfall amounts with 3.57 inches of rain occurring which was just 0.09 inches below normal. June experienced slightly above average rainfall with 3.83 inches of rainfall; however most of that fell in just two significant storm events leaving a majority of dry days in June. This led to above average lake clarities as reported from various volunteers and recorded with Secchi disk measurements.

## Asian Clam Monitoring Kits Available!

[Asian clams](#) are an emerging threat to New Hampshire's lakes as they have been identified in three lakes and one river in New Hampshire. Volunteer monitors that pick up monthly monitoring equipment from the Jody Connor Limnology Center (JCLC) can also pick up kits to survey your lake or pond for Asian clams. When you pick up just mention that you would like to borrow a kit and JCLC staff will assist you. Thank you for helping keep tabs on the spread of Asian clams!

NH Department of Environmental Services  
29 Hazen Drive  
PO Box 95  
Concord, New Hampshire 03302  
This email was sent to: [sara.steiner@des.nh.gov](mailto:sara.steiner@des.nh.gov)  
[Unsubscribe](#)