



June 26, 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

[Ban on Pavement Sealant Lowers Levels of Potentially Harmful Compounds in Lake](#)

[NHDES Coastal Atlas](#)

[New England Lakes Recovering Rapidly from Acid Rain](#)

## **Upcoming Events**

[NHACC 2014 Field Training Series](#)

[EPA Webcast "Protecting Your Drinking Water from Harmful Algal Blooms"](#)

July 16, 2014, 1:00 - 3:00 p.m.

[The Stewardship Network](#)

[Citizen Science Lecture Series](#)  
*Loons and the Health of Our Lakes*

Tuesday, July 22, 2014, 6:00 - 7:00 p.m.

The Loon Center  
183 Lees Mills Rd.

## **Meet the VLAP Interns!**

VLAP is happy to have two interns to assist with biologist visits and laboratory operations this year. Please welcome them to your lake or pond and say hello when stopping by the Jody Connor Limnology Center!

Many of you may have already met Meghan as this is her third year as a VLAP Intern, so it's about time we tell you more about her! Meghan grew up in Hampstead, NH and has recently graduated from Saint Michael's College in Colchester, VT. She graduated with a B.S. in Biology with a Chemistry minor. In September she will start the 34-month Pharmacy Doctorate Program at the Massachusetts College of Pharmacy, Manchester, NH campus. In her down time, Meghan enjoys reading, skiing, swimming, and traveling. In her own words, "This is my third summer interning with VLAP. I started three years ago because a fellow St. Mike's student had suggested that I check out the DES internships offered. I really enjoyed the experience I had the first year and have returned the following two summers because I enjoy seeing so many different lakes in New Hampshire and helping to ensure that they stay clean". Thank you, Meghan, we are happy to have you back!



We also welcome Hannah Johnson who will spend six months working with VLAP. Hannah grew up in Cape Elizabeth, Maine and while the majority of her childhood was spent on Maine's coast, she spent countless weekends hiking in the White Mountains. She loves nature and any activities that she can do outdoors. She graduated from the University of New Hampshire in 2013 with a B.S. in Environmental Conservation Studies with a focus in Biology Conservation. During her time at UNH she became

Moultonborough, NH 03254

[LakeFest 2014: Raft-a-Palooza!](#)

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

## **Grants**

[NRCS Regional Conservation Partnership Program](#)

[SCC 2015 Conservation Grants](#)

Check back July 1, 2014  
Deadline: September 26, 2014

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## **Limno Lingo**

**Varve:** A pair of alternating light and dark colored layers, typically representing finer or coarser silt or clay, deposited annually in a body of water. Varves allow sediment dating at annual intervals as well as interpretation of historical conditions such as trophic state, climate and water levels.

very interested in freshwater resources and had the opportunity to T.A. a limnology course. She also worked at the Lakes Lay Monitoring Program (LLMP) through UNH Cooperative Extension, of which she has spent the past year working full time and has been involved with the LLMP's cyanobacteria monitoring pilot study. In her own words, "I applied to the VLAP program because I am thoroughly interested in research and the integration of research into education and public outreach to help manage and sustain our New Hampshire lakes, which is what the VLAP does! I am beyond excited to be a part of such a great team"! Welcome Hannah, we are happy to have your enthusiasm and knowledge on board!



## **NHDES Launches New Soak Up the Rain Program to Help NH Residents Protect Clean Water**

Water pollution comes from everywhere, even your yard. Help is now available to community groups working with homeowners to fix erosion and water pollution problems on their lots caused by stormwater. To address these problems, the New Hampshire Department of Environmental Services (NHDES) is excited to launch the Soak Up the Rain (SOAK) New Hampshire program.

This voluntary program helps property owners reduce pollution running into our local lakes, streams, and coastal waters. By installing rain gardens, which are shallow depressions planted with flowers and attractive shrubs, rain barrels, and other low-cost practices on their properties, the SOAK program helps residents take responsibility for clean water in their communities by literally soaking up the rain.

For more information, go to [soaknh.org](http://soaknh.org) or [facebook.com/SoakNH](https://www.facebook.com/SoakNH) or contact Jillian McCarthy at 271-8475.

Funding for the Soak up the Rain New Hampshire program is provided by Clean Water Act Section 319 funds from the U.S. Environmental Protection Agency.

## **2014 Secchi Dip In is June 28th through July 20th**

The 21st annual [Secchi Dip In](#) is June 28th through July 20th. Since 1994 lakes and ponds throughout the United States and Canada have participated in the Secchi Dip-in collecting water clarity, or transparency, measurements and entering them into the Dip-

in database. Since then, the Dip-in has grown to include more than 7,000 sites and 41,000 records that provide information to track national transparency trends. What are you waiting for, Dip-in!

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