



The Sampler

January 29, 2015

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 [Lake Armington Association](#), Piermont, NH

[Northeast Lakes and Ponds Classification System](#)

[Busy Beavers Can Benefit Ecosystem, but Also be a Source of Major Damage](#)

[Lake Trout and Climate Change in the Adirondacks](#)

[New Model Identifies Eastern Stream Sections Holding Wild Brook Trout](#)

[NASA, NOAA find 2014 Warmest Year in Modern Record](#)

[How America Became Addicted to Road Salt-and Why it's a Problem](#)

Upcoming Events

[Watching the Weather: A Citizen Science Training](#)

Tuesday, February 3, 2015
7:00 - 9:00 p.m.

Putnam Science Center Rm. 175
Keene State College
Keene, NH

[2015 Winterfest](#)

February 14, 2015

Squam Lakes Association

Meet the Beetles!

It may have been 50 years since the Beatles invasion, but *it was twenty years ago today* that volunteers including anglers, students, teachers, paddlers, and many others interested in the health of the Upper Merrimack River and general river ecology began learning about aquatic macroinvertebrates. Macroinvertebrates are aquatic insects that spend part or all of their life cycle in freshwater, and because of this, they make excellent indicators of water quality conditions.



Aquatic Stage of a Dragonfly Nymph

Since 1995, hundreds of volunteers from throughout the region have volunteered their time with the Upper Merrimack Monitoring Program (UMMP) to monitor river quality, including a biological assessment component that analyzes the aquatic insect communities found at 17 different sites along the Upper Merrimack River corridor. Bug Nights are an integral—and very popular part of the UMMP that you are invited to participate in! Your work as a citizen scientist helps determine the health of the Upper Merrimack River watershed. Bug Night volunteers receive training to accurately sort through river samples and then identify aquatic insects to the Family level using customized taxonomic keys and stereo-microscopes.



Bug Night Volunteers in Action!

Laboratory space is provided by St. Paul's School in Concord, NH,

534 Route 3
Holderness, NH 03245

[2015 NEAEB/NH Water and Watershed Conference](#)

March 18 - 20, 2015
Attitash Grand Summit Resort
and Hotel
Bartlett, NH 03812

Grants

[NH Charitable Foundation](#)

Community Grants
Express Grants

[Mascoma Savings Bank Foundation](#)

Deadlines:
Wednesday, April 1, 2015
Thursday, Oct. 1, 2015

[Water Infrastructure and Resiliency Finance Center](#)

Limno Lingo

Native *Elodea*: Also known as Waterweed, *Elodea* is an aquatic plant found in many lakes and streams throughout New Hampshire. Two common species found in New Hampshire are *E. canadensis* with broader leaves and blunt tips preferring alkaline or neutral systems, and *E. nuttallii* with thinner, needle-like leaves and pointed tips preferring alkaline to acidic systems. The plant has a robust appearance and can grow up to two feet in length. It is often confused with the invasive Brazilian elodea and Hydrilla but can be distinguished by smooth leaf margins.

training is free, fun, and a great way to spend quality time with family (pun intended) and friends as well as an opportunity to make new acquaintances. Be a part of the Bug Night cult on Wednesday nights from 6pm to 9pm by downloading the [2015 flyer](#). View the full schedule at www.merrimackriver.org. You can also subscribe to the Bug Nights listserv by sending an email to bugnight-join@merrimackriver.org.

Are You SOAKed Yet?

Imagine if this week's blizzard fell as rain, or those December rain events fell as snow. Consider that ten inches of snowfall is equal to roughly one inch of rain. The blizzard dumped 20 to 30 inches of snow in some spots; the equivalent of two to three inches of rain! In recent years, we have experienced an increase in frequency and intensity of these types of storm events, and with it, an increase in stormwater runoff (and snowmelt) to rivers, lakes, estuaries and oceans. This could be potentially harmful to our water resources in New Hampshire. We need you to take action and [SOAK Up the Rain NH!](#) The SOAK Program is a voluntary program managed by NHDES which aims to establish and work with Partner Groups and property owners to install and utilize various stormwater management techniques, such as rain gardens or barrels, to reduce stormwater runoff to surface waters. Join other [SOAK Partners](#) to help reach the goal of soaking up 250,000 gallons of stormwater in 2015!

Proper Snow Disposal Guidelines

The blizzard also serves as a good reminder to follow proper snow disposal guidelines. Did you know it is illegal to dump snow directly into surface waters, or store snow within classified wellhead protection areas? NHDES Environmental Fact Sheet WMB-3, [Snow Disposal Guidelines](#), provides the information you need to know to dispose of large quantities of snow.

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