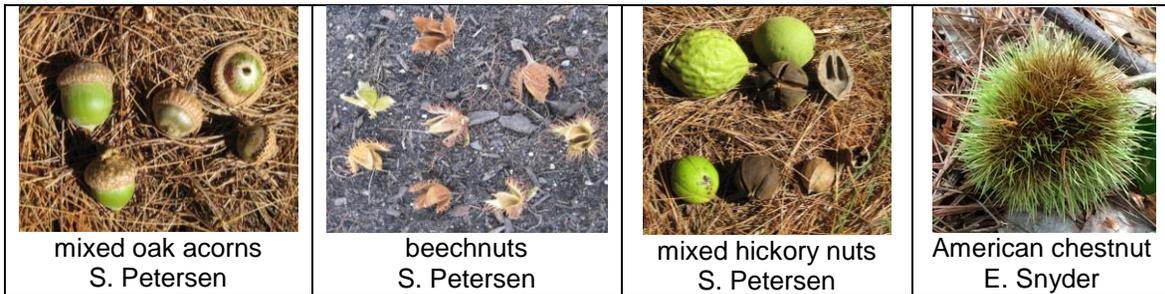


Newsletter Fall 2015



Nuts about Fall



Fall is always such a busy, beautiful time of year. Hints of crisp fall air coincide with the shorter days. People scramble to soak up the last days of summer's warmth and take care of all those fair-weather projects around the house. People aren't the only ones scrambling, however; squirrels, chipmunks, bears, and other critters are also busy preparing for winter.

Nuts are one of nature's fall treasures. By definition, nuts are fruits that have hard shells that surround a seed or kernel that is generally edible. (Horse chestnuts are NOT edible.) Nuts are plentiful, nutritious, and store well. The most abundant nuts are acorns, but other native nuts include beechnuts, hickory nuts, and American chestnuts.

Many critters make use of this bounty. Bears eat nuts as they find them, commonly packing on 20-30 pounds per week. Nuts, stored as fat, help the bears get through winter when they enter a state of partial hibernation. Squirrels and chipmunks, on the other hand, gather nuts and pack them away for a source of food throughout the winter. Squirrels, active year-round, tend to have small caches of nuts scattered throughout the landscape, whereas chipmunks are generally inactive in winter and usually store all their food in their dens. Some birds, such as blue jays, pack nuts into tree crevices or woodpecker holes for retrieval later.

Local nuts aren't just for squirrels; people can enjoy them, too. Native Americans have long utilized acorns as a food staple. Enthusiasts of local foods are rediscovering acorns as a food source. The bitter tannins can be removed and the remaining nut meat can be ground into a tasty, nutritious flour. Although not found in cold climates such as New England, pecans and walnuts have northern cousins, the hickories. Three species of hickories are common here: shagbark, bitternut, and pignut. (Be warned: bitternuts are bitter!) Beechnuts, too, can be

eaten raw or cooked after removing the shiny skin between the prickly husk and the kernel. American chestnuts were once a defining tree in forests of the Northeast, but mature specimens are rare now due to an ongoing blight. American chestnuts are easily confused with more common horse chestnuts, which are toxic to humans. For the safety of people and American chestnut trees, please do not eat any local chestnuts you find.

Gathering and preparing the nuts takes some effort, but almost everything good takes work. Go nuts this fall!

Recent Lamprey River Research

The Lamprey River once was home to a healthy population of the NH Endangered brook floater mussel. Very few of these rare mussels remain and, sadly, extirpation is likely. To view the most recent report completed in April 2015, click [here](#).



Two heavily eroded brook floater mussels found during the 2014 survey. Photos by Ethan Nedeau



Intermittently for the past few years, a mysterious flow of fine sediment has been clouding Woodman Brook as it enters the Lamprey River. UNH student Jake Poirier, working with Asst. Professor Anne Lightbody, investigated the issue and came to some initial conclusions, summarized in his poster, available [here](#).

Photo by RH Lord

Small Grants 2015

Each year since 2009, the Lamprey Rivers Advisory Committee has funded Small Grants of up to \$5000 for innovative outreach projects. This year, four grants were awarded:

- The Lamprey River Watershed Association will organize a watershed-wide stream clean-up day in September to remove litter.
- The Town of Lee Conservation Commission will attempt to eradicate invasive Japanese knotweed and other roadside weeds on the town's Rothwell Reserve.

- The Lamprey River Watershed Association will work with the towns of Epping and Newmarket to identify a visible public location for a stormwater reduction demonstration project.
- The Lamprey River Watershed Association will create a report detailing the process and lessons learned in trying to identify obstacles to canoe passage that might be relocated or modified to improve passage.

When the final reports are in, they will be posted on www.lampreyriver.org.

If you have an idea for a project for 2016, please contact Sharon Meeker at s-meeker@comcast.net or 659-5441.

Back to School with Mary Blair: How Times Have Changed Since 1915



Mary Blair was actively teaching in a one-room school house in Epping in the year 1915. It is unknown if her contract had the stipulations noted below, but many teachers did. We've all come a long way.....

photo courtesy of the Epping Historical Society

To learn more about Mary Blair and the park named after her, visit www.lampreyriver.org.

Rules for Teachers — 1915

From <https://www.nhhistory.org/edu/support/nhrowingup/teacherrules.pdf>

1. You will not marry during the term of your contract.
2. You are not to keep company with men.
3. You must be home between the hours of 8 P.M. and 6 A.M. unless at a school function.
4. You may not loiter downtown in any of the ice cream stores.
5. You may not travel beyond the city limits unless you have permission of the chairman of the school board.
6. You may not ride in carriages or automobiles with any man except your father or brother.
7. You may not smoke cigarettes.
8. You may not dress in bright colors.
9. You may under no circumstances dye your hair.
10. You must wear at least 2 petticoats.
11. Your dresses may not be any shorter than 2 inches above the ankles.
12. To keep the classroom neat and clean you must sweep the floor once a day, scrub the floor with hot soapy water once a week, clean the blackboards once a day and start the fire at 7 A.M. to have the school warm by 8 A.M. when the scholars arrive.

The sources for these "rules" are unknown; thus we cannot attest to their authenticity—only to their verisimilitude and charming quaintness. They have been used for years by the New

Hampshire Historical Society Museum as part of its *Going to School* outreach lesson, but they also appear independently on numerous other websites from Auckland to England. The 1915 rules are attributed to a Sacramento teachers' contract and elsewhere to an unspecified 1915 magazine.

The larger the island of knowledge, the longer the shoreline of wonder.
~Ralph W. Sockman

You're Invited to Join us!



New representatives and volunteers are always welcome!

Each of the fourteen towns in the Lamprey River watershed may have up to four appointed representatives. Currently no town has four representatives, so no matter which town you call home, we invite you to work with us to protect the Lamprey rivers.

The process is easy!

1. Attend a meeting or two and see what we are up to. Meet other representatives, ask questions, and see if you and the group are compatible.
2. Print this [form](#) from NH DES, complete it, and ask your town leaders if they will nominate you.
3. Have the town leaders sign the form and send it to NH DES.
4. The commissioner at NH DES will appoint you for a three year term and you will be official!

The following towns are in the Lamprey rivers watershed:

Barrington, Brentwood, Candia, Deerfield, Durham (Wild and Scenic), Epping (Wild and Scenic), Exeter, Fremont, Lee (Wild and Scenic), Newfields, Newmarket (Wild and Scenic), Nottingham, Northwood, and Raymond

Meetings:

Representatives of the four Wild and Scenic towns (Epping, Lee, Durham, Newmarket) meet the second Tuesday of every month at the Lee Safety Complex at 20 George Bennett Road in Lee. Meetings begin at 7:00 P.M.. All representatives meet the fourth Thursday evening of every month at various locations in the fourteen towns. Check the calendar for the location.

Questions?

Please email [Sharon Meeker](#) or call 603-659-5441.