

Newsletter Fall 2016



Happy Birthday, Wild and Scenic Lamprey River!

A brown rectangular sign with a white border. At the top is the National Wild and Scenic Rivers System logo, which is a blue and green shield with a stylized river and trees. Below the logo, the text "LAMPREY RIVER" is written in a large, white, serif font. At the bottom, "Enjoy It, Preserve It" is written in a smaller, white, sans-serif font.	<p>Time flies and the river keeps flowing. For twenty years, visitors and local residents have grown accustomed to seeing signs like this in Epping, Lee, Durham, and Newmarket. This might seem normal to many, but, in fact, it is something extraordinary. The Lamprey is one of only two Wild and Scenic Rivers in New Hampshire and one of only 208 rivers in the US and Puerto Rico. Fewer than 1/4 of 1% of our rivers are protected under the National Wild & Scenic Rivers System. In today's political climate and given the fact that designation literally requires an Act of Congress, people who live near the Lamprey really have something to celebrate. To learn more about the National Wild and Scenic Rivers System, please visit https://www.rivers.gov.</p>
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A Friend-Lee Paddle

June 26 was a picture-perfect day on the Lamprey. The Town of Lee, the Lamprey Rivers Advisory Committee, and the Lamprey River Watershed Association teamed up to sponsor a family paddle as part of Lee's 250 anniversary. Folks age 4 to 80 and one dog put in at the Lee Public Canoe Access for a short paddle upstream and then had an easy trip back. Participants saw first-hand the low water due to the lack of rain, but had fun looking for wild items on a scavenger hunt.



Photo by Paul Gasowski

Everyone Loves Raymond

The LRAC was thrilled to work with the Town of Raymond this summer to help with its new nature trail behind the Lamprey River Elementary School. The informal trail has been used for many years by classes at the school, but now the trail offers signage for all users and has been redesigned to avoid damaging sensitive spots along the way. The trail will be open to the public when school is not in session. A sample sign is to the right.

Land Use Change

Plants and animals are not the only living things that rely on their landscape for survival. People have relied on the river and its surrounding resources for thousands of years for shelter, food, water, recreation, energy and transportation. When people use natural resources they can alter the landscape around them and ultimately change the use of the land.

Land use change is the process by which human activities change or transform a landscape. In the early 1600s settlers began altering the landscape across the northern United States by clearing forests, plowing and planting fields, grazing farm animals, logging trees, and building structures such as homes, dams, and bridges along rivers. The Lamprey River was an important component of early commercial and industrial growth with the construction of sawmills and gristmills along the river.

Evidence of land use change can be seen all around our landscape. In the old days, a farmer marked the boundaries of their land by placing rocks that had been removed from their pastures or cultivated areas to form low stone walls. Many of these stone walls still exist today even though the forest has regrown where the pasture once was. Foundations for homes and dams also pepper the Lamprey River. Do you see any evidence of land use change where you are standing?

Throughout history the Lamprey River and surrounding lands have been used in many ways, and only time will tell how future generations will use the land and its resources. Can you think of some examples of how you might use the resources around the Lamprey River?



Remnants of a dam in Mary Folson Park, Epping, New Hampshire.
Credit: Abigail Gomburg



Former bridge crossing in Mary Folson Park, Epping, New Hampshire.
Credit: Abigail Gomburg



Evidence of a stone wall potentially built to mark the edge of the property when it was a pasture. The trees have since regrown and converted the once pasture into forest.
Credit: Abigail Gomburg



Stones found within a farmer's pasture were collected and used to create low stone walls. Many can be seen still around New Hampshire.
Credit: Abigail Gomburg



Funds for this project were provided by the National Fish and Wildlife Foundation, Lamprey ME and Seaside River Assistance.

<http://www.lampreyriver.org/conservation-and-outdoor-recreation>
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LRAC- Newmarket News

The Lamprey Rivers Advisory Committee was busy this past summer working on three river projects at Newmarket's Schanda Park. The committee welcomes opportunities that build good relationships and enhance the public's awareness and appreciation of the Lamprey and its tributaries.

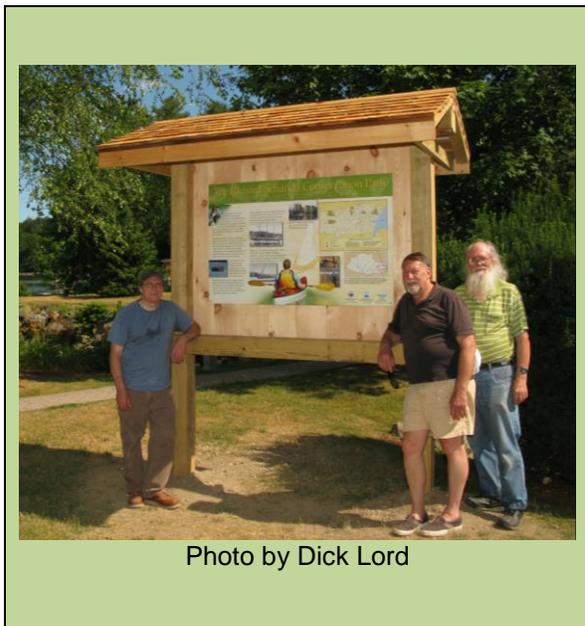


Photo by Dick Lord

New Kiosk for Schanda Park

Time took its toll on the old kiosk, so LRAC funded a replacement. Kevin Martin, left, designed the kiosk and LRAC members Preston Samuel (c) and Dick Lord (r) helped with the careful construction. The information panel is the same one created in 2011 by LRAC and the Newmarket Conservation Commission that highlights Newmarket history and conservation land. Please visit <http://www.lampreyriver.org/parks-schanda>

Kayak Racks Rack up Visits

The LRAC was pleased to help Newmarket Recreation fulfill its dream of making kayaks more accessible to campers and the public by funding these kayak racks. The racks enable quick access to the water without the fuss of transporting boats from the recreation center. These racks are at Schanda Park.



Photo by Aimee Gigandet



First Annual Lamprey River Splash and Dash, August 20, 2016

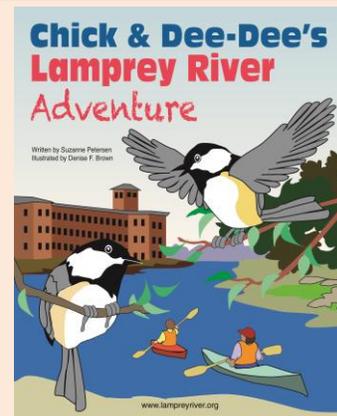
Using a Small Grant from LRAC, the Newmarket Recreation Department built infrastructure for an annual kayak race on the salt water portion of the Lamprey. The inaugural event attracted about 20 participants and a good crowd of supporters who stayed all day. Two races were held: a 0.5km for younger paddlers and a 3km for junior, men, women, and senior paddlers. There was also a rock 'n roll theme parade, with the Janis Joplin entrant taking home the cash prize.

Everyone had fun spending time by the river. Next year's race will be bigger and even better, so mark your calendar now to join the fun in 2017.

Explore the Lamprey with Chick and Dee-Dee

Chick and Dee-Dee live at the mouth of the Lamprey River on Great Bay. They wonder where all the sparkling water comes from. They fly up the river to answer that question and meet new friends while they learn about the river.

This recently published book will be shared with local libraries and schools. Copies will be available for sale at readings. Check with your local library for details. Come join the adventure!



Eager Beavers

At a recent Lamprey River event, someone shared some awesome photos of beavers that she had seen while kayaking on the Lamprey. Enjoy!



Photos by Beth Fisher, used by permission

Beavers, weighing between 30 and 100 pounds, are the largest rodents native to North America. Their orange incisors are strong enough to cut through trees and they do not wear down due to continual growth. They use their large, webbed back feet for swimming. Their scaly, paddle-like tail helps with steering and, when slapped on the water's surface, serves as a warning to other beavers that threats, such as predators, are near.

Their oily fur is very dense, composed of two very different layers. The inner layer is composed of soft, curly hairs that help to trap air for warmth under water. The outer layer is made of stiff guard hairs that help to shed water and form a protective layer over the inner layer. This dense, warm fur is the reason most beavers were hunted and trapped to point of near elimination in New Hampshire in the late 1800s. Restoration efforts have been successful and beavers can once again be found throughout the state.



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Beavers are natural engineers and build extremely functional dams and lodges. And like true engineers, they are excellent problem solvers. This sometimes causes conflict with people who build structures near waterways to serve their own needs. Although beaver activity is sometimes perceived to be a nuisance, the effects on the local environment are almost always positive. Their dams help to store water while providing and improving habitat for other animals. Unlike most human dams, beaver dams are not usually barriers to animals that need to move along rivers. Dam decent of the beavers to be such good neighbors!