

## **Newsletter Spring 2014**



### **Something's Fishy Here**

Free migration for fish is crucial to achieve healthy fish populations and ecosystems. While most fish are migratory to some degree, some species like salmon, sturgeon, trout, herring, shad, lamprey, and American eel must migrate thousands of miles to complete their life cycles. If they can't migrate, the populations will suffer. Sadly, this has happened with many species in different places around the world already.



Image from [www.dnr.state.md.us](http://www.dnr.state.md.us)

The New Hampshire Dept. of Fish and Game is working hard to make sure that adult river herring can successfully migrate from the sea back to spawning areas well inland. Work on the Lamprey River has been particularly successful. So successful, in fact, that

the U.S. Congress has declared that the Lamprey River is included in the National Wild and Scenic River System. Migratory fish played a crucial role in that nomination.

To learn more and play an active role in helping river herring get from the sea back into the Lamprey River, join the folks from Fish and Game and the Lamprey Rivers Advisory Committee on Saturday, May 10, from 10:00 to noon as they gather fish and help them get up and over the McCallen Dam in Newmarket. Participants might also see-through baby American eels and prehistoric sea lampreys.

This rain-or-shine event is free and registration is not required. Park in the public lot behind the Newmarket Public Library on Route 108. Follow the fish signs to the event. For those wishing to get up close and personal with the fish, we recommend rubber boots or old sneakers that can get wet or muddy.

We're daring you not to miss the herring this year. See you on May 10!

### **Introducing the Stewardship Network of New England**



The Stewardship Network of New England is a new regional effort led by the University of New Hampshire Cooperative Extension to connect

environmental groups looking for volunteer help with volunteers looking to join an environmental cause. The website is up and running and has a calendar of projects that allow volunteers and organizations to connect. The website will soon allow volunteers to request customized notifications according to geographical area, type of activity, time of day, or day of the week. If you want to help our planet Earth, small actions when combined can make a real difference.

Visit <http://extension.unh.edu/Volunteer/Stewardship-Network-New-England> for more information.

### Coming this Summer: Hike It, Bike It, Like It



The Lamprey River is a great place to pursue many recreational activities. This summer, the Lamprey Rivers Advisory Committee will lead participants on three low-impact, family-friendly activities. The first will involve exploring the natural and human history of the Wiswall Falls area in Durham. The second will be a guided bike tour/nature activity along the abandoned rail corridor in Newmarket. The third and final activity will entail enjoying the historic, natural, and play resources at Mary Blair Park in Epping. All activities will last up to two hours and participants are invited to bring a lunch to enjoy along the shores of the Lamprey.

Stay tuned for more details or contact us at [info@lampreyriver.org](mailto:info@lampreyriver.org) to request notification.

### Junior Rangers Program X 2



At important parks and historic sites, rangers help visitors appreciate and protect the resources of the site. The Lamprey River is in the National Wild and Scenic Rivers System, but it is not a state park or national park. It does not have paid rangers to work with the public. That's where Junior Rangers can help.

The Junior Rangers program is for children and families who want to accept the challenge and fun of learning about the river and then share what they learn with others. If people know about the Lamprey River and share their love of the river, people and animals will continue to enjoy the river well into the future.

The Junior Rangers program is made of two different paths. For families or children who want to learn about and explore the Lamprey Rivers on their own, the Study Guide and Activity Book is available at <http://www.lampreyriver.org/for-fun-junior-rangers>.

For children who want to learn about the rivers and explore as a group, a teacher-led pilot program will be offered this July and August in Epping. Children in the summer group can participate as an optional activity through Epping Summer Recreation or they can sign up for the Junior Rangers Program without joining the rest of the recreation program. To join, contact [eppingrecreation@gmail.com](mailto:eppingrecreation@gmail.com).

## Camou-Frogs



gray tree frog [www.wildlife.state.nh.us](http://www.wildlife.state.nh.us)

New Hampshire has ten native species of frogs. Most of these frogs are what one might expect of frogs in the cool climate found here: they live in or near ponds, they have moist, smooth skin, and they hibernate at the bottom of ponds in winter. The gray tree frog, on the other hand, is not what one might expect. It lives in trees, it has bumpy skin, and it hibernates in leaf litter on the forest floor. It is more like something one might find in a tropical rain forest.

Gray tree frogs are not always gray. Their color depends on the color of their background and on the temperature. These well-camouflaged frogs vary from almost white to gray to light green. They are often heard, but seldom seen. They hunt insects among the trees at night and spend much of the day resting under loose bark or in tree crevices. They are the only frogs in New Hampshire that have sticky toe pads that enable them to cling to vertical surfaces, even glass.

For most plants and animals, freezing causes ice crystals to form. These crystals effectively rupture the cells, allowing fluids to escape. (Think about what happens to lettuce when it freezes... it turns to mush due to ruptured cells.) Most local amphibians survive winter by burrowing into the muddy bottom of ponds. The mud is cold, but it does not freeze. Unlike most of their local cousins, gray tree

frogs can withstand freezing. Gray tree frogs make lots of natural anti-freeze inside their bodies. This anti-freeze prevents the formation of ice crystals. During winter, gray tree frogs actually do freeze and their hearts and lungs stop working. When the temperature warms in spring, these little wonders thaw out and return to life.

Gray tree frogs do not need ponds for their daily lives or for hibernation, but they do need access to open water for breeding. Breeding season runs from April to August. The females are attracted to the males with the best songs. (To listen to the song, visit <http://wildlifeofct.com/gray%20treefrog.html>.)

Once they find the perfect mate, they lay up to 2000 eggs in groups of 10-40 on vegetation. The tadpoles hatch in 4 or 5 days. The tiny froglets emerge from the water in about two months.

The next time you walk in the woods or near a pond, listen for the trill of these frogs. If you are really lucky, you might be able to see this small hidden treasure.

**Here's some simple advice: Always be yourself. Never take yourself too seriously. And beware of advice from experts, pigs, and members of Parliament.  
*Kermit the Frog***

## **You're Invited**

April 24, Lamprey Rivers Advisory Committee meeting, 7-9 p.m., Candia Town Hall

April 26, Lamprey River Canoe Race, 8:00 a.m., race begins at Mary Blair Park, Epping

May 10, Migratory Fish Day, 10-noon, McCallen Dam, Newmarket

May 13, Adopting Stormwater Standards Workshop, 4-6 p.m., Epping Town Hall

May 13, Wild and Scenic Subcommittee meeting, 7-9 p.m., Lee Safety Complex

May 22, Lamprey Rivers Advisory Committee meeting, 7-9 p.m., Smyth Public Library, Candia

May 30, Great Bay/Coastal Watershed Symposium, Hugh Gregg Center, Greenland

May 31, Newmarket Heritage Festival, Newmarket Mills, 80-5

