GREETINGS FROM THE BOARD OF DIRECTORS

The Pawtuckaway Lake Improvement Association (PLIA) welcomes you to Pawtuckaway Lake. We have been in the business of monitoring and protecting the health and safety of Pawtuckaway Lake since the late '50's. Over the years we have grown and expanded, offering more programs of education and support to those who love what Pawtuckaway has to offer. As of August 2015, we are now a 501(c)(3) nonprofit charitable organization.

Since the last printing of this booklet, variable milfoil—an invasive aquatic species—was found within the lake. It has been our biggest challenge fighting to remove this persistent weed. Our work in identifying and marking these plants for removal by State DES divers earned us a Cox Conserves grant, thanks to the champion of this effort, member and volunteer Neil Santos.



Our membership is our biggest asset, contributing the majority of our financial support, along with hundreds of volunteer hours to staff our programs.

Volunteers are the backbone of the PLIA, enabling us to meet our programs'

objectives as well as providing matching hours necessary for the annual Lake Host grant. We invite you to join us in those areas described throughout this booklet that appeal to you, or to offer other ideas that you feel will support our cause.

We encourage you to respect the natural beauty and resources of Pawtuckaway Lake as you enjoy this **little piece of paradise**. By following a few simple guidelines outlined in this booklet, residents and visitors alike will be able to continue to enjoy Pawtuckaway Lake for generations to come.

We also hope that you will be inspired to become a PLIA member. We invite you to visit our website, <u>www.pawtuckawaylake.com</u>, attend our Annual Meeting in the spring, or come to our monthly Board meetings, to get to know us.

Thank you for your support. We look forward to seeing you on the lake! Come explore and discover what Pawtuckaway Lake has to offer you.



TABLE OF CONTENTS

•	P.L.I.A. History and Missionp
•	Pawtuckaway Lake Lore
	What's in a Name?p 5
	Geology and Formation of the Lakep 5
	How Do the Dams Figure in?p
	Pawtuckaway State Parkp
•	The Pawtuckaway Communityp
•	Our Programs
	Lake Hostsp 10
	Weed Watchersp 1
	Milfoil Managementp 1
	Monitoring Water Qualityp 1
	Adopt-an-Islandp 15
•	Topographic map of Pawtuckaway Lakepp 12 & 1
•	The Shoreland Water Quality Protection Actp 16
•	Best Practices for a Clean Lakep 17
•	Campfires and Burning Brushp 18
•	Drawdown of the Lakep 18
•	Significant Eventsp 18
•	Recreation on Pawtuckaway
	Boating Safetyp 19
	Our Loonsp 2
	Fishingp 2
•	Important Contact Informationp 22

PAWTUCKAWAY LAKE IMPROVEMENT ASSOCIATION

Begun around Pawtuckaway Lake Association is a Known as the members and



1958, the Improvement nonprofit body. PLIA to its friends, the

organization was created to conserve, protect, and enhance Pawtuckaway Lake's natural water and wildlife resources. Its primary goal is to benefit and educate residents, vacationers, and visitors to the State Park, boat launches, or Town beach.

You can read a rather folksy historical account of the lake's history and our organization at: http://pawtuckawaylake.com/wp-content/uploads/2016/04/Mr.-Cromptons-Historical-Commentary.pdf

By 2013, the PLIA was registered as a New Hampshire nonprofit corporation, and in 2015, it qualified for tax exemption under 501(c)(3) of the IRS Code. Its activities include:

PLIA Mission and Bylaws are at: http://pawtuckawaylake.com/ about-us-contact-us/bylaws/

- Recruiting, training, and supervising volunteers to serve in various programs;
- Monitoring lake water quality;
- Finding and removing invasive aquatic species around the lake;
- Inspecting boating equipment to detect invasive aquatic species;
- Sponsoring the Annual Boat Parade and Volunteer Cookout;
- Encouraging island and road cleanup through regular campaigns;
- Providing information about shoreland protection laws;
- Working cooperatively with State and local agencies or boards for lake protection;
- Keeping the public informed about lake issues on its website www.pawtuckawaylake.com and periodic email alerts.



PAWTUCKAWAY LAKE LORE

What Does Pawtuckaway Mean?

Native Americans are credited with the origin of the lake's name, Pawtuckaway. There are a number of competing suggestions as to the derivation of the name. One claims Pawtuckaway came from the Algonquian language meaning "the Place of the Big Buck". Another notes that Native Americans called the area of Pawtuckaway "land of sticks and stones", which applies to the region of the lake, as it was not considered fit for farming. A third possibility is that



Pawtuckaway originates from the Native American term for "the falls in the river". And finally, in the Abenaki language Pawtuckaway means "clear, open, shallow river". Take your pick!

How Did the Lake Form?

As the last of the glaciers covering the area began to retreat 30,000



years ago, they
deposited their soil
and rock loads. Many
of these stones were of
gigantic proportions,
still visible in our
State Park's Boulder
Field and Devil's Den,
as well as scattered in
and around
Pawtuckaway Lake.

Long before settlers moved into the region of the Pawtuckaway Basin, waters flowed from higher areas via a series of streams and brooks to lower sections. On the north end the waters created what we now call the North River. On the south end, Mountain Brook and other minor tributaries flowed into small pools, which then drained into what is now called the Pawtuckaway River, also known as the Stingy River.

The construction of two colonial sawmills changed the area and marked the beginning of two ponds. On the north end, in 1729 a sawmill created Pawtuckaway Pond. On the south end, in 1732



another sawmill created Dolloff Pond.

In 1836, in order to supply water power to the factories of Newmarket, two dams were constructed that changed the features and character of the two ponds.

Eventually, steam power replaced water power, and gradually less water was drained from the lake to generate power. As water

levels rose over time, these two ponds merged.

When it fell on hard times in the early 1920's the Newmarket Manufacturing Company moved. As a result, its interests in the lake eventually passed into the hands of the New Hampshire Electric Company. Ultimately, the production of electricity became unprofitable and in 1956 NH Electric deeded the lake and its islands, its adjacent land, two dams, a dike, and the water rights to the State of New Hampshire. In 1958 and 1959 Dolloff and Pawtuckaway Ponds were merged into Pawtuckaway Pond. Today the lake is 900 acres and has two operational dams. Its deepest part is about 53 feet.

Read entertaining stories - with photos - told by people who built camps and spent summers on Pawtuckaway Lake in the "early days" at:

www.pawtuckawaylake.com/index.php/history

What About the Dams?

Pawtuckaway's dams are used to regulate the lake level. In October, the lake is lowered by releasing water to a level of 4.8 feet below "full pond". By spring, melting snow and rain raise the lake to its full level. Check out: www.pawtuckawaylake.com/lake-level/ (and see p. 18).

6

The dams are made of double stone walls with earth embankments.

is 27 feet high, 414 feet long, and spans the Pawtuckaway River, a major tributary in the Lamprey River Basin.

Gove Dike is 9 feet high, 270 feet long, has no outlet works, with a



roadway on its crest. **Drowns Dam** is 18 feet high, 235 feet long, and releases water at a slower pace than Dolloff.

Pawtuckaway State Park



In 1958 the State of NH began planning for a state park at Pawtuckaway Lake to serve the recreational needs of the area. After land acquisition and construction, the Park officially opened in 1966. Located on the lake's western shore, it offers visitors hiking, camping, boating, and a family beach.

Learn about the State Park, find trail maps, and get hiking information: www.nhstateparks.org/visit/state-parks/pawtuckaway-state-park

Mountains in the State Park: a "ring dike" formed 275 million years ago by a magma intrusion.



OUR PAWTUCKAWAY COMMUNITY

Pawtuckaway Lake provides a host of activities and opportunities to enjoy its wildlife, natural resources, and recreational fun. These, in turn, encourage people who camp, live on, visit, or just plain love the lake to come together as an informal *community*. Here are just a few:

• Wildlife! Volunteers work with the Loon Preservation

<u>Committee</u> to identify loon nests in late spring, mark them, and put up protective signs. After a hatch of chicks, everyone on and around the lake helps to monitor, safeguard, and

photograph these unique visitors. It takes a *community* of lake lovers to



raise a loon chick! Wildlife enthusiasts capture amazing photos of these fabulous birds—along with eagles, herons, turtles, hawks, and more. You can view our stunning collection in the Wildlife Photo Gallery at: wildlife, on the PLIA's website.

• Dressed up boats! Every Fourth of July, the PLIA celebrates this

nation's birthday in a boat parade. All kinds of watercraft are decorated with imagination and spirit. The Pawtuckaway community gathers



together for lively good cheer, hilarity, and a show of patriotic enthusiasm. Our website's **Boat Parade Photo Gallery** is sure to entice you to join in the fun: www.pawtuckawaylake.com/ photos/boat-parade/

• *Winter wonderland!* Pawtuckaway Lake offers year 'round activities. Winter is not a season for hiding indoors when the

beauty of the frozen lake and the State Park's surrounding woods and trails beckon. Ice skating, cross-country skiing, snowmobiling, ice fishing, snowshoeing, and fat tire biking are all reasons to spend time with friends and members of the Pawtuckaway community outdoors.



• Environmental stewards! The PLIA organizes road cleanups



twice a year, sponsors an Island Adoption Program (see p.15) to keep the lake islands clean and safe, and encourages members to join various teams to prevent invasive species from infesting

Pawtuckaway (see pp. 10 & 11). The latest of these initiatives is the Milfoil Management Program (see p.14). It is both enjoyable and satisfying to participate in these activities as part of the Pawtuckaway *community*.

• Boating and fishing paradise!

Join others in the community to explore the lake's many coves and islands by kayak, canoe, or paddleboard; enjoy a sunset cruise on a pontoon boat with family and friends; test your skills on a slalom ski course; or drift along peacefully as you seek that elusive bass.



OUR PROGRAMS

LAKE HOSTS

The NH LAKES' <u>Lake Host Program</u> at Pawtuckaway protects the lake from aquatic invasive species. The PLIA's participation is our

NH LAKES is a very active organization. Learn more and become a member at: www.nhlakes.org

first line of defense. We examine vessels and equipment entering and exiting the lake to locate and remove any suspected foreign "hitchhikers". Our Lake Host Program is financially supported by grants from NH LAKES, the Town of Nottingham, and PLIA funds. Paid Lake Hosts make up the bulk of its workforce, but volunteers

are crucial to the Program. Lake Hosts perform critical courtesy boat and trailer inspections at public boat ramps on the lake, checking for aquatic invasive species and educating boaters about their dangers. In 2018, there were over 9,300 water craft inspected on Pawtuckaway.



Lake Hosts also encourage boaters to do their own routine checks and practice the "Clean, Drain, and Dry" protocol to ensure that their gear is free and clear of any contaminants or invasive species.

Check out the slideshow on aquatic invasive species at the PLIA's website: www.pawtuckawaylake.com/wp-content/uploads/2018/06/PLIA-Smagula-Presentation-2018.pdf

Finally, Lake Hosts advise boaters about <u>new laws</u> affecting them: On January 1, 2017 laws went into effect in NH to prevent aquatic invasive species infestations (<u>RSA 487:16-c</u>) and <u>487:16-d</u>). Specifically, they prohibit the transport of any aquatic plants on recreational water gear or related trailers and require that boats and other water-containing devices be in the open drain position during transportation. Fines range from \$50 - \$200. These laws are enforced by the New Hampshire Marine Patrol, conservation officers, and other peace officers.

WEED WATCHERS

At the PLIA's 2007 Annual Meeting, our Weed Watcher Program

was revived and since then has expanded. It trains volunteers to survey assigned sections of the lake for invasive plants and animals. Weed Watchers were the first to detect phragmites, purple loosestrife, and milfoil. In many findings the Weed Watchers have not only been first to discover the



invasive species but also to remove them (except milfoil). In addition, they are quick to respond to reports of suspicious growths found by



others on the lake. Our Weed
Watcher Program trains and organizes volunteers to inspect the lake shore and adjacent waters for weeds that by their presence threaten to disrupt the balance of biodiversity in plant life around the lake. There is an annual training, sponsored by the NH Department of Environmental Services, conducted jointly with the

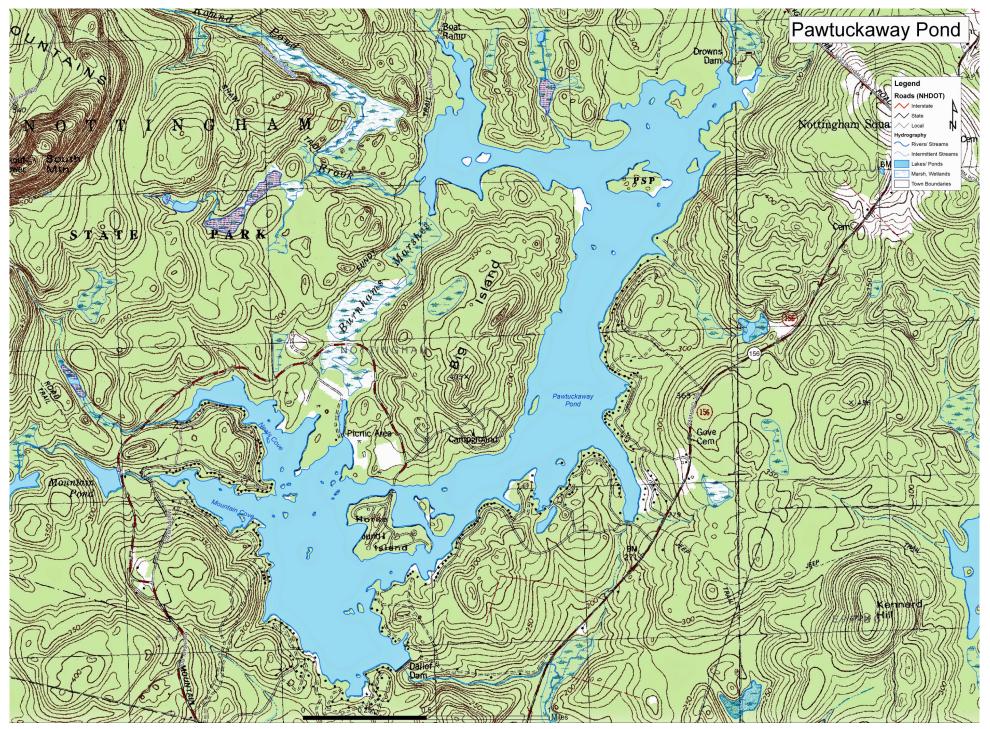
<u>Lake Host Program</u>. Our "Weed Warriors" are equipped to eradicate certain invasive growth (<u>except milfoil</u>) wherever they find it in and about Pawtuckaway Lake. See p.14 for our Milfoil Program.

WANT TO VOLUNTEER?

Send us an email at <u>Info@PawtuckawayLake.com</u> and let us know how you'd like to help the PLIA!



Working for Clean and Healthy Lakes



MILFOIL MANAGEMENT PROGRAM

In late summer of 2015, the PLIA's <u>Weed Watchers</u> spotted the first growth of the invasive aquatic plant known as *variable milfoil*, in the lake near the State Park boat ramp on Horse Island. The <u>Lake Host</u> Committee of the PLIA and NHDES were alerted to the problem, and mitigation action was promptly taken.



Volunteer Weed Watcher Neil Santos created a milfoil snorkel team in 2016 in response to the variable milfoil infestation. His group regularly searches sensitive areas, marking new growths to be pulled and encouraging boaters to avoid infested waters. *Only certified divers, who are specially trained, can remove invasive milfoil from the lake.*

In 2017, for his work Neil received the Cox Conserves Hero Award, and his squad has grown to include a SCUBA

diver certified to remove milfoil. Because the work of this group has developed a very specific purpose and its focus remains on milfoil, its

mission has expanded beyond weed watching.

For that reason, the PLIA created a separate program, emerging from its Weed Watcher Program, called the Milfoil Management Program. Its Chair is always on the lookout for volunteers to help with the milfoil team. If you are interested, or if you are SCUBA Open Water certified and would like to become trained as a Weed Control Diver, please contact the PLIA



at: Info@PawtuckawayLake.com for more information, along with how you would like to help. And please *spread the word, not the milfoil!*

WATER TESTING

The PLIA has been sampling lake water since 1988, to monitor its clarity and condition. Its Water Testing Committee operates five months a year, under the guidance of the New Hampshire Department of Environmental



Services (NHDES), through its Volunteer Lake Assessment Program (VLAP). Following a specific protocol,



they take samples from designated locations in the lake and tributaries, which they send to the NHDES lab to measure clarity, oxygen, phosphorus,

chlorophyll, and other indicators of water quality.

Such data is useful to monitor the health of the lake and develop programs to improve it. Visit the PLIA's website to learn more about water quality on Pawtuckaway Lake at:

www.pawtuckawaylake.com/programs/monitoring-water-quality/

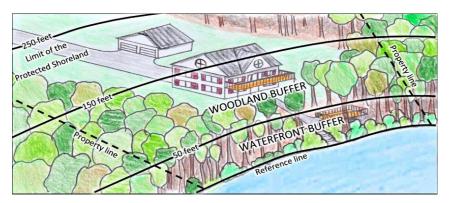
ADOPT AN ISLAND

At the 2018 PLIA Annual Meeting, discussion groups had fun naming various Pawtuckaway islands and speculating about the origins of some of the names. Volunteers agreed to 'adopt' those islands that were frequently visited in boat season. By agreeing to 'take' that island for the year, the adopter pledged to visit the island periodically, patrol for trash, and pick up its litter on a regular basis.



PAWTUCKAWAY AND THE SHORELAND WATER QUALITY PROTECTION ACT

Brief Summary: The first 250 feet of shorefront land from the high water mark back is Protected Shoreline regulated by the State law. No fertilizer is permitted within the first 25 feet, and no pesticides or chemicals within the first 50 feet. The first 50 feet is a Waterfront Buffer zone. Ground cover and shrub removal is prohibited, while tree and shrub cutting is restricted. Limbing and pruning are OK, but removal is strictly regulated. The zone between 50 and 150 feet is a Natural Woodland Buffer. For a good summary of the Act, see: www.des.nh.gov/protected-shoreland-faq



<u>Purpose</u>: Vegetation maintenance is a key component in preserving the integrity of public waters and is also a critical element of wildlife habitat. Read the Fact Sheet that explains Vegetation Management at: www.des.nh.gov/sites/g/files/ehbemt341/files/documents/2020-01/sp-5.pdf. Further, it can more naturally manage harmful storm water runoff. You can consult another useful fact sheet online: www.des.nh.gov/sites/g/files/ehbemt341/files/documents/2020-01/sp-2.pdf. (And see box on p. 17.)

What activities require a shoreland permit? New construction or construction that modifies the footprint of existing impervious surfaces, to excavate, remove, or form a cavity within the ground and filling any areas with rocks, soil, gravel, or sand requires a **shoreland impact permit**. And read about how to add **accessory structures**.

What activities require a wetlands impact permit? Impacts that will occur within surface waters or their banks, including replenishing beach sand, require a wetlands permit. There is an important bulletin: www.des.nh.gov/sites/g/files/ehbemt341/files/documents/2020-01/wb-18.pdf. Work completed without a permit may result in a removal and restoration order, and possibly hefty fines.

<u>Docks:</u> Consult this website: www.des.nh.gov/land/waterfront-development/docking-structures-and-shoreline-stabilization and the Wetlands Bureau to determine if you need a docking permit to repair, install, modify, or construct docks, boat lifts, or canopies.

Excessive phosphorus in a freshwater system increases nuisance levels of aquatic plant and algal growth, and its proliferation in our lake water over the years has been a growing cause for concern.

BEST PRACTICES TO REDUCE THE PRESENCE OF PHOSPHORUS AND PREVENT RUNOFF OF POLLUTANTS INTO THE LAKE

- 1. Control runoff by using low impact development techniques to improve lakeside property. Learn more at: www.des.nh.gov/sites/g/files/ ehbemt341/files/documents/2020-01/sp-1.pdf
- 2. Keep a buffer of native plants along the shore or create a rain garden to contain erosion;
- 3. Do not bathe or shampoo pets, wash boats or cars, or otherwise use phosphorus-containing soaps in the lake, near the lake, or in your home;
- 4. Do not use fertilizer within 30 feet of the lake shore:
- 5. Maintain a proper septic system and pump it out every three to five years;
- 6. Do not burn leaves, brush, or grass clippings near the lake, and dump nothing into the lake;
- 7. Never feed ducks, geese, or other aquatic animals;
- 8. Do not urinate or defecate into the lake and do not allow pets to do so either. Remember, "It's a Mistake to Pee in the Lake".
- 9. Do not use powerful outboard motors in shallow areas—the nutrient-laden bottom sediments can be churned and mixed into the overlying water.



You can more fully understand the requirements of the Shoreland Water Quality Protection Act at this website: www.des.nh.gov/land/waterfront-development/protected-shoreland

CAMPFIRES AND BURNING BRUSH

Contact the Nottingham Fire and Rescue Department for information about seasonal burning permits and burning brush. *Note: prior inspection of fire pits and permits is required!* In addition, you must contact the Fire Department before lighting any fire to determine whether it is a safe "burn day". Fires are allowed only after 5:00 PM.

LAKE DRAWDOWN



Drawing the lake water down serves multiple purposes. It guards against flooding from spring runoff. It is an economic means of plant control and may aid in phosphorus reduction. The drawdown allows property owners to clean their frontage and perform repairs to docks, walls, and beaches. On Pawtuckaway Lake it usually begins in mid-October. You can track water levels and monitor lake conditions on the PLIA website at: www.pawtuckawaylake.com/lake-conditions/

MARK YOUR CALENDARS

School District Deliberative Session	February
Town Meeting	March
PLIA Annual Meeting	Late Spring
Nottingham Earth Festival	September
Boat Parade	July 4
Statewide Loon Census	Mid-July
Volunteer Appreciation Cookout	Late Summer
Nottingham 300th Anniversary	2022

BOATING: EQUIPMENT AND OPERATING

New Hampshire has strict laws that are aggressively enforced prohibiting the operation of a boat while under the influence of alcohol or other intoxicating substances. Don't take any chances!

Other laws enforced by the Marine Patrol on our lake:

- 1. You must register your boat and display decals on the hull if it is motorized or a sailboat 12 feet or longer;
- 2. On a jet ski, the operator must wear a Personal Flotation Device (PFD);
- 3. Children age 12 and under must wear a PFD at all times on *any* vessel, unless it is completely enclosed by 3 foot high railings;



- 4. All boats must carry one PFD per passenger plus a throwable PFD if the boat is 16 feet or longer, a fire extinguisher, and a whistle;
- 5. Every boat must be equipped with navigation lights for use at night or in obstructed visibility: red (port) and green (starboard) bow lights and a white stern light (excepting canoes, kayaks, and rowboats, which only need an all-around white light); jet skis are not allowed to operate between sunset and sunrise;
- 6. No person age 16 or older may operate a motorized vessel powered by more than 25 horsepower without first obtaining a Certificate of **Boating Safety Education**, which must be carried aboard. Operators under 16 must be accompanied by a passenger age 18 or older with a Certificate;
- 7. Water skiers or others being towed behind a motorized vessel must wear a PFD, must at all times remain at least 150 feet from shore, navigational marker, or other obstacle, and may only be towed during daylight hours;

- 8. Any motorized vessel towing a person must have one passenger (age 13 or older) per towed person in addition to the boat's operator, to monitor the towed person and alert the operator of any problems;
- 9. All boats and jet skis must be slowed to **headway speed** within 150 feet of the shoreline, other vessels, swimmers, docks, and rafts; under a bridge; or in a "No Wake" zone. Headway speed means the slowest speed at which it is possible to maintain steering, or 6 miles per hour.
- 10. Spar buoys and markers in the water require that you operate your boat as follows: Go between solid RED and BLACK markers;



Go South or West of **RED TOP** markers

Go North or East of **BLACK TOP** markers



11. All boat owners should know about

the new laws in New Hampshire that affect the transport of watercraft and equipment. It is illegal to carry aquatic plants on recreational gear and related trailers. Further, you must have all boat drains open during transportation. Our Lake Hosts advise boaters about these laws and how they prevent infestations of aquatic invasive species (see p.10).

12. If you see a rectangular red flag with a white diagonal stripe, that indicates diving activities are in progress on the lake. Divers and



snorkelers must stay within 75 feet of their 'diver-down' flag. Boat operators must stay at least 150 feet from the displayed flag. If there are circumstances that prevent this, the operator must throttle down to headway speed. Our Milfoil Team uses this flag whenever they are in the water searching for or removing milfoil. See p.14 for our Milfoil Program.

OUR LOONS

Pawtuckaway Lake is lucky to have two nesting pairs of loons that return to their customary territory every summer. These birds are large

and striking, with their black and white checkered plumage and red eyes. They have solid rather than hollow bones and their legs are positioned far back on their bodies, adapting them perfectly for diving and swimming underwater.



Their distinctive calls are haunting and evocative, and they are fiercely

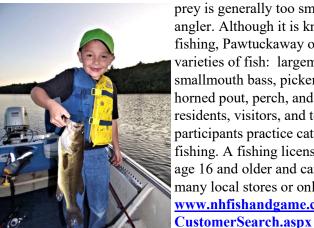
The Loon Preservation Committee does amazing work protecting these iconic birds. Read more and join this wonderful organization: www.loon.org

territorial. Their nesting activities are closely monitored by interested lake lovers and once they have laid their eggs, the loons take turns on the nest. By mid-July, volunteers working with the **Loon Preservation Committee** have recruited Pawtuckaway 'loon-a-tics' to

help with the annual NH loon survey.

FISHING ON THE LAKE

The loons do not compete with Pawtuckaway fishermen, since their



prey is generally too small to interest the angler. Although it is known for its bass fishing, Pawtuckaway offers many varieties of fish: largemouth bass, smallmouth bass, pickerel, crappie, horned pout, perch, and sunfish. Most residents, visitors, and tournament participants practice catch-and-release fishing. A fishing license is required for age 16 and older and can be obtained at many local stores or online, at: www.nhfishandgame.com/

IMPORTANT CONTACTS

EMERGENCY 911

PLIA: Info@PawtuckawayLake.com www.pawtuckawaylake.com

Nottingham Police Department*: 679-1506

Nottingham Fire and Rescue*: 679-5666

Town of Nottingham: 679-5022 www.nottingham-nh.gov/about-nottingham

Building Inspector: 679-9597 X 1 www.nottingham-nh.gov/bldg-code-health

Animal Control: (Rockingham Dispatch) - 679-2225

Nottingham Recycling Center: 942-5171

Conservation: www.nottingham-nh.gov/conservation-commission

NH Dept. Environmental Services (NHDES): 271-3503 www.des.nh.gov/

NHDES Wetlands Bureau Shoreland Program: 271-2147

www.des.nh.gov/land/waterfront-development/protected-shoreland

Loon Preservation Committee: 476-5666 www.loon.org/

NH LAKES: 226-0299 www.nhlakes.org/

Pawtuckaway State Park: 895-3031

www.nhstateparks.org/visit/state-parks/pawtuckawav-state-park

NH Fish and Game: 1-877-450-4994 www.nhfishandgame.com/index.aspx

Marine Patrol: 293-2037: toll-free: 877-642-9700

www.nh.gov/safety/divisions/nhsp/fob/marine-patrol/index.html

State Police*: Troop A 679-3333

Poison Control: 1-800-222-1222

NH Electric Co-op: 1-800-698-2007 Outage: 1-800-343-6432

22

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