

Sunset Lake Association



PO Box 135
Hampstead NH 03841

<http://www.slahampstead.org/>

A Note from your Sunset Lake Association Board of Directors

As we quickly approach another fun-filled summer on the lake, we hope to have as many great days to enjoy the water as we did last year. Unfortunately, last year's drought posed many problems with domestic water shortage, and low water levels in ponds and lakes which required several towns to enforce a water use ban. It was truly an eye opener on how sensitive our resources are and the conservative approach we need to take to protect those resources.

If you have been on the Sunset Lake website, you may have noticed some changes that have taken place. The site needed a new look and the information that was there needed to be reorganized, plus we added drop down menus for better navigation. Brian Therrien, a senior at Pinkerton Academy's Website Development class, helped us with this project. While Jim Mize is still managing the website, we felt that with Brian's assistance it would relieve Jim of having to spend many hours in redesigning the site. We gave Brian a number of ideas on what we were trying to accomplish, and he did a great job pulling it together for us. Thanks Brian!

Our plan is to populate the site with lake water test results from UNH, stream test results that are collected by our Steam Team volunteers in the spring, other water tests that are taken by volunteers during the summer period, our annual newsletter, photos of events and activities, and information we feel you should be aware of. Also, remember to check the calendar for upcoming events.

As mentioned, our resources are sensitive and we are trying our best to protect our lake by monitoring water quality, aquatic invasive plants, and any non-native species. Your support is needed to do these activities, from a financial aspect and by assisting other volunteers. So, become a member of the association and help us.

On another note, Delegates and Alternates are desperately needed to represent their district. Each year we look for volunteers to do this representation. It's not a difficult task, so *PLEASE* come forward and be a liaison for your area.

We would like to thank our annual members as well as our lifetime members for your continued support. *REMEMBER THIS IS YOUR LAKE, HELP US PROTECT IT.*



Getting the Lead Out!

A new law in New Hampshire went into effect on June 1, 2016, banning the sale and freshwater use of lead fishing sinkers and jigs (lead-weighted hooks) weighing one ounce or less. The new law does not apply to lead core line, spinner baits, buzz baits, spoons, poppers, plugs or flies. State law already prohibits the use of certain size lead sinkers and jigs in all fresh waters of New Hampshire. The new ban will prohibit the use and sale of lead sinkers and jigs weighing 1 ounce or less, regardless of length. Anglers are encouraged to make the transition to non-lead tackle alternatives as soon as possible. "It's the right thing to do, not just for loons, but for all wildlife that may ingest lead sinkers and jigs," says NH Fish and Game Department Fisheries Division Chief Jason Smith. Many safe, effective alternatives to lead tackle are available, including tackle made of steel, tungsten, tin, bismuth and many other materials. Loons and other water birds can die from lead poisoning after swallowing lead fishing sinkers and jigs lost by anglers. biologists have studied the effects of lead sinkers and jigs on water birds like loons and swans since the 1970's. Ongoing research has documented that, in the northeastern U.S. and Canada, where loons breed, lead sinkers or jigs can account for up to half of dead adult loons found by researchers. A loon will die from lead poisoning approximately two to four weeks after ingesting lead tackle.

From NH Fish & Game, at www.wildnh.com/fishing/get-the-lead-out.html

**Save the date!! SLA Annual Meeting
Saturday July 22, 2017
Hampstead Meeting House
9:30 a.m. registration
10 a.m. meeting begins**



May flies hatched recently and the birds and fish are feeding well.....

A Note from our friends at Camp Tel Noar

Happy summer from everyone at Camp Tel Noar. We are a few weeks away from opening our doors to our campers and staff for our 72nd season. You might have seen us furthering our renovations to our cabins and adding a few small extra touches to our facilities over the Fall and Spring and we are looking forward to continuing to make sure our grounds are safe and looking good. We are excited for another incredible season on Sunset Lake and wish all of our neighbors an amazing summer!

Efraim Ydewitz
Camp Tel Noar

Shoreline Foot Injuries by Dr. Kaufmann

What should I do if I cut myself at the lake? Will I need a tetanus shot? Foot wounds should raise concerns. The source of the injury may be contaminated, so a tetanus shot is a good precaution. If you have medical problems such as Diabetes or Vascular disease, special care should be taken with foot injuries and medical attention should be sought early.

Cuts, scrapes (abrasions), and puncture wounds facts:

- Washing a cut or scrape with plenty of soap and water. Medical studies have shown that tap water is as good as anything. The more water the better. Wash it and then wash it again. Keeping it clean and dry is all that is required for most wounds.
- Cleaning the wound with hydrogen peroxide or iodine is acceptable initially, but can delay healing and should be avoided long-term. Beware of iodine allergies.
- Apply antibiotic ointment and keep the wound covered.
- Seek medical care within 6 hours if the affected person thinks they might need stitches. Any delay can increase the rate of wound infection.
- Any redness, swelling, increased pain, fever, or pus draining from the wound may indicate an infection that requires medical care.

As a Family Physician I recommend prevention. Keep your shoreline clean of debris. That includes foreign bodies that can cause injuries, such as glass, zebra mussels, shells, bottle caps, sharp sticks, and lost fishing lures. These are common objects that can foot injuries. A day at grandpa and grandma's cottage can be ruined by a screaming grandchild with a cut foot.

Upcoming Events:

Booth at the Hampstead Fourth of July celebration on June 24

July 22 Annual Meeting 9:30 a.m. Hampstead Meeting House, there will be a raffle for a Wine Tasting at Zorvino Vineyards, Sandown for 20 people and guest speakers from Marine Patrol and Loon Preservation Society

Moonlight paddle 9 p.m. August 26, gather at public beach area

Hampstead Christmas parade float, we will be looking for ideas and volunteers to do this

Boat Parade August 19, 2017

Decorate your boat and come join the fun!

10 a.m. Paddle Boat portion of Parade, kayaks, canoes, paddle boards etc. can gather near the floating raft off of Sunset Park Campground dock area. Judges on float will direct your parade route.

2 p.m. Power Boat portion of Parade, start by the floating raft off of Sunset Park Campground dock area, judges on the float will direct where you will parade.



The Sunset Lake Association (SLA) was formed in 1982 to help protect our natural resource, promote education and work with local agencies who want to keep the lake beautiful and healthy for all future generations. We are a membership based organization dedicated to serving the best

interests of the people owning property on the shores of, or having legal deeded access to, Sunset Lake (a.k.a. Wash Pond) in Hampstead, NH. As an association, we bring together the energies, talents, and funds of individuals for common efforts.

Annual spring water testing results

A group of Stream Team testers gathered water samples from the various streams that feed into Sunset Lake earlier this spring. These samples were sent to UNH where they were tested for water clarity, phosphorous, chlorophyll, oxygen content and other traces. Some of the most telling features of these tests are the phosphorous amounts, which can be an indication of fertilizer runoff or failing septic systems. This can lead to an increase in food source for weed growth. UNH will also come out during the summer with students to conduct some more tests to the water in the main body of the lake. You can access these latest report results on our website.

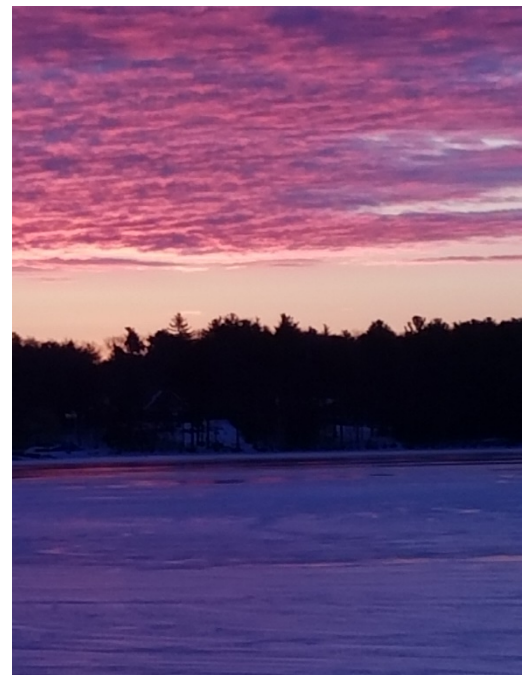


Memorial Day, kicking off the summer boating season.....



Dam Updates

We are fortunate that this spring has brought more rain than last year. The lake is at a comfortable level and will be monitored throughout the summer, so any adjustment can be made to the dam level control boards. Thanks to a group of volunteers who helped to clear brush and weeds from around the dam access area and cleaned out sand from the drain pipe access area.



Clean, Drain & Dry!



New Hampshire is home to more than 1,000 lakes and ponds and over 40,000 miles of rivers and streams. These natural resources are important for many reasons... they provide important wildlife habitat and a vast array of year-round recreational opportunities, and they contribute to local economies and the overall economy of New Hampshire. Unfortunately, our waterbodies in New Hampshire and throughout the country are under attack from invading aquatic invasive species. Plants like variable milfoil and animals like zebra mussels cause serious problems. Not only do they crowd out native plants and animals in our waterbodies, they affect people by fouling boating, swimming and fishing areas and reducing shoreline property values and tourism.

Aquatic invasive species can be spread between waterbodies on boating, fishing, and recreational equipment that has not been cleaned, drained, and dried before being used in another waterbody. The good news is boaters, including canoeists and kayakers, can help prevent the spread of aquatic invasive species by always remembering to "Clean, Drain, and Dry" their vessels, trailers, and recreational gear before launching into and after taking out of a waterbody. Here's how:

Clean

Before boating and before leaving the launch, remove all visible plants and other debris from your boat, trailer, and other recreational gear, and dispose of it in a trash container.

Drain

After boating and before leaving the launch, drain water from bilge, live wells, and bait buckets.

Dry

Before boating again, dry the boat, trailer, and other equipment and recreational gear that has come in contact with water. At least five days of drying time is recommended. And, if possible, rinse your boat and gear off after every use – the hotter and higher the pressure of the water, the better. Ensure that rinse water does not enter surface waters. (Commercial hot water car washes work well.)

[Reprinted with permission from NH Lakes Assoc.]

There are updates and answers for commonly asked questions:

<https://nhlakes.files.wordpress.com/2014/02/answers-to-common-new-clean-drain-law-questions.pdf>

