



Summer 2021

## 2021 SLA Leadership Update

While 2020 was a difficult year due to the COVID-19 situation and we weren't able to have our annual meeting, it was also a year of renewal for the Sunset Lake Association. We hosted many social events to bring the community together, rebuilt our website and expanded use of social media, added an online merchandise store, and reinvigorated some of our traditions such as the annual decorated boat parade and road cleanup events.

For 2021, the momentum continues to build as we expand our efforts in both our core mission of preserving Sunset Lake for current and future generations and provide even more opportunities to bring the Sunset Lake community together. Due to the popularity of our paddle and Light Up the Night events, we have added even more of these events in 2021. The 2020 boat parade was extremely popular so we look forward to seeing everyone's creativity this year. Please note that this event has been moved to August to avoid conflicts with Independence Day activities. We are also excited to bring back the SLA Annual Meeting and BBQ which will be held outside at Meetinghouse Park on July 17th.

And of course, we continue to carry out our core mission through water quality testing, water level maintenance, invasive species monitoring, educating the community about healthy lakeside living practices, and liaising with related organizations such as the Town of Hampstead, NH Lakes, UNH, NHDES, and NH Fish and Game. This year, we are expanding our volunteer Weed Watcher program and will engage with an external company for an in-depth plant survey of the lake. This newsletter will give you information about all of these initiatives and more!

Thank you for your continued support and for being a part of our community!

SLA Board of Directors, Delegates, and Alternates

## In this Issue

Calendar of Events & Event Details .....	2
Boat Parade & Annual .....	3
Water Quality Testing .....	4
Remembering Bob Nugent & SLA Leadership Corner .....	5
Weed Watchers Invasive Species Program .....	6
Sunset Lake History .....	7
Membership Recognition .....	8
Membership Form .....	9



## Let's Light Up the Night!

Since we had such great participation in the three Light Up the Night events in 2020, we have expanded to a total of eight Light Up the Night events this year, extending into the cooler fall months when we could really use the warmth of a fire! Five of the events in the warmer summer months are paired with an evening paddle. Dates and times of these events are noted in the schedule below. We look forward to seeing those fire pits burning around the lake and the flotilla of lighted boats paddling by!

## Paddle with Us in 2021

Due to the popularity of our paddle events in 2020, we are expanding the offerings in 2021. We will host weekly Saturday morning paddles at 9:00 am and five evening paddles will be held in conjunction with our Light Up the Night events. See the calendar below for dates and times.

Bring your kayak, canoe, paddle board, or any other human powered craft and be sure to bring water and snacks to keep yourself energized. You can paddle over to the Hampstead Town Beach for the 9:00 start time or join the flotilla as it travels counterclockwise around the lake.



Photo by Tom Wall



## Giving Back to the Community

The SLA has officially adopted those portions of Kent Farm and Wash Pond Roads closest to the lake, as well as Ells Road near the town beach. The SLA leadership team holds a road cleaning event in the spring and fall. Now that we have the logistics down for the cleanup, we wish to extend the events to interested volunteers from the Sunset Lake community. Our next cleanup event is Saturday, November 6 at 9:00 am. Stay tuned for more information about opportunities to participate.

We can all contribute to this effort throughout the year. Consider picking up those little pieces of trash while you are out for a walk. Everyone in the community will appreciate you for it!

## 2021 Calendar of Events

**Sat, May 29-Sept 25, 9:00 am**

**Sat, June 26, 8:30 pm** (backup: June 25)

**Sat, July 17, 9:00 am** (backup: July 24)

**Sat, July 31, 8:00 pm** (backup: July 30)

**Sat, Aug 14, 2:00 pm** (backup: Aug 15)

**Sun, Sept 5, 7:00 pm** (backup: Sept 4)

**Sat, Sept 25, 6:00 pm** (backup: Sept 24)

**Sat, Oct 30, 5:00 pm** (backup: Oct 29)

**Sat, Nov 6, 9:00 am**

Weekly Saturday morning paddle

Light Up the Night and evening paddle

SLA Annual Meeting

Light Up the Night and evening paddle

Decorated boat parade

Light Up the Night and evening paddle

Light Up the Night

Light Up the Night

Road cleanup



Learn more about all of these events at [www.slahampstead.org](http://www.slahampstead.org) or [www.facebook.com/slahampstead/events](https://www.facebook.com/slahampstead/events)

# Sunset Lake Annual Boat Parade

**Robin Wright, District 5 Delegate**

The boat parade was a great success last year thanks to all the participants and we are happy to be hosting the event again this year. The parade is scheduled for Saturday, August 14 at 2:00 PM with a rain date of August 15. Boats will assemble just off the town beach at 1:30 for photos and to line up. District 5 Delegate Robin Wright is the chair for the event.



There is no theme for the parade, so have some fun and get creative. Inspiration can be found on [Pinterest](#) and [Bing](#) and you can see previous year parade photos on [the SLA photos page](#). Please ensure that all decorations are tightly secured to your boats so they don't become litter in the lake. Also be sure to follow all NH boating rules and regulations including having all passengers inside pontoon boat railings while underway.

We will again let the community choose the winners with online voting available during the parade. Winners receive bragging rights and recognition with photos on Facebook, Instagram, and the SLA website.

If you plan to participate in the parade, please email Robin ([binski4656@yahoo.com](mailto:binski4656@yahoo.com)) so we have an idea on the number of participants. Check [www.facebook.com/slahampstead/events](https://www.facebook.com/slahampstead/events) or [www.slahampstead.org](http://www.slahampstead.org) for updates as we get closer to the event. We look forward to seeing all the creativity of the Sunset Lake community!

## 2021 SLA Annual Meeting

Join us on Saturday, July 17th (July 24th rain date) for our Annual Meeting. Get the latest news and updates from the SLA, see presentations from external guests, vote for the incoming Board of Directors, and ask questions or voice concerns. We welcome all members, potential members, and guests.

Guest speakers:

**Andrea LaMoreaux, President, NH LAKES**

Top 10 Ways to Keep Sunset Lake Healthy This Summer!

**Olivia Fortuna, Seacoast Region Biologist, Loon Preservation Committee**

The Loons of Sunset Lake

This year, our meeting will be outdoor at Meetinghouse Park, 20 Emerson Ave and will be followed by a BBQ. Please bring your own lawn chairs and/or blanket. Hamburgers, hot dogs, drinks, condiments, plates, and utensils will be provided. We appreciate if individuals can bring a salad, side, or dessert to share. Please, no glass containers of any kind are allowed at Meetinghouse Park.

The SLA is a volunteer/community organization and we want and need all of your participation to be successful in our mission; we hope that you will all come and participate in our annual meeting!

# Protecting the Health of Sunset Lake through Water Quality Testing

Julie Vasseur, Water Quality Committee Chair, SLA Board Member, District 2

In partnership with the UNH Lakes Lay Monitoring Program, SLA oversees a comprehensive stream and lake water testing procedures to help monitor and preserve the cleanliness and water quality of Sunset Lake. Water quality has been continually monitored as part of this program since 1984.

There are 3 categories of testing done on a regular basis: stream, shoreline, and deep water. All sites are mapped by GPS to find the exact location of each site for comparison of results from year to year.



**Stream Testing:** Shortly after ice-out and when there is good water flow, several volunteers from the association (the stream team) collect samples from 21 tributaries/streams that feed into Sunset Lake. These samples are tested at UNH to determine if any particular area around the lake is contributing to increased phosphorus.

**Shoreline Testing:** This testing is done several times during the busy season: Memorial Day, July 4th, Labor Day, and any time there is a significant storm that flushes water into the lake. This testing is performed by the “Lake Tester” (yours truly) and assisted by Ed Vasseur. This testing looks for high conductivity (salinity) in the water. High conductivity is caused by road salt run-off, failing or leaky septic systems, and excess use of lawn fertilizers.

**Deep Water Testing:** Testing at the deepest part of the lake is performed each month between ice-out and late fall. Also performed by the Lake Tester and assistant, this test relies on the SLA’s YSI Pro 2030 Meter to record dissolved oxygen, conductivity, and temperature at 0.5 meter intervals at the 32 foot deep lake site. A view scope is also used to determine water clarity and a water sample is collected and submitted to UNH for analysis of chlorophyll, phosphorous, and water color.

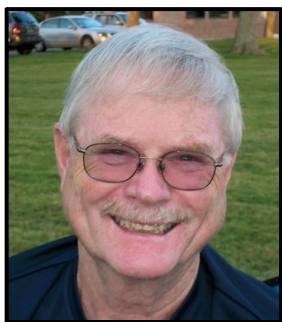
For 2020, the results of water clarity and chlorophyll analyses were both in the excellent range. However, total phosphorus and dissolved oxygen were in the poor range for each. Too much phosphorus in the water can lead to an increase in algae and large aquatic plants which in turn reduces the water’s oxygen content. Poor oxygen concentration negatively impacts the growth and reproduction of warm water fish such as bass and perch.

Here are some ways you can help protect the health of our lake:

- Minimize or eliminate the use of fertilizer to reduce phosphorus
- Do not dump grass clippings and leaves into the lake
- Take your vehicle to a car wash instead of washing it outside to minimize runoff of detergents into the lake
- Do not feed ducks and geese
- Maintain septic systems

For more information, please visit [www.slahampstead.org/water-quality-testing](http://www.slahampstead.org/water-quality-testing).





## Remembering Bob Nugent

Bob was a founding member of the Sunset Lake Association in 1982 and held positions as either a board member or delegate throughout the history of the organization. Bob had a passion for the environment, started the SLA water quality testing program with UNH in 1984, and helped lead and fund projects relating to water quality testing and protecting Sunset Lake from invasive species.

It is clear from the many speakers at Bob's celebration of life on June 12th that his impact went far beyond Sunset Lake. He was a compassionate man that cared deeply about his family, his students and colleagues at Pinkerton Academy, the greater Hampstead community, and especially the Sunset Park Campground community.

Thanks to the many generous contributions in Bob's memory that the SLA has received, we will be continuing Bob's legacy of keeping Sunset Lake in "pristine" condition. These funds will be used to contract a professional aquatic plant survey of Sunset Lake to help set a new baseline of native plant species and to confirm that Sunset Lake continues to be free of invasive plant species. You can learn more about this initiative on the following page.

Thank you Bob!

## SLA Leadership Corner

### Jim Wilkinson and Pat Stone Wilkinson, SLA Board Chair and District 4 Delegate

Jim and Pat have owned their property on Sunset Lake for 16 years. After enjoying it seasonally until 2021, they replaced the small cottage with a year-round home. Jim and Pat both hail from Massachusetts but really love the more tranquil feel of New Hampshire. Coincidentally, they both independently spent many summers on Ossipee Lake where they each developed a fondness for lake living.



Pat is a chemist and works in the Instrumentation Center at the University of New Hampshire, her alma mater (Go Cats!) In addition to teaching students to use analytic instruments and maintaining those instruments, Pat especially enjoys helping the next generation of chemists, acting as an advisor on graduate student thesis committees and helping undergraduate and graduate students with career choices, resume development, and job searches. In her free time, Pat enjoys hiking, Cycling, reading, and photography.

Jim is a mechanical engineer who recently retired following a career in the computer aided design software industry. He now spends his time on his many hobbies including hiking, cycling, gardening, home brewing, and various house and mechanical projects. He is a member of the Hampstead Conservation Commission and enjoys combining his love of nature and computer skills for community benefit. Jim recently remade the town trail maps and revamped the SLA website including adding options like online membership and the merchandise store.

We look forward to seeing you on the lake or out on the trails when we are hiking or cycling!

# Sunset Lake Weed Watchers Program

**Jim Wilkinson, SLA Board Chair, District 4**

One of the unique features of Sunset Lake which, in combination with the high water quality that contributes to the health, beauty, and enjoyment of the lake, is the lack of invasive plant species. Sunset Lake is one of the only lakes in southern NH that is free of invasive plant species and it is imperative that we keep it this way not only to sustain the health and enjoyment of the lake, but to sustain the property values in the Sunset Lake community. Due to the shallow depth of Sunset Lake, an invasive plant infestation could be devastating to large areas of the lake.



The primary means by which invasive species enter a lake is by water flow from another water body, rarely by transfer of a plant fragment by a bird, and most commonly by transfer via a watercraft or fisherman gear. Luckily, Sunset Lake has no streams that flow into it from other water bodies so the most important thing that we can all do to keep the lake free from invasive plant species is to be diligent in following NH Clean, Drain, and Dry laws for all powered and non-powered watercraft as well as for all fishing gear. This diligence is especially important since ALL water bodies local to Sunset Lake have one or more invasive species that could easily be transferred to our lake.. Our closest neighbor, Big Island Pond, has spent over \$400,000 fighting Variable Milfoil and has a new infestation of Spiny Naiad that has infested over 50 acres of the pond since 2019; that infestation would cover 1/3rd of Sunset Lake. Since it takes 5 weeks to remove just 1 acre of infestation via mechanical means, this year, Big Island Pond is working with NHDDES and a lake management company to use herbicides, an extreme measure, to try to get the infestation under control.

In addition to educating the community about invasive species, the SLA proactively monitors Sunset Lake for both native and invasive species. Early detection is extremely important to the mitigation of invasive species as an infestation is much easier to combat if it is caught early. The SLA has two initiatives to monitor for invasive species. Members of the weed watcher committee survey the lake every month to monitor both native plant species growth and to look out for invasive species. The second initiative is to contract professional plant surveys of the entire lake. These surveys not only set a new baseline of native plant species to be certain that the native plant growth is healthy but also we hope confirms that Sunset Lake continues to be free of invasive plant species. The last professional survey was undertaken in 2012 and a new survey will be performed later this summer. The \$3000 cost of the 2021 survey will be covered by generous donations in Bob Nugent's memory; a very fitting use of the contributions since Bob was committed to keeping the lake free of invasive plants and personally helped to fund previous surveys. Thanks to the SLA members who have already joined/contributed at the Weed Watcher and Lake Leader membership levels or will do so in the future, we will build a fund to finance future aquatic plant surveys on a regular basis, approximately every 5 years. To learn more about native and invasive aquatic plants and animals, visit <https://slahampstead.org/invasive-species>.

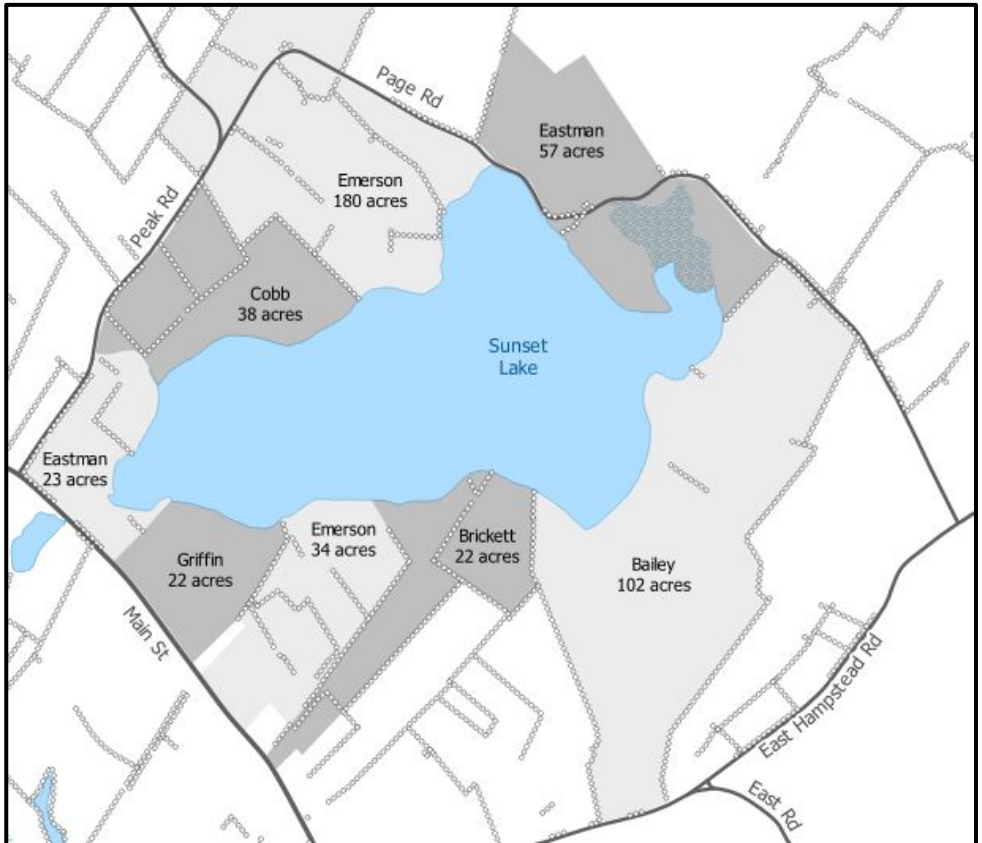
We can all contribute to keeping Sunset Lake free of invasive species. If you see an unfamiliar aquatic plant or want to help monitor for invasive species on a monthly basis by joining our Weed Watcher Committee, please contact [info@slahampstead.org](mailto:info@slahampstead.org).

# Sunset Lake History - The Farmland Years (through early 1900s)

Jim Wilkinson, SLA Board Chairman, District 4

We are all familiar with the narrow roads and “close quarters” that have come with the development of our neighborhoods around Sunset Lake. It is amazing to think that just over 100 years ago, the lake was completely surrounded by farmland. With only 9 parcels of land making up the waterfront, each was between 22 and 180 acres in size.

This map depicts these large parcels as they stood in the late 1800s/early 1900s. Note the names of the owners that are so familiar to us today with many of the roads or other facilities in town having been named after these early town families. Also of interest are the names of the roads at the turn of the century: East Hampstead Road (now Emerson Road), Page Road (now Wash Pond Road), and Peak Road (now Kent Farm Road). Also shown are the stone walls that were used as property or field boundaries for livestock or crops. During planting months, stones were moved from fields and placed in piles at the edges of the fields. The actual stone walls were then constructed during colder months when the owners were not busy farming the land. Many of these stone walls still exist today and it is fun to visualize how the stone walls in your yard or neighborhood were once likely part of a much larger network.



Much of the land in New England, including that around Sunset Lake, was deforested not only for farming, but also so the wood could be used for construction and fuel for heating and cooking. It is amazing to think that as late as 1936, there were large fields present from the main roads down to the waterfront. One such field is depicted in this postcard that shows the view from either Main Street or Kent Farm Road. Lakeview Cemetery on Kent Farm Road, originally named “Eastman Cemetery” and later “The Cemetery on the Farm Road”, was, in fact, renamed for its outstanding view of the lake. A view which has not existed for many years.

This is the second in a series of articles about the history of the Wash Pond/Sunset Lake area. Our next installment will begin to cover the development of cottages and neighborhoods around the lake. We would love to hear the stories of your early years on the lake or those of your ancestors. Write to us at [info@slahampstead.org](mailto:info@slahampstead.org) to share stories and old photos.

## Resources:

*History of Hampstead, New Hampshire* – Maurice I. Randall, 1999

Deeds and Plans from the *Rockingham County Registry of Deeds* were used to create the map of parcels and stone walls



# Thank you to our 2021 Members!

Thank you for your dedication to preserving the near pristine condition of Sunset Lake!

## Lake Leaders

Maggie & Erik Casola  
Kitty Cole & Nancy Richardson  
Michael & Maureen Dewey (L)  
Richard & Marsha Killilea  
Rick and Lisa McQuesten (L)  
Tom & Elizabeth Robinson (L)  
Lisa Sperry  
Sunset Park Campground (L)  
Nic, Michael, & Elisha Todesca  
Mike & Pam Trenholm (L)  
The Ungerer Family (L)  
Julie & Ed Vasseur (L)  
David & Debra Webber (L)  
Jim & Pat Wilkinson (L)  
1 anonymous (L)

## Weed Watchers

Priscilla Clark  
The Denault Family  
Wassim Elyaman (L)  
David Pare & Katie Kendrek  
Jennifer & Steve Martin  
Howie Steadman (L)  
3 anonymous

## Loon Lovers

Diane Bowen  
Keith & Louise Capulli (L)  
Bruce & Christine Hamilton  
Jason & Kristine Houle  
Curt & Susie Muller  
Kevin & Jacqueline Murphy  
1 anonymous

## SLA Supporters

Kerry Boles and Laura Walker (L)  
Samantha & Vinny Borbone (L)  
John Boucher (L)  
The Buggy Family (L)  
Thomas Burdulis (L)  
Camp Tel Noar (L)  
William & Lynn Clarke  
Paul & Lorraine Comeau (L)  
James & Beth Cronin (L)  
Neil & Diane Croteau  
Paul & Lynn D'Adamo  
Al Davis & Reinhild Haak  
Beth & Robert DellaGrotte (L)  
Meredith Dewey & Will Eddington  
Janet & Greg Germanton (L)  
The Halchak Family  
Rick & Pam Hartung  
The Henry Family

Mark Holloway & Robin Wright  
Bob & Regina Kuhl (L)  
Jean Lisien  
Jim & Michelle Mize (L)  
Bob & Marilyn Moran  
Rosanne & David Palazola  
Don & Candi Page (L)  
Sue Polleys  
Dale & Gale Putnam (L)  
Ian & Katia Samuelson (L)  
Joe and Pam Santa Fe (L)  
Don & Donna Shedd  
Scott & Beth Spicer  
Tom & Susan Wall  
Tom Zack & Donna Warne (L)  
Alan & Judy Woodman  
22 anonymous (L)  
8 anonymous

(L) - designates lifetime members

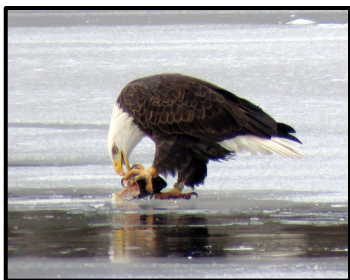


Photo by Patricia Stone Wilkinson

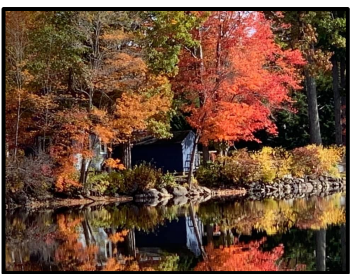


Photo by Wendy Osborn

## Share your Photos!

The Sunset Lake community loves to see photos from in and around the lake. Whether they are pictures of wildlife, SLA events, or any other lake activities, we encourage you to share them with others.

Anyone can post their photos so that they show on the SLA Facebook or Instagram page as follows:



**Facebook** - <https://www.facebook.com/slahampstead>. Post directly to the SLA page.



**Instagram** - post to your own Instagram account as you normally would and tag the photos with the slahampstead account (@slahampstead).



# Sunset Lake Association Membership

Your membership is what allows us to continue to carry out our mission. Please consider renewing or joining with a \$25 annual membership or \$250 lifetime membership. You can optionally upgrade your annual or new/existing lifetime membership for the current calendar year with an additional \$10, \$25, or \$75 donation which supports various initiatives of our mission.

With your help, we can continue to preserve Sunset Lake and its surrounding area for current and future generations. You can join online, print and mail the membership form below to us, or bring it to the annual meeting.

## Online Membership

Make your annual or lifetime payment in minutes, safely and securely via credit card or direct bank transfer. For more information, please visit [www.slahampstead.org/membership](http://www.slahampstead.org/membership)



## Printed Membership Form

	<b>Annual</b> (pick one)	or	<b>Lifetime</b>	+	<b>2021 Add-on Contribution</b> (optionally pick one)
<b>SLA Supporter</b>	<input type="checkbox"/> \$25		<input type="checkbox"/> \$250		<input type="checkbox"/> \$10
<b>Loon Lover</b>	<input type="checkbox"/> \$35				<input type="checkbox"/> \$25
<b>Weed Watcher</b>	<input type="checkbox"/> \$50				<input type="checkbox"/> \$75
<b>Lake Leader</b>	<input type="checkbox"/> \$100				

Member Name(s): \_\_\_\_\_

The SLA can list my name(s) and membership level in the member recognition listings

eMail Address: \_\_\_\_\_

Phone (optional): \_\_\_\_\_

Mailing Address: Street or PO Box \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Lake Property Address: \_\_\_\_\_

Make checks payable to "Sunset Lake Association" and either bring to the annual meeting or mail to:  
**Sunset Lake Association, P.O. Box 135, Hampstead, NH 03841**