

Sunset Lake Association

PO Box 135 Hampstead NH 03841

www.slahampstead.org

From your Board of

Directors:

WELCOME MEMBERS,

Our association has been working to preserve Sunset Lake for more than 30 years.

Generations have enjoyed summers here and some new families have moved in recently and started their own memories. We are fortunate to have a lake to be proud of. It is still clean and beautiful. The Sunset Lake Association is working hard, with an active board of directors, monthly meetings and programs to keep the lake healthy. We have acquired new water analysis equipment. The University of NH will once again be coming here to test the water this summer, as they have in past years. It is a project the students do and a great resource for knowing how our lake is doing. There will be Sunset Lake Assoc. sponsored events again this summer, such as kayak/paddle gathering, a boat parade, a hospitality tent at the town's 4th of July celebration on the common, and more. Remember to check our website calendar for these events. We are always looking for new members. If you have friends or neighbors who have been enjoying the lake and are not members, we encourage you to invite them to join. The cost is very small compared to the benefits.

Thank you for all of your support and help.
Your Board of Directors

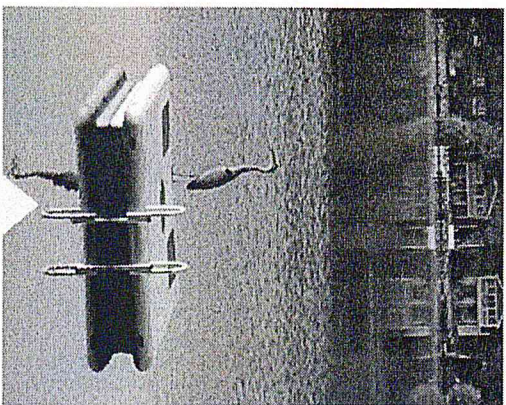


Birds and bird watching. We are fortunate to have such a variety of birds that call Sunset lake home. The celebrity birds are the loons and bald eagles. There have been several eagle sightings reported and one of an eagle swooping into the water and grabbing a fish. The loons we all enjoy have been sighted as singles, pairs and a report of 12 migratory birds! Loons have made a miraculous comeback over the last several years, largely in part to the tireless work of volunteers such as the Loon Preservation Committee. Link below to the Loon Preservation Committee's website where you can learn all about the birds we all enjoy.
<http://www.loon.org/voice-loon.php>

Loon Picture courtesy of Tom Zack - Zack Stock Imaging

Lake water levels.

With the mild winter and lack of ice and snow, we began to fill Sunset Lake earlier this year. The dam was closed on March 1, 2016. Gradually, the water level has risen to our comfortable summer height. It hasn't been without challenges. We had a visiting beaver that decided our dam stop logs were perfect for sharpening its teeth! Consequently, we have replaced four of the stop logs that were either destroyed or severely compromised. A big thanks to Hampstead's Road Agent, John Worthen who has made us a new supply of stop logs that are wrapped in aluminum sheeting.



One of several Blue Ferns at the Lake

Sunset Lake Association

Water Level & Testing News

The board of directors voted in favor of replacing our older and sometimes troublesome water meter. We have recently taken possession of the new YSI Pro 203 water meter. By the time this newsletter is published we will have begun to start testing our water. The consistent testing (twice per month) and monitoring of the water clarity, comparing it to historical data, gives us an indication of our lakes health. This is one of the most important functions of the association. Most of the associations operating expenses are budgeted for these tests. The cost of the new meter was \$1500.00, paid in part with collected membership dues and generous donations from Camp Tel Noar and Sunset Park Campground. Thank you to our paid members and our partners at Camp Tel Noar and Sunset Park Campground for making this happen. A special thanks to the volunteers who got out earlier this spring and took water samples from the 15 streams that run into Sunset Lake. These samples were sent to the UNH laboratory and are being analyzed for high phosphorus levels and anything that could be harmful to our lake.

Group Paddle....grab your kayak, canoe, paddle board or other paddle craft for a group paddle event....Saturday July 16th 1 pm...we will gather by floating dock near Sunset Lake Campground

Keeping Sunset Lake Shoreline clean....

Keeping Sunset Lake and its surrounding area clean is an effort we all need to participate in. It's an undertaking that needs to be monitored daily, we need to teach our younger generation that littering is not acceptable, and sometimes even adults need to be reminded that leaving bottles, cans, wrappers, towels, and other personal items have a potential of ending up in the lake. As a neighbor or abutter to a right-of-way we shouldn't have to face the debris that was left behind. Right-of-ways are used by several families and someone stepping on broken glass or picking up litter does not make for a pleasant day at the lake. So please help to keep the shore and lake clean.

Another area to be watchful of is fall clean up. Frequent raking in the fall helps minimize what leaves and debris gets in the lake. Although we can't expect people to jump in the water to pick up leaves, we can collect them before they get blown in the water. Stock piling the leaves in the woods along the shoreline is not a good practice, and if you should observe anyone doing so please advise them to find another location.

Boat Parade Contest: Decorate your boat for a Disney themed parade and win prizes. Saturday July 9th, 1 pm: meet at the float in middle of lake.

Sunset Lake Association

Two Board Members attended NH Lakes Congress

Weed Watching Efforts

Sunset Lake is fortunate to have a dedicated group of individuals that are monitoring the lake for any invasive weeds. For several years Michelle Mize has been the weed watch coordinator, the liaison between the NH DES and the go to person for identifying any suspicious plants. Samantha Barbone has recently completed an updated Invasive Species Guideline that can be found on our website, www.slahampstead.org. We currently have two divers who have volunteered to monitor Sunset Lake subsurface for invasive weeds. The early detection of invasive Milfoil and Fanwort will make the eradication process quicker and less costly. Please become familiar with what these plants look like. If you find something suspicious, please reach out to your area delegate or board member.

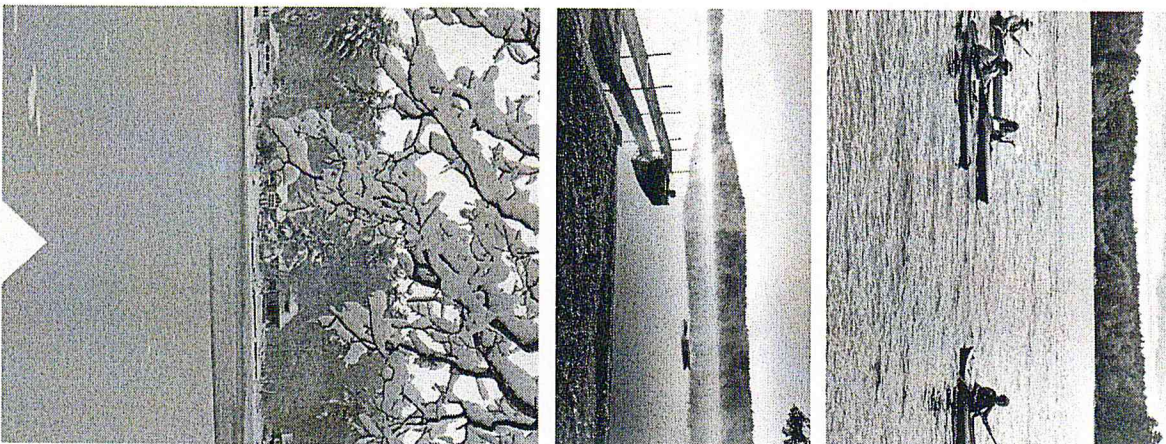
The NH Lakes Congress is held each year in Meredith and includes about 18 different informational sessions. Bob Nugent attended three sessions that related to how a lake association and the town might work together. One dealt with the value of the lake for the people on the lake as well as for the whole town. Another session focused on how a lake association can actively be involved in developing a plan for the watershed for the lake. We can first identify any problems and sources of pollutants and then work on providing solutions. On Sunset we monitor the health of the lake and the streams through our program with UNH. The third session was about how the town and the lake association can join forces especially about septic systems. It involved how incentives may be made to get surveys conducted and failing systems repaired. The town of Meredith for example provides some cost sharing grants for evaluating and upgrading failing systems. The keynote speaker for the day was Celine Coustreau, granddaughter of Jacques Coustreau, who recently wrote a book, "Blue Lakes: Blue Mind".

The NH Lakes website----- www.nhlakes.org/lakes-congress -----has information on each of the 18 sessions presented that day. They would be happy to have others from our association in attendance next time. Paul Comeau also attended three sessions. One was Bring the Fish Lead Free Program to your lake which talked about the new law passed June 1st on the sale and freshwater use of lead fishing sinkers and jigs weighing one ounce or less are banned in NH. The presenter also mentioned that Loons die within 2 to 4 weeks after they consume lead sinkers. The other 2 sessions I attended were on Communication Tools and Membership Challenges and Successes. The session on tools was basically asking what sort of tools do we use to communicate with our members and what is available for social media. The last session had representatives from other lake associations discuss their successes and not so successful approaches to attract and retain members.

A note from our friends at Camp Tel Noar:

Here at Camp Tel Noar we have had a busy and exciting "off season". The buzz and enthusiasm for campers from all over the country has been great and 350 campers having been counting down the days until they join us in Hampstead. Our camper enrollment is full and we have spent the year getting ready for them. You might have seen our cleanup efforts of our beach front, structural and siding upgrades to some of our cabins, roof repair, and landscaping work. Additionally, we are excited to be bringing our new inflatable water park system to Sunset Lake in just a few short weeks. Finally- we have enjoyed partnering with the Hampstead Association of Softball and Baseball to offer our fields for use in the pee-wee little league this Spring. We are excited to celebrate our 71st season with all of our neighbors on Sunset Lake. Have a great summer!

Efrain and the Camp Tel Noar community



SLA Annual Meeting - July 16th at the Town Meeting House - Starts at 9 a.m. with registration



A Note from a friend of Sunset Lake

The Cleanliness of Sunset Lake:

Being a user of Sunset Lake for over 20 years, I have never seen a cleaner lake as I have the past couple years. Seeing the Loons swim on the lake was a very welcome sight and only attests to the cleanliness of the lake. As I ride around Sunset Lake on a motor boat or rowing around on a kayak you can see the bottom of the lake at several places throughout the lake. The fishing has become very good too. The quantity and quality of the fish and their healthier appearance also shows how clean the lake has become.

It was a pleasure to be involved in a water testing session last year, with students from UNH. Water samples and oxygen levels were taken at different depths and different areas of the lake. The water testing helps us understand changes in the lake and warn of any impending environmental issues.

It's obvious to me that the efforts of all the residents of Sunset Lake along the shoreline help keep chemicals away from the water and the boaters making sure their boats are clean of milfoil have helped keep the lake clean.

I hope the lake remains clean and look forward to many years of enjoyment on Sunset Lake.

Tuesdays on Sunset Lake

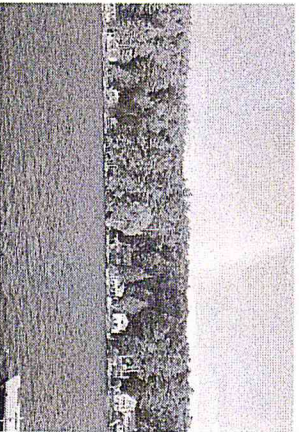
Have you ever kayaked on Sunset Lake on a Tuesday? I hope that one day you'll have the chance! The first thing you may notice is that there are very few motorized watercraft buzzing around. The sounds welcoming you are the many song birds flying overhead and the sound of your paddle cutting through the water. The sun reflecting on the ripples look like sparkling jewels. The warmth of the day makes you glad to be on the water.

If you time it just right, as you approach the shoreline, "turtle cove" will be waiting to put on quite a show. Lily pads, with flowers of yellow and white, conceal what is just below. Gently glide along the beautiful vegetation and look side to side. Several types of colorful fish and turtles curious about your presence may be swimming along with you. Look over toward the shore, as you hear bullfrogs croaking, you see tufts of green and purple blending to make a wonderful sunning spot for turtles of all sizes. As you turn your kayak, to head back to open water, you realize you have been followed by the many colorful creatures you came to admire.

If you would like a "workout" you can time yourself as you travel around the lake. I have never done that, but instead take a very slow pace and watch for Loons, Blue Herons and maybe a Bald Eagle or two.

Kayaking after dinner brings new entertainment. Owls bellow in the trees, getting ready for their nighttime hunt. But, if there are just the right amount of clouds in the sky, you will witness the colorful view to the west and discover why this is called Sunset Lake.

As wonderful as a weekend is, there is nothing as special as Tuesday on the lake.... Well maybe Wednesday....



Join us for a Moonlight Paddle...Saturday Aug. 20th at 9 pm starting at the Town Beach...you will need lights on your crafts and we should have a full moon to paddle by.