



Summer 2022

2022 SLA Leadership Update

We are excited to announce that for 2022, our calendar provides a variety of things to do throughout the spring, summer, and fall with events scheduled nearly every weekend throughout the summer months. Even through the uncertainty of 2020 and 2021, we've continued to build our membership base and expand our offerings. New for 2022 is a series of monthly Saturday morning hikes on local conservation lands and a new "Christmas in July" event on July 30th. Our annual meeting and BBQ will again be held outside at Meetinghouse Park on July 9th, and of course we will have our annual decorated boat parade on August 20th. We hope that you will all find many events in which you are able to participate.

In 2021, we dutifully carried out our core mission efforts of water quality testing, invasive species monitoring, educating the community about healthy lakeside living, and liaising with our partner organizations. Thank you to all members who joined the SLA or contributed to our organization, with special thanks to those who chose our new Loon Lover, Weed Watcher, and Lake Leader membership levels. These additional contributions in 2021 enabled us to step up our partnership levels with both the Loon Preservation Committee and NH Lakes organizations. Weed Watcher and Lake Leader membership funds received in 2021 added \$650 to our professional aquatic plant survey fund and 2022 memberships and contributions at these levels have already added an additional \$500. Continued contributions at these levels will help us achieve our fundraising goal to perform our next plant survey in 2026. We truly appreciate all of our members and their support.

We hope that you enjoy this newsletter that provides information about all of the above items and many more.

Thank you again to the entire SLA community for your support and participation,
SLA Board of Directors, Delegates, and Alternates

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Let's Celebrate Christmas in July!

Since we had such great participation the past two years, we will continue to have monthly Light Up the Night virtual fire pit parties throughout 2022, again with evening paddles in the warmer months. In addition, we will celebrate Christmas in July for our July 30th Light Up the Night/Paddle! Decorate your house with lights and other decorations for the enjoyment of paddlers, boaters, and everyone on the lake. Thanks to sponsorship from local businesses (see bottom of page), we will have awards for the best decorated houses. Dates and times of all of the nighttime events are noted in the schedule on the following page. We hope that everyone will help us start a new Christmas in July tradition!

Sunset Lake Annual Boat Parade

Thanks to all the creative participants from around the lake, the reinvigorated boat parade has been a great success for the past two years. We are happy to be hosting the event again this year on **Saturday, August 20 at 2:00 pm** with a rain date of August 21. Boats will assemble just off the town beach at 1:30 for photos and to line up.



There is no theme so that all participants can show off their full creativity. Inspiration can be found on [Pinterest](#) and [Bing](#) and you can see photos from previous years 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 boat railings while underway.

As with the past 2 years, the community will choose the winners with online voting available during the parade and thanks to the sponsorship of local businesses (see below), we will again have prizes for the top participants.

If you plan to participate in the parade, please register here: Check www.facebook.com/slahampstead/events or www.slahampstead.org for updates as we get closer to the event. We again look forward to seeing all the creativity of the Sunset Lake community!

Thank you to our Sponsors!

We want to give special thanks to the businesses who have signed up to sponsor our Christmas in July and/or Annual Decorated Boat Parade events. Please be sure to visit these local businesses and support them in return!



If you know of a business that would like to sponsor one or both events, please contact info@slahampstead.org.

2022 Paddle Events

We will host Saturday morning paddles twice per month in June, July, and August, and we will host four evening paddles 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 start time or join the flotilla as it travels counterclockwise around the lake.



SLA Adopted Road Cleanup

We want to thank all of the volunteers who helped with the cleanup of portions of Kent Farm, Wash Pond, and Ells Roads (the SLA adopted roads) in the fall of 2021 and spring of this year. Not only are we helping to keep the community around the lake clean, but due to our efforts and those of others who have adopted roads, Hampstead has extended the road adoption program to even more roads this year. Our next cleanup event is **Saturday, November 5 at 9:00 am**. Stay tuned for more information about opportunities to participate in this event.



2022 Calendar of Events

Sat, Apr 9, 9:00 am	Road cleanup
Sat, Apr 23, 7:00 pm	Light Up the Night
Sat, May 21, 9:00 am	Morning hike
Sun, May 29, 8:00 pm (backup: May 28)	Memorial Day Weekend Light Up the Night and evening paddle
Sat, June 4, 9:00 am	Morning paddle
Sat, June 11, 9:00 am	Morning hike
Sat, June 18, 9:00 am	Morning paddle
Sat, June 25, 8:30 pm (backup: June 24)	Light Up the Night and evening paddle
Sat, July 2, 9:00 am	Morning paddle
Sat, July 9, 9:00 am	SLA Annual Meeting
Sat, July 16, 9:00 am	Morning hike
Sat, July 23, 9:00 am	Morning paddle
Sat, July 30, 8:00 pm (backup: July 29)	Christmas in July Light Up the Night and evening paddle
Sat, Aug 6, 9:00 am	Morning hike
Sat, Aug 13, 9:00 am	Morning paddle
Sat, Aug 20, 2:00 pm (backup: Aug 21)	Decorated Boat Parade
Sat, Aug 27, 9:00 am	Morning paddle
Sun, Sept 4, 7:00 pm (backup: Sept 3)	Labor Day Weekend Light Up the Night and evening paddle
Sat, Sept 17, 9:00 am	Morning hike
Sat, Sept 24, 6:00 pm (backup: Sept 23)	Light Up the Night
Sat, Oct 15, 9:00 am	Morning hike
Sat, Oct 29, 5:00 pm (backup: Oct 28)	Light Up the Night
Sat, Nov 5, 9:00 am	Road cleanup



Weed Watchers Update

In the summer of 2021, The Sunset Lake Association removed Purple Loosestrife plants from eight locations around the shores of Sunset Lake. Purple Loosestrife is a shoreline invasive species that is common to the Northeast and can easily be spread by birds. It is very difficult to eradicate so it needs to be mitigated on a regular basis. For more information about this effort, please [see this blog post](#).

Also in the summer of 2021, the SLA contracted SOLitude Lake Management to perform an aquatic plant survey of Sunset Lake. The goals of the survey were to check the lake for invasive species and to set a new baseline of native vegetation for reference by our volunteer weed watchers in the coming years. The survey discovered an invasive species which is new to Sunset Lake: Common Reed (*Phragmites australis*). Luckily, thanks to the survey, we discovered it early and can likely mitigate it by manually removing the plants late in the summer of 2022. To learn more about the survey and this invasive plant, [see this blog post](#).

We want to thank all of our lifetime/annual members who contributed to/joined the SLA at the [Weed Watchers or Lake Leader levels](#) in 2021 and 2022. These additional contributions have given us a good start at building a fund for future professional plant surveys, we hope every five years. It is important that our volunteer Weed Watchers now monitor the lake for any signs of invasive species for the next four years. Each Weed Watcher monitors a portion of the near-shore area of the lake by kayak, canoe, or boat on a monthly basis during the warm months. We are looking for additional volunteers. Please contact info@slahampstead.org if you would like to join this effort.

2022 SLA Annual Meeting

Join us on **Saturday, July 9th at 9:00 am** 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:

Bob Craycraft, Educational Program Coordinator, Lakes Lay Monitoring Program, UNH Extension

“Sunset Lake: past, present and future”

Paul Carideo, Chairman, Hampstead Stormwater Management Committee

“You and Stormwater”

Gloria Norcross, Conservation Program Assistant, NH LAKES

“NH Lakes LakeSmart Program”

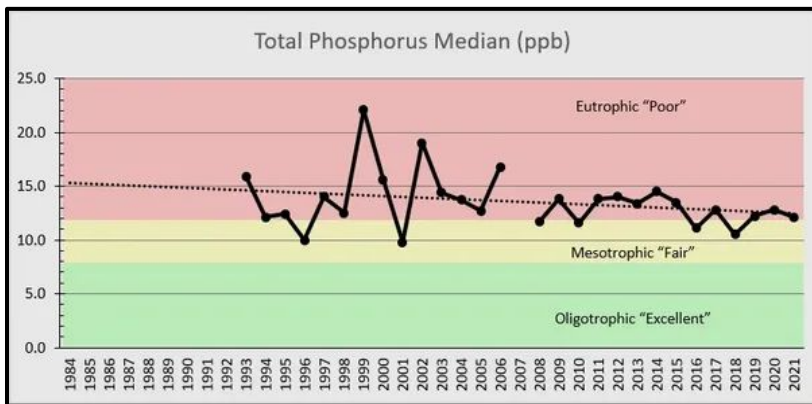
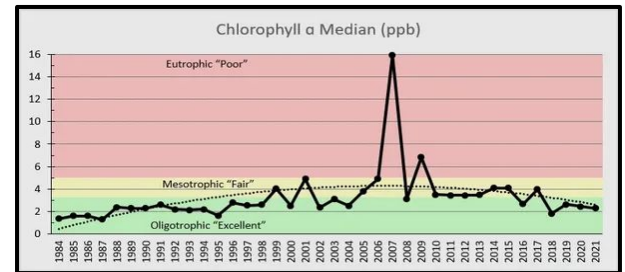
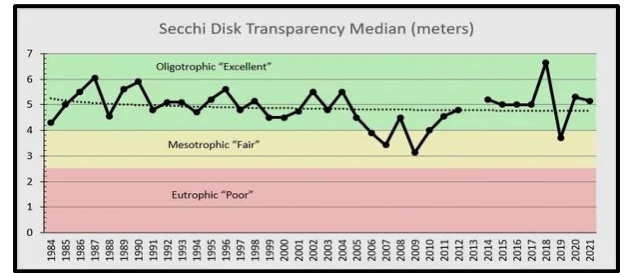
Our meeting will be outdoors at Meetinghouse Park, 20 Emerson Ave and will be followed by a BBQ. The event will be rain or shine; we will have the event on the bandstand in the case of rain. Please bring your own lawn chair. Hamburgers, hot dogs, drinks, condiments, plates, and utensils will be provided. 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!

Reducing Phosphorus in Sunset Lake

Jim Wilkinson, SLA Board Chair, District 4

Since 1984, the SLA has been monitoring water quality in Sunset Lake in conjunction with the University of New Hampshire's Cooperative Extension NH Lakes Lay Monitoring program. As depicted in the graphs to the right, water clarity (as measured by Secchi Disk Transparency) has been in the "excellent" range over recorded history of monitoring, with the exception of several years in the "fair" range. The chlorophyll (microscopic plant life) level was excellent in the 80's and 90's. While more erratic in the 2000's, chlorophyll has been fairly stable and improving since 2010, trending back into the "excellent" range.



The one attribute that has always been in the "poor" or "fair" range, although slowly trending in a positive direction is Total Phosphorus. Phosphorus is the primary nutrient that plants and bacteria require to grow. Excessive levels of phosphorus in the water can lead to increased algae and large aquatic plants which, in turn, reduces the water's oxygen content. Poor (low) oxygen concentration negatively impacts the growth and reproduction of warm water fish such as bass and perch.

To help reduce total phosphorus in our lake, the SLA has been promoting healthy lakeside living recommendations for many years (see the NH Lakes LakeSmart program below). There is also a new initiative in the Town of Hampstead called the Stormwater Management Committee that also has the potential to reduce the amount of phosphorus run off into Sunset Lake from the surrounding watershed. All of our guest presenters at our July 9th Annual Meeting, Bob Craycraft from UNH, Paul Carideo, Hampstead Stormwater Management Committee Chairman, and Gloria Norcross from NH Lakes LakeSmart will discuss what can be done to further improve our water quality. Our ultimate goal is to bring the total phosphorus level into the "excellent" range by incorporating healthy lake living practices throughout the Sunset Lake community. We hope to see you at the annual meeting!

How we all can help to reduce phosphorus: Become LakeSmart!



NH Lakes LakeSmart is an education, evaluation, and recognition program that is free, voluntary, and non-regulatory involving 3 easy steps:

1. **Complete a Self-Evaluation:** it's free, takes 15 minutes, and you get a personalized report
2. **Make Lake-Friendly Updates:** Update your property as recommended by the report
3. **Get a FREE Site Visit:** Free, confidential site visits will be performed in the Sunset Lake community from September 21-23

Visit <https://nhlakes.org/lakesmart/> today for more information and to do your free, self-evaluation

Sunset Lake Water Level Management

Jim Mize, Sunset Lake Dam Keeper, SLA Lifetime Member, District 3

The Sunset Lake Association requested an article about the dam, how it works and some of the things that go into it for this year's newsletter. I would like to start with thanking the members of the Sunset Lake Association for all they do to make Lake living more enjoyable.

This is my 12th year of responsibility for raising and lowering the water level on our lake. The position of "Dam Keeper" is an appointment by the Hampstead Selectman and the Dam Committee is comprised of myself, the Road Agent, Police Chief, and Fire Chief.

Our dam is of concrete construction and has a 36-inch-wide spillway where water can flow through or be held back with "stop logs" which are 2x6" oak boards with ¼" thick aluminum plating that prevents beavers from chewing through them. The stop logs are held in place with iron channels that they slide down and into. The stop logs are added or removed as weather and water level dictate. During the summer, there are three of these installed with the goal of keeping the water level at 7-9 inches from the top of the dam.

A 10-inch culvert pipe runs under the dam (which has a gate valve to allow flow or stop it) and extends about 50 feet out into the main part of the lake. This culvert enables the water level to drop significantly lower in the winter months than if we relied on the spillway itself.

Much of the Dam Keepers job occurs from "ice out" to Columbus Day in October. At ice out, the culvert is capped and the lake level will begin to rise into the spillway. Spring is a delicate time as Sunset Lake will fill significantly faster than it will drain. The level at the dam is monitored daily and every effort is made to keep the level just right and not cause a flood condition.

Dam activity during the summer can be busy or slow depending on precipitation. The summer of 2021 for example was very active as the stop logs were removed and added almost weekly to maintain an enjoyable but safe water level.

Columbus Day is when the dam is opened and this begins the fall drawdown. The goal is to lower the water level as low as possible, enabling residents to do any needed retaining wall maintenance and prevent the ice from doing any shore line damage.

Any questions you may have regarding the dam or water can be emailed to me at capt.jim.mize@gmail.com. Wishing you all a safe and enjoyable summer!



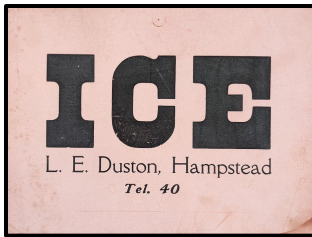
Jim Mize Clearing the Dam Culvert in the Icy Waters of Spring 2017

Sunset Lake History - Recreation and Development Years

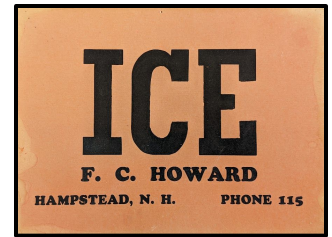
Jim Wilkinson, SLA Board Chairman, District 4

As we learned in our [last newsletter](#), in the early 1900's, Sunset Lake was surrounded by only 9 parcels of land, all sized between 22 and 180 acres. Most of this land was likely cleared of trees and used as grazing land during the "[sheep fever](#)" years of 1812-1840. Luckily, not all of the land surrounding the lake was clear cut of trees. In 1849, the 100th anniversary celebration of Hampstead was held in Hoyts Grove, a pine grove on the shore of Sunset Lake at the end of today's Timberlane Road. In 1899 the same pine grove, then called Bricketts Grove, was again used to celebrate the 150th anniversary.

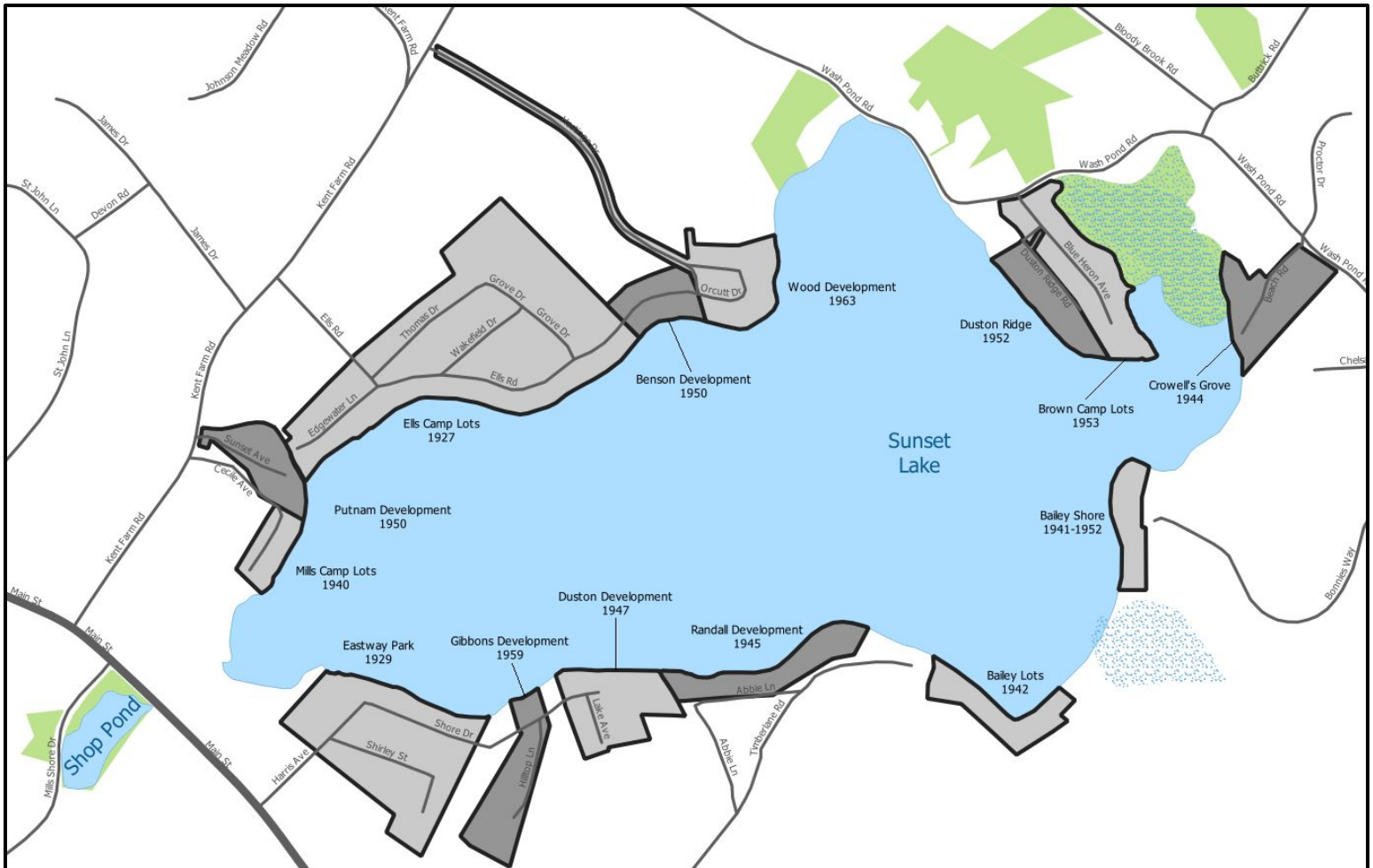
The first known tourist attraction on Sunset Lake was situated on the Camp Tel Noar property in the late 1800's and owned by Dr. Josiah Eastman. Summer boarders at the property could sit and view the lake from a large glassed-in cupola atop a barn close to the lake and enjoy the "medicinal springs" of Sunset Lake from a causeway of stones extending into the lake.



On this same Eastman property, various residents operated a large icehouse just south of the dam from 1898 until the 1950's when it was torn down. Postcards advertising the icehouse operation are shown here. Visit the [Hampstead Historical Society](#) at 67 Main Street to see the original postcards and many more town artifacts.



The character of Sunset Lake began to change forever in the late 1920's when, enabled by the greater availability of automobiles, people looked to escape the hustle and bustle of Boston and surrounding suburbs and head north to enjoy the country feel of Hampstead and the refreshing waters of Sunset Lake. The map below shows the 14 major areas of development along the shore of Sunset Lake between 1927 and 1963. (continued on next page)



Sunset Lake History - Recreation and Development Years (continued)

Our next installments of historical articles will cover the history of some of these individual developments, but we need your help! Your old photos and stories will help us document this history. While the photos and postcards from the Hampstead Historical Society and online are wonderful resources, we know that individual residents have even more to share! We need your help to translate rumors and folklore to true history and to separate fact from fiction. Please share your stories and old photos with us so we can keep this history alive! Write to us at info@slahampstead.org. We look forward to connecting with you so that we can preserve more lake history before it is lost. We will continue to share as much history as we can so that we can all fully appreciate the lake that we all enjoy and love. If you would prefer, we are happy to sit down with you personally to hear about and record the history; just contact us at the email above or reach out to your local delegate.

Resources:

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

The Surprising Story Behind New England's Stone Walls: <https://www.outdoors.org/resources/amc-outdoors/history/history-of-new-englands-stone-walls/>
Deeds and Plans from the *Rockingham County Registry of Deeds* were used to create the map of neighborhood developments

SLA Leadership Corner

Julie Vasseur, SLA Board Member, Water Quality Committee Chair, District 4

Ed and I purchased our Ells Road property in 2012. At the time it was seasonal, with no foundation, no septic system (holding tank only) and a dug well. But it was directly on the lake! We made an offer the day we looked at it. We now had a place to put our boat in for the season. We spent every weekend at our charming lakeside cottage from April until late October 2018. I looked forward all week to going to the lake each Friday. I hated leaving on Sundays. Truly hated it.



The cottage was built in 1945 and we were looking at costly repairs. We made the decision to build a year-round home here. So we tore down our beloved little cottage in January 2019 and moved into our new home in July that same year. Year round lake living! No more Sunday sadness.

Sunset lake is such a great place to entertain family and friends. My daughter will be here in July for a visit; she loves to paddleboard, hike the conservation trails, and enjoy a nicely burning fire pit. My son and his family arrive a few weeks after that for a week of swimming, fishing, and eating lobster.

Ed has worked at Phillips Exeter Academy for the past 11 years where his chef and catering background is leveraged in information management for dining services. I have been at J.P. Morgan Chase since 2012 where I manage a portfolio of large market Commercial Bank clients as a strategic advisor on B2B payments, with a primary focus on virtual card.

Editor's note: We want to thank Julie & Ed for leading our water quality testing efforts since 2021.

Thank you to our 2022 Members!

Thank you for your dedication to preserving the health and beauty of Sunset Lake!

Lake Leaders

The Bartolotta Family (L)
Camp Tel Noar (L)
Maggie & Erik Casola
Michael & Maureen Dewey (L)
Bruce & Christine Hamilton
Richard & Marsha Killilea
Jean Lisien
Rick and Lisa McQuesten (L)

Armen & Rachel Nahabedian
Dawn & Bill Pierce
Dale & Gale Putnam (L)
Tom & Elizabeth Robinson (L)
Gabrielle Smith (L)
Lisa Sperry
Scott & Beth Spicer
Howie Steadman (L)

Christine Sullivan
Sunset Park Campground (L)
Mike & Pam Trenholm (L)
The Ungerer Family (L)
Julie & Ed Vasseur (L)
Dave & Debbie Webber (L)
Jim & Pat Wilkinson (L)

Weed Watchers

Jim & Jane Baratt
Andrew & Gina Conti
Neil & Diane Croteau
Paul & Lynn D'Adamo
The Denault Family
Jennifer & Steve Martin
Mark & Wanda Molligi

Loon Lovers

Keith & Louise Capulli (L)
Al Davis & Reinhild Haak
Carol Deastlov
The Manzik Family
Curt & Susie Muller
Kevin & Jacqueline Murphy
Jennifer & John Paolilli
John & Andrea Peters
Ian & Katia Samuelson (L)
Tom & Sue Wall
Robin Wright & Mark Holloway

SLA Supporters

Lloyd Blackadar & Linda Desmond
Kerry Boles and Laura Walker (L)
Samantha & Vinny Borbone (L)
John Boucher (L)
The Buggy Family (L)
Thomas Burdulis (L)
Ruth Ann Burkinshaw
Paul & Lorraine Comeau (L)
Pearce Connal
James & Beth Cronin (L)
Cheryl Crumb
Beth & Robert DellaGrotte (L)
David & Lisa DeMio (L)
Meredith Dewey & Will Eddington
Wassim Elyaman (L)
Janet & Greg Germanton (L)
The Halchak Family
Rick & Pam Hartung

The Henry Family
Jason & Kristine Houle (L)
Jennifer & Kalote Joss & Edward Burke (L)
Bob & Regina Kuhl (L)
Jim & Nancy Lovering
Anita Miller
Jim & Michelle Mize (L)
Bob & Marilyn Moran
Brian & Nancy Nastasi
Don & Candi Page (L)
Rosanne & David Palazola (L)
Nick & Sharon Pangaro
The Raposa Family (L)
Don & Donna Shedd
Joe & Pam Santa Fe (L)
Tom Zack & Donna Warne (L)
20 anonymous (L)
6 anonymous

(L) - designates lifetime members



Photo by Steve Ungerer

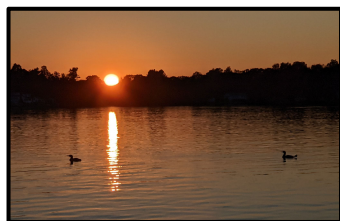


Photo by Jim Wilkinson

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



Printed Membership Form

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