



Summer 2020

## A Letter from SLA Leadership

While these are uncertain times, we hope that everyone is still able to enjoy living in and visiting the Sunset Lake community this summer season. The COVID-19 situation has greatly impacted just about every aspect of our lives, but rest assured that the Sunset Lake Association leadership team is doing all it can to continue on its mission of preserving the health and scenic beauty of Sunset Lake and its surrounding area.

We continue to carry out our 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. In fact, throughout this time, we have renewed our efforts in all of these areas and increased efforts to build community through a new website design with more valuable and easy to read content, more communication through social media, and a full schedule of social distancing friendly events that will further strengthen our community.

While we regret that we have had to postpone our annual meeting this year due to safety concerns, we are excited that we can increase our efforts to support our mission in other ways and help bolster our sense of community in a safe and respectful manner. Read on to learn more about all that is happening with the SLA this year.

Thank you for being a part of our community!  
SLA Board of Directors, Delegates, and Alternates



## Light Up the Night!

In recognition of our health care workers and first responders who are heroes of the COVID-19 pandemic, on May 2nd, the SLA held a “Light Up the Night” virtual fire pit party. Thank you to all who participated!

Since it was such a great success with more than 30 fire pits aglow around the lake, we are planning two more of these events this summer, both in conjunction with night time paddle events.



## A Loon in Need

Mike Trenholm, SLA Board Member

Last September many people around the lake saw a loon that kept fluttering his foot and not diving like they usually do. Taking a closer look, we discovered that he had something wrong with his foot. After several sightings we got close enough to see that he had a fishing lure stuck in his foot. We got in touch with the Loon Preservation Committee.



One of our neighbors took them out on their pontoon boat. They scooped up the loon after a bit of a chase and successfully removed the lure. They think he will be ok, so he was returned to the lake. Please keep an eye out. If you see any loon that is not acting normal, take a closer look. A big thanks to Carolyn Hughes from the Loon Preservation Committee for the capture and first aid and Rick McQuesten for the use of his pontoon boat. Great job!!!

To view more photos of the rescue, visit [www.slahampstead.org/wildlife](http://www.slahampstead.org/wildlife)

If you see a loon in distress, please call the Loon Preservation Committee at 603-476-5666.

## 2020 Paddle Events

Bob Moran, District 6 Alternate

Get your kayaks or canoes ready for the upcoming series of lake paddles. We had a huge turnout for our June 13th paddle and plan to get together three more times to enjoy the wonderful resource that is Sunset Lake.

We will have one more morning paddle and two nighttime paddles paired with our Light Up the Night events. Our start point will be the Town Beach and since parking is limited, if you can, paddle over from your homes to gather before our start time. Be sure to have a beach sticker if you plan to park.

We will paddle around the lake in a counter clockwise direction. Along the way we hope to see wildlife as well as wave to our lakefront neighbors. One circuit of the lake should take about 1 hr to 1 hr 15 min. Make sure you equip yourself with water, maybe a treat or two, and proper boating safety equipment including personal floatation devices and lights for the night event. See the dates and meet-up times in the calendar below; the paddle will start 30 minutes after the meet-up time. May the games begin!

## 2020 Calendar of Events

Sat, July 4th, 2:00 pm (backup: July 5th)

Sat, July 11th, 8:00 pm (backup: July 10th)

Sat, Aug 8th, 8:00 am (backup: Aug 9th)

Sun, Sept 6th, 6:30 pm (backup: Sept 5th)

Boat Parade

Light Up the Night and night time paddle

Morning paddle

Light Up the Night and night time paddle



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)

# The Boat Parade is Back!

**Robin Wright, District 5 Delegate**

The Sunset Lake Association is excited to bring back the motorized boat parade! Delegates Julie Vasseur, District 2 Alternate and Robin Wright, District 5 Delegate are co-chairs for the event.

The boat parade is scheduled for Saturday, July 4 at 2:00 PM with a rain date of July 5. Boats will assemble just off the town beach at 1:30 to line up.

We do not have a theme this year, so let your creativity run wild! Inspiration can be found on [Pinterest](#) and [Bing](#). There will be awards for 1st, 2nd, and 3rd place with winners receiving certificates, bragging rights, and recognition with photos on Facebook, Instagram, and the SLA website.

Check [www.facebook.com/slahampstead/events](http://www.facebook.com/slahampstead/events) or [www.slahampstead.org](http://www.slahampstead.org) for updates. If you plan to participate in the parade, please email Robin ([binski4656@yahoo.com](mailto:binski4656@yahoo.com)) and Julie ([edandjulie@comcast.net](mailto:edandjulie@comcast.net)) so we have an idea on the number of participants. Also feel free to contact Robin and Julie with any questions.



## Boat Launch Information

Launching is available at the Hampstead Town Beach for those with waterfront property, right of way, or deeded access. A boat launch permit sticker and the gate lock combination must be obtained from the town hall and the sticker displayed on the rear of the boat. Due to the COVID-19 situation, the town offices are closed to the public so please send an e-mail to Sally Theriault at [sally.theriault@comcast.net](mailto:sally.theriault@comcast.net) to request your permit sticker and gate combination. Please be sure to include your mailing address with your request. Attach a photograph or scan of your 2020 boat registration and she will mail you the permit sticker and gate lock combination.

For more information about launching and boating on Sunset Lake, visit [www.slahampstead.org/boating-info](http://www.slahampstead.org/boating-info)



## Giving Back to the Community

**Jim Wilkinson, SLA Board Chairman (pictured)**

On Saturday, May 30th, the SLA Leadership Team got out and cleaned up trash along the full length of Wash Pond Road and a portion of Kent Farm Road. For many years, the SLA has adopted Wash Pond Road and is now in the process of adopting a portion of Kent Farm Road. It was a fun team-building event and it felt great to do our part for the greater Hampstead community. We will do it again in the fall.

Keeping the roads clean should not just be a scheduled event. Consider picking up those little pieces of trash while you are out for a walk. Everyone in the community will appreciate you for it!



## Protecting the Health of Sunset Lake

**Julie Vasseur, Water Quality Committee Chair, District 2 Alternate**

As part of the University of New Hampshire Cooperative Extension Lakes Lay Monitoring Program, the SLA oversees comprehensive stream and water testing 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.

Each spring, samples are collected by SLA volunteers from 21 streams that flow into the lake. In mid-summer, when UNH representatives visit the lake, samples and measurements are taken from the deepest spot in the lake and from 21 locations around the perimeter of the lake near the shoreline. Additional measurements and samples within the lake are taken by SLA volunteers throughout the year to continually monitor the health of the lake.

The various water samples are analyzed at UNH for phosphorus, microscopic plant life, and/or water color. Together with measurements for water clarity, temperature, and conductivity, these results give a comprehensive view of the cleanliness and water quality of Sunset Lake.

Overall, water quality of the lake is good. Water clarity has varied widely over the past few years. Microscopic plant life spiked in 2007 but is currently in the 'excellent' range. Total phosphorus has varied historically but appears to be improving over the last few years. Water color has shown a stable trend since 1985.

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

- Use landscaping practices that eliminate erosion and soak up water runoff before it enters the lake.
- Minimize or eliminate the use of fertilizer to reduce phosphorus runoff into the lake.
- Do not dump grass clippings and leaves into the lake.
- Do not feed ducks and geese.
- Maintain septic systems.

With the redesign of our website, we have greatly improved the reporting of water quality results and suggestions for healthy lakefront living. For more information, please visit [www.slahampstead.org/water-quality-testing](http://www.slahampstead.org/water-quality-testing).

## Town Beach Update

The SLA does not own or manage the Hampstead Town Beach and does not maintain responsibility for the public beach or its usage. The following information is provided as a courtesy to the SLA community.

Due to the COVID-19 situation, for the safety of town employees and residents, as of May 28, 2020, the town can not currently provide lifeguards or bathrooms at the beach. As per their [beach advisory website](#), NHDES will not be testing fresh water beaches for bacteria for the summer of 2020. Parking will be limited at the beach to reduce crowds and it is "swim at your own risk". See the [Hampstead Recreation page](#) for the most up to date information and please direct questions to [hampsteadrec@gmail.com](mailto:hampsteadrec@gmail.com)

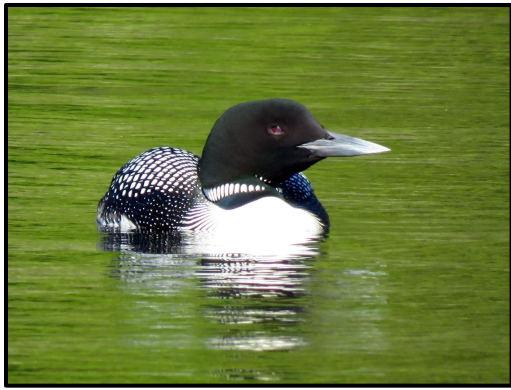


Photo by Patricia Wilkinson

## 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:



Photo by Tom Wall



**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).

## SLA Leadership Corner

### Bob and Regina Kuhl, District 3 Delegate and Alternate

It is hard to believe that we have already lived on Sunset Lake for almost 3 years. We had lived in West Hampstead for 25 years (Yes, i am not kidding - there is a West Hampstead). It was a long move, some 3 miles, but well worth it.

We have 2 children (Christopher 26, Danielle 21) and had been enjoying life as empty nesters until we found out recently that our daughter will be moving back home after being in Minnesota much of the last 4 years. We are very excited and looking forward to having her home. Our son lives and works for Legoland in Somerville, an interesting occurrence as Legos were his childhood toy of choice.

Regina works as a teacher for the Central School and Bob is retired from a 36 year career with a company then known as Western Electric. Bob spent many years playing in the Men's basketball leagues in town and volunteered for the Civic Club, library, and Knights of Columbus. Regina has volunteered at St. Anne's Parish in many capacities over the years. Currently our spare time is spent finishing our home (seems there is always something to do even in a brand new house), enjoying the activities associated with the lake including boating and kayaking, as well as walking and biking. Last, but not least, we are your delegates for District 3, an assignment we accepted from good friend and neighbor Keith Capulli.



Looking forward to seeing you at SLA events this summer!

# Sunset Lake History - The Early Years ( thru 1800)

**Gabrielle Smith, District 10 Alternate and Jim Wilkinson, SLA Board Chairman**

What do you hear as you swim at the beach, paddle your kayak around the lake, or just sit and relax in your yard? Do you hear the whispers of people that frequented the lake in years past?

Centuries ago, Indigenous Peoples walked on the trail nearby that went North from Merrimack, MA, up “Old Plaistow Road” (today’s East Road), past Wash Pond to Phillips Pond in Sandown. Most of their villages in the area were abandoned by the year 1685.

The first europeans started settling in Hampstead in the 1720s and included the Ford, Heath, Emerson, and Morse families. The earliest center of population in town was near the eastern shore of Sunset Lake. However, that location was later abandoned and all that remained a century later were stone cellars and ½ filled wells from that period.

Peter Eastman (born 1710) came to Hampstead around 1732 and owned extensive lands on the western shores of Wash Pond. He built a home for his wife Elizabeth (Harriman) where they raised 10 children. He was the first deacon of the Hampstead Congregational Church in 1753 and was the town clerk of Hampstead from 1758-1760.

Benjamin Kimball (born 1722) owned land near the Eastman’s and stretching between Wash Pond and Island Pond. He married Mary Eaton and they had 8 children. After Mary passed away in 1757, he married Mary Hoyt and they also had 8 children. He was deacon of the Hampstead Congregational Church from 1754-1774. His gravestone and that of his second wife are in the Hampstead Old Cemetery.

Hannah Tucker married David Copp in 1725 and settled in Hampstead in 1732 on the eastern shores of Wash Pond. Other family members in town lived mostly around Copp’s Corner (the intersection of Routes 111 and 121).

The town of Hampstead was named after an area in north London, England. While the origin of the Wash Pond name can not be 100% confirmed, the most commonly accepted explanation is that it was named by colonial New Hampshire governor Benning Wentworth because it reminded him of ponds in England where they did their washing. The name Wash Pond is referenced in a deed as early as 1743.

What will we hear 20, 50, or 100 years from now? Will it be loons calling, ducks quacking, children laughing as they play in the waters, and families gathering for special occasions enjoying a beautiful sunset at lovely Sunset Lake aka Wash Pond? We hope that our many lovely traditions and experiences continue on for many years.

This will be the first in a series of articles about the history of the Wash Pond/Sunset Lake area. We would love to hear from you with your stories of your ancestors in the area. Write to us at [info@slahampstead.org](mailto:info@slahampstead.org) to share stories and old photos.

## Resources:

*History of the Town of Hampstead NH for One Hundred Years* – Isaac William Smith, 1884

*A Memorial of the Town of Hampstead New Hampshire: Volume I and II* – Harriette Eliza Noyes, 1899 and 1903

# 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 \$200 lifetime membership.

With your help, we can continue to preserve Sunset Lake and its surrounding area for our and future generations. Since our annual meeting has been postponed this year and we will not be able to take in-person payments, we kindly ask that you join either with an online or mail-in payment.

**THANK YOU!**

## Online Membership

You can now join online! 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)



## Mail-In Membership Form

- Annual per family/household dues \$ 25
- Lifetime membership (non-transferable) \$ 200
- Additional contribution \$ \_\_\_\_\_

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

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

Summer Mailing Address:

Winter Mailing Address:

Street or PO Box \_\_\_\_\_

Street or PO Box \_\_\_\_\_

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

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

Phone \_\_\_\_\_

Phone \_\_\_\_\_

Send mailings to which address?  Summer  Winter

Make checks payable to "Sunset Lake Association" and mail to:  
**Sunset Lake Association, P.O. Box 135, Hampstead, NH 03841**