



Photo courtesy of Mark Molligi

2025 SLA Leadership Update

After a cold and rainy spring, the summer of 2025 has finally arrived and we have a full summer of events planned to bring the Sunset Lake community together. As with past years, we will have morning paddles, monthly “light up the night” firepits with evening paddles during the warmer months, and monthly hikes throughout the year. We will also have our 4th annual “Sunset Lake in Lights” event and of course our annual meeting in July. This year, due to waning participation in our boat parade, we are going to try something new and instead we will have a musicfest & BBQ with live bands in early August. We hope to see you at one or more of these events!

Of course, we also stay vigilant in our core mission of keeping Sunset Lake healthy with regular water testing throughout the warmer months and invasive species monitoring and mitigation. After many years of mitigation, we are almost rid of shoreline invasives Common Reed (Phragmites) and Purple Loosestrife. This year, thanks to the additional donations from our Weed Watcher and Lake Leader members, we have contracted Pondweed Pursuits, LLC to perform our first professional aquatic plant survey since 2021. These surveys are especially important since the 2021 survey identified the presence of Common Reed on four locations of our shores. While our water testing continues to show that Sunset Lake is quite healthy, phosphorus levels are still a concern and NHDES reported the 1st ever cyanobacteria bloom on June 3rd of this year at the Hampstead Town Beach, which you can read more about in this issue. We hope that you will join us in proactively looking after the health of the lake and educating others in the importance of doing the same!

Thanks as always to our members and we look forward to seeing you out on and around the lake and at our annual meeting!
SLA Board of Directors, Delegates, and Alternates

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2025 Calendar of Events



Sat, Jan 11, 9:00 am	Morning hike
Sat, Jan 18, 11:00 am	Hampstead Civic Meet & Greet, Hampstead Public Library
Sat, Feb 8, 9:00 am	Morning hike
Sat, Mar 8, 9:00 am	Morning hike
Sat, Apr 12, 9:00 am	Morning hike
Sat, Apr 19, 9:00 am	Road cleanup
Sat, Apr 26, 7:00 pm	Light Up the Night
Sat, May 10, 9:00 am	Morning hike
Sun, May 25, 8:00 pm	Memorial Day Weekend Light Up the Night & evening paddle
Sat, June 7, 9:00 am	Morning paddle
Sat, June 21, 9:00 am	Morning hike (rescheduled from June 14)
Sat, June 21, 9:00 am	Morning paddle (rescheduled from June 28)
Sat, June 28, 8:00 pm (backup: June 27)	Independence Day Festival Light Up the Night & evening paddle
Sat, July 5, 9:00 am	Morning paddle (newly added)
Sat, July 12, 9:00 am	SLA Annual Meeting & BBQ
Sat, July 19, 9:00 am	Morning paddle
Sat, July 26, 9:00 am	Morning hike (rescheduled from July 5)
Sat, July 26, 8:30 pm (backup: July 25)	Sunset Lake in Lights House/Yard Decorating & evening paddle
Sat, Aug 2, 9:00 am	Morning paddle
Sat, Aug 9, 2:00 pm	Sunset Lake Music Fest & BBQ
Sat, Aug 16, 9:00 am	Morning hike
Sat, Aug 23, 9:00 am	Morning paddle
Sun, Aug 31, 7:00 pm (backup: Aug 30)	Labor Day Weekend Light Up the Night & evening paddle
Sat, Sept 13, 9:00 am	Morning hike
Sat, Sept 27, 6:00 pm (backup: Sept 26)	Light Up the Night
Sat, Oct 4, 9:00 am	Road cleanup
Sat, Oct 11, 9:00 am	Morning hike
Sat, Oct 25, 5:00 pm (backup: Oct 24)	Light Up the Night
Sat, Nov 8, 9:00 am	Morning hike
Sat, Dec 13, 9:00 am	Morning hike

Learn more about all of these events at www.slahampstead.org or www.facebook.com/slahampstead/events

SLA Adopted Road Cleanup

Thank you to our volunteers who help to clean our adopted roads of Kent Farm, Wash Pond, and Ells Roads twice a year. This year, our spring cleanup was coordinated with Hampstead Hearts and Sunset Park Campground to clean even more Hampstead road on Earth Day weekend. Our next cleanup event is **Saturday, October 4 at 9:00 am** so please watch your email or our [Facebook page](#) for signup information if you are interested in helping to keep our town free of litter!





2025 Paddle and Fire Pit Events

During the warm months of the year, join us twice a month on Saturday mornings and once a month on select evenings for a 1 ½ hour paddle around the lake. It is a great way to get some exercise and you can often catch a great sunset on the evening paddles.

The evening paddles coincide with our “light up the night” events, so light up your fire pits for our paddlers to view along the way!

Check out the calendar on page 2 for exact dates and times and watch your email or our Facebook page for more details!



2025 SLA Annual Meeting & BBQ

This year’s annual meeting and BBQ is on **Saturday, July 12th at 9:00 am** at Meetinghouse Park, 20 Emerson Avenue. 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:

Amanda Polchlopek, Owner & Aquatic Botanist, Pondweed Pursuits, LLC

Aquatic Plant Surveying on Sunset Lake

Amanda will perform a comprehensive aquatic plant survey on Sunset Lake in summer 2025. She will talk about the sample methods that she uses in the field as well as on the reporting that she will deliver to help us track aquatic plants in the lake now and into the future.

Sean Tumblety, Founder & CEO, Eco-Smart Landscaping

Organic, Non-toxic Landscaping for a Better Environment

Sean will talk about the history of creating the first and only 100% organic, non-toxic, and zero-emission landscaping service in New Hampshire and provide information on techniques to maintain your yard in an environmentally friendly manner, especially important to Sunset Lake.



The meeting will be outdoors unless there is bad weather predicted in which case we will use Congregational Church Hadley Hall. We will have portable tents for shade from the sun. Please bring your own lawn chair. Hamburgers, hot dogs, beverages, condiments, plates, and utensils will be provided for the BBQ. **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!

4th Annual “Sunset Lake in Lights” event!



Our “Sunset Lake in Lights” decorating event has quickly become our most popular event on the lake by number of participants. We are always amazed to see the creativity of our community! We hope that you will participate in our 4th edition on July 26th, whether it be to decorate or to go out and view the decorations!

Decorate your house, yard, and/or boat in lights so that it can be seen at night and enjoyed by paddlers, boaters, and everyone around the lake. You can decorate for any theme whether it be patriotic/4th of July, Halloween, Christmas, tiki torches, etc. Let’s see your creativity

Get your fire pit going during the event or join our group paddle around the lake at 8:30 p.m. to view the decorations! A big thanks to our local business sponsors listed below who have donated the prizes for the best decorations!

Sunset Lake MusicFest & BBQ

In recent years, we have struggled with participation for our boat parade so this year, we will try something new. On the afternoon and evening of **Saturday, August 9** we will have live bands on the shore of the east bay of Sunset Lake.

We will have 3 bands, all of which include Sunset Lake residents. They include Sharon & Nick Pangaro’s Acoustic American Music, Sons of the Solstice Acoustic Classic Rock & Bluegrass, and Black & Bluez Electric Classic Rock.

Boats can anchor in the east bay to enjoy the music and we will have free burgers and hot dogs available to be delivered to your boat from the shore. It is a full moon that evening, so keep your fingers crossed for clear skies so we can have a view of the full moon rising before wrapping up the evening.

Stay tuned for more details to come!



Thank you to our Sponsors!

We want to thank the local businesses who have sponsored our 2025 summer events.

Please be sure to give your support to these great local businesses!



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

Fireworks and New Hampshire's Lakes

The site and sound of fireworks is a sure sign of summer in the U.S.A., especially around the lakes of New Hampshire. While we almost all enjoy the beauty of fireworks, it is important to know the negative impact they can have on our lakes and groundwater and take appropriate precautions to minimize these impacts.

Fireworks are made with various chemicals and heavy metals that are directly deposited into our lake and can also contaminate our groundwater, causing concern for human health and aquatic life. One of these chemicals is Perchlorate which assists in the propulsion of fireworks. This chemical which has been found in drinking water wells can disrupt normal functioning of the thyroid glands in humans and wildlife. Fireworks can also contain nutrients (phosphorus and nitrogen compounds) that contribute to algal and plant growth in lakes.

If you still decide to launch fireworks near the lake, avoid launching them from bare soil or sand to minimize potential runoff into the lake. Launch them at a steep angle that promotes maximum height and complete ignition and combustion. Clean up any debris from the water and shore by hand and don't use tools to rake the shorefront as this can disturb the sediment and add nutrients into the water, potentially fueling harmful blue-green algae blooms. For more information, see the related NHDES Environmental Fact Sheet:

<https://www.des.nh.gov/sites/g/files/ehbemt341/files/documents/2020-01/bb-60.pdf>



Sunset Lake Merchandise

Show off your pride of Sunset Lake with some great clothing or other items or get an item as a gift for that special person who really loves Sunset Lake! We have 2 stores that both specialize in different types of products.



Zazzle This store has many Sunset Lake related items including calendars, puzzles, postcards, stationary, drinkware, clothing, and much more. Zazzle almost always has a discount from 10%-50% on various items in the store. Visit <https://www.zazzle.com/store/slahampstead>

Teespring This store has a large selection of clothing styles and colors with the Sunset Lake logo including women's and children's clothing. It also has many more items with the Sunset Lake logo such as hats, beach towels, drinkware, and more. **New this year are embroidered logo items.** Visit <https://slahampstead.creator-spring.com/>



A small amount of proceeds from each sale in both stores supports the Sunset Lake Association's mission.

2025 Cyanobacteria Bloom on Sunset Lake

As the number of cyanobacteria blooms have increased in New Hampshire over the past few years, we have been quite lucky on Sunset Lake since we had never had a confirmed bloom on our lake. Unfortunately, that all changed on June 3, 2025 when NHDES tested for and confirmed the first bloom at the Hampstead Town Beach on Sunset Lake as shown in the image to the right.

The bloom has now passed (as of June 16th), but we received a lot of questions regarding the bloom so we felt it best to create this blog post to try to address many questions that people have had about blooms since we very likely will have more of them in the future.

We recommend watching this [6 1/2 minute NHDES Cyanobacteria Risk Assessment video](#) for a very good overview of cyanobacteria blooms.



FAQs:

Q: When there is a cyanobacteria bloom, is the entire lake unsafe?

A: No. Cyanobacteria blooms are usually very localized and it is only unsafe to enter the water where the bloom is present. It is perfectly safe to go in the water wherever a bloom isn't present. Unfortunately, blooms can dissipate and re-form and also move around the lake due to wind, currents, and boat wakes. Therefore, all people entering the water should be familiar with what cyanobacteria blooms look like and should not enter the water if they see what might be a bloom..

Q: How long does a bloom last?

A: All blooms are different, so it is impossible to say. Most last a week or less but in severe cases, they can last an entire summer. You should always check the NHDES Healthy Swimming Mapper for the latest information about blooms.

Q: Does the Sunset Lake Association test for cyanobacteria blooms?

A: No, the SLA does not have this capability, only NHDES does. If you see something that you think may be a cyanobacteria bloom, please report it using the NHDES Cyanobacteria Bloom Report Form so that they can evaluate and possibly test the area to confirm whether or not it is a bloom.

Q: Are the green "clouds" of algae in the water cyanobacteria blooms?

A: Usually not. Those clouds are usually [filamentous algae](#) which are harmless to humans and animals. This year (2025), we have seen a lot more filamentous algae in the lake. This video from NHDES has a [good overview of what blooms can look like starting at time 0:36](#) and has a good overview of other [things that are not harmful and are mistaken for cyanobacteria blooms starting at time 3:34](#)

Q: What can I do to help reduce or eliminate cyanobacteria blooms?

A: Cyanobacteria is naturally occurring and is in all water bodies. However, cyanobacteria blooms are primarily caused by warm temperatures, sunlight, and excess nutrients in a lake, specifically phosphorus and nitrogen. While we cannot control the temperatures and sunlight, we can help to reduce the amount of nutrients in the lake. Specifically, we ask that all residents living near the lake follow our [recommendations for Healthy Lakeshore Living](#), use good [Lakeside Landscaping techniques](#), and take part in the [NH Lakes LakeSmart Lake-Friendly Living Program](#).

If you have additional questions, please post them as comments on [this related blog post](#) or email info@slahampstead.org.



Congratulations to **Camp Tel Noar** on your 80th Anniversary!

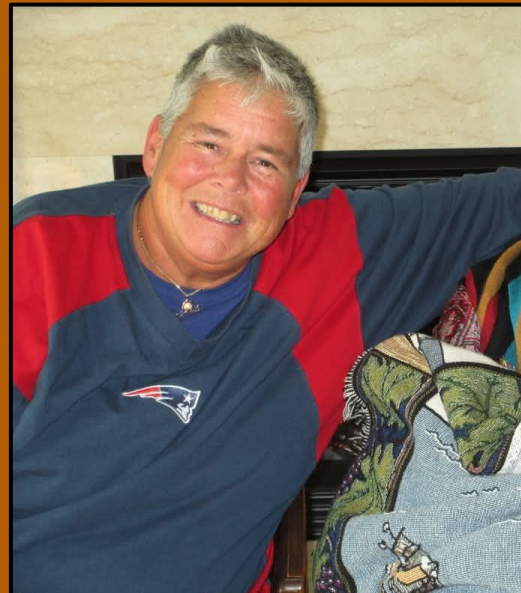
SLA Leadership Corner

Sue Polleys, District 1 Delegate

Hello. I grew up in Winchester, Massachusetts. I have always loved:

- Ocean Park, Maine where I spent summers with my family as a kid;
- swimming in oceans and built in pools;
- playing street and ice hockey, baseball, and volleyball; and
- the Boston Bruins, New England Patriots, and Boston Red Sox.

My career started as an assembly group leader at Raytheon in Burlington Massachusetts at age 20. Within two years my job moved to Northboro, Mass. so I relocated to Marlboro where I joined the Marlboro Women's Softball League and played in the League for 20 years. Eight years later, Raytheon moved to Waltham, MA and seven years later to Andover, MA.



Around that time, my landlord notified me that he planned to sell the house and I had to move. Hence, I looked for a house in southern New Hampshire as a first-time home buyer. My sister and her husband drove from Pennsylvania several times to help me find a house. They called me at work to say they found the house of my dreams and strongly suggested I put down \$1000 immediately. From my 9:00 appointment the following day I walked into my soon-to-be house at Sunset Lake and fell in love. My ownership of the house began in May, 2000. Once I moved in, I hated going to work and missing Sunset Lake every weekday. I happily retired in 2022. I can be found enjoying my kayak, my float, my books, and relaxing in my yard watching the birds. My friends and family look forward to coming to parties at Sunset Lake and enjoy the nature, peace, and beauty of this lake paradise.

Help us make Sunset Lake more healthy: **Become LakeSmart!**



What happens on your property affects Sunset Lake, whether you live directly on the lake or away from it within the Sunset Lake watershed. LakeSmart is a free, non-regulatory, and voluntary education and recognition program offered in partnership with NH Lakes and the SLA and encouraged community members to adopt habits that protect lake water quality, wildlife habitat, and property values.

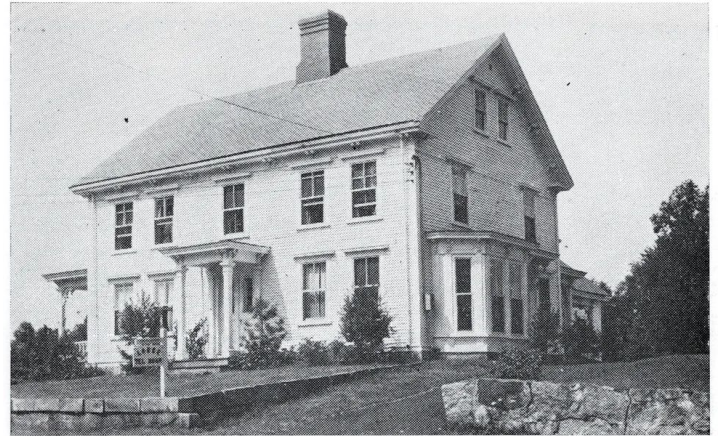
The LakeSmart program is being revamped for 2025. Visit <https://nhlakes.org/lakesmart/> today for more information and to sign up for the new LakeSmart online platform which will provide you with an individualized profile with lake-friendly living ideas, and you'll be able to track your progress toward the LakeSmart Award. You will be provided with tools and resources to help adopt lake-friendly practices on your property—and in your community.

Sunset Lake History - District 1 & Camp Tel Noar

Jim Wilkinson, SLA Board Chairman, District 4

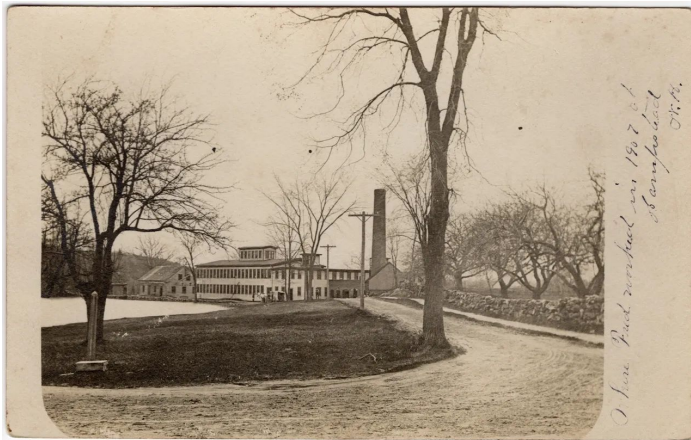
District 1 includes Camp Tel Noar and the Cecil and Sunset Avenue neighborhoods, but this area was originally a much larger farmstead containing 100 acres that spanned between Sunset Lake/Wash Pond and Island Pond. This location was one of the earliest settled in Hampstead due to the natural water flow between Wash Pond and Island Pond, with ownership of a water powered mill in the area of Mills Shore Drive exchanging hands as early as 1739.

Colonel Benjamin Emerson Jr., a Revolutionary War soldier and 3rd generation Hampstead resident born at the family home on Stage Road, bought the farmland with an existing house and barn in 1777. His family later built the pictured farmhouse in the mid-1800's. Unfortunately, the farmhouse burned down in 1959 when it was an administration building for Camp Tel Noar, but you can still see the same stone walls at the main entrance to Camp Tel Noar on Main Street. The Emerson family not only operated the mill on their property, but also boarded tourists who could view the lake from a glass cupola on the top of a barn and soak in the "medicinal mineral springs" on the 150' long rock juddy that is still present under the water.



Emerson's two sons Benjamin Dudley and Frederick were instrumental in education in Hampstead and the early U.S.A. writing early spelling and arithmetic books. Benjamin Dudley was the founder of Hampstead High School (today's Hampstead Town Hall) for which he specified complete details in his will.

Interestingly, the next owner of the farmstead Dr. Josiah C. Eastman, a surgeon in the Civil War, was instrumental in helping to build and set up the new high school. He was a prominent doctor and politician at the local, regional, and national level and was even one of only 3 representatives at the international congress in Philadelphia. In 1849, he was instrumental in introducing legislation that established the public library system in New Hampshire and in the same year, helped to establish the Hampstead Public Library, originally housed in a single room in the brick house at 48 Main Street.



While there were numerous different types of small mills on the stream on Mills Shore Drive over the years, in the late 1800's Dr. Eastman leased some of the land to William A. Emerson who built the 2 story shoe factory shown in this photo which was the largest employer of residents of Hampstead. The factory operated as a shoe factory until the late 1930's, then as a poultry factory into the 1940's and was vacant when it was owned by the town and mysteriously burned down in 1962.

The Mills family acquired the farm in 1916 and operated it as a dairy farm. From 1926-1941, they subdivided the land selling off parcels on Mills Shore Drive and the land that became the Sunset

And Cecil Avenue neighborhoods. They also sold land to Levi Duston who operated an ice house on the waterfront from 1938-1950.

In 1945, the remaining farmstead was sold to Eli & Bessie Cohen, founders of Cohen Camps originally for young adults, but later for teens and children. Camp Tel Noar has been an integral part of Hampstead ever since and is celebrating their 80th year this summer; congratulations! For a more complete history of this area, including plans and many more photos visit <https://slahampstead.org/district-1-and-tel-noar>.

SUNSET PARK CAMPGROUND

HAMPSTEAD, NEW HAMPSHIRE



Sunset Park Campground has been an integral part of the Sunset Lake community from its founding by the Duston brothers in the 1950's and under the ownership of the Nugent family since 1976. We want to thank the Nugent family, but especially the late Bob Nugent, a founding member of the SLA, his daughter Kendra, and campground employee and SLA delegate Artie Adams for their dedication to the SLA and its goal of protecting the health and beauty of Sunset Lake. We also wish Christopher & Elena Dunn, the new owners of the campground, the best of luck with their new endeavour and look forward to their continued support and participation in our community!

Thank you to our 2025 Members!

Thank you to all of our members. Your dedication allows us to accomplish our mission. (L) - designates lifetime members

Lake Leaders

Gail Boneberg & Hector Gonzalez	Richard & Marsha Killilea	The Ungerer Family (L)
Paul & Lynn D'Adamo	Jean Lisien	Julie & Ed Vasseur (L)
Wassim Elyaman & Betsy Bradshaw (L)	Dale & Gale Putnam (L)	Jim & Pat Wilkinson (L)
Ellen Goyette	Tom & Elizabeth Robinson (L)	5 anonymous
	Mike & Pam Trenholm (L)	

Weed Watchers

Jim & Jane Baratt	Meredith Dewey & Will Eddington	Sue & Tom Wall
Kate Brick & Charles Backman	Rich & Carole Humes	1 anonymous
	The Marrs Family (L)	

Loon Lovers

Keith & Louise Capulli (L)	The Manzik Family	Robin Wright & Mark Holloway
Rick & Pam Hartung	Rob & Joanne Reeves	2 anonymous

SLA Supporters

The Bartolotta Family (L)	The Gallant Family (L)	Rosanne & David Palazola (L)
Kerry Boles & Laura Walker (L)	Janet & Greg Germanton (L)	The Raposa Family (L)
Samantha & Vinny Borbone (L)	Bruce & Christine Hamilton (L)	Ian & Katia Samuelson (L)
John Boucher (L)	Jason & Kristine Houle (L)	Joe & Pam Santa Fe (L)
The Buggy Family (L)	Jennifer & Kalote Joss & Edward Burke (L)	Gabrielle Smith (L)
Thomas Burdulis (L)	Bob & Regina Kuhl (L)	Howie Steadman (L)
Ruth Ann Burkinshaw	Barbara & Richard Larkin (L)	The Stygles & Kachagian Family (L)
Patricia & Paul Cambray (L)	Jim & Nancy Lovering	Sunset Park Campground - Christopher & Elena Dunn (L)
Camp Tel Noar (L)	Stephen & Cynthia Marshall	Nic, Elisha, & Michael Todesca
Bruce and Michelle Cohn (L)	Jessica McDougall (L)	Tom Zack & Donna Warne (L)
Paul & Lorraine Comeau (L)	Rick and Lisa McQuesten (L)	Dave & Debbie Webber (L)
James & Beth Cronin (L)	Jim & Michelle Mize (L)	Joseph Winston (L)
Diane Croteau (L)	Nancy Nastasi (L)	21 anonymous (L)
Beth & Robert DellaGrotte (L)	Kendra Neville (L)	3 anonymous
Michael & Maureen Dewey (L)	Arthur & Wendy Osborn (L)	
	Don & Candi Page (L)	

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.
For more information, please visit www.slahampstead.org/membership



Printed Membership Form

	Annual (pick one)	or	Lifetime	+	2023 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