

### **GREETINGS FROM THE PRESIDENT**

2024 is a big year for our community. It's the 250th anniversary of the incorporation of our town – Happy Birthday Wakefield! You'll want to read the article about the planned festivities. This is also the 50th anniversary of the founding of our beloved institution the "Poor People's Pub". Well done, Keating family. We've included an article on the Pub as well.

On a personal note, 2024 marks the 57th year that Lovell Lake has been my home away from home. Even though I would spend about a month at the cottage each year, it was some of the most formative days of my life. The lake always provided me fun, excitement, calm, quiet, friendship, truth, and solace. I can safely assume the lake has done the same for many of you. The great minds that started the LLA had our lake in heart and mind when they created a committee to preserve the lake and take on threats to its quality. I can remember some of the actions the committee would communicate to the members about these threats. The concern about leaking septic tanks in the 70s had many of us dropping dye pills down the toilet and watching for any sign of the dye at our lake frontage for several days after. If you saw the dye in the water, you had a problem and needed to get your septic system looked at.

I also remember the clamp down on bathing in the lake during that time. The soap and shampoo bottle were always within reach at most docks and beaches on the lake, but when the committee began to educate us about the concern of phosphates in the bottles we used, sudsing up in the lake stopped. It was the committee that championed the dangers of exotic aquatic plants such as milfoil and the campaign to keep those weeds out of our lake began decades ago and continues today. We all salute the dozens of LLA volunteers who worked to mitigate these threats. Special thanks goes to our first line of defense - the conscientious weed watchers and lake hosts. To date we have been successful and remain vigilant.

As your new president, I want to work with LLA members to eradicate another menace that adversely effects our water quality. Erosion and run-off carry a threat to permanently change the quality of our water. Last year's water quality report showed dangerously low dissolved oxygen in the deeper water of the lake and highlighted that the lake is displaying "characteristics of lakes experiencing human disturbances". The good news is that manageable changes can likely reverse this trend. See the article by Peter Lewis "Neighbors Getting It Done" about members' projects to solve their erosion problems.

The University of New Hampshire Center for Freshwater Biology suggests, "Implement Best Management Practices (BMPs) within the Lovell Lake watershed to minimize the adverse impacts of polluted runoff and erosion into Lovell Lake." With this advice as a guide, your LLA committee has created a revolutionary plan to support homeowners with erosion issues. Make sure you read Mark Fagan's "A Bold Step Forward" article for important information.

Another big project of vital concern to our members is the proposed Moose Mountain Regional Greenways' (MMRG) Conservation Land Project. The MMRG has plans to purchase and protect a tract of land in our Lovell Lake watershed area and they are hopeful for LLA support. This is a significant opportunity and you'll hear much more detail about this undertaking in the near future.

I look forward to discussing these exciting projects with you. They will be featured topics at the annual meeting being held on Saturday, August 10th, 9:00 a.m. at Sunshine Acres Campground. I can be reached at 781-859-7187



# NEIGHBORS GETTING IT DONE

### Case Studies by the LLA Watershed Planning Group

By Peter Lewis

"To promote the welfare of the lake and its environment." That brilliantly simple statement of purpose was written sixty-one years ago by our founders, Bob Tucker and Carl Johnson. Our mission is exactly the same today and will remain so for generations to come.

If you have been a member of LLA for more than fifteen minutes, you know that storm water runoff is our arch enemy. Simply put, runoff begets erosion resulting in poorer water quality. It happens when the ground cannot absorb an excess rain or melt water. This results in erosion which causes pollutants, nutrients and phosphorous (that binds to grains of sand) to flow directly into the lake. Human inventions, impermeable surfaces that prevent water from being absorbed into the earth, such as paved and dirt roadways, parking lots, roofs, and Route 109 exacerbate the problem.

So, what do we do? Well, stealing a term from a recent NH Department of Environmental Services (DES) program, we "Soak up the Rain". That is, we help the water soak into the land quickly and efficiently. Our Lovell Lake soil is quite porous and an incredible natural filter. We just need to give nature enough time and space for absorption to occur. How big is this issue? The DES estimates that more than 60% of the nutrient load getting into a lake comes from this stormwater runoff.

Two years ago, in association with AWWA, we completed a watershed survey identifying sites around the lake where runoff and erosion were detected. Each of the homeowners who participated in the project was sent the results of survey for their property. If you have misplaced your assessment and would like another copy, please contact me (details below). The erosion problems identified in the survey run the gamut from low to high impact and from simple and cheap fixes to complex and expensive ones. The majority of the issues, however, are within the abilities of most homeowners to resolve either on their own or with a bit of assistance, which we will discuss below. To give you a better feel for some of these

projects, I want to highlight two successful, yet quite different remediation solutions.

### Project 1 – Gehrke property on Lovell Lake Road

Joann and Al Gehrke had a tough site to deal with as they reconstructed their camp. The property is lakeside, steeply sloped and heavily impacted by the Route 109 runoff. This was a big project and they needed help, so Joann and Al partnered with Green Monster Landscaping. Together they planned and implemented a variety of best management practices that resulted in both an environmentally friendly and an esthetically pleasing solution. The Gehrke's enthusiasm and buy-in is exemplary.

Per Joann "After volunteering to look for erosion around the lake several years ago I learned a lot. When it was time to build and landscape, I wanted to do everything I could to protect the lake. Everything we did is water permeable. Our biggest challenge was the hill and concerns about street run off. We needed to hold the hill in place without anything washing into the lake while keeping it looking nice. Everything was done with this in mind from the trees, plantings, lawn and absorption mulch."



Joann at her dock during construction.



The thoughtfully designed, well constructed and esthetically pleasing solution.

### Project 2 – Red Gate Road Improvements

Red Gate Road runs for a half mile on the east end of the lake and the road is managed by a dozen neighboring families including mine. The watershed/road drains into three streams which dump into the lake. Controlling a large volume of surface runoff on the road leading into the lake was the problem. The slope of the road and natural depressions from tire tracks on a one lane dirt road led to regular deep gullies being formed during thunderstorms. The gullies allowed surface runoff to accumulate and enter the streams without being first absorbed into the forest floor. The erosion was a chronic problem and the recurring maintenance required to fix the gullies was expensive and annoying.

The solution was actually simple, and the cost was modest. Credit goes to a couple of civil engineers in the neighborhood. Led by the suggestions from the team of Fellows and McCusker, the neighborhood altered the existing road maintenance routine and enacted three best practices: 1) We cleared the water from the road by inserting regularly spaced cutouts forcing flow into newly created water retention pools. 2) A "crowned" road was turned into a "canted" road which caused the water to flow into to the cutouts on the non-lake side of the road. 3) We slowed the water flow into the three streams that naturally enter the lake so that far less sand and dirt were carried into the lake. We have now vastly reduced the road washouts, eliminated a considerable amount of phosphorus from the entering the lake and reduced our



Pre remediation muddy stormwater runs down road towards streams during deluge.



Despite several heavy storms, water dispersed with no runoff effects after remediation.

These two examples presented are quite different but the same basic principle applies to these and most sites requiring remediation: Control the surface runoff from uphill and spread the water over broad areas. Use plantings to help anchor the soil

If your property has an erosion problem, we hope you will consider implementing your own solutions. No time like the present, of course. If you need suggestions and assistance your neighbors are here to help. You can reach the Watershed Planning folks at watershedsurvey@lovelllakenh. org, or the Acton Wakefield Watershed Alliance (AWWA) via info@awwatersheds.org. AWWA will make a landscape plan for you showing how to resolve most problems. To help with the work, AWWA sponsors a Youth Conservation Corps (YYC) summer program which, depending upon the complexity of the issue, may be able to provide labor, but you have ask. Finally, details on the "Soak Up the Rain" program mentioned earlier can be found at https://www4.des.state. nh.us/SoakNH/.

I hope this article has helped clarify the runoff and soil erosion problem and presented a path to resolving erosions issues you may have. Now, I need some help. The Watershed Survey identified 125 erosion sites around the lake. We know that the results of the survey and we know that the assessments were sent to each property owner. But we don't know and have no way to knowing (other than to pester you), is whether you have already fixed your problem. If it's fixed, do me a big favor and send me an email. It can be just one word: FIXED. If you want to elaborate on your solution, please do so. We would love to publish your success story in a subsequent newsletter. I can be reached at watershedsurvey@lovelllakenh.org

Thanks and enjoy your summer, Peter



# A BOLD STEP FORWARD TO PROTECT AND IMPROVE OUR LAKE!

By Mark Fagan



Many dedicated volunteers have worked over the years to maintain the high-water quality of our beloved Lovell Lake through the Lake Host, Weed Watch and Water Quality monitoring programs. These preventative and early warning programs have paid great dividends by avoiding potentially expensive and damaging pollution and invasive species events. Avoiding these events has allowed our Association to accumulate

funds received over the years from annual and water quality donations that otherwise would have gone to expensive remediation efforts. Due to the tremendous efforts of our Watershed Planning Committee, we now also have excellent data on most sites around the lake that are potential threats to soil erosion and other pollution events.

Our Association is in an enviable position. We have high water quality, a successful set of working programs to detect and prevent threats to our beautiful lake and readily available cash reserves to proactively address future threats of soil erosion and other potential pollution.

Given our strong position, we want to seize the opportunity to be more proactive in protecting our water quality. In March 2024, the Board approved a Water Quality Reserve Spending Policy that outlines a measured proactive approach on how we will use our cash reserves to address the threat of soil erosion and other matters to promote the lake's welfare and water quality. The Policy is in accordance with the mission of the Association and the intended purpose of the original donations received over the years and recognizes the other financial needs of the Association (e.g.: current operating costs, any milfoil invasion). Implementation of this policy and the anticipated annual spending will not require any increase in the annual dues and requested donations from our members.

The Policy, available on our website, details several matters including:

- How funds will be used.
- Annual spending limits,
- The process to evaluate, consider and approve projects for funding, and
- The process to identify projects for funding

Highlights of the policy...

- The Board's view, which is supported by the 2022 AWWA watershed report, is that
  no single source of water pollution has a major impact on water quality, but when
  added up these small impacts can have a significant accumulative effect on water
  quality. Every erosion and pollution source that we eliminate contributes to an
  overall reduction in pollution getting into the lake. So, fixing an erosion threat in
  Robert's Cove or the town beach benefits all property owners around the lake.
- Property owners have the primary responsibility to address pollution and soil erosion threats on their property. Any Association funding will only be used to match/ supplement amounts from the individual property owners, and/or government and private foundations for specific projects. There is no free ride here for property owners.
- The spending policy design is purposely flexible to allow the Board to be adaptable

and nimble in approving spending on projects. An annual target of 5% of available cash reserves will be available for spending on projects, although there is no requirement to spend any funds if the Board determines the identified projects are not worthy of investment. The 5% target currently equates to \$10,000 each year.

- There are reasonable checks and balances in place. The Watershed Planning Committee members have the best knowledge of potential sites for remediation based on their work with AWWA on the 2022 watershed survey report, available on our website. Volunteers from that Committee will be instrumental in identifying and evaluating potential projects to be funded. These projects will be presented to the Executive Committee and will require a majority vote to approve funding of projects.
- The primary source to identify projects for funding will be the 2022 watershed survey. Expect members of the watershed Planning Committee to reach out to you to gauge your interest in taking on a project to improve your property and protect the lake's overall water quality. However, we are open to suggested projects beyond those identified in the watershed report. We welcome all landowners, local conservation groups and anyone with an interest in protecting and improving the water quality of the lake to submit proposals to the Watershed Planning Committee for funding consideration. Their contact information is included on our website.
- The Board will report to the full membership on water quality spending at the Annual meeting.

The Board looks forward to discussing this exciting step forward at the next annual meeting and answering your questions. If you are interested in taking on a project and want to request funding, please contact the Watershed Planning Committee members. We believe implementation of this policy and taking on new projects will provide dividends to our members, like the great benefits of the Lake Host, Weed Watch and Water monitoring programs.



### HAPPY BIRTHDAY WAKEFIELD!!!!!

It was August of 1774; the American Colonies were on the brink of declaring independence from England. Two months ago, rabble rousers tossed tea into Boston Harbor. Two weeks from now The First Continental Congress will meet in Philadelphia. Tucked in between these two epic events was another milestone that rocked the world. Well, our little corner of the world, anyway. On August 30, 1774 the town of Wakefield, New Hampshire was incorporated.

This summer the town is celebrating its 250th birthday. A complete list of festivities and celebrations is beyond the scope of our Newsletter, but we do want to give you a taste of what's happening around town. Speaking of taste, one of the interesting happenings is called "Restaurant Weeks" – a different local restaurant is featured each week. What's more, our beloved lake is the location of an event that Mary Wing Soares describes in below. For more information on our town's semiquincentennial anniversary celebration, please visit: wake-field250.com; the town's Facebook page, Wakefield New Hampshire 250; and The Lions Club website: greaterwakefieldlions@gmail.com.

Here's a synopsis of the festivities:

June 2 – Restaurant Week – Blue Bay Seafood & Steaks

June 9 - Restaurant Week - The Knotty Pine Grill and Tavern

June 13 (Thursday) – Chamber of Commerce Golf Tournament – proceeds benefit the 250th Celebrations. Lots of prizes. Hole sponsorship available. If interested, send an email to John Myers at jmyers@aimmutual.com

June 16 – Restaurant Week – Tumbledown Farm to Fork

June 23 – Restaurant Week – The Carriage House Bistro and Tavern

July 7 – Restaurant Week – The Wakefield Inn and Restaurant

July 14 – Restaurant Week – Two Loons Cafe

July 13 (Saturday) – 1:00 to 4:00 p.m. Heritage Day – Wakefield Corner Historic District

July 27 (Saturday) – 9:00 a.m. The Charity Poker Run on Lovell Lake. See details below.

July 27 (Saturday) - 1:00 to 3:00 p.m. "Wakefield Schools Reunion" at the Paul School

August 17 (Saturday) – 11:00 a.m. to 4:00 p.m. Heritage Day – Union Station. Guided tours of the Union Station, Freight House, rail cars, and circa 1850 Wentworth Cobbler Shop

August 25 – Restaurant Week – Poor People's Pub

**August 30 (Friday)** -- **Happy Birthday! Today is the day of Wakefield's incorporation.** Special events at Turntable Park and the Town Hall.

**August 31 (Saturday) – From 1:00 p.m. Wakefield Birthday Celebration!!!** Join us at the town ball field for food, games for the kids, cornhole tournament, entertainment and fireworks.

# THE CHARITY POKER RUN ON LOVELL LAKE

by Mary Wing Soares

At 9:00 a.m. on Saturday, July 27th, the 250th Celebration Committee in association with the Lions Club is bringing back the "Charity Poker Run" on stunning Lovell Lake. Bring your kayaks, canoes and paddle boards (all non-motorized). The event starts and ends at the town beach. If you are bringing a kayak/canoe from another lake, you should launch from the Lovell Lake boat launch.

At the start, each team will be given a map and scoring card. Participants will then travel around the Big Island and stop at five designated docks where they will pick one playing card in hopes of making the best poker hand. At the end of the event one additional card could be purchased if needed/desired. These best five cards in total will create your poker hand. The best hand wins \$100. There will be other prizes as well.

There is a \$10 entry fee.

This is not a race, so there is no pressure to hurry to each of the docks. You'll find a registration form on the Lions Club facebook page in early July.



# MEET THE LOVELL LAKE ASSOCIATION PRESIDENT

by Amanda Spellman

Our new president, Michael Prindle, has been playing on the lake since 1967. If you don't know him, chances are you have seen him out waterskiing on weekend mornings. Michael comes from a family who have been energetic leaders of us LLA volunteers for many years. You'll read about his dad and his brother Thomas was the LLA website administrator for many years. It's families like the Prindle's that give our association the character that has kept us going forward for 61 years.

**Amanda:** How and when did your family find the lake?

Michael: My parents responded to an advertisement in the Boston Globe in 1967, came to check out the house and the lake and of course fell in love with the place. My dad (Horace, but mostly known as Hap) originally thought we could use it as a ski house but turns out it was only a three-season camp. We would spend every weekend of the summer at the lake and one whole week when my dad took vacation. We would leave Friday nights from Norwood, MA as soon as dad got home from work. The treat was always to see if there was enough time to stop at the A&W in Rochester for a root beer float.

**Amanda:** What are some of your favorite memories?

Michael: I learned how to water ski on Lovell Lake when I was a kid. Our first boat had a 40 horsepower engine. As we became teenagers you wouldn't believe the tricks we had to do in order for the boat to get us up and out of the water. My older brother would never be able to get up, but I could. I would have to put one foot on the front of the ski and someone would have to sit in the front of the boat. Eventually we would get going and do the tour around the lake.

Even though I was born and went to school in Massachusetts, I always say I grew up in New Hampshire, meaning I grew up on the lake. Some of my first significant jobs were during the summers. Our neighbor, John Hraba and former president of LLA, hired me for odd jobs at age 11. When I was 12, I painted his whole garage. I would help him cut wood on his land, which Moose Mountain Regional



Photo of Michael (left), older brother Allan and Patty Prindle in 1967. We asked Patty why Michael wasn't wearing a life jacket. She said with a smile, "We only had one kid's life jacket, so we put it on Allan".



Michael at the 2023 LLA Annual Meeting

Greenways is considering purchasing as conservation land. I know all the trails in and out of that parcel of land.

My first real paycheck job was working at Richards Market, now Lovell Lake Market. Doug and Allen Richards taught me to be a butcher when I was 14. I just remember the respect and tremendous responsibility that came with that job. It really made such a difference. I think I got away with it because I was tall for my age, maybe looked a bit older. I got to meet people and make friends. Sometimes I would even stay at camp by myself for a few days while my mom had to go back to Massachusetts for work.

**Amanda:** Have you noticed any significant changes since you have been coming to the

Michael: Certainly, the number of full-time residents has increased. Before it was just summer weekends, but now so many folks live here year-round. (Fun fact: between 30-35% of the households that live on or across the street are full time residents.) Not

only more houses, but also much bigger houses. And of course, the boats are much bigger. I remember after our 40 horse-power, we upgraded to a 90 horsepower Checkmate, one of the fastest boats on the lake at the time. But that pales in comparison to the boats on the lake now.

**Amanda:** Talking about change is easy, but just as important, what is it about Lovell Lake that has endured over the years?

**Michael:** What is consistent is the joy people get from coming here and enjoying the lake with their family and friends.

**Amanda:** Why did you volunteer to become president of the Lovell Lake Association?

Michael: When past president Susan Davis handed off the presidency to me last August at our annual meeting it was pretty significant. It was 50 years earlier, in 1973, that my dad was the president of the Association. I think I am the first second generation president. I'm not 100% sure, there may have been a Tucker that was involved in there somewhere. So, I did it for

that. There is a little plaque on the inside of our camp that shows his service. I wanted to keep that going. I would tag along with my dad to the Lovell Lake Association meetings at Carl Johnsons house on Saturday mornings. The Association was really just getting going then and I would listen as they talked about the important issues.

My friend Tim Sherrill, who was president of LLA for many years, was also an inspiration to volunteer. We have water skied together for a long time. Understanding his love of the lake and all the other guys we skied with who love the lake, it just seemed the right thing to do. He did his part and I just feel it's my turn to step up and be the president for a while and take some of that pressure off the guys.

**Amanda:** What things or projects are important to you as president?

**Michael:** There are three things I'm focused on which all tie back to water quality in some form or another.

1. The LLA executive committee is work-

ing on a program to financially assist homeowners fix their erosion issues (see Mark Fagan's article more information). I would like to make sure this program is up and running.

- 2. Moose Mountain Regional Greenways has approached LLA for potential financial assistance in purchasing 160 acres of conservation land off Brackett Road. I am in support of this assistance and would like to see it happen (more on this at the Annual Meeting).
- 3. I would like to increase membership to the Association. Not only the people who live on or across the street from the lake, but all the extended family members and friends of the actual homeowners. You know these folks who come for a week or just a weekend are able to reap the benefits of a clean lake. I think they should join, just to become aware of what's going on. Their awareness will help ensure the lake stays clean.



# THE LOVELL LAKE DAM STATUS REPORT

by David Pawlowski

The Lovell Lake Dam was created in 1789 in order to power a lumber mill. Captain David Copp, who acquired his military title during the American Revolution, built a stonewall reinforced with an earthen embankment to contain the water in what was then known as Lovewell's Pond.

During the 1820's the Great Falls Manufacturing Company of Somersworth, N.H., purchased the water rights from the Copp family. Water from Lovell Lake and other neighboring lakes provided the company's textile mills with water to power their machines. In fact, their actions, at times, drained the lakes completely or flooded the farm land. Farmers, representing the bulk of the property wealth, protested the losses but received no response from the textile industry. Conflicts between the farmers and textile mills continued for most of the 1800's. Eventually, most of the water powered mills ceased to exist after the development of the industrial steam engine and electrical power. Today, the purpose of the dam is flood control, water management and lake recreation.

In 1918, the Great Falls Manufacturing Company rebuilt the dam, reinforcing it with concrete 15 inches thick. This is the dam we have today! In 1963 the dam was purchased and is owned by the State of New Hampshire – one of ten state owned dams in this area. The last dam rehabilitation occurred in 1965.

Lovell Lake makes up 17% of the 330 square mile Salmon Falls Watershed. All of this water flows into the Salmon Falls River. What you may not know is that the river provides drinking water for about 50,000 people. Without adequate volume of water, the drinking water has a high concentration of manganese. This can lead to developmental issues for children. To borrow a quote from Charles Crespi, President of the Great East Lake Improvement Association, "Drinking water safety trumps recreational use 100% of the time".

These facts illustrate need for all lakeshore landowners to share the waters of Lovell Lake and demonstrate the importance of our dam in controlling the flow of water downstream. The NH State Dam Bureau conducts annual lake level drawdowns, which protect the shoreline from the

adverse effects of winter ice and provide water storage capacity to mitigate flooding downstream of the dam. Conversely, you may recall the drought of 2022. Lake levels were lower than desirable, however water from Lovell Lake was sent over the stoplogs at the dam to help provide an adequate flow of water into the Salmon Falls River.

Studies have shown that a shallow lake such as ours is more susceptible to factors which degrade water quality. Since nature is the prime determinant of water levels, what can we do to prepare for the inevitable occurrence of low summer water levels? The answer is, we can help reduce the nutrient load of Lovell Lake. See the article "Neighbors Getting It Done" for more and visit the AWWA website: www.AWwatersheds.org

The Lovell Lake Dam is categorized as a "high hazard". The definition of a high hazard dam is quite technical, but basically it is a dam that is predicted to fail if a flood is 2.5 times greater than the heaviest flood we could experience and still maintain one foot of freeboard. The chances of this occur-

ring are very low, especially since the dam presently is performing exactly as intended when it was built. In a severe flood the water would flow over the dam before it would fail catastrophically. Furthermore, there are no significant leaks (only inconsequential leaks between the wood stoplogs), and the dam is structurally sound. Nevertheless, the dams failure could result in loss of life and property downstream. A new dam would provide more freeboard (the distance between the high water mark and the top of the dam) and allow for better control of water release through the dam.

So what are the state's plans for replacing our dam? In 2023, the Dam Bureau conducted an analysis of adequate discharge capacity for all ten dams in the watershed. I spoke with various members of the State Dam Bureau, including Mr. Corey Clark, Chief Engineer. Here are the pertinent bullet points from our conversations in 2023 and 2024:

1) Based on the results of the study, the Milton Three Ponds Dam is in immediate need of replacement and will be designed and rebuilt soon. The state will determine the priorities of the remaining nine dams. Barring a disaster, major work on the Lovell Lake Dam will not begin before 2030.

- 2) The dam will be inspected every two years. The next inspection is scheduled for this year, for which I will be present.
- 3) The state will be performing some general maintenance over the next few years. State workers are tasked with monitoring the dam frequently, especially during extreme weather. They also provide landscaping and minor repairs as needed.

I am confident the state is managing the dam appropriately regarding lake drawdowns and dam maintenance. I would be happy to answer any questions.

David Pawlowski
Lovell Lake Association Dam Liaison
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### WEED WATCH 2024

Editor's Note: The following piece by our wonderful Dick DesRoches contains just 163 words, but it is as important as any article in the Newsletter. Keeping invasive plants out of our lake is critical. See what happens when milfoil invades. Yuk on many levels. Once it arrives, milfoil is nearly impossible to eradicate. Winnipesaukee has been trying since 1965; and real rich people live there. Yukkier is that according to real estate agents that I have talked to, when milfoil arrives property values decline by 20%. Now, a brief cost/benefit analysis:

- *Value of Your Home x 20% = \$\_\_\_\_.*
- How much is an hour of your time worth (per month)?
- What's the value of our volunteer weed watchers and lake hosts?
   Priceless!

So, please get off your lounge chairs and join the team. Plus, you will be in the lake in front of your house, which is where you'll be anyway. "But I don't know what invasive weeds look like?" Neither did we, but Dick and his team taught us and can teach you in about an hour.

### This from Dick...

It's been more than 20 years since the first efforts were made to ensure that our lake remains free from invasive weeds. In those early days we did an "in the water" sweep of the Town Cove once a year. Since then, we have grown to include monthly sweeps of our entire shoreline. Many of our Weed Watchers have been with the program from the beginning. Thanks to them and all those who have joined the program through the years, Lovell Lake has been kept safe from milfoil and other invasive threats.

If you will be at the lake for the summer 2024, Lovell Lake needs you! Weed watching is easy and can be done anytime when you are in or on the lake. It's a great activity for kids and grandkids to get them involved in our lake community.

Isn't it time you did your part to protect our precious resource? Call Dick DesRoches at 603-273-2216 or email dickdesroches43@gmail.com for details.

### HAPPY 50TH BIRTHDAY TO THE POOR PEOPLE'S PUB

By Bob Spellman

Congratulations to the Keating family and their superb team at the Poor People's Pub from a grateful community for your fifty years of practicing culinary common sense. In our age of "fusion" restaurants where restaurant menus are brimming with "con-fusion", the Pub has remained true to itself. Their turkey is real turkey, their burgers are real burgers, their daily specials are special, their beer is cold, you can buy pitchers of it; and everything is prepared just as the Good Lord intended.

During the recession of 1974, co-founders Jimbo Keating and Dan Davis, both laid-off construction workers, came up with the idea for the pub, its iconic name and hobo logo. This was back in the day before "AI" when you had to use "RI" (real intelligence) to figure things out. After much deliberation, Jimbo and Dan experienced a lightning bolt of inspiration. Their mission was clear, "We will cater to people who like normal food".



The Keating Family, owners of the Poor People's Pub, at the 50th Birthday Ribbon Cutting Ceremony. Jimbo (the hobo), wife Becky, son Bo and Jimbo's sister Jackie.

Now, normal food does not mean ordinary or tasteless; we can have that at home. Normal means edible, comfortable and devoid of intrigue or mystery – normal food cooked in a normal way in a normal restaurant, while (more or less) normal customers sit in normal chairs at normal tables and enjoy service provided by above normal people who call us "Honey". What a magnificent concept! The rest, as they say, is history.

If the Pub were simply a dining establishment that survived 50 years, it certainly would be worthy of acclaim. But the pub more than that; it's a robust and endearing member of our community. Much of the affection we feel for the Pub is because the Keating family is, and has always been, committed to "giving back". Pub manager Lorna told me that the Pub supports everything from youth sports – little league baseball, football, hockey, soccer and cheerleading – to the PTA, to adult co-ed softball, to the book club, the Lions Club, Wounded Warriors and more. Many people don't know that during the height of the Covid epidemic, the Pub delivered countless meals to those afflicted.

What's more, Bo and the entire Keating family are great friends of the Lovell Lake Association. They take care of our Lake Hosts, make sure they have water, store our signs, and contribute time and money to the LLA. So, we want to say: Well done, Bo, thanks for your support and Happy 50th Birthday to our beloved Pub.

# 2024 LAKE HOST PROGRAM

Editor's Note: The Lake Hosts are the folks on the front lines defending our lake against invasive species. (see the horror of a milfoil infestation in the Weed Watch article). We all owe a big thank you to Bev and her team for the important work they do to keep our lake pristine.

This is the 22th year of the Lake Host Program on Lovell Lake. The purpose of the program is to



inspect boats for invasive non-native weeds and aquatic species, remove suspicious specimens and have them analyzed. Last summer our team inspected 1092 boats at the boat ramp. Lake Hosts are an important defense against invasive species since other lakes in our area have variable milfoil infestations while Lovell Lake has remained free of milfoil.

NH Lakes (a non-profit organization) administers the Lake Host Program and has developed tools to facilitate the hiring and payroll for our paid Lake Hosts. The Lovell Lake Association has received a \$2570 grant from NH Lakes for 2024. Marlean Porter will once again be the Program Assistant. This will be Marlean's fourth summer as the Program Assistant. She has done an excellent job hiring and organizing the staff. There are four Lake Hosts who are returning for their third summer and one returning for their second summer. I want to thank Bo and Jimbo Keating, Poor People's Pub, for storing equipment and providing beverages for our paid Lake Hosts.

Our paid Lake Hosts will be at the town ramp on weekends beginning Memorial Day weekend. Full coverage will begin in late June until the end of August. Beginning Labor Day weekend coverage will be on weekends until Columbus Day. We still have a need for Volunteer Lake Hosts for those occasions when a paid Lake Host isn't available. A special thanks to Carol Darcy and Marti Ortiz who volunteered last summer to do boat inspections during the summer. If you would like to help keep Lovell Lake free of invasive species by inspecting boats at the town boat ramp, please contact Beverly Lawrie at beverly. lawrie@outlook.com

Beverly Lawrie, Lake Host Program Coordinator





# 2024 LLA ANNUAL BOAT PARADE AND CAMP DECORATING CONTEST

"The Haunted Hallows of Lovell Lake"

### THEME:

Halloween in August

### WHEN:

Boat Parade: 5:00 p.m. Saturday, August 17th. Rain date is Sunday, August 18th at noon.

Camp judging happens after the finish of the boat parade.

Registration: 4:00 - 4:50 p.m. off the shore of Sunshine Acres.

Get in the spirit of Halloween! We will again have a boat decorating and a camp decorating category. Thanks to our generous sponsors, we have trophies and prizes for the 1st, 2nd and 3rd place best decorated boats and camps. Everyone participating will get a 2024 boat parade pennant and will be entered in a raffle drawing after the parade. We also have candy bags for the kids on the boats!

# CONGRATULATIONS TO THE 2023 WINNERS Parade of Boats & Camp Decorating Contest



### **Boat Decorating**

THE DOHERTY FAMILY
Life is Cooler on Lovell Lake (above)



THE SILVA FAMILY
Neon Queens



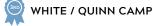
### Camp / Home Decorating



THE DOHERTY FAMILY (ABOVE)



THE BRUNELLE FAMILY





# IS IT L-EAGLE OR ILL-EAGLE TO FEED AN EAGLE?

by Bob Spellman

The following is not an editorial but an objective effort to resolve a controversy. I have read reports from people upset about boaters/fishermen or ice fishermen "feeding" the eagles. That is, throwing a fish to or leaving a fish for the eagles. What I have heard and read from Lovell Lakers is that "It is illegal to feed the eagles." Some have enlisted the power of the entire government of the United States of America into the fray as in: "It is a federal offense to feed the eagles". On the other hand, boaters and fisherman have said that they have tossed fish to eagles or left fish on the ice for them for years and no one ever said anything until recently.

To resolve the matter, I called the New Hampshire Department of Fish and Game and spoke with Officer Arsenault. I recited the above scenarios and he told me that he had not received this question before. Here's the verdict: "It is not illegal to throw a fish to an eagle or leave it on the ice. You cannot offer food to entrap the animal or throw litter (as in garbage) around for them to eat, or harass them. And although they are no longer endangered, you can't kill them either. But leaving a fish or taking a dead fish from one part of the lake to the other, is not against the law."

### ICE OUT DATES





# CELEBRATING EXCELLENCE Hannah Stewart

Hannah Stewart Awarded the Bob Tucker Memorial Scholarship -Again!

by Lindsay Rowley

We are thrilled to announce that for the second year in a row, Hannah Stewart has been selected as the

recipient of the Bob Tucker Memorial Scholarship. This esteemed award recognizes outstanding dedication and achievement in academia and community service, particularly in environmental stewardship.

Hannah, who recently concluded her freshman year at the Paul School of Business and Economics at UNH, has consistently exemplified excellence in her academic pursuits and unwavering commitment to our local lakes. Her passion for environmental conservation shines through her volunteer work as a lake host and her involvement with the Acton Wakefield Watersheds Alliance (AWWA).

As she embarks on the next chapter of her academic journey, Hannah continues to inspire us with her dedication to making a positive impact on the world around her. We extend our heartfelt congratulations to Hannah on this well-deserved recognition and wish her continued success in all her future endeavors.

### LOVELL LAKE SAILING Sunday Races and Sailing Lessons

This year will mark the 4th summer of Sunday Sailing on Lovell Lake! The previous three years gave sailors the opportunity to participate in three afternoon races during the months of July and August. We will continue this tradition. Sunday Sailing Races start at 2:00 p.m. beginning on July 7th and ending September 1st. All sailboat types are welcome.

This summer there will be three courses so travel time to the race course will be similar for all participants. The courses include: the broads on the NW side of the lake (area 1), the broads south of the big island along Rt. 109 (area 2) and opposite Roberts Cove (area 3). See map.

We are happy to announce that in addition to racing, we will now offer group sailing lessons. The lessons will he held between 1:00 to 2:00 p.m. on Sundays prior to the races.

We are planning a "follow the leader" scenario where sailboats will follow the instructor,

who will be riding in a motor boat. Instructions will be given via a bull horn. There will be no racing during this hour. The instructional area will be wherever the race course is on that particular Sunday. Just after the lessons at 2:00 p.m., races will begin. Students can participate in the race or stay alongside the course and watch the races.

For people without a boat, there are usually several Sunfish that others have generously offered to lend for Sunday afternoon use.

If you are interested in participating in racing or lessons, please send me an email with your contact info so I can answer any questions you might have,

Bret Renge
Tan Ore Sealy Brech (also The Bakenes)
Livel Like
Break
AREA 1

Middle (also
Veraces) Island
AREA 2

Nutter Point
Rebetts Cre
Rebetts Cre
AREA 3

Hitches Feld Cre

as well as communicate course locations and weather information. I can be reached at davidppawlowski57@gmail. com or cell 978-987-6099.

Thanks! David Pawlowski











### **2024 CALENDAR OF EVENTS**

Saturday, June 22 9:00 a.m. Executive Committee Meeting (all members welcome)

Location: Spellman Barn | 407 Lovell Lake Road, Sanbornville

Saturday, July 20 9:00 a.m. Executive Committee Meeting (all members welcome)

Location: Spellman Barn | 407 Lovell Lake Road, Sanbornville

Saturday, August 10 Annual Lovell Lake Association Meeting

Location: Sunshine Acres, Recreation Hall, 456 Bracket Road, Sanbornville

8:30 a.m. Coffee and donuts 9:00 a.m. Meeting commences

Saturday, August 17 5:00 p.m. Boat Parade and Camp Decorating Contest

Theme: "Haunted Hallows of Lovell Lake" Halloween in August

Rain date: Sunday, August 18 at 12:00 p.m.

Saturday, Sept 21 9:00 a.m. Executive Committee Meeting (all members welcome)

Location: Spellman Barn - 407 Lovell Lake Road, Sanbornville

Wednesday, Nov 13 6:00 p.m. Executive Committee Meeting via Zoom\* (all members welcome)

\*Email the LLA Secretary Marty Ortiz, secretary@lovelllakeNH.org, one

day prior to meeting for the Zoom link.

### THE APOLLO ASTRONAUT AND THE LOVELL LAKE LIMNINAUT

### Dinner with a Hero - Feelings of Inadequacy - Unforeseen Homage - Vindication -Enlightenment

by Bob Spellman

I got to have dinner with Captain James "Jim" Lovell. Yes, the Apollo XIII astronaut. He was speaking at a conference I was managing, so I appointed myself his contact for the event. After his talk, we had dinner – just the two of us. To prepare for the evening, I did some research.

James A. (Jim) Lovell attended the U.S. Naval Academy and graduated with an engineering degree. He then trained as a fighter pilot and flew Banshee Night Fighters. In 1960, Jim entered the Navy test pilot school and graduated at the top of his class. This was the era of NASA's Gemini missions – precursors to the Apollo program. Here's the job description: "You crawl inside a pyramid shaped capsule that was just 6 feet10 inches tall and 6 feet 2 inches across the base. Next, we stick you on the top of a Saturn rocket that's 363 feet tall – about a football field with both end zones attached. Then, we push a button and eight minutes later you and the guy sitting next to you orbit the globe at 17,500 mph. After a while, you free fall back to earth and the capsule heats up to around 5,000 degrees. Then, the parachutes open and you land somewhere in an ocean. That is, if all goes well." Jim loved the idea, applied for the job and got it.

After two of the Gemini missions, Captain Lovell became a member of Apollo VIII, the first mission to the moon. In the 4.5 billion year history of the earth only 24 people have been there. Jim was one of the first three; he was the first person to go to the moon twice; and the first person to fly in space four times (two Apollo and two Gemini missions). By the time he heroically captained Apollo XIII (April 11-17, 1970) he'd had more time in space than anyone. That's my dinner date – the manliest man in the world.

Now, full disclosure: Captain Lovell's secretary asked for a paragraph or two about me so he could know something about his dinner companion. My base instincts begged me to embellish my resume. But, my higher

self eventually triumphed and I wrote these simple words: "I am spoken of as someone who always throws himself headlong towards excitement. Maybe it's because of my ill-disciplined urges or the visceral passions burning within me that precipitated my life of intrigue, romance and adventure. Who can say? But one thing for certain, most women find me intoxicating."

The big night arrived. We met an hour before his talk to discuss the evening. Captain Lovell was 83 years old and razor sharp – both physically and mentally. (He's now 95). After his brilliant speech, we went to dinner. It started with a Bourbon each, then a salad, a glass of wine, steak, and baked potato. There was a vegetable there somewhere, but we largely ignored it. We talked about everything except Apollo XIII. He was a delight – intelligent, unassuming, human with endearing openness and self-confidence, but not egotistical. As we neared dessert (hot fudge sundaes), I said: "Jim (as he'd asked me to call him), may I ask you a very human non-technical question about being an astronaut?" He said, "Sure".

"When you are sitting on the launch pad and the countdown gets to zero, and the thing is quaking, and the air is billowing with exhaust and rumble, and the shuttle slowly leaves the ground, and you look out the window, what's going through your mind? Are you scared? Is it fun? Are you so focused on your job that you really don't notice? What are you thinking?"

Jim looked me in the eye and said, "Bob, I'll tell you what I am thinking. I am thinking that I am sitting on top of six million pounds of explosives... Once it starts, it can't be stopped... It's going someplace... I just hope it's going up... That's what I am thinking." We looked at each other for a minute. Then the hot fudge sundaes arrived.

"So, Jim, I have a house on Lovell Lake in Sanbornville, NH. It was named after a Captain John Lovewell, who in 1725 on the shore of our lake had a fight with ten members of the Abenaki Tribe — a raiding party which was sent from Canada by the French to kidnap the English. Lovewell was victorious and the lake was named "Lovewell's Pond". Sometime around 1890 the name changed to Lovell Lake. I know some of the Lovewells moved from New Hampshire to Iowa and Ohio and they changed their name to Lovell. I know you're from Ohio. Any chance your ancestor was Captain Lovewell?"

I would love to tell you that Jim said that he was related, but he didn't know. Then he said something I didn't expect, "You live on a lake? I love lake life. Do you have a boat?"

For non-tough guys, this must seem like a straight forward enough question, but you tough guys out there will sense my anguish. I figured I had about three seconds to answer. In two of those three I thought of this: Here is a man who was a fighter pilot and a test pilot, an astronaut, rocketed to the moon at speeds of more than 24,000 miles an hour, traveled 249,205 miles from earth that's farther than any other human, survived an oxygen tank explosion and lived for five days not knowing if he was going to return to earth or orbit the sun for eternity. Now, I have three seconds to decide if I'm going to admit to the manliest man in the world that I, who bragged of living a life of romance, intrigue and adventure, own a 22' 1" pontoon boat, which, if aided by a tail wind, can propel me 18.25 mph, but most of the time, I cruise at about 6 mph. Jim circumnavigated the globe in less time than it takes me to circumnavigate the lake.

At the end of three seconds, I declared unflinchingly: "Yes, Jim, I have a boat. It's a 22' 1" pontoon boat." (As I heard these words come out of my mouth, I recoiled in horror, but before I could blurt out: "My wife made me buy it, but I am having a red 41' Donzi GTZ with 1350 hp delivered tomorrow".) Jim smiled and said, "I love pontoon boats. My son, James, has a pontoon boat. It is a floating slice of heaven. Pontoon boats are America." Then I whimpered: "But, Jim, it isn't fast, I can't go far, and while on board I rarely face life-threatening danger lasting five days."

Ignoring my snivel, Jim went into this enlightening soliloquy (Now, I may not have this exact, but it's very close): "Bob, let me tell you about fast and slow. My career was based on fast. But my downtime is based on slow. In the space program we go fast because we have to. If we go slow, we burn up and crash. We have a reason for fast. But, fast just for the sake of fast is folly, transitory and adolescent. Fast skims the surface. Fast is frustration chasing gratification. Those who crave fast eventually reach the conclusion that fast is never fast enough. So in the end, fast can never satisfy."

"But slow is elegant, slow is luxury, slow is majestic, slow is contentment. Slow never upsets the equilibrium or the essential

quality of the experience. It takes character and maturity to value the power of slow. For my own pleasure I fly a Cessna 152, which is likely the slowest airplane made. Wisdom, experience and intelligence go slow. Slow lets you see, feel, think, marvel and appreciate. Slow magnifies time so you can connect with your loved ones and yourself. Slow lets you hear children's laughter, smell steaks on somebody else's grill, and see smiles. Slow lets you live in the moment. Slow gives you and Mother Nature the time to hug."

I was so relieved. Then Jim told me that "astronaut" came from two Greek words: 'astron' for star and 'nautes' for sailor, so 'star sailor'. Then he asked, "What's the Greek word for lake?" I googled it and the word is 'limni' (pronounced 'lim-nee').

"Good" said Jim, "I think we should call you a 'limni-naut' or 'lake sailor'." So, now we have two captains having dinner — one an Apollo Astronaut and one Lovell Lake Limninaut. I felt much, much better. Jim then asked how long it took to get my pontoon boat ready for launch. He told me that

the Apollo launch sequence was 28 hours.

(I don't know about you, but I really don't have what we call a "launch sequence", but...) "Well, Jim, at T-minus ten minutes, we decide what we want to drink. At T-eight, Amanda packs up some snacks. At T-minus five, Amanda reminds to bring stuff that I always forget. At T-minus one minute, we have ignition. At T-minus 20 seconds, I untie the lines and off we go. Jim, honestly, I don't usually make the old 10-9-8-7-6-5-4-3-2-1-blast-off pronouncement unless I have company. That's about it... Oh, often I forget some stuff, or someone has to pee and we have to go back, but I don't repeat the launch sequence. I just get stuff and blast off again."

"Wait a minute Bob, you can turn around and go back to the launch pad just like that? You know how far we had to go in Apollo XIII before we could turn around? 233,000 miles"

Then Jim asked me if I ever had a mechanical failure during a mission. I told him that

once the fuel gauge broke and we ran out of gas. He asked how I returned safely. I said that I called my neighbor Hersh Seldin and reported: "Seldin, we've had a problem." (I was thrilled with myself. I was not only a limninaut, but a witty one.) You may be surprised to hear that Jim didn't find my response nearly as clever as I did. It seems he had heard variations on his famous line at least once every day for the past 53 years. Next time, I'll know.

So we finished our sundaes. I told Captain Lovell how honored I was to have dinner with a true international hero and an example of courage and leadership to the world. I thanked him for his kindness, answering my questions, his dissertation on "slow", and raising me to the level of a "limninaut". He thanked me, we shook hands and said good-bye.

Epilogue: For those of you who are wondering about the Lovell/Lovewell connection, I spent about an hour online trying to connect the ancestral dots, but couldn't and gave up.

# HELP US KEEP LOVELL LAKE CLEAN & BEAUTIFUL! JOIN RENEW YOUR MEMBERSHIP DONATE SCAN ME OF THE PROPERTY OF TH

### **2024 FINANCIAL NOTES**

by Alan Heacock, Treasurer

Over the past several years our organization has matured and evolved to focus on efforts to protect our lake well into the future by understanding all the factors both natural and man-made that threaten Lovell Lake.

Our core activities include: inspecting boats for invasive plants and animals, testing the water quality, and examining the lake for weeds by our volunteer weed watchers. Our expanded focus centered on a survey conducted two years ago of all the properties on the lake for sources of erosion and factors that threaten the lake. We are working with the landowners with identified situations to help resolve these issues. We are also in conversation with a local conservation group to protect land near the lake from undesirable development.

I am pleased to report that our number of LLA committee volunteers has increased. We now have a professional annual magazine, timely electronic newsletters, an investment committee, a shoreline protection committee, and many others handling all aspects of protecting our lake. Our Ice Cream social after the annual meeting was a lot of fun and a great success.

None of this is possible without you. We would not be able to provide these vital activities and services without your generous contributions. We have held our annual dues at \$25 for over 20 years so everyone can afford to join our association. Almost every member contributes an extra donation. Please review the list of donors to fully understand the love we have for our lake.

Our expenses for 2023 were a little over \$28,000. Our dues collected was \$6,650. Extra contributions and memorial donations allowed us to meet our expenses and have a small surplus. A special thank you to our anonymous donor who has provided a significant donation for years for our lake host program.

Also, a special thank you to the individuals that helped move our financial reporting to Quickbooks. I invite your questions or comments.

Alan Heacock - Treasurer | Lovell.Lake.Treasurer@gmail.com

### 2023 DONORS

The Lovell Lake Association Executive Committee thanks all our supporters for their passion and commitment to our mission. Every dollar donated makes a difference in our work to keep Lovell Lake clean today, next year and for future generations. Although we make every effort to be accurate, we would appreciate any notice of errors or oversights. Corrections may be sent to membership@lovelllakenh.org.

### GOLDEN LOON +\$250

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