

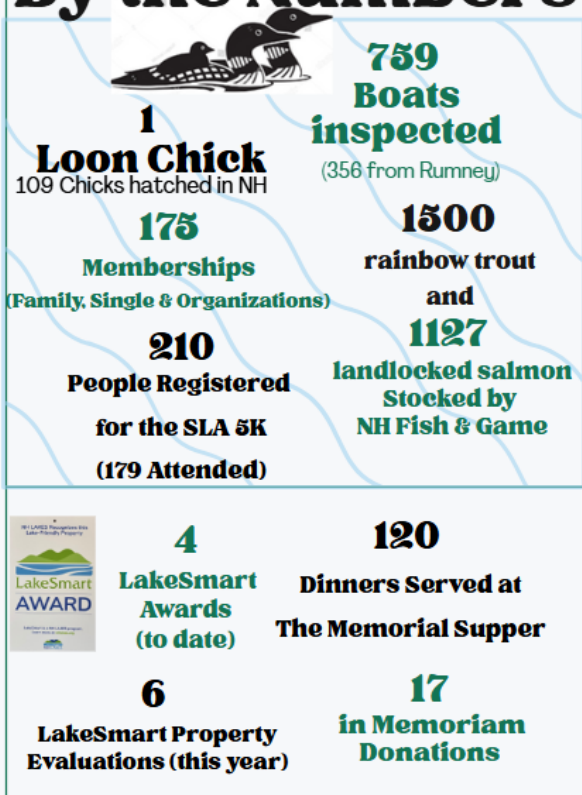


THE LAKER

Newsletter of the Stinson Lake Association, Inc.

Fall 2025 Issue

SLA By the Numbers



After a summer filled with sunny and dry weather, our first ever Loon chick, and numerous successful community building and environmentally educational events, September and October provided us with varying temperatures, a record-breaking drought and subsequently less than spectacular fall foliage. Many of us have now closed up our cottages and said goodbye to seasonal friends. Still, the labor of love continues as we work towards creating a watershed plan, developing a website and finding ways to welcome new friends to the Stinson Lake Association.

Thanks to the incredible efforts of our many dedicated volunteers, SLA served up plenty of fun (and food!) this past season. A huge thank you to everyone who pitched in, participated, and cheered us on. You make the season shine brighter every year.

Summer 2025 Events Overview: Below is a brief overview of the Summer 2025 Stinson Lake Association Events, all driven by our desire to build community and preserve the beautiful natural resource of Stinson Lake. None of the events hosted at the Community House would

be possible without the lifetime support of the Phillips/ Sergeff family who have generously supplied the house with access to running water via the use of their well.

Flares. On July 3rd community members lit flares around the lake at 9:15 This was accompanied by lots of fireworks!

Fourth of July Festivities. On July 4th we continued our recent annual tradition of a **Fourth of July Boat Parade**. Fun was had by both those on boats and those enjoying the parade from shore. There was a dazzling display of color, creativity, and community spirit—the most festive yet! Later that day, Tim & LeeAnn Lewis hosted a band at their house.

Memorial Dinner. On July 5th, our Memorial Dinner was met with perfect weather and a healthy attendance. 120 meals were served! Karen Lewis Schwotzer and her crew did an admirable job!! Thank you, Karen! What a great way to kick off the summer!

Stinson Lake Association
CHICKEN BARBECUE
sat. JULY 26
5:30 pm
Community House

Lake Day. On July 13, our annual Lake Day was organized and hosted by our Education and Conservation Committee. It was another impressive day of activities with amazing speakers from DES and NH Fish and Game. Special thanks to Dave Poole for coordinating speaker Dianne Timmons, Inland Fisheries Chief and to Theresa Kraemer and Amy Block (Watershed Warrior Program) and Trevor Tobine (aquatic plant mapping). More details can be found below in the Education & Conservation section of the Laker. Thank you to the committee members for making this wonderful event happen.



Murder Mystery Night. On Saturday, July 19, members of our community including Lori Riley and Kells Sprague hosted a Murder Mystery Night at the Community House. This event was an old school “who done it” where the guests acted out characters and worked together to solve a fictional murder. After receiving their role in advance, guests dressed for their part and gathered clues to solve the murder. Fun was had by all and we hope this will become an annual event.



Chicken BBQ. The July 26th Chicken BBQ was filled with tasty chicken and cheerful community building. The BBQ leadership reins and the secret sauce recipe was successfully passed on to Tim Lewis who put his longtime BBQ volunteer experience to work and supplied all with an impressive dinner. Thanks to the accomplished cooking crew for the delicious, perfectly cooked chicken and all other volunteers who supported this event.

Bingo & Ice Cream. On August 2nd, we enjoyed fun low stakes Bingo and yummy ice cream for all. Thank you, Janine Mori for spearheading this event and to our Bingo winners who graciously volunteered to be our callers. We are hoping to offer Bingo Nights twice a month next summer. (Volunteers needed! Contact Angel Ekstrom, Chair of the Events Committee, at angelekstrom@gmail.com or call (603) 726-6582.)

Rumney Old Home Day. A team of SLA members rallied together to put together another float for the August 9th Old Home Day parade. Our Stinson Lake Heroes spread the word at Rumney Old Home Day about the importance of protecting the health of the lake. Thanks to Pat Lyons, community member and

owner of White Mountain Fiberglass, for again providing his pontoon boat for us to decorate and ride on in the parade. The community spirit was certainly felt as we rode down Main Street in super hero capes and masks committed to fighting for the health of the lake. Big thanks also to Karen Beaton, Tricia Bryant, Janine Mori and other volunteers for decorating and riding the SLA float.



Stinson Lake 5K Race. Aug 16th was the 11th Annual Stinson Lake 5K Race. Over 200 participants ran both in person and virtually. Alex Kochon, Dave Cook of Barn Door Hostel and the entire Harrington family organized the race to raise funds to support the Lake Host Program at Stinson Lake. Race participants were treated to a delicious BBQ donated and hosted by the Barn Door Hostel. This year's sponsorships and huge participation helped to raise over \$12,000 for the Lake Host Program, Please read Alex's **Race Director's Recap**, included at the end of this Laker

Stinson Lake Association Annual Meeting. The SLA Annual meeting on August 24th was held at the community house with over 30 people in attendance. Topics covered included the Treasurer's Report, Committee Reports (Fish and Game, Membership, By-Laws, Water Quality and Education & Conservation), information and statistics about events held this summer, an update on the creation of an SLA website, the addition of internet at the Community House, an update on the status of the watershed management plan, the environmental impact of fireworks on the lake, a desire to find ways to welcome more Rumney residents to our events, the placement of a portable defibrillator at the lake during the summer season, concerns about cyanobacteria, the adoption of a new SLA logo, a discussion about whether or not to have a lake drawdown, approval of the Association's continued membership to NH Lakes, and consensus the Association will again contract with the NH Lake Association for the administration of the Lake Host Program for the year 2026.

Upon motion and unanimous approval, the following were elected for 2025-2027:

Board of Directors: Paul Giannasca, Martha Haddad, Karen Beaton, Tricia Bryant, Julia Trotter, Laurence Coronis, Angel Ekstrom, Janine Mori, Mike Randall, Karen Lewis Schwotzer, Tim Lewis, and Karen McInnis.

Officers: Paul Giannasca, President; Martha Haddad, Vice President; Karen Beaton, Treasurer; Tricia Bryant, Assistant Treasurer; Julia Trotter, Secretary.

Pancake Breakfast. The annual Pancake Breakfast was held on Sunday, August 31st. As always, this is a wonderful way to celebrate our summer friendships and say goodbye to those who head elsewhere for the rest of the year. A special thanks to Meghan and Jon Kingsley and their neighbors, the McInnis family for running this event .



They did a remarkable job! Also, thanks to those who helped set up, serve and clean up. Wonderful to see a new generation take on these events!

Events Committee News

New! Events Committee. The SLA has established an Events Committee to help support both our traditional events and new events. Angel Ekstrom has graciously and enthusiastically agreed to chair this committee.

👉 **Interested in running Bingo, organizing a new event, or joining the Community Events Committee?** Reach out to Angel Ekstrom at angelekstrom@gmail.com or call (603) 726-6582.

Looking Ahead to 2026

Plans are already cooking for another action-packed summer! The 2026 SLA Events Calendar promises more great gatherings, delicious food, and lakefront fun.

We're looking for members to **organize/run an evening of Bingo** — could that be you? As a Bingo Organizer, you'll call the shots: choose the format, pick your caller, and even decide if snacks make the game more exciting. Last summer's format of a flat fee for the whole night and each winner stepping in as the caller for the next round worked really well and took the pressure off the event organizer.

Note: Bingo will only run on dates with a volunteer organizer.

Other SLA Updates:

With Gratitude

We would like to take a moment to thank **Tim Lewis** for his innumerable years of service and leadership as President of the Stinson Lake Association. We are so incredibly grateful for his willingness to serve as president of the association for over a decade. His love for the lake, attention to and value of community building, quick wit, unbelievable knowledge of every community member and caretaking of the Community House have been a huge blessing for our lake community. Thank goodness he will continue on as a member of the board and spearheading the Chicken BBQ. Thank you, Tim!

We would also like to thank **Nonnie Hall** and **Louise Randall** for their longstanding roles as the SLA treasurers. Not only did they keep our finances on track, manage our membership rosters and keep us in good standing as a non-profit organization, they also were the first people each of us interacted with at our community meals. They selflessly sacrificed the ability to enjoy a leisurely meal in order to staff the ticket sales, always giving each person a warm welcome. We look forward to their continued presence at SLA events and we will enjoy watching them freely enjoying the experiences.

Lemonade Stand Fundraiser: We would also like to thank the **Mechanic family** for hosting a lemonade stand over the July 4th Weekend to raise money for the Stinson Lake Association. They hope to make this an annual event!

Website Exciting News for the SLA! Stay tuned for the launch of our new website coming in early 2026! It will provide all kinds of timely information, from Summer Event happenings to Lake Conservation and Education activities, NH Boating and Fishing Regulations, Shoreland Protection Permitting, and ways to get involved with the Association!"

SLA Facebook Page *Facebook and Instagram.* We will be launching a new Facebook and Instagram page along with the launch of the website.

Community House Internet. The Community House now has internet access which will greatly enhance activities that take place there.



SLA Logo : We have a community logo! Thank you to Shane Buzzell, community member and Owner of Crafty Beard Design, for donating his creative talent and time to design the SLA logo.

Around Town

Rumney Art Walk 8/17/2025 - Held on a “picture” perfect day, 20 artists showcased their work at six village locations with most gathered on the Rumney Common, serenaded by live tunes from Buddy Clayton, Gillian Turner and Billy Moses at the town Gazebo. Artists were selected by the Art Walk committee and consisted of local Painters, Potters and Fine Craft Makers in keeping with the “Art Show Theme”. The Committee welcomes out of town Artists as space permits. Mark your calendars, next year’s Art Walk will be held on August 16, 2026.

BGM Library’s Stone Soup Food Pantry - coming soon to Rumney

Open to Everyone in the Community!

Visit the Byron G. Merrill Library during regular open hours to pick up what you need — or to drop off donations. The intent of this food pantry is to provide to all who are in need, no questions asked. Stone Soup Food Pantry is a volunteer run entity and we are looking for people who can give 1-2 hours a month to help clean and organize.

Now Accepting Donations of:

- Unexpired canned goods
- Non-perishable food items
- Baby wipes & diapers
- Cleaning supplies
- Financial donations: Checks can be made out to Byron G. Merrill Library with “Stone Soup Pantry” noted in the memo.

Take what you need. Give what you can.

Together, we can make sure every bowl is full, and every neighbor is cared for.

Byron G. Merrill Library
10 Buffalo Road, Rumney, NH

Open during regular library hours: Mondays 10:00-1:00 and 3:00-5:30, Wednesdays 1:00-5:30, Saturdays 10:00-1:00

Email Katy Gautsch with any questions or to volunteer, katy@rumneylibrary.org

SLA EDUCATION & CONSERVATION COMMITTEE NEWS

Lake Host Program Recap

This year our team included five paid Lake Host Inspectors covering Thursdays – Mondays from 7am-5pm throughout the summer, and weekends after Labor Day through Columbus Day. We also had four volunteers who helped cover the ramp on Tuesdays, Wednesdays, and additional time slots when paid Hosts were unavailable. A big thank you to our team members listed below for helping to protect our beautiful lake by conducting courtesy boat inspections and educating community members and visitors.

Paid Inspectors: Elli Englund, Michael Quish, Robert Sawyer, Madison Tobine and Trevor Tobine

Volunteer Inspectors: Ted Bromund, Janine Mori, Mike Randall, and Betsy Pantazelos

The number of courtesy boat inspections increased by 60 to 759 this summer, as it was 699 in 2024. Of our inspections, 50.33% were non-motorized watercraft and 49.67% motorized. Eighty-eight percent of the watercraft that accessed Stinson Lake this season only visit Stinson Lake. The top three lakes, after Stinson, that we get traffic from are Newfound Lake; Lake Winnepesaukee and Squam Lake. All three of these lakes have confirmed invasive species, as Newfound Lake confirmed in mid-September the spiny water flea. The flea is going to be very difficult to spot as it is so tiny, but fishermen should keep a good watch out as it tends to get tangled around lines. The flea is not harmful to humans but can be harmful to the food web, fishing, and water quality. There is no way to remove the spiny water flea once a water body is infested, but to stop the further spread the Clean, Drain, Dry practice that our Lake Hosts educate community members and visitors on is critical.

We are happy to report that no invasive species have been confirmed in the lake this season. Our Lake Host Assistant, Trevor Tobine, completed an aquatic plant survey of the lake in July where he collected plant samples, which were then identified and confirmed as native species by Amy Smagula, Chief Aquatic Biologist NH DES. Trevor is a third-year student at Plymouth State University studying Environmental Science and we have been grateful to have him as a Lake Host for the past five years. [Here](#) is the presentation that Trevor put together of native plants that have been found and identified in our lake in the NH DES plant surveys completed in 1979, 1990, 2002 and in our own survey completed this past July 2025.

The expense of the program continues to increase as paid Lake Host hours have increased more than volunteer hours. The expense of the program this year will be just over \$15,000. Our plan for next year is to have 100 more volunteer hours to reduce our salary expense. Volunteering at the ramp is a great way to learn about invasive species and overall lake health, and a great way to connect with community members. If anyone is interested in becoming a Lake Host next year, please email Janine Mori, Lake Host Coordinator at valentinerjanine@gmail.com.

It is the fundraising efforts of the 5K Race/Walk that annually make the program sustainable. Thank you, Alex, the entire Harrington Family and Dave Cook of Barn Door Hostel for all your efforts in creating this much anticipated annual community event and thank you to all participants. This year was AMAZING!

Lake Day

We had a great Lake Day on Saturday July 12th, 2025. This was our 4th annual Lake Day.

We were extremely fortunate this year to have expert speakers from NH DES and NH Fish & Game. Amy Smagula, Chief Limnologist from NH DES identified and discussed all the plant samples from the lake, Aubrey Voelker, Salt Reduction Program Coordinator from NH DES educated us on the impacts of salt in the lake and programs to tackle the problem. Dianne Timmins, Chief of NH Fisheries from NH Fish & Game educated us on the fish in Stinson Lake and the hatchery being modernized in New Hampton to produce better healthier fish in much larger quantities. A big thanks to community member Dave Poole for connecting us with Diane Timmins and to our children's program facilitators, Amy Block and Theresa Kraemer, who facilitated the NH Watershed Warrior program.

The 2026 Lake Day is scheduled for Saturday, July 11th. Our Education & Conservation Committee is starting to plan for the day. If you have any thoughts or suggestions for the day's program, please reach out to any of our committee members.

Heidi Bliss, Laurence Coronis, Mike Donahue, Linda Gelda, Paul Giannasca, Janine Mori

LakeSmart Award!

On Saturday August 1st, NH LAKES Conservation Coordinators Kat Kelleher and Hannah Coppola, spent the day at Stinson Lake helping property owners learn about how they can make lake-friendly updates to their property. Kat and Hannah visited six properties and awarded three with the LakeSmart Award. Currently we have four properties on the lake that received the award, but more importantly over twenty owners who are participating in the program through completing the self-assessment surveys.

LakeSmart is a free, non-regulatory and voluntary education and recognition program. The goal is to encourage property owners to maintain their homes and property in ways that protect the lake water quality, wildlife habitat, and property values.

We hope to schedule two days next season with NH LAKES for property evaluations. To find out more and start the process click here [LakeSmart | NH LAKES](#) or reach out to our LakeSmart Community Coordinator Janine Mori at valentinerjanine@gmail.com

Loon Update

It was a very exciting summer on the lake for our loon couple and our community. It was our first successful hatch on the lake, and one of the 109 chicks hatched on NH Lakes this year. The little one was hatched in mid-July and has successfully grown and is getting ready for its first winter flight. What joy, peace, and unity the chick has brought to our community this year!

On July 27th we had a delightful well-attended **guided paddle** with Caden Payne, Intern from the Loon Preservation Committee. Caden reinforced with us the top three practices we can do to keep loons safe on Stinson Lake. 1 – Keep a safe distance; NH state law requires one to stay at least 150' away from loons at all times. 2 – Do not use lead fishing tackle, as it's the number one killer of loons. 3 – Keep the lake clean.

Watershed Management Plan

On October 28th, SLA Board members Angel Ekstrom, Tim Lewis and Paul Giannasca met with the Rumney Planning Board, some Conservation Commission members and the chair of the Selectmen to discuss watershed planning. They presented the rationale for a plan and the indemnification agreement/conditional pledge strategy that was intended to de-risk the financials for the Town. The proposed strategy was seen as a good approach but some attendees felt that the SLA would still need to sell the plan to voters to get them to back the necessary warrant article at the town meeting in March. More discussions will follow in the coming weeks.

Stinson Lake 5K Race Director Recap: A Record-Breaking Stinson Lake 5K, Thanks to you!

Dear Stinson Lake 5Kers!

It's been more than a minute, but we couldn't let too much time pass without thanking you for making our 11th annual Stinson Lake 5K such a special day. On August 16, more than 200 of you ran, walked, cheered, and volunteered, with dozens more joining virtually or through sponsorship and personal donations.

Together, we raised over \$12,000 for the Lake Host Program, which, for the past 22 years, has kept Stinson Lake clean and free of invasive plants and animals through boat inspections at the public ramp.

As many of you know, we sold out of race T-shirts on event day. Good news—we ordered more! You can pick one up at **Barn Door Hostel** (30 Stone Hill Rd, Rumney) for \$20, or have one mailed to you for \$25 (just [email us](#) to arrange payment via Venmo or check).

Thank you again for being part of this incredible community effort.

With gratitude,

The Stinson Lake 5K Team

RACE HIGHLIGHTS:



This year, you all truly rocked it. Seventeen-year-old **Tate Hayman** defended his title in record-breaking fashion, shaving 30.8 seconds off last year's time to win in 17:34.9—a new course record! Fifteen-year-old **Bridger Ekstrom** took second overall (18:59.0), followed by **Michael Wernig**, 25, in third (19:36.8). In the women's field, 14-year-old **Abigail Furlan** led the way in 20:36, followed by **Amy Block**, 37, in 20:53.9 and **Rachel Gallant**, 58, in 22:40.8. A special shout-out to 9-year-old **Eddie Ireland**, who finished ninth overall in an impressive 21:42.9!

We're grateful to the many who made the day possible:

- **Steve Buzzell & family**, who crafted the wooden trophies and medals.
- **Shane Buzzell**/[Crafty Beard Design](#), for donating graphic design services.
- **Jes Palmer**/[All Around the U.S.](#), for our race shirts.
- [Plymouth Hannaford](#), for post-race snacks.
- [White Mountain Camps](#), for allowing us to use their beautiful lakefront each year.
- [Underdog Race Timing](#), for donating the timing equipment and expertise.
- [Barn Door Hostel](#), our title sponsor and co-host who also hosted the post-race cookout.

And all of our other generous [sponsors](#) and [donors](#) who made this fundraiser a resounding success!

👉 [Overall results](#) | [Age group results](#) | [Top 3 overall](#)

👉 [Photos from race day](#)

Mark your calendars: Our 12th annual race is set for **August 15, 2026** at White Mountain Ranch. We'll send another email once registration opens in 2026!

Finally, we'd love to see your photos and memories—share them on our [Facebook page](#) or tag us on [Instagram](#) @stinsonlake5k.

Wishing everyone a cozy and adventurous winter😊