

# Ripples

LAKE  
**Winnepesaukee**  
ASSOCIATION

Summer/Fall 2016

## GUERNSEYS, GRIST MILL AND SUMMER CAMP: COW ISLAND HAS COLORFUL HISTORY

*By Roger Amsden, Laconia Daily Sun*

TUFTONBORO — Cow Island, which at 522 acres is the third largest island on Lake Winnepesaukee and is the second largest non-bridged island on the lake, has a colorful and far-reaching history, having served as home to the first herd of Guernsey cattle imported to America, as the site of a wind-powered grist mill and as the home to the Camp Idlewild, the longest continuous running private boys camp in the United States, which operated from 1891 until 1975. It was also the place where Archie comic strip creator Bob Montana spent many summers and worked on his art.

And, while descendants of the cattle raised on the island made it all the way to Antarctica with Admiral Byrd's 1933 expedition, it appears that there is no evidence to support a frequently made claim about Cow Island that the man who built the grist mill, Paul Pillsbury, went on to form the Pillsbury Flour Company in Minneapolis, Minnesota. So there's no link to the Pillsbury Dough Boy.

Nancy DePorter, a real estate agent for Keller-Williams in Wolfeboro, who since 1967 has summered on Little Bear Island, located next to Cow Island, says that it is a common misconception that Paul Pillsbury went on to found the flour company. The Pillsbury company records show that the company was founded in 1872 by Charles



*Former Camp Idlewild, Cow Island, Tuftonboro, NH  
Photo courtesy of Roger Amsden, Laconia Daily Sun*

Alfred Pillsbury and his uncle, John Pillsbury, both of whom were born in New Hampshire; Charles in Warner in 1842 and John in Sutton, in 1827. They could very well have been related to Paul Pillsbury, who was born in Boscawen in 1798, and, after running the Cow Island property, moved to Andover, Mass., in 1843, but that is not clear.

Located in Tuftonboro, just west of Tuftonboro Neck, the island has two distinct parts, a 300-acre northern half and a 200 plus southern half which are joined by a narrow isthmus. The nearest islands are Little Bear, Ragged and Sandy and Long Island, which is located in Moultonborough.

### **Grist mill and cows**

DePorter wrote on the Keller-Williams website that shortly after the War of 1812 the owners of Cow Island, who resided at the time in Dover, sent Paul Pillsbury to the island where he erected several buildings on the island, including a wind-powered grist mill on the highest peak of the island.

*Working to protect the water quality and natural resources of  
Lake Winnepesaukee and its watershed now and for future generations.*



## A High Tech Buoy for Lake Winnepesaukee

*Press Release by the U.S. Geological Society*

A high-tech buoy that monitors water quality in real time was just installed in one of New England's most popular lakes, where in the future it will help with determining when swimmers should and shouldn't be in the water.

Scientists from the U.S. Geological Survey, with support from New Hampshire Departments of Environmental Services and Health and Human Services, deployed the buoy and weather station at Weirs Beach on Lake Winnepesaukee, New Hampshire the beginning of June. The buoy will provide real time temperature, specific conductance, pH, dissolved oxygen and water levels, all clues that may help predict when bacteria levels are too high to permit swimming.

*"The USGS will be comparing the buoy measurements with culture-based E. coli samples to better understand what environmental conditions may lead to high bacteria counts at Weirs Beach,"* said Richard Kiah, a supervisory hydrologic technician from the USGS New England Water Science Center and project lead. *"Once we understand the correlation, we will be able to develop a model that will help state officials make real-time decisions on when water conditions are not suitable for swimming."*

It is unclear exactly what environmental conditions lead to high bacteria counts, but several factors are possible. These include high water temperatures, the presence of aquatic birds, high swimmer counts, failed septic systems, and storm water runoff. Once the concentration of E. coli in lakes reaches a certain level, state officials issue a swimming advisory recommending people stay out of the water.

*"Bacteria counts resulting in no-swimming advisories can occur frequently, and often when and where people most want to go swimming,"* according to Sonya Carlson, Beach Program Coordinator from the state's Department of Environmental Services. At Weirs Beach, the most popular and well-known beach on Lake Winnepesaukee, 'no swimming advisories' were posted after twenty-nine percent of all samples taken from 2003-2014.

Currently, the State of New Hampshire evaluates swimming conditions at more than 160 inland beaches statewide using culture-based methods for determining counts of E. coli. Water samples are generally collected once a month and can take at least 24 hours to process. This time delay may result in beachgoers being exposed to high levels of bacteria, or swimming advisories being in effect for conditions that no longer exist.



*USGS scientist Joseph Levitt secured the new buoy, equipped to monitor water quality, at Weirs Beach on Lake Winnepesaukee, New Hampshire in June 2016. Photo: Sanborn Ward, USGS*

The goal of this collaborative project is to produce web-based tools specific to New Hampshire beaches to help state and local officials determine when bacterial conditions may be unsafe for swimming using beach-specific data collected in real-time. A similar effort is currently underway at Pawtuckaway State Park beach on Pawtuckaway Lake, New Hampshire.

*"This project is a great example of how high-quality data can be used to inform decision making at the state and local level. The real-time modeling approach has the potential to reduce human exposure to waterborne*

## COW ISLAND HISTORY (continued from page 1)

The mill itself was 40 feet high and three stories tall. The timbers to build the mill were hewn on the mainland and brought across the ice. The mill was very popular for grinding flour and feed for cattle as it was the only mill in the near vicinity. The mill stood for 90 years and was destroyed in a bad storm about 1902.

The American Guernsey Association website says *"In 1830 or 1831, a merchant captain named Prince brought a bull and two heifers around 1830 from Britain to Boston. Prince, who lived in Roxbury, sent a bull and a heifer to his farm on the 520-acre island now named Cow Island in Lake Winnepesaukee. Paul Pillsbury cared for the cows, which grew to a herd of 40."*

Of all the Guernsey cattle that can claim Cow Island as their ancestral home, Iceberg is perhaps the most celebrated. Iceberg was a bull calf born to Klondike some 275 miles north of the Antarctic Circle during Admiral Byrd's 1933 expedition.



The grist mill produced flour, much of it from wheat grown by John Boody on nearby Long Island, and was so highly regarded that seeds were purchased by the federal government and shipped to farms in the Midwest. And, in an age where roads were uniformly bad and the lake was the favored place to move goods, the mill flourished. It was replaced with a replica by the Guernsey Association, which reported "In 1933, the New Hampshire Guernsey Breeders' Association organized a pilgrimage on a beautiful fall morning

and some 90 Guernsey enthusiasts with their friends cruised down Lake Winnepesaukee, a distance of 18 miles, to the beautiful island, towards the eastern end of the lake with the beautiful Ossipee Mountains as background. Through the efforts of Commissioner of Agriculture Felker, Mr. Caldwell, and Mr. H.H. Blake of Concord, together with other interested friends, the ancient name of this Island, Cow Island, was changed the previous winter by the New Hampshire Legislature to Guernsey Island in America. The group evidences of the old Pillsbury farm buildings, sill of the old windmill, cornerstones of the house and barn, as well as the stone walls around the paddocks."

"It was then determined that some effort should be made to permanently mark this the home of the first Guernseys registered in the Herd Book and these same men were chosen as a committee. It was soon found from the sentiment of the surrounding country that the old windmill which had served such an admirable purpose to the entire neighborhood in the early days, and which had stood for a landmark for nearly 100 years would be the most appreciated marker. Consequently, an appeal was made to the Guernsey breeders of America and a sum of money sufficient to reproduce the mill was cheerfully given. In September, 1935 another Pilgrimage was made to the Island and the mill was formally dedicated and turned over to the custody of L.D. Roys, owner of the island, who conducts Camp Idlewild there. The occasion was honored by Governor H. Styles Bridges, and many notable and interested persons."

## COW ISLAND HISTORY (continued from page 3)

### Camp Idlewild

Roys had purchased Camp Idlewild in 1921 and the camp had already been in business for about 30 years, having been founded by John M. Dick of Boston around 1891. An early brochure advertising the island as a summer camp said that it had been in business for seven years and that among those recommending the camp was a former governor of the state of Connecticut.

Camp Idlewild for Boys was located on Wigwan Hill on Manhannock Island in Lake Winnepesaukee according to the brochure, which featured an 1897 photo of campers in larger racing boats and the words "An Outing That Appeals to Boys, Commands Itself to Intelligent Parents." The camp was for boys aged 10 to 18 and had a capacity of 65 campers, who lived in tents and were offered boating, camping, cruising, fishing and mountain climbing, as well as baseball, tennis and swimming.

Over the years of ownership by the Roys family, Camp Idlewild expanded to become the largest camp on Winnepesaukee, hosting as many as 400 campers who lived in cabins and took part in activities such as sailing, canoeing, riflery and archery, water skiing, and horseback riding with a stable of 18 horses, as well as a large variety of arts and crafts activities along with baseball and tennis and mountaineering and canoeing trips. The camp had 200 acres and horse trails all over the interior of the island. It was a daily stop for the Uncle Sam mailboat, and later the Sophie C, delivering mail to the campers as well as milk, ice cream mix, flour, and all kinds of provisions for feeding the campers and staff. All of the cooking and baking was done on the island and meals were served in a large dining hall, which also served as an assembly area for the camp.

Nancy DePorter says that she can remember the sight of horses being transported to the island on a large



*Postcard of Camp Idlewild, Cow Island, Tuftonboro*

barge which brought them in from Harilla Landing on Long Island. She says that it was common for parents of the Idlewild campers to rent cabins on Little Bear Island when they came to visit their children.

Ed Roys took over ownership of the camp from his father, and in the 1970s the camp closed and large lots of at least five acres on which summer homes would be built were sold. A large part of the property, including the dock area, the former windmill site and playing fields as well as the dining hall area and Sunset Beach were preserved as a common area for all of the landowners, who are members of the Idlewild Association, which is housed in the former camp store near the dock area, which is closed to the public.

### Mama Lucy's

The island currently has a restaurant, Mama Lucy's, which might just be one of the lake's best kept secrets. Nestled near Gus' Lodge, named for former Camp Idlewild Music Director Gus Mazocca, the restaurant only serves large family-sized gatherings of 20 or more people and reservations must be made at least a year in advance for the five-course meals.

Among those who have enjoyed the large gatherings at Gus' Lodge is Peter Spanos of Laconia, a state representative with a long history in the hospitality industry who was a camper at Idlewild in 1968 and 1969. "They're a lot of fun and the food is great" says Spanos.

## HIGH TECH BUOY (continued from page 2)

*pathogens,"* says Kathleen Bush, Department of Health and Human Services Environmental Public Health Tracking Program Manager.

The sentiment was echoed by David Neils, the New Hampshire Department of Environmental Services' Chief Water Pollution Biologist. *"I'm excited with how this collaborative project has come together, and with its very real potential to provide more timely information to the public on beach conditions, reducing the risk of waterborne illnesses."*

The status of conditions at New Hampshire beaches can be found at NHDES BeachMaps website:

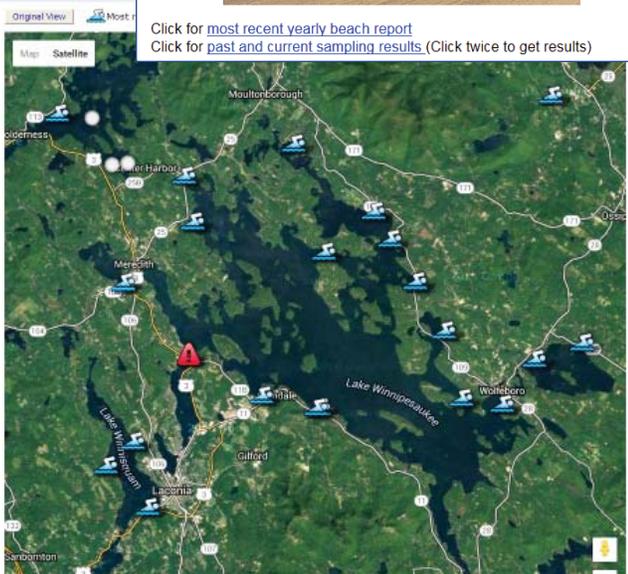
[http://www4.des.state.nh.us/WaterShed\\_BeachMaps/WaterShed\\_BeachMaps.aspx](http://www4.des.state.nh.us/WaterShed_BeachMaps/WaterShed_BeachMaps.aspx)

**Weirs Beach - Lake Winnepesaukee** ×

Advisory Status: Beach Advisory Issued 7/13/16  
 Regularly Scheduled Sample Dates: Monday-Thursday starting June 15th  
 Beach address: RTE 3, Laconia  
 Type: Town  
 Entry Restrictions: Daily fee for all



Click for [most recent yearly beach report](#)  
 Click for [past and current sampling results](#). (Click twice to get results)



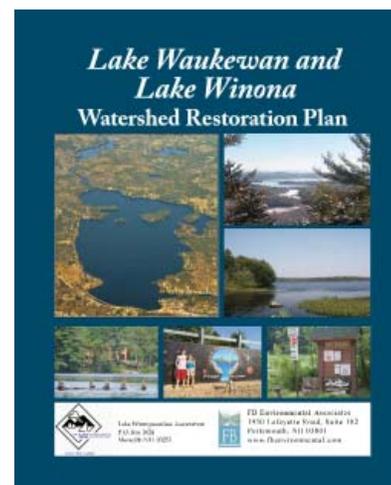
## LWA Lake Protection Project

### Keeping the Lakes Clean

#### Watershed Restoration Plan focuses on limiting phosphorus in runoff

By Michael Kitch, Laconia Daily Sun

Three years in the making, a draft of the Watershed Restoration Plan for Lake Waukewan and Lake Winona was presented to more than two dozen residents at the Community Center in Meredith on August 3, 2016.



Prepared by the Lake Winnepesaukee Association and FB Environmental Associates of Portsmouth, NH, the plan is the successor to the Waukewan Management Plan completed in 2005 and part of what Pat Tarpey, Executive Director of the Lake Winnepesaukee Association, called a 'lakewide' approach to preserving and enhancing water quality in Lake Winnepesaukee. The report runs to approximately 100 pages, excluding appendices.

*"You can't hear too much about phosphorus,"* said Forrest Bell of FB Environmental Associates, signaling that staunching the flow of phosphorus into the lake is the overriding theme of the plan. The report quantifies the primary sources of phosphorus loading and projects future sources of phosphorus, together, with the rate at which it may reach the lakes. The sources of phosphorus are ranked in order of priority and steps to reduce phosphorus loading are recommended.

(continued on page 6)

## LWA Lake Protection Project

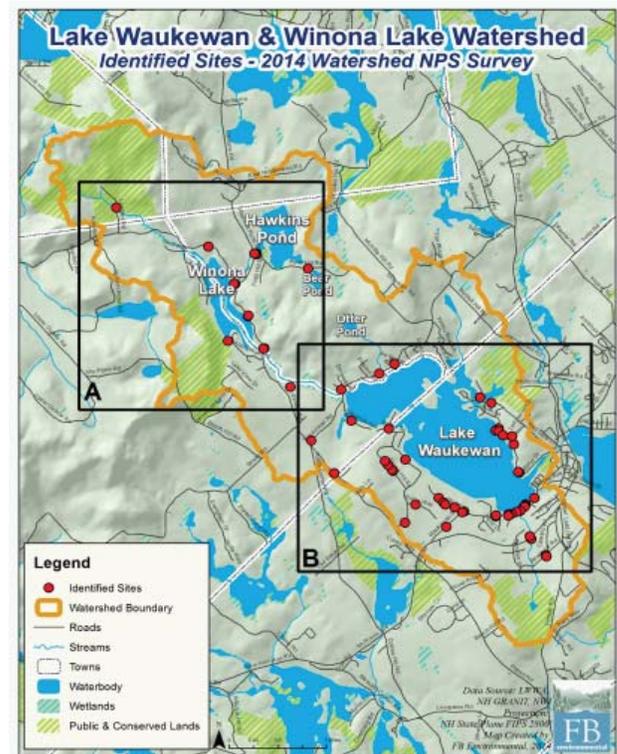
### The Lake Waukewan and Lake Winona Watershed Restoration Plan (continued from page 5)

The Waukewan watershed stretches across five (5) towns - Meredith, Center Harbor, New Hampton, Ashland, and Holderness - comprising 7162 acres, of which 951 acres are developed (13% of the area) and approximately 6,000 acres are forested.

Stormwater runoff is the primary source of pollution in the watershed. While runoff is slowed, filtered and dissipated in forested land, in land that has been developed, stormwater carries between 5 and 10 times the amount of phosphorus flowing from forested areas. Consequently, development, along with recreation, septic systems, and erosion pose the primary threats to water quality. Phosphorus is a common constituent of agricultural fertilizers, manure and organic wastes in sewage and industrial effluent, according to the U.S. Geological Survey.

A survey of the watershed identified 65 sites that significantly impact water quality by carrying sediment laden with phosphorus, the top 6 of which alone represent a significant share of the pollution. The plan includes recommendations for remediating these sites as well as measures for maintaining septic systems, which represent the second and third most significant source of pollution on Lake Waukewan and Lake Winona respectively.

Apart from addressing immediate issues, the plan also recommends a series of strategies to safeguard water quality in the long-term. These include applying "best management practices" to restore eroded shorelines, plant vegetative buffers and manage runoff from impervious surfaces as well as tailoring municipal ordinances to reduce risks to water quality.



John Edgar, director of community development in Meredith, said that among the virtues of the plan is that it has not only identified sources of pollution, but also recommended cost-effective means of addressing them, which for relatively modest investment will yield significant results. He said that recommendations offer the prospect of not only forestalling further deterioration of the water quality in the two lakes, but of enhancing it.

The final plan will be located on the Winnepesaukee Gateway website; <http://winnepesaukee.gateway.org/lake-management/plan-2/plan-2-waukewan-winona-watershed-management-plan/>

Funding for the plan came from NHDES's Watershed Assistance Grant Program (Clean Water Act Section 319 funds from USEPA), the Town of Meredith Waukewan Watershed Advisory Committee, the Windy Waters Conservancy, and through volunteer in-kind match.

## Around the Watershed

### Moultonborough Conservation Commission to add to the Red Hill River Conservation Area

by Marie Samaha, Chair, Moultonborough Conservation Commission

The Moultonborough Conservation Commission recently completed negotiations with resident Robert Goffredo to preserve a parcel of land that falls between Route 25 and Lee's Pond in Moultonborough. This 37 acre parcel has 3800 feet of shoreline on Lee's Pond and the Red Hill River. The property is an integral part of the Red Hill River Conservation Area and connects to land already conserved by Lakes Region Conservation Trust and the Nature Conservancy.

The parcel was identified by the Moultonborough Conservation Commission's 2007 Natural Resource Inventory as a high priority wildlife habitat area. The land provides an extension of the wildlife corridor from Red Hill down to the pond and the extensive marsh area along the shoreline provides habitat for birds, waterfowl and other aquatic animals.

Another benefit for conserving this parcel is the protection of water quality for Moultonborough Bay Inlet as it is the gateway to the northern waters of Lake Winnepesaukee. The undeveloped heavily wooded land facilitates the mitigation of storm water runoff and supports infiltration helping to sustain a quality aquifer. The parcel also shares in the early history of Moultonborough. Moultonborough Falls, a thriving village of the 1800's, was located in this area, at the intersection of Route 25 and Sheridan Road, and several foundations can still be found there.



*View of Lee's Pond and proposed preserved property*

If you are interested in contributing to the Red Hill River Conservation Area Fund Raising Campaign, please make checks out to the "**Lee's Pond Preserve Conservation Fund.**" Checks may be mailed to:

Moultonborough Conservation Commission  
Town of Moultonborough  
PO Box 139  
Moultonborough, NH 03254

For more information visit the following links:

- Lee's Pond Preserve Facebook page: [www.facebook.com/leespondpreserve](http://www.facebook.com/leespondpreserve)
- Project page on the Moultonborough Town web site, <http://www.moultonboroughnh.gov/project-protect-lees-pond-preserve>
- Email: [leespondpreserve@gmail.com](mailto:leespondpreserve@gmail.com)

### In Memoriam

On February 1, 2016, Herbert E. Kempton passed away. Herbert was a longtime resident of Wolfeboro, NH on the lake. He loved fishing, boating and spending time with family and friends on Lake Winnepesaukee. We thank him and his family for thinking of the Lake Winnepesaukee Association in their time of sorrow.

# Lake Winnepesaukee Association

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*Love the Lake!*

## Winnepesaukee Matters

**Our members** are our greatest strength and resource. Your financial support provides the foundation of our work and ensures greater success in our mission to keep Winnepesaukee clean.

**If you haven't renewed your membership, please do so today** so that we may continue to develop, implement, and enhance our lake protection efforts and programs, such as :

- Water Quality Monitoring
- Lake Management
- Milfoil Management
- Lakeside Learning
- the award winning "Winnepesaukee Gateway" resource,
- the Floating Classroom!

**A clean and healthy Lake Winnepesaukee benefits us all.**

**You can join, renew, or donate online at [www.winnepesaukee.org](http://www.winnepesaukee.org).**

*Thank you!*