

# Sabbathday Lake News

June 2004

## Calendar of Events

### Annual Meeting

**Wednesday July 14, 2004**

At the Grange

**Pot Luck Dinner**

6:30 p.m.

**BYO utensils and pot luck.**

**Provided: beverages & dessert**

7:30 p.m. Meeting

### August Meeting

**Wednesday  
August 11, 2004**

**Pot Luck Dinner**

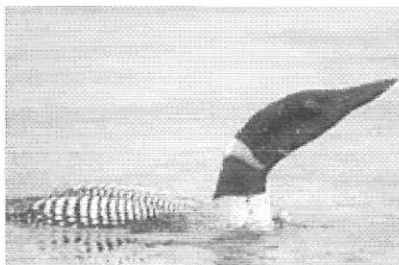
6:30 p.m.

**BYO utensils and potluck.**

**Provided: beverages & dessert**

7:30 p.m. Meeting

**Topic: To be announced**



## In My View

Mike Cloutier, President  
Sabbathday Lake Association

Hello, to all the members of the Sabbathday Lake Association. After enjoying a good old-fashioned spring and an early ice out, the beginning of the boating season is upon us. I have spotted loons and people fishing on the lake and with that, activity in the Sabbathday Lake watershed has begun. Hopefully I will see you on the water soon.

The Board of Directors met several times this winter working on several projects and setting goals for the upcoming year. As in past years the main objective of the Sabbathday Lake Association with support from its volunteers and the town of New Gloucester is to maintain and improve the water quality of the lake as an irreplaceable resource for future generations.

One of the areas we must continue to develop is our membership. The key to any successful organization is to have active involved members. Please pass this newsletter on to your neighbor and ask them to join you in coming to our meetings or volunteering with some of our

various committees. You will meet some great people and have a lot of fun as well.

Matt Johnson, Lori Fowler, Don O'Malley and I met with the New Gloucester Board of Selectman several times this winter and asked the town if they could provide some support for the continuation of the Youth Conservation Corps (YCC) on the lake. The concept was approved by the selectmen and will be voted on at the annual town meeting in May. This support will be used in our efforts and those of the Royal River Watershed Youth Conservation Corps. More information on this arrangement will be provided at our July annual meeting. The town will also continue to financially support our water quality testing efforts.

Our work is continuing in the area of changing our association designation to an IRS Section 501 c (3). As mentioned in the August 2003 association meeting, it will allow us to seek grant funds from various sources that are not now available to us. This will be a key factor for our Association if we are to continue with the great work started last year by the Cumberland County Youth Conservation Corps. We will discuss this in more detail at our July meeting.

The results of the water testing for 2003 are provided by Scott Williams, Aquatic Biologist. As in

past years we have a mixed message. In Summary:

Overall, Sabbathday Lake was less clear in 2003, apparently as a result of somewhat increased algae growth (compared to the previous year). The lake was much less clear in 2003 than in 2002. It was also substantially less clear than the historical average for the lake. Chlorophyll, a concentration (representing algae growth) was higher than in 2002; however, it was very close to the historical average for the lake. The level of total phosphorus in the lake was the same as in 2002, which was also the same as the historical average for Sabbathday Lake.

Dissolved oxygen loss in the deepest area of the lake was somewhat less severe in 2003 than the historical average. However, severe oxygen depletion was recorded in the deepest area of the lake during the late summer. The variations in dissolved oxygen levels in the lake from year to year cannot be readily explained. Oxygen levels in lake water may reflect conditions in the lake during previous years.

As this study clearly indicates, we need to continue to locate and correct sources of nutrient runoff in the lake. What are some of these sources? Rain water from roofs, roads and pathways are a prime example. Developing buffers with local vegetation along the shoreline can help in this process. Also avoiding fertilizing lawns and gardens and especially using products with a high phosphorus content. All of these chemicals eventually will find their way into our precious water resource.

We have been hearing these types of results for years and it is having a cumulative effect on this precious lake. We have too much at stake to do nothing. So please come to the meetings and bring a neighbor. The directors and I would love to hear your thoughts and ideas on how we can preserve this beautiful resource for now and future generations. I look forward to seeing you at the meetings. -Mike Cloutier

**two items for sale**

Sunfish, \$150. Catamaran, \$100. Lots of adventure still left in these fun boats, if someone wants a good project to give them a face lift. Call Ellie Fellers at 926-4776. Pick up at Sabbathday Lake.

## Maine Lakes Conference

joint meeting of Maine COLA and VLMP

**Saturday, June 19, 2004**  
**8 am - 3 pm**  
**University of Southern Maine,**  
**Gorham**

For more information, contact Maine COLA at  
info@mainecola.org or call toll free  
1-877-254-2511

Registration fee includes snacks and buffet lunch  
\$25.00 before June 12  
\$30.00 after June 12  
*For the Sake of Maine Lakes*  
[www.mainecola.org](http://www.mainecola.org)

### Next Sabbathday Lake Association

#### Board of Directors Meeting

Cloutier Camp, West Shore Rd,

**7 PM on June 23, 2004**

### VOLUNTEERS FOR WATER QUALITY

*We will be looking for volunteers to help do some water quality monitoring. Training is necessary. Call Mike Cloutier, 782-9720, for training dates.*

\*\*\*\*\*

We will have **Sabbathday Lake Tee shirts** available at the Annual Meeting. We ordered 60 imprinted Tee shirts with a lovely lake view printed on them. No prices yet.

----- **Milfoil Update** -----

The efforts to prevent introduction of invasive aquatic plants in the lake were continued last summer. Jeff and Sandra Parshall were committed to the boat inspections as one way to at least check boats entering the lake via the only access open to the public at Barefoot Beach. They made several observations about visiting boaters on the lake last summer, 2003.

First, there seemed to be substantially fewer boats entering the lake compared to 2002. The damp, cool spring may have been a factor. Most of the boats using the boat ramps seem to be "regulars," residents of the lake or folks who use the lake often and have been made aware of the need to inspect their own boats. Virtually everyone surveyed had heard of invasive aquatic plants and were either cooperative with the courtesy inspections or had already washed/inspected their boats before entering. No plant fragments were found by either the Parshalls or any of the volunteer courtesy inspectors who monitored the boat ramp early in the mornings. Nonetheless, boats continue to be brought to the lake after visiting lakes known to have milfoil problems, like Sebago, Thompson and Middle Range, so it is clear we can't afford to get complacent with our efforts.

According to the Maine DEP, invasive aquatic plants are today's leading threat to the environmental quality of New England's inland surface waters. Plant invasions translate into social and economic burdens associated with lost recreation, degraded real estate values and escalating vegetation control costs. These costs amount to millions of dollars spent each year in Maine's neighboring states that face at least five already established aggressive nuisance plant species.

Currently, Maine is contending with two plant problems: variable leaf milfoil and hydrilla. While hydrilla has been identified in only one pond so far, variable leaf milfoil is established in fifteen lakes, many of which are in close proximity to Sabbathday Lake (Lake Auburn, Sebago and Little Sebago, Upper and Middle Range Pond)

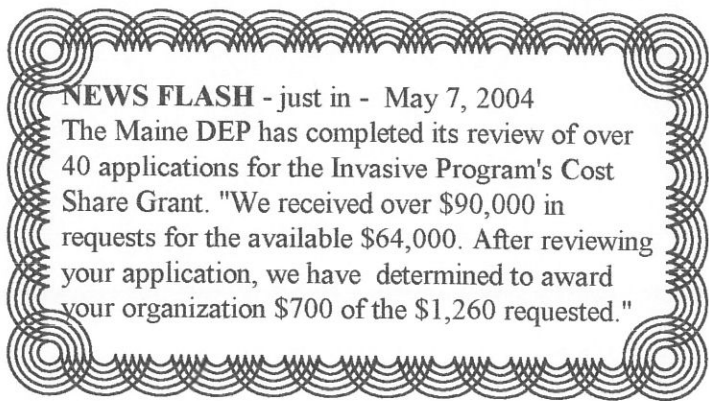
In an effort to prevent the spread of invasive plants in Maine, the Department of Environmental Protection has made available grant money to fund community

education and monitoring programs. At the Board of Directors Meeting on April 12, we decided to apply for funds to support our monitoring program. As chairman of the "Milfoil Committee", I have four proposals:

- 1) Volunteers to monitor the Outlet Beach boat ramp for the morning hours on weekends and holidays from June 18 through Labor day to provide educational material and do courtesy boat inspections and surveys. All volunteers will receive appropriate training.
- 2) Coordinating monitoring with the proprietors of Outlet Beach to have monitoring/inspections done by them when they are open for business.
- 3) Surveying the shoreline at access points around the lake on a weekly basis for evidence of invasive plants.
- 4) Educational outreach by Lake Association members to every property owner on the lake to raise awareness with pamphlets and brochures.

Clearly, this will require a lot of people willing to chip in to accomplish these goals. This spring, I'd like to get an earlier start on the inspections and would like to have a meeting of anyone interested in helping address this issue. I think that volunteer inspectors working in collaboration with the owners of the boat ramp will be the most effective way to keep the lake free from the scourge of invasive plants. We should also think about what can be done about other points of entry.

Here is a chance to do something to help conserve the lake for everyone to enjoy. I plan to attend a training meeting in early June, so we can be ready for the start of the season before July 4th. Please let me know soon if you are interested in getting involved at **mjohns8@maine.rr.com** or 926-5233. *Matt Johnson*





## Living With Maine's Shoreland Zoning Act

In 1971 the Maine legislature passed the Shoreland Zoning Act to establish a means of planning and controlling development on our ponds, lakes, rivers, and coastal areas. If you own property within 250 feet of the shoreline of Sabbathday Lake, your land falls within the guidelines (and possible restrictions) of the Act. The goal of the Act is to prevent over-development of shoreline that, if unchecked, could cause declines in water quality and the aesthetics of our lakes. But having this protection does mean that landowners need to understand that development of their land may be restricted.

There are some notable aspects of the law that property owners should consider. The law establishes a setback zone 100 feet from a lake shoreline in which development options are limited. New house development may be prohibited. Many of our houses and structures were build before the law was enacted and are "grandfathered" so don't panic. Preexisting buildings within 100 feet of the shore are considered "nonconforming structures". The Act specifies that there can be no expansion toward the lake, and this includes decks. From a starting date of January 1, 1989, a nonconforming structure may only be expanded by 30 percent within the 100 foot set back. These are just a few highlights of the Law, but there are many more codes and restrictions regarding driveways, roads, lot size and development, building height, septic systems, vegetation buffers, and timber harvest that lake shore owners should be aware before planning any new development near the shoreline. The



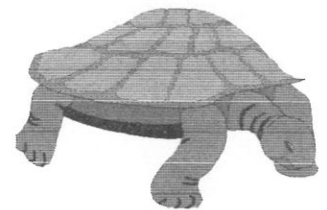
photo by Paula Gauthier

Maine Department of Environmental Protection (MEDEP) has a guide that explains the basics of the Act entitled "Maine Shoreland Zoning: A Handbook for Shoreland Owners" that can be obtained by contacting the Bureau of Land and Water Quality at (207) 287-2111.

On Sabbathday Lake, the Act is administered essentially by the New Gloucester Town Office and Planning Board with oversight by the MEDEP. New Gloucester has also adopted a Lake district regulation under the Town Zoning Ordinance that contains additional restrictions that are applicable to the shoreline of Sabbathday Lake.

The lake district regulations can be viewed on-line by going to the New Gloucester web site ([www.newgloucester.com](http://www.newgloucester.com)) and looking under Zoning Ordinance. Additional information can be obtained by contacting the New Gloucester Code Enforcement Officer, Debbie Parks (926-4126).  
Contributed by Chris Ricardi

If you enjoy using the **water ski slalom course** and would like to see it installed again this summer, give us a call to



see how you can help. Contribution of funds for the insurance and supplies, or manpower for the installation and maintenance, are always welcome. Contact Janet Lambert at 926-4069 or Cheryl Fortier at 926-3168 for more information.

## Royal River Watershed Youth Conservation Corps Background and Vision

Contributed by Paula Gauthier

A committee of the Sabbathday Lake Association formed in 2002 to pursue funding to continue the Sabbathday Lake Youth Conservation Corps (YCC) program. After a few meetings, the committee recognized the program's natural fit for the entire Royal River Watershed and is now working to raise funds for startup in June 2004.

The committee envisions two teams of local high school students planting trees and shrubs, stabilizing eroding soils and tackling other projects to fix at least 40 sources of pollution to the Royal River and its feeder streams and lakes every year.

### What is a Youth Conservation Corps or YCC?

The YCC model has been successfully adopted to protect and improve water quality on Sabbathday Lake and several other watersheds in Maine. YCC staff provide the community with free technical assistance, labor and education to help fix pollution problems, namely eroding soil, throughout the watershed.

The YCC Director oversees all aspects of the program including publicity, hiring and working with landowners to plan projects. Crew leaders supervise 5-person teams and make sure that projects are installed properly and safely. Local high school students are hired as crew members and work through the summer to plant vegetation, clean out culverts and ditches, and install other conservation practices. Landowners cover the cost of construction materials.

### Why start up a YCC in the Royal River Watershed?



from left to right - Will Cloutier, Joe Williams, Dan Cruz, Mary Cloutier, Duncan Fowler, Liz Laskey

- The Royal River Watershed and its beautiful natural resources are in jeopardy. Pollution is harming the scenic beauty, fish, recreational value, clam flats and other values of the system. The YCC will go out in force to start turning this trend around.
- The watershed is ready for coordinated on-the-ground action. Several local groups have completed studies and identified specific problems areas, and The Friends of the Royal River has recently refocused their organization and is eager to assist with coordination.

- YCC programs generate a myriad of benefits. YCC projects yield tangible water quality benefits. Organizers also rave that YCC is also an effective tool for raising awareness, energizing communities and inspiring local youth to become environmental leaders.

### How You Can Help?

- Make a tax-deductible donation. Checks can be made out to the **FORR** and send to FORR, PO Box 90, Yarmouth, ME 04096. Indicate that the money is for the YCC.

- Ask your town to support the program with financial and in-kind contributions.
- Provide in-kind services or donate needed equipment. Our needs include:
  - Storage space for trailers, tools and other program supplies.
  - Summer weekday use or donation of a vehicle and trailer to transport equipment. (Cont. on next page)

(YCC continued)

- Program supplies such as cell phones, tee-shirts, tools, and computer.
- Erosion control materials such as grass seed, hay mulch and geotextile.
- Your generous support will be recognized frequently in all press releases and outreach. To get involved or more information, contact

the Friends of the Royal River at  
royal@maine.rr.com or 847-9399.

Organizing Committee:

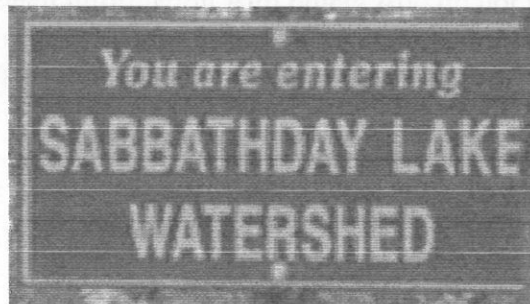
- Friends of the Royal River
- Cumberland County SWCD
- Sabbathday Lake Association
- Maine DEP
- Casco Bay Estuary Project

## Reconstructed Route 26 to open by July 4<sup>th</sup>

Ann Gauthier-Maurice

The work on the Route 26 by-pass has started up again. According to Bob Pelletier, the resident engineer for MDOT on the Route 26 reconstruction project, work is ongoing on the drainage from Highview Drive and on existing Route 26 which is being bypassed. The majority of this work is in the Pond Road area and the Sabbathday Lake Grange area. Landscaping has started (on the Shaker Bypass) and will continue until mid June. Bypass # 1 (Sabbathday Day Lake Bypass) and bypass # 2 (Shaker Village Bypass) will be completed by early to mid June. The tie in will be completed shortly after that and both bypasses will be open to traffic by the Fourth of July.

Mitigation work will begin as soon as traffic is shifted over. A portion of the existing Road in Mosquito Bog will be turned into a wetland. The existing Route 26, which is being bypassed, will be upgraded. We will improve drainage, cut ditches reclaim some portions of the existing road and overlay the entire length of the existing road. This work should be completed by late September.



The existing road from Shaker Bog to the intersection of Route 122 will be completely reconstructed.

Truck lanes will be added from Shaker Bog going north and from Route 122 going south. This will have the greatest impact on the traveling public. The excavation of the existing road will start by mid June and we anticipate having pavement down on the entire length by late August and final paving by mid September.

The work in October will involve paving side roads and entrances, loaming and seeding, and general clean up. All work is expected to be done by November 5. H. E. Sargent is the prime contractor and they will have a drainage crew, 2 excavation and gravel crews, and a grading and loaming crew on site for most of the year. Pike Industries will be paving from May 17 to July 4 and from early August to mid September. Other crews on site are guard rail and right of way fence installers, landscapers, seeders, and pavement stripers.

The average daily traffic count on Route 26 at the Gray/New Gloucester town line is presently 8500 vehicles. The majority of the traffic will be traveling on the new road, with just local traffic on the old road.



# Sabbathday Lake Association Annual Membership Dues 2004

AMOUNT: \$15

Additional donations welcome!

Please send annual dues to: **Anne Maurice, 10 Cushman Drive  
NEW GLOUCESTER, ME 04260**

MAKE CHECKS PAYABLE TO: **SABBATHDAY LAKE ASSOCIATION**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

## Benefits of belonging to the Association:

- ◆ News about what's happening around the lake
- ◆ Social gatherings to meet your neighbors
- ◆ Water quality testing

## ACTIVITY DAY

We are working on a Sabbathday Lake Association **Activity Day** to take place on **Saturday, August 21, 2004**. It could consist of a boat parade, kayak tour/demonstration, sailboat regatta or cookout. More information will be provided at our Annual meeting in July. Mark your calendar now.

## PLEASE NOTE

Due to financial pressures on the cost of water testing we are **looking for someone with a boat with an anchor** that would be willing to do some basic water testing May, June, and July this summer. It is easy, interesting and of great value to the lake. It takes only a couple of minutes. Training will be provided. Please give Mike Cloutier a call (782-9720) or any board member and we can discuss the process.

**Email to the editor** : Hi Cheryl, I read in a local free newspaper covering Windham tonight that Little Sebago Lake has an infestation of hybrid milfoil and DEP is working with them. Sixty percent of the shorefront is infested and the lake is in Gray by 70 percent and Windham has 30 percent of the lake in their town. That's not very far from Sabbathday Lake. The article indicated that Massachusetts and New Hampshire Lakes have a horrendous problem with this entanglement of vegetation. And, the state has little money to help with eradication of the plant which can be vacuumed out????? Ellie Fellers