

Sabbathday Lake News

June 2003

Calendar of Events

First Summer Meeting

Wednesday
July 9, 2003

Where: At the Grange
6:30 p.m. Pot Luck Dinner
7:30 p.m. Meeting

Speaker: Louis Haskell,
Recreational Safety
Coordinator, Maine Dept. Of
Inland Fisheries & Wildlife.

also

Mary Gilbertson
Cumberland County Soil
and Water Conservation
District

Note: For the Dinner -
BYO utensils and potluck
Provided: beverages &
dessert

Second Summer Meeting

Wednesday
August 20, 2003

6:30 p.m. Pot Luck Dinner
7:30 p.m. Meeting

Note: For the Dinner -
BYO utensils and potluck
Provided: beverages &
dessert

Topic: To be announced



WINTER SCENE

Chad Thompson doing some ice fishing March 1, 2003 in Black Cove. The Lambert's puppy Zack just had to get a lick in.

Janet Lambert photo

In My View

Mike Cloutier, President
Sabbathday Lake Association

Hello to all the members of the Sabbathday Lake Association. After what seemed like the winter that would not end, it suddenly did. On our many visits to the lake during this past winter, it was noted that we had an average of 32 inches of ice. It surely would be there until May, however, on April 21,

surprise, it was gone. So 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 or 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. We try to make them fun and informative so please pass the word. Your input and help is always appreciated.

The Lake Association has received much support from the community in the past. And this year we have put together a team to communicate some of the economic facts as they relate to Maine Lakes and Sabbathday Lake in particular. We hope to do this with New Gloucester town selectmen, municipal government, local legislators and residents of New Gloucester in the coming year. Members of the team are Matt Johnson, Lori Fowler, Don O'Malley and Mike Cloutier.

Another area we are working on is the changing of our association designation to an IRS Section 501 c (3). As mentioned in the August 2002 association meeting, it will allow us to seek grant funds from various sources that are not available to us now. This will be key for our association if we are to continue with the great work started last year by the Cumberland County Youth Conservation Core. We will discuss this in more detail at our July meeting.

The results of the water testing for 2002 are provided by Scott Williams, Aquatic Biologist. As in past years we have a mixed message. The lake was very clear in 2002, compared to both 2001 and the long-term average clarity for the lake. Chlorophyll concentration was slightly lower than average during the summer, and the total phosphorus level was similar to both 2001 and the long-term average.

Dissolved oxygen loss in the deepest area of the lake was more severe than average in 2002. The reasons for this are not clear at this time. Increasing oxygen loss during the late summer should be considered to be a warning for potential decline in overall water quality for the future. The loss of dissolved oxygen in Sabbathday Lake appears to be



A picture is worth a thousand words!

The boat ramp at Barefoot Beach looked more like a ski jump when winter's powerful ice got done with it.

associated with the release of phosphorus from the bottom sediments.

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? Rainwater from roofs, roads and pathways. What can help? Develop buffers with local vegetation along the shoreline. Avoid fertilizing lawns and gardens, and especially avoid 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 results for years and they are having a cumulative effect on our precious lake. The lake is asking for our help. Now is the time to volunteer, in whatever capacity you can, to prevent a further decline in the water quality of Sabbathday 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.

*** Sites Still Needed! ***

**Does your lawn run down to the lake?
Is your bank failing and washing into the lake?
Does your driveway or road erode every spring?**

The Sabbathday Lake Water Quality Improvement Project is still looking to reduce erosion around the lake. Any property within the watershed that has erosion problems can qualify to get financial assistance for a portion of road or driveway repair, buffer plantings, or bank stabilization efforts. Through the grant, the landowner or road association will receive up to 75% of the cost of the entire project. The remaining 25% of the project cost can be paid for by the landowner either in cash or labor on the project. Funds remaining are limited.

To be notified of upcoming services or workshop opportunities, complete the following information and return it to:

Mary Gilbertson
Cumberland County Soil and Water Conservation District
201 Main Street, Suite 6
Westbrook, ME 04092

Or call: 856-2777
E-mail: mary-gilbertson@me.nacdnet.org

Yes! I'm interested in helping protect Sabbathday Lake!

- Free Technical Assistance**-for any erosion or runoff problems. Assistance is available on a first come, first serve basis.
- Financial Help**-cost-sharing for road and driveway work and buffer plantings. Sites will be selected by the steering committee.
- Volunteer Opportunities**-be notified about and take part in workshops and other activities.

Name : _____
 Address : _____ E-mail: _____
 Mailing Address : _____
 Phone & best time to reach you : _____
 Brief description of the problem : _____

The Off Season

by Matt Johnson

The first thing I notice after Labor Day is how quiet the lake gets. The sounds of kids hooting and splashing, the thrum of a motor boat pulling tubers; dogs barking and music and all the sounds of summer revelry disappear so abruptly. I hardly notice it until all you hear on a Saturday afternoon is the chatter of a kingfisher, a loon's wailing and the wind through the pines. Then I am reminded that many of our neighbors have closed up their camps, gone back to school or points south for the winter.

We took our dock in at the end of October, despite protests from the kids that there was still plenty of good swimming weather ahead (even though they hadn't been in the water in weeks). But this year was very different from last: cold weather came early and it stayed.

As a result of all the cold weather, we had the smoothest ice I've ever seen without a Zamboni machine. It was like a pane of glass. We skated from end to end and played a bunch of hockey with the kids from the neighborhood for about a week. A Christmas Day snowstorm dumped about 18 inches of snow and ended a memorable skating season.

I didn't see as many ice fishing shacks as usual on the lake this year. Nine was the most I counted on my outings down the lake. I wonder if it's because the fishing isn't that good or if the snow got too deep too early for people to get their shacks out there. It was nice to see very little trash left out on the ice this year. I saw a lot of 4 wheelers and snow machines and very few cars or trucks this year. One new trend this year was the racing of snowmobiles late at night up and down the lake. Boy those things go fast! There were also plenty of snowshoers and skiers taking advantage of the powdery conditions. The deep snow also allowed us to track a fox over into the Shaker woods on several occasions. The ice got to be about 34 inches thick by February, and it looked like we were going to have ice on the lake until Memorial Day after such a bitter cold winter. Yet, when the thaw came in March, warm nights hastened the melting and the lake was liquid again by April 21st. We heard the first loons return about two days before that, having found enough open water for entry. A week later, spring peepers added their voices to the awakening lake, stirring for another season. My son, George, decided to break the family record for the earliest intentional swim (falling through thin ice doesn't count) on April 29th. Of course, a "swim" in 38 degree water is defined as total submersion, no matter how brief.

A few more warm afternoons with a steady breeze and I'll start thinking seriously about launching the sailboat and pulling the raft down off the bank. For now, the water is still too cold to do much other than just sit and watch the

off season slowly wind down. And wait for the best season of the year to begin again.

Invasive Plant Monitoring - Mike Cloutier

The SLA Invasive Plant Monitoring committee accomplished a lot last year under the guidance of Rick Fortier, and I want to thank him for his efforts. However Rick is stepping down as chair of the committee this year and we need to fill his shoes. The problem is getting worse not better. Hydrilla is now in Maine and we have to be even more diligent in our efforts to protect our beautiful natural resource. We desperately need someone to step forward to chair this committee and help develop a long-term strategy to protect this lake. Please give Mike Cloutier a call or any one of the Board of Directors if you have an interest in this essential program. **Remember, once the plants take hold in a lake they never go away, they just get worse.**

Route 26 finally being moved

by Anne Maurice

The Route 26 project has been talked about for many years; some say as far back as 40 years. I can only verify the 15 years I've lived on Sabbathday Lake. The Department of Transportation started the project in March and appears to be making rapid progress.

Tree clearing and utility pole relocation activities are under way for all the construction area except for the Shaker Village area. Ledge blasting and grading activities have begun on the southerly bypass section. Historic recordation, a report including historical information and photographs, of the Shaker Village property has been sent to Washington DC for approval prior to beginning construction in that area.

The project begins 0.16 miles south of the Gray/New Gloucester Town line and extends roughly 5.8 miles northerly to the intersection with Route 122 in Poland. The work involves construction of 2 bypass sections on Route 26 in Gray, New Gloucester, and Poland and reconstruction of portions of Route 26 connecting the bypass sections. The Sabbathday Lake and Shaker Village areas bypassed by the new construction will be rehabilitated and will become Town roads after the project is completed.

Total cost of the project is just over \$14 million. Vegetative screening will be planted in the at-grade areas of the bypass section and near the Shaker Village. The project includes some wetland mitigation activities.

Construction is scheduled to continue through December of 2004. The bypass sections will be opened to traffic prior to starting rehabilitation work near Sabbathday Lake and Shaker Village.

Sabbathday Lake Association Annual Membership Dues 2003

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 _____

LAKE 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

2003 Membership Goal is 100

In 2002 the SLA came up short of our goal for 100 paid members. We ended the year with 86 paid members, which gives us approximately \$1400 as a budget number. Several members sent in extra dollars and that was a big boost. The SLA Directors are very frugal and do not spend any money that isn't a necessity. To give you a view of what our yearly fixed expenditures typically are:

Grange for the summer meetings -	\$110
Congress of Lakes Association -	\$150
Annual Incorporation fees -	\$ 20
2 Newsletters/year(stamps and paper)	\$150
LA share of water quality testing-	\$750
(Town of New Gloucester pays \$1200)	
Total -	\$1180

If we had 100 paid members that would give us an operating budget of approximately \$1500. We would then have a small cushion in the event of an emergency.

The SLA directors believe you get good value for your \$15 membership fee. You receive news about what's happening around the lake two times a year.

During July and August, we hold meetings at the Grange Hall where you can meet your neighbors and have some social time with the lake community. We have guest speakers at each meeting. And most importantly, the majority of the money pays for water quality testing, the association's top priority.

Help us assure the SLA financial health by sending in your membership dues today and encouraging you neighbors to do the same.

Anne Maurice, Treasurer

SLALOM COURSE NEWS

After being absent during the summer of 2001, the water ski slalom course was installed for the 2002 season in July of last year thanks to the contributions of time and funds from several individuals and families. If you enjoy using the course and would like to see it installed again this summer, please give us a call to see how you can help. Funds are needed to purchase insurance and supplies, and manpower is required for the installation and maintenance. Contact Janet Lambert at 926-4069 or Cheryl Fortier at 926-3168 for details.

Sabbathday Lake News

44 Lake View Drive, New Gloucester ME 04260

Sabbathday Lake News

The Newsletter of the
Sabbathday Lake Association

Please send your lake-related news contributions to the Editor
by email to Cheryl Fortier, cfortier@maine.rr.com

SABBATHDAY LAKE ASSOCIATION

Board of Directors

Mike Cloutier	President	782-9720	Paula Gauthier	Director	926-5853
Nancy Thomas	Vice President	926-3137	Janet Lambert	Director	926-4069
Lori Fowler	Secretary	926-3356	Brother Wayne Smith	Director	926-4865
Anne Maurice	Treasurer	926-4732	Don O'Malley	Director	926-4214
Matt Johnson	Director	926-5233	Cheryl Fortier	Director	926-3168