

# Sabbathday Lake News

November 2013

## A NOTE FROM CO-PRESIDENT CHRIS RICARDI

### VOLUNTEERS

There is a joke that I have heard many times over the years in a variety of volunteer organizations in which I have been involved. It is the same joke whether it is a sports program like Little League Baseball, a parent run school project committee, or a volunteer based conservation group like the Sabbathday Lake Association (SDLA). It goes something like this: If you miss the planning meeting, then you get chosen to run the next event or task. Or better yet, you get elected President. Ha, Ha. Well, that is not exactly how it happens, but I think we can still joke about it. I did miss the Board of Directors meeting in June, but I was actually present at the Annual Meeting in July, when the members elected new Board members, and I was nominated and elected as Co-President along with Dave Becker. But I did volunteer, and I am looking forward to helping organize the activities of the SDLA over the next couple of years.

The reality is many organizations like the SDLA function solely because of the dedication of volunteers who offer their time. We have been very lucky to have many people who have joined over the years and have become

involved in our group. Some volunteers stay actively involved for many years, while others come for shorter periods of time and participate while they can. Many become active for a while, drop back due to other things that they need to focus on in their lives, and return at a later period to become active again. This is the way a volunteer organization like the SDLA should work. We all have a common goal. We live on a beautiful lake with relatively high water quality and we want to try to keep it that way.

I would like to thank every member who has joined the organization, paid dues or made donations, read our newsletters, and helped protect the lake. I would like to thank those members who have offered to do

VOLUNTEERS continued next page



“Paddling in the Clouds”

Tom and Mary Beth Johnson in the canoe, photo by Carol Gillis

## VOLUNTEERS continued from first page

more by working on one of our projects, and those members who have joined the Board and offered to help with planning and running our group.

During the 15 years or so that I have been involved, the SDLA has done a lot of things to help protect Sabbathday Lake. We have actively provided educational materials and information to our members and the residents in the community about lake conservation and the important things that can be done to protect the watershed and water quality. The past two years we have had public outreach volunteers at the New Gloucester Community Fair presenting lake conservation information. We publish newsletters for our members with great information on our activities. We created and maintain an SDLA website. Our volunteers have worked with the Cumberland County Soil and Water Conservation District and the Maine Department of Environmental Protection (MEDEP) to complete watershed surveys and inform property owners about steps they can take to prevent erosion runoff and protect the lake. We continue to work with the town of New Gloucester to hire an environmental consultant to complete annual water quality testing and prepare an annual water quality report so that we have data on the long term trends in water quality of the lake. We have obtained grants from the MEDEP's invasive plant prevention program to pay for courtesy boat inspectors to monitor boats coming into our lake at the boat launch on Outlet Road. We have an active Invasive Plant Patrol (IPP) that has completed surveys for milfoil the past three years, and if things go well, we will complete the first Level III survey of the lake this year, which will check for invasive plants in the shallow areas for the first time across the entire lake. A few years ago the Board realized it would be good to have some additional

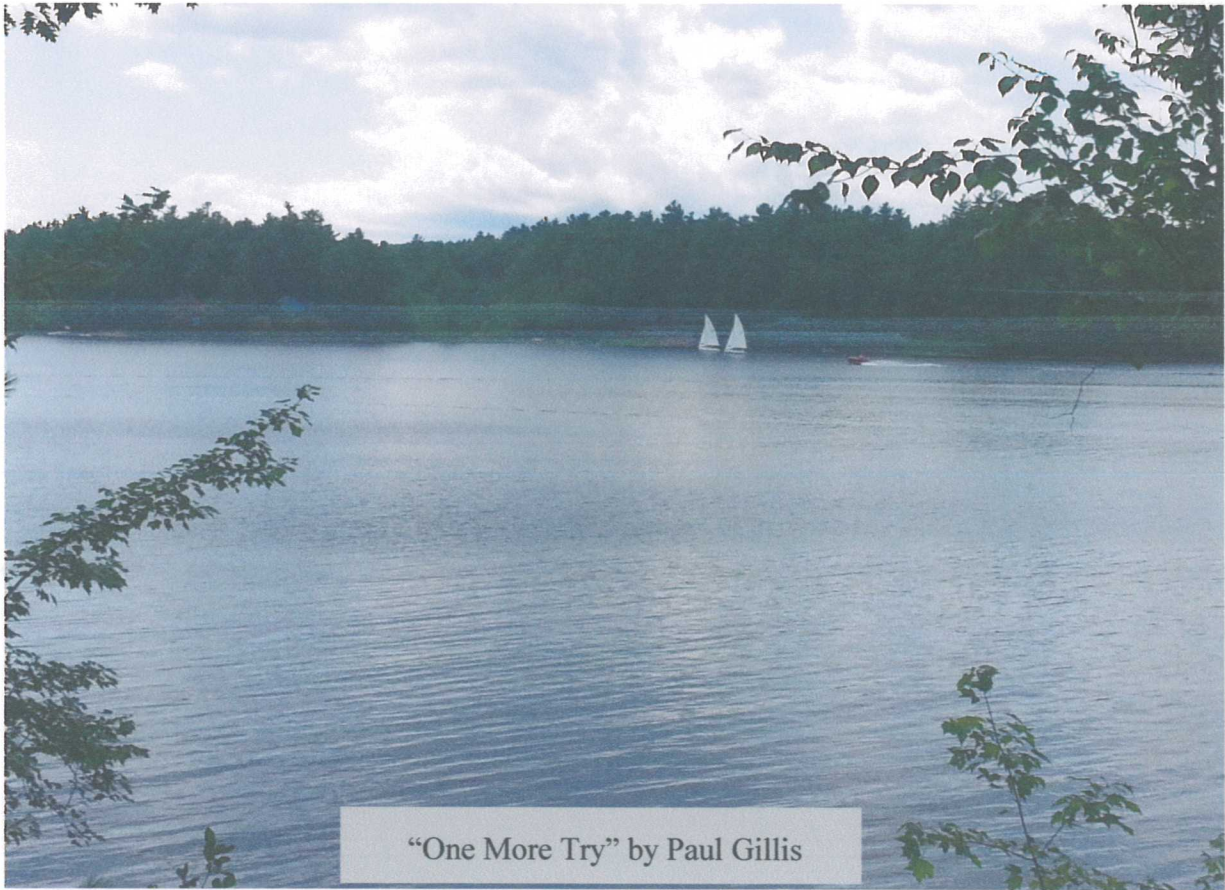
funds to support our programs, and we held successful fundraisers in 2011 and 2012. With these funds we were able to host two excellent training programs on lake survey processes and aquatic plant identification taught by the Maine Volunteer Lakes Association for the SDLA volunteers and members of other lake associations from the area. We purchased materials for the IPP, and SDLA members volunteered to make scopes and other equipment that is needed by our volunteers to complete the invasive plant surveys. We were recently approached by the New Gloucester Environmental Conservation Committee (works with town managers and planning board) and were asked if the SDLA would participate in their group. One of our members volunteered to represent SDLA in their group.

This seems like a perfect time to take a moment to appreciate all the things that we have been able to do as a volunteer organization. I invite all involved with the SDLA to pat themselves on the back and have a toast to our accomplishments. If we are lucky this will continue for many years to come, and Sabbathday Lake will remain clean and clear for everyone to enjoy.

Thank you, Chris Ricardi



Photo by Jessica Smith



## **INVASIVE PLANT PATROL**

by Mike Cloutier,  
Sabbathday Lake IPP Coordinator

Hello to all the members of the Sabbathday Lake Association and all interested parties as well. The SDLA Invasive Plant Patrol (IPP) had a busy and productive summer of 2013. We started with an IPP Summer Kickoff meeting in July to review upcoming survey procedures and to inventory the equipment necessary for an effective and efficient survey. This meeting was held at the Outlet Beach. We also had an aquatic plant display set up at our August Lake Association meeting which provided those in attendance with an opportunity to identify various plant species found in the lake. All plants were native, and we also provided printed aids for easy identification. Many in attendance found the display interesting and informative. I am also pleased to announce that we had three new members step forward and volunteer to survey sections of the lake which were not covered last year. They are John Morris, and Don and Diantha Grant. Welcome aboard!

The IPP Team also participated in the New Gloucester Family Fair again this year, in the Sabbathday Lake Association booth. We had a nice display of our equipment and descriptions of the IPP activities. Many from our IPP team volunteered to participate in the display booth which was inside the main tent this year, and we had a nice group of visitors.

One of the goals of the IPP team this year is to identify as many native plant species as possible which are visible in each sector of the lake. This will enable the Lake Association to create a catalog of existing plants which can be used as a bench mark to compare against surveys in the coming years. The lake has been assigned 28 sections which make it easier to survey. We are also considering doing a photo catalog as well.

I am collating the data from the surveyors as we go to press and am happy to report that no invasive plants have been found as of this printing. I will give you an update in the spring newsletter. Winter well!

# Where is that red Hobie Cat?

by Diantha Grant

So many of you knew my dad, Bob Hawkes. He sailed this lake for many years and his red Hobie Cat was a common sight. He was unable to sail the last few years of his life, for various reasons, but the Hobie Cat lives on. So when you see us sailing it (maybe next summer), I hope that you will think of him. He loved this lake and the impromptu races he had with Don Grant, Richie Chamberlain, and others. Here is a little information about him that maybe you didn't know.

Robert Charles Hawkes was born in Biwabik, Minnesota on October 23, 1921 and died on July 18, 2012. His parents were Lt. Col. Howard G. Hawkes and Hazel Manchester Hawkes. During the next several years, the family moved to various locations including Illinois, Maine and Massachusetts. At the age of nine, the family was living in Concord, Massachusetts where Bob entered the third grade and continued living there through high school. At Concord High School, he won two letters in football, one letter in basketball, and four letters in track and was captain of the track team for two years. He entered Springfield College and was on the football team and freshman swimming team for one year. Because he worked his way through college, he was not able to play more sports due to time constraints.

During World War II, Springfield College was closed down. Bob was drafted into the Army Air Corps his junior year where he served as a survival aquatics instructor for three years and then returned to Springfield to complete his education and earning a B.S. degree in physical education and recreation in 1947. He taught physical education and coached several sports for six years and then took a position as superintendent of Opportunity Farm for Boys in New Gloucester, Maine. During the summer of 1958, he was injured at the T-7 level when a hay conveyor fell on him and broke his back and severed the spinal cord. He was 36 years old.

After rehabilitation at Massachusetts General Hospital, he entered and competed in the 1959 and 1960 National Wheelchair Games which were then

held on the athletic fields near the Bulova Watch Factory in Flushing, New York. He won three swimming events and was selected to the first United States Wheelchair Team to compete in the International Stoke-Mandeville Games held in Rome after the regular Olympics. (The term Paralympics was not used until 1964 because only spinal cord injured and post-polio wheelchair athletes were in the competition). The term was first used by Sir Ludwig Guttmann founder of the games who coined the phrase from paraplegic. Now that many types of disabilities compete, the term means parallel to the regular Olympics.

Over the years, he not only competed in the Paralympics, but competed in sailing races and road races. He was almost 80 when he had to stop competing. He won many awards and was a member of the National Wheelchair Athletic Association Hall of Fame, the Maine Sports Hall of Fame, received the Humanitarian Award from the Achilles Track Club of New York, the New England Wheelchair Athletic Association Hall of Fame, the Athletic Hall of Fame of Springfield College, and the North Yarmouth Academy Athletic Hall of Fame, and received a Varsity "I" from the University of Illinois, to name just a few. He died on July 18, 2012.

He was a role model and inspiration and his presence on the lake will be missed. I think Richie Chamberlain said it best:

"Bob had a big impact on my life through sailing on Sabbathday Lake.

"I first met him in the late 70's on the lake, when I was a teenager sailing my dad's Hobie...

Over the next 20 years I would always look forward to seeing Bob on the lake, dancing with the wind ...

The two of us would always try too "lure" the other guy out onto the water... If I saw his sail, I would drop what I was doing and sail out after him... He was always faster and craftier... Those are some of the best times of my life...

"Someday when I am out sailing again he will be there... I will see him ripple across the water, blowing my telltale...He will be the wind in my face..."



Bob Hawkes

Tom and Mary Beth Johnson made a donation in memory of **Dr. and Mrs. Linwood Sweatt** with this note:

They were pioneers in the development of the Sunset Shores and Black Point sections of the lake. They were ahead of their time in the way they had the deeds written. Each lot had a 100 foot minimum of lake frontage. That owner could only build a single family dwelling with a noncombustible roof and the septic system had to be a certain distance from the high water mark. A great deal of land was nonbuildable and included acres of marshland and wooded areas.

They should be remembered for their conservation efforts! They were the grandparents of long time lake dwellers Steve Driscoll, his sister Diane and his cousin Suzie Hawkins (who all grew up on Sunset Shores.)

8/5/2013

Dear Editor,

Once again, I am reminded of what a great lake community we have.

The recent storm exposed our lack of securing our canoe, and it drifted away. Two paddles around the Lake turned up nothing. Neighbors near and far offered to keep an eye out. Someone thought it was seen near Turtle Creek...

Posters were put up and within a few hours a long

time lake resident called, having found it adrift but not knowing whose it was.

Things I learned or was reminded of:

- 1) We enjoy a great lake community with folks who look out for themselves and each other.
- 2) Putting your name and phone numbers on your watercraft, tubes, and canoes will help others help you.
- 3) Having photos of things helps locate them when they become lost.

Thanks to all who helped in our search.  
Paul & Carol Gillis

# Courtesy Boat Inspection Program Update

by Lillian Nayder

For the Courtesy Boat Inspection season of 2013, we once again received a modest grant from the Lakes Environmental Association and the Maine DEP to help fund our program at the Outlet Beach Boat Ramp. Between Memorial Day and Labor Day in 2013, 152 boat inspections were performed by Lake Association workers and volunteers, including Jesse Ricardi, George Johnson and Krista Desjarlais. That number is up markedly from the 2012 season, during which 108 boat inspections were performed – and from the 97 performed in 2011 and the 103 performed in 2010. In 2013, inspectors found no plant material on boats entering or exiting from Sabbathday Lake.

Boats have come to Sabbathday Lake from the usual places – Thompson Lake, Sebago, Little Sebago, Lake Auburn, Range Pond, Crystal Lake – but also from some water bodies we’ve heard mentioned less often (or never) in the past, such as Caribou Lake, Long Lake, Moose Pond, Panther Pond, Trickey Pond, Tripp Lake, and Brassua Lake.

I would encourage everyone to remember that we need to be vigilant in watching for aquatic invasive plants. Boats put into Sabbathday Lake from nearby water bodies that are infested with Variable Leaf Milfoil, including Sebago, Little Sebago (which has a VLM hybrid), Lake Auburn, and Thompson Lake. In most seasons, in fact, nearly one out of every dozen boats comes from Little Sebago. Although the infested lakes closest to Sabbathday contain Variable Leaf Milfoil, Hydrilla has been found in Pickerel Pond (Limerick) and Damariscotta Lake (Jefferson). A total of eleven invasive aquatic plants are now banned in Maine, including the five that have been documented in the state’s public waters: Curly-leaf Pondweed, European Naiad, and Eurasian Water Milfoil in addition to Hydrilla and Variable Leaf Milfoil. Invasive aquatic plant removal is a labor intensive and an expensive enterprise, so it is in our best interests to keep the invasive species out of Sabbathday Lake if we possibly can.

## Environmental Resource Committee by Alan Gregory

As a product of the August 2013 Sabbathday Lake Association Meeting, the SDLA formed an environmental resource committee to monitor and assess work planned to remediate findings identified in the watershed survey report. The committee is working with land owners and officials within the town of New Gloucester, Cumberland County, and the state of Maine to identify projects that will sustain the quality and health of Sabbathday Lake and the surrounding watershed.

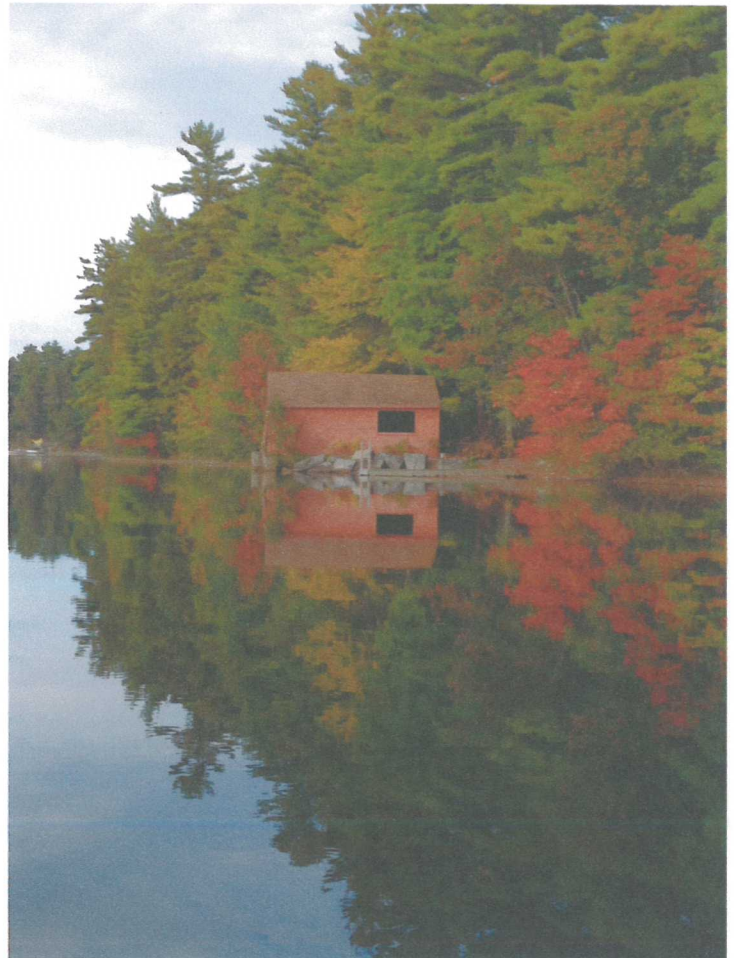


photo by Diantha Grant

# Sabbathday Lake Association Annual Membership Dues 2013

**AMOUNT: \$15**

**Additional donations welcome!**

Please send annual dues to: SDLA, ANNE MAURICE, 10 CUSHMAN DRIVE  
NEW GLOUCESTER, ME 04260

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

SDLA is a 501(c)(3) corporation. Your contributions are tax deductible.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

TELEPHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

\_\_\_\_ ADDITIONAL DONATION FOR INVASIVE PLANT PATROL ACTIVITIES

### **Benefits of belonging to the Association:**

- ◆ News about what's happening around the lake
- ◆ Social gatherings to meet your neighbors
- ◆ Water quality testing
- ◆ Environmental Improvement Activities
- ◆ Web Site: <http://www.sabbathdaylakeassoc.org/>

### **A Memorial Donation**

At times a member makes a donation to the SDLA in memory of a special person who has passed away. It is a wonderful gesture. As a 501 (c) (3) organization, the Association can accept tax deductible donations of this kind and we offer it as a fitting way to remember someone who loved Sabbathday Lake.

### **Stories for the Newsletter**

Please feel welcome to e-mail stories or photos for publication in the SDLA News to: **[cfortier2@live.com](mailto:cfortier2@live.com)**

Thank you.



“Spectacular”

by Carol Gillis