

Sabbathday Lake News

FALL 2015

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SOMETHING NEW

By Chris Ricardi, President

At some point each fall I find myself looking back at the summer season and thinking about things done and not done. Maybe I completed a big job at home like painting the house or finishing a renovation, or maybe there was a travel adventure. Looking back at this summer I couldn't think of anything that stands out. The summer seemed to fly by with little fanfare.

However, I am glad to say that the Sabbathday Lake Association did do some noteworthy things this year. Thanks to director Alan Gregory, our website is up and running!

The website has many practical applications that we began to see. We are now able to post information on our projects and events so our members have easy access to information on the organization. There were numerous cases where we were able to point members, town officials, and other people in the greater community to information on what we do including the courtesy boat inspection process, the invasive plant patrol (IPP) and our water quality initiatives. We have begun to

receive email inquiries from a variety of people and groups., including an inquiry from a local science teacher about SDLA providing information on lake conservation for his science classes. Environmental education is one of our primary goals as an organization and this opportunity came to us via the contact link.

We had enough volunteers to complete a full survey of the lake for invasive plants again this year. It is a really great thing to be able to do this, and the association is very thankful for having the volunteers come back for another year. Mike Cloutier provides the details on the IPP work completed this summer in his article.

We also began to explore ways to have our members think about things that we all can do to help protect the lake water quality on our own properties. We offered matching grants for those who had areas where buffer plantings might help reduce erosion or filter runoff. A few homeowners were interested, but it became clear that we needed something in addition to this if we wanted to advance this further. We talked about the Maine Lakes Society (MLS) LakeSmart



program with our members at the annual meeting, and we invited Cheryl Daigle from the MLS to speak at our August meeting. In September the SDLA board voted to officially join LakeSmart.

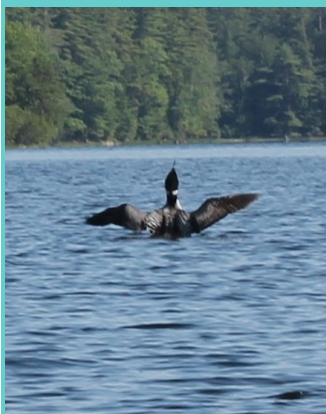
The value of LakeSmart is that it is already established and we don't have to reinvent something. And we will be joining 45 other lake associations in our effort to promote good shoreline and watershed practices at Sabbathday Lake. Another great thing is LakeSmart is entirely a volunteer program. Those of us who want to have our property evaluated and get feedback on how we are doing will be able to do that over the next few years. Several members have already requested LakeSmart evaluations and we plan to start these this fall.

(continued on page 2)

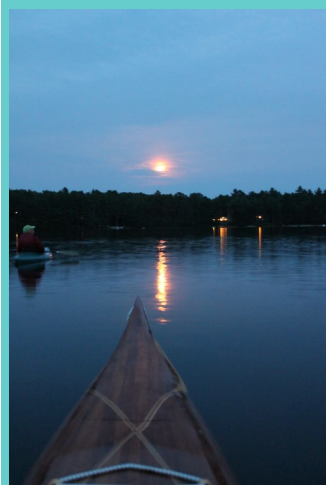
Photos by Diantha Grant



Morning Paddle
July 11, 2015



Getting a little too close!



Super Moon Paddle
August 29, 2015

Lakeshore property owners sometimes become concerned about lake foaming. However, most foam observed in lakes and streams is a product of nature; foam is not necessarily an indicator of pollution. Small trout streams, for example, often have naturally occurring pools of foam where fish will hide.

What causes the foaming of surface waters on lakes?

The foaming of surface waters on lakes is not a new phenomenon. It is a natural process that has been going on for a long time. Foam is created when the surface tension of water (attraction of surface molecules for each other) is reduced and the air is mixed in, forming bubbles. Man-made agents can also reduce surface tension.

All lakes contain organic matter, such as algae and plants, and when these decompose they release cellular products (surfactant) into the water, which lessens the surface tension. When the wind blows, the waves on the lake agitate this surface agent, thus transforming it into sudsy white foam. Currents and boats also mix air with the organic compounds present in the lake to produce foam.

In the late 1950s and early 1960s, many communities experienced tremendous foam problems in lakes, rivers, sewage treatment plants, and even in drinking water from contaminated wells. This foam was caused by synthetic laundry detergents that were highly resistant to chemical breakdown, and only slowly degrada-

ble (broken down by bacteria). By law, the sudsing agent of all detergents now on the market must be biodegradable. This means that they quickly lose their ability to cause foaming and are unable to produce the long-lasting foam found along many shores.

Where is lake foam found and what its like?

The foam will frequently form parallel streaks in the open water, caused by wind-induced surface currents. It will also collect in large quantities on windward shores, coves, or in eddies. Natural foam has a somewhat earthy fishy aroma and may have an off-white, tan, or brown color. Detergent foam in contrast will have a noticeable perfume smell, and is usually whiter in color.

(SOMETHING NEW, from pg 1)

The SDLA has set aside funds to cover the costs of getting these evaluations rolling, and we will continue to offer matching grants for buffer plants and possibly other forms of incentive depending on how the process evolves. I invite you all to be curious and check the website information on LakeSmart under the *What We Do* header. We also want to thank our directors Diantha Grant and Ruth York for offering to coordinate this for the organization. They have attended

some training events this year and learned a great deal about LakeSmart. Without their interest and volunteering, our participation in LakeSmart would not be possible.

I hope that all of our members have a wonderful fall and winter. Let's enjoy the lake and do all that we can to help keep it as clean and clear as it is today.

** Editor's Note: We would be remiss if we did not mention Joan Cloutier and her past work on the website. Thank you Joan!*



To request a LakeSmart review for 2016, please review the documents on the website, then email Diantha or Ruth dondigrant@gmail.com yorkr65@gmail.com

Let's make it a goal to have the LakeSmart sign on every waterfront property by 2020!

To find out more about the Sabbathday Lake Association, as well as contact information, the services and information it provides to property owners or others interested in our Lake . . . Visit our Website

www.sabbathdaylakeassoc.org



CBI—Courtesy Boat Inspection—UPDATE

By Lillian Nayder

In 2015, the Sabbathday Lake Association once again received a grant from the Lakes Environmental Association and the Maine DEP to help fund our Courtesy Boat Inspection program at the Outlet Beach Boat Ramp.

In an inspection season that began before Memorial Day and that ended after Labor Day, 228 boat inspections were performed by more than half a dozen inspectors, including Jesse and Aaron Ricardi, Christian Ducharme and Krista Desjarlais. Mike Cloutier, Paula Gauthier, and Tom Wilson also kindly took shifts at the Outlet. This year's numbers (228) are roughly equivalent to those from last year, in which 234 boats were inspected. Before 2014 and 2015, numbers were notably lower. In the 2013 season, for example, 152 boat inspections were performed, in the 2012 season, 108 boat inspections were performed – and 97

inspections in 2011. The rise in numbers over the past two years may reflect increased boat traffic on the lake, increased inspection hours and vigilance, or (most likely) some combination of the two. This season, inspectors found no plant material on boats entering or exiting from Sabbathday Lake.

Boats have come to Sabbathday Lake from many of the usual places – Sebago, Little Sebago, Lake Auburn, Range Pond, Crystal Lake – but also from some water bodies we've heard mentioned less often, such as Roach Pond, Maranacook Lake, Notched Pond, Barnard Pond, Forest Pond, Umbagog Lake, Pleasant Lake, Crescent Lake, Lower Richardson, Marshall Pond, Brassua Lake, the Androscoggin River and the Saco River.

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), and Lake Auburn. The Saco River is also infested with VLM, as is Pleasant Lake. The infested lakes closest to Sabbathday contain Variable Leaf Milfoil, but 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.



VOLUNTEERS NEEDED

If you are interested in serving as a CBI volunteer next summer or would like a pamphlet identifying the infested lakes in Maine, please call Lillian Nayder at 926-5233.



From the Editor

Please send your lake news, stories, photos and corrections to the Editor. Please identify your photos and where they were taken on the lake and will publish with your permission.

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President Chris with program speaker, Cheryl Daigle. Exec. Dir. of the Maine Lakes Society submitted by Anne Maurice



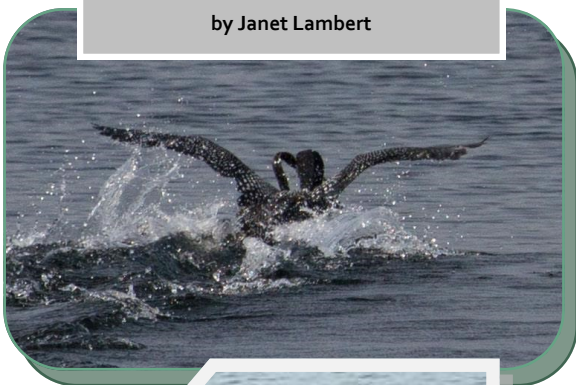
Mike Cloutier sharing our IPP Team of the Year award from the Maine Volunteer Lake Monitoring Program

Photo by Joan Cloutier

Sabbathday Lake News
44 Lake View Drive
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FALL 2015

Loon with Eel
by Janet Lambert

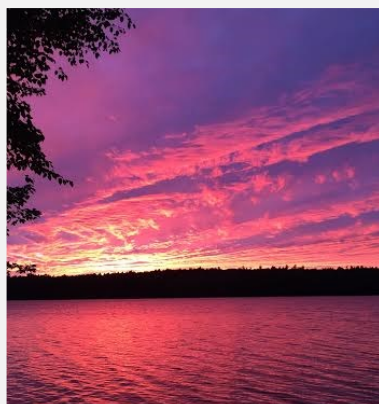


Don Grant
with Reacher
keeping
cool.

By Diantha
Grant



Moments on Our Beautiful Lake



October Painted Sky by Diantha Grant



Carolynn Marsh & Holly
Super Moon Paddle by
Diantha Grant

Loon Parade by Diantha Grant

