

# Sabbathday Lake News

June 2002

## Calendar of Events

### First Summer Meeting

Wednesday  
July 10, 2002

**Where:** At the Grange  
**6:30 p.m.** Pot Luck Dinner  
**7:30 p.m.** Meeting  
**Note:** For the Dinner -  
BYO utensils and potluck  
**Provided:** beverages & dessert  
**Speaker:** Scott Williams and  
representative from the  
Cumberland County Soil and  
Water Conservation District

### Second Summer Meeting

Wednesday  
August 21, 2002

**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

## A note from the editor

Please send contributions, pictures, suggestions, and comments to Cheryl Fortier at [chrfortier@aol.com](mailto:chrfortier@aol.com). Email is the best way to contribute material for this newsletter.



View of Sabbathday Lake Grange

photo by Tom Shupp

## On the Water

Matt Johnson, President  
Sabbathday Lake Association

As another summer approaches there are many things we look forward to doing on the lake. There are also some challenges to face if we really want to conserve this lake for future generations. The Board of Directors has met several times this winter to address two major threats to the lake that we can do something about: the

long-standing issue of non point source pollution and the more recent threat of invasive aquatic plants.

With regard to the former, the water quality report by Scott Williams from last summer showed that overall, "Sabbathday Lake experienced good water quality conditions in 2001, dissolved oxygen levels were average or slightly improved...and Sabbathday Lake remains substantially clearer than the average Maine Lake."

This is good news and suggests that efforts to reduce the flow of

(Continued, p.2)

pollutants into the lake are indeed paying off. At the New Gloucester town meeting on May 6th, the town approved a request for \$1200 to fund the 2002 water quality monitoring, and we remain grateful to the town for its continued support of this crucial data collection. The grant project from the Cumberland County Soil and Water Conservation District will be in full swing this summer to help address some of the problem areas around the lake. (See Jeff Brink's article.)

We have also applied for a grant from the Lakes Environmental Association to help prevent the infestation of the lake by invasive plants such as milfoil. We are hoping to expand our boat monitoring program at the outlet boat ramp this summer in collaboration with the Parshalls at Barefoot Beach. We can all help by volunteering to serve at least a four-hour shift at some point this summer as a courtesy boat inspector to try to avoid this scourge. Let me or Rick Fortier (926-3168) know when you can help. There will also be a milfoil summit to learn everything there is to know about the subject on June 14th at 8:30 am at Lakes Region High School (free and open to the public).

Cathy Cruz is also in the process of developing a website for the Lake Association and we see this as a wonderful way to inform our membership of events and programs. More on this later.

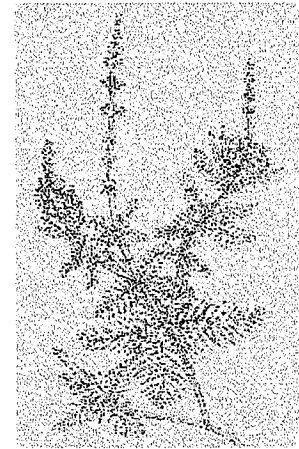
Our first meeting of the 27th year of the Lake Association will be held on July 10. We have invited Scott Williams to join us for a discussion of his work monitoring

water quality and invasive plant prevention. A representative from the Cumberland County Soil and Water Conservation District will also be there to update us on the grant project. We are sorry to have to say goodbye to Jeff Brink who will be leaving the project and we owe him many thanks for his support and direction of this program. We will also be electing a new president as I step down to give someone else a turn after four years at the helm. I will be remaining on the Board of Directors and I will definitely look forward to seeing you this summer on the water.

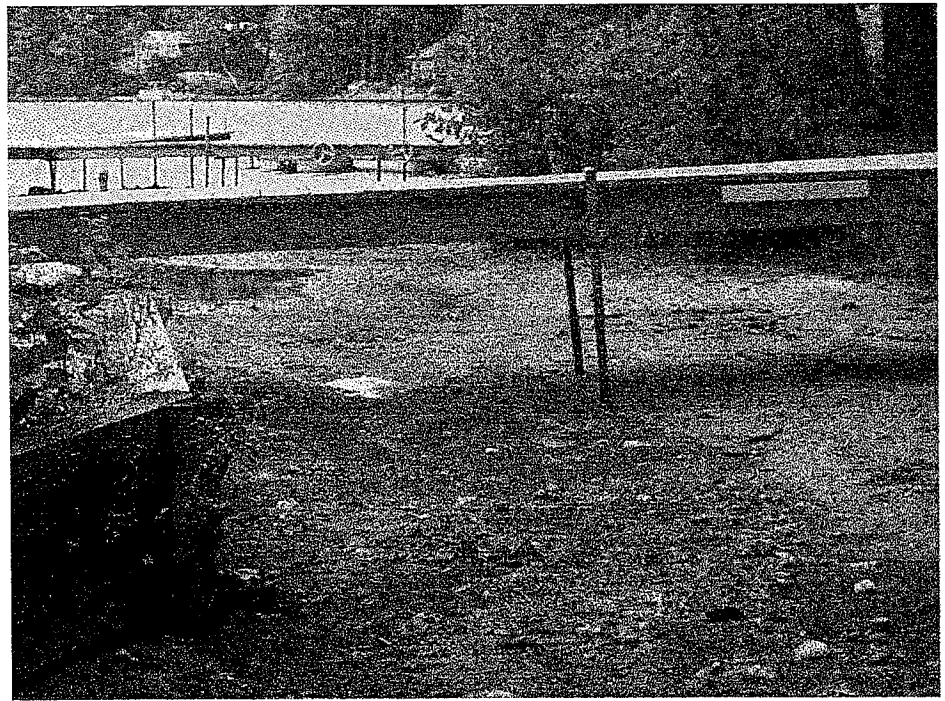
## MILFOIL MONITORING

Notes from Rick Fortier

Thanks to the alertness and initiative of Matt Johnson, the Lake Association has submitted a grant



application for milfoil monitoring. We hope to support monitoring at the boat ramp by Barefoot Beach staff, and will assist in this effort with Lake Association volunteers. Mike Cloutier is planning to do some underwater plant monitoring. Any lake residents wishing to assist should contact Matt (926-5233), Mike (926-5096) or Rick Fortier (926-3168).



Dried up Outlet Stream, Fall, 2001

Photo by Tom Driscoll

## A Summer of Conservation

by Jeff Brink, Cumberland County Soil and Water Conservation District

This summer, many exciting new conservation projects will be constructed throughout the Sabbathday Lake Watershed. The projects are funded by conservation grants from the US EPA, Maine DEP, and Maine Department of Agriculture. These conservation projects will build on our previous efforts to reduce erosion and non point source pollution (polluted runoff) entering the lake. Soil and the phosphorus it holds are the targets of these grants. *Sediment washed into the lake also can create the ideal substrate for milfoil invasion - so there are many reasons to keep soil on the land instead of in the lake!*

First and perhaps most exciting this summer is a crew of young adults known as the Youth Conservation Corps. The Corps will include five crew members between 15 and 17 years old that will be working throughout the watershed from the end of June to the end of July. They will be led by a college-aged crew leader and ultimately by a Corps Director Betty Williams, a seasonal employee with the Cumberland County Soil & Water Conservation District. The crew will plant trees and shrubs, build

stairs, spread mulch, and create drainage ditches for landowners just like you. If your property needs conservation work that will benefit the lake and it doesn't require the use of power tools, then the crew can do it for you! The grant will cover the cost of their labor, and the landowner pays the cost of materials. Sites already scheduled for work include properties on Sunrise Lane, Trues Point, Outlet Road, West Shore Road, and Sunset Shores Road, among others. If you are interested in getting their help, give Mary Gilbertson or me a call at 839-7839 ext. 110.

Secondly, we have a significant amount of funding available for larger scale construction work to fix driveways, gravel roads, eroding banks, and failing culverts that impact the lake. Through the grant, we can pay for up to 75% of the entire project cost of projects benefiting the lake's water quality. Projects which we are hoping to tackle include numerous points on Outlet Road, West Shore Road and adjacent properties, Sunset Shores Road, and Trues Point Road. If you have a project you'd like us to consider for cost sharing, give Mary Gilbertson or me a call at 839-7839 ext. 110.

We are still offering free technical assistance to anyone within the watershed interested in listening to us. We can offer advice on plants to choose when landscaping, camp road repair ideas, and problem solving for slumping banks and washouts on your driveway. Who knows - the problems you show us on your property might be eligible for financial assistance or for help from the Youth Conservation Corps!

On a final note, I will be leaving the District to become a stay-at-home dad to my two 4 month old twin boys. I'll miss working with you, and I thank you all for your help over the past couple of years. All of the Lake Association members have been a pleasure to work with. Mary Gilbertson is my more-than-capable replacement at the District. She is knowledgeable, friendly, and is awaiting your call for assistance at 839-7839 ext. 110. Thanks again for your dedication to conservation.



No Water to Float, Outlet Stream, Fall, 2002

Photo by Tom Driscoll

## TIDBITS FROM AROUND THE LAKE

### DID YOU HEAR THE JET TIMES TWO??

On a peaceful August 26 afternoon, a low flying jet hovered over Sabbathday Lake. It's noise alerted several folks living on the lake. Within minutes another swooping low level jet hovered about 300 feet above the landscape sending several residents scurrying fearful for a pending calamity.

Francis Fellers said he saw it whisk over the tops of the tall pines heading over the lake. Mary Beth Johnson did her homework and sent out a legion of calls for information. After calling Cumberland County Sheriff's Department and the Maine State Police, she was directed to Brunswick Naval Air Station. Just before Labor Day, Public Relations Director at BNAS called to tell her the plane had been "tracked down".

The plane was a fighter jet, EA6B from Squadron VA from Whidbey Island Base in Washington state. The pilot was on a terrain avo.daric training mission. He had taken off from BNAS at 18:05. Sabbathday Lake is actually in what the FAA calls the Condor area because "New Gloucester wasn't that populated". The practice training areas are where pilots get the practice the skills they need to fly in places like Kosovo.

Any complaints can be registered to the FAA at 774-4484, the Portland office, says Johnson. She says the only thing illegal about the incident was that the pilot flew over the same area two times. He has probably been spoken to about this, she says.

### ICE OUT

Here are a couple comments on this year's ice out date. The Fortiers recorded it as March 31. Tom Driscoll writes, "Based upon my canoe ride with John on Sunday, I'd say there was lots of ice still on the lake, although we made a good icebreaker team with the canoe. I'd say it was out on Monday April 1." Norm Chamberlain notes on April 2, "As for ice out, I have recorded it as March 31. That was when I don't

see much ice in front of my house. That's been our unofficial determination over the years. Last year I had April 27, and the year before it was March 31. I have one recorded on March 16 from the mid 80's. We should be looking for the loons today or tomorrow. I read somewhere that they return to their lake within 3 days of ice out."

### WILDLIFE SIGHTINGS

From: Paula.F.Gauthier, April 28, 2002

I saw my first robin on Saturday March 30th. It was a bit odd because I was getting ready to go skiing a the time. I heard a loon for the first time on April 9th. In truth, the Chamberlain twins heard it first and pointed it out to me. I didn't see a loon until April 13th and I have been seeing and hearing them regularly since. I did see a Canada goose on the lake on April 9th.

From: Roy Young, written April 4, 2002

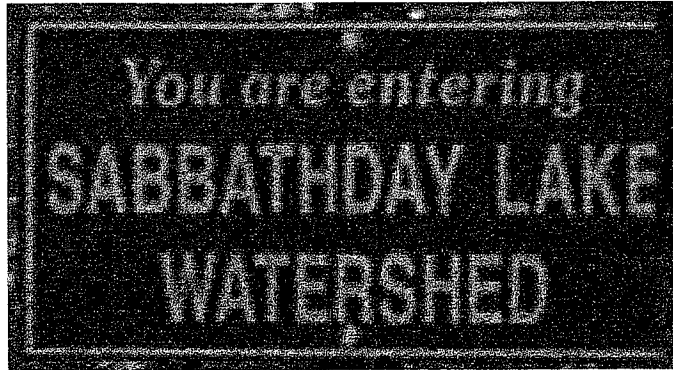
We saw a flock of Mergansers on Easter Sunday. We have seen them in past years about this same time but they do not stay very long. The first time we saw them in front of our cottage each appeared to be floating on a white pillow.

Fred Davis reported seeing an eagle in front of our cottage last week. He called us to see it but we were not home. As we were leaving on Wednesday we heard the familiar cacophonous honking and a large flock of Canada Geese flew over. The same thing happened as we were returning late in the afternoon. They may have been resting at the southwest part of the lake and taking off from there.

The strangest for us occurred last fall. As we were sitting having breakfast we saw what appeared to be a stick moving in the lake and toward shore. Eileen and I watched it for a bit and as it came closer we went out and clambered partway down the bank. We soon saw a huge body attached to "the stick". The next thing we knew we were staring at the largest wild turkey we had ever seen. Dripping wet, he walked right by us and up the bank and through the Johnson yard. At that point we did not know that turkeys could swim and we were amazed at what we had seen.

## A plea for dues

Our Sabbathday Lake Association roster of people who have paid their dues for 2002 is down slightly from 2001. Now is a great opportunity to send in your dues. Anne Maurice, our treasurer, reports that **Nick Karamessinis** is the first person to pay dues for 2002. Anne's number is 926-4732. The money from our dues pays for water testing, some aspects of milfoil monitoring, your newsletter and more.



## Sabbathday Lake Association Annual Membership

Dues 2001

**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
- ◆ Donations are tax deductible

## **Sabbathday Lake News**

**The Newsletter of the**

**Sabbathday Lake Association**

*Please send your lake-related news contributions to the Editor*

Cheryl Fortier  
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New Gloucester, Maine 04260  
(207) 926-3168  
chrfortier@aol.com

### **Board of Directors**

<b>Matt Johnson</b>	President	926-5233	<b>Janet Lambert</b> . . .	Director	926-4069
<b>Nancy Thomas</b>	Vice President	926-3137	<b>Brother Wayne Smith</b>	Director	926-4865
<b>Lori Fowler</b>	Secretary	926-3356	<b>Norm Chamberlain</b>	Director	926-4545
<b>Anne Maurice</b>	Treasurer	926- 4732	<b>Cheryl Fortier</b>	Director	926-3168
<b>Don O'Malley</b>	Director	926-4214			
<b>Ellie Fellers</b>	Director	926-4776			
<b>Paula Gauthier</b>	Director	926-5853			

## **Sabbathday Lake News**

44 Lake View Drive, New Gloucester, Maine 04260