

# Sabbathday Lake News

November 2007

## In My View

Mike Cloutier, President  
Sabbathday Lake Association

After spending the last week working in the desert south west of the USA, it gives me a new appreciation for this beautiful place we know as Sabbathday Lake. Beautiful as the south west is in its

the donuts, coffee and juice proved popular for our Saturday brunch. Our first guest speaker for the August meeting was Trici Rouleau from FB Environmental which does our water quality monitoring and she updated us on the testing procedures and answered questions. Also speaking was Rex Turner, Director of Education for Maine Lake Conservancy. Our final speaker was Susan Gallo, wildlife biologist with the Maine Audubon. She is the Director of the Maine Loon

would make great holiday gifts. The Milfoil committee has been very active at the launch area, providing education and monitoring the boats coming and going at the lake.

A grant writing committee was formed with Munira Naqui as the chair. They currently have 3 members, and will be formulating a strategy for the coming year. This committee will be essential in our efforts to raise additional funds for continuing environmental projects in the watershed. If you are



2007 August Breakfast Meeting of the Sabbathday Lake Association with Mike Cloutier presiding

own right; to me it's not as beautiful as our flora and fauna, especially this time of year. The association has had a busy year in 2007.

We had two excellent association meetings which were attended by many different members, and the pot luck supper was terrific at the first meeting and

Project. All the presentations were enjoyed by all. We try to have interesting as well as educational speakers. If possible please try to attend the meetings next year. I'm sure you will enjoy them.

We are on our third order of Tee shirts which are selling well at the Shaker Community Store. New styles and colors; take a look! They

interested in helping out please contact Munira. She is listed on the back of the newsletter.

We had 4 activities on and around the lake this summer. Paula Gauthier organized 2 paddle activities that circumnavigated the lake and the events were enjoyed

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# Reminiscences from Dan Wheatly

I saw Sabbathday Lake for the first time in 1990, having been led to it by a congenial Auburn Realtor named Dick, who had been scouting affordable waterfront property for me, if there was such a thing. It was a sunny, summer morning, and during the two-and-a-half hour drive up from Massachusetts, I prepared for disappointment. As a greater Boston resident, one expects something sounding this good and being this close to the Hub couldn't be possible. Following Dick's car, I drove past the Outlet and glimpsed the calm, glassy lake to my left. It reminded me of the beautiful lakes in the Adirondacks in upstate New York and the fun I had there as a teenager. A moment later, another pleasant surprise was the cottage, with the 'campy feel' Dick had described. We made our way out the front door towards the lake, and slowed down to take in the effect of the enormous pines surrounding us and creating a cathedral of trees reaching as high as one could imagine. Interestingly, the first 'Wow' factor for me was not the lake but the great trees surrounding it.

The Sabbathday cottage we bought was the first and only one we looked at. Beginning In 1991, my wife Brandy and I and our two young children have come up each weekend beginning on Memorial weekend and ending in October. Our children were aged four and almost two years old then, and they have grown up absorbing and living the equation that summertime means enjoyable weekends and vacations at Sabbathday Lake. The lake has

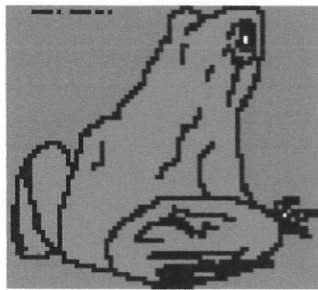
given each of us different experiences. I grew up spending the summers on the Finger Lakes in upstate New York. Formed by the receding ice-age glaciers, the lakes are long, deep, and cool. The shores are rocky, and 'beaches' are weathered shale. Recreation on the lake is great, but not an everyday opportunity. Frequent Northern breezes coming off the lakes cool the area considerably, and large, choppy waves often prohibit enjoyable boating. I remember how the warm, calm days there were to be treasured, and the drone of the outboard motors would come early as a calling to seize the day's opportunity. By contrast, a 'perfect' day is an average day at Sabbathday Lake, which still surprises me, even after 17 years. It's as if a friendly spirit inhabits the lake and as each day breaks, to stretch its arms to corral the good weather



Will Cloutier, Ben and Liz Wheatly and Mary Cloutier, photo by Dan Wheatly

so everyone can trod out across the pine-needle carpeted ground under the canopy of trees down to the gentle waters of the lake, to relax, enjoy, swim and otherwise plod about the water on this day, and most any day, without hurry or concern, as we have a timeless gift.

It has been especially fun seeing our kids grow from toddlers to young adults and develop a love for the lifestyle and experiences at the lake, which has no doubt been experienced in other families countless times over. I remember our very first foray into the woods as a family was to see 'the Waterfall'. As we trekked down the path our 4-year-old daughter Liz expressed concern that the 'house' was 'missing a TV set' and urged me to correct that. This type of desire quickly gave way to the fascination with the woods, water, and wildlife. We've sighted no moose or black bears yet at Sabbathday, but a variety of bugs, beetles, salamanders, frogs, snakes, fish, and turtles are happily at eye level to curious children. Each new discovery or noteworthy place was pasted into a mental scrapbook, and often given a name, invented on the spot. The cove that is formed by Loon Point was 'Angel Cove', because we figured if there were angels at the lake that's where they would live. Trolling in Angel Cove, we repeatedly saw a large painted turtle that would dive under our dinghy (there goes 'Big Guy'!). Around Loon Point to the South near the old, collapsed Shaker camp is a beach in the corner of the cove that regularly features (1) all of the debris that comes floating down the lake, and (2) A profusion of 'peepers', which are tiny frogs the size of aspirin tablets that endlessly hop about the beach like Mexican jumping beans through the month of July. There also used to be a tiny 4-foot-wide pool just over the shoreline with a small population of highly unusual adult frogs. If a twig were extended over the pool, the frogs would suddenly spring and aggressively attack the intruding item in great imitations of mini-mountain lions. We dubbed them the 'Ninja Frogs', and thus that area was, and is, 'Ninja Frog Beach'.



I'll bet a lot of the lake residents share my feeling that you're not really at the lake until you're out on the water. I remember taking our son Ben out in our dinghy with the 4-horse Evinrude for his first boat ride. He was still one year old then, not talking much yet, but physically well-coordinated and a very aware little kid. As I cranked up the engine and we pulled away from the shore he looked about the lake, broke

into a broad smile, and gave me a knowing look, which I returned, confirming, 'Yep, this is what we live for'. Later, I showed him how to take the motor handle and drive the boat. I still kid him about how he drove a boat before he learned to talk. Thirteen years later, we pulled away from the dock at Outlet Beach in the maiden voyage of the 11-foot wooden runabout we'd built together, and as Ben gunned the engine and brought the boat out on plane, a pair of loons swooped down and, incredibly, flew right alongside us for a ways, as if they knew the magic of the moment and wanted to share in it.

When the Cloutiers moved into their West Shore Drive cottage in 1995, our kids suddenly had Maine best friends in their kids, William and Mary. The kids went off to recreate morning to night, boys and girls separately, for, oh, about the next nine or ten years. The toys went from bug jars and swim rings to bicycles, tents, boats, wake boards, and fishing poles, as well as various inflatables used for 'tubing': the wet, wild, lake-wide activity of choice that has almost, but not quite, killed off water skiing. If you're paying attention, you see Margo (from the Outlet Beach), the uncrowned lake champion water-skier, acrobatically ski up and down the lake at least once a year so one can see how it's really done.

It's hard to imagine what life would be like without the experience of having the city skyline in your rearview mirror and coming to Sabbathday Lake. I remember talking with my wife Brandy after a few years had ticked by that going to Maine was the one thing, and only thing, that every member of the family always wanted to do whenever we could. Our neighbor Mike Cloutier, a great friend and Maine native, talks knowingly about all the great places in the state we can go visit, and we have a running joke: when we've arrived at Sabbathday, we're already there. We have had such a rich experience from our spot on the Northwest shore of the lake that it seems unbeatable, but one knows from the Red Sox games at Fenway Park that trying a seat in a different section gives you a whole new view, and a fresh experience. I know from talking to folks around the lake that they have their own great times, and have a bunch of great stories and experiences to tell as well. Sabbathday Lake is aptly named as its experience is truly a blessing.

## View cont. from p.1

by all. This is a terrific way to explore the lake in the morning, a quiet calm time of the day. Watch for the dates for next year. Anne Maurice organized 2 peddle events that circumnavigated the lake via the roads surrounding the lake. This is a wonderful way to explore the lake at a much slower speed. It's also great exercise. Watch for the dates next year.



Chris Ricardi, Lake Association Board Member and speaker, Rex Turner, Maine Lakes Conservancy

As an association, we provided financial support to groups that are working to support our efforts as well as protecting Maine's lakes as the valuable natural resources that they are. We have supported the Royal River Youth Conservation Corps. ([www.royal@maine.rr.com](mailto:www.royal@maine.rr.com)) which has completed conservation projects around the lake and its watershed. We have also supported the Congress of Lake Association ([info@mainecola.org](mailto:info@mainecola.org)) which acts as an advocate for all the lake associations in Maine. The executive director Molly Shannon gave a wonderful presentation at our association meeting in August 2006. We are also supporting Lakes Environmental Association ([www.mainelakes.org](http://www.mainelakes.org)) which sponsors the Maine Milfoil summit in March every year. They are also in the forefront in the war on Milfoil in Maine, both on education and eradication.

As I have mentioned before, the Sabbathday Lake Association has been approved for a watershed survey by the Maine DEP. We are currently awaiting the final approval and any changes and updates. This is a terrific opportunity for the SDLA to do a detailed study of the watershed and identify areas that are a source of None Point Source Pollution (NPSP). These areas of NPSP have a damaging impact on the lake in many different ways. Many of these areas of concern can be corrected and that is why we have asked DEP for funding and technical help in correcting these problem areas. This survey will take place during the spring runoff (April or May). This survey will require some volunteers to complete and several members have signed up to help at the last



Susan M. Gallo, Wildlife Biologist, speaking on "The State of Maine's Loons" in August 2007

meeting. The survey itself will be completed in one day and then the data will be formulated and sent to the state for evaluation. If you would like to do your part please monitor our web site

([www.sabbathdaylakeassoc.org](http://www.sabbathdaylakeassoc.org)) for more details as they develop. Contact information will be available in January 2008. Your help will be most appreciated; after all, you have a vested interest in the outcome of this survey. Please volunteer your time for this most worthy cause. As always I welcome your thoughts and concerns. Please let me know what's on your mind.

It gives me great pleasure to welcome two new members to the Board of Directors Ruth Faut and Sharon Scannell. Both have a history with Sabbathday

Lake and we have enclosed some history about them as well.

As Joan and I close up the camp for another year we reflect on how wonderful this place we call Sabbathday Lake really is. I hope you have a joyful holiday season and I look forward to seeing you all next year.



Mike Cloutier and Paul Gillis in Mike's new sailboat - photo by Paula Gauthier

# Sabbathday Lake Association Annual Membership Dues 2007

**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 \_\_\_\_\_

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## **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
- ◆ Board of Directors who meet year round



Here's a picture of the group who took the bike trip around the lake on Saturday, July 14.

# 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](mailto:cfortier@maine.rr.com)

### **SABBATHDAY LAKE ASSOCIATION**

#### **Board of Directors**

<b>Mike Cloutier</b>	President	782-9720	<b>Brother Arnold Hadd</b>	Director	926-4865
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