

# Sabbathday Lake News

June 2010

## Calendar of Events

### Annual Meeting

**Wednesday, July 14, 2010**

**At the Grange  
Potluck Dinner  
6:30 p.m.**

**BYO utensils and pot  
luck.**

**Provided: beverages**

**7:30 p.m.  
Business Meeting  
Election of Officers**

\*\*\*\*\*

### August Meeting

**Saturday, August 21, 2010**

**Coffee and Donuts**

**At the Grange  
9 am - 11 am**

**program to be announced**

## Sabbathday Lake Gets its Own Invasive Plant Patrol

by Mike Cloutier

After attending the Maine Milfoil Summit this spring at the University of Maine Lewiston/Auburn campus I have come to one conclusion. There are three steps that we need to take in order to keep Sabbathday Lake the pristine beautiful lake that we all love. Number One: Keep invasive plants out of the lake. Number Two: Keep invasive plants out of the lake. Number Three: Keep invasive plants out of the lake. If an invasive plant gets into the lake and starts to proliferate, then we will have many serious and expensive problems to deal with.

That's where the Invasive Plant Patrol (IPP) comes in. It is absolutely essential that if a plant makes it into the lake, it is discovered and eradicated immediately. Last year at the August association meeting we

discussed the formation of the Sabbathday Lake Invasive Plant Patrol. I am happy to say that we had 14 individuals volunteer to participate in this worthwhile project. Working with Roberta Hill at Maine Volunteer Lake Monitoring Program and Cheryl (see Patrol next page)

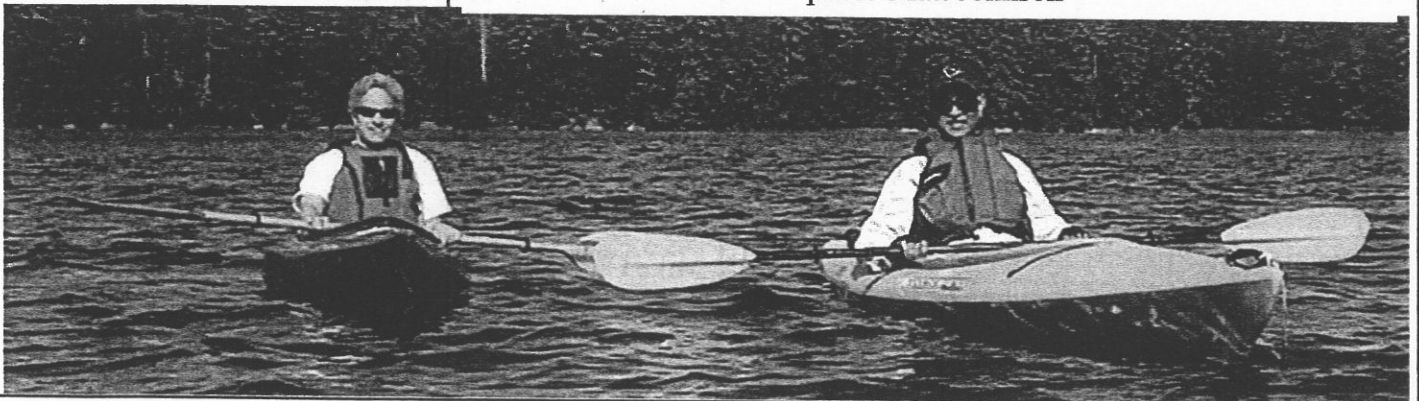
### **Invasive Plant Patrol Field Methods Workshop**

**Saturday, July 24, 2010**

**8:00 AM to noon  
Sabbathday Lake  
Outlet Beach**

This workshop is hosted by Sabbathday Lake Association and possibly the Crystal Lake Association as well.

Paula Gauthier and Ali Naqui enjoy kayaking on the lake  
photo Matt Johnson



## Sabbathday Lake News

The Newsletter of the

Sabbathday Lake Association

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

by E-mail to Cheryl Fortier, [cfortier2@live.com](mailto:cfortier2@live.com)

### **Sabbathday Lake Association SDLA**

#### Board of Directors 2009 - 2010

<b>David Becker</b>	<b>President</b>	926-5158 RI: (401) 334-7345
<b>Sharon Scannell</b>	<b>Vice-president</b>	926-6077 (603) 475-3072
<b>Anne Maurice</b>	<b>Treasurer</b>	926-4732
<b>Kathy Cruz</b>	<b>Secretary</b>	926-4296
<b>Paula Gauthier</b>	<b>Director</b>	926-5853
<b>Brother Arnold Hadd</b>	<b>Director</b>	926-4865
<b>Ellie Fellers</b>	<b>Director</b>	926-4776
<b>Matt Johnson</b>	<b>Director</b>	926-5233
<b>Chris Ricardi</b>	<b>Director</b>	926-3721
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<b>Cheryl Fortier</b>	<b>Director</b>	926-3168
<b>Mike Cloutier</b>	<b>Director</b>	782-9720

## **ICE OUT DERBY**

Sent: Saturday, March 20, 2010 7:47 PM  
Subject: Ice out at Sabbathday Lake

Dear all: By sunset today, the first day of spring, the ice was virtually all gone and two loons were spotted off the north shore. Time to ready the canoes.

Here are the entries: Tahlia Chamberlain: 3/19  
Matt Johnson: 3/21  
Norm Chamberlain: 3/22  
Janet Lambert: 3/27  
The McNallys: 4/1  
Rick Fortier: 4/1  
Chris Ricardi: 4/2  
Cheryl Fortier: 4/5  
Nick Karamessinis: 4/7

Since ice out is March 20, Matt Johnson and Tahlia Chamberlain are the winners.

See you all this spring & summer on the lake.  
Rick Fortier

(cont' Patrol from page 1)

Welch at the Crystal Lake Association. I am happy to announce that the Sabbathday Lake Association will host the Invasive Plant Patrol Field Methods Workshop. The Invasive Plant Patrol Field Methods Workshop provides on-lake instruction and practice conducting invasive aquatic plant screening surveys. The course was designed as advanced training for those who have already attended the introductory IPP workshop; however, previous workshop experience is not a prerequisite. Shallow draft boats (e.g. canoes, kayaks, inflatables) are required. Extra boats may be available upon request.

Invasive Plant Patrol workshops are provided, free of charge to participants, by the Maine Volunteer Lake Monitoring Program Center for Invasive Aquatic Plants. IPP workshops are funded in large part by a grant from the Maine Department of Environmental Protection with funds generated by the Maine Lake and River Protection Sticker Program. Additional support for the workshops comes from foundation grants, private donations, and the generosity of local sponsors. Sponsoring Lake Associations will be required to contribute a base fee this year.

Mark your calendars now and more details will be provided at the July Lake Association meeting. Additional information as always will be on the Association web site, <http://www.sabbathdaylakeassoc.org/>. This is a terrific opportunity to work together in our efforts to protect this wonderful natural resource. We are also very lucky to have the training provided at our own location. I look forward to working with all of you in this exciting new program. I have included those that have already signed on and if anyone else is interested to join your neighbors in this conscientious endeavor please let me know at 926-5096.

Already signed on, Dave and Beth Steele, Ellie Fellers, Paul Gillis, Mary Cloutier, Ali Naqui, Sheila Giancola, Mary Beth and Tom Johnson, Jen Carey, Stu Belden, Janet Lambert, Mike Cloutier, Sharon Scannell and Cheryl and Rick Fortier.

See you on the water,

Mike Cloutier

## SDLA CALENDAR OF EVENTS

When	What	Where
Wed., July 14 6:30 p.m.	SDLA Annual Meeting & Potluck	Grange Hall
Sat., July 10 8:00 a.m.	Paddle Group	Outlet Beach
Sat., July 17 8:00 a.m.	Pedal (Bicycle) Group	Grange Hall
Sun., July 25 7:30 p.m.	Full Moon Paddle (moonrise 7:56pm)	Outlet Beach
Sat., July 31 8:00 a.m.	Peddle Group	Grange Hall
Sat., Aug 7 9:30 a.m.	Breakfast Cruise **	Outlet Beach
Sat., Aug 14 8:00 a.m.	Paddle Group	Outlet Beach
Sat., Aug 21 9:00 a.m.	SDLA meeting	Grange Hall
Sat., Aug 21 4:00 p.m.	SDLA Cookout	To Be Announced

\*\* RSVP for the Breakfast Cruise only. Please call Sharon at 603-475-3072 or email to Sabbathday@comcast.net. Check out the website as some events are still in the works.

### SDLA Social/Activities Committee – Join the Fun!

The Social/Activities Committee is in full swing for the 2010 summer season. The goal of this group is to encourage lake owners to get involved in fun things around the lake and get to know your neighbors. If you want to join the committee, contact Sharon at 603-475-3072 or email her at Sabbathday@comcast.net. Please check the website for updates. **If you are on our mailing list we will let you know of any additions or changes to the schedule.**

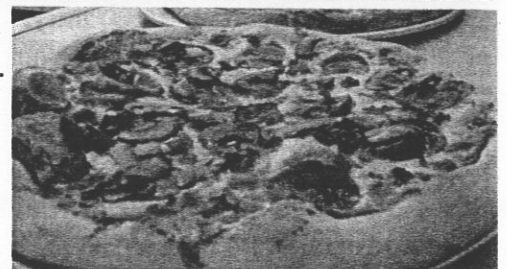
*GREAT FOOD: Pizza, Sandwiches, Burgers, Hot Dogs, Ice Cream, Soda and More!  
BOAT RENTALS: Kayaks, Canoes, Paddleboats • FUN FOR ALL AGES!*



*Open weekends 10am-7pm starting May 29th... seven days a week in mid June.*



*Throughout the years, "The Outlet" has been a special place for many. Whether you're a lake resident, live in the next town or in another state, we welcome you to build memories with us. This is truly a special place!*



*Outlet Beach • 106 Outlet Road • 926-3388 • www.outletbeach.com*

## Water, Water Everywhere: The Shakers and their many uses of Sabbathday Lake

by Brother Arnold Hadd

I thought it might be of interest to members of the Lake Association to learn a little about the uses the Shakers have been involved with at or around the lake over the past 228 years that we have lived here. If I were to get into details I am afraid this would be a book so I will just highlight some of the uses.

Shaker missionaries arrived at Thompson's Pond Plantation and New Gloucester in 1782. They had immediate success in converting five families and within a few short months over 187 souls inhabited the growing site. Those founding families gave their all, which included their lands to form a Community. These lands included the property surrounding Sabbathday Pond (sometimes alluded to as "Sabbaday Pond" a misnomer from the Abenaki for "Sabada" a place of storage).

Our initial interest was not in the lake itself, but in the water that flowed into it. In 1796 we erected our first mill, a sawmill, on the site today known as "Aurelia's Cascade." The building was located on the Great Road from Portland. A few years later we constructed a gristmill and then the first dual purpose mill in this section of Maine. This mill had a breast wheel and that required a great deal more water to power it. In order to secure that flow the Community constructed an earthen dam in 1816. This created a 150-acre millpond whose flow into the lower pond was regulated by a gate. Today we call it the Shaker bog. The source of the water is the headwaters for Sabbathday Lake, i.e., Mosquito Brook, 2 seasonal springs and 3 springs now under water.

In 1853 we built the so-called Great Mill. An overshot wheel powered this, the wheel being 30 feet in diameter. It is purported to have been the second largest overshot wheel in the country. There was so much power that each floor carried on a separate occupation. The first floor was for grist, the second floor had a machine shop, the third floor was for wool carding and the basement is where they made cider and shingles. Eventually they tore down the dual-purpose mill and transferred the sawing operations to the new mill. They also powered the adjacent Cooper's Shop off the same power. The mill

had its ups and down and in 1942 it was shut down. In 1949 Brother Delmer Wilson had it torn down, as he feared a tramp might set it on fire and it also meant one less building to pay taxes on.

Across from where the Great Road intersects with Outlet Road, there is a break in the stonewall. This marks the beginning of the old sheep pasture. The pasture went up to the top of Shaker Hill and along Outlet Road as far as to where Omer Morin and Ken Thurston's homes are today. That land was open pasture through the 1940s. Our flock numbered about 300 and was sent out to pasture once they were shorn in May. They did not return to the Village until October. We phased out of sheep business in the 1850s, but the land was kept open for the use of the cattle into the 1950s. Almost without fail the cow barn's well would go dry each summer and the herd would be walked down to the lake to drink at the Outlet each day. So frequent was this occurrence that the old County Road was known as the "Cow Lane."

By the 1820s the Community had cleared most of the land between the Lake and us. Most of this space was cultivated for our seedbeds. As early as 1800 we were selling herbs and garden seeds throughout the District of Maine into the Maritime Provinces. As the business grew so did our need for larger gardens and we opened more and more land towards the Lake. Following the Civil War we went out of the business as the newly opened western lands were far more fertile with longer seasons and we found we were "crowded out" of the market.

In the 1860s they cleared land right on the shore, as it was sandy and level. The Deacons had been reading that the best potatoes were grown in such soil conditions and the number one crop raised here was always potatoes. The Shakers ate potatoes every single day, in fact at every single meal. However the results were two consecutive years of complete failure. The potatoes were found to rot quickly so the land was allowed to revert to forest along with the old seedbed fields.

The single most continued use of our land has been that of timber harvesting. This practice continues to this day. Early on the Community realized that clear cutting was not advantageous for such a limited parcel of land so the common practice started in the 1890's was to only take trees that were 18 inches in diameter or larger. In this way they were able to harvest in the same area nearly every twenty years. On two occasions we have had to do a great deal more cutting. The first time was in 1954 due to a hurricane and then in 1998 thanks to the ice storm. The hurricane was indiscriminate, but the ice storm chiefly affected our birch and ash trees.

And speaking of harvesting we also harvested multiple tons of the finest, clearest, thickest ice of any Shaker Community. Bragging rights for depth of snow and thickness of ice were duly noted in the Shakers' monthly periodical and Sabbathday Lake never failed to win hands down over all others. We harvested ice at the Outlet as the road ran parallel and it was the most direct way to get the ice back home. We had a large ice house here in the Village and we would sell many tons of ice to dealers in Portland as well as having an ample supply for home use. We stopped the business in the 1920s when electricity and hence refrigeration came into vogue.

It can easily be argued that we have always been entwined with Sabbathday Lake. In 1890 the United States Post Office made it official by changing our name from West Gloucester to Sabbathday Lake. A United States Post Office had been established here in 1860. Evidently mail was being misdirected to West Gloucester, MA too frequently so the Postmaster General chose (without our input) to re-designate us as Sabbathday Lake and with his signature he changed everything. The Sabbathday Lake Post Office was in operation until 1955.

As for enjoying the lake itself that came much later. Beginning in the 1880s the Community began to take some leisure trips. One of the big events of the summer months entailed trips to "Our picnic grounds" on what is currently called Outlet Beach. Here on Pine Point they would put out their lunch made at the Village and enjoy the day fishing, hiking and playing games. Also during this period Brother Delmer made the boys a boat so they could go fishing one day a week.

By the 1920s there were many people inquiring into purchasing our lake shore property. Each time the person keeping our daily journal would record that "we were not ready to sell our picnic grounds just yet." Brother Delmer went to the Elders with a proposal to develop along our west shore. We would retain the



**View from the Shakers** photo by Sharon Scannell

land and charge a yearly lease while individuals would build their own camps. The idea was to help us raise money to pay our property taxes. The first lot was leased in 1929 and the first building to be erected was the snack house, which then was a gift shop. The depression really slowed development down and the Community had to confiscate several of the original camps for nonpayment. Br. Delmer needed to

(Shakers cont. page 6)

summer season. This year I hope that the water level and rain keep to a reasonable level otherwise I may need to convert to a floating dock.

This year we have a number of important topics that I would like to make sure you are aware of.

The most important one is making sure that we keep the invasive plants out of the lake and that takes the effort of a community! As you have seen we have an upcoming invasive plant class that we will be sponsoring. You can learn how to identify suspicious plants and whom to call if you find them. I hope those of you who signed up last summer and missed out due to weather will still participate. Anybody who didn't sign up but wants to be involved please raise your hand. If each of us monitor our own section of shore line and remind visiting boats to clean off the weeds before entering the lake we just might keep the bad plants out.

Another important initiative is around the continued effort to prevent run-off entering and polluting the lake. Last year we shared the watershed survey and have made great strides working with the town and private land owners. This coming year we hope to continue our outreach efforts and expand that program.

The annual water testing will happen again this year partly funded by the town. The challenge is that over the past couple of years the cost of conducting water quality testing and monitoring has gone up and will continue to rise. I ask that each of you who are regularly paying members of the Association take a minute to ask a friend or family member to also join. Our main source of funding is through dues and charitable contributions. I hope in 2010 to run an alternate fundraising effort with the help of SDLA members so that we can continue to monitor the water quality at levels we have in the past.

Dates for the annual meetings this season have been set. (See page 1.) We also will have a number of social events like we have in the past. Kayaking, biking, nature walk with the Shakers and our annual picnic.

I want to thank all of you for your continued support and participation. I look forward to seeing each of you over the summer.

Sincerely,

David Becker SDLA President



## Who knew?

There was a wedding for Debbie & Gene on Sabbathday Lake, August 2009. You'll note some "locals" in the picture. Ruth York officiated, Maynard Braley had the bridal boat, with the Foleys and Beldins bringing wedding guests alongside in their pontoon boats.

## *Courtesy Boat Inspection Update*

by Lillian Nader

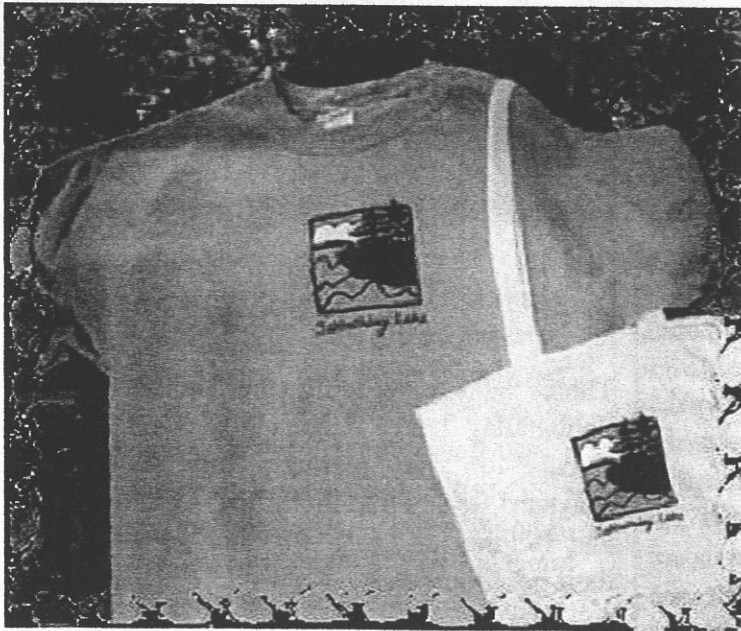
This season, members of the Sabbathday Lake Association will once again be running the courtesy boat inspection program at the Outlet Beach boat ramp, hoping to prevent the introduction of invasive aquatic plants into the lake. Last year, several volunteers conducted 135 boat inspections at Sabbathday Lake, down slightly from the 144 conducted in both 2008 and 2007, the decline most likely due to the persistent rain we had last summer. Statewide, 53,864 boat inspections were conducted last year on 86 lakes, in programs sponsored by 49 organizations.

In the 2009 season at Sabbathday, one plant fragment was found on an unregistered jet ski entering the lake; the plant was identified as native pondweed, a noninvasive species. In Maine in 2009, courtesy inspectors found a total of 1841 plants on boats, 253 of which were identified as invasive. Twenty-nine of the 253 were found on boats entering lakes and 224 on those exiting. The invasive plants found by inspectors included

fanwort on a boat entering Damariscotta Lake, fanwort and variable milfoil on two boats entering Salmon Lake in Belgrade, variable milfoil on two boats entering and ten exiting Sebago Lake, and variable milfoil on one boat entering and six leaving Sebago Lake State Park.

Because boats and jet skis enter Sabbathday Lake after visiting water bodies infested with invasive aquatic plants, our ongoing vigilance is crucial. In the state as a whole, 32 lakes are now infested, up from 30 in 2008. Legion Pond has been added to the list. So, too, has Damariscotta Lake, where inspectors have found the most aggressive of the invasive species, hydrilla. In Salmon Lake, a six-acre cove was treated with herbicide last September because of an invasion of Eurasian water milfoil, a drastic measure that thus far appears to have been effective in controlling the plant. Lakes with invasive aquatic plants in our vicinity include Sebago, Little Sebago, Thompson, Lake Auburn, and Middle Range Pond.

Anyone interested in volunteering for the courtesy boat inspection program should contact Lillian Nayder at [lnayder@bates.edu](mailto:lnayder@bates.edu) or 926-5233.



## *Sabbathday Lake Tee Shirts for Sale*

Again, this year we are selling some really great looking tee-shirts and canvas bags that were created just for us by Hand Printed Works. We will have tee-shirts for sale at the July meeting as usual. After the meeting, they will be available for purchase at the Shaker Village Gift Shop. Your purchase will help us protect and preserve Sabbathday Lake for future generations.

# Sabbathday Lake Association Annual Membership Dues 2010

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

## 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/>

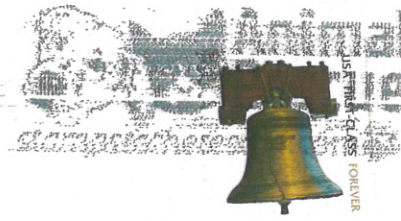
**Thanks to the 2009 Sabbathday Lake Association members! Your financial support continues to protect our lake. Appreciation from the SDLA Board of Directors goes to our 2009 members:**

David and Patricia Anderson  
Nicole and David Becker  
Elaine Becker  
William and Joanne Begert  
Martine Begert  
Stuart and Charlene Belden  
Anthony P and Loree Bernardini  
Ronald and Carol Beyna  
Norman Chamberlain  
Stephen and Natalie Chandler  
Becky and Jim Clark  
Michael and Joan Cloutier  
Elizabeth Davis  
Sally and John Davis  
Gerard and Benita Deschaine  
Diana Dowd  
David and Jo-Ann Driscoll  
Stephen and Althea Driscoll  
Eleanor Fellers  
John and Janet Foley  
Richard and Cheryl Fortier

Kevyn and Lori Fowler  
Helen Franck  
Karen and Karl Frohlich  
Paula Gauthier  
Peter and Sheila Giancola  
Nancy Gilbert  
Donald and Diantha Grant  
Alan and Cathy Gregory  
Tim and Becky Gregory  
Normand and Michelle Groleau  
Lee and Sandra Harper  
Richard and Linda Hildebrand  
Jeffrey and Babbette Irwin  
Matthew and Lillian Johnson  
Thomas and Mary Beth Johnson  
Brenda Jones  
Nicholas Karamessinis  
Pamela Kern  
Donald and Janet Lambert  
Paul and Laura Larrivee, Jr.  
Abby Lumdsen  
Ronald and Luciana Marcotte  
Carolynn and Allen Marsh  
Albert Marston  
David and Anne Maurice  
Cheryll and Shaun McKinnon  
Paulette and Harry McNally  
William and Sue Morrison  
Ali and Munira Naqui

Donald F. and Monique T. O'Malley  
Richard and Beverly Ouellette  
Francis and Susan Parker  
Ginny Paulson  
Linda Pennell  
John and Karen Pennell  
Pamela R. Pinette  
Priscilla Rawstron  
Barbi and Davis Richardson  
Charles and June Rodis  
Diane and John Salisbury  
Kevin and Sharon Scannell  
James and Pamela Selberg  
Keith Seltzer  
Carl and Catherine Shaw  
Tom Shupp and Nancy Thomas  
John and Paula Sturgis  
Catherine Thorpe  
Thomas and Birgitta Tupper  
Eleanor and Francis Vogel  
Robert and Norma Walsh  
William H. Webb  
Douglas and Nancy Whitehouse  
Greg and Linda Whitney  
Peter and Corrine Wills  
Ruth York  
United Society of Shakers  
Advance Realty II. LLC





# Sabbathday Lake News

44 LAKE VIEW DRIVE, NEW GLOUCESTER, ME 04260

Richard and Cheryl Fortier

44 Lakeview Drive

New Gloucester, ME 04260

04260+3025



## Sabbathday Lake CLEAN UP DAY

Saturday, June 12, 2010, 9 to 11 am

(rain date 6/19)

**Wanted:** 7 road section captains and a volunteer crew  
7 trucks to haul the trash

**Road sections:**

1. Pond Road to Snow Hill Road
2. Snow Hill Road through Black Point Road
3. Snow Hill Road through Sunset Shores
4. Snow Hill Road to Outlet Road
5. Outlet Road to Barefoot Beach
6. Barefoot Beach to Shaker Road
7. Shaker Road to Route 26

Let's look great for summer 2010. A community clean up day will start off our season with great spirit. The Sabbathday Lake Association will provide trash bags.

Please contact Anne Maurice at [amaurice@maine.rr.com](mailto:amaurice@maine.rr.com) if you can help.