

Sabbathday Lake News

June 2014

Annual Meeting

Wednesday

July 9, 2014

At the Town of
New Gloucester
Community Room

Potluck Dinner
6:30 p.m.
BYO utensils
and pot luck

7:00 p.m.
Business Meeting
Election of Officers

Speaker:
Brother Arnold Hadd
United Society
of Shakers

* * * * *

August Meeting Saturday

August 16, 2014
Coffee and Donuts

At the Town of
New Gloucester
Community Room

9 am - 11 am



Sam Whipple, son of Steve Whipple, caught a brown trout in January
5.25 pounds, 23 inches.

Photo by Steve Whipple

Spring Renewal

Chris Ricardi, Co-President
Sabbathday Lake Association

It was a long winter. But now that the two feet of ice that formed on the lake has melted away, and the open water is again with us, we are reminded why the Sabbathday Lake Association (SDLA) exists. It is about the water, clean and clear, that we cherish so much. With that in mind it is a perfect time for us to refocus our thoughts on one of the most important things that we do as an organization and renew our commitment to

watershed protection. This commitment includes continuing to provide educational information to lake front property owners and other landowners in the watershed, and trying to get all of us who live on the lake and within the watershed to do what we can to help. As an organization we also want to figure out ways to help identify and fix erosion and other land use problems that impact the lake if they exist.

Identifying areas where erosion risks exist is one thing, but planning projects and implementing steps to fix these problems is more complicated. Rebuilding driveways, controlling road runoff,

Spring Renewal cont. next page

Spring Renewal continued from page 1

and making landscaping improvements take time and money. In past years, we were lucky to have access to a Youth Conservation Corps (YCC) supported by grants through the Cumberland County Soil and Water Conservation District (CCSWCD). The YCC was able to take on landscaping and watershed protection projects providing funding and labor to get them done. In recent years these grants have disappeared along with the YCC program. The SDLA has some resources, but we do not have the ability to take on large projects or fund expensive projects. However, there are some things that we can do. One idea is that the SDLA can continue to work with landowners with the hope the landowners will keep a good eye on their properties and be good stewards. After the most recent Watershed Survey Report was completed in 2009, the SDLA sent letters out to many of the property owners asking them for help. We offered to provide technical assistance including paying advisors from the CCSWCD to assist landowners during project planning. I visited some sites that were identified in the report several years later and was pleased to see that some of the landowners had made excellent repairs on their driveways and roads. Another idea we are pursuing is working with the New Gloucester Environmental Resource Committee (ERC). One of our Board members, Alan Gregory, has volunteered to represent the SDLA on the committee. This will give us the opportunity to work within the framework of the local town offices to explore ways in which we might be able to team up and take on some of these more demanding projects.

One of first things that came out of the ERC was an invitation for SDLA to provide a display at the New Gloucester Library. At the time that I am writing this article, the SDLA Board is meeting to assemble the materials and enlisting volunteers to help set it up. The display will be in the library through the month of May. The library display is a perfect opportunity to offer educational information to people in New Gloucester and to let people know what we are doing. There are many local people who do not live on the lake, but they use the lake for recreation, swimming, and fishing. It might be enlightening for these folks to know that there is a local group

dedicated to protecting the lake water quality. And maybe there will be some landowners who see our display and take steps to improve their properties regardless of what watershed they live in.

We also plan to continue our Invasive Plant Patrol (IPP) project, our courtesy boat inspection program at the boat ramp at Outlet Beach, and the annual water quality testing in 2014. These are very important tasks, too.

I would like to remind everyone that we have two annual meetings each year that are open to all SDLA members as well as community members who would like to learn more about the Association. The July meeting is the business meeting at which we elect officers and discuss projects that require funding (this is also done during Board meetings). We have also invited Brother Arnold Hadd to give a presentation on the historic Shaker site and recent conservation and historic planning activities. The August meeting is more of a social meeting with some SDLA project and



Anne Maurice and Chris Ricardi prepare the library display.

Photo by Mike Cloutier

event planning, and if possible we will have a speaker or presentation on a lake conservation topic. And if we are lucky there will be homemade donuts donated by the Shakers. Now who would want to miss that? We would really like to see more of our members joining us at these meetings. We are

especially interested in attracting some of the younger residents who are interested in the Lake and our conservation efforts. So we hope to see you there!

I would also like to ask our members who plan to join again this year to get their membership forms in as soon as possible. We keep a running tally of our membership throughout the year and it is a good feeling at the Board level to know that our members are back and we continue to have the support of the majority of property owners on the Lake each year.



From the IPP Team at Sabbathday Lake

by Mike Cloutier

Hello members and friends of the Sabbathday Lake Association.

I hope everyone wintered well! I would like to share with you a brief recap of the successful efforts of the Sabbathday Lake Association Invasive Plant Patrol (IPP) in 2013. As you know, the lake has been divided into 25 sectors. A Level 3 survey of the lake was completed which means that the entire Littoral zone of the lake was surveyed for the presence of invasive aquatic plants. Based on this initial survey, the results indicate that no invasive plants were found. As these surveys continue from year to year, we feel that it is

Heading for ice cream at the Outlet

From left to right: Drew Becker, Lily Driscoll, Abby Becker, Hana Driscoll, Eve Driscoll and Lucy Catalano.
Photo by Dave Becker

important to create a base plant inventory from which to work. In order to create this base inventory of native plants for the lake, one of our goals this year was to try to identify all the native plants found in each sector of the lake. Based on our survey sheets, I have compiled our initial list of native plants and in which sector they were located. The IPP found and identified 19 plant types and their variations. While some varieties are more prolific than others, not any one type was found in all sectors of the lake. In fact, some types were found in only very limited areas. Gathering this information annually will allow us to monitor these areas for future reference and to note

IPP Team cont. on next page

any major changes that take place from year to year. If invasive plants are ever found in the lake, it is critical that they are found early for any effort to control them to have a high level of success. Therefore the efforts of the IPP cannot be overstated!

With the proliferation of INVASIVE plants in many lakes surrounding us, it is vitally important that we remain ever vigilant in preventing those plants from entering Sabbathday Lake. Many lakes in Maine are paying thousands upon thousands of dollars annually for invasive plant eradication, with only limited success.

- ♦ The first line of defense is keeping the invasive plants out of the lake in the first place (boat launch monitoring).
- ♦ The second line of defense is the IPP.

Here is your chance to do your part: Volunteer as a boat monitor at the boat launch or get involved with the Sabbathday Invasive Plant Patrol. The future of this clean lake will depend on these efforts. Please contact us if you are interested in joining the fight to keep Sabbathday Lake free of invasive plants.

I would like to share some statistics with you.

- ♦ 208 hours were volunteered to complete the 2013 survey.
- ♦ 19 varieties of aquatic plants were identified in 2013. (Identification made by trained volunteers is preliminary and not completed by a marine biologist.)

Have a terrific summer!

Mike Cloutier IPP Coordinator.



Ice Out Dates 1978 - 2014

1977 -	1988 -----4/08	1999 --- -	2010 --- 3/20
1978 ----- 4/27	1989 ----- 4/21	2000 ----- 3/29	2011 --- 4/19
1979 ----- 4/20	1990 ----- 4/09	2001 ----- 4/27	2012 --- 3/21
1980 ----- 4/11	1991 ----- 4/06	2002 ----- 3/31	2013 --- 4/11
1981 ----- 3/15	1992 ----- 4/09	2003 ----- 4/21	2014 --- 4/20
1982 ----- 4/26	1993 ----- 4/21	2004 ----- 4/15	
1983 ----- 4/05	1994 ----- 4/18	2005 ----- 4/16	
1984 ----- 4/18	1995 ----- 4/05	2006 ----- 3/27	
1985 ----- 3/30	1996 ----- 4/03	2007 ----- 4/21	
1986 ----- 4/08	1997 ----- 4/20	2008 ----- 4/20	
1987 ----- 4/11	1998 ----- 4/3	2009 ----- 4/12	

2013 Sabbathday Lake Water Quality Report

Jennifer Jespersen, Sr. Project Manager

FB Environmental Associates

Sabbathday Lake Association along with help from the Town of New Gloucester pays for water quality testing yearly. Here's the short version of the results of the 2013 survey.

E-mail from Jen Jespersen: Date: Fri, 10 Jan 2014

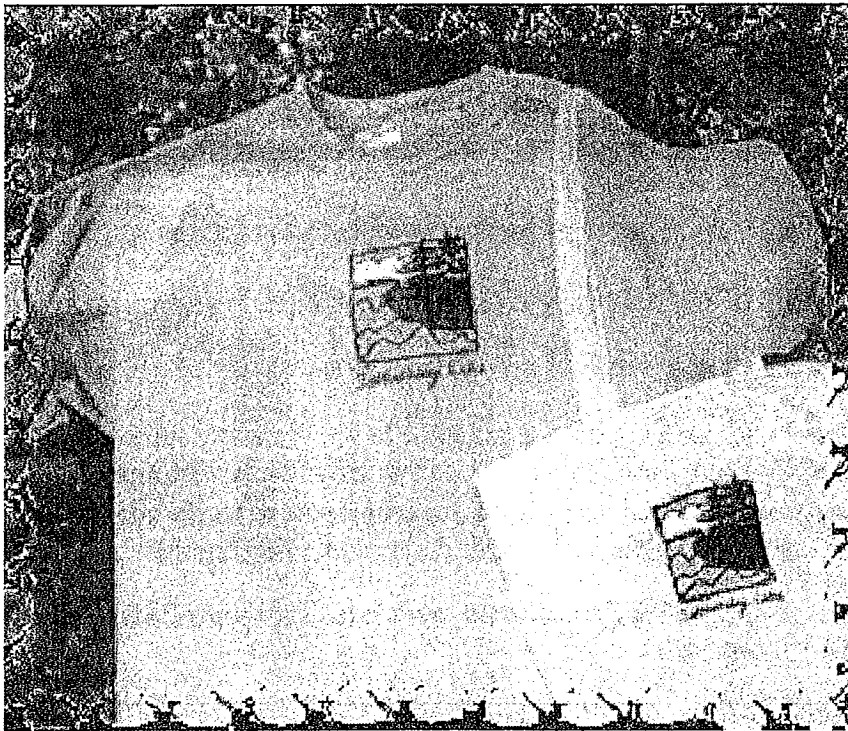
"Happy New Year! We had another successful sampling season on Sabbathday Lake this summer. The water quality was very good this year with some record Secchi disk readings that were better than we've had in the past decade- and better than the historical average for the lake. It's likely that weather played a key role in the increased clarity (less spring and fall

rainfall= less runoff into the lake). We saw similar trends in the other lakes we monitor across the state.

Low levels of dissolved oxygen continue to be an issue in deep areas of the lake, which can affect aquatic life, and release phosphorus into the water column (which provides food for microscopic plants like algae). Continued monitoring of dissolved oxygen is important to keep tabs on this. I've attached our annual sampling report. Please let me know if you have any questions or comments on the attached report."

A full copy of the report will be at the Annual Meeting for anyone to see, and an electronic version of the report can be sent to any member requesting it from cfortier2@live.com.

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 and August meetings as usual. After the meetings, 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.

SDLA Paddle Events for Summer 2014

Kayak, canoe, rowboat, paddle board - all will leave from Outlet Beach and proceed down the west side of the lake - or join us on the way.

**Super Full Moon
Paddle**

Saturday, July 12

7:45 PM

Morning Paddle

Saturday, Aug 2

8:00 AM

For more information, contact Paula Gauthier at: 207-926-5853 (h) 207-712-6489 (c)
or pgauthie@maine.rr.com

Beautiful Breakfast Cruise Saturday June 28, 9 AM

What better way to spend a sunny Saturday morning than cruising Sabbathday Lake with friends and new acquaintances? On Saturday, June 28th, the SDLA will sponsor a Breakfast Cruise at 9 AM. Thanks to the Belden's and Daley's, you will enjoy a ride around The Lake with coffee, donuts, orange juice, and maybe a muffin or two. Plan to meet your neighbors near the boat ramp for a morning of fun, laughter, and fellowship.

If interested, please email Paul Gillis at Paul.E.Gillis@gmail.com. by Wednesday, June 25th, or call 926-5581. Let us know how many will be attending.

Stunning Moonrise with your Sweetheart Saturday, August 9, 7:30 PM

On Saturday, August 9th, SDLA will host a sunset cruise and a chance to see the super full moon rise. Sunset will be at 7:53 PM, Moonrise at 6:51 PM, so we'll leave at 7:30 PM from the boat ramp, to enjoy both. Bring your sweetheart, your camp songs, and your camera. (A super full moon occurs when the moon's closest approach to the Earth (Lunar perigee) coincides with the phase of full moon)

If interested, please email Paul Gillis at Paul.E.Gillis@gmail.com. by Wednesday, June 25th, or call 926-5581. Let us know how many will be attending.



3/15 e-mail from Paul Gillis with photo at left . . .

So many fish, so little time...

By the Ides of March, only a few weeks remain for ice fishing.

Will there be open water by April 1st? Unlikely this year. Disgruntled folks are predicting July 1st, but I think they exaggerate...

ICE OUT DERBY

Subject: Easter Sunday Ice out: April 20, 2014

Hello Sabbathday Lakers,

With lots of open water along some shorelines, the ice began to float around yesterday, aided by strong winds. Loons and ducks were spotted by some folks, and this morning several migrating common mergansers swam by our place. Today by Easter sunrise it looked like half the lake was open to the south. With abundant sunshine and 56 degree temperatures, the lake was 95% ice-free by sunset. Some very thin dark ice was still visible in South cove, but Black Cove was open and the lake was navigable from the Outlet to South Cove shore.

We have 5 winners out of 45 entries in this year's Ice out derby. The following savvy lake dwellers picked April 20, 2015:

Ken Thurston, Bill & Jody Begert, and Pete & Diane Libby.

Celebrate spring! Rick Fortier

Congratulations SDLA Winner!

(Emails to the winners - honest!)

Congratulations on winning the 2014 Sabbathday Lake Ice Out Contest.

In addition to high fives and your name in the newsletter, you win your choice of a homemade pie:

- A. Kentucky Derby Pecan Pie (pecan pie with chocolate & bourbon)
- B. Apple Pie
- C. Blueberry Pie
- D. Baker's Choice (whatever the baker feels like)

Paul & Carol Gillis

2013 Sabbathday Lake Association Members

*Thanks to the 2013 Sabbathday Lake Association members
- all 79 strong. Your financial support continues to
protect our Lake.*

The SDLA Board of Directors

David and Patricia Anderson
Stephen Barr
Elaine Becker
Nicole and David Becker
William and Joanne Begert
Jane and Nancy Begert
Stuart and Charlene Belden
Roger Bergeron
Ronald and Carol Beyna
Anna Chandler
David Chandler
Stephen and Natalie Chandler
Becky and Jim Clark
Michael and Joan Cloutier
Eileen Young and Kathleen Cruz
Thomas and Judith Cushman
Leonard and Pattie Daley
Gerard and Benita Deschaine
Diana Dowd and Craig Doremus
Stephen and Althea Driscoll
Kevin and Penny Ducharme
Sharon Dunlap
Eleanor Fellers
John and Janet Foley
Richard and Cheryl Fortier
Paula Gauthier
Greg and Nancy Gilbert
Paul and Carol Gillis
Donald and Diantha Grant
Jennifer Gray
Alan and Cathy Gregory
Tim and Becky Gregory
Lee and Sandra Harper
Brandy and Justin Hebert
Richard and Linda Hildebrand
Jeffery and Babbette Irwin
Lillian Johnson
Thomas and Mary Beth Johnson
Pamela Spriggs Kern

Donald and Janet Lambert
Paul and Laura Larrivee, JR.
Peter and Diane Libby
Carolynn and Allen Marsh
David and Anne Maurice
Cheryll and Shaun McKinnon
Diane Morin
Dennis Omer Morin
Rachel Morin Deckard
Harry McNally and Paulette Morin McNally
Ali and Munira Naqui
Donald and Monique O'Malley
Richard and Beverly Ouellette
Francis and Susan Parker
Ginny Paulson
John and Karen Pennell
Alan and Elizabeth Peoples
Pamela Pinette
Priscilla Rawstron
Christian and Julie Ricardi
Barbi and Davis Richardson
Mary Richardson
Charles and June Rodis
Diane and John Salisbury
Sharon and Kevin Scannell
James and Pamela Selberg
Carl and Catherine Shaw
Tom Shupp and Nancy Thomas
Steven and Cynthia Smith
Beth and David Steele
John and Paula Sturgis
Catherine Thorpe
Thomas and Birgitta Tupper
United Society of Shakers
William H. Webb
Dan Wheatley
Douglas and Nancy Whitehouse
Greg and Linda Whitney
Tom and Sue Wilson
Ruth York

Sabbathday Lake Association Annual Membership Dues 2014

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

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

Dues received during the summer are greatly appreciated.

NAME _____

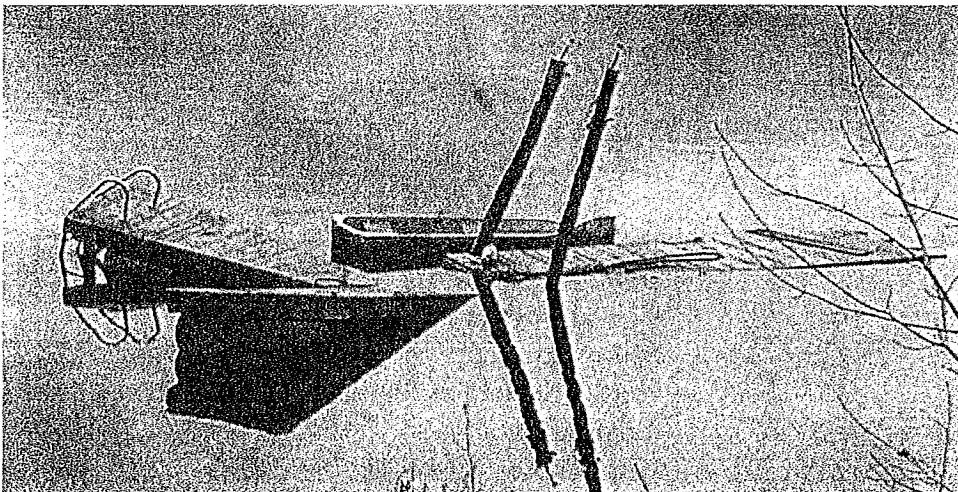
LAKE ADDRESS _____

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/>



“A hard winter”
photo by Paul Gillis

Strange creature
viewed
floating
down lake
after ice out
anchored
near outlet.

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, stories, photos and corrections
to the Editor by E-mail to Cheryl Fortier, cfortier2@live.com*

SABBATHDAY LAKE ASSOCIATION

Board of Directors 2013 - 2014

	term expires		
David Becker	'15	Co-President	926-5158 (401) 334-7345
Chris Ricardi	'16	Co-President	926-3721
Anne Maurice	'14	Treasurer	926-4732
Ruth York	'16	Secretary	926-4342
Paula Gauthier	'14	Director	926-5853
Alan Gregory	'15	Director	926-1131
Joan Cloutier	'15	Director	926-5096

	term expires		
Diantha Grant	'16	Director	(904)860-3550
Don Grant	'16	Director	(904)860-3550
Cheryl Fortier	'15	Director	926-3168
Mike Cloutier	'14	Director	782-9720
United Society of Shakers: permanent member represented by			
Brother Arnold Hadd		Director	926-4865