

Sabbathday Lake News

November 2010

Invasive Plant Patrol (IPP) (aka Weed Watchers)

by Mike Cloutier

Sabbathday Lake Association Invasive Plan Patrol Update.

The Sabbathday Lake Association sponsored an Invasive Plant Patrol Workshop at Outlet Beach on July 24, 2010. We had a terrific initial turnout of volunteers that participated in the training program and everyone came away with a new appreciation of the task ahead. The SDLA members that participated in IPP field training were Abby Lumsden, Lucinda Brandt, Janet Lambert, Rick and Cheryl Fortier, Carol and Allen Marsh, Stu Belden, Jesse Ricardi, Chris Ricardi, Sharon Scannell, Ellie Fellers, Mike, Joan and Mary Cloutier, Paula Gauthier and Paul Gillis. Roberta Hill, program director, Center for Invasive Aquatic Plants, and her staff from the Maine Volunteer Lakes Monitoring Program conducted the training session which demonstrated how to do an invasive aquatic plant screening. Both the weather and the lake cooperated with mild temperatures and calm conditions. Our training consisted of a Level One screening of the area from Loon Point on the south to Outlet Beach to the north. This is an area which has a lot of fishing activity which means it was more susceptible to the introduction of invasive plants. We broke out into two person teams and spent the better part of two hours in a methodical routine which allowed everyone to view the lake bottom and gather samples of plants for identification at the conclusion of the survey. After the survey was completed we gathered for a review of the process and a chance to identify the plants

gathered. It was a productive day and the training was hailed as a complete success. The bottom line is that, NO invasive plants were found or identified.

Based on the enthusiasm of the volunteers and success of the training we will need to take this process forward and develop the Sabbathday Lake Association Invasive Plant Patrol (IPP).

Invasive Plant Patrol cont. page 2

Mute Swans at Sabbathday Lake

photo by Lee Harper



SIGNS

contributed by Sandra Harper

On June 12, 2010 we buried my Dad, Albert Marston. It happened to be the 8th anniversary of the day we buried my mother, Doris.

Albert and Doris were married over 50 years and enjoyed many happy summers here at their camp on Sabbathday Lake.

How fitting it was for our family to witness on that very day a pair of swans swim up the lake and spend several minutes in the cove in front of our camp.

As swans mate for life, I will always take this rare sighting as a sign that my parents are together again. Because on that day the swans chose to visit us. We have never before or since seen swans on our lake.

Invasive Plant Patrol

Cont. from page 1

As we look forward to next year, here is a set of goals that we should look to complete in order to have a successful IPP.

- ❖ Continue to recruit volunteers
- ❖ Schedule additional training
- ❖ Acquire materials for making the equipment necessary to complete the survey
- ❖ Set aside time to assemble the viewing equipment
- ❖ Establish and define the “hot spots” around the lake for the initial Level One survey
- ❖ Match the necessary survey area with the volunteers’ availability and commitment
- ❖ Establish the optimum survey time frame in order to complete the survey and turn in the survey sheets for analysis

- ❖ Choose a team leader

This will be a terrific starting point for us as we move forward by establishing a critical element of the Sabbathday Lake Association and its efforts to keep Invasive Aquatic Plants out of this beautiful place we all love.

Why not step forward and join the IPP team? Keep in mind the fact that, if invasive aquatic plants get into this lake and are not identified and removed immediately, this lake as we know it, will never be the same! So, while we are all out enjoying this quality lake and all it has to offer, we should also be committed to doing our part to keep it that way.

For IPP training dates and locations see the web site at Maine Volunteer Lake Monitoring Program, mainevlmp.org. “Events and Workshops.”

As always, for updated information regarding the Sabbathday Lake Association and its activities, including the Invasive Plant Patrol, check out our web site at, sabbathdaylakeassoc.org. If you have questions or comments please give me a call. I’m in the book.

Regards, Mike Cloutier

Below: Roberta Hill and assistants identify plants collected by workshop participants.



2010 Invasive Plant Patrol Workshop

Above: Stu Belden holds boat in place while observer views plants through glass bottom bucket.



Photos pages 2 & 3 courtesy of Jeff Mercer of Maine Volunteers Lake Monitoring Project



Participants receive instructions about how to patrol the shoreline from small watercraft and retrieve specimens of local aquatic plants.



2010 Invasive Plant Patrol Workshop

A LAKER'S DOZEN

Lakes are fragile!

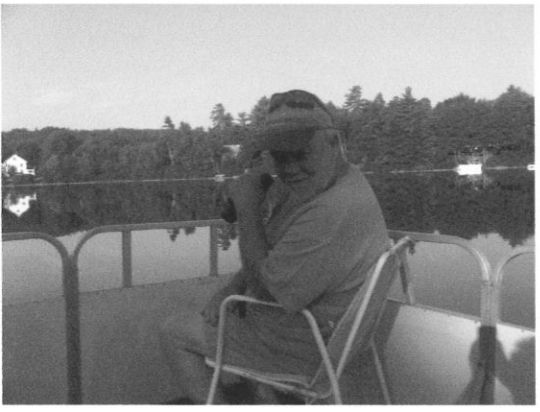
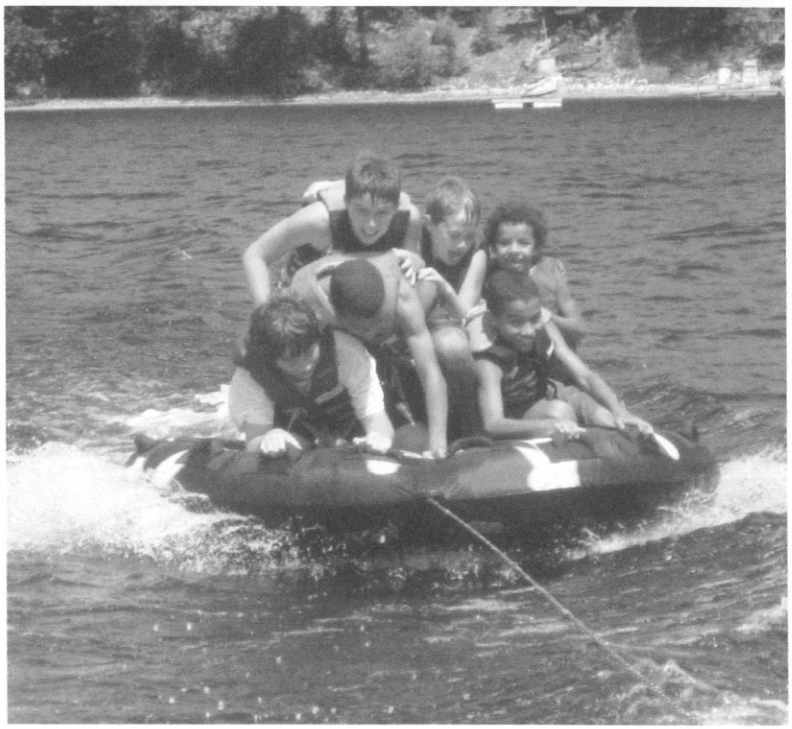
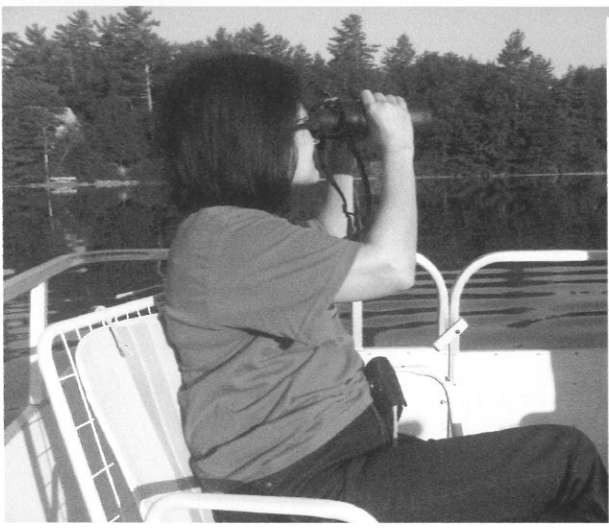
Caring for lakes today will preserve their value for tomorrow.

- 1. Always check your boat, trailer and equipment for plant fragments before you launch and after take-out to avoid spreading invasive plants from lake to lake.**
- 2. Respect the Shoreland Zone Regulations.** Before making any change on your property, check with your town office or Code Enforcement Officer to see what's permitted and what's not permitted in the shoreland zone - the area within 250 feet of lakes and 75 feet of streams.
- 3. Control storm water run-off from buildings, paths, driveways and road.** Check your property on a rainy day and fix run-off sites by planting vegetation, placing gravel and small stones, or constructing swales to capture runoff and help it filter into the ground.
- 4. Cultivate a wooded buffer beside the lake.** Trees, shrubs, and grasses protect water quality by slowing rainwater and filtering out soil and pollutants before they are carried to the lake.
- 5. Take a Break, Put down your Rake, and Save the Lake!** Limit lawn size, mow less often, leave the clippings instead of using fertilizer, and don't rake within 75 feet of shore.
- 6. Limit fertilizer, herbicide and pesticide use.** Long lasting residues in these products not only harm aquatic life; but they also feed algae, turning lakes green.
- 7. Don't stress your septic system.** Inspect the system yearly and pump the tank every 2-5 years. Systems 20 years of age and older should be inspected by a specialist. Use phosphorus-free cleaners and detergents. Stagger laundry loads. Minimize water use. Don't put toxics or grease down the drain.
- 8. Construct docks with lake-friendly materials.** Choose cedar, cypress, plastic, or aluminum instead of wood which has been pressure-treated with arsenic.
- 9. Dogs, humans and boats should *never* be washed in the lake!**
- 10. Observe headway speed within 200 feet of shore.** Fast boating in shallow water disturbs habitat of aquatic animals, stirs up sediment, and can erode the shoreline.
- 11. Give wildlife a chance.** Lake shallows and lands near the shoreline provide food and shelter to many native species and serve as nurseries for their young. Walk softly on the shorelands!
- 12. When it's time to replace a boat motor, choose a clean-burning 4-stroke engine.**
- 13. Support your local lake association with funds and time, and join Maine COLA.**

from The Lake Book, by The Maine Congress of Lake Associations ~ ~ 877-254-2511



**2010
Breakfast
Cruise**
photos by Paula Gauthier



Munira Naqui and Don Lambert help Tom Shupp with the **annual loon count**.

Photos by Paula Gauthier

**HAVING SO MUCH FUN
THE HOT SUMMER OF 2010**

The Steele & Wilson six grand boys (three Steele & three Tobias) enjoying tubing. They did break a tow rope due to the weight on the tube.

Dave and Beth Steele, Tom and Sue Wilson photo from Beth Steele

SDLA Plans Future Fundraising

by Chris Ricardi

One of the primary goals of the Sabbathday Lake Association (SDLA) is to protect the water quality of Sabbathday Lake. We are very fortunate that the quality of water on Sabbathday is high for a southern Maine lake and that we have a lot of concerned people who live on its shores and own land within the watershed. Over the past few years the SDLA has worked to identify threats to the lake and has taken several steps to minimize these threats.

The two most significant threats include the infestation of the lake with milfoil or other invasive plants, and the erosion of soil from shoreline areas and stream watersheds that can cause degradation of the lake water quality. This summer, under the leadership of Mike Cloutier, we began the process of setting up "plant patrols" and organizing training classes for volunteers so we can quickly locate and remove any invasives that find their way into our lake. Under the direction of Matt Johnson and Lillian Nayder, we hired courtesy boat inspectors to check for plants on boats and trailers that are launched at the Outlet Beach boat ramp. In 2008, in an ongoing effort to control erosion getting into the lake, the SDLA worked with the Cumberland County Soil and Water Conservation District (CCSWCD) and the Maine Department of Environmental Protection (MEDEP) to complete a survey of the Sabbathday Lake watershed to identify problem areas that could be stabilized. We followed up the report by contacting landowners and making available a specialist from the CCSWCD to advise landowners about options for their properties. The SDLA continues to hire an environmental consulting company to complete several rounds of water testing each summer in cooperation with the MEDEP and the Maine Volunteer Lakes Monitoring Program to monitor long term water quality trends.

We have thought of a number of additional things that we could do as an association if we had the funding. We would like to purchase scopes, or materials to make scopes, for the plant patrol volunteers and make them available in 2011 so that we can complete a thorough screening of the lake for invasive plants. A bigger item on the wish list would be to raise enough money to offer landowner assistance to help correct

erosion problems within the watershed. One way to do this would be to hire the Cumberland County Youth Conservation Corps, which is run through the CCSWCD, to work on our lake for a week and have a landowner outreach program to identify high priority areas that need work.

The SDLA gets most of its funds through our membership fees. We have about 80 members each year that pay dues. Some members make donations above and beyond the \$15 per year dues. SDLA is a 501(c)(3) organization. This provides us enough funds to run our organization, but not enough to take on more expensive projects like the ones described above. The boat inspections at Outlet Beach boat ramp are funded through a grant from the MEDEP using revenues from the boat registration fee invasive plant sticker. The town of New Gloucester provides partial funding for the annual water quality testing. The SDLA has been selling tee shirts the past few years at our meetings and at the Shaker Village store. The sales have actually been pretty steady, and this has been a good source of additional money.

But it would be great if we could do some of the more costly projects in support of invasive plant prevention and watershed erosion control. So we hope to plan some fundraising efforts for next year. One idea is to have a dinner and music show sometime next spring early next summer. We hope that we could not only get SDLA members to come, but also draw others from the community and elsewhere by asking our members to spread the word to their families and friends. There have also been some other ideas considered including bottle drives or raffles. Information on these events will be included on the SDLA website and in the spring newsletter once they addresses for our membership based on email addresses that are provided on the annual membership renewal form. This email directory will also be used to notify members of our upcoming fundraising events. If emails were not provided on the membership form, members are invited to send their email addresses (or email addresses of others who may be interested in supporting our work) to Anne Maurice at amaurice@maine.rr.com.

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**

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

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/>

Full Moon Paddle Parade photo by Paula Gauthier



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 E-mail to Cheryl Fortier, cfortier2@live.com

SABBATHDAY LAKE ASSOCIATION

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