

Sabbathday Lake News

Spring/Summer
2018

Photo by Bill Morrison

REVISITING THE MISSION OF THE SABBATHDAY LAKE ASSOCIATION

Over this past winter, the SDLA gave presentations to the New Gloucester Board of Selectmen and Planning Board. We also spoke at the town budget meeting and answered questions about our Association. It became clear that there were some misconceptions about the SDLA. So, we would like to revisit our mission statement in this newsletter for our members.

Mission: The Sabbathday Lake Association is a non-profit, environmentally oriented, charitable organization formed to protect the water quality and natural ecosystem of its watershed.

To learn more about the SDLA projects and activities visit the website at <https://www.sabbathdaylakeassoc.org/> and select the **What We Do** on the home page header.

Here are some clarifications regarding things we **do and do not** do:

- The SDLA is a volunteer conservation organization. There are no required memberships or fees for property owners, and membership for lake property owners and other members in the community is strictly voluntary. We currently have approximately 90 members.
- The SDLA does not own property on the lake or have jurisdiction over access to the lake.
- The SDLA has no authority over the Grange Hall or the beach at the south end of the lake.
- The SDLA does not operate the boat ramp on Outlet Road. This ramp is operated and maintained by a small business located at the Outlet Beach in a lease agreement with the Shakers. The boat ramp is open to the public for a fee and SDLA members pay launch fees just like other members of the community.
- The SDLA does not host fishing derbies. Fishing derbies that do happen on the lake are run as fundraisers by other organizations through permits obtained from Maine Inland Fisheries and Wildlife.

We hope that this clarifies some of the concerns about our role as stewards of Sabbathday Lake. It is our privilege to serve on the SDLA board and we enthusiastically welcome new members.



DATES TO REMEMBER

Lake Association Business Meeting—Officer Elections, Projects
Wednesday, July 11—Pot Luck @ 6:30 p.m.
Meeting at 7:00. Bring plate, utensils & a dish to share
Fraternal Order of Eagles Lodge

Lake Association Annual Meeting
Saturday, August 18 @ 9:00 a.m.
Shaker Village Event Tent—Coffee and Refreshments Provided
Guest Speaker: Charlie Todd, Endangered Species Specialist

Maine Lakes Society



PRESIDENT'S LETTER

Welcome to 2018

This spring it was a long wait for the ice to break and the open water to return to the lake. But it finally broke around April 24. Like nearly every year, I heard a loon call the very first day announcing their return. So go the seasons. Hello to all of our members and neighbors on the lake and welcome back to those of you who migrate to warmer states and return with the loons.

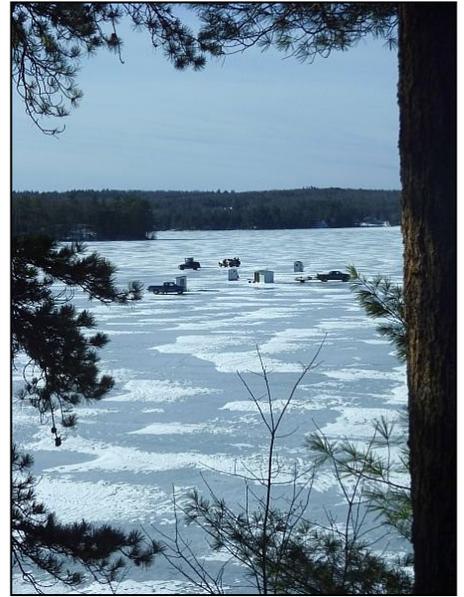
I registered my boat this year using the online service. When my stickers came in the mail, there was an education pamphlet warning boaters about the spread of invasive plants. It is called *Protect Maine Waters – Stop Aquatic Hitchhikers*. It is the same one that is updated every year to show which lakes in Maine have invasive plants. I have been looking at this for years, but I was still taken aback by the growing number of circles on the map to show the occurrence of variable leaf milfoil. And there were more lakes with other invasives like hydrilla, curly leaf pondweed, Eurasian water milfoil, and European naiad. The dots were clustered south of a line from Bethel to Waterville. The bad news is these dots are creeping northward toward the wilderness lakes that are so treasured by people in Maine and tourists who come from far away. The good news is that they have not yet been found in the Rangeley or Moosehead Lakes. They are not found in the Grand Lakes. They have not invaded the Allagash Wilderness. These watersheds are so extensive and remote that controlling an infestation would be nearly impossible. That is why it is so important to stop the spread now. The Maine Department of Environmental Protection (MEDEP) and Inland Fisheries and Wildlife are serious about fighting

this. Money is being raised by requiring that boaters buy the milfoil sticker. This money is critical to funding the battle. The pamphlet reminds boaters that there is a fine up to \$2500 for transporting *any* aquatic plant, and it could cost a boater \$500 if they don't have the sticker attached to the boat.

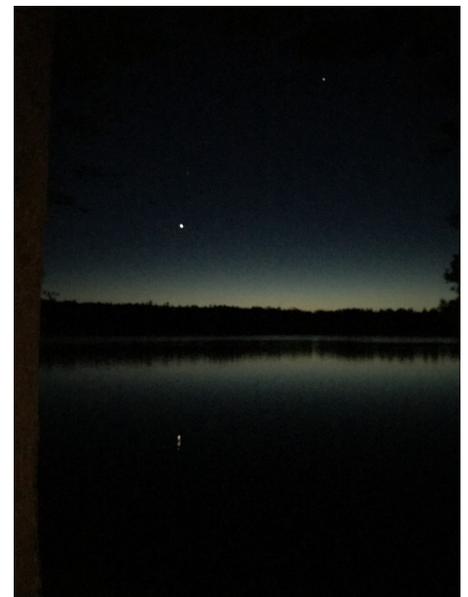
The Belgrade Lakes region is on the northern frontline of this conflict. My son Jesse will be working as a college intern this coming summer for the 7 Lakes Alliance. They will be waging war up there, searching shallows, finding the enemy, and removing them. It is great that there are funds for this work, and that there are lake associations leading the charge up there, and in many other places in Maine. We should all be very happy that the SDLA is a part of this effort.

Thanks to the grant we get from the Maine Milfoil Program, we will again be able to monitor the Outlet Beach boat ramp for a considerable amount of time this summer. Like last year, we will be relying on a student Courtesy Boat Inspector (CBI) to cover weekend mornings and the Outlet Beach staff to monitor the day time hours. But we are looking for volunteers to cover evenings again this year on weekend nights from 6:00 to 7:30 p.m. There is a calendar on the SDLA website. Any interested volunteers can call me at 926-3721 or send me an email and we will provide the materials you need and get you on the schedule.

Mike Cloutier is again leading the Invasive Plant Patrol (IPP) survey this year. He has been a relentless crusader for this important program. Each summer for the past 5 years or so we have had approximately 20 volunteers scanning the shallows, looking through scopes, snorkeling in the weeds, and probing for milfoil. The IPP is a pretty good insurance



Ice Fishing and Winter Mist
Photos by Kathy Young Cruz



Venus on the Lake
By Diantha Grant

policy considering how many lakes around us have milfoil. For more information see his article in this newsletter and check out the website for related meetings.

We continue to offer assistance to property owners through our LakeSmart initiative. Last year more people became involved and contacted Diantha and Don Grant. It really is a great way to evaluate a property and help figure out ways to help protect the lake. Check out the information in the newsletter or visit our website for more information.

One of the major goals of water quality management for lakes is to have well-functioning headwaters that have forests, wetlands, and riverine systems intact to minimize erosion in the watershed and filter nutrients out of runoff before it enters the lake. For the most part, we have this situation in the Sabbathday Lake watershed. That is the primary reason the water clarity remains good through the summer. If the watershed were to become damaged, the water quality would degrade, and the water clarity would suffer. That would be the sign, the indicator, that things are going the wrong way. Most camps and houses around the lake have been built with good land use practices. People do care. However, there are isolated situations where conditions are not perfect. Sometimes it is not the fault of the landowner. We are challenged with one situation where we believe the design of a road culvert has created a place where flows surge during storm events, eroding into a hillside directly below the culvert, and carrying soil and sediment into the Lake. The scale of any corrective action is large enough that it is beyond the resources we have at the SDLA. It would likely take some type of engineering service to fix it. We will try again to address this problem this

year, but it has proven not to be an easy fix.

Another threat to the lake water quality, now and in the future, will be new developments within the shoreland zone or just outside the shoreland zone in forested areas that contain streams that flow into the lake. It is possible that some new developments can be done with little impact if they comply with the Maine Shoreland Zoning Act rules and the New Gloucester Shoreland Zoning/Resource Conservation specifications, and if the roads and lots are designed to keep as much of the virgin forest in place as possible. The Shoreland and Resource Conservation rules are there to protect water quality and aesthetics. The rules do work when they are followed. The key to protecting watersheds and lakes that are located downstream is really to leave the natural forests intact.

Treading lightly on the surface cover is the most effective way to keep impacts from new developments to a minimum. Unfortunately, there are some new developments involving large amounts of forest clearing that missed the mark according to reviews by the MEDEP. The consultants and developers they hired cleared much more forest than was needed to make a nice house lot, and they did more cutting than the regulations allowed. When something blatant happens, there are usually enough knowledgeable people around the lake to notice. The MEDEP is ultimately responsible, and they have professionals who can review sites, work with the towns, and help figure out the corrections that are needed.

The SDLA Board and our members are doing an admirable job keeping our Association alive and the programs active. There have been a few new faces on the Board the past few

years, and their contributions are very valuable. Our members also help in many different ways from simply joining the SDLA each year, to being active in our programs like the IPP. We are all volunteers. Different people focus on different tasks to keep the ball rolling, and as a group, things are accomplished. It has been a long journey for many of us who have been at it for years. We are always looking for members who would like to join the Board and help with the effort.

Thank you for your continued support!

Chris Ricardi, President

jricardi@maine.rr.com



Winter Sky and Athena Belle
Photos by Sharon Scannell



2018 Summer Calendar

DATE	TIME	EVENT	LOCATION
July 7	10:00 a.m.	Breakfast Cruise	Outlet Beach Boat Ramp. SDLA will provide coffee, juice, bagels and doughnuts
July 11	6:30 p.m.	SDLA Association	Annual Pot Luck and Business Meeting. Fraternal Order of Eagles, 354 Sabbathday Road. Bring setups and dish to share
July 14	9:00 a.m.	Invasive Plant Patrol Kick-off	Shaker Library. Refreshments will be provided.
July 28	8:00 a.m.	Morning Paddle	Meet at Outlet Beach.
August 11	9:00 p.m.	Perseid Meteor Shower	Shaker South Field. Bring chairs, blankets, bug spray, your Preferred beverage and stories to share. Rain/Cloud date: 8/12
August 18	9:00 a.m.	SDLA Membership Meeting	Shaker Village Event Tent. Refreshments will be provided. Guest Speaker: Charlie Todd of Maine Inland Fisheries and Wildlife. "The Bald Eagles of Maine"
August 18	7:15 p.m.	Sunset Cruise	Outlet Beach Boat Ramp. Bring a sweater, a beverage, and hors d'oeuvres to share.
August 25	7:00 p.m.	Full Moon Paddle	Meet at Outlet Beach.

Our Speaker for August 18



Charlie Todd and Friend

Charlie Todd, IFW's Endangered Species Coordinator, spearheaded the recovery of bald eagles in Maine. Charlie's accomplishments are well known, as for 30 years, he oversaw Maine's bald eagle program. During that time, Maine's eagle population rose from 41 nesting pairs in 1976 to over 750 nesting pairs in 2012.

Known as a hands-on biologist, "Charlie spent thousands of hours in small planes monitoring eagle nests and locating new territories. He reared eagle chicks and fostered them back into nests, banded scores of nestlings, provided eaglets to other states for re-introduction, and rescued and rehabilitated injured eagles for later release."

In 2017, he received the Maine Chapter of the Wildlife Society's highest honor when he was presented with the Award of Professional Achievement.

To find out more about the Sabbathday Lake Association, as well as contact information, the services and information it provides to property owners or others interested in our Lake . . . Visit our Website at www.sabbathdaylakeassoc.org



2017-2018

Board of Directors

(Term expires in parentheses)

- Chris Ricardi, President (2019)
- Dave Becker, VP (2018)
- Ruth York, Secretary (2019)
- Anne Maurice, Treasurer (2020)

- Mike Cloutier (2020)
- Cheryl Fortier (2018)
- Paula Gauthier (2020)
- Diantha Grant (2019)
- Don Grant (2019)
- Jennifer Gray (2020)
- Alan Gregory (2018)
- Brother Arnold Hadd (permanent)



Photo by Sharon Scannell

MAINE LAKES WITH INVASIVES

- | | |
|-----------------------------|--------------------------------------|
| Annabessacook Lake | Pickerel Pond |
| Balch Pond | Pleasant Pond/Cobbossee |
| Bryant Pond | (Horseshoe Pond, Purgatory Stream) |
| Cushman Pond | Pleasant Lake |
| Damariscotta Lake | Pleasant Hill Pond |
| (Davis Stream) | Presumpscot River |
| Great Pond | (Dundee and North Gorham Pond) |
| (Great Meadow Stream) | Saco River |
| Hogan Pond | Salmon River Falls |
| (little Androscoggin River) | (Spaulding, Northeast, Milton Ponds) |
| Lake Arrowhead | Sebago Lake |
| (Little Ossipee River) | (Long Lake, Brandy Pond, Songo |
| Legion Pond | River, Panther Run, Sebago Cove |
| Little Sebago Lake | and Basin) |
| (Collins and Mill Ponds) | Shagg Pond |
| Messalonskee Lake/Stream | Thompson Lake and The Heath |
| (Belgrade Stream) | West Pond |
| Mill Stream Norridgewock | Woolwich Ponds |
| Ossipee River | |

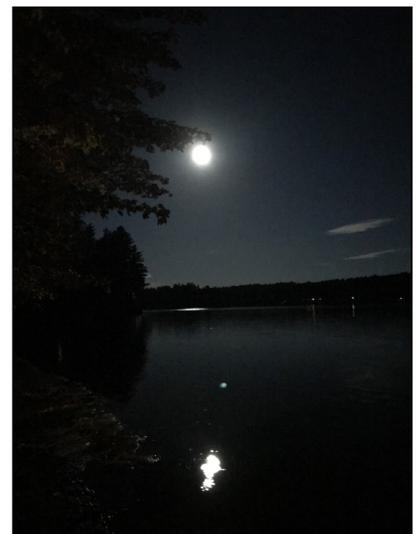
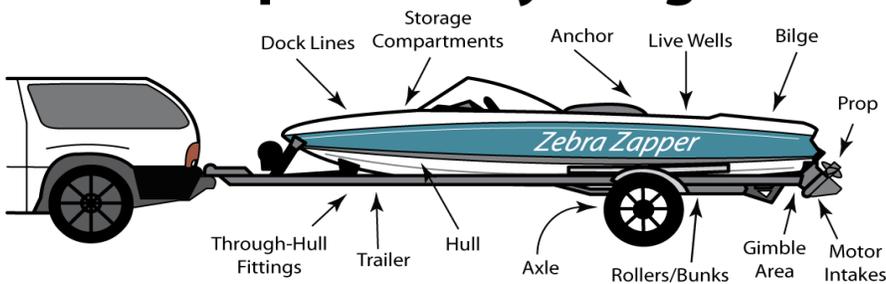


Mama Eagle apparently found a new mate over the winter and they have been tending their nest. It looks like we have TWO eaglets again. They have been very busy this spring.

Fall Moon Reflection
Photos by Diantha Grant

Before Leaving & Before Launching...

Inspect Everything!



INVASIVE PLANT PATROL

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 SDLA Invasive Plant Patrol (IPP) in 2017. As you may know, the lake has been divided into 25 sectors which allow for the volunteers to choose one or more sectors to survey. Many of our volunteers survey 2 or more sections and additional volunteers are needed. With some extra help from Don and Diantha Grant and Tom Wilson, we were able to complete a Level 3 survey of the lake in 2017 which means that we inspected the public launch area along with all of the littoral zone, which is the area of the lake from the high water mark to 15 feet in depth, looking for invasive aquatic plants. Our *goal* for 2018 is to complete another level 3 survey. Hopefully we will be able to accomplish that this year. Some 2017 survey statistics;

18 Volunteers participated

68 On-the-water survey hours were donated

84 Non-water hours donated (prep, outreach, travel, plan identification, coordination, etc.)

Total volunteer hours donated, 152

4 new native plants identified in 2017

Total plants identified so far is up to 46!

The results based on this survey indicate that no invasive plants were found*.

As these surveys continue from year to year, we feel that it is important to create a base plant inventory to work from, so one of our goals was to try to identify all the native plants found in each sector of the lake. Based on our survey sheets, I have compiled a list of native plants. Some varieties are more prolific than others and 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 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 if any effort to control them is to have any level of success. Therefore the efforts of the IPP cannot be overstated! With the proliferation of INVASIVE plants in many lakes surrounding us (see Page 5), 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 thousand of dollars annually for invasive plant eradication, with only limited success. Along with the expense of the eradication efforts, the lake shore properties have seen significant reduction in appraised value, and this should concern everyone!

The **first** line of defense is keeping the invasive plants out of the lake in the first place by Courtesy Boat Inspections at the launch ramp. The **second** line of defense is the Invasive Plant Patrol. How can I help, you ask?

- Volunteer as a Courtesy Boat Inspector (CBI) at the boat launch
- Become 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. Local contact or additional information, Mike Cloutier, 786-3392.

Have a terrific summer!
Mike Cloutier, IPP Coordinator

**Identification is made by trained volunteers, is preliminary, and not completed by a marine biologist.*





Water Quality Testing is an essential part of our stewardship. Cheryl Fortier, shown here, works with Jen Jespersen, our water quality contractor, to ensure we have a clean and healthy lake.



Winter on Shaker Shore by Bill Morrison



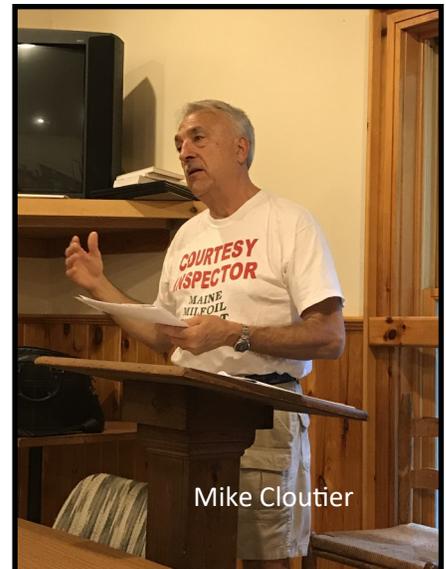
Ice Road Truck
Sent in by Kevin Pellerin

BECOME A SLIPPER

Whereas we had a terrific Kick Off last year I would like to get our Sixth survey season off to a good start as well. We will be having an informal get together to review the survey process, share some new ideas, review the underwater camera operation, meet new volunteers and make sure everyone has the current forms to use for the 2018 survey. It will be a good way to visit other plant patrollers and share our stories from the 2017 survey. We had good participation last year, and with the additional help of Don and Diantha and Tom Wilson we were able to complete a level 3 survey.

Our goal again this year is to complete a level 3. The United Society of Shakers has generously made their community available for the meeting again this year so we will be gathering at United Society of Shakers Library where we met last year. There will be goodies to consume and coffee will be provided. As in the past I will keep the meeting to around an hour if possible, that way we will have the rest of the day to enjoy other activities and be with your family or guests. Please try to attend, your participation matters! **Please mark your calendars now!** Please let me know if you will **NOT** be able to attend.

Place: Shaker Community, Library, across from the main residence.
Date: Saturday, July 14th
Time: 9 AM



Mike Cloutier

Identification: Our national symbol is highly recognizable. However, some observers do not realize their different appearance in the first 3 – 4 years. Immature eagles are generally dark with varying degrees of lighter mottling. They are full grown when fledged at 3 months of age. At 5 years of age, a (sexually mature) adult bald eagle has a pure white head and white tail that sharply contrast the dark brown feathering elsewhere on the body. In flight, notice the relatively long head / neck profile (about 50% of the length of the tail) unlike smaller proportions on a golden eagle silhouette.

If you see an immature eagle, several head features allow ageing. First-year juveniles are dark colored especially on head feathers, beak color, and iris color. A second-year bird has buffy areas on its head and throat. By the third-year, head feathers are whitish except for a conspicuous dark eye stripe; also, the beak color and iris are yellowing.

Natural history briefs: Bald eagles are creatures of habit. What seems “the same eagle perched on the same limb of the same tree” may be a series of individuals over time. They are selective about food sources, perches, nocturnal roosts, and especially nests.

Maine’s bald eagles are primarily fish eaters at inland settings on the lakes and rivers. In coastal estuaries and (especially) offshore, they eat a more varied diet adding seabirds and waterfowl. Eagles will perch along shorelines waiting for prey. Hunting flights are usually extended glides low over open water: trying to stay dry while catching a meal on the wing. If they get too wet, they will use their wings like oars and remain on the shore or a very low perch in order to dry out before attempting to fly again. Although some leave the state, many bald eagles remain through the winter in Maine. Scavenging carrion becomes more prevalent as ice cover greatly limits food availability.

Conservation: Stewardship of bald eagle nesting habitat by landowners has been solicited since 1972 in Maine. From 1980 to 2009, MDIFW applied Essential Habitat rules at eagle nests under the Maine Endangered Species Act. Land purchases and conservation easements now provide a lasting safety net for 400 eagle territories to safeguard recovery. An array of conservation organizations is integral to this strategy.

Generations of bald eagles will use the same nesting territory sequentially over decades. In fact, the same nest is often reused if its ever enlarging size does not harm the tree. A Sagadahoc County nest found in 1963 measured 20 feet vertically; biologists conservatively estimated it had been in use for at least 60 years.



6 week old eaglet at Richardson Lake
photographed by Inland Fisheries & Wildlife



**Congratulations to
Tom and MaryBeth Johnson
for being LakeSmart!**

AN INCENTIVE TO BE LAKESMART

The Lake Association has approved an incentive program for property owners seeking to become LakeSmart. If you need to improve your Buffer Zone along the shoreline (that is, add new plantings to prevent erosion and soil run-off), SDLA will reimburse you 50% of your cost up to \$250 for your efforts. However, you must apply for a LakeSmart Review first and we will help you see what needs to be accomplished. If you do not achieve your LakeSmart Award but are making progress with a goal of receiving the award, we have a sign for that, too!

The self-evaluation form is on our website. It’s easy and painless and it’s FREE. We review these 4 areas: Driveway & Parking Areas, Structures & Septic Systems, Yard-Recreation-Footpaths, Buffer and Water Access. It takes less than 1 hour for the review.

Email Diantha Grant if you would like a LakeSmart Review.
dondigrant@gmail.com



Sabbathday Lake Association

Membership Application

Annual Membership Dues are \$15.00 per Household

Membership Year is January 1st to December 31st

New Membership Renewal

Name: _____

Lake Address: _____

Mailing Address: _____

• Telephone: _____

Email: _____

Membership applications and annual dues can be sent to:

Sabbathday Lake Association
Attn: Anne Maurice
10 Cushman Drive
New Gloucester, ME 04260

Make checks payable to: Sabbathday Lake Association
Additional Donations Welcome!!!

MEMBERSHIP BENEFITS:

- PROTECTION OF THE SABBATHDAY LAKE WATERSHED
- WATER QUALITY MONITORING
- ANNUAL INVASIVE PLANT SURVEY
- SOCIAL GATHERINGS WITH YOUR NEIGHBORS
- LOTS OF LAKE NEWS



Reminder: Sabbathday Lake T-Shirts are on sale at the Shaker Store. This is an ongoing fundraiser for the association. Special thanks to Brother Arnold for his support of this important project. Cost: \$19.00



From the Editor

Please send your lake news, stories, photos and corrections to the Editor. Please identify your photos and where they were taken on the lake and we will publish with your permission.

Cheryl Fortier
cfortier2@live.com

Newsletter Designer
Diantha Grant
dondigrant@gmail.com

Thanks to the 2017 Sabbathday Lake Association members – all 92 strong! Your financial support continues to protect our lake.

Richard and Lori Allen, Steve and Vickie Allison*, Rachel Ashburn and Nate Ashworth*, Debbie Dunlap Avasthi*, Elaine Becker, Nicole and David Becker, Jane Begert*, William and Joanne Begert*, Stuart and Charlene Belden*, Roger Bergeron, Rodney and Michelle Bergeron*, Ronald and Carol Beyna*, Florence and Robert Bonney, Anna Caswell-Chandler*, Stephen and Natalie Chandler*, David Chandler, Becky and Jim Clark, Michael and Joan Cloutier*, Margo Cook*, Sandra Cullinan, Cushman Camp LLC, Leonard and Patricia Daley*, Elizabeth Davis*, Terri DeCoster, Gerard and Benita Deschaine*, Diana Dowd and Craig Doremus*, Stephen and Althea Driscoll*, Thomas and Katherine Driscoll, Kevin and Penny Ducharme, Carl Laidlaw and Jennifer Elizabeth, Eleanor Fellers*, John and Janet Foley, Richard and Cheryl Fortier, Paula Gauthier, Sheila Giancola, Greg and Nancy Gilbert*, Paul and Carol Gillis*, Donald and Diantha Grant*, Jennifer Gray*, James Gray, Alan and Cathy Gregory, Tim and Becky Gregory, George and Janet Gregory, Normand and Michelle Groleau*, Lee and Sandra Harper, Brandy and Justin Hebert*, Richard and Linda Hildebrand, Thomas and Mary Beth Johnson*, Kate Johnson and Danny Bergman, Brenda and Michael Jones, Nicholas Karamessinis*, Mary and Peter Konstantin*, Donald and Janet Lambert, Paul and Laura Larrivee, JR., Herbert J Levine and Ellen Frankel, Peter and Diane Libby*, Carolyn and Allen Marsh, Barbara Marshall, David and Anne Maurice, Cheryl and Shaun McKinnon, Vivek and Heather Mehra, Patricia Morin*, Rachel Morin Deckard*, Harry McNally and Paulette Morin McNally*, William and Susan Morrison*, Ali and Munira Naqui*, Lillian Nayder*, Donald and Monique O'Malley, Beverly Ouellette*, Ginny Paulson*, Kevin and Tracie Pellerin, John and Karen Pennell*, Alan and Elizabeth Peoples*, Pamela R. Pinette*, Christian and Julie Ricardi*, Mary Richardson, Barbi and Davis Richardson*, Charles Rodis, Steve and Sally Ann Rogers, Diane and John Salisbury*, James and Pamela Selberg, Carl and Catherine Shaw, Tom Schupp and Nancy Thomas*, Pamela Spriggs Kern, Beth and David Steele*, John and Paula Sturgis*, Catherine Thorpe*, George and Melissa True, Thomas and Birgitta Tupper*, William H. Webb*, Tom and Sue Wilson*, Ruth York, Centennial Springs Condo Association.

*The Board appreciates the 49 members who made an additional donation with their dues.
Your added contributions help tremendously with our water quality efforts.

Sabbathday Lake News
44 Lake View Drive
New Gloucester, ME 04260



— SPRING/SUMMER —
2018

OUR LAKE IN PHOTOGRAPHS

