

Sabbathday Lake News

November 2008

Courtesy Boat Inspection Update

Lillian Nayder

In the 2008 summer season, 144 boats were inspected at the Outlet Beach boat ramp in our continuing efforts to prevent the introduction of invasive aquatic plants to Sabbathday Lake. We are indebted to the efforts of our four courtesy boat inspectors: Becky Delaney, George Johnson, and Aaron and Julie Ricardi. The number of boat inspections in 2008 exactly matched the total for the 2007 season, down from 155 inspections in 2006.

To date, no invasive aquatic plant material has been found either on boats entering or leaving Sabbathday Lake. However, inspectors are present at the boat ramp only at the busiest days and times, so considerably more boats enter the lake than are inspected. We hope that all visiting boaters take seriously their responsibility for preventing the spread of invasive plants and that the efforts to educate the public, launched by the Lakes Environmental Association and other organizations in the state, are effective. Everyone needs to be vigilant, particularly since a new infestation of invasive plant was discovered in Belgrade this summer. In June 2008, 28 Maine lakes were known to be infested with milfoil as compared to 62 in New Hampshire. But in August, Eurasian milfoil, a particularly aggressive invader, was confirmed in Belgrade's Salmon Lake, having been previously identified in Maine only in one small pond in Scarborough. Eradication efforts

are underway and officials and residents are hopeful, since the infestation seems to have been caught at an early stage.

Anyone interested in volunteering for the 2009 courtesy boat inspection program at Sabbathday Lake should contact Lillian Nayder at 926-5233.



Remember the high water in August when docks had to be weighted down. David Driscoll submitted these pictures awarding Paul Larivee "most creative" for parking his boat on the dock and dropping anchor. Below, David caught Cheryl and Rick Fortier ankle deep surveying their dock.

SABBATHDAY LAKE ASSOCIATION MEMBERS WARNED TO BE DILIGENT TO PREVENT INVASIVE PLANT SPECIES FROM ENTERING THE WATER ELLIE FELLERS

Vigilance is needed to protect recreational and property value of Sabbathday Lake from harmful invasive plant species and storm water runoff entering the 345 acre water body. On Saturday, August 28, three dozen members of the Sabbathday Lake Association heard from experts on ways to further protect the lake's health.

Sabbathday Lake appears free from the three invasive plant species, variable leafed milfoil, hydrilla and Eurasian milfoil that are attacking nearby area lakes causing costly eradication remedies to remove the invasive plants that have taken up residence. And removal is costly. Prevention is the key, said Roberta Scruggs of the Bridgton based Lakes Environmental Association.

For example, Little Sebago Lake's variable leaf milfoil affects 70 acres of water in its fourth year of infestation. In the past two years 25 tons of milfoil have been harvested. And at nearby Thompson Lake, a 22 foot pontoon boat has a milfoil harvesting machine and crew. In six weeks the crew removed an estimated 18 to 20 tons of milfoil from four areas of the lake. And, volunteer monitor inspectors at many Maine Lakes, including Sabbathday, have heeded the call to train and inspect outboard motors, ladders, tackle gear, anchors and boat trailers. "Inspectors should be given credit, they are seen as sentinels," says Roberta Scruggs of Lake Environmental Association, a Bridgton based group dedicated to protecting the health of Maine's lakes and shorelines.

In March, 2008 Maine's Department of Environmental Protection's invasive Aquatic species program documented 28 lakes with confirmed infestations. Sabbathday Lake members agreed to be diligent and monitor three hundred foot segments of the lake to look for any signs of infestation.

Fred Dillon of FB Environmental Associates presented encouraging water quality studies results obtained on Sabbathday Lake in July. "Water monitoring studies in July show that Sabbathday Lake is considered above

average compared to other lakes in Maine. Although the water transparency is slightly above average, Sabbathday Lake is sensitive to pollutants in storm water runoff from the surrounding watershed.

In May Sabbathday Lake volunteers and technical staff from Cumberland County Soil and Water Conservation district and Maine's Department of Environmental Protection identified 60 sites in the Sabbathday Lake Watershed that are impacting or have the potential to impact the lake's water quality. The Royal River Youth Conservation Corps will be tapped to help provide labor to address remediating the sites during the next years.

A report identifying the sites with recommendations for remediating will be completed this fall. (this story ran in the Lewiston Sun Journal)

Editor's note: We're a little heavy on the editor's own pictures because we didn't get enough sent in. Please send digital pictures through email to cfortier@maine.rr.com.



**All hands on deck
for bumper riding**

Royal River Youth Conservation Corps

Ruth Faut

This season the Royal River Youth Conservation Corps completed 16 sites in the towns of New Gloucester, Gray, Yarmouth, Pownal, Freeport, and North Yarmouth. Three of the 16 sites were on Sabbathday Lake : stabilizing shoreline of Cloutier property on West Shore Road (below), mulching eroding path of Johnson property on Sunset Shores and maintenance on previously installed BMP's on York property on Braley Road.



Back row: Will Woodworth, Frank Rollins (Crystal Lake homeowner), Aaron Ricardi
Middle row: Crew Leaders David Miklovich & Becca Gerber
Front: Hannah Martin, Hannah Blatchford

Note from Abby Lumsden: You might like to know that there is a very nice aquatic plant guide with great illustrations and color photos. It is put out by New Hampshire but is appropriate for Maine too. I don't know of any other publication that covers aquatics this well. No price is given. It is available at:

Public Information Center
NH Department of Environmental Services PO Box
95
Concord, NH 03302-0095

Phone: 603-271-2975 E-mail pip@des.state.nh.us

Invasive Plant Patrol (aka Weed Watchers)

Mike Cloutier

As the following article indicates, early detection is paramount. This is the reason I asked for volunteers to join the SDLA Weed Watcher program at our August association meeting. With all the infestations surrounding Sabbathday Lake this program is our second line of defense. The first is the voluntary boat inspections at the boat launch at Outlet Beach and keeping the plants out of the lake in the first place. This article appeared in the Maine Volunteer Lake

Monitor Program newsletter, written by Roberta Hill, program coordinator.

I am working with Roberta to set up a training session with the SDLA members that have signed up at the August meeting, and will have more details for the spring newsletter. I want to thank all those who signed up for this most worthy cause.

Great East Lake Removed from Infested List

In fall of 2007, the Maine Department of Environmental Protection officially removed Great East Lake from the list of infested water bodies in Maine. In most years, new infested water bodies are added to the list; this is the first time a water body in Maine has been removed. The story behind the delisting is an important one, especially for those who may wonder if all the time spent patrolling the waters of Maine for invasive plants is worthwhile.

The Great East Lake Improvement Association (GELIA) in Wakefield, New Hampshire and Acton, Maine has an active Weed Watcher program. (Weed Watchers is the New Hampshire corollary to Maine's Invasive Plant Patrol.) GELIA early detection program has grown steadily every year since its inception, and the association now has over 60 volunteer "watchers" on the lake, covering nearly all of Great East's eighteen miles of shoreline. On July 11, 2006 Great East Lake resident and certified invasive plant patroller, Carol LaFond, was patrolling her section of the shoreline—the area around the public boat launch, on the Maine side of the lake—when she noticed a suspicious plant "standing out like a neon sign" among the native plants. She collected a specimen, and brought it to local authorities. The suspicious plant was variable water-milfoil (*Myriophyllum heterophyllum*). The response was swift and carefully executed. The plant and its roots were removed. Subsequent surveys of Great East Lake in 2006 and 2007 found no trace of variable water-milfoil. At the end of the 2007 season Great East Lake was removed from the list. Having successfully averted what could have become an ecological and economic disaster for the lake and the region, GELIA has provided a compelling example of the enormous—and ultimately incalculable—value of volunteer early detection efforts.

Ten, Cora
and Coury
enjoy
warm
July
water.



Sabbathday Lake Association Annual Membership Dues 2008

AMOUNT: \$15

Additional donations welcome!

How about a gift membership? E-mail Anne Maurice (amaurice@maine.rr.com) to see if someone you know has not yet become a member. Help increase the membership roles!

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:

- ◆ Sabbathday Lake News - a biannual newsletter from the Lake Association
- ◆ Social gatherings to meet your neighbors
- ◆ Water quality testing
- ◆ Environmental Improvement Activities
- ◆ Web Site: <http://www.sabbathdaylakeassoc.org/>
- ◆ Two summer meetings

Out for a bike ride around the lake. Pictured from left to right are Elaine Becker, Paula Gauthier, Abigail Becker, Dick Allen and Anne Maurice.



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, cfortier@maine.rr.com

SABBATHDAY LAKE ASSOCIATION

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