

# Sabbathday Lake News

November 2012

## Invasive Plant Patrol (IPP)

by Mike Cloutier

On Saturday, August 25th 2012 the Sabbathday Lake Association in partnership with the Crystal Lake Association and Range Pond Environmental Association sponsored the Maine Volunteer Lake Monitoring Program (MeVLMP) which conducted an Invasive Plant Patrol Workshop at the Sabbathday Lake Grange Hall. (See picture below.) It was a significant event in two ways. First it was the last event to be held at the grange. The building has been turned over to the state grange organization and is up for sale, ending over one hundred years of service to the community from that location. Secondly, and most importantly, it was a very well attended event, especially by members of the Sabbathday Lake Association. We had 14 members of the association attend the training and all became certified plant patrollers. Being certified by the MeVLMP means that the information gathered during the survey work is

being completed by the accepted standards set by the State of Maine in accordance with well established methods. This is a significant number and I am very proud and encouraged by this level of participation. This level of volunteerism will ultimately allow the association to do a level 3 survey of the lake which, in effect, means the complete lake.

I would also like to note that there was a high degree of enthusiasm and determination exhibited throughout the workshop. Based on what I know is happening around Maine at other lakes regarding IPP, we have put ourselves in a very select group. Our annual survey of the entire lake will put us in a position to monitor the lake for invasive plants and to respond in a very timely manner if plants are found. I would like to recognize those who attended the workshop and became certified: Paula Gauthier, Anne Maurice, Joan Cloutier, Chris Ricardi, Stu Beldon, Matt Johnson, Lucinda Brandt, Alan Gregory, Paul Gillis, Cheryl and Rick Fortier, Greg Whitney, Mary Beth Johnson, and Allen and Carolyn Marsh.

IPP Cont on page 2

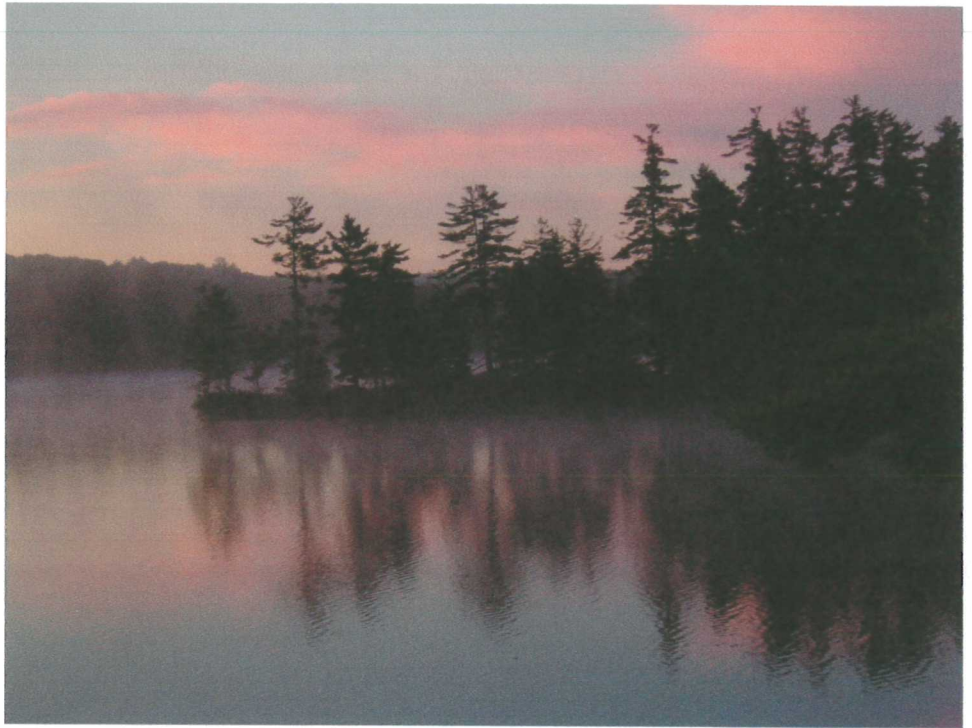
Photo by Mike Cloutier



## **Invasive Plant Patrol**

Cont. from page 1

The threat of invasive plants entering this lake is very real and would be environmentally and financially devastating. I would like to encourage anyone who is interested in this activity to give me a call at 782-9720 and we can discuss how you can get involved with the Sabbathday Lake IPP. We will always need interested, concerned and involved association members to pitch in and do their share. The continued good health of Sabbathday Lake is depending on you. WELL DONE!



## *Artists Abound*

by Paul Gillis

Two dozen photos were submitted for the 2012 SDLA Photo Contest. A diverse range of subjects were represented, challenging the esteemed judges in their selection. Attractive certificates and culinary treats from Outlet Beach rewarded the winners.

Congratulations to the winners:

People Choice (Tie): Joan Cloutier, Tom Johnson

Nature: Joan Cloutier, Tom Johnson

Tradition: Joan Cloutier, Paulette (Morin)

McNally

Wildlife: Ellie Fellers

People: Stu Belden, Ellie Fellers

A special thanks to Cheryl Fortier, Chris Ricardi, Carol Gillis and Anne Gauthier-Maurice for helping make this a fun event.

How about starting early for the 2013 Photo Contest? The upcoming Fall and Winter will offer great opportunities to share those seasons at The Lake with our "summer" friends. Just E-mail your photos to Cheryl Fortier at [cfortier2@live.com](mailto:cfortier2@live.com) before Midnight on August 1, 2013. See further details elsewhere in the newsletter.

**2012**

### **Grand Prize winners People's Choice Awards**

**“The Point” by Joan Cloutier  
and  
“An Eagle” by Tom Johnson**



# SDLA Sponsors the 2013 Sabbathday Lake Photo Contest by Paul Gillis

Share those wonderful sunrise, sunset, nature, swimming, boating, sailing, water skiing, Outlet Beach, Shaker Village, children, and grandchildren photos with your fellow SDLA members. If you love taking pictures, the SDLA is waiting to see the photos you snap of your favorite animals, landscapes or people to enter in the 2013 Sabbathday Lake Photo Contest.

Youth 12 and younger will have their own opportunity to flaunt their skills in photography by taking part in the youth category. Photos will be displayed at the SDLA Association meeting in August.

The five categories will include:

- A) Nature / Wildlife
- B) People
- C) Sunset/Sunrise/Landscape
- D) Other
- E) People's Choice

Everyone is encouraged to enter early and often. Contestants may submit up to three photographs per category by E-mail. Photos may be in black & white or color. In the E-mail indicate your name, address, phone number, category photo title (optional).

Labeled entries must be received no later than Midnight August 1. Entries may be E-mailed to [cfortier2@live.com](mailto:cfortier2@live.com). By submitting their photos, contestants release to the SDLA the right to use the photos in the newsletter, calendar, and for any other purposes.

An esteemed panel of judges will evaluate all entries for composition, neatness, imaginative subject matter, overall photographic quality and capturing the spirit of Sabbathday Lake. Attending SDLA members will have a chance to vote for the People's Choice category at the August SDLA meeting.

Two prizes will be awarded in each category, with a People's Choice Grand Prize of 1 quart of Hodgman's frozen custard. Other prizes include blue ribbon and certificate, being published in the SDLA newsletter, and free ice cream at Outlet Beach.

Winners will be chosen from two different age groups: Youth (12 and under), and those 13 and older.

Happy photographing!



**2012  
Contest**

First place

Wildlife

by Ellie  
Fellers



Second place People by Ellie Fellers

## Stories of the Omer Morin Family on Sabbathday Lake

by Patricia Morin, raconteuse



L to R- Background - Pat, Dennis and Rachel.  
Foreground- Paulette and Diane.

Hi, We are the Morins and we've been enjoying Sabbathday Lake since 1951. We would like to share some of our unforgettable family history with you. Dad, Omer Morin, didn't want us kids to spend our summers in the "City of Lewiston". So, he built a camp for his wife, Madeline, (deceased) and his five children at this pristine place. The above picture was taken in front of the cottage during the fall of 1957. Our home in Lewiston was not ready for autumn occupancy, which meant we attended local schools in New Gloucester.

This wonderful summer location holds many memories for us, most happy, some not so. For example: my sister, Paulette and brother-in-law Harry

met here as teenagers (another story, another time). There was the summer evening I saved Ronnie Lachance of the Pinette/Lachance clan from drowning. He had hit The Outlet diving board with his boat at dusk. Also, the many days of collecting bottles and cashing them in (recycling now), as well



as picking blueberries in the bog to sell. Earning the money was well worth the effort, we could then buy a variety of penny candy or a delicious ice cream cone sold at The Outlet snack bar!

One Sunday afternoon, Dick Leclair drowned while water skiing with Johnnie Beliveau, also both Lake family residents. When we had bruises, aches, and illnesses that were beyond what mom could treat, Dr. Beeaker and Dr. DeCosta were always there to get us up and running. Our neighbors, the Thurston family, were kind and helpful when they rescued us kids during the horrific 1956 hurricane. We were so scared because Dad was at work and Mom had gone into town for a dental appointment (long before the days of cell phones and constant weather updates).

Going to Sunday mass at Our Lady of the Lake

Camp by boat was quite enjoyable. The summers we worked there as counselors were too. We learned so many skills (some we need not mention here). We had so much fun, ate way too much and had our first job and even life experiences!

Yes, we have made life long friends here, treasured and true. We continue to make new acquaintances with people we meet and greet at the gas stations, the lake association meetings and other local functions.

The most recent picture was taken this past summer and a reenactment of the picture from 1957. It was the first time the five of us siblings had gathered together

at the lake cottage in over 30 years. Luckily, some of our children joined us as well. We were able to not only have our annual "friends" reunion but also a wonderful family gathering which included cousins we had not seen in 35 to 45 years. Thank goodness for the great weather!

We are truly blessed to have the Shakers who had the foresight to select this "Chosen Land" to lay the foundation for their home and work. We are thankful to be at this magnificent location to be enjoyed by old friends and neighbors as well as newcomers. They too delight in being good stewards of our little bit of paradise now and hopefully for generations to come.

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## The Water Striders by Chris Ricardi

Some of you may have noticed the masses of little bugs skimming across the calm lake surfaces this summer. The water striders or skaters, those little black bugs that walk on water and seemingly skate across the watery surface, were very abundant this year. I was asked if I had any ideas why there were so many, so I did a little reading and have some ideas on the water strider population explosion.

The water striders are very interesting little creatures. They have 4 spindly legs that poke at the water without breaking the surface tension to hold their thin stick-like bodies above the water. If you look closely at them you can see that their legs push little indentations into the water forming depressions in the surface. Water molecules are very polar with charges that hold the individual molecules tightly together. So it is that the weight of these tiny bugs spread out across 4 points is not enough to break the strength of the molecular bond forces that hold the surface in place. Walking on water? Not really a miracle, just simple physics. Striders also have water repelling hairs on their undersides that keep them afloat. With a boat shaped body and legs that extend to the sides over the water, they are really like little catamarans.

These little guys are predatory in nature. They eat other insects that venture out onto the lake or are blown in by the wind. They also prey on mosquito

larvae and other aquatic insects as they float to the surface and hatch. Like a spider they pierce and suck juices from their victims. They actually have a total of 6 legs. The front two are smaller legs in the front of their bodies that have claws to catch and hold prey. In masses they will swarm a fat flying ant or other bug that is unfortunate enough to fall on the water. They are also known to be cannibalistic.

So what might have caused the larger numbers of water striders on the lake this past summer? It was most likely due to the warmer winters that we have had the past two years and the warm spring and summer this year. They grow better in warmer temperatures. They can survive the winter by taking shelter along the shoreline and hibernating. Winter survival would be higher during a mild winter. They also breed throughout the warm seasons, laying eggs on the lake shore and on plants. They continue to lay eggs until cooler temperatures come, and then they stop producing eggs and store body fat in preparation for hibernation. Because the last two years were warmer than normal, they would have laid eggs for a longer period. A longer egg-laying season combined with better growth and survival means more bugs.

There are over 1000 different species of water striders. I believe the ones on our lake are called Common Water Striders. Some species even live on

the open ocean spending their entire lives at sea. Just as the lake species use objects on the shore for shelter, and to lay eggs and shelter young until they are ready to take to the water, the marine striders use floating objects. I recently read an article in *Scientific American* magazine that said that some oceanic populations were growing in calm areas of the sea where plastics and other trash were gathering. In one location called the North Pacific Subtropical

Gyre, the amount of floating plastic trash has increased by 100 times in the past 40 years. Researchers found that the striders were laying eggs on the floating trash and were taking advantage of the new habitat.

So next time you see the little water striders racing across the lake think about their little lives and how they earn their keep on our lake.

## 2012 Cruises by Paul Gillis

### Spectacular Sunset Cruise, August 4th

What a beautiful evening for cruising the Lake with friends, old & new! Captain Stu Belden took about ten SDLA members around the Lake as the sun was going down and before the mosquitoes came out. There was talk about the changes to the Lake and its surrounding houses over the decades, growing families, pontoon boats, the Jacksonville Jaguars, and a lot of new, unprinted history regarding the Lady of the Lake Catholic Church camp.

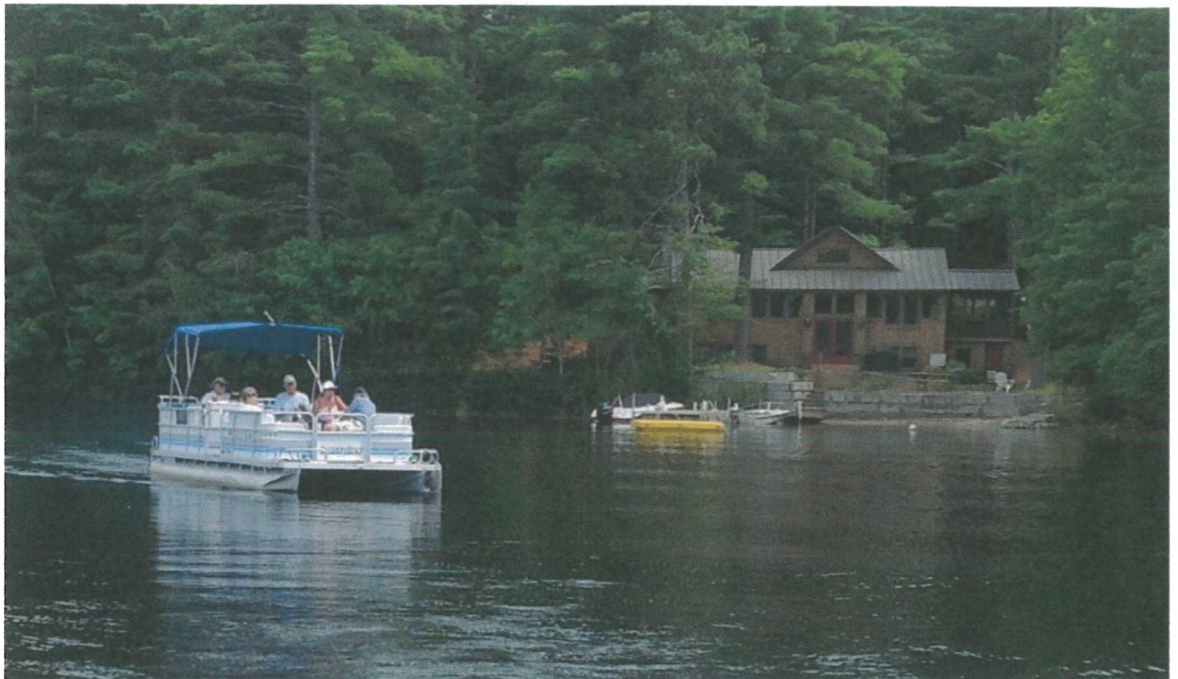
A good time was had by all. Thanks Stu! Consider joining us next year. It's a great way to meet neighbors and learn new things about wonderful Sabbathday Lake.

### Beautiful Breakfast Cruise, July 14th

Morning hostess Paula Gauthier presented a beautiful breakfast cruise on Saturday July 14th. Two boats left Outlet Beach for a leisurely ride around the Lake just as it was waking up. Loons, fish, and other wildlife was spotted, donuts and coffee were consumed, new acquaintances were made, and old friends caught up on winter activities.

Thanks to Paula Gauthier, Captain Leonard & Pat Daley and Captain John Salisbury for making this possible.

photo by Paula Gauthier



# **Sabbathday Lake Association Annual Membership Dues 2012**

**AMOUNT: \$15**

**Additional donations welcome!**

Please send annual dues to: SDLA, 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 \_\_\_\_\_

ADDRESS \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

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

\_\_\_\_ ADDITIONAL DONATION FOR INVASIVE PLANT PATROL ACTIVITIES

### **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

### **A Memorial Donation**

Last summer a member made a donation to the SDLA in memory of a loved one who passed away. It was a wonderful gesture. As a 501 (c) (3) organization, the Association can accept donations of this kind and we offer it as a fitting way to remember someone who loved Sabbathday Lake.

### **Stories for the Newsletter**

If you like the Morin's story of their experiences on Sabbathday Lake, maybe you'd like to contribute your memories of the way it used to be.

Always, feel free to e-mail stories or photos for publication in the SDLA News to [cfortier2@live.com](mailto:cfortier2@live.com)

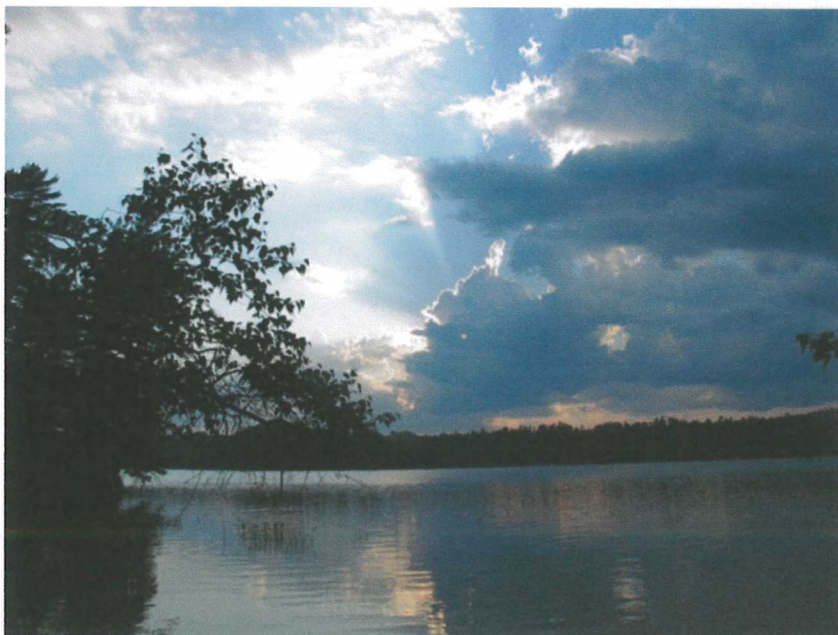


Photo by Ellie Fellers

# 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 and photos to the Editor  
by E-mail to Cheryl Fortier, [cfortier2@live.com](mailto:cfortier2@live.com)*

## **SABBATHDAY LAKE ASSOCIATION**

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