

Sabbathday Lake News

May 2001

Calendar of Events

First Summer Meeting

July 11, 2001

Where: At the Grange
Pot Luck Dinner at 6:30 p.m.
Meeting at 7:30 p.m.

Note: For the Dinner, **BYO**
utensils and potluck. We
provide beverages, and
dessert.

Speaker: Scott Williams -
watermilfoil/slide show

Second Summer Meeting

August 15, 2001

On the Water-

Matt Johnson

Greetings to all members of the Sabbathday Lake Association! Now that the "mother of all winters" has ended (ice out was April 27th this year), we can look forward to another season of enjoying the beauty and activities at the lake.

The Board of Directors have held meetings throughout the winter to establish our goals for the upcoming year. Our main goal is to preserve the water quality so future

quality so future generations of Mainers can share the enjoyment of this relatively pristine lake.

The most immediate threat to the life of the lake appears to be invasive aquatic plants, such as variable and Eurasian milfoil. Once introduced to a body of water, usually on the bottom of boats or trailers, they can grow into a dense mat of vegetation that makes swimming, boating, and fishing virtually impossible. Several nearby lakes, including Lake Auburn and Thompson Lake, already have milfoil present. Once established, these plants are nearly impossible to eradicate, so clearly such an infestation would be catastrophic!

Prevention seems to be the only way to avoid such a calamity. Please be sure you have inspected any boat or trailer before launching and remove any clinging plants (even fragments one inch long). We will be posting signs about invasive aquatic plants at the public access points and brochures will also be available at Barefoot Beach this summer. Scott Williams, executive director of the Maine Volunteer Lake Monitoring Program, will be our guest speaker at the annual meeting on July 11 to discuss this problem, and show slides. Please mark your calendars if you want to know more about this serious threat.

The result of our water quality testing for 2000 show that water clarity, phosphorus, and chlorophyll-a levels were close to the historical average for the lake.

Dissolved oxygen levels were "notably improved" for August and September. It appears that even with all the increased activity around the lake, our efforts are paying off. Still, we must continue to do all we can to reduce nutrient runoff into the lake. This means diverting rainwater from roofs, roads, and paths from flowing directly into the lake, maintaining or increasing vegetation buffers along the shoreline, avoiding fertilizing lawns and gardens, especially those with phosphorus in them, and maintaining or replacing old septic systems.

The Cumberland Country Soil and Water Conservation District has been especially helpful in providing technical assistance and funding to address some of the problem areas around the lake, and we are eternally grateful to them. We will be going on a tour of three of the sites they worked on last summer, on June 14. (See article by Jeff Brinck for details.)

The Lake Association has over one hundred active members, and that is a lot considering how busy everyone's lives are these days. At our July meeting, membership dues were increased from \$10 to \$15 to help fund the increasing costs of water quality testing, newsletter production and to continue support of the Congress of Lake Associations, among other things. I would like to see more involvement from others in the lake community, and hope that

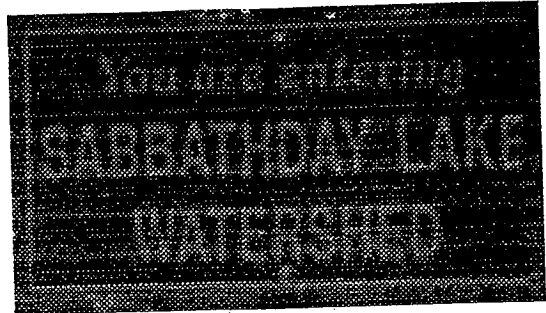
WHAT'S HAPPENING ON ROUTE 26?

Anne Maurice found this information in the February 20 Engineers week supplement of the Portland Press Herald. The article was provided by CLD Consulting Engineers, Inc.

"Through the hard work of the project team, a consensus was attained and a preferred alternative was selected. The final plan calls for construction of a new western bypass around the southern segment of the route, as well as another to the west of the New Gloucester Shaker Community.

In addition to the reconstruction/relocation work, the project will also make improvements to the existing roadway in the bypass areas.

The MDOT gave CLD approval to start Final Design in the summer of 2000, with construction of the first of the three-part project scheduled to start in the spring of 2002. All work is expected to be completed by 2004."



Jeff Brinck of Cumberland County Soil and Water Conservation writes: My knowledge of the status of Rte 26 (the old Rte 26) is that the consultants are doing designs for catch basins, structures and other work to be done along the old road. Those designs are the ones that I am awaiting from Cynthia Kuhns at DOT. They are at least two months behind schedule. I do not believe they intend to do any construction this field season.

Sabbathday Lake Association

Annual Membership Dues 2001

AMOUNT: \$15

Additional donations welcome!

Please send annual dues to:

CELINE M. JANNARONE
115 SUNSET SHORES ROAD
NEW GLOUCESTER, ME 04260

MAKE CHECKS PAYABLE TO: SABBATHDAY LAKE ASSOCIATION

NAME _____

ADDRESS _____

MAILING ADDRESS _____

TELEPHONE _____ EMAIL _____

Benefits of belonging to the Association:

- ♦ Lots of news about what's happening around the lake
- ♦ Social gatherings to meet your neighbors
- ♦ Donations are tax deductible

Tour In other developments, the project committee will hold a tour of a few conservation projects on Sabbathday Lake on June 14 from 6-8 p.m.. We hope you can attend! An advertisement with details on the tour is on the back page of this newsletter.

New Funding Also, we are in the final stages of approval for a second round of funding from the Maine Department of Environmental Protection and the US EPA to implement more conservation projects during the field seasons of 2002 and 2003. Our goal through this new project is to share the cost of conservation projects with residents to provide a demonstrable water quality improvement in the lake. **If you would like to be considered for cost-sharing of erosion and sediment control projects on your property in 2002 or 2003, please give the District a call at 839-7839 ext. 110.** Eligible projects include camp road and driveway repairs, planting trees and shrubs along the lake, infiltration trenches, dry wells, and grading and ditching to reduce runoff into the lake. Projects will be ranked according to their impact on the lake and will be decided upon by the steering committee.

Ongoing Technical Assistance Finally, just because we don't have funding to do more construction this summer, that doesn't mean we aren't able to help you solve your erosion problems! Wendy Garland is available to provide technical assistance to residents within the watershed throughout this spring, summer, and fall. You can call her at 839-7839 ext. 108 to schedule a time for her to come out and help you find options for you to protect the lake. This is, after all, your watershed, and the long-term health of the lake depends on you!

Sabbathday Lake Gets Some Lunker Trout BY CRAIG DOREMUS

Sabbathday Lake was one of a handful of water bodies in Maine that were stocked with lunker trout last fall by the Department of Inland Fisheries and Wildlife. In late October, 15 Brook Trout were stocked in the lake by IFW followed by a brood stocking of 15 Brown Trout a few weeks later. The brookies were in the 14 to 16 inch range, while the

brood stock browns ranged from 26 to 28 inches in length.

If you're thinking about running down to the lake to make a few casts for these large piscine specimens, think again. "Most of them get caught in the winter season," said John Boland, IFW Regional Fishery Biologist, who estimates that ice fishing pressure is about the same as fishing during other parts of the year in Sabbathday Lake.

Boland explained that the fish stocked last fall were retired breeders who are put out to pasture to give the local fishermen (or women) a chance to catch some large fish. They will probably not live long enough in the lake to breed again, he noted.

IFW normally stocks Sabbathday Lake with healthy Brook and Brown Trout in the spring. In early April of last year, 400 Brown Trout were stocked and 500 Brook Trout were stocked about a month later. Both stockings were of young fish in the eight to 12 inch range. The late ice-out this year delayed fishing stockings about two weeks, according to the IFW web site.

A healthy smelt population in Sabbathday Lake are important for trout, especially the Brown Trout that feed upon them. "The smelts seem to be quite abundant in the lake," acknowledged Boland.

But water quality is also important. Trout require water that is cold and well oxygenated. Brook trout need temperatures no higher than 60 to 65 degrees. Brown Trout are a little less temperature sensitive, but both of them need to move to deep water in the lake in order to survive during the summer. This means that it is imperative that the deep waters in Sabbathday Lake be oxygenated during the summer. Boland said that the oxygen concentration should be at least 5 parts per million in the deeper waters, but that Sabbathday Lake can have depleted oxygen levels at that depth. "We have records that go back to the 1930s and 40s that show depressed oxygen levels in deeper waters," said Boland. "The low oxygen level can be part of the cycle of nature," he added. IFW monitors water quality every five to ten years, said Boland, who noted that subsequent stockings depend on the quality of the lake.

The Joys of Sabbathday Lake by Cheryl Fortier

When I was a kid, we had a 14 foot aluminum rowboat with a 25 horse power motor. One summer we rented a camp on Phillips Lake, also called Lake Lucerne for the beautiful vistas, near Bangor. Set behind the railroad track, a row of camps and the road was the tiny cottage. It didn't have running water, but there was a dock. From that dock, I learned to dive and also to drive the boat. I'd drive my younger sister around in the bow of the boat. We'd throw an empty plastic bottle out and then I'd try to steer the boat so she could pick it up. When we were older we learned to ski behind that 25 horse power motor. It wasn't very fast, but it was enough to get us up and drop a ski.

Ordinarily, we lived near the Belgrade Lakes. We knew people who had camps on nearby lakes like Messalonski or Great Pond. My mother always felt we had something better - the boat. We'd pack up a picnic, bathing suits and fishing gear and go fishing for the day on China Lake back when it was crystal clear.

The public boat launch at McGrath Pond was wide and even and not too steep. That's where, as a teenager, I learned to back the trailer, to launch the boat and take it out. We'd head over to the tip of a deserted point with a one by four foot beach, a sandy bottom and a tiny clearing. Time to spread out the blanket, have ourselves a picnic, swim, ski, read and sun bathe. What memorable family outings we had at that lovely spot, always leaving it the way we found it or better.

But we were not without our stormy memories. There's the time my sister and I were half way down 11 mile long, Messalonski Lake with a storm brewing when the motor died. We rowed back, side by side, as hard as we could, through driving rain, feelings running from scared to adventurous. Another time, all of us little kids kept dry under my Aunt Frances' skirt, after pulling ashore because of a lightning storm. Right before the storm the fishing was so good we were hauling in the white perch as fast as we could put in our lines which probably accounted for why the normally responsible adults failed to exercise sufficient planning about the approaching weather. Then, trapped on the wrong side of the lake, we hiked through the woods as darkness fell to find that dry house with the kind people who took us home in their big, strong, wooden inboard.

When Rick and I were in the market for a house, we decided to look for a camp, what we both had wanted as kids and never had. Sabbathday was our favorite canoeing lake. We launched the canoe by the Grange and enjoyed the lovely beach. One day we saw a camp for sale.

Unfortunately it was under contract, but the realtor told us about one at the other end. It was the house of our dreams, not winterized, but with picture windows a few feet from the water on a level lot with a lawn. That was 24 years ago.

It's a joy it is to live on the lake every season of the year. It's hard to name all the summer pleasures from swimming, snorkeling, diving, to fishing, skiing, knee boarding, tubing, jet skiing, canoeing, kayaking, sailing, wind surfing, watching the moon and the stars and the fireworks to hearing the peepers and the loons. Then Labor Day comes and the boats and the docks move onto land as the fall foliage spectacular and the migration of ducks and geese delight. The lake becomes naturally quiet and peaceful on a calm day or cold and noisy on a windy day. It's a good time for yard work, putting the gardens to bed, less swimming and boating. In winter, the water freezes and the noisy, shimmering, white capped surface turns to glass and all becomes calm to the eye, until it snows; and the wind whips the snow into spirals of frenzy which you watch, thankful for your warm house.

Before snow falls you can skate from one end to the other and "walk on water" and then fish through the ice and drive vehicles and snowmobiles and spin on the ice or plow through the snow and put up little fishing shacks and enjoy the great outdoors in the winter on the lake. I thank snowmobilers for their tracks for my cross country skiing and for the sharing of the pleasure of winter. In spite of the New Year's early awakening, I welcome the noisy augers because I know the fishermen will tell me how thick the ice is when it's too thick to chop with my hatchet. There's someone else out there who loves to be on the lake in winter. While the ice is melting, it's treacherous. Then, the day the ice tinkles in small pieces as the wind blows it against the shore, the daring young throw themselves in, full bodied. The water is cold for a long time and the fishermen troll for trout until it's time for summer fun again.

I feel lucky to live on the lake. I want to welcome those who don't live on the lake. Like me, before I lived here, they love the lake too. I want to be a good host and a good steward, to learn how to protect and treat the lake well so it will stay as beautiful as I know it. I would guess that living on the lake takes a toll on the ecosystem. I hope I can live here without hurting it. My feelings of appreciation and responsibility are what I want to share with the Lake Association.

everyone cares enough about the lake to join us in doing all we can to keep it a great place to boat, swim, fish, or just enjoy the wildlife and scenic beauty. Please send your dues today, get your neighbors to join, come to our meetings at the Grange on July 11 and August 15. Your input is always appreciated, and I look forward to seeing you all on the water.

**MAINE CONGRESS OF LAKE ASSOCIATIONS
ANNUAL MEETING, SATURDAY, JUNE 24, 2000**

BY ELLIE FELLERS

CHINA - A day-long workshop drew about 100 Maine Congress of Association members from across the state to spend a perfect summer day learning first hand about safeguarding and protecting the health of Maine's lakes. COLA's annual meeting at China Lake was highlighted with an educational cruise to demonstrate the do's and don'ts required to protect the lake which experienced one of the worst algae blooms around the state in recent years. Christine Smith, Lakes Education Coordinator for Maine's Department of Environmental Protection throughout the cruise talked about remediation practices to stop phosphorus and erosion carried from storm water.

Erosion carries sediment and nutrients from the soil to lakes and streams. There the sediment settles out, clogging habitat of fish and other aquatic life. Phosphorus acts as a fertilizer and is the chief cause of algae blooms which destroy water quality. Vegetative buffers can intercept the phosphorus and sediment which get into lakes and streams. "Don't kill the goose that lays the golden egg," said keynote speaker Ship Bright, executive director of the Maine Lakes Conservancy Institute.

"Eleven to \$200 per foot frontage is the diminishment of value that lakefront property can experience for degraded water quality," said Bright. That effect on private property value can lower the property tax base and shift the burden to others to fund the municipal budget. And, the loss of property value has an effect on municipal services of which the school budget is often the largest line value, he said. He said Maine's lakes pump \$2.8 billion dollars into the economy which is 9 percent of the state's domestic product. That includes 50,000 jobs created by the economy generated from Maine's lakes. "How many children are fed, sheltered, clothed, raised and

educated by jobs these lakes provide to families?" he said. Of the 75 percent of the world covered by water, only three percent includes freshwater. "Not may people realize how precious and scarce this resource is." Raising environmental education, he said, is key to protecting Maine's lakes. Joan Irish who heads up COLA's legislative affairs said municipalities have an extension deadline of July, 2000 to submit a letter of intent to Maine's Inland Fisheries and Wildlife to ban surface water use or jet skis. A vote by the municipalities is required to meet the December of 2001 deadline. Ellie Fellers, 926 4776

**Sabbathday Lake Demonstration
Project Draws to a Close**

BY JEFF BRINCKS

Greetings from the Cumberland County Soil and Water Conservation District! While the lake lay under ice this winter, the District and residents on the Sabbathday Lake Project Steering Committee were busy at work completing a draft project report, seeking out more funding opportunities, and tying up the loose ends of the Sabbathday Lake Demonstration project.

Project Wrap-up For those of you unsure of who the District is, we are a local nonprofit organization affiliated with the state government that works with landowners to help them conserve soil and water resources in Cumberland County. We received a grant in 1999 to help residents of the Sabbathday Lake watershed implement a few projects that "demonstrate" to residents how to conserve the lake with simple conservation practices referred to as Best Management Practices (BMPs). That project concludes this spring. We partnered with towns and landowners to construct nine conservation projects throughout the watershed, and provided 27 residents with technical assistance on how to reduce soil erosion and polluted runoff on their property. You can easily view one of the conservation projects by stopping at Barefoot Beach and observing the shoreline that was stabilized using a combination of plantings and rip-rap. **A project report summarizing the entire Sabbathday Lake Demonstration Project is available from the District free of charge to watershed residents while supplies last. Call the District at 839-7839 ext 110 for your copy or with any questions on the conservation projects.**

**Join us for this Fun and
Informative Tour!**

Conservation Practices on Sabbathday Lake

Date: Thursday, June 14, 2001

Time: 6 pm-8 pm

RSVP to Jeff Brinck:

839- ext. 110 or

jeff-brinck@me.nacdn.net.org

Meet at Sunset Shores Road at 6:00 pm.

Look for the sign.

Participants will drive their own vehicles to each of the
three sites we visit.

You are invited . . .

to tour three properties within the Sabbathday Lake
Watershed to observe conservation measures done to protect
the lake. We will also be presenting some awards and
formally announcing a new grant to further help residents
protect the lake.

Refreshments will be served at Sandra's Soft Serve
following this free guided tour.

Sabbathday Lake News

The Newsletter of the

Sabbathday Lake Association

*Please send your
lake-related news contributions
to the Editor*

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