

Sabbathday Lake News

June 2009

Calendar of Events Annual Meeting

Wednesday, July 8, 2009

**At the Grange
Potluck Dinner
6:30 p.m.**

**BYO utensils and pot
luck.**

**Provided: beverages &
dessert**

**7:30 p.m.
Business Meeting
Election of Officers**

August Meeting

Saturday, August 15, 2009

**Coffee and
Donuts**

**At the Grange 9 am - 11 am
program to be announced**

**See inside for
fun, summer
activities
pages 6 & 7**

A NOTE FROM THE PRESIDENT

Dear SDLA members, I want to start out by thanking you all for the opportunity to give back. I look forward to the challenge of serving as President and will do my very best to keep the lake safe and clean for the future.

I have grown up spending summers at the family camp and I have to admit that the lake is my most favorite place in the world to be. I have too many fond memories at the lake with cousins, aunts, uncles and grandparents to

list them all. My Family has been coming to the lake since the early fifties when my great grandparents rented a cottage. Later on they built a family camp and the rest is history. I am proud to be sharing the lake with my children who are the 5th generation to start building their own set of fond memories. So making sure the lake survives in all its beauty and clarity is very important so that someday with a little luck maybe my children will be coming to the lake with their children and starting the cycle for the 6th time.

I have to say I am selfish when it comes to the lake and feel that nothing is more important than making sure that it survives for current and future use. We have many threats to worry about but the (cont. on p. 2)



photo by Jennifer Elizabeth

Note from the President (cont.)

most disturbing and devastating is invasive plant species. Many of the lakes around us have an invasive plant infestation. This can choke a lake and make it virtually unusable if left to run wild. Once the plants get in, it can be an almost impossible task to get rid of and cost an astronomical sum to control and remove on a regular basis. So I am asking for your help. Not something a small few can accomplish on their own. We have many ways people can help both through volunteer and financial support. A small way to help would be to volunteer to survey your own shoreline. We will be reviewing how you can participate at the next lake association meeting. Later on we will be holding some training as we move into the summer so you know what to look for when surveying your own shoreline or when you're out enjoying the water and what to do if you find something suspicious. We also plan to continue the program of inspecting boats in the 2009 summer boating season. But we can't catch everything and awareness is the first line of defense. If your boat has been on bodies of water other than Sabbathday Lake, it's important that there is no plant material hanging off the boat or the boat trailer. Many times an invasive plant can stow away not just on propellers or trailer bunks but also on a life jacket or fishing tackle. Take the time to look your own boat over and if you have friends, family, or renters bringing a power boat, canoe, and even a kayak onto the lake remind them to inspect for stowaways. The boat launch isn't the only way to get a boat on the lake so your help is vital to keeping the water clear.

We will be commissioning water quality testing for 2009 as part of the continuing effort to monitor the lake's water quality. As you see from the results published in the newsletter, the lake continues to be one of the cleanest. We can't assume that the battle has been won. We have many places around the lake both public and private where the runoff needs to be addressed so that it's not threatening to pollute the lake. Last year we asked for volunteers to help conduct a watershed survey led by The Cumberland County Soil & Water Conservation District, which helped to identify many moderate locations that could use some improvement. As we move through 2009, the Board and I hope to reach out to every land owner where there were issues identified. While funds are tight given the current economic conditions we hope

to find funds to partner with the private land owners and make the needed improvements.

The Sabbathday Lake Association is a volunteer organization funded by membership dues. Your yearly dues make a difference and without it we would not have an association. I believe that everyone who uses the lake on a regular basis should consider becoming a member. I ask you to look out your window and ask yourself is my neighbor a SDLA member and if they aren't ask them to join. Every person who becomes a member in a small way is helping to protect the lake. It's not any one person who single-handedly protects the lake. It's the efforts of a community that makes the difference between preventing an invasive plant entering the lake or rain runoff from someone's lawn polluting the water. Awareness is the first step.

I am very much looking forward to seeing everyone at the next SDLA meeting but in the meantime don't hesitate to reach out. I hope everyone has a safe and productive spring and I am looking forward to seeing you all at the next meeting and out on the lake.

Sincerely, David Becker, SDLA President

Royal River Youth Conservation Corps

by Ruth York

During the summer of 2008, 4 crews from Casco Bay YCC operated throughout the Casco Bay Watershed, which included all of Cumberland County. Due to a reduction in funding, there will be only 1 Regional crew working this year.

It will be possible to purchase crew time by the day (\$800) or by the week (\$4,000.). Recognizing that this may not be feasible, your Board of Directors is working on other options, such as purchasing technical assistance for the planning phase of a project, then enlisting volunteers to assist in the implementation. As always, landowners are responsible for purchasing material to be used on their property. Stay tuned for details at the July meeting.

ICE OUT DERBY

From the editor: We had a lot of fun with the "Ice Out Derby" this year. Here, you can follow along some of the e-mail generated.

❖Date: Thursday, March 26, 2009, 6:08 AM
Spring Greetings: Now is the time to place your bets in the annual Ice-Out Derby at Sabbathday:

Please get your projected ice-out dates to me by April 2. Recall that ice-out is defined as the day that the ice breaks up allowing free canoe passage throughout 90 % of the lake area (or the day that I can no longer see ice looking south from the north shore), regardless of whether there is ice in Black Cove or in front of Nancy & Tom's in South Cove! As long as I have been observing the ice has never lasted into May.

Over the last 31 years the earliest ice-out day was March 15, and the latest was April 27 (3 times!). The mean is April 11 and the median is April 6. There is no cash prize-- just bragging rights for 1 year. An observation for some of you folks from away who have not had the benefit of observing the lake this year: it has been a very cold winter! Have already received bets from 8 people. Good luck! Rick Fortier

❖Sent: Friday, March 27, 2009 5:53 PM
Subject: Re: ice out derby is there a prize if you are the winner?? Ellie, who likes prizes

❖Sent: Monday, March 30, 2009 8:42 PM
Subject: Even more prizes for the 2009 Great Sabbathday Lake Ice Out Contest
I am willing to offer a Kentucky Derby Pecan Pie (with bourbon and chocolate) as a prize for the winner, especially if it's "Ellie who likes prizes."
Of course this is in addition to the Annual Bragging Rights, Place of Honor at the First SDL Meeting, and Awe of everyone who competed.
The pie could even be delivered on May 2nd, when Dunkirk or Friesan Fire have their Two Minutes of Fame. Paul Gillis

❖Sent: Sunday, April 12, 2009 8:46 PM
Subject: Re: Ice out at Sabbathday
thank you guys for doing this...In the meantime it is 83 degrees in St. Pete. Nick Karamessinis

❖The Steele's of sunny Florida have two thoughts. Beth thinks the 17th of April. My date is the 9th of April (oldest son's birthday). It is so hard to guess when we too, had a bad winter here in Amelia Island. The picture will testify as to the bitter Christmas weather. Dave and Beth Steele



See, we told you!

* * * *

❖Sent: Sunday, April 12, 2009 8:30 PM
Subject: Ice out at Sabbathday
Dear Derby Hopefuls: Happy Easter! Happy Ice out!

The ice broke up yesterday and was blown south on a north wind. At sunset the ice persisted throughout South Cove and Black Cove and as far north as Lee & Sandy Harper's camp. We had a night in the 20's, and about the same amount of ice remained at sunrise Easter morning. By sunset today there was just a crescent of floating ice cubes along the shore by the grange and something similar at the base of Black Cove.

I was cautious about declaring it since yours truly was one of three participants to guess April 12. The others are Matt Johnson and Ginny Paulson.
I know all must be glad to have spring and our liquid lake back. Rick Fortier

❖I thought everyone would be interested to know I heard the loon call around 5:30 on Saturday 4/11 when the south 1/3 of the lake was still ice pack.
Norm Chamberlain

*PS From the editor ~ We can attest that the Kentucky Derby Pie was delicious on Derby Day as promised.
To join the ice out derby next spring, send your e-mail address to cfortier@maine.rr.com.*

Sabbathday Lake Gets its Own Invasive Plant Patrol

by Mike Cloutier

After attending the Maine Milfoil Summit this spring at the University of Maine Lewiston/Auburn campus I have come to one conclusion. There are three steps that we need to take in order to keep Sabbathday Lake the pristine beautiful lake that we all love.

Number One: Keep invasive plants out of the lake.

Number Two: Keep invasive plants out of the lake.

Number Three: Keep invasive plants out of the lake. If an invasive plant gets into the lake and starts to proliferate, then we will have many serious and expensive problems to deal with.

That's where the Invasive Plant Patrol (IPP) comes in. It is absolutely essential that if a plant makes it into the lake, it is discovered and eradicated immediately. Last year at the August association meeting we discussed the formation of the Sabbathday Lake Invasive Plant Patrol. I am happy to say that we had 14 individuals volunteer to participate in this worthwhile project. Working with Roberta Hill at Maine Volunteer Lake Monitoring Program and Cheryl Welsh at the Crystal Lake Association. I am happy to announce that the Sabbathday Lake Association will host the Invasive Plant Patrol Field Methods Workshop. The Invasive Plant Patrol Field Methods Workshop provides on-lake instruction and practice conducting invasive aquatic plant screening surveys. The course was designed as advanced training for those who have already attended the introductory IPP workshop, but previous workshop experience is not a prerequisite. Shallow draft boats (e.g. canoes, kayaks, inflatables) are required. Extra boats may be available upon request.

Invasive Plant Patrol workshops are provided free of charge by the Maine Volunteer Lake Monitoring Program Center for Invasive Aquatic Plants. IPP workshops are funded in large part by a grant from the Maine Department of Environmental Protection with funds generated by Maine Lake and River Protection Sticker Program. Additional support for the workshops comes from foundation grants, private donations, and the generosity of local sponsors.

Invasive Plant Patrol Field Methods Workshop, Saturday, August 29, from 8:00

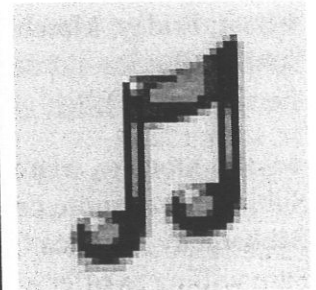
am to noon, on Sabbathday Lake at Outlet Beach. This workshop is hosted by Crystal Lake Association and Sabbathday Lake Association.

Mark your calendars now and more details will be provided at the July lake association meeting. Additional information as always will be on the association web site, sabbathdaylakeassoc.org/. This is a terrific opportunity to work together in our efforts to protect this wonderful natural resource. We are also very lucky to have the training provided at our own location. I look forward to working with all of you in this exciting new program.

I have included those that have already signed on and if anyone else is interested in this conscientious endeavor please let me know. Already signed on, Dave and Beth Steele, Ellie Fellers, Paul Gillis, Mary Cloutier, Ali Naqui, Sheila Giancola, Mary Beth and Tom Johnson, Jen Carey, Stu Belden, Janet Lambert, Mike Cloutier, Sharon Scannell and Cheryl Fortier.

See you on the water!

*Shaker
Music
Festival*



The 4th annual Maine Festival of American Music will be held at Shaker Village from June 24-27. Members of the Lake Association are invited to attend the opening night of the festival at a 505 savings-\$12.50 (regularly \$25.00). Discounted tickets are limited to 20 people - reservations required. Please call 926-4597.

The program for the evening is "Ragtime: American Originals." The soloist is pianist Virginia Eskin who will be playing with the Portland String Quartet, the festival directors.

SABBATHDAY LAKE WATERSHED SURVEY by Chris Ricardi

As you may remember, in April 2008 the Sabbathday Lake Association (SDLA), in partnership with the Department of Environmental Protection (DEP) and the Cumberland County Soil and Water Conservation District (CCSWCD), sent letters to landowners within the Sabbathday Lake watershed informing them that there would be a watershed survey. The majority of landowners responded positively to this letter and the watershed survey was completed in May 2008. The purpose of this survey was to identify areas where erosion due to uncontrolled run-off, non-vegetated soil, roadway and driveway deterioration, and other land conditions may contribute to sediment being transported into our lake. Sediment entering the lake carries nutrients that can reduce water quality. The Watershed survey report was written and finalized in April 2009. This survey will provide information that can be used by landowners within the watershed to take steps to control erosion and protect our lake and our property values.

There were 58 areas identified in the report. The report includes the location and description for each area, and recommendations on what can be done to reduce the impacts. The majority of sites are located on town roads (38%) and in residential areas (31%). But there are also sites identified on private roads, construction sites, and driveways. The potential impact of each site was rated as low, medium, or high. The majority of sites are classified as medium or low impact, but there are several that have been identified as high impact. This information is contained in the report which will be available at the SDLA meeting held at the Grange Hall on Sabbathday Road (old Rt. 26) on July 8th. Heather True, Sabbathday Lake Watershed Survey Program Manager with the CCSWCD, will be giving a presentation on the report and discussing ways landowners can help improve conditions in the areas identified in the report.

Please understand that landowners are not *required* to take the actions recommended in the report and no penalties or fines will be levied due to this watershed

survey. Rather, we are hoping that you will join us and take steps if needed in order to protect the long-term health of the lake and value of your property.

Fortunately, the SDLA is currently developing a plan that will help Town Planners (public roads) and private landowners fix many of the problems identified in the survey. Volunteers from SDLA will contact landowners to inform them if impact areas have been identified on their property. Over the year SDLA hopes to offer the following opportunities and assistance:

- **Technical Assistance** – SDLA and the CCSWCD plan to set some dates in which the project staff will be available to visit with landowners and provide detailed site designs and recommendations on how to fix erosion problems and make their properties more lake-friendly.
- **Funding** – The SDLA is seeking grants that may be used to provide cost-sharing assistance to fix erosion problems around the lake.

In 1996 a similar watershed survey was completed. Conditions were worse at that time and there were more impacted areas, and more high impact sites identified. For several years after the report was issued New Gloucester town public work groups, the Maine Department of Transportation, and lake landowners made concerted efforts to improve conditions around the Lake. These efforts have helped keep the water clear and clean on our lake over the past two decades. Since 1975 the SDLA has been collecting water quality data on Sabbathday Lake and providing the results to the Maine DEP as part of the Voluntary Lake Monitoring Program. We are very fortunate that the quality of Sabbathday Lake is above average for Maine lakes and that past efforts to improve conditions within the watershed have allowed our lake to remain that way. This new watershed survey will allow landowners to continue improvements around the Lake and help maintain a high water quality into the future.

SDLA Social/Activities Committee – Join the Fun!

The Social/Activities Committee is in full swing for the 2009 summer season. The goal of this group is to encourage lake owners to get involved in fun things around the lake and get to know your neighbors. **If you want to join the committee, contact Sharon at 603-475-3072 or e-mail her at Sabbathday@comcast.net.**

ROYAL RIVER TRIP Bring your kayak or canoe for this trip with David & Jo-Ann Driscoll. The upper reaches of the Royal River are canoe-able and quite pleasant. The area has a very remote feel since there are few houses near the river in this area and the banks are high. The level of difficulty is easy. There are a few minor riffles and the water is shallow. There are a few areas where you may have to climb over debris or fallen down trees. The date is Saturday, June 20 with a rain date set for Sunday, June 21.



For advance inquiries and to sign up, send David & Jo-Ann your name & contact info at lake so we can call if any changes :=>ddriscoll@maplegreen.com. For last minute inquiries, their number at the lake is 926-4105.

Meet at Hodgman's Frozen Custard in Upper Gloucester. The 2-3 hour trip will leave from there at 9:00 am sharp. Bring snacks and water.

Sabbathday Lake Paddlers and Pedalers *Mark your calendars!*

PEDAL & PADDLE Outings For the past 2 summers, Paula Gauthier and Anne Maurice have run the Paddle and Pedal Outings! For the Paddle group, Paula leads a leisurely paddle (kayaks, rowboats, anything that floats without a motor and is propelled by paddles) around the lake, starting at Outlet Beach. This year's daytime dates are July 11 and August 8 at 8:00 a.m. We hope to see you there!

New this year... Paula will lead a Full Moon Paddle on September 4 at 7:00 p.m.

Anne will lead the Pedal events starting at Grange Hall. This is a noncompetitive bicycle ride around the lake starting at 8:00 a.m. on July 11 and July 18. If you cannot meet us at Grange Hall, watch for us coming around the lake and join us anywhere along the way. **No need to RSVP for either event—just show up!**

BREAKFAST CRUISE Join your neighbors for a Breakfast Cruise. Enjoy a pontoon ride around the lake. The SDLA will provide breakfast and coffee. Catch up with your neighbors and share your stories about the lake! The date is Sat. August 1 at 9:00 a.m. **RSVP by calling Sharon at 603-475-3072 or e-mail her at sabbathday@comcast.net.** This was a VERY popular event last year so sign up early. *If you wish to offer the use of your pontoon boat, we can have a bigger group this year. Last year we filled up 2 pontoon boats very quickly.*

Editor's note: In case you've wondered, as I have, about why "Sabbathday Lake Association" is abbreviated as "SDLA", I have it on the good authority of one of the founding members, Roy Young, that when the Lake Association was begun, back in the 1970's, the Symbionese Liberation Army (S.L.A.) had already appropriated the obvious SLA abbreviation for Sabbathday Lake Association. [(From Wikipedia) The Symbionese Liberation Army was a self-styled urban guerrilla warfare group active between 1973 and 1975 that considered itself a revolutionary vanguard army. The group committed bank robberies, two murders and other acts of violence.] So, not wanting to be identified in any way with that disreputable group, our founders decided on SDLA.

SDLA COOKOUT Food, drink, entertainment and great friends hanging out at the beach... it doesn't get much better than this! Join your lake neighbors on Saturday, August 15 from 4-7 p.m. at Outlet Beach for a cookout. We will provide grills for "bring your own" food. This is also a BYOB event. If you do not feel like cooking, you can purchase food at the snack bar. The SDLA will provide free ice cream for dessert! There will be some great musical entertainment led by Chris Ricardi. We will also set up games on the beach area for the kids and adults. **There is no need to RSVP but you can contact Sharon for more information at 603-475-3072 or e-mail her at sabbathday@comcast.net.**

SHAKER VILLAGE TOUR Brother Arnold has generously offered a free tour for SDLA members on September 12 at 1:00 p.m. This guided tour of the premises at the Sabbathday Lake Shaker Village provides valuable insights into the Maine Shaker heritage and culture of the past as well as the present. The tour lasts approximately 75 minutes. The Tour departs from the Museum Reception Center, which is housed in the 1850 Boys' Shop. **RSVP by calling Sharon at 603-475-3072 or e-mail her at sabbathday@comcast.net.**

Breakfast Cruise



2008



Courtesy Boat Inspection Update

by Lillian Nayder

This summer, members of the Lake Association will continue to perform courtesy boat inspections at the Outlet Beach boat ramp in the hope of preventing the introduction of invasive aquatic plants into Sabbathday Lake. Ongoing vigilance is necessary because of infestations in nearby lakes, including Sebago, Little Sebago, Thompson, Lake Auburn and Middle Range Pond. In 2007, 28 Maine lakes were infested with invasive aquatic plants, with Salmon Lake in the Belgrade region added to the list in 2008. Among the 49,064 courtesy boat inspections performed in Maine in 2008 by members of 49 organizations, 11 invasive plants were found on boats entering lakes and 103 on boats exiting.

According to the Lakes Environmental Association, confirmed "saves" last summer included three on boats leaving Sebago and Thompson. Plants discovered on and removed from boats in Maine included Eurasian and variable leaf milfoil and water chestnut (the last on a boat entering Lovewell Pond in Fryeburg). During the 144 boat inspections performed at Outlet Beach in 2008, no invasive plants were found.

If you are interested in volunteering as a courtesy boat inspector this summer, please contact Lillian Nayder at 926-5233 or by e-mail (lnayder@bates.edu). Training for volunteers is available and help is much appreciated.

Tom Driscoll reports that we have a link here to a good State web site including scientific information about Sabbathday Lake.

<http://www.pearl.maine.edu:80/Lake2.asp?Watercode=3700>



Sabbathday Lake Tee Shirts for Sale

Again, this year we are selling some really great looking tee-shirts and canvas bags that were created just for us by Hand Printed Works. We will have tee-shirts for sale at the July meeting as usual. After the meeting, they will be available for purchase at the Shaker Village Gift Shop. Your purchase will help us protect and preserve Sabbathday Lake for future generations.

Sabbathday Lake Association Annual Membership Dues 2009

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

NAME _____

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/>

2009 SABBATHDAY LAKE ASSOCIATION CALENDAR OF EVENTS

When	What	Where
Sat. June 20 9:00 a.m.	Royal River Paddle	Hodgman's
Sun. June 21 9:00 a.m.	Royal River Rain Date	Hodgman's
Wed. July 8 6:30 p.m.	SDLA Annual Meeting & Potluck	Grange Hall
Sat. July 11 8:00 a.m.	Paddle Group	Outlet Beach
Sat. July 18 8:00 a.m.	Pedal (Bicycle) Group	Grange Hall
Sat., July 25 8:00 a.m.	Pedal (Bicycle) Group	Grange Hall
Sat. Aug. 1 9:00 a.m.	Breakfast Cruise	Outlet Beach
Sat. Aug. 8 8:00 a.m.	Paddle Group	Outlet Beach
Sat. Aug. 15 9:00 a.m.	SDLA meeting	Grange Hall
Sat. Aug. 15 4:00 p.m.	SDLA Cookout	Outlet Beach
Sat. Aug. 22 4:00 p.m.	SDLA Cookout (rain date)	Outlet Beach
Fri. Sept. 4 7:00 p.m.	Night Paddle (Full Moon)	Outlet Beach
Sat, Sept. 5 7:00 p.m.	Night Paddle (Rain Date)	Outlet Beach
Sat., Sept. 12 1:00 p.m.	Shaker Tour	Shaker Village

See the article "SDLA Social/Activities Committee – Join the Fun!" pages 6 & 7
and other articles for more details on events!

Sabbathday Lake News

44 LAKE VIEW DRIVE, NEW GLOUCESTER, ME 04260



UAA

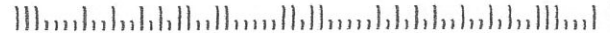
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Sabbathday Lake News

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

Board of Directors 2008 - 2009

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