

Sabbathday Lake News

June 2006

Calendar of Events

Annual Meeting

Wednesday July 12, 2006

At the Grange
Potluck Dinner

6:30 to 7 p.m.

BYO utensils and pot luck.
Provided: beverages & dessert

After Dinner
Business Meeting

August Meeting

New Time and Date

Saturday,

August 19, 2006

Coffee and Donuts

At the Grange
9 a.m. to Noon

Speaker, Molly Shannon
Executive Director of COLA
and

Jennifer Melville
Project Manager
Trust for Public Land
Shaker Land Easement Project

In My View Mike Cloutier, President Sabbathday Lake Association

Greetings to the members of the Sabbathday Lake Association. After having a fairly mild winter and an early and warm spring we look with anticipation to the summer months. The lake and surrounding area will be full of activity for another summer season.

Soon we will be using the lake for all sorts of recreational activities. So, before we wet a line, get out the boat, prepare the water skis and inflate the tubes, there are some necessary precautions we can take to protect the lake and enhance our enjoyment of this beautiful place we call Sabbathday Lake.

Pollution can be present in many forms, such as chemicals, light and noise just to name a few. I would like to share some ideas on ways that we can all help prevent these types of pollution.



Last Fall's Eagle

viewed by
several
residents and
boaters in
Loon Point
area

Photo taken
Fall '05
by Lillian Nayder

In My View (continued)

When we open up our various residences many of us will be doing different types of maintenance and chores. If we are doing any painting or staining we should use great care in order to prevent any paint chips, paint drippings or stain droppings from getting into the lake. Prevention is the key word here. Keeping in mind that one way or another these chemicals will find a way into the lake.

While doing work on docks and floats especially painting and staining, it should be done on land and at least 14 days prior to contact with the water.

After the work is completed use caution while cleaning up the brushes and rollers to prevent runoff into the lake. Also, while using cleaning agents try the natural ones as an alternative. Many of these work as well as the harsh chemicals, and they have the added plus of being environmentally safe.

That brings us to our boats. Many boats have a bilge (lowest part of the boat) and that is where you can get an accumulation of various nasty chemicals such as gas, oil and grease just to name a few. Try washing and cleaning the boat at commercial facility away from the water. Also, if you service the motor (lower gear lube and grease fittings), do that away from the lake as well. Keeping in mind that any materials gathered while cleaning and servicing our boats and motors should be disposed of properly.

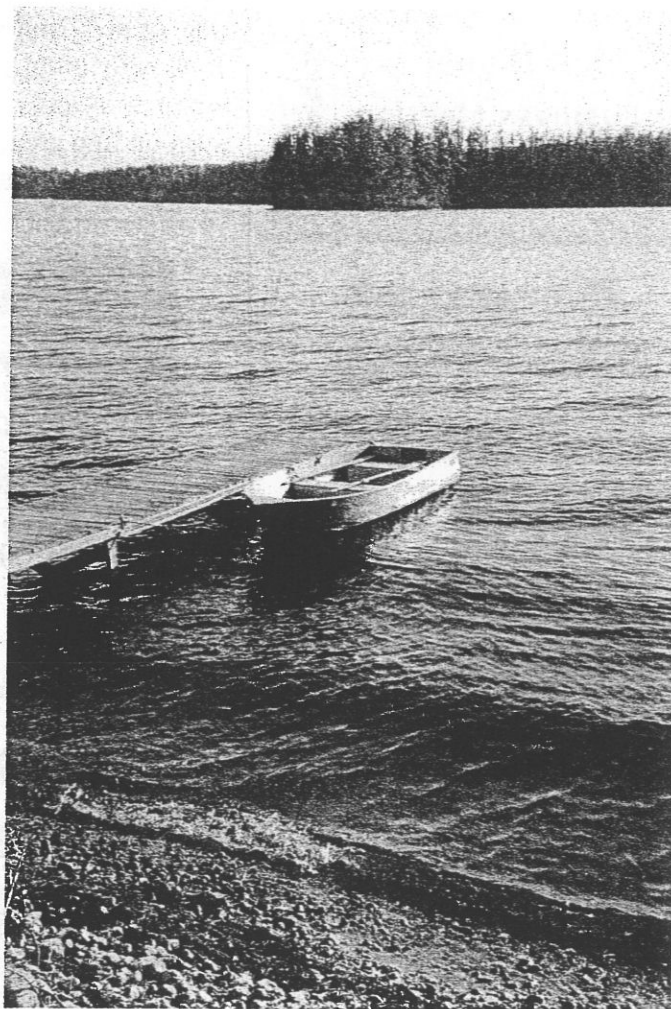
Take a walk around your property and do a survey looking for possible areas of erosion and runoff. If any areas are noted they could be possible contributors of non-point source pollution, action should be taken and there are many resources for information on various corrective measures. See our web site (<http://www.sabbathdaylakeassoc.org/>) for numerous links to helpful sites. Also, see additional articles in this newsletter relating to other property enhancements.

This area offers an abundance of natural beauty both during the day and during the night time as well. The serene night beauty can be spoiled by any unnecessary or ill placed lighting fixtures. We all want to enjoy the peaceful beauty of a starlit night. It's

understood when a light has to be used as a safety issue, that it needs to be on. However, could the light be on a timer or motion switch so it could be off when not needed? (This would also save energy). How about placing the light so it does not spread its beam where it is not needed. Having a light that is constantly on and glaring in your eyes can be classified as light pollution. Be considerate and let everyone enjoy the night.

Noise pollution can also be prevented. We all want to enjoy the peace and quiet that is much sought after at Sabbathday Lake. Isn't that another reason we are all here? We should recognize that not everyone wants to hear our music or our party. We should respect our neighbor's rights to enjoy the natural beauty that we are all here enjoy as well.

Working together we can make everyone's experience at Sabbathday Lake a memorable one.



Springtime Dock

In My View (continued)

Here is a summary of the water quality testing that was completed in the summer of 2005. The summary was provided by Scott Williams, Marine Biologist. Compared to other Maine lakes for which data have been obtained, Sabbathday Lake is clearer and cleaner than the average. Overall water quality for the lake was average in 2005, although the water was clearer than it has been in recent years, and it was clearer than the long-term average for the lake. However, the concentration of phosphorus in the water was slightly higher than in 2004, but was the same concentration as the historical average for the lake. The concentration of algae in the lake (measured from chlorophyll-a levels) was also slightly higher than in 2004, and slightly higher than the historical average for the lake. It is not uncommon for the three indicators of algae production in lakes to be slightly out of phase, particularly when they are somewhat close in relative value, as was the case in Sabbathday Lake in 2005.

It is important to reiterate that water clarity, total phosphorus and chlorophyll-a levels vary naturally throughout the summer monitoring period, and from one year to the next. Phosphorus and chlorophyll levels were monitored in June and August, and Secchi transparency (water clarity) was measured throughout the May-September monitoring period. Dissolved oxygen loss in the deepest area of the lake was similar to findings of recent years, but was not as severe as in 2002, 2003 and 2004. Moderate to severe oxygen loss

was recorded near the bottom of the lake during the month of August.

The efforts of the Sabbathday Lake Association and the Town of New Gloucester to protect the lake and its watershed by monitoring water quality, informing and educating watershed residents, and implementing water quality conservation practices in the watershed is an effective approach to help insure that the many benefits provided by the lake will continue to be available to future generations. As this study clearly indicates, we need to continue to locate and correct sources of nutrient runoff in the lake!

The Board of Directors has been active this winter. Our main topic of discussion has been how to best take advantage of our newly attained designation of 501c3. We have decided that the best way to take advantage of our designation is to solicit funds to be used for the natural preservation of the lake and its watershed. An example of this type of activity is supporting the Youth Conservation Corp. (YCC). The most effective way to raise funds to accommodate this activity is to seek grants that are available through various organizations and trusts. That's where you, the members come in. We need some volunteers to work on this committee. Please let any board member know that you will consider helping out the Association in this effort.

Like you, I'm looking forward to a fun filled summer with family and friends enjoying this magnificent place we know as Sabbathday Lake. We have two meetings

coming up this summer and we are trying something different for our second meeting. We will be having our meeting on a Saturday morning. We hope to accommodate our residents that can't make a meeting on a week night. We have two terrific speakers and a possible special surprise. Please try to make the meetings, and bring a friend. I look forward to seeing you there.

I wish you all a wonderful, safe and fun filled summer. See you on the water.

YCC Report

by Lori Fowler

The Royal River Youth Conservation Corps (RRYCC) finished its second season in August, 2005. The RRYCC will continue its watershed work in 2006 with the goal of fixing pollution problems, enhancing habitat, raising awareness, and inspiring youth to become environmental leaders in the Royal River Watershed. In just 7 weeks during the summer of 2005, a team of 6 local high school students, led by a crew leader and technical director, successfully completed over 34 erosion and pollution control projects within 18 locations in the Royal River Watershed. Their work included building buffers and laying mulch, trail work, roadwork, watershed surveys, and storm drainage stenciling and maintenance. The program is funded by Maine DEP, EPA 5 Star Grant, Libby Brook 319 Grant, Casco Bay Estuary Partnership, the towns of Gray, (cont. p. 6)

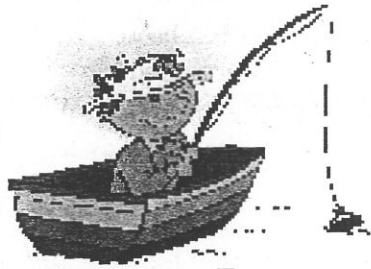
THE LITTLE BIG FISH

by Chris Ricardi

If you spent time boating on Sabbathday Lake during the evenings last fall you probably noticed them rippling the surface. Sometimes it looks like a wave moving across the open water, sometimes it looks like raindrops, other times there is breaking water that resembles schooling fish on the open ocean. Last fall was the first season in about 10 years that I have seen this amount of smelt activity. These are the sure signs that the rainbow smelt are once again doing well in the lake.

The smelt is a little silver fish ranging from 3 to 6 inches long that thrives in clean oligotrophic lakes. The health of the smelt population is a good indication of the health of the lake. Although they are one of the smallest fish found in Maine lakes, they play a big role in the ecology of the lake. They live in large schools that can contain tens of thousands of fish and they need cold and well-oxygenated water to survive through summer. They feed primarily on plankton and aquatic invertebrates that can only exist in lakes with high water quality. They are the most important food source for the trout living in the lake. When the smelt are plentiful, the trout grow well. They are like the canary in the coal mine; if there is ever a problem with water quality on the lake, the smelt would decline.

Most of the time smelt are not visible in the lake. During the day they sink into the dark depth of the lake where they form large schools and try to avoid predators. Unless you are using sonar, you would not know they are there. I often see clouds of them on my fish finder at 40 to 60 feet below the surface. But as evening approaches they move toward the surface to feed and begin to break up into smaller groups. On rare occasions I see



trout busting through the schools on the surface with smelt flying into the air as they try to escape. The Maine Division of Inland Fisheries and Wildlife (DIFW) has not surveyed smelt populations on Sabbathday, but they have on nearby Thompson Lake where they estimate a biomass of 6,000 kilograms. Okay, so how many is that? Well if we estimate that each smelt weighs 5 grams, then that would equal 1.2 million smelt. Sabbathday Lake is much smaller than Thompson, but the survey does give one an idea about how many smelt might be out there.

Each spring the smelt run into the lake inlets and outlet to spawn.

They are broadcast spawners, which means they gather in large groups and release their eggs and sperm simultaneously in a massive communal act. The eggs are sticky and cling to whatever they touch. Within a couple of weeks the eggs begin to hatch into tiny fish that will grow to 2 inches in length the first year. In the past dip netting was a traditional way of catching smelt during the spawning runs. The smelt are eaten or sold for bait. In recent years the inlets of Sabbathday Lake have been closed to netting during the runs to protect the fish. Not only does netting remove and disrupt spawning smelt, but netters walk around on the prime areas where the spawn settles, crushing eggs and kicking up sediment that can smother them. However, dip-netting smelt is still allowed in the outlet of the lake. Each netter is allowed to take 2 quart of smelt per night. Two quarts is approximately 400 to 600 fish. This past April there were large groups of netters taking smelt during the run. The DIFW biologists believe that smelt larvae hatching from eggs deposited in the outlet stream primarily get washed down river and are lost; thus, the justification for dipping in the outlet. They have set up markers to limit netting out in the lake, and the local game warden knows the situation. But there is no program in place to monitor smelt populations on Sabbathday Lake and limit the removal of adult smelt during years when the populations are low. Making smelt harvest regulations is one of the most difficult tasks for DIFW biologists. Like many decisions regarding fish management policy, it can be very political. Fisheries biologists know

THE LITTLE BIG FISH

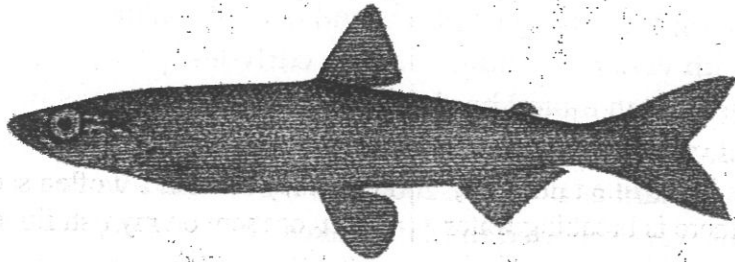
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that large numbers of smelt are key to healthy trout and salmon. But tradition users want to continue to dip smelt. And there is serious money involved. Smelt sell for \$5 to \$8 per dozen. Only dippers with commercial licenses can legally sell them, but there have been many problems with the general sale of smelt by recreational dippers as well as illegal dipping in areas that are closed. In 2006 the DIFW enacted new laws designed to limit over harvest of smelt during spawning runs and the illegal sales. Hopefully the new laws will help create a balance that is needed regarding the use of the smelt resource.

Protecting spawning smelt is one step toward ensuring that the

smelt population will remain robust. But protecting Sabbathday Lake's water quality is the most important step we can all take. Lake shore property owners should do everything possible to reduce run off of soil and sediment into

should be taken to use minimum amounts and prevent runoff from reaching the lake. Taking steps to preserve the lake water quality will be the only way we can maintain the high water quality that smelt and trout need to flourish.



the lake by maintaining vegetated shore fronts and taking erosion control steps on their properties (contact SLA for help if needed). Use of fertilizer containing phosphorus should be avoided, and if fertilizers are used, great care

So go out on the lake on a calm summer or fall evening right before dark and look around. It will be a very good sign if you see the ripples of the little big fish on the surface.



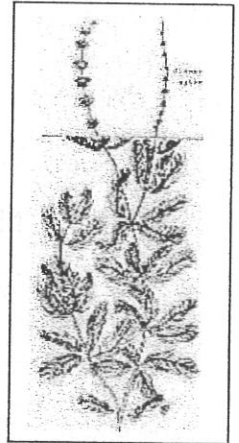
Sabbathday Lake Tee Shirts for Sale

Last summer the Lake Association sold beautiful white tee shirts with a loon floating on the lake in the sunset. We are going to be selling the tee shirts again. They will be available at the Shaker Store.

Guarding Against Invasive Aquatic Plants by Lillian Nayder

This year, the Sabbathday Lake Association has again received a grant from the Lakes Environmental Association to help fund measures to prevent the introduction of invasive aquatic plants into the Lake. The \$1,500 grant will help pay for education efforts and materials as well as courtesy boat inspections at the Outlet.

Among the 6,000 plus ponds and lakes in Maine, twenty-three are now infested with variable milfoil, one with curly-leaf pondweed, and one with hydrilla. Eurasian milfoil has been discovered in a gravel pit in the state as well. Compared with most states, Maine has a low rate of infestation but it is crucial to remain as vigilant as possible; 2005 was the first in five years in which no new infestations were reported in Maine lakes. In the state, more than 40,000 courtesy boat inspections were performed last year, and invasive plants were detected and prevented from entering Sebago Lake, among others. At Sabbathday Lake, more than 140 boats were inspected between May and September 2005, and no invasive plants were found. We hope to keep up the good work this season. Any volunteers interested in helping with our prevention efforts should contact Lillian Nayder at 926-5233 or by e-mail (lnayder@bates.edu.) For more information about the problem of invasive aquatic plants and prevention efforts in the state, see the "Maine Volunteer Lake Monitoring Program" web site (<http://www.mciap.org/>).



Obituary

Barbara Libby

by

Nancy Thomas & Tom Shupp

The lake association lost one of its oldest members this winter. Barbara Libby, 89, died on January 19, 2006 at the home of her son Phil in Newry, Maine. After being hospitalized and spending time at Clover Manor, she went to stay with her son and his wife on December 11, 2005.

A strong, independent woman, Barbara lived in her Black Point Road home until late fall. Only when her failing health made living alone at the Lake unsafe would she leave and then only with the hope that she might return. An example

of her attachment to her home on the Lake was that despite more comfortable alternatives, Barbara refused to leave during the devastating January 1998 ice storm. She rode it out for the two weeks she was without electricity. She was a tough lady.

Barbara was one of Sabbathday Lake's early summer residents, having moved into her camp in the 1940's. The camp eventually became her year round home. She loved the lake and enjoyed watching lake activity. She was always an active participant in the Sabbathday Lake Association, attended meetings regularly, and was at both meetings last summer.

She was a lady who knew what was proper. She had been raised

to believe that you never return a plate, dish or container empty, and she rarely did. They were usually returned with a slice of freshly baked pie or cookies or whatever had been recently produced in her kitchen.

Those of us who knew her will truly miss her.

YCC Report (continued from p. 3) New Gloucester, North Yarmouth, and Yarmouth, and the Sabbathday Lake Association. If you have erosion problems on your property and would like help in fixing them please contact Sarah Plummer at the Cumberland Soil and Water Conservation District at 892-2400 or e-mail her at sarah-plummer@cumberlandswcd.org.

Sabbathday Lake Association Annual Membership Dues 2006

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 _____ EMAIL _____

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/>

News Flash!

Many loose docks and parts have drifted into the Outlet Beach and the cove just



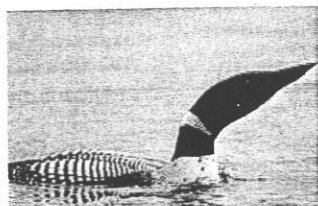
south of that. Please come and claim your docks. Much valuable hardware included.

Membership

Our members enjoy two newsletters per year, spring and fall. They contribute to the water quality testing and participate in milfoil prevention activities. We sponsor two summer meetings where you can meet other members of our lake community. The SLA board of directors meets regularly during the year to plan meetings and activities as well as review water quality data and other matters pertaining to the lake.

We would like to strengthen our lake community during the 2006 summer with a few organized bike and kayak rides around the lake. If you're interested in participating, call Anne Maurice at 926-4732.

During 2005, the SLA changed its status to a 501 (3) c organization and now your dues are tax deductible. Your yearly \$15 dues go a long way and we appreciate your continued support.



Membership history:

1999	2000	2001	2002	2003	2004	2005
106	102	85	87	76	80	84

