

# Sabbathday Lake News



Fall/Winter 2018

Our eagles photographed by Patrick McGuigan of Philadelphia

## THE PRESIDENT'S MESSAGE — POSITIVE THINKING

Chris Ricardi



Recently I climbed out of bed at daybreak and prepared to go for a jog like I do most mornings during the summer months.

But when I stepped out the front door in late September in my shorts and tee shirt I paused for a minute, felt the fall chill in the air, and went back into the house to put on another layer. A reminder that fall is coming soon. It won't be long before it is time to pull in the dock and pack the kayaks and boats away for the season. There is always a tinge of sadness when the summer window begins to close here on the lake. But the crisp fall days and beautiful foliage are something to look forward to. When winter comes there is a chance that we will get a few weeks of ice that is good for skating or some perfect snow conditions for cross country skiing; some of the

better treats that the lake has to offer. The fall is a good time to reflect on the summer, generate some positive thinking and appreciate the year here at Sabbathday, even for the snowbirds.

We do have a lot of things to be happy about within the Lake Association and at Sabbathday Lake. We have a wonderful group of volunteers who continue to help with our efforts to have an active organization dedicated to protecting the water quality. Cheryl Fortier has been coordinating our lake water quality monitoring work with our consultant FB Environmental. We continue to collect scientific data on water chemistry trends and water quality indicators through our annual monitoring. It is great the town of New Gloucester is partnering with us on this work. Water clarity has been superb this summer.

We are taking steps to keep milfoil out of the lake with our boat inspections at the Outlet Beach boat ramp.

We were able to get another grant from MEDEP that helps pay for this, and we had volunteers cover some gaps in our monitoring. It is not a perfect system, and there are times when the ramp is unmonitored. But we are watching it regularly and that is a positive thing given the growing milfoil threat in lakes around us. With the help of Diantha and Don Grant we designed and made an educational poster board that shows all the lakes in southern Maine where milfoil and other invasive plants have been found. Looking at the map on the poster it is clear that we are surrounded. We posted it at the boat ramp in a very obvious display that will be seen by all boaters entering or leaving the lake. It's an important reminder of why we take the threat of milfoil seriously at our lake.

Mike Cloutier and our Invasive Plant Patrol (IPP) volunteers completed another plant survey of the littoral zones around the lake. The SDLA version of homeland security. We

have a lot of eyes on the water trying to catch the bad guys if they find a way into the lake. Once again this year we found no sign of milfoil in our lake. Another thing to feel positive about. An increasing number of our IPP volunteers are identifying native plants they find, and with the help of Mike, we are starting to establish a catalog of these plants that are found in the lake. Doing this increases our botanical skills and provides information on our native plant communities; knowledge for the future. Mike also asked volunteers to begin to gather data on metaphyton, those clouds of green algae that form in shallow water and look like green and yellow cotton candy. Little is known about metaphyton and the Maine Volunteer Monitoring Program (now called the Lake Stewards of Maine) is asking lake association IPP groups to provide information on the occurrence of these algae in Maine lakes. This summer I found a lot of metaphyton in my IPP survey zone at the southwest end of the lake near the Grange Hall. All of it was in shallow water less than 6 feet deep. Some of the clouds were the size of cars, and snorkeling in and around the plumes reminded me a little of past snorkeling I had done in coral reefs. It was the largest amount of metaphyton I had seen in my five years of IPP surveys. Most

years there is little or none. Several years ago, during a very hot summer stretch, I had seen a lot of smaller patches in that same area, but not as much as this year, and the clouds were not as large as what I observed this summer. It will be interesting to hear more about these algae as they become more understood by the Maine biological organizations like LSM over the next few years. What we theorize from our observations is that metaphyton forms primarily in shallow water, it is most prolific along the western shore suggesting it needs a lot of direct sunlight, and it seems to grow best during hot years when the water temperature is higher than normal. This is just another aspect of lake biology that we hope to explore and understand as a part of the Association's IPP work.

During our July meeting we welcomed another board member, John Salisbury, to our Board of Directors. We are very happy to have John join us and look forward to having him on the team.

I also wanted to mention another thing that the Board has noticed over the past few years. Many of our members are making additional donations above and beyond the basic annual membership fee. In fact, additional donations now exceed the total revenues we receive from our

general membership fees. Thanks to all of our members who have done that. This means two things to those of us on the SDLA Board. First, we may have the ability to do some projects that require more money than what we would normally have available. Secondly, this means that our members have faith in what we are doing and they want to help. They think our work on the lake is important enough to support with extra donations. This feedback from our members is a reason for the board members to feel positive about what we are doing. This is very important because if we don't have a viable Board of Directors, the Association can't function. This year we have had some complicated discussions on several things that have come up within the Board. We discuss and debate, and offer each other feedback. It is a normal democratic process that I think everyone understands, and everyone has done a very good job evaluating ideas and working together. In the long run we function better because of it, and I thank everyone on the Board for that. It is something to be positive about, and it reminds us that positive thinking is the life blood of volunteer organizations like ours.



For complete information on the Sabbathday Lake Association and ways you can help, please visit our website: [www.sabbathdaylakeassoc.org](http://www.sabbathdaylakeassoc.org)

We are always looking for volunteers on the Board of Directors, Courtesy Boat Inspectors and Invasive Plant Patrol. Over the winter, please consider how you might help our lake.

One day in 1978, I stood on the shore of Damariscotta Lake with Frank Gramlich, my supervisor in the Maine office of the U.S. Fish and Wildlife Service. Some 100 feet above us, a hired tree-climber squatted in a massive nest. Peering sheepishly over the edge, he yelled down to us, “This eaglet has three legs — which one do I put the band on?”

Gramlich was a no-nonsense, 80-hour-a-week charger who didn’t suffer fools gladly. He looked at me and rolled his eyes. “Remind me to fire this guy,” he said.

But when the climber placed the eaglet in a canvas bag and lowered it to the ground, Gramlich and I saw that he had indeed counted correctly: the 6-week-old bald eagle had three legs, a genetic defect likely caused by environmental contaminants like the pesticide DDT.

In 1972, the year bald eagles received protection under the federal [Endangered Species Act](#), Maine was down to an estimated 29 nesting pairs and only eight eaglets — a dramatic collapse from the 1,000 or so pairs that had nested here some 150 years before. Elsewhere in New England, bald eagles were already functionally extirpated, and they were struggling in the Maritimes as well, meaning Maine’s population could recruit no “immigrant” eagles from neighboring states.

Today, though, thanks to the work of some creative, dedicated, and largely unsung biologists and land managers, Maine’s bald eagles have rebounded dramatically — so much so that it’s hard to comprehend just how close they came to vanishing from our skies.

Frank Gramlich, the grandfather of Maine’s bald eagle recovery program, didn’t fit the mold of the granola-chewing, Carter-era environmentalist. A decorated WWII vet with a deeply personal and patriotic appreciation of our national symbol, Gramlich didn’t have a counterculture bone

in his body. He was a part-time logger and farmer whose full-time job for Fish and Wildlife often involved exterminating perceived nuisance animals. But as the Maine nature writer Frank Graham once wrote of him, “he [was] alert to the glories of wild things and the needless abuses to which man has subjected them.” Though Gramlich poisoned and crushed the eggs of countless pigeons and gulls during his career, his love of birds was evident from the small barn swallow tattooed on the back of his hand.

Enlisting private landowners, Gramlich preached, was essential to rebuilding the bald eagle population, and he had a knack for winning over even those skeptical of the then-novel endangered species regulations. Research had linked Maine’s dwindling bald eagle population to increased development, depleted fisheries, and environmental contaminants like DDT, PCBs, and mercury. In 1972, the Environmental Protection Agency banned DDT, which causes avian eggshell thinning and reproductive failure; seven years later, it ended the manufacture of the toxic industrial chemicals called PCBs. But both remained persistent environmental contaminants for years to come. Gramlich made it his mission to convince Maine landowners to sign voluntary agreements to limit timber harvesting, road construction, and development on lands where eagles nested. The agreements had no legal authority — they were the equivalent of handshakes between neighbors. And Gramlich spent years sitting in kitchens and living rooms trying to procure them.

In 1978, he hired me to determine ownership of the trees that harbored the state’s known eagle nests — painstaking, sometimes monotonous work that required scrutinizing town tax maps and writing individual letters to landowners. That July, he stood by my desk in our Augusta headquarters as I opened a returned letter from one of them, the banking scion David Rockefeller. I’d written to Rockefeller with news of a pair of bald eagles nesting on Bartlett Island in Blue Hill Bay, which his family owns, asking him to please consider voluntarily

protecting the nest. His response was characteristic of many I received in those days.

“Dear Mr. Joseph,” it read. “My family and I would be delighted to protect the eagles. It’s an honor to host our national symbol. Please keep us posted on your work.”

One of Gramlich’s regular collaborators at that time was a 24-year-old University of Maine grad student named Charlie Todd. Todd spent his UMaine years studying eagles’ diets and contaminant levels and conducting aerial surveys from fixed-winged planes to determine eagle nesting sites and wintering grounds. One day, Gramlich suggested he and I drive to Orono so that I might meet this promising young biologist.

“He’s a ponytailed hippie,” Gramlich told me, “but I think he’ll work out just fine.”

Todd and Gramlich were the odd couple of Maine eagle restoration: the longhair at the start of his career and the crew-cut nearing retirement. The former was as shy and unflappable as the latter was gregarious and hot-tempered, and Todd says he remembers having to work to earn his senior colleague’s trust.

By the turn of the ’80s, Todd had endeared himself to Gramlich by discovering that Cobscook Bay was a critical eagle-nesting area, a fact unknown until his survey flights. By then, outreach efforts had convinced most Maine landowners to protect nests on their properties, and both Gramlich and Todd turned their attention to improving juvenile eagle survivorship. Gramlich spearheaded a program to swap healthy eagle eggs from Minnesota for DDT-damaged eggs in Maine nests. Todd, meanwhile, launched a winter feeding program, working with a UMaine doctoral student named Mark McCollough to establish seven feeding stations between [Moosehorn National Wildlife Refuge](#) and Bath.

The approach was unusual. A similar program in Sweden had established that feeding eagles in winter could boost juvenile survival rates, but few American agencies considered the approach feasible. To have an impact, Todd, McCollough, and their team had to supply each site with some 1,000 pounds of animal carcasses each week. Keeping the eagles fed required no small effort and plenty of creativity.

One winter day in 1985, Todd called me to ask a favor. Would I pick up seven 55-gallon drums of frozen dead chickens, donated by a Belfast farm, and deliver them to a feeding station way Down East, on Cobscook Bay. My Ford F-150 left a swirl of white feathers in its wake as it chugged along Route 1, weighed down with a half-ton of dead chickens. When I arrived, Todd greeted me in a windswept field strewn with bones and feathers. Feeding stations were set up in open fields, within sight of the open water where eagles searched for food.

That night, over chicken stew with dumplings, McCollough told me about a farming couple who'd recently delivered an old mare to the feeding station. Their blind, arthritic horse, they figured, would serve a greater purpose as eagle food than it would shipped to a glue factory. McCollough thanked the teary-eyed couple as they hugged their beloved horse one last time. Soon after they departed, his helpers dispatched the animal and started butchering it. But 20 minutes later, the farmers pulled back into the feeding station. Panicked biologists ran to stop them from laying eyes on their freshly butchered horse, fearing they'd had a too-late change of heart. But when she stepped out of the truck, the woman only asked meekly for the harness, so they could have it as a keepsake.

Donated chickens and fish, the occasional horse or sheep, plenty of road-kill deer and moose — all of these fed hundreds of eagles during the five years the team ran the feeding stations. McCollough's research showed that feeding young eagles in winter boosted their survival rate from 50 to 73 percent. And there was

more: supplementing winter diets with contaminant-free carcasses led to less-tainted eggs in spring, since it reduced adult females' reliance on fat reserves where pesticides they'd ingested were stored. By the mid-'80s, Maine biologists were seeing a stunning turnaround: annual bald eagle population growth of 6 percent.

Today, Maine supports as many as 800 breeding pairs of bald eagles, more than existed in the entire U.S. when the bald eagle was first declared endangered.

Today, Charlie Todd heads up the [Maine Department of Inland Fisheries and Wildlife](#)'s non-game program and is among the country's most respected eagle biologists. Since the 1970s, he says, he's supervised the banding of 847 Maine bald eagles. Reading band numbers with spotting scopes — and collecting bands from dead eagles — has provided critical insight into survival rates, movement, and production of eaglets. An eagle that Todd banded 35 years ago was recently recovered dead in Princeton, in Washington County; it's rare for any bald eagle in the wild to live much past 20.

Thanks to the biologists and landowners who helped eagles weather their darkest years, bald eagles have repopulated former nesting territories in every region of Maine. They were removed from the federal endangered list in 2007 and Maine's state list two years later. In 2013, the last time Inland Fisheries and Wildlife undertook a statewide eagle census, biologists counted 633 nesting pairs. Another such survey just launched in March, and Todd suspects the current number is likely closer to 800 pairs — more than existed in the entire U.S. when the bald eagle was first declared endangered.

Voluntary agreements with landowners, Todd emphasizes, are still a cornerstone of Maine's eagle stewardship. "Without question," he says, "Frank Gramlich's landowner cooperative program is what fueled our resurgence. People here care deeply about eagles."

Gramlich retired in 1982 and spent his golden years farming, tending his fruit trees, and running a makeshift wildlife-rehab facility out of his barn.

(His rehabbed great horned owl, Hootie, followed him everywhere on the farm.) Todd and I visited him a few months before he died, in 2006. He was 85 at the time and sent us home with jars of homemade jams and syrup. Gramlich didn't live to see bald eagles removed from the endangered list, but he'd be proud to know that today, many biologists suspect a more nascent resurgence elsewhere in the Northeast owes to "surplus young" produced by Maine's robust population.

David Rockefeller died last March, and when I read about it, I thought back on his letter, on the excitement with which Gramlich and I had read it there at my desk in Augusta. Some years ago, I was introduced to the then-aged Rockefeller at a Friends of Acadia event on MDI. "Have we met?" he asked me. "Your name is familiar." I mentioned the letters we'd exchanged decades before. "Ah, now I remember," he said with a smile. "Well, I'm seeing a lot more eagles now."



For those of you who missed our fabulous speaker in August, this is the Charlie Todd of the preceding article. He mesmerized us with his wealth of knowledge and dedication to our symbol. He wanted you to all know how much he appreciates our stewardship of the lake and our family of bald eagles. SDLA made a contribution to his favorite organization.

**2017-2018**

**Board of Directors**

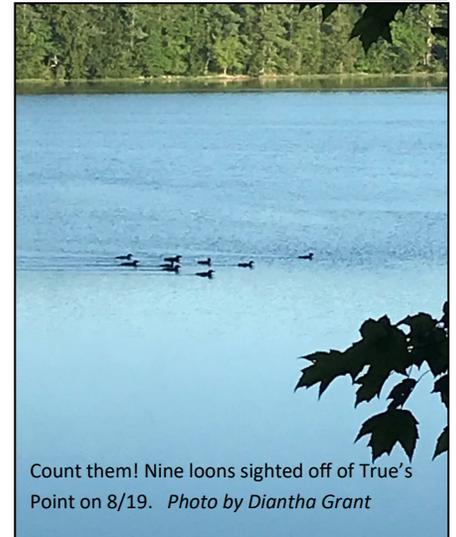
*(Term expires in parentheses)*

Chris Ricardi, President (2019)  
 Dave Becker, VP (2021)  
 Ruth York, Secretary (2019)  
 Anne Maurice, Treasurer (2020)

Mike Cloutier (2020)  
 Cheryl Fortier (2021)  
 Paula Gauthier (2020)  
 Diantha Grant (2019)  
 Don Grant (2019)  
 Jennifer Gray (2020)  
 Alan Gregory (2021)  
 John Salisbury (2021)  
 Brother Arnold Hadd (permanent)



Your SDLA Board, clockwise from left: Mike Cloutier, Ruth York, Brother Arnold Hadd, Anne Maurice, Chris Ricardi, Don Grant, John Salisbury, Cheryl Fortier, Paula Gauthier and Diantha Grant. Absent: David Becker, Alan Gregory, Jennifer Gray.



Count them! Nine loons sighted off of True's Point on 8/19. Photo by Diantha Grant

**MAINE LAKES WITH INVASIVES**

Pickerel Pond

Annabessacook Lake  
 Balch Pond  
 Bryant Pond  
 Cushman Pond  
 Damariscotta Lake  
 (Davis Stream)  
 Great Pond  
 (Great Meadow Stream)  
 Hogan Pond  
 (little Androscoggin River)  
 Lake Arrowhead  
 (Little Ossipee River)  
 Legion Pond  
 Little Sebago Lake  
 (Collins and Mill Ponds)  
 Messalonskee Lake/Stream  
 (Belgrade Stream)  
 Mill Stream Norridgewock  
 Ossipee River

Pleasant Pond/Cobbossee  
 (Horseshoe Pond, Purgatory Stream)  
 Pleasant Lake  
 Pleasant Hill Pond  
 Presumpscot River  
 (Dundee and North Gorham Pond)  
 Saco River  
 Salmon River Falls  
 (Spaulding, Northeast, Milton Ponds)  
 Sebago Lake  
 (Long Lake, Brandy Pond, Songo  
 River, Panther Run, Sebago Cove  
 and Basin)  
 Shagg Pond  
 Thompson Lake and The Heath  
 West Pond  
 Woolwich Ponds  
  
 New in 2018: Lake Cobbossecontee  
 There are 2 invasives plants

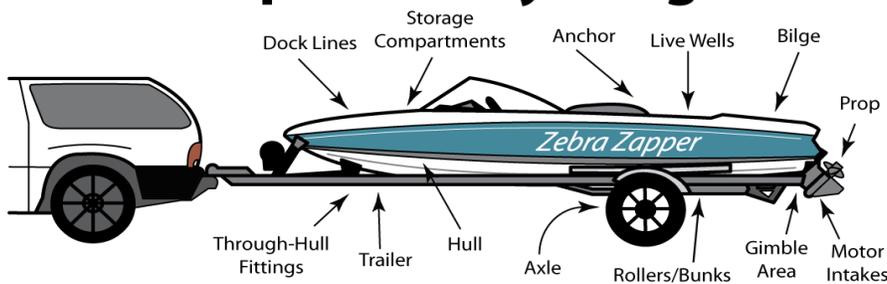
**KUDOS**

Special thanks to our members who helped with the courtesy boat inspection efforts this past summer:

- Lillian Nayder
- Anne Maurice
- Paula Gauthier
- Mike Cloutier
- John Salisbury
- Rick Fortier
- Tom Wilson
- Kevin & Penny Ducharme
- Asa Ducharme
- Allen & Carolyn Marsh
- Alan Gregory
- Krista Desjarlais and the staff at Outlet Beach.

Before Leaving & Before Launching...

**Inspect Everything!**



### INVASIVE PLANT PATROL

Hello everyone,

We have had what appears to be another successful invasive plant survey again this year at Sabbathday Lake. All the data has not been submitted yet, but I believe we were able to complete a level 3 survey again this year. (Level 3, is a complete survey of the littoral zone, which extends out from the shore to approximately 15 feet deep). I will provide a complete analysis in the spring newsletter.



Your SLIPPer Team of Volunteers: Chris Ricardi, Tom Wilson, Craig Doremus, Allen Marsh, George True, Mike Cloutier, Carolynn Marsh (in front) Cheryl Fortier, Don Grant, Stu Belden, Rick Fortier, Brandi Brandt, & Diantha Grant

It has been a disappointing year here in Maine as it relates to invasive plants. It appears that Lake Cobbosseecontee (aka) Cobbossee, was ground zero for both of these discoveries. First, it was the discovery of Eurasian Water Milfoil. The second was the discovery of European Frog’s-bit. Both of these invasive plants will be very costly to control, take many years to eradicate (if at all) and will have a negative impact on water quality, enjoyment of the lake as well as diminished property values near the affected area! This beautiful body of water will now be known “as having Milfoil”.

More detailed information can be found regarding these discoveries at the Maine Department of Environmental Protection website: <https://conta.cc/2AXxVFj> .

These discoveries reinforce our determination to monitor what gets into our Maine lakes and reiterate our need to participate in the Courtesy Boat Inspection program (CBI) here at Sabbathday Lake which is administered by Lillian Nader. Keeping the invasive plants out of the lake in the first place is the goal of this program. Finding them once they have been introduced into the lake is the goal of the Sabbathday Lake Invasive Plant Patrol (SLIPPerS). If you would like to join in either of these efforts, please let us know. I look forward to seeing everyone this spring.

Best Regards & Winter Well,

*Mike Cloutier*

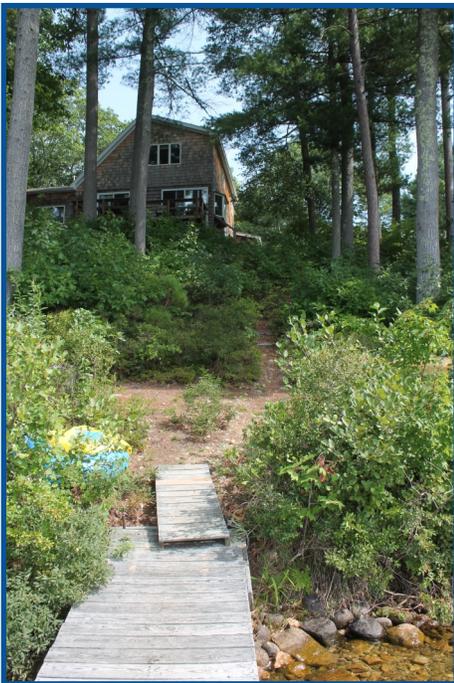
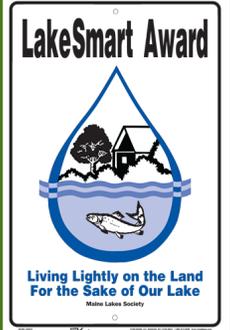


# BE LAKESMART

Diantha Grant, Coordinator

Keeping invasive plants from our lake is very important. So is being LakeSmart. Thank you to everyone who has taken steps to improve your lake front to prevent run-off and erosion. It's not hard to make small improvements that will have a lasting positive impact.

***Congratulations to Tom Shupp and Nancy Thomas. They just achieved LakeSmart status!*** Here are a couple of photos from their waterfront on Black Point. The photo on the left shows multiple layers of canopy—low vegetation that holds the soil, medium, tall, and very tall varieties of plants, bushes, small trees and large trees. There is plenty of duff throughout that also helps to hold the soil. We recommended that they get some erosion control mulch for the open area between the end of the path and the dock. There was no evidence of run-off entering the lake. The photo on the right shows stable shoreline.



We have grant funds to help you recoup some of your costs, but you must have a LakeSmart review.

The photo on the right is on Outlet Road. It was taken during a downpour. Water was sheeting across the road and channeling into the lake. The dock in the photo was surrounded by mud stirred up by the volume of water. The Board of Directors has discussed this issue and we are hoping to address the problem next summer. Apparently, drywells and riprap was installed about ten years ago, but it appears the drywells need to be cleaned out.

There are several areas near The Outlet that we will review and see if we can improve. We are concerned about winter sand and salt also entering the lake. The Board has presented this issue to the town and we hope to come to some sensible solutions.



Photos by Diantha Grant

## IN MEMORIAM

Maynard Braley, John D.Foley and wife, Janet

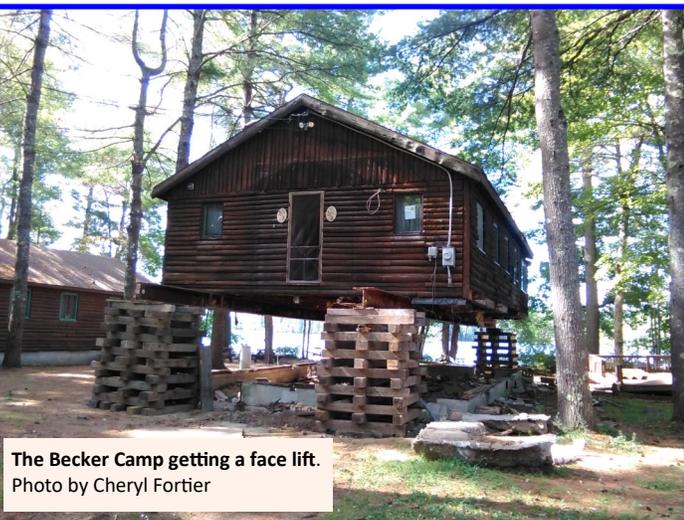


June was a sad month in our little cove off True's Point. Maynard Braley, a familiar sight in his pontoon boat for 25+ years, was found with a broken hip, and passed away a little over a week later. His brother "Butch" passed away this past spring. Maynard and his family have been on that spot since the 1940's. John "Denny" Foley, another neighbor, passed away that same week. John and his wife Janet, (who passed away last summer), have also been a fixture on the lake since 1963. He had only been back here from his winter home in Florida for 3 days when he passed. Many of us grew up with them and they are all missed.

Don Grant reflecting about life on our lake!  
Photo by Diantha Grant



Cruising on the lake.  
Joann Driscoll, Elaine Becker, Cathy Gregory  
Sharon Scannell, Alan Gregory, Harry McNally  
Photos by Paulette McNally



The Becker Camp getting a face lift.  
Photo by Cheryl Fortier





# Sabbathday Lake Association

Membership Application

Annual Membership Dues are \$15.00 per Household

Membership Year is January 1<sup>st</sup> to December 31<sup>st</sup>

New Membership  Renewal

Name: \_\_\_\_\_

Lake Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

• Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Membership applications and annual dues can be sent to:

Sabbathday Lake Association  
Attn: Anne Maurice  
10 Cushman Drive  
New Gloucester, ME 04260

Make checks payable to: Sabbathday Lake Association  
Additional Donations Welcome!!!

MEMBERSHIP BENEFITS:

- PROTECTION OF THE SABBATHDAY LAKE WATERSHED
- WATER QUALITY MONITORING
- ANNUAL INVASIVE PLANT SURVEY
- SOCIAL GATHERINGS WITH YOUR NEIGHBORS
- LOTS OF LAKE NEWS



Reminder: Sabbathday Lake T-Shirts are on sale at the Shaker Store. This is an ongoing fundraiser for the association. Special thanks to Brother Arnold for his support of this important project. Cost: \$19.00



### From the Editor

Please send your lake news, stories, photos and corrections to the Editor. Please identify your photos and where they were taken on the lake and we will publish with your permission.

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## PLEASE WELCOME OUR NEWEST BOARD MEMBER

John Salisbury has recently joined the Sabbathday Lake Association Board. John and his wife Diane Salisbury have owned their Sabbathday Lake property for 21 years, residing here in 1997-1998 and becoming permanent residents again in late 2017. They were residents of Hallowell, Maine from 1966-1985. He served in a number of chief executive capacities including as Executive Director of the Maine Municipal Association.



Sabbathday Lake News  
44 Lake View Drive  
New Gloucester, ME 04260

FALL/WINTER  
2018-2019

## OUR LAKE IN PHOTOGRAPHS

