

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



Ice Out, Boat In by Henny Vandescheer



The 2023 Eaglets @ 3 weeks by Sharon Scannell



Goldfinches by Diantha



Fall Reflections by Michael O'Neill



Kaleb Fitch and his 12" brown trout!



Trek Tracks by Diantha Grant



Winter/Spring 2023

Photo by Diantha Grant

### PROTECTING OUR NESTING LOONS by Eric Rohrback

The Sabbathday Lake Association is pleased to announce that on Tuesday, April 25, Tracy Hart and Toni Rabasco from Maine Audubon came to Sabbathday Lake and joined a group of us on an extremely cold and rainy day to construct and launch a nesting raft for our beloved loons! The goal of the Loon Raft Program is to increase nesting among struggling loon couples who have been unable to produce chicks.

It is important to remember that loon rafts can only be useful in the right type of situation. Not only can they make the loons more visible to predators, but they could also lead to territorial disputes, which takes valuable energy away from the loons that could use it toward nesting. Also, they could sink, flood, or break loose. The benefits outweigh the risks when a pair fails to hatch chicks for three of the last five years, low productivity is due to a problem that rafts can address (such as shoreline destruction or habitat loss), and people can commit to ongoing monitoring and management of the raft.

The raft is constructed of a log base with floats, covered by boards to form a platform. On the edge of the platform, there are wave guards to keep it clear of water. On top of the boards, soil, plants, and a bed of moss are put down to provide a comfortable spot for the loon. Finally, flexible caging is put over the top of the platform in a U shape and is covered with cedar branches in order to provide protection from avian predators such as eagles.

After construction was completed, Don and Diantha Grant were kind enough to bring the group out on their boat so Tracy and Toni could help determine the best spot to place the raft. The spot that was chosen was on the northwest side of the lake in the weedy cove beyond Loon Point. Tracy suggested that this would be a good spot because it is out of the prevailing south wind, and it is far enough out of the way from where people come to shore to swim. Also, this would be a spot where it could be closely monitored. The crew returned to shore, dragged the raft by boat to the disclosed location, and placed three cinder blocks in the water attached to eye hooks on the corners of the raft. Many thanks to Don for braving the cold water in his waders and to the rest of the hearty volunteers! Warning signs will be placed on a float near the raft and also in the woods on the trail out to Loon Point to keep activity away from the potential nest.

For more information on the Loon Raft Program, check out this informative video from Maine Audubon: <https://www.youtube.com/watch?v=8jOQHapzBCM>

And for further information, see page 7 about Loon Protection.

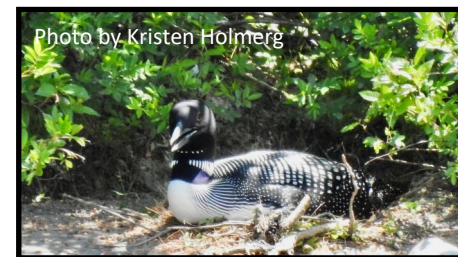


Photo by Kristen Holmberg



Photos: (1) Female loon last summer just prior to the nest washing away. (2) The Loon Raft Team: Diantha Grant, Michael O'Neill, Don Grant, Julie Nadeau, Eric Rohrback, Tracy Hart and Toni Rabasco. (3) The Loon Nest Raft inside Loon Cove.



Photo by Eric Rohrback

## IT'S SPRING by Chris Ricardi, SDLA President

After a mild winter, and then a chilly March, it was a welcome change to have warmer air settle over Southern Maine and ice break the second week of April. Ice out is an annual reminder to gear up for what lays ahead and rally the Association for another season on the lake. There are grant applications to complete and secure, boat inspectors to organize, plant patrols to muster, lake conservation conferences to attend, Association meetings to plan and schedule, water quality monitoring contracts to sign and implement, and social gatherings to get on the summer calendar.



As we have done in past years, the Association will continue to monitor the boat ramp the best we can. Last year we had a good crew of courtesy boat inspectors (CBIs) helping with the cause. We received another grant this year from Maine Department of Environmental Protection which will cover a significant part of the cost to hire student CBIs and cover the fees paid to Outlet Beach. Over the past couple of years, the Association has contributed an increasing amount of funds for the CBI effort from our general funds. It is a worthy investment. We hope that volunteers will cover open time slots on weekends and some additional weekdays again this summer. Those who are interested should check out the CBI calendar on the SDLA website and contact me for more information. 207 926-3721.

The Invasive Plant Patrol will be out there again checking the shallow parts of the lake for milfoil and other invasive plants. Thanks to all who have helped with the lake survey in the past. See Mike Cloutier's update in this newsletter.

For the past few years, loons have unsuccessfully attempted to nest on the north end of the lake. In April, a group of SDLA members teamed up with Maine Audubon to float a loon nesting platform with the hope of increasing their chances. You may notice some new signage asking boaters and fishermen to avoid disturbing these birds for the month they are nesting. See Eric Rohrbach's story in this newsletter.

There have been several proposed legislative actions this year related to Maine Lakes that are worth noting. The first was LD 164 (HP 105) An Act to Fund the Lake Restoration and Protection Fund, which would provide additional funds for lake quality projects throughout the state in the event of an annual revenue surplus. A second bill, LD 693, is a bill to prohibit large wakes within 500 feet of shore and in water less than 20 feet deep. This is primarily aimed at keeping wake boarding and the boats that intentionally create large wakes far enough from shore to lessen impacts of the wakes on shorelines and shallow plant communities. The Association Board supports both these bills. And third, but not least, there have been proposals to amend 10-144 CMR Chapter 241, Maine Subsurface Wastewater Disposal Rules, to remove some of the geological requirements for new septic systems/leach fields within the shoreland zone. Ineffective septic systems and leach fields pose a major threat to lake water quality. The legislation is still being developed and we will provide more information as it becomes available. Members who want to weigh in on these issues are encouraged to write our legislators in Augusta.

And last, but not least, the Association lost a long time member and friend with the passing of Ellie Fellers this year. Ellie did so many positive things for our Lake and the wider community. She was one of the early founding members of the Association and was active on the Board for many years. But more than anything else, she was a wonderful person who made the world a better place for all who knew her. Her presence will be greatly missed.

**Newsletter Survey** – The Association is considering moving from the current hardcopy format for the newsletter to a digital only version that would be distributed via email and accessible on the Association website. We will be asking for feedback from members at the annual business meeting in July.

**Newsletter Correction** - A correction has been made to information on docks that was included in the Spring 2022 Newsletter. The newsletter stated that Maine Shoreline regulations allow one dock per 150 feet of shorefront. This is true for marine shorelines, but for inland lakes the regulation is one dock per 200 feet of shoreline.

Go to this link for the current chart of lakes with invasive species. If you see anything suspicious, carefully collect it and put it in baggie. Contact Mike Cloutier at [mhcloutier48@gmail.com](mailto:mhcloutier48@gmail.com) or [stewards@lakestewardsme.org](mailto:stewards@lakestewardsme.org) <https://mainelakes.org/invasives/invasive-aquatic-plants-in-maine/>

## EVENT CALENDAR



### Saturday, July 8 @ 10:00 A.M.

Morning Cruise—meet at Outlet Beach boat ramp Please email [paul.e.gillis@gmail.com](mailto:paul.e.gillis@gmail.com) to reserve your seat.

### Wednesday, July 12 @ 6:30 P.M.

Annual SDLA Business Meeting—Fraternal Order of Eagles Pavilion. Pot Luck, 6:30, meeting at 7:00. Bring your own plates and utensils. If raining, it will be inside.

### Saturday, July 15 @ 9:00 A.M.

IPP Kick-off Meeting @ Shaker Village

### Saturday, July 29 @ 7:00 P.M.

Sunset Paddle—join your neighbors for a leisurely paddle. Meet at Outlet Beach or along the way. All people-powered vehicles are welcome.

### Saturday, August 5 @ 7:00 P.M.

Evening cruise—bring a jacket and BYOB and meet at Outlet Beach. Email [paul.e.gillis@gmail.com](mailto:paul.e.gillis@gmail.com) to reserve your spot.

### Saturday, August 12 @ 9:00 A.M. — donuts and coffee

SDLA Meeting with a guest speaker—Fraternal Order of Eagles

### Saturday, August 12 @ 9:30 P.M.

Perseid Meteor Shower—join us at the Shaker field and enjoy the dark moon. Bring bug spray, a chair, a blanket and BYOB. Rain date 8/13

We also just learned of the passing of John Morrissey of West Shore Road. He lived in Vero Beach, FL. Our condolences to his wife, Phyllis, and family.



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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The Sabbathday Lake Association has a website with a lot of information on ways to protect our lake, old newsletters, ways to volunteer and events. It takes all of us to work and to protect our most valuable resource.

[www.sabbathdaylakeassoc.org](http://www.sabbathdaylakeassoc.org)



### LOON PROTECTION from Maine Audubon Society

The common loon is a well known and loved bird of northern lakes. The sound of its haunting call and sight of an adult in full breeding plumage bring magic to Maine’s lakes. People often come to Maine with hopes of seeing a loon and their chances of doing so are excellent. The latest estimates put the population of loons in Maine at about 4,000 adults and around 250 new chicks each summer. The population has been fairly stable in Maine over the last twenty years, but loons still face many threats on our waters. The Maine Loon Project, part of Maine Audubon, has worked on loon conservation since 1977 with education and outreach programs, research projects, and on-going management activities. Only through active involvement of concerned citizens like you can we expect these birds to continue thriving in Maine. This fact sheet outlines the major threats to loons in Maine, and what you can do to help these impressive birds.

**HABITAT LOSS DUE TO DEVELOPMENT** Loons are known to return to traditional nest sites year after year. Buildings and boat ramps on islands and shorelines near traditional loon nesting sites can cause loons to abandon nest sites. What You Can Do: 1. Be aware of where loons nest in your area. Watch for loons returning after lake ice melts, and watch where pairs or adults with chicks spend their time. 2. Try to protect these areas through town planning processes and proper siting of boat ramps and other development. 3. Help gather long-term data on loon populations by participating in Maine Audubon’s annual loon count on the third Saturday of July.

**FISHING LINE AND LEAD FISHING TACKLE** Lead poisoning from the ingestion of lead sinkers and leadheaded jigs is the leading cause of death for adult loons in Maine and throughout New England. There is no cure for lead poisoning, and once a loon ingests a lead sinker it dies in a few weeks. Every year, loons in Maine also die after they become entangled in fishing line or swallow hooks or lures. What You Can Do 1. Use only lead-free fishing sinkers and jigs, available at many retail outlets. In fact, the sale of lead sinkers 1/2 ounce or less will be banned in Maine after January 2002. 2. Alert other anglers to the problems associated with tackle and urge them to switch to lead-free alternatives. 3. Tell tackle shop owners and other retailers about the availability of lead-free alternatives. 4. Retrieve all loose and broken fishing line and fishing tackle.

**BOATING ACTIVITY** Because loons use all different parts of a lake, from deep waters for feeding to sheltered coves, bays and marshy areas for nesting and raising young, they are subject to all types of disturbance from boating activity. Wakes from boats can wash eggs out of lakeside nests. Loons can also be easily disturbed off nests by boat traffic and recreational activities, leaving their eggs vulnerable to predators or exposure. Fishing boats that approach a nest and remain nearby for long periods of time can disturb nesting loons, as can quiet kayaks and canoes that maneuver easily into shallow areas. Heavy and continuous boat traffic can even cause some loons to abandon their nests altogether. On some lakes, loons have adapted to heavy boat traffic and will remain on their nests despite steady disturbance. Maine Audubon receives reports each summer of boats chasing and harassing loons, and more than two dozen loons have died as a result of boat-related injuries in Maine over the last ten years. Loons that are harassed while feeding by boaters may not be able to adequately feed themselves or their chicks. Boats can easily get between adult loons and their young and can separate a family. A lone chick that can’t relocate its parents will die without their protection.

**What You Can Do:** 1. Report harassment to the Warden Service at the Department of Inland Fisheries and Wildlife. You will need the boat license number and documentation of the incident. 2. Educate your lake community and boaters about loons. Obtain

copies of Maine Audubon’s “Living with Loons” brochure to distribute at local lakes. 3. Post large, bright-yellow “Look Out For Loons!” signs (available from Maine Audubon) at marinas and boat launches to let lake users know loons are nearby. 4. Use binoculars to view loons from a distance. Do not approach nests and loons on the water, especially if the loons are calling and displaying, a sure sign you are too close! 5. Observe the 200-foot “no wake zone” to assure that wave action will not destroy lake-side nests. Encourage fellow boaters to do the same.



Photo by Derrick Jackson



To all the 2022 Sabbathday Lake Association members – 90 strong! Your financial support continues to protect our lake. The SDLA Board of Directors

Richard and Lori Allen, Rachel Washburn and Nate Ashworth\*, Deborah Avasthi\*, Stephen Barr\*, Elaine Becker\*, Jane Begert\*, William and Joanne Begert\*, Roger Bergeron\*, Ronald and Carol Beyna\*, Florence and Robert Bonney\*, Andrew and Ann Marie Branigan, Catherine Caswell, Dan and Corrine Chabot\*, Stephen and Natalie Chandler, David Chandler, Stacy Chandler, Michael and Joan Cloutier, Margo Cook\*, Sandra Cullinan\*, Thomas and Judith Cushman\*, Cushman Camp LLC, Gerard and Benita Deschaine\*, Kim Doherty, Diana Dowd and Craig Doremus\*, Stephen and Althea Driscoll\*, Carl Laidlaw and Jennifer Elizabeth\*, Jami & Ryan Fitch, Richard and Cheryl Fortier\*, Kevyn and Lori Fowler\*, Fraternal Order of Eagles, Sandy and Rob Freund\*, Paula Gauthier\*, Sheila Giancola\*, Nancy Gilbert\*, Paul and Carol Gillis, Donald and Diantha Grant, Jennifer Gray\*, James Gray, Judith Gunn\*, Mark and Michaela Hansen, Lee and Sandra Harper\*, Brandy and Justin Hebert\*, Richard and Linda Hildebrand, Thomas and Mary Beth Johnson, Kate Johnson, Mark and Heidi Jordan, Pamela Kern, Mary and Peter Konstantin\*, Janet Lambert\*, Jerry and Jackie Legere, Peter and Diane Libby\*, Carolynn and Allen Marsh, George and Judy Marshall, Anne Maurice, Cheryl and Shaun McKinnon, Vivek and Heather Mehra\*, Patricia Morin\*, Rachel Morin Deckard\*, Harry and Paulette Morin McNally\*, Bill and Nancy Morrison, William and Susan Morrison\*, Alison Moser\*, Ali and Munira Naqui\*, Brenda and Harty Norris\*, Donald F. and Monique T. O'Malley, Michael O'Neill\*, Beverly Ouellette\*, John and Karen Pennell\*, Alan Peoples\*, Pamela R. Pinette\*, Christian and Julie Ricardi, Mary Richardson, Brian Richardson\*, Eric and Cece Rohrbach, Diane and John Salisbury, Sharon and Kevin Scannel\*, James and Pamela Selberg, Christopher Shaw, Carl and Catherine Shaw\*, Tom Shupp and Nancy Thomas\*, Steven and Cynthia Smith\*, Michael and Kristine Stone, Cathryn Thomopoulos\*, George and Melissa True, United Society of Shakers, Tom and Sue Wilson, Ruth York, Centennial Springs HOA\*

*\*The Board appreciates the members who made an additional donation with their dues. Your contributions help tremendously with our water quality efforts.*

**2022-2023 Board of Directors**  
*(Term expires in parentheses)*

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Eric Rohrbach (2024)  
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Brother Arnold Hadd (permanent)

**Hello members and friends of the Sabbathday Lake Association.**

Mike Cloutier, Board Member and IPP Coordinator

I hope everyone wintered well! I would like to share with you a brief recap of the successful efforts of the SDLA Invasive Plan Patrol (IPP) in 2022. Many of our volunteers survey two or more sections and additional volunteers are needed. Due to the dedication and commitment of our volunteers, we were able to complete a Level 3 survey of the lake in 2022. This means that the public launch area along with the shoreline littoral zone (which is the area of the lake up to 15 feet in depth) along with some shallow areas in the middle of the lake were surveyed for invasive aquatic plants. Our goal for 2023 is to complete another Level 3 survey.

Some 2022 survey statistics;

- ◆ 18 Volunteers participated
- ◆ 77 On-the-water survey hours were donated
- ◆ 91 Non-water hours donated, including training, preparation, outreach, travel, plant identification, coordination, etc.
- ◆ Total volunteer hours donated, 168
- ◆ No new plants were identified in 2022, which keeps the total at 51 since 2012.
- ◆ Based on this survey, the results indicate that no invasive plants were found. \*

As these surveys continue from year to year, we feel that it is important to create a base plant inventory from which to work. So, one of our goals is to try to identify all the native plants found in each sector of the lake. Based on our survey sheets, I have compiled a list of native plants. While some varieties are more prolific than others, not any one type was found in all sectors of the lake. In fact, some types were found in only very limited areas. Gathering this information annually will allow us to monitor these areas for future reference and to note any major changes that take place from year to year. If invasive plants are ever found in the lake, it is critical that they are found early for any effort to control them to have any level of success. Therefore, the efforts of the IPP cannot be overstated!

With the proliferation of invasive plants in many lakes surrounding us such as, Lake Auburn, Little Sebago, Sebago, Brandy Pond, Thompson Lake and the Little Androscoggin River, it is vitally important that we remain ever vigilant in preventing those plants from entering Sabbathday Lake. Many lakes in Maine are paying thousands upon thousands of dollars annually for invasive plant eradication, with only limited success. Along with the expense of eradication efforts, lake shore properties have seen significant reduction in appraised value; and this should concern everyone!

- ◆ The first line of defense is keeping the invasive plants out of the lake in the first place by Courtesy Boat Inspections, (CBI) at the launch ramp.
- ◆ The second line of defense is the Invasive Plant Patrol.

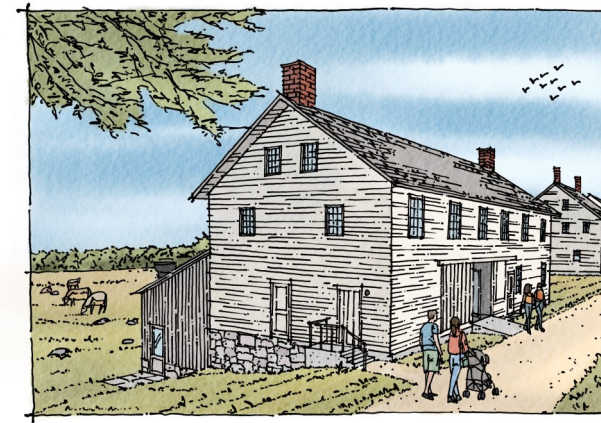
How can I help, you ask?

- #1 Volunteer as a Courtesy Boat Inspector (CBI) at the boat launch. So please consider volunteering to participate in this very important activity.
- #2 Become involved with the Sabbathday Invasive Plant Patrol.

The future of our clean lake will depend on these efforts. Please contact us if you are interested in joining the fight to keep Sabbathday Lake free of invasive plants. In fact, we plan on having our annual IPP Kick Off meeting at the Shaker Village at 9 am, on Saturday, July 15<sup>th</sup>, 2023. Why not mark your calendar, and come see what the fun is all about? The continued good health of Sabbathday Lake is depends on you. If you would like to join in the fun, please let me know.

See you on the water!

*\*Identification is made by trained volunteers, is preliminary, and not completed by a marine biologist.*



The Shaker Herb House Restoration

**Shakers Announce Plans for the Future**

The Sabbathday Lake Shakers are living heirs of centuries-old artistic design, music, progressiveness, and inventions that have influenced the world. They have more to offer. The Shakers will restore their derelict, fourth-oldest building into the Herb House Cultural Center, headquarters of their expanding herb business and their most dynamic center for shared learning and creativity. It will achieve unprecedented cultural/historical preservation while delivering inclusive programming

for global audiences of all ages and abilities. It will also amplify the Shakers' voice to provide new narratives for their culture's survival against misconceptions and cultural appropriation.

With a \$4.3 million budget and a \$750K grant from the National Endowment for the Humanities, the new 8000 sq. ft. facility will reduce barriers for rural audiences by providing low/no-cost place-based learning through social enterprise, hands-on learning, and first-time public access to the world's only Shaker Herb House and a world-class collection of historical Shaker materials.

Nowhere else in the world will visitors be able to experience the Shakers' established models of equality and harmony alongside actual living Shakers as they gain a firsthand understanding of Shaker beliefs, values, practices, and heritage.

The Herb House Cultural Center will build new relationships with audiences, including 100,000 local students, and demonstrate how other historic sites can enter the 21st century with innovative programming that achieves historic preservation through shared dialogues with the communities they serve. Programs ensure the continuation of Shaker traditional arts, culture, and customs and partner with Maine's traditional artists, local farms, Somali refugee programs, and local agencies for adults and youths with intellectual disabilities.

Become part of our history! Help create a place for future Sabbathday Lake Association Meetings! To learn more and support the Shakers' efforts: [maineshakers.com/capital-campaign/herb-house-plan](http://maineshakers.com/capital-campaign/herb-house-plan)

By Michael Graham, Director, Shaker Village



The Herb House Dining Room with a view

