

Sabbathday Lake News

Fall/Winter 2021/2022

Photo by Henny van der Scheer

THE PRESIDENT'S MESSAGE — WELCOME BACK!

Chris Ricardi, President

Back Together



Another summer has passed on the lake and for the most part a semblance of normalcy has returned to our lives and to the Lake Association. We began holding our Board meetings in person like we had in the past feeling more confident that this was possible due to vaccinations and lower risk. Thanks to the

generosity of the Eagles organization and their outside event venue, we were able to hold our summer meetings in July and August in person and get folks back together. At the beginning of each meeting I noticed how much people enjoyed gathering with their friends and fellow Association members. There were lots of smiles and active conversation as the group mingled beforehand. I felt a little hesitant to stop the fun and ask everyone to stop chatting so we could begin the meetings. We also revived several of our traditional social events with paddles, group cruises, and a wonderful woods venture with Brother Arnold Hadd and Tom Driscoll to the historic Shaker Mill site.

Those who attended the August meeting were treated to a very interesting and informative presentation by Tristan Taber from the Lake Stewards of Maine (formerly the Maine Volunteer Lake Monitoring Program). The LSM are the center of expertise in Maine's effort to prevent invasive plants from taking over our lakes and rivers, and they take the mission seriously. If it wasn't for LSM, it would be like fighting a war without military intelligence or any commanders in the field. It would not work.

Tristan spoke about several new initiatives at LSM that will greatly assist lake associations with the work they do monitoring and assessing plants and possible invasive intruders on their lakes. There is now an Aquatic

Phenomena Submission Form on their website that can be used to submit photos of plants, or other organisms like potentially invasive clams, snails, or fish, directly to LSM for identification and assessment. This new service will be very helpful to the SDLA Invasive Plant Patrol's efforts to characterize the native plants in our lake and to quickly evaluate any questionable plants or animals that we find.

LSM also created a new application that can be uploaded to cell phones and allows volunteers to mark locations on lakes using global positioning systems to pinpoint spots where suspicious plants are observed. Marked locations are saved in a database and can be used for mapping or for finding the locations at a future date. It can often be difficult to find a growth of plants when returning to a spot for follow up actions. We have floats with lines to weights that can be deployed to mark locations. But sometimes they are moved by wind and waves, or people remove them not knowing what they are there for. Having the option to hardwire a location from the boat or canoe instantly when surveys are being completed will be very valuable.

Tristan also talked about different forms of algae. This includes a group called cyanobacteria, or so-called blue-green algae, that forms layers of soupy green scum. Cyanobacteria are actually microscopic organisms that use photosynthesis for growth. They release oxygen. But they can contain toxins that are potentially deadly to animals or people. The most common harm comes to dogs that swim into the algae and ingest some of it. It can be lethal. The growth of this algae increases with warming water conditions that are becoming more prevalent at the peak of summer in July and August. (continued on page 2)

(continued from page 1) My brother-in-law recently told me there was widespread cyanobacteria algae on their lake in Massachusetts for the first time that closed down swimming for weeks. The Massachusetts Department of Health tracked toxic algae in over 50 lakes this past summer and issued many closures. The Maine DEP has published a map that identifies lakes with risks making this a new challenge to assess on their lake shores. Sabbathday Lake is not on the list. But some of our members reported seeing unusual pockets of algae this past summer. Next year, if the lake experiences warm water conditions like we had this year, we may try to collect some for analysis.

For those of our members who are interested in supporting the work LSM is doing, they recently announced a matching grant challenge where a donor has offered \$50,000 in matching funds for both 2021 and 2022. Donations can be made either through their website or by sending a check to LSM, 24 Maple Hill Road, Auburn, ME 04210. If you send a check, make sure you add a note indicating the matching grant.

Thank you to all of our members who completed the boating survey in July. We are starting to compile the responses and will provide a review in the Spring Newsletter. And thanks to those who continue to renew their memberships each year, and to those new members who joined the Association this year. We had quite a few. Remember, we all play a role in keeping Sabbathday Lake water clean and clear. Along with this newsletter, you all received a very informative pamphlet prepared by the Lakes Environmental Association in Bridgton. Hopefully it will provide good information and remind us that each and every property owner can help with that effort. And special thanks to all of our members who help with CBI work, the IPP surveys, annual water quality testing, LakeSmart, social events, and the Board.

Have a wonderful and healthy winter.



Mike Cloutier holding an Invasive Plant Patrol update/orientation at Outlet Beach.

**AN IMPORTANT
THANK YOU NOTE**

The Sabbathday Lake Association gets support from a number of sources each year that permit us to ensure the ongoing quality of our lake.

First and foremost, **you**, our members and the donations you make in addition to the annual dues.

The **Town of New Gloucester** continues to provide funding for water quality testing.

The **State of Maine Invasive Inspection Grant** enables us to monitor the Outlet boat ramp with the support of Bresca and the Honey Bee and our own monitors.

The **Fraternal Order of Eagles**, Eyrie 4131 for the use of their outdoor pavilion.

An annual corporate grant from **Texas Instruments** supports our efforts.



WE'VE MOVED!!!

We are on Facebook. See what is going on, add photos, say hi to neighbors!

Sabbathday Lake Association—Private Group

<https://www.facebook.com/groups/339968244594539/members/>



For complete information on the Sabbathday Lake Association and ways you can help, please visit our website: www.sabbathdaylakeassoc.org

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

Sabbathday Lake Invasive Plant Patrollers, AKA (SLIPPers) by Mike Cloutier

Hello everyone, we have had what appears to be another successful invasive plant survey again this year 2021 at Sabbathday Lake (our 10th). All the data have 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.

Also, most of our surveys so far have noted the lack of metaphyton (*cotton candy like clouds floating in the water*) observed this year as opposed to large amounts observed last year. Little is known about this phenomenon, and we will continue to gather data on metaphyton in the coming years and provide it to the Lake Stewards of Maine for analysis. Also, my last secchi disk reading on Sept 20th was at a depth of 6.5 meters which is below average for Sabbathday Lake for this time of year. This may be a direct result of the higher amount of precipitation we received this summer.

IN OTHER NEWS:

The Lewiston Sun Journal featured a story on September 7, 2021, with the headline of "Cushman Pond wins 27-year battle with milfoil". The invasive aquatic plant plagued the pond in western Oxford County since its discovery in 1995! Jim Buck and his team of volunteers estimates that his groups spent \$200,000 conducting surveys and eradication of variable-leaf milfoil. That's right, 27 years and 200K!

And these items from the Lake Stewards of Maine:

On June 15 CBI (courtesy boat inspector) Javen DeHaven, working at North Pond, removed a large amount of variable milfoil arriving on a boat coming from Messalonskee Lake. The Friends of Messalonskee Lake have an active plant control and boat inspection team, but cannot be present 24/7. This save, while amazing, is a reminder that we need to educate boaters and encourage them to do their own inspections.

Thank you, Javen!

In July Katie Trebilcock and her trusty pup, Tina, spotted a suspicious plant on a boat coming from Lake Zoar in Connecticut. Lake Zoar is home to 4 invasive plants along with our least favorite mollusk, zebra mussels. The plant was confirmed as Eurasian watermilfoil, a common invasive plant in other New England states, which is more aggressive than variable milfoil. Thank you, Katie!

Earlier this month, an Adopt-a-Shoreline volunteer with 7 Lakes Alliance discovered a fragment of curly-leaf pondweed in the Serpentine, a stream that connects East Pond and North Pond in Smithfield.

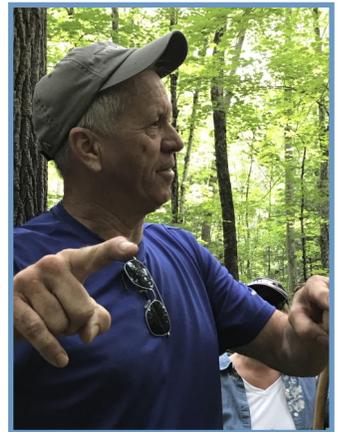
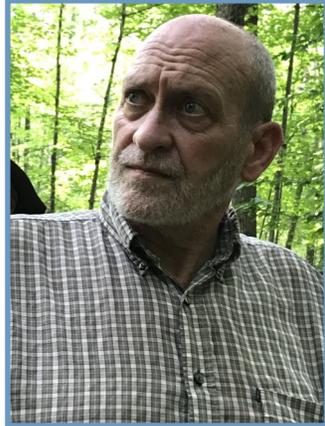
Thanks to the curious volunteer paddler and the quick survey actions of 7 Lakes Alliance, a full shoreline survey of East Pond was completed. So far, curly-leaf pondweed was found just in the Serpentine and a small portion of North Pond. A full survey of North Pond will be conducted in the spring. The Maine Department of Environmental Protection and 7 Lakes staff are collaborating on rapid response efforts to eradicate the patches that were found. This scenario highlights the need for constant vigilance and education on our lakes. Every shorefront homeowner should be aware that there are several different invasive plants to watch out for, not just milfoil.

These infested lake scenarios are what demonstrate our need to monitor what gets into our Maine lakes, and a terrific way to help in this effort is to participate in the Courtesy Boat Inspection program (CBI) here at Sabbathday Lake. It's easy to learn and do, and you could prevent a possible infestation. Our program is administered by Association members Lillian Nader and Chris Ricardi. Keeping the invasive plants out of the lake in the first place is the goal of this program. If the survey finds an invasive plant in the lake, it is essential to eradicate it as soon as possible. If you would like to help in either of these efforts, please let us know by contacting any member of the Board of Directors listed in this Newsletter.

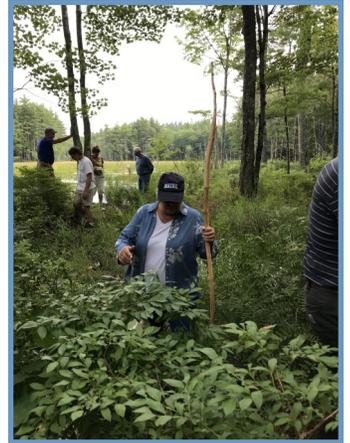
Have a great winter and we will see you in the Spring!

Mike

A SUMMER OF FUN!



THE FIRST, BUT HOPEFULLY NOT THE LAST, TREK!



A trek to the Old Shaker Mill with Brother Arnold and Tom Driscoll and an enthusiastic group. Cheryl and Rick Fortier, Tom Shupp and Nancy Thomas, Paul and Carol Gillis, Paulette McNally and Paula Gauthier.



AND THERE WAS CRUISIN'



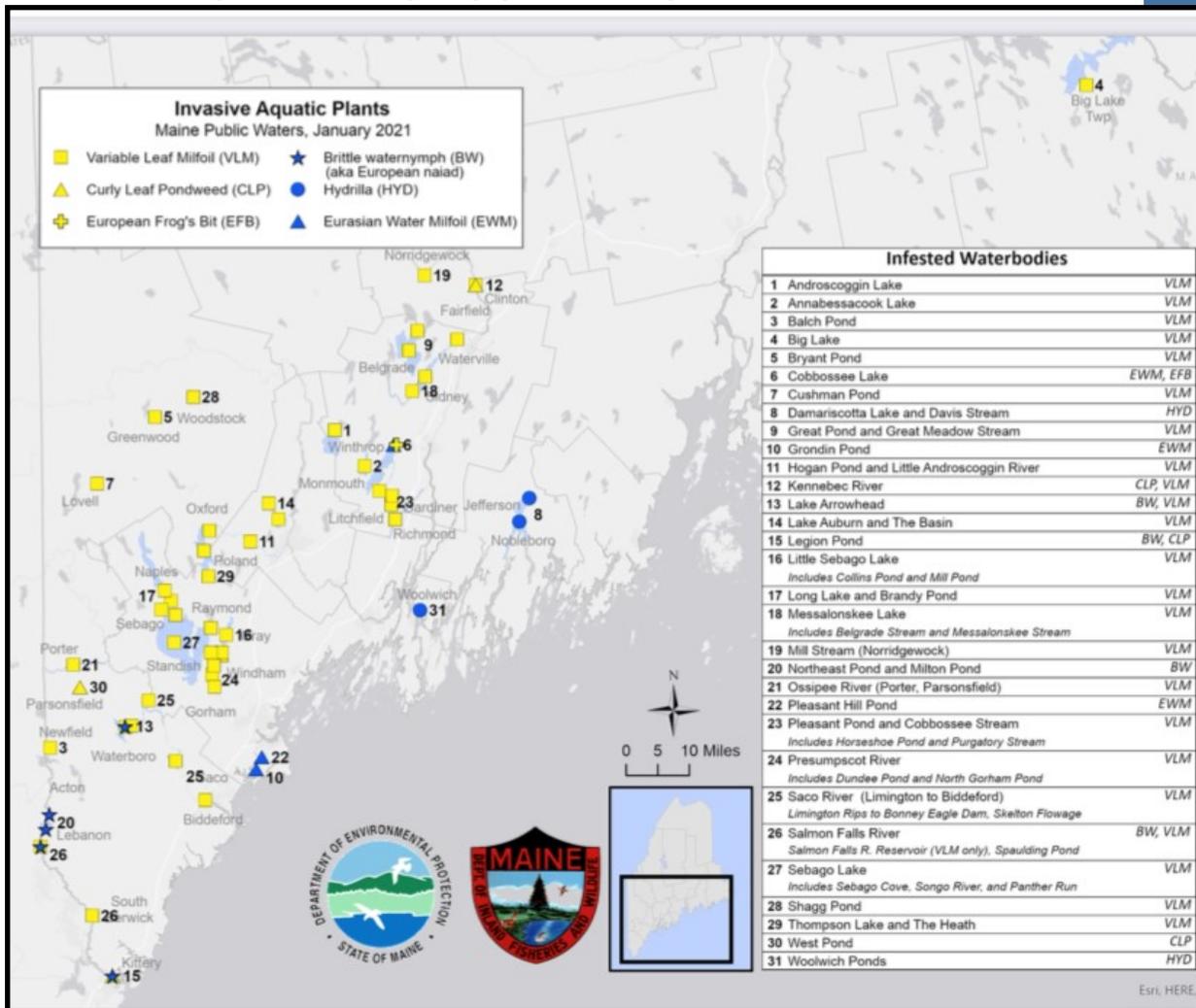
Carol Gillis, Kevin Scannell, Mike Cloutier, Elaine Becker, Sharon Scannell, JoAnn Driscoll, Joan Cloutier.



Captains: Kevin Scannell, Tom Shupp and Bill Morrison

Nancy Thomas, Janet Lambert, Jan Additon, Kaylen Additon with Captain Shupp.





Maine's Eleven Most UNWANTED Invasive Aquatic Plants

BRAZILIAN ELODEA <i>(Egeria densa)</i> ¹	CURLY-LEAF PONDWEED <i>(Potamogeton crispus)</i> ²	EURASIAN WATERMILFOIL <i>(Myriophyllum spicatum)</i> ¹	EUROPEAN NAIAD <i>(Najas minor)</i> ²
FANWORT <i>(Cabomba caroliniana)</i> ¹	EUROPEAN FROGBIT <i>(Hydrocharis morsus-ranae)</i> ⁴	HYDRILLA <i>(Hydrilla verticillata)</i> ¹	PARROT FEATHER <i>(Myriophyllum aquaticum)</i> ¹
VARIABLE-LEAF WATERMILFOIL <i>(Myriophyllum heterophyllum)</i> ²	YELLOW FLOATING HEART <i>(Nymphoides peltata)</i> ²	WATER CHESTNUT <i>(Trapa natans)</i> ¹	

Under Maine law, it is now illegal to transport ANY aquatic plant on the outside of a vehicle. It is also illegal to sell, propagate, or introduce to Maine waters these eleven invasive aquatic plants.

1. Aquatic plants database and the copyright (©) property of the University of Florida, Center for Aquatic Plants, Gainesville
2. Water Plants for Missouri Ponds, Copyright 1999 by the Conservation of the State of Missouri
3. Aquatic Plants of New England States, G.E. Cole and C.B. Holmquist 1983, Illustrations by Pam Brown
4. "The Practice of Aquatic Plant Management: Identification and Information Resources"
5. L. Bousquet and R.J. Quilley, "F" Version January 1990.
6. Aquatic and Wetland Plants of North America North America, G.E. Cole and C.B. Holmquist, University of Wisconsin Press, Madison.

For information, please contact:
Maine Wetland and Lake Monitoring Program
(207) 783-7733 vlmpl@maine.gov
For additional assistance, please call Maine DEP (207) 287-3901

Just the Facts!

Sabbathday Lake

New Gloucester, Cumberland,
Maine

MIDAS 3700

Area (acres): 342

Perimeter (miles): 5

Mean Depth (feet): 24

Max Depth (feet): 68

Delorme Page: 5

Fishery Type: Coldwater + Warm-water

Invasive Aquatic Plant Infestation: None known

Source: Lake Stewards of Maine

THE BOATHOUSE GANG by Diantha “Pinky” Grant

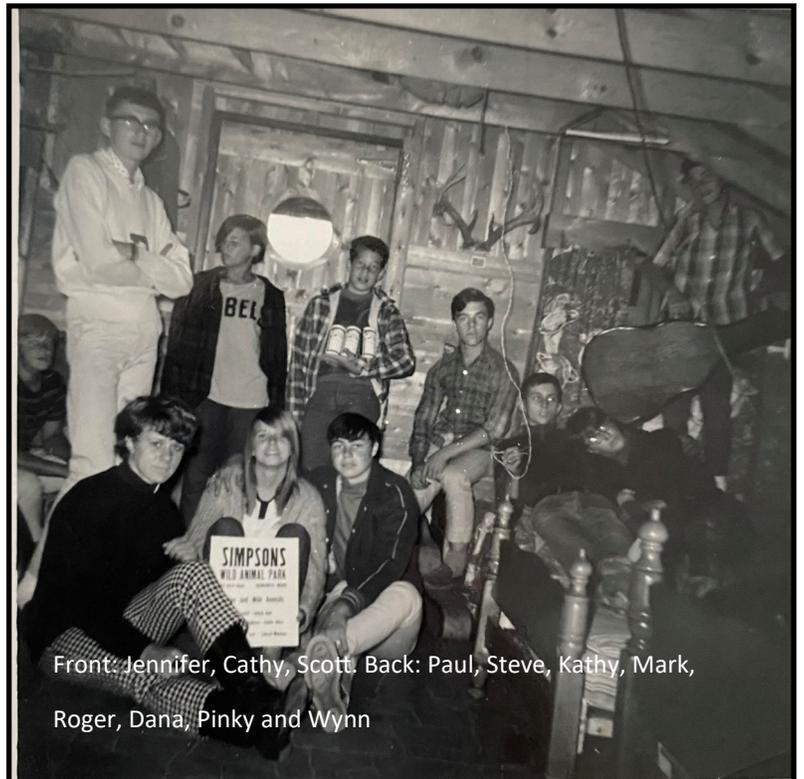
Oh the 60's. There was no better place to spend the summer than Sabbathday Lake. I lived for the weekends when my father and mother and I would hit the road from Bangor on Friday afternoon! Even our beagle knew when we were near the lake—he would arise from his siesta to sniff the pine air and get all excited—CAMP! FREEDOM! We were quite a crew hanging out at the Cummings place under the very casual eyes of Art and Helen. We swam, we jumped off the boathouse, we sang and played music, had a game or two of Capture the Flag. We were an eclectic group of teenagers. Maine, New York, Massachusetts and an occasional member from Connecticut and other places.

Now that the parental generation is gone, I can divulge some of our activities. Parties at the Cummings included the liquor cabinet that was left almost intact or perhaps water was added to bring the bottles to the correct level. I tasted my first Budweiser (yuk!). There were trips to Shaker Point and maybe daytime skinny dipping to “moon” Leroy Young who was possibly watching us through binoculars. We don't know if he did, but his daughters were fairly sure he was. There was loading into the Cummings Cleaners van or the Cummings Pontiac Grand Prix and trips to Cole Farms to play music at the table juke boxes and just hang. It was all pretty innocent fun.

Some of my fondest memories were at the Driscoll camps. Ruth Driscoll had the best laugh! Cathy and I would make breakfast for Charlie Becker (we miss you Charlie). We'd take walks to The Outlet to buy ciagarettes for 25 cents (I never inhaled one but thought I was cool), wait excitedly for the Cook boys to arrive from California, or watch for Dave Pennell to arrive from Connecticut and the Youngs from Long Island.

We would ooh and ahhh over John Bennett's fast boat and the older teens water-skiing or listen to the Dunlap's Chris-Craft rumbling down the lake. We knew who was going by just by the speed and sound of the motor. Sometimes I'd get dropped off at the end of our road and Paul would warn me to watch out for the Shaker witch as I walked through the dark. Our gang included a few local teens, too, on occasion. They were good times and we were good kids.

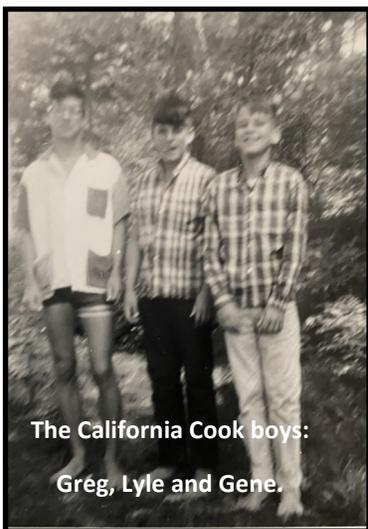
Today, the 60's has a whole new meaning. Most of us are leaving our 60s and heading to the 70s. A few have gone to the great beyond (Scott, Mark, Dave and Roger) and others have lost touch. But the memories still make me smile and when I hear a boat go by, I pretend I can tell who it is. Sabbathday Lake touches the heart and I still get excited returning and get wistful when I leave. It's a very special place.



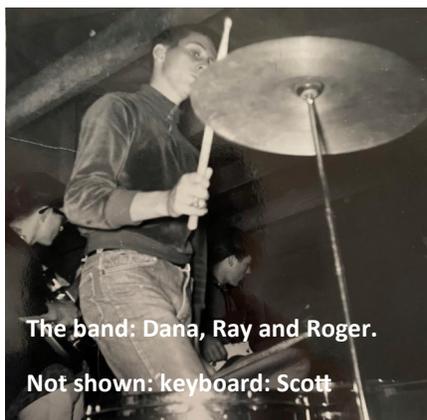
Front: Jennifer, Cathy, Scott. Back: Paul, Steve, Kathy, Mark, Roger, Dana, Pinky and Wynn



Cathy, Scott and Pinky on the boat-house roof!

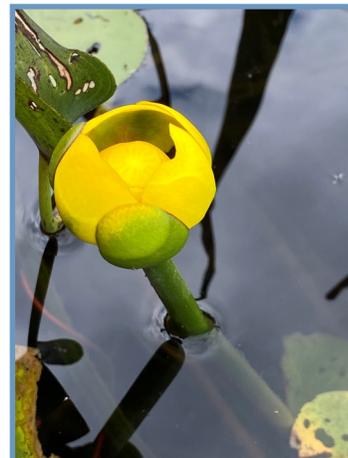


The California Cook boys:
Grég, Lyle and Gene.



The band: Dana, Ray and Roger.
Not shown: keyboard: Scott

The Season's Last Paddle of Don Grant by Diantha Grant



Spatterdock
By Diantha Grant

A sweet little titmouse
by Sharon Scannell



The Boathouse Gang Members

Scott Cummings, Mark Cummings, Paul Pinette, Diantha "Pinky" Hawkes, Jennifer "Fuzz" Blake, Dana Bailey, Steve Driscoll, Kathy Young, Jackie Young, Roger and Raymond Vachon, Wynn Chamberlain.

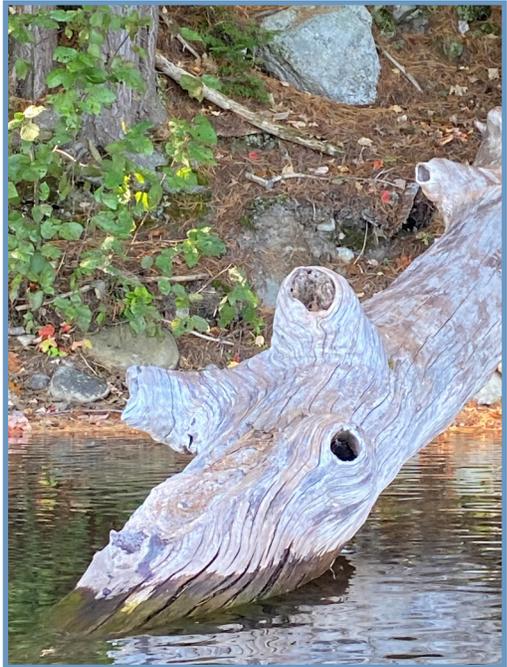
Other lake teens who dropped in: Dave Pennell, Benita Joy, the Cook boys, various Young or Driscoll siblings or cousins, the LaChance brothers.

We are pleased to add two new board members to the SDLA. Eric Rohrbach and Melissa True. John Salisbury has rolled off the board in order to work on the Land Management Committee for the town.



A pair of geese and their goslings photographed by Bill Morrison.

A Gnarly Log
By Diantha Grant



The Disappering Shaker Point - Erosion is wearing away
this special beach. When will the tree fall?
By Diantha Grant



Pretty sure this is Lizzie captured in the glorious flight by Sharon Scannell. How can we tell? By the length of the beak.





Sabbathday Lake Association

Membership Application

Annual Membership Dues are \$15.00 per Household

Membership Year is January 1st to December 31st

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



It's time to renew your membership! We are on a calendar year!

You can either mail a check to Anne Maurice along with your membership form or you can now pay on-line through our website using VENMO.

https://www.sabbathdaylakeassoc.org/get_involved

Additional donations are tax deductible and support the programs of SDLA.

Thanks!



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.

Cheryl Fortier
cfortier2@live.com

Newsletter Designer
Diantha Grant
dondigrant@gmail.com

2021-2022

Board of Directors

(Term expires in parentheses)

Chris Ricardi, President (2022)
Vice President: Vacant
Ruth York, Secretary (2022)
Anne Maurice, Treasurer (2023)

Lori Allen (2022)
Mike Cloutier (2023)
Dave Becker (2024)
Cheryl Fortier (2024)
Paula Gauthier (2023)
Diantha Grant (2022)
Jennifer Gray (2023)
Eric Rohrbach (2024)
Melissa True (2024)
Brother Arnold Hadd (permanent)

Our deepest condolences to the families of Don Lambert (Janet), Leonard Daley (Patricia) and John Sturgis (Paula). Don, John and Leonard were long time property owners and friends of Sabbathday Lake, who passed away recently. You will be missed.



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



Lizzie and Will photographed by Lori Allen. Their eaglet photographed by Sharon Scannell.



Summer sunset by Diantha Grant

Cornelia the heron displaying her tracker for Sharon Scannell.

