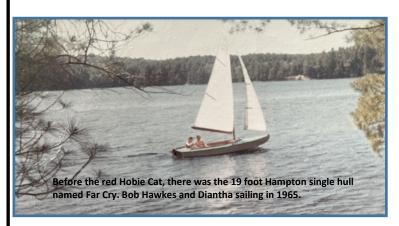
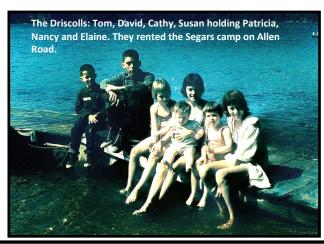
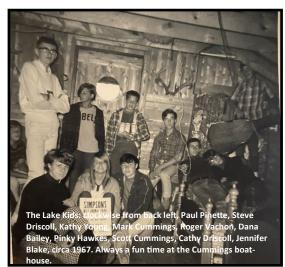
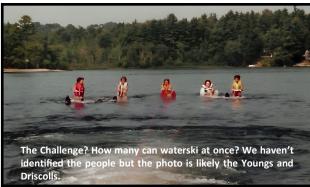
Sabbathday Lake News 28 Black Point Road New Gloucester, ME 04260















Welcome to 2025

This year will mark the 50th Anniversary of the founding of the Sabbathday Lake Association. We are very excited to recognize this milestone this summer with a celebration during the August meeting and a chance to remember some of the events and people who were instrumental in

forming the association, and those who have worked over the years to keep it alive.

The way I understand how the association was formed is that some residents had organized the Sunset Shores Association as a social group. Tom Johnson was asked to lead the group. Tom was also interested in preserving water quality and the health of the lake. He and his wife, Mary Beth, teamed up with Don and Monique O'Malley, Bob and Becky Hawkes, Roy and Eilene (Christine) Young and reached out to people living around the lake to investigate the potential for organizing a lake-wide group. They met at the Grange Hall and formed a plan. Attorney Ralph Lancaster took care of the legal process and the charter was established in August 1975. Soon they teamed up with Boston College professor of Chemistry, Irving Russell, who help start set up the first Water Quality Research Committee and begin the water monitoring program that continues today. See a more detailed reflection of the groundbreaking time in Tom's write up in this newsletter.

It is very interesting to read the original Certificate of Organization of a Corporation that was drafted in 1975. The charter indicates that original goals included acquiring property for recreational and social facilities including swimming pools and tennis courts in addition to preserving water quality and promoting education. I do not believe the facilities were ever developed, but today the association still promotes the social events and gathering of our members, and a focus on preserving the environmental setting and water quality of

Sabbathday Lake is still a primary objective of our organization.

We have tried to include some historic information on the members and officers who have lead the way over the years. Twenty-five years of newsletters are found on the association website that pretty much document the activities of the group since 2000. For anyone interested in the recent history of SDLA, it is well worth it to peruse these newsletters. There is a summary of our leadership changes and board volunteers since 2000 in this newsletter. The years before that are more difficult to reconstruct. We are hoping that members will step forward with stories, photos, and documents from earlier times that can be made available at the August meeting.

Like we have done for the past few years, we are looking for volunteers to help complete courtesy boat inspections at the Outlet Beach boat ramp. A schedule of weekend and holiday times can be found on the website. Our student CBI cover much of this, but we need volunteers to fill in the gaps and cover weekday mornings or evenings. Please contact me at 207 926-3721.

I would also like to let members know that I will be completing my final term as President in July. It has been a great experience to help lead the association over the past 10 years and to get to work with and know all the people who have been involved along the way including the officers and board of directors over the years. That includes everyone who participates in our meetings and activities and shares the common interest in our lake. I especially want to thank Catherine Caswell for taking over the Presidency and Mike Cloutier for stepping back in as VP to help Catherine and the board with our activities.



Page 2

Page 11

HATS OFF to our 50th Anniversary edition baseball cap! Because life is too short to wear a boring hat.

Our hat is 100% pigment-dyed, water-washed cotton twill and embroidered by New Gloucester's locally owned Logo Owl.

For only \$20 you get to show off your love of our lake and as always 100% of proceeds support SDLA in our mission to protect the water quality and natural ecosystem of Sabbathday Lake.

Hats will be available for sale at our July business meeting and our 50th Anniversary Fundraiser and Celebration. You may also purchase by email-

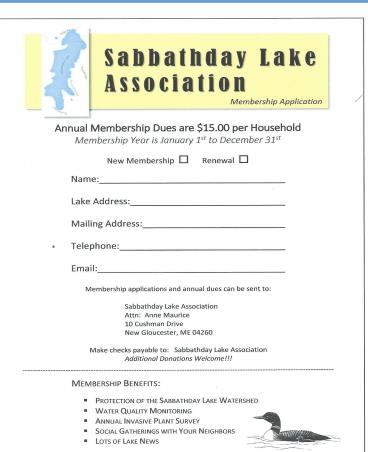
ing <u>Sabbathdaylakeassoc@gmail.com</u> for Venmo payment and local pickup.

Our T-shirts (\$28), tea towels (\$15) and hats are also available at the Shaker Store. Thanks for your support.









2024-2025 Board of Directors

(Term expires in parentheses)

Chris Ricardi, President (2025) VP: Catherine Caswell (2027) Ruth York, Secretary (2025) Anne Maurice, Treasurer (2026)

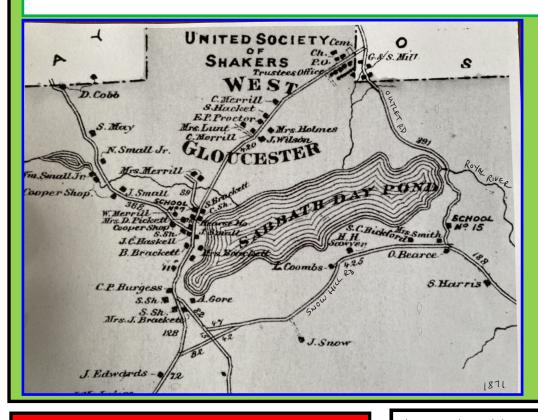
Lori Allen (2025)
Mike Cloutier (2026)
Craig Doremus (2026)
Bill Fichtel (2027)
Paula Gauthier (2026)
Melissa True (2027)

Brother Arnold Hadd (permanent)

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 or stewards@lakestewardsme.org https://mainelakes.org/invasives/invasive-aquatic-plants-in-maine/

Sabbathday Lake Association Event Calendar 2025

<u>Date</u>	What	<u>Time</u>	Where	What you need to know
26-May	Memorial Day	All Day		Unofficial start of summer!
4-Jul	Independence Day	All Day		Celebrate!
9-Jul	Lake Association Business Meeting and Pot Luck	6:00 PM	Eagles	Please bring your own place setting and something to share.
19-Jul	Annual IPP Kick Off Meeting	9:00 AM	Shaker Trustees Office	Breakfast treats and coffee will be served.
26-Jul	Morning Cruise	10:00 AM	Outlet Beach Boat Ramp	Please email paul.e.gillis@gmail.com to reserve your seat.
9-Aug	SLA 50th Anniversary Celebration	5:30 PM	Eagles	Join you neighbors to celebrate 50 years of lake stewardship. Details can be found online and in the newsletter.
16-Aug	Evening Paddle	7:00 PM	Meet on the water near Outlet Beach	Join your neighbors for a leisurely paddle on the lake. All human powered watercraft are welcomed.
23-Aug	Sunset Cruise	7:00 PM	Outlet Beach Boat Ramp	Meet at the Outlet Beach boat ramp with a light jacket and beverage of your choice. Please email paul.e.gillis@gmail.com to reserve your seat.
1-Sep	Labor day	All Day		Unofficial end of sumer!



1871 Map Courtesy of the New Gloucester Historical Society

REMINDER

All watercraft must be registered with a valid 2025 blue sticker and a Preserve Maine Waters sticker.

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.

Craig Doremus, Editor—cdoremus@gmail.com

Diantha Grant, Layout—dondigrant@gmail.com

Recent Sabbathday Lake Milestones

SDLA 2001

Youth Conservation Corps Demonstration Projects and Invasive Plant monitoring begins. Rt.26 Corridor approved moving traffic away from the lake.

SDLA 2002

Invasive Plant Monitoring ramps up with grants from MEDEP.

Royal River Conservation Corps students begin work at sites around the lake.

SDLA 2008-2012

Invasive Plant Patrol begins lake surveys.

Sabbathday Lake Watershed Survey completed with MEDEP in 2009.

Music fundraisers in 2011 and 2012 raised funds for IPP and other projects.

SDLA sponsors IPP Workshop for volunteers and area lake associations.

Email directory of SDLA membership established.

SDLA 2014-present

Mike Cloutier accepts *IPP Team of the Year* award from Maine Volunteer Lakes Monitoring Program in 2015.

SDLA joins the Lake Smart Program and begins issuing awards in 2015.

New website launched in 2015.

Eagles Club holds SDLA Breakfast fundraiser in 2017.

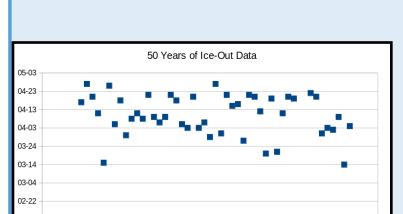
IPP completes ten years of lake surveys in 2021.

Boating Opinion Survey of SDLA members is completed.

Loons successfully nest in 2023 with one loonlet fledged. A second egg did not hatch.

Bald eagle nest (ID #821A) has been active since 2016 and has produced 15 eaglets.

Note: A full timeline since the birth of SDLA in 1975 will be completed for the 50th anniversary celebration and published in the Summer-Fall newsletter.



Compiled by: Rick Fortier







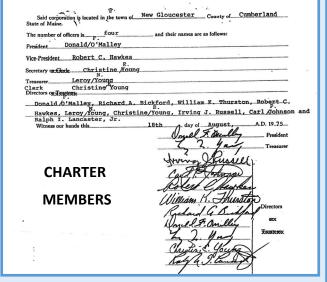


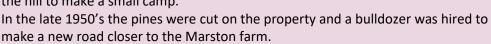
Image from original Certificate of Corporation

My Sabbathday Lake Family Memories by Lori Wills Fowler

My family has been on the lake since the late 1800's as far as I know. The first owners were Hackett and Bonnie, then Marston and Bonnie, and now Bonnie, Harper, Wills, and Fowler. Our property runs along what we call Mosquito Brook or what others call Turtle Creek. They used to access it from Route 26 on a road which ran along the brook. They had a small footbridge to cross the brook and get to the land which had a nice beach. In the late 1940's or early 1950's they would drive down the road and park and walk across the bridge.



In 1954 the Marston's had an ice cream stand that they pulled with horses across Rte 26, across the field to the Lady of Lake Camp road, down the road, across the ice and up the hill to make a small camp.



They then borrowed a cement mixer from the brick yard and a generator from the town and made a bridge strong enough for cars to cross. The bridge footings over the years have stayed strong. Only the wooden planks across have had to be replaced. This picture is of the first bridge in the 1950's built by the Bonnie's. My grandfather, Millard Marston, would not drive his car across it. In the background is Millard Marston's 1939 Packard. They drove down, parked, and walked across the bridge to swim.

The other picture in 1968 is of the Wills girls and friends swimming at the end of Mosquito Brook amongst the lily pads on a homemade raft and truck tire inner tube. The children are Kim Morrison, Francis Croteau, Sue Little, Kris Wills and Lori Fowler.

Editor's Note: Lori was secretary of the Lake Association for about 25 years!

THE DUNLAPS AND THAT ICONIC CHRIS CRAFT!

Contributed by Deborah Dunlap Avasthi

Malcolm and Betty Dunlap built the original camp in 1947. Both loved the lake and often moved out in April and stayed through October. Close friendships with neighbors were a highlight with Arthur and Helen Cummings, Stan Snow and his wife, Dave and Mary Richardson, The Blakes and many others. Malcolm bought the original Chris Craft and also on occasion landed his float plane on Sabbathday Lake.



His son, Stephen Dunlap and wife Sharon lived at the lake in summers and Stephen continued the beloved Chris Craft tradition of spring boat launches and cruising the lake. In his later years, Stephen spent time sharing his Chris Craft knowledge with the next generation including daughter, Deborah and husband, Varun Avasthi and grandson Evan Avasthi. Shaker Belle II enjoys a special place in Sabbathday Lake history and each family member over the years has enjoyed the smiles and waves of neighbors who enjoy seeing and hearing the boat passing by!





Page 10

Looking Back at the SDLA Invasive Plant Patrol

By Mike Cloutier, SDLA IPP Coordinator

IPP Workshops are designed to teach volunteers how to look for suspicious plants, determine native from invasive species, and how to properly survey and report findings. IPP volunteers are critical in our efforts of monitoring for aquatic invasive species!

Maine is at a higher risk of infestation of Aquatic Invasive Species (AIS), than ever before. Being a large and sparsely populated state, there are innumerable pathways to infestation in Maine's over 6,000 water bodies. Maine currently has eight identified invasive species in 37 bodies of water. Infestations occur mostly due to inadvertent transit by humans by hitchhiking on boating equipment, fishing tackle and vehicles. AIS can quickly invade a new waterbody, posing severe consequences such as, deterioration of water quality, restricting area for usage and lowering of property values. Early detection is the best way to stop aquatic invaders. Volunteer invasive plant patrollers (IPPers) play a crucial role in stopping the spread of AIS by keeping watch on Maine's lakes and monitoring suspicious plants. In the early years The SDLA was at the forefront of the state's effort in establishing IPP teams.

Some of our highlights:

- First organized in August 2010 with a Field Training Session at Outlet Beach
- We did the first partial lake survey in 2011 (Level 2)
- August 2012, we sponsored our first Live Plant Workshop with Lake Stewards of Maine (Formerly, Maine VLMP) at the Sabbathday Lake Grange Hall. 13 of our SDLA volunteers became certified Plant Patrollers at that training
- 2012 thru 2024 the SDLA IPP volunteers have completed a complete lake survey (Level 3) for the last 12 years! (Level 3 encompasses the entire lake)
- 2014 the SDLA IPP Team was recognized as the Maine IPP Team of the year by the Lake Stewards of Maine, formerly known as the Maine Volunteer Lake Monitoring Program.
- Since 2011 SDLA IPP Team have contributed 2,367 Hours volunteering their time monitoring Sabbathday Lake for Aquatic Invasive Plants.
- As of 2025 the SDLA IPP Team currently consists of 18 active volunteers
- As of 2024 our volunteers have identified 52 native aquatic species and no invasives (preliminary estimates to be verified by a lake biologist)
- We have an IPP Kick Off meeting every spring to keep up with latest information from LSM, and we encourage interested lake community members to attend.

As stated by Alison Cooney, Executive Director of Lake Stewards of Maine, "While there are significant challenges surrounding lake health, Maine is fortunate that passionate individuals and like-minded organizations are committed to their protection". With that in mind, the goal of the Sabbathday Lake Invasive Plant Patrol is to continue to work together toward safeguarding the Lake for future generations.

THE STORY BEHIND SHAKER CAMP JENNIE

From <u>Growing Up Shaker</u> by Sister Frances A. Carr. Chapter 9 – "At the Lake" page 85 -87 Copyright 1995 by the United Society of Shakers





. . . Because of an extraordinary happening, we had a wonderful cottage on the lake.

It was the custom during good weather to take a walk to Shaker Hill after the noon meal was cleaned up and before the afternoon activities began. Occasionally, the usual time was not appropriate, and the walk would be scheduled for later in the afternoon. We girls always looked forward to this part of our daily routine. We loved exploring Shaker Hill, where there were many old ruins and foundations, as well as a few houses. This outing included anyone who cared to go and had permission to do so. Children from the Children's House and teenagers, along with either Sister Mabel, our favorite, or Sister Olive, our not-so-favorite. Sometimes, they both went with us, as well as some of the younger sisters.

On one particular day, we had just gone beyond the schoolhouse when one of the girls shouted that she had found some money. Naturally, we all went to see what she had found. There she stood with a handful of bills. Before we got over the shock of her find, several other girls began finding money as well. The money was scattered over a short distance between the schoolhouse and the cemetery. As soon as we were sure we had found all there was, we hurried back to the house. Our interest in going to Shaker Hill had vanished.

Our find created an enormous amount of excitement in the community. Sister Jennie, as Trustee, took the money and put it safely away. She immediately got in touch with the authorities and reported our find. For several days it was advertised, but there was no response from anyone. There was a great deal of speculation in the community as to where the money had come from. I remember the final thought was that perhaps someone had been drunk and lost it, or that it might have been stolen and someone had to get rid of it quickly.

Personally, I thought it had come straight from heaven, because in Sunday school, we had just had the story of the Israelites wandering in the desert, and the manna coming down from heaven.

After a period of time when no claim had been made on the money, the Shaker Community was allowed to keep it. I have no idea how much money there was, but it was more than most of us girls had ever seen before. It was decided to use the money to build a cottage for the young people on Sabbathday Lake. What a wonderful idea this was to us! Before this, whenever we went swimming, we had to change into our bathing suits in the woods, with some of the girls being "lookouts." Now, we were going to have our own cottage!

Sister Jennie, along with the Elders and Trustees, had commissioned Otis Campbell to build the cottage. Work began on June 7, 1938. It was finished by 23rd of June and painted on the 27th. What a wonderful place it was! Not only did we have a cottage with a screened-in porch, but there was a glider on the porch. There were changing rooms and a built-in table which formed a window when it was put in place.

The area around the cottage and leading to the beach had been cleared, and there were rope swings hanging from two of the largest trees. There was the loveliest little park cleared from what had been deep woods, and beach chairs had been purchased. One could not help but wonder what sort of fortune had been found.

We named our cottage "Camp Jennie," and some of our happiest days growing up at Shaker Village took place there. Today, in spite of much vandalism and abuse, part of the little cottage still stands. . .

FROM THE FIRST BOARD MEETING 1975

SABBATHDAY LAKE ASSOCIATION BOX 89 POLAND SPRING, MAINE 04274

The Sabbathday Lake Association will be holding its 2nd annual meeting at 7:30 FRIDAY, AUGUST 8TH, 1975 at the Sabbathday Lake Grange Hall. It is vital that all members and other lake shore owners and leasees attend! Included on our agenda will be election of officers, a discussion of the enclosed BY-LAWS, work of the various committees and more.

Last year at the organizational meeting those present elected Don O'Malley as President, Bob Hawks as Vice-President, Tom Johnson as Secretary and Roy Young as Treasurer. These individuals have served as your provisional officers for the last year. They have had several meetings working on a variety of issues relating to environmental affairs, zoning, water quality etc. Also hard at work have been some of the committees that were organized last year. Chairpersons of the 5 committees include the following: Carl Johnson - Environmental Affairs; Irv Russel - Water Quality Research; Ralph Lancaster - Legal; Dick Bickford - Membership; and Ken Thurston - Nominating.

Carl Johnson's Environmental Affairs Committee, which includes Ruth Bickford, Bernard Riley, Bruce Karcher, and Tom Payson, has had 10 meetings during the last year. This group has been meeting with New Gloucester Town officials in an effort to clarify matters relating primarily to zoning. Interest has been expressed to the Planning Board in having the lake placed in a separate and protected zone.

Dr. Irving Russel, a Boston College Chemist and cottage owner, has been working on a research proposal in behalf of the Water Quality Research Committee. Dr. Russel's study would be done in cooperation with New Gloucester's Conservation Commission and would look at selected biological and chemical characteristics of the lake. At this time it looks as if they will be requesting funding through local and state government to sponsor a study which would go from August 1975 to August 1976. The Executive Committee has already authorized \$100 from the Treasury for preliminary research to be conducted this summer.

Attorney Ralph Lancaster of the Legal Committee and Mary Beth Johnson of the Ad-hoc By Laws Committee have donated consi-

SABBATHDAY LAKE ASSOCIATION

Page

There will be other items on the agenda including members discussing issues relating to The Inlet and The Outlet. Finally, Roy Young will be showing a slide set on "Sewage System Alternatives for Private Cottages and Homes".

Those of you who would like to pay your yearly membership dues can do so by sending \$2 to the Treasurer, Mr. Roy Young, Adler Drive, Gray, Maine.

We look forward to seeing you on August 8th!

Tom Johnson, Secretary

Formation of the Sabbathday Lake Association

Contributed by Dr. Thomas Johnson

My wife Mary Beth and I moved to the lake in the early 1970's when we were in our 20's. I grew up on Lake Street in Auburn near Lake Auburn and Taylor Pond and my family had a camp on Bretons Pond in Livermore. While growing up my hope was that I would have the opportunity to eventually live year round on a Maine lake.

Shortly after moving into our house on Sabbathday Lake, we were invited to a meeting of the Sunset Shores Lake Association. When we attended that meeting we discovered that there were many seasonal residents from Auburn - some of whom my family knew from living and working in Auburn. Steve Dunlap and his family were also from Auburn as were the Sam Bennett family and the Cummings family (all seasonal residents of Sunset Shores). As it turned out we discovered that Helen Cummings was an ELHS classmate of my mothers - class of 1938. While at the meeting we discovered that the Sunset Shores group was primarily a social group. We did not attend the second meeting. However, the day after the meeting Steve called me to say "Congratulations Tom, you were elected president!" Being an environmentalist and very interested in water quality I decided that my first act as president was to talk with some of our neighbors about forming a Lake Association that could include anyone living on the lake, not just Sunset Shores. A small group of us met at the Sabbathday Lake Grange and we decided to form the SDLA.

Don O'Malley was elected president, Bob Hawkes was elected vice president and I was elected secretary. Mary Beth agreed to serve as the chairperson of the By-Laws Committee. After the initial meeting Mary Beth had a series of meeting with Attorney Ralph Lancaster, who was also a lake resident. We approached Dr. Irv Russel, a Boston college professor of chemistry, about chairing the water quality research committee. Irv was another seasonal Sunset Shores resident and we were very glad that he agreed to taking on that very important responsibility! We were also very appreciative of Ralph who did the legal work pro bono! It is hard to believe that here we are 50 years later! We feel very fortunate to continue being a part of the community. We raised our daughter Kate here on the lake and she too is very thankful having the privilege of growing up on the lake. We are very thankful to all who have contributed time, money and energy to the betterment of the lake and the community. A very special "thank you" goes out to our current president, Chris Ricardi, who has served as president for so many years!!





Photos of the Grange Hall from Oldhousedreams.com Editor's note: The SDLA meetings were held at the Grange Hall for many years.

Page 8 Page 5

MEMORY LANE

A Lakeside Romance

By Paulette McNally

It was the summer of '67 when I met Harry. He hit me in the head while skipping rocks down at the lake. We were both 13.

Going forward 6 summers, me venturing to Maine from schooling in Florida and he living in Auburn, we quickly became a couple after many letters written during those winter months. I regret to this day not keeping them. We were joined, each year, by my sister, the neighboring friends and welcomed those visiting from afar. But we were always the couple, Paulette and Harry. Days were spent frolicking at the lake, waterskiing and eating at the Outlet Beach. Nights we visited Cole Farm's in Gray, the drive in or simply played cards.

Harry and I went our separate ways, to college, the military, and marriages. In 1993, we rekindled that innocent first romance and love, married, and are now blessed to spend our summers here at my family's lake house on Sabbathday Lake where it all began!





Multigenerational Reflections by Melissa True

The families of Melissa (Thurston) and George True are multigenerational residents of Sabbathday Lake. Melissa remembers her grandmother fishing on the lake. "She really loved to fish," Melissa recalled from her lakeside residence built by her dad in 1946.

People used to help each other out, she noted. Melissa remembers her dad helping a group erect a screen so the culvert under Outlet Road would not clog with debris. Her dad William Thurston - a founding member of the SDLA who recently passed away - lived next door to Melissa and George on Outlet Road.

Her grandmother Gladys and grandfather William Errold Thurston families summered in adjacent lake cottages "They met here and fell in love", said Melissa. Her parents were also paired together at Sabbathday Lake as were Melissa and George.

Melissa said her parents seem to know a lot of people around the lake. She described "float parties" that they used to have where they went from float-to-float at residences around the lake, stopping for refreshments along the way. "People just knew each other", she said. There were poker games, her dad told Melissa, where people would wager their lake "shacks" as collateral. Just think what that bet would be worth today!

Grandma Gladys





Photo
From the
Lewiston Sun
Journal by Ellie
Fellers

A team of volunteers cleaning up Outlet Stream at Sabbathday Lake. Pictured: Tom Shupp, Ken Thurston, Anne Maurice, 3-year old Janessa Maurice, Don Lambert and Steve Driscoll.

