

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

Summer 2026

SABBATHDAY LAKE NEWS

sabbathdaylakeassoc.org

President's Message

As I move through my first year as President of the Sabbathday Lake Association, I continue to learn the ropes of this historical board and gain a deeper appreciation for the many layers that make this lake — and this community — so special. What has stood out most to me is not just the beauty of Sabbathday Lake, but the incredible network of people who quietly and consistently work to protect it. From our dedicated board to the crew launching the loon raft out at Loon Point, to our Invasive Plant Patrol (IPP) volunteers that survey their section of the lake for milfoil and other invasive plants. It is their commitment along with our membership that helps keep our lake one of the most pristine in the state. Their efforts truly make a difference.

I also want to hype our Courtesy Boat Inspectors (CBI), who serve as the first line of defense at the Outlet. By engaging with boaters and educating them on how invasive species spread — and how to identify them — they play a critical role in protecting not just our lake, but others as well. A thank you as well to Krista Kern Desjarlais from Bresca & the Honeybee at the Outlet Beach for her off hours support in these efforts.

We also want to encourage participation on our private Facebook page. It is a space where our community can connect, share, celebrate the lake and keep up on SDLA news. We encourage everyone to post photos and observations — especially wildlife sightings.

Our website also has a wealth of information. You can find out what the association focuses on, new news and links for environmental information, Maine lake and boating sites and to message us or pay membership dues.

Building on that shared commitment, we are proud to designate the funds raised from our 50th Anniversary celebration toward the creation of an Invasive Species Remediation Fund. This effort reflects not only our proactive approach to protecting Sabbathday Lake, but also our collective perseverance and dedication to preserving its health for generations to come.

I would also like to extend my gratitude to our board members, whose experience and long-standing involvement continue to guide this organization and the many members of our community who have volunteered their time and energy toward our shared conservation goals. Volunteers like Paul and Carol Gillis, who generously contribute their time to doing the Secchi disk readings and organize the yearly ice-out contest. The spirit of volunteerism truly sustains the work we do.

I encourage others in our community to get involved. We are looking to welcome new volunteers and need future board members. There are many ways to contribute — through events, committees, or hands-on lake stewardship. It's a meaningful way to connect with the lake and the people who care so deeply about it. If you are interested in getting involved, please reach out to us at sabbathdaylakeassoc@gmail.com.

With appreciation,
Catherine Caswell
President
Sabbathday Lake Association



SDLA EVENTS CALENDAR 2026

Wednesday, July 8th	SDLA POTLUCK AND BUSINESS MEETING, 6:30pm - Eagles Pavillion Potluck followed by the meeting at 7:00 PM. Bring something to share, your plate, utensils and a chair.
Saturday July, 11th	MORNING CRUISE, 10-11:30 - Meet at boat ramp. Email Paul.e.gillis@gmail.com to reserve a seat. Bring your coffee!
Saturday July, 18th	IPP Kickoff Meeting, 9:00am - Meet at the Shaker Trustee Building. Coffee and Breakfast treats will be available.
Saturday Aug, 15th	SUNSET CRUISE, 7:-8:30pm - Meet at boat ramp. Email Paul.e.gillis@gmail.com to reserve a seat. Cruisers are welcome to bring beverages to enjoy and share!
Saturday, Aug, 22nd	ANNUAL MEETING, 10:00am - Eagles Pavillion. Hear DEP Aquatic Ecologist Jeremy Deeds discuss the Sabbathday Lake Scorecard.
Saturday Aug, 29th	SUNSET/MOONRISE PADDLE, 6:45pm - Meet on the water near outlet beach. All human powered watercraft are welcome. Sunset occurs at 7:20pm and the moonrise is at 7:52pm.
Saturday, Sept, 12th	SDLA AT THE NEWGLOUCESTER FAIR, 9:00am - 3:00pm - Join us at the N.G. Fairground for fun, food and community. Stop by our booth and say hello!

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, sabbathdaylakeassoc@gmail.com

BUSINESS MEETING/POTLUCK AND ELECTION OF OFFICERS: WEDNESDAY JULY 8TH, 6:30pm - bring a dish to share, utensils and a chair!

SUMMER MEETING: SATURDAY AUGUST 22, 10:00am - guest speaker Jeremy Deeds.

New Tee Shirts for 2026!
Now available at the Shaker Store

Our new Tee was designed locally and exclusively for Sabbathday Lake Association. 100% of the profits from the sale of this Tee will go toward protecting the water quality and natural ecosystem of Sabbathday Lake. This Jersey Short sleeved Tee is crafted from an incredibly soft, proprietary Airlume combed and ring-spun cotton, Made in the USA. Printed on the front and back!

Our flour sack Tea Towels are also available for \$15 each, they are 100% cotton and made in the USA

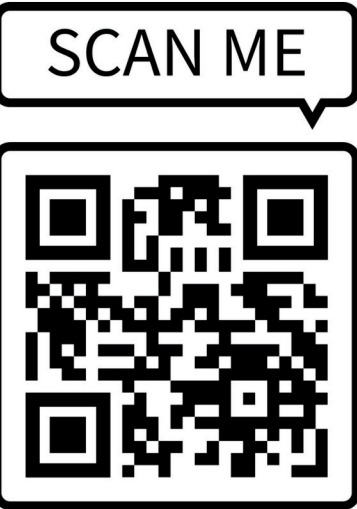


**Logo on the front
artwork on the back.
\$28 S-XL, XXL available!**

Tea Towels \$15 ea.

**Membership form
and QR**

Your annual membership of just \$15 helps support the management of our lake resource. Check out our website to see what we do - our water quality reports are posted annually. Thank you to all our existing members and volunteers!
www.sabbathdaylakeassoc.org



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



A Summer to Remember on Sabbathday Lake with Junior the Loon Chick

Photos and Article by Sharon Scannell



For many of us who gather at Sabbathday Lake each summer, 2023 will hold a special place in our memory. After what felt like an endless stretch of rain, a loon chick arrived around July 16th, the first many camp owners could recall seeing on the lake. In a twist of good fortune, that same relentless wet weather may have been the chick's saving grace, keeping boats off the water and giving the nesting pair the quiet they needed to succeed. The summer before, a single egg in a similar location had not survived, making this arrival all the sweeter. What followed was four months of patient watching from a respectful distance on our pontoon boat to photograph our local celebrity we named Junior. My husband Kevin was at the helm for these excursions, carefully navigating us close enough to observe while I worked with a 600mm lens and spent more than a few hours flat on my belly at water level to get the loons at eye level.

Over a thousand photographs later, I came away with something more valuable than any single image: a far deeper understanding of loon behavior than I'd ever had before. Three of the photographs taken that summer on Sabbathday Lake were selected for publication in *Birding* magazine, the journal of the American Birding Association, in its December 2025 issue. The feature article, "For the Love of Loons" by Robbie Lisa Freeman, explores how Maine is working to restore and protect its iconic Common Loon. Although loons are not endangered, they do face a growing number of challenges to nesting, breeding and chick survival. The piece highlights Maine Audubon's Loon Restoration Project, which deployed artificial floating nests called rafts on lakes across southern Maine, like ours, dramatically improving hatching and chick survival rates. It also covers the "Look Out for Loons" public education program, which trains volunteers to help reduce boat disturbance, lead tackle poisoning, and other preventable threats. Maine hosts 70–75% of the northeastern U.S. Common Loon population, making conservation efforts here especially critical. We hope you'll seek out the full article. It's a very interesting read, and a reminder of just how lucky we are to share our lake with these remarkable birds.



As a way of sharing this special memory with the whole lake community, I am pleased to offer a raffle package that will include a copy of the December 2025 issue of Birding magazine featuring the article, along with a modern metal print of one of the three published loon photographs, approximately 10x10 inches. Raffle tickets will be available for purchase at the Lake Association's summer meetings and at the New Gloucester Fair in September. Stay tuned for more details!

Baby on Board?

By Eric Rohrbach, Photos Sharon Scannell

The loon raft is officially out as of April 18 this year! The new location is similar to last year's (between Loon Point and the marsh), but it is closer to the marsh which means there will be less boat traffic. If you remember, we had our first official loon chick in 2023, but the area where they set up their nest by the beach at Loon Point was unfortunately the busiest section of the lake. Luckily, the chick hatched anyway. Phew!



Nesting loons face several challenges during the 28-day incubation of their eggs. In addition to predators and scavengers, loon nests are incredibly vulnerable to both natural and human-induced water levels that can flood nests or leave them stranded out of reach of parents. Rafts are able to rise and fall with water levels to assist loons with coping with these changes. There is also a cage with cedar boughs to shield the nest from eagles and other birds of prey. For the first time the raft is being used! We will be closely monitoring the raft going forward and have put up additional signage. We are sharing our findings with Tracy Hart from Maine Audubon.



Greetings from the Sabbathday Lake Invasive Plant Patrollers aka SLIPPers

Contributed by Mike Cloutier

It is with great pleasure that I announce that we completed our fifteenth annual invasive plant survey of the lake last fall. As you know we have the lake broken down to 25 individual sections, 12 on the East Shore, 12 on the West Shore and several low spots in the lake. Many of our volunteers are able to survey 2 sections each year. We have had good participation, which allowed us to complete another Level 3 survey (entire littoral zone*) of the lake.

Sabbathday Lake Association IPP (SLIPPers) by the numbers for 2025 recap:

- * 18 Volunteers participated in the 2025 Survey
- * Level 3 Survey Completed (entire littoral zone of the lake)
- * 167 Total Hours donated to the 2025 effort
- * 84 of those hours were on the water
- * 83 Hours donated to Training, Preparation, Outreach, Travel, Plant Identification, Co-ordination, etc.
- * Total number of plants identified by the IPP team stands at 52 since 2012

These numbers are the result of an informed, dedicated and selfless group of concerned volunteer citizen scientists, willing to work for the benefit of many, by helping protect this lake for future generations to enjoy. THANK YOU!

How can I help? Well, I thought you would never ask? Either volunteer as a Courtesy Boat Inspector (CBI) at the boat launch or become involved with the Sabbathday Invasive Plant Patrol (you'll feel good about it).

These efforts are so well put 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 Sabbathday Lake for future generations. Our annual IPP Kick Off meeting will be held at the United Society of Shakers community on July 18 at 9am sharp. We encourage interested lake community members to attend.

Thank You SLIPPers for keeping our lake pristine!

- | | |
|----------------|---------------|
| Lucinda Brandt | George True |
| Joan Cloutier | Melissa True |
| Mike Cloutier | Harry McNally |
| Cheryl Fortier | Dan Wheatly |
| Rick Fortier | Gerry |
| Paula Gauthier | Deschaine |
| Paul Gillis | Chris Ricardi |
| Carol Gillis | John Morris |
| Allen Marsh | Bill Fichtel |
| Carolynn Marsh | Ann Fichtel |
| Anne Maurice | Heidi Jordan |
| | Mark Jordan |
| | Terri DeCosta |



Thank you to
Krista Kern Desjarlais
at Outlet Beach for
monitoring the outlet
boat ramp.

2026-2027 Board of Directors (Term expires in parentheses)

- Catherine Caswell, President (2027)
Mike Cloutier, Vice President (2026)
Ruth York, Secretary (2028)
Anne Maurice, Treasurer (2026)
Lori Allen (2028)
Chris Ricardi (2028)
Craig Doremus (2026)
Bill Fichtel (2027)
Paula Gauthier (2026)
Melissa True (2027)
Michael Graham (permanent)

Beavers and Eagles, Oh My!

Contributed by Tom Driscoll

This time of year, we are opening our camps, putting in our docks, and getting our water toys ready for high summer, July and August. If we observe closely however, we see that our Sabbathday wildlife neighbors are well ahead of us in preparing for summer.

Our beavers have been busy feeding and breeding long before we put our docks in. About two years ago, they even built a lodge just offshore in front of the last cottage on West Shore Drive. This is the first beaver lodge actually in the lake in my lifetime.

The beavers have always made their way swimming in the lake from the Mill Stream delta in the Loon Point Cove and along the west shoreline shallows to The Outlet headwater. From their perspective, that west shore of the lake is simply part of their riverine homeland extending from the Shaker Bog down the Royal River to Casco Bay in Yarmouth.



Photo by Tom Discoll



Photo by Althea Berry Discoll



Photo by Tom Discoll

Early this spring, I was surprised to find evidence of new beaver tree-harvesting activity in the forest just inland at the end of the Loon Point Cove. Apparently, they selectively toppled their favorite trees for sustenance and building supplies.

Our bald eagles tend to be year-round residents. Spring cleaning and rebuilding of their nest is complete, and eaglets should be present by now. Diantha and Don Grant have been our faithful eagle observers for years. And we all enjoy boating by for a look in the summer.

Common loons magically arrive the day after ice out. On Tuesday, April 7th, I spotted our loon pair, on schedule.

At first each loon cruised solo, some distance apart. One wailed forlornly to the other. Eventually, they paired up just east of Loon Point. Loitering close together, they performed a perfect loon "circle dance" - a brief do-si-do - and then paddled off silently and slowly together.

This spring on Sabbathday we've seen - beavers and eagles and loons, oh my! But soon comes summer and they will be joined by human faces of family and friends! And perhaps they will whisper a collective sigh - oh my!

The Sabbathday Lake Association private group on Facebook currently has 239 members. You can find us at: facebook.com/groups/339968244594539 or link from our website at: sabbathdaylakeassoc.org

New Lake Scorecard shows Sabbathday Lake Vulnerabilities

Contributed by Craig Doremus

Sabbathday Lake may be at high risk due to runoff pollution, according to a visual scorecard created by the Maine Department Of Environmental Protection (DEP).

The Lake Scorecard is a new feature on the Lakes Of Maine website page for each lake including Sabbathday Lake (<https://www.lakesofmaine.org/lake-overview.html?m=3700#scorecard>). "It was created to answer the question. 'How is my lake doing?'" said Jeremy Deeds, Maine Department Of Environmental Protection aquatic ecologist in a recent online presentation sponsored by Lake Stewards Of Maine (LSM).

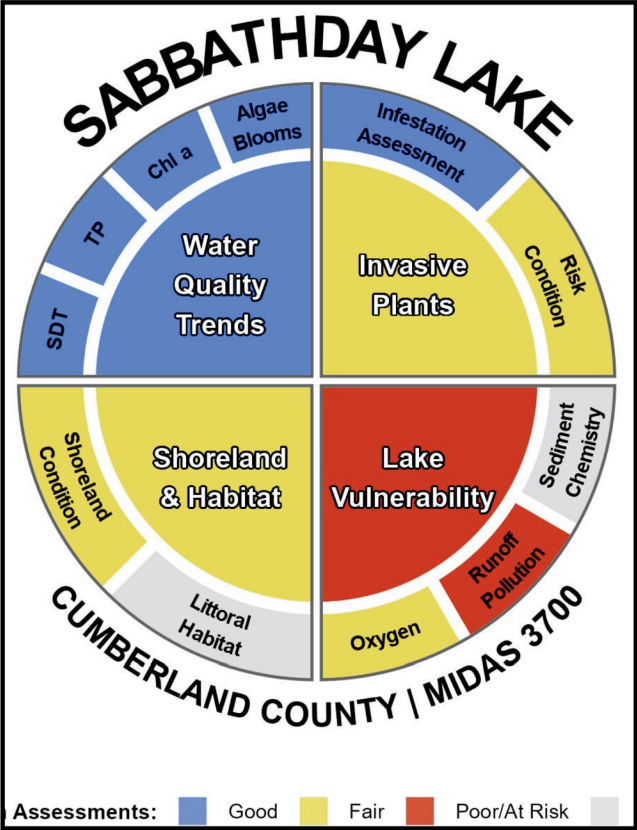
The Lake Scorecard summarizes a variety of data in a visual display. It was created by DEP using a statistical analysis of data they compiled and LSM data that includes information provided by local lake associations like SDLA.

The score card is divided into four quadrants: Water Quality Trends, Invasive Plants, Shoreland & Habitat, and Lake Vulnerability. The Sabbathday Lake scorecard shows that we are good (blue) when it comes to Water Quality but not-so-good (red) in the Lake Vulnerability quadrant of the scorecard.

A subsection of the Lake vulnerability quadrant shows that the biggest lake vulnerability problem in SDL is Runoff Pollution.

I corresponded with Jeremy via email and he provided details why SDL is highly vulnerable related to runoff pollution. The principal problem is development in the nearshore watershed.

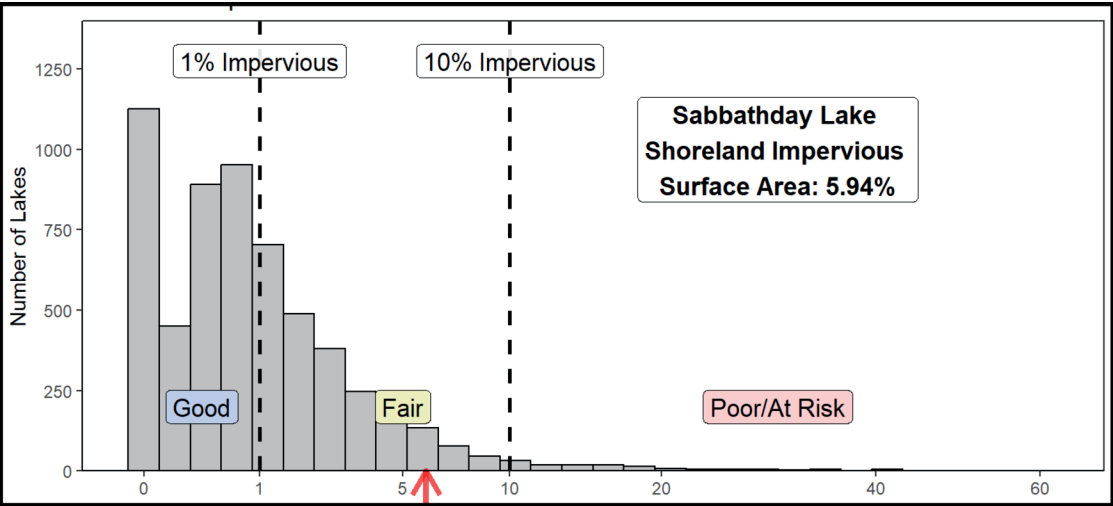
Comparatively speaking, [Sabbathday Lake] is on the higher end of developed lake shoreland areas in the state," noted Jeremy (see graph on next page). "This alone makes it vulnerable to the effects of storm water runoff, because the shoreland area is already so heavily developed."



Jeremy added that lakes like ours are vulnerable to additional phosphorus inputs due to the lake hydrology and threats in the watershed. A lake was determined to be sensitive if a DEP vulnerability model predicated that the lake phosphorus level will increase by by 1 ppb or more in 25 years or less. The vulnerability model predicts changes in lake phosphorus concentration using watershed growth projections to estimate changes in phosphorus loading and use of a published model to convert load to concentration. Phosphorus measurements done by SDLA and others were used as inputs to the phosphorus loading model calculations for Sabbathday Lake.

"The sensitivity of the lake to additional P inputs (as identified in the [published] model), combined with the heavy development pressure in this area of Maine, indicate that the water quality of this lake may be especially threatened by the effects of additional development," said Jeremy.

Each quadrant of a lake scorecard contains two to four subsections. Each subsection is given a colored rating of Good (blue), Fair (yellow), Poor/at Risk (red) or Unknown (gray).



The distribution of impervious surface area in all Maine lakes. SDL is noted by a red arrow

Hovering over the Scorecard graphic on the lakesofmaine.org web page gives you a summary of the measurements that resulted in the colored rating. Clicking on one of the items brings you to a section that describes in detail the rating and how it was measured.

The Invasive Plant and Shoreland & Habitat quadrants of the scorecard are yellow indicating a fair score. The boat ramp and closeness to a highway (Rt 95) are the two things that bring our invasive plant score down even though we have a very active invasive plant monitoring program (Infestation Assessment on the scorecard).

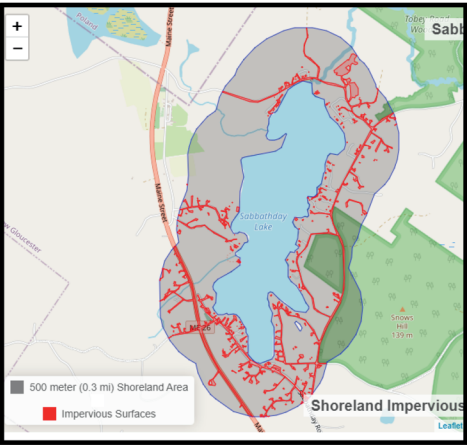
The Shoreland & Habitat score for SDL is based on the Shoreline Condition section. Our score is due to the amount of impervious surface that is within 500 meters of the lake. Impervious surface includes roads and roofs.

The Littoral Habitat and Sediment Chemistry sections are unknown for SDL. Both of these need to be measured by DEP because they involve specialized equipment and/or highly technical skills. In particular, the sediment chemistry metric requires a sediment core and measurements of aluminum, iron and phosphorus in the sediment. Jeremy Deeds of DEP said they are trying to do these measures on all lakes in Maine, but it will take a number of years to do so.

Deeds of DEP said the scorecard for each lake will be republished each year and refined as time goes on. He also mentioned that they would like feedback on the scorecard. At the bottom of the scorecard page of the LSM site is a email link to send a message to Deeds. Also at the bottom of the page is a link to the LSM webinar where Jeremy explains the scorecard.

Related to Sabbathday Lake, the bottom line, Jeremy said via email was "to highlight the finding that further shoreland protection efforts like riparian vegetation buffers, erosion control, and limiting the impact of current and new development could greatly benefit this lake and help to maintain its good water quality."

Jeremy Deeds of DEP to speak at Annual Meeting
Department of Environmental Protection Aquatic Ecologist Jeremy Deeds who leads the Lake Scorecard project has agreed to speak at the SDLA Annual Meeting on August 22. The meeting will take place at the Eagles Club and start at 10am. His talk will focus on the Lake Scorecard of Sabbathday Lake.



SDL impervious surface area outlined in red