

Sabbathday Lake News

Photo by Diantha Grant

The lights from the Shaw property on west shore.

Spring/Summer 2021

THE PRESIDENT'S MESSAGE — WELCOME BACK!

Chris Ricardi, President



Greetings to all our members. Welcome back to the lake. The ice went out early this year, and with the exception of a couple of cold fronts blown in from the North, spring weather is also making an early advance this year. It won't be long before docks are in the water and people are out on the lake!

We are also looking forward and hoping that our normal Association activities will return this year. Our annual meetings and many social events were cancelled last year leaving voids in the calendar. Based on a consensus of the Sabbathday Lake Association Board of Directors, we believe we can hold the annual business meeting in July and our second meeting in August. The majority of our Board has received vaccine shots for Covid and we assume that this is representative of the group as a whole with most of our members having been immunized. We plan to hold the meetings outside and to follow Maine CDC guidelines that are in place when these meetings occur. It will be great to see people again and continue onward with our work.

We have had some interesting conversations this winter during our Zoom Board meetings with topics that are new to the list of items normally on the docket. One item of discussion includes a look at trends in dock use and boating. There have been feature articles in several Maine newspapers recently about surrounding lakes with challenges, and sometimes conflicts, that have arisen from the growing number of boats on their waters. Two years ago, there was a sign on Sabbathday Road advertising that a marina was coming. This caused a great deal of angst among some people living on the lake. There had been no permit issued for a marina, and

the New Gloucester code enforcement officer instructed the sign be removed. But the little sign was a harbinger of what the future might hold.

As a lake association we would like to understand what our members think about the current status and future of docks, marinas, and boating on the lake. So, we put some questions together and are asking members to complete a short survey. We also hope to follow up with some educational information that we feel will benefit everyone who uses the lake. We are learning new things, too, and discovering that there are state statutes and local regulations that make our assessment of docks and boating much more complicated than expected.

Another far less complicated topic that came up was litter. Yes, litter bugs seem to be thriving and signs of their presence are found along the roadways around the lake. It seems to be getting worse. Evidently, the Keep America Beautiful campaign never reached these people. Maybe our country needs to start over again and bring it back into schools and social media. For exercise, I regularly run a section of Snow Hill Road. Each spring I clean up my route. The trash on just two miles of roadway fills about three or four kitchen size trash bags. It is worth it for me not to see the debris on my runs. Within a week or two the coffee cups, cigarette boxes, cans and bottles, and fast-food paraphernalia begin to show up again. Several more times over the summer, I repeat the cleanup. So, we decided to hold a cleanup and ask our members to help keep our roads free of trash. *Continued on page 2*

(continued from page 1)

Some already do that near their homes. Let's try to keep ahead of the litter bugs and keep our roadways around the lake clean.

We will again be looking for courtesy boat inspection volunteers to help monitor the boat ramp. I was contacted by several members last year who wanted to help, but decided otherwise due to Covid concerns. The situation should be different this year. Consider grabbing a good book, a chair, and spending some time at The Outlet. Information is found on the website,

www.sabbathdaylakeassoc.org.

Once again, we want to thank all of you who join the organization, contribute, and participate in what we do.

Enjoy the lake!



Terry DeCoster had a bob-tailed visitor at the end of March. Nice kitty!

**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.

An annual corporate grant from Texas Instruments supports our efforts.

**2020-2021
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 (2021)
Cheryl Fortier (2021)
Paula Gauthier (2023)
Diantha Grant (2022)
Jennifer Gray (2023)
John Salisbury (2021)

Brother Arnold Hadd (permanent)

CALL TO ACTION

The Board is looking for new members with fresh ideas and a dedication to the stewardship of the lake.

If you are interested, please contact Chris Ricardi at — jricardi@maine.rr.com

Think about it! Thank you.



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)

Spring 2021 Update

Greetings from the Sabbathday Lake Invasive Plant Patrollers, AKA (SLIPPers)!

It is with great pleasure that I announce that we completed our ninth annual invasive plant survey of the lake last fall. As you know we have the lake broken down into twenty-five individual sections, twelve on the east shore, twelve on the west shore and several low spots in the lake. Many of our volunteers are able to survey two 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 2020 (recap):

- ⇒ 18 Volunteers participated in the 2020 Survey
- ⇒ Level 3 survey completed (entire littoral zone of the lake)
- ⇒ 155 total hours donated to the 2020 effort
- ⇒ 95 of those hours were on the water
- ⇒ 35 hours donated to: training, preparation, outreach, travel, plant identification, coordination, etc.
- ⇒ 2 new plants were identified in 2020 survey
- ⇒ Total number of plants identified by the IPP team stands at 51 since 2012

The Good News....Based on that survey, the results indicate that no invasive plants were found*.

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!

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

With the proliferation of invasive plants in many lakes surrounding us such as Lake Auburn, Little Sebago, Sebago, Brandy Pond, Thompson Lake, Little Androscoggin River, Androscoggin Lake and Big Lake, 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 the eradication efforts, the removal effort severely disrupts the activities and general enjoyment of the lake. Also, the lake shore properties have seen significant reduction in appraised value, and that 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 at the launch ramp.
- The second line of defense is the Invasive Plant Patrol.

How can I help? I thought you would never ask!

- Volunteer as a Courtesy Boat Inspector (CBI) at the boat launch
- Become involved with the Sabbathday Lake Invasive Plant Patrol (you'll feel good about it)

The future of this 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 or if you would like more information about what we do. We'd love to hear from you. *(continued on page 4)*

NOTE: In the Fall newsletter, we posted about the death of Stu Belden. He was not just a lake resident but an active member of the Invasive Plant Patrol. He was also instrumental in our last lake watershed survey. Stu was always happy to do his part in any way to help protect the lake for future generations. Stu will be missed by all who knew him!

IPP (continued from page 3)

And congratulations are in order because 2021 marks a very special milestone for Lake Stewards of Maine (LSM). Fifty years ago, a small group of lake professionals, academics, and other lake conservation-minded visionaries, created a plan for safeguarding the health of Maine's extraordinary lakes. LSM (FKA, Maine Volunteer Lake Monitoring Program) and the incredible volunteer network they orchestrate are the culmination of that plan. I also believe that our LSM program is the oldest in the USA. Well Done!

That's it from here and I hope to see you on the lake this summer.

Regards,
Mike Cloutier, SDLA IPP coordinator

State Rules as applied to all watercraft used on Maine lakes.

Did you know that:

- ◆ You should never exceed the manufacturer's recommended capacity.
- ◆ It is unlawful for imprudent operation of a watercraft that is engaging in prolonged circling, informal racing, wake jumping or other types of continued and repeated activities that harass another person while operating on Maine waters.
- ◆ Improper speed or distance is not keeping a proper speed and distance while operating a watercraft. Operators must monitor their Speed and Distance from shore and consider the effect of their watercraft's wake on waterfront docks, floats, and other property or shorelines.
- ◆ Operating to Molest Wildlife is chasing, harassing, driving or herding wildlife with your watercraft.
- ◆ All watercraft must be equipped with an effective and suitable muffling device to deaden or muffle the noise of the exhaust. The muffling system must be in good working order and in constant operation.
- ◆ It is illegal to alter the muffler if the result is increased noise.
- ◆ A watercraft may not be operated if it exceeds:
 - A noise level of 90 decibels during a stationary sound level test or
 - A noise level of 75 decibels during an operational test.

Other PWC (Personal Water Craft) considerations.

PWC operators must obey laws that apply to other watercraft as well as obey additional requirements that apply specifically to the operation of PWC.

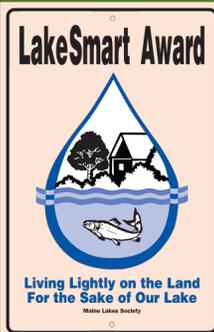
- ◆ Everyone on board a PWC must wear a PFD.
- ◆ PWC may not be operated between sunset and sunrise.
- ◆ If a person under 18 years of age is operating a PWC, the parent or guardian of the operator is responsible for the operator's actions.

If you believe you witness abuse of these laws you can call the Maine Warden Service or the Maine State Police, both of which are located in Gray.

** More information can be reviewed in the Boaters Guide to Maine Boating Laws and Responsibilities. This guide is available at many town offices as well as on line at Maine.gov.*

LIST OF MAINE LAKES WITH INVASIVES UPDATED 2021

Annabessacook Lake	Long Lake and Brandy Pond
Balch Pond	Messalonskee Lake/Stream, Belgrade Stream
Big Lake	Mill Stream Norridgewock
Bryant Pond	Northeast Pond and Milton Pond
Cobbossee Lake	Ossipee River (Porter/Parsonfield)
Cushman Pond	Pleasant Hill Pond
Damariscotta Lake (Davis Stream)	Pleasant Lake
Great Pond (Great Meadow Stream)	Pleasant Pond & Cobbossee Stream (Horseshoe Pond/Purgatory Stream)
Grondin Pond	Presumpscot River
Hogan Pond	(Dundee and North Gorham Pond)
(Little Androscoggin River)	Saco River (Limington to Biddeford)
Kennebec River	Salmon Falls River
Lake Arrowhead	(Spaulding, Northeast, Milton Ponds)
(Little Ossipee River)	Sebago Lake
Legion Pond	(Songo River, Panther Run, Sebago Cove)
Lake Auburn and The Basin	Shagg Pond
Little Sebago Lake	Thompson Lake and The Heath
(Collins and Mill Ponds)	West Pond
	Woolwich Ponds



The Lake Association has approved an incentive program for property owners seeking to become LakeSmart. If you need to improve your Buffer Zone along the shoreline (that is, add new plantings to prevent erosion and soil run-off), SDLA will reimburse you 50% of your cost up to \$250 for your efforts. However, you must apply for a LakeSmart Review first and we will

help you see what needs to be accomplished. If you do not achieve your LakeSmart Award but are making progress, we can help you take next steps.

The self-evaluation form is on our website. It's easy and painless and it's FREE. We review these 4 areas: Driveway & Parking Areas, Structures & Septic Systems, Yard-Recreation-Footpaths, Buffer and Water Access. It takes less than 1 hour for the review.

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

www.sabbathdaylakeassoc.org

Email Diantha Grant if you would like a LakeSmart Review:
dondigrant@gmail.com



Don Grant checking out the black ice on January 25th.

WHAT YOU NEED TO KNOW BEFORE YOU CUT DOWN TREES AND CLEAR BUFFERS

In order to protect the quality of our lake environment, we ask you to review the state Shoreland Zoning regulations from the Department of Environmental Protection. Please review these guidelines before you decide to cut down any trees or clear vegetation.

What are the restrictions on clearing of vegetation in the shoreland zone?

Generally, in the first 75 feet from the normal high-water line or the upland edge of a wetland, 40% percent of the volume of trees four inches or more in diameter, measured at 4 1/2 feet above ground level can be removed in any ten year period, although no "clear-cut openings" (openings in the forest canopy greater than 250 square feet) are permitted. The cutting must be done such that a well-distributed stand of trees and other vegetation remains. This area is commonly referred to as the buffer strip. Adjacent to great ponds and rivers flowing to great ponds, the buffer strip extends for a distance of 100 feet from the normal high-water line.

Beyond the buffer strip, vegetative cutting limitations are less restrictive. In this area cleared openings are permitted provided that such clearings do not exceed 25% of the lot area, or ten thousand square feet, whichever is greater. In total, however, no more than 40% of the volume of trees can be removed in any 10-year period from the shoreland zone.

Do the guidelines define a "well-distributed stand of trees and other vegetation"?

The Department's Guidelines define a well-distributed stand of trees and other vegetation by a "point system". This system, which assigns values to trees down to two (2) inches in diameter, requires a certain total value of trees be maintained in each 25-foot by 50-foot square rectangular (1250 square feet) area within the buffer strip.

The tree values are based on tree diameters, as follows:

<u>Diameter of tree @ 4.5 feet above ground</u>	<u>Points</u>
2 inches	1
4 inches	2
8 inches	4
12 inches	8

Adjacent to great ponds, and rivers and streams flowing to great ponds, a rating score of 24 or more points must be maintained. Adjacent to other water bodies, tributary streams, and wetlands, a "well-distributed stand of trees and other vegetation" is defined as maintaining a minimum rating score of 16 per 25-foot by 50-foot rectangular area. The point system was created to provide a more enforceable standard for tree cutting activities within the buffer strip.

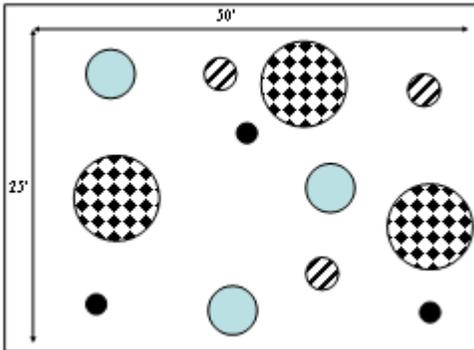
As an example of the above rating system, adjacent to a great pond, if a 25-foot x 50-foot plot contains three (3) trees between 2 and 4 inches in diameter, three (3) trees between 4 and 8 inches in diameter, three (3) trees between 8 and 12 inches in diameter, and three (3) trees over 12 inches in diameter, the rating score is:

$$(3 \times 1) + (3 \times 2) + (3 \times 4) + (3 \times 8) = 45 \text{ points}$$

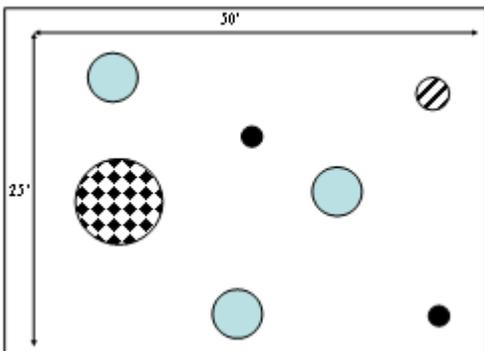
TREE CUTTING POINT SYSTEM

(continued from page 6)

Before (45 points)



After (24 points)



KEY

Symbol	Tree Dia.	Points
	2 - <4 inches	1
	4 - <8 inches	2
	8 - <12 inches	4
	12 inches or greater	8

NOTE: Some municipalities have a “point system” based on 25-foot by 25-foot plots, rather than 25-foot by 50-foot plots. In those cases the required number of “points” that must be retained is half that required for the larger plots.

Complete Shoreline Zoning Regulations can be found on our website:

<https://www.sabbathdaylakeassoc.org/links>

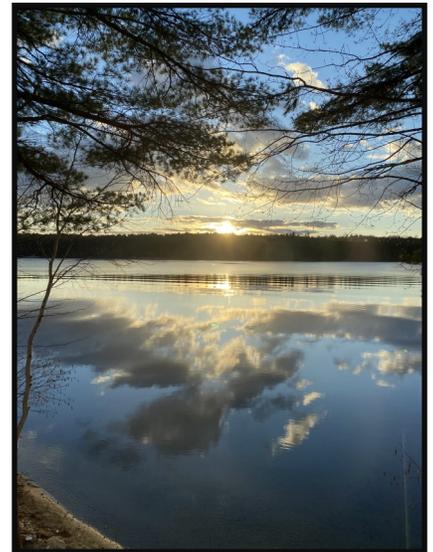


Lizzie and Will, our resident bald eagles. She laid eggs on April 1st, no fooling! Can't wait to see if we get two more baby eaglets!
Due Date: May 5th of so.



Paul Gillis loaned me (Diantha) his super telescope. Here's Lizzie on May 4th. She's doing a great job incubating her eggs! Maybe they will hatch on Cinco de Mayo!

A spring sunset that shows off the beautiful calm reflections on the lake.



Moonset of the Pink Full moon.



Winter in Maine by Diantha Grant





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



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

Congratulations to Cathy Driscoll Gregory for guessing the date for the Ice Out Contest. April 3 was the lucky day! Paul and Carol Gillis present her with her prize: a homemade Kentucky bourbon pecan pie.

Photo by Diantha Grant



We're on Facebook!

It's a place to share photos and lake happenings. Join us at:

Sabbathday Lake Association



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

SUMMER CALENDAR—State Covid Rules Will Apply As Required

July 14	7:00 P.M.	Lake Association Business Meeting @Fraternal Order of Eagles, 354 Sabbathday Road, outside in the picnic pavilion. (No pot luck. Bring a mask, a chair and insect spray.)
July 17	9:00 A.M.	Tentative: Invasive Plant Patrol Kick-off (Location to be determined)
July 24	8:00 A.M.	Morning Paddle. Depart from Outlet Beach All human-powered watercraft welcome.
August 7	9:00 A.M.	Hike/Trek to the Shaker Great Mill. Join Brother Arnold & Tom Driscoll for a Historical tour. Limited to 12 participants, no one under 12. Reservations required. Email pgauthier@maine.rr.com . The group meeting location will be sent later.
August 11	9:30 P.M.	Perseid Meteor Shower, Shaker south field. Bring bug spray, a chair, a flashlight, something to eat or drink and a light jacket or blanket.
August 14	9:00 A.M.	Sabbathday Lake Association Meeting. Location and speaker TBA
August 21	7:00 P.M.	Full Moon Paddle. Join your neighbors for a leisurely paddle leaving from Outlet Beach and heading south. All human-powered craft welcome.
August 28	7:00 P.M.	Sunset Cruise. Meet at Outlet Beach and join the fun. Bring a beverage and maybe something to share/snack and a light sweater. Please email Paul.e.gillis@gmail.com to reserve your seat.