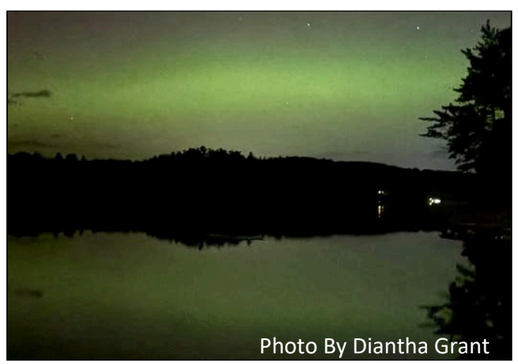


Photo By Diantha Grant

Photo By Steven Smith

Photo By Steven Smith

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

Please cc
sabbathdaylakeassoc@gmail.com

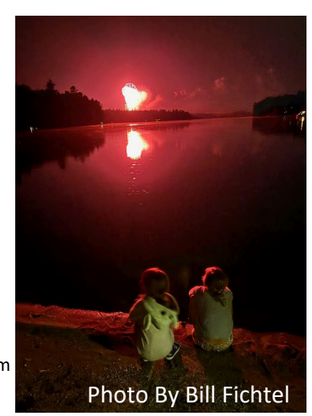


Photo By Bill Fichtel

President's Message

A Personal Connection

It is both a privilege and a joy to step into the role of President of the Sabbathday Lake Association. My connection to this lake is deeply rooted in both family history and a lifelong commitment to conservation. After earning a degree in Environmental Science from SUNY Plattsburgh where I studied and collected data on flora and fauna. I have worked on conservation projects from Alaska to Maine, including time with the Maine Audubon Society and The Nature Conservancy. Those experiences deepened my respect for places like Sabbathday Lake, where people and nature coexist in balance.

Family Roots on the Lake

My love for the lake began in childhood. As part of the Chandler family, I spent every summer in Chandler Cove with my cousins—the descendants of John W., Donnie, David, and Skip Chandler. My mother, Anna Chandler, brought us here from rural New York to camp for the whole season. We spent our days swimming, exploring, and walking to the outlet with pockets of loose change. My grandfather, John W. Chandler, worked with Dr. Sweat, showing his love for the lake and setting the example for community involvement that I carry forward today.

Our Mission to Protect and Serve

Sabbathday Lake is more than a beautiful place—it's a living ecosystem that requires care and vigilance. The mission of the Sabbathday Lake Association is to protect and serve this special watershed and all who depend on it. Whether through conservation, education, or community connection, this mission continues to guide everything we do.

Celebrating 50 Years

This summer's 50th Anniversary Celebration was a wonderful success. It was heartwarming to meet the people who came before me and those who have volunteered on the Board and contributed to our conservation efforts. Music from Denny Breau and Radford Starke kept the room lively as our Board members sold raffle tickets and shared stories. Check out pages 4-5 for the full story!

Stewardship in Action

Our Invasive Plant Patrol (SLIPPers) and Courtesy Boat Inspector (CBI) programs continue to play a vital role in keeping Sabbathday Lake pristine. These volunteers monitor the lake for invasive species and educate boaters, helping to safeguard water quality. We're grateful to Chris Foster and Kenzie Stone for their work as CBIs, and to Chris Ricardi, Paula Gauthier, Anne Maurice, and Mike Cloutier for their leadership. Many thanks as well to Lillian Nayder for securing our DEP grant and to Krista Kern Desjarlais at Outlet Beach for data support.

Looking Ahead

I'm deeply grateful for this community and for the volunteers who share their time and care for Sabbathday Lake. I look forward to continuing our mission together—to protect, serve, and preserve this extraordinary place for generations to come.

With appreciation,
Catherine Caswell

President Sabbathday Lake Association

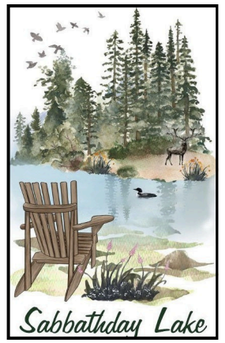
Treasured Keepsakes...

Our popular Sabbathday Lake Tea Towels are still available at the Shaker Store, which stays open on Saturdays through December 20th!

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

New Hats available in colors shown – $20 each for local pickup. Contact us at sabbathdaylakeassoc@gmail.com Both are great and meaningful stocking stuffers!

All proceeds support the Sabbathday Lake Association in our mission to protect the lake's water quality and natural ecosystem.



We're also excited to share that we'll be designing all-new Sabbathday Lake T-shirts this winter—stay tuned!

Join us in Protecting and Preserving the Lake!

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!

SCAN TO JOIN ONLINE.
Visit our website at
www.sabbathdaylakeassoc.org
"Get Involved"
-OR-
Cut out the form to the right and mail in with your check.
Thank you for your support!

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

Gloeotrichia Contributed by Chris Ricardi

At the beginning of August, I received an email from Cheryl Fortier asking me if I had noticed an increase in algae in the lake. She was completing a survey of her IPP sector and was surprised to see such densities. I had planned to start my IPP work that week because the water was warm and I could spend more time submerged before feeling hints of hypothermia. I put on my mask and snorkel, slid off the dock, and was blown away by what I saw.

Photo from UMaine News - Peter Countway

The water column was filled with tiny green spheres and it was like swimming through a snowstorm. I observed a similar situation last year for a brief period in August, but this year was noticeably worse and for the first time I actually saw blobs of algae floating on the surface. What we were seeing is a colonial alga formed by cyanobacteria in the genus Gloeotrichia. It is a natural and commonly occurring algae in Maine. According to the Lake Stewards of Maine, the occurrence and relative abundance of Gloeotrichia has increased in Maine lakes in recent years. I saw a 2017 article in the ESA (Ecological Society of America) Journal that also indicated that Gloeotrichia are increasing in low nutrient eutrophic lakes (like ours) in the northeast states. This is likely due to higher water temperatures and longer periods where the higher temperatures persist. The green spheres are actually colonies of bacteria that look like a mass of worms or a spiked ball when viewed under a microscope.

Based on my observations the colonies grow rapidly when the lake reaches the highest temperatures of summer and then quickly disappear when the water begins to cool. Most of the year the colonies lay dormant in sediments at the bottom of the lake. They thrive on phosphorus that is released from sediments in the summer. When the algae start to grow in the warmest period of summer, the colonies become more buoyant and rise into the water column. The same measures that protect water quality such as preventing soil erosion, avoiding lawn fertilizer from entering the lake, and maintaining septic systems will also help to reduce the Gloeotrichia blooms.

Lakes Environmental Association

Lakes Environmental Association, a private non-profit organization founded in 1970, prepared a booklet to give landowners a guide to protecting lakes. If we want to continue to enjoy the extraordinary natural resources of this region, we all must participate in the effort to protect them. Lakes are fragile, so every small effort to help is meaningful, especially when multiplied by what hundreds of other watershed land-owners can do. We hope this guide will help you to make a contribution to this important cause.

Practical ways to protect lakes and the value of your property is available on the related lnks page of our website www.sabbathdaylakeassoc.org or at www.mainelakes.org/resources/homeowners-guide/

We also have a limited number of the guide available to members. Contact Craig Doremus at cdoremus@gmail.com if interested.

Greetings from the Sabbathday Lake Invasive Plant Patrollers AKA SLIPPers

Contributed by Mike Cloutier

As I write this article we are completing our 14th annual invasive plant survey of the lake. 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. This year we have had good participating, which should allow us to complete another Level 3 survey (entire lateral zone*) of the lake. I've been asked to discuss Metaphyton, so here it goes. It is a group of filamentous algae that form blooms in shallow (littoral) areas of lakes. The blooms are often described as having the appearance of green or yellow/green cotton candy. The significance of possible increases in metaphyton growth in some Maine lakes is not fully understood. Interest in the role that this group of algae play in lake ecosystems is growing. Anecdotal and observational information suggests that many lakes have experienced a substantial increase in metaphyton growth during the past decade. Our IPP volunteers continue gathering information to help study this phenomenon." As we develop additional standard protocols for metaphyton monitoring they will be made available, and I will pass along that information as I receive it. I also report it to Lake Stewards of Maine. well, it's undeniable, Maine is under threat from yet another Invasive Aquatic Species (IAS), the Swollen Bladderwort! It has been located in many lakes surrounding us: Tilton Pond in Fayette, Horseshoe Pond, Chesterville, Lake Arrowhead in Limerick, Little Ossipee Lake in Waterboro and Richmond/Pleasant Ponds in West Gardiner. It's a large free-floating plant that can move all around the lake with the wind and will diminish the enjoyment of this beautiful lake! It can be viewed on the Lake Stewards of Maine website, and I believe it will get your attention!!

The threat of invasive plants entering this lake is very real and would be physically and financially devastating if they are found in Sabbathday Lake. I would like to encourage everyone who is interested in this activity to give me a call and we can discuss how you can get involved with the Sabbathday Lake IPP or the Courtesy Boat Inspections (CBI) at our launch area at Outlet Beach. We will always need interested, concerned and involved association members to pitch in and do their share. The continued good health of Sabbathday Lake is depending on you. Watch for our future initiative on how everyone can get involved in 2026. Have a terrific winter!

Go to this site 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 or go to mainelakes.org/invasives/invasive-aquatic-plants-in-maine/

A special thank-you to Don and Diantha Grant for their remarkable stewardship, love, and care for Sabbathday Lake over the past 70 years. Their lifelong dedication and quiet leadership have helped preserve the spirit and beauty of the lake.

Forever Grateful,
The SDLA Board

Photo courtesy of Diantha Grant via facebook

Thank you to our Courtesy Boat Inspectors!

Student CBIs:
Chris Foster
Kenzie Stone

Volunteers:
Chris Ricardi
Paula Gauthier
Anne Maurice

Thank you also to Krista Kern Desjarlais at outlet beach for monitoring the outlet boat ramp.

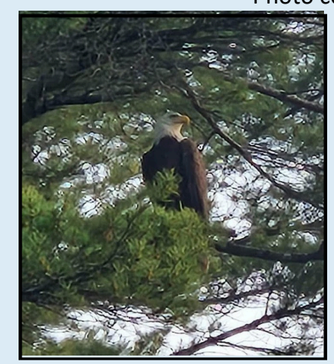


Photo by Althea Berry Discoll

2025-2026 Board of Directors
(Term expires in parentheses)

Catherine Caswell, President (2027)
Mike Cloutier, Vice President (2026)
Ruth York, Secretary (2025)
Anne Maurice, Treasurer (2026)
Lori Allen (2028)
Chris Ricardi (2028)
Craig Doremus (2026)
Bill Fichtel (2027)
Paula Gauthier (2026)
Melissa True (2027)
Brother Arnold Hadd (permanent)

Thank You SLIPPers for keeping our lake pristine!

Lucinda Brandt
Joan Cloutier
Mike Cloutier
Cheryl Fortier
Rick Fortier
Paula Gauthier
Paul Gillis
Carol Gillis
Allen Marsh
Carolynn Marsh
Anne Maurice
George True
Melissa True
Harry McNally
Dan Wheatly
Gerry Deschaine
Chris Ricardi
John Morris

Celebrating 50 Years of Stewardship and Community

A milestone moment for the Sabbathday Lake Association

What a night to remember! The Sabbathday Lake Association's 50th Anniversary Celebration was a joyful tribute to five decades of dedication, community spirit, and love for our treasured lake. Hosted at the Eagles Post #4131 in New Gloucester and catered by Barn & Table of Gray, the evening was filled with laughter, live music, and heartfelt moments that reminded us all why this lake means so much.

A packed turnout of members, friends, and longtime supporters gathered to mark the occasion. The energy in the room was contagious, from the live tunes of Denny Breau and Radford Starke to the lively conversations shared between generations of lake lovers. The music kept the Eagles' room hopping while our SDLA board members circled the crowd selling raffle tickets.

As the new president, it was wonderful to meet and thank the people who made this milestone possible, the dedicated volunteers who pulled it all together. Our heartfelt appreciation goes to the entire SDLA Board, especially the Event Committee: Ruth York and myself, with a huge thank you to Lori Allen, without whom we could not have gotten this celebration across the finish line. Special thanks as well to Chris Ricardi and Craig Doremus for creating the incredible display showcasing the long and storied lineage of our board members and lake residents. Seeing so many familiar faces of family and old friends was equally special.

The only question is—do we really need to wait another 50 years to have fun like that again?

The raffle prizes added even more excitement, featuring our own Mike Cloutier as MC, who kept the whole night moving smoothly. Prizes included a $200 L.L. Bean gift card, kayak rentals, a beachside vacation rental, and even a private fishing trip with our own Chris Ricardi!

- Sarah Hedrick of New Gloucester was our lucky 50/50 raffle winner and in an inspiring act of generosity, she donated her winnings back to the association. Sarah also took home the $200 L.L. Bean gift card, a very lucky evening indeed!
- Diantha Grant won the kayak rental, perfect for a day of paddling and keeping an eye on our resident eagle family.
- The beachside cottage in Wells, generously donated by Bill and Lynn Fichtel, went to Christine Dyer Ward—congratulations, Christine!

Throughout the night, heartfelt reflections reminded us how far we've come. Steve Driscoll shared stories from the lake's earlier years, honoring the invaluable contributions of Dr. Sweat, whose efforts helped shape this vibrant community. Don McNally also spoke warmly of his connection to the lake and surprised everyone with a significant financial donation to help continue our mission.

As we look ahead to the next fifty years, we do so with gratitude, pride, and renewed purpose. The anniversary celebration wasn't just about honoring the past, it was a vivid reminder of what we can achieve together. Every membership, donation, and volunteer hour strengthens our collective effort to keep Sabbathday Lake clean, vibrant, and thriving for generations to come. Thank you to everyone who joined the celebration—and to all who continue to support the preservation and protection of the lake we love.

If you'd like to get more involved, we'd love your help! Join one of our committees—whether it's Conservation, Events, Membership or Communications—your time and ideas make a lasting difference. Reach out to us at sabbathdaylakeassoc@gmail.com to learn how you can volunteer.

Here's to the next fifty years of stewardship, friendship, and fun on Sabbathday Lake!

Contributed by Catherine Caswell
Photos by Lori Allen, Diantha Grant & Bill Fichtel