

# Sabbathday Lake News

Spring/Summer 2022

Photo by Diantha Grant

## THE PRESIDENT'S MESSAGE

Chris Ricardi, President

### WELCOME BACK TO THE LAKE!



If you recall, we invited members (and non-members) to complete a survey about Sabbathday Lake to try to get an idea of what our lake community was thinking about the current state of boating, and docks and moorings. We also completed this survey in response to an increasing number of stories in

local news outlets reporting conflicts arising on other Maine lakes. As the population of people in Maine has grown, the intensity of activities and use of the available resources has expanded and, in some cases, safety of lake users and aesthetics of lakes have been impacted. Local ordinances to control current and potential future conflicts at specific lakes have been proposed and are being legislated in multiple towns in our region. This includes the towns of Lovell, Green Lake, Wilton, Harrison, Edgecomb, Rangeley, Oquossoc, Winthrop, Belgrade, and our neighbors in Windham, Falmouth, and Gray, to mention a few.

### SDLA MEETINGS

#### BUSINESS MEETING—Election of Officers

Wednesday, July 13, 2022 @ Fraternal Order of Eagles Pavilion—6:30 PM—Pot Luck, Meeting at 7:00 PM  
Pot Luck—Bring a dish to share (we do not have electricity, so plan accordingly) plus your own dishes, utensils and beverage. Also bring your own chairs! We will be outside, so bring anything you need for your comfort.

#### SUMMER MEETING—Guest Speaker, Dennis Brown

Saturday, August 20, 2022 @ 9:00 AM  
Fraternal Order of Eagles. Coffee and donuts will be provided. Again, please bring chairs.

The SDLA website presents a summary of information from the 2021 survey where the responses to questions are tallied. A total of 78 people responded to the SDLA survey. Ninety-six percent were SDLA members. A few non-members also took the survey. Perhaps the most fundamental question in the survey was the one on perceived boating activity. The majority, 55%, described boating as “The amount of boating/jet ski activity is light most of the time but is a concern on rare occasions such as summer weekends.” Slightly over 20% said they felt boating often exceeds the safe and enjoyable level or that they are concerned it will in the future. Approximately the same number of people said they felt boating was light and never a concern.

As far as the question asking if there should be a limit on the number of docks a property owner can have, 82% favored that idea. When asked about limits on number of boats, the opinions were split pretty much down the middle with approximately half saying yes and half no. Similarly, about half knew about the town ordinance requiring a dock permit, and over sixty percent said they had never acquired a permit from the town. About 23% have. Based on what I learned during preparation of this survey, it appears that the town is not actively issuing permits or managing a routine permitting program. However, in the event that something beyond “normal use” should arise, there is a code in the town zoning laws.

The vast majority of people do not want to see additional commercialization on the lake. Over 80% do not want leasing of private dock space and a whopping 99% said no to allowing a marina.

We have learned a few things from the survey. Most people in general do not think that boating, dock use, and moorings are a major problem on the lake. But

some do, and there is a real concern regarding what the future holds. That is a logical feeling considering all the possible scenarios and the stories we are hearing from other lakes in Maine. That concern for the future will likely be an item of discussion for the SDLA Board (and future Boards and members) in coming years. Fortunately, Sabbathday Lake is not a big destination for local boaters. There are many other larger lakes in southern Maine that are more inviting for activities like jet boating and water skiing. Local fishermen use the lake, but they usually fish early in the morning or late in the evening, and they troll or cast and tend to be little noticed.

There are some things we can all do as good neighbors. When making decisions about boating, docks, dock placement, use of offshore floats, and other activities, we should be courteous and consider others. Everyone deserves to have a dock or access to the lake but remember—Maine statutes specify that only one dock per 150 feet of shorefront property. We can also be conscious of possible impacts on others including lake aesthetics. Avoid placing docks or floats too close to neighboring property lines. Think twice before placing a float or swimming platform in places that crowd or interfere with other uses of the lake. Remember that Maine state regulations that boating with a large wake is NOT allowed within 200 feet of shore. If boating activity appears to be extremely busy on a hot summer weekend, consider waiting until things lighten up before going out on the lake.

When my kids were young, we went on a wilderness camping trip to Mooselookmeguntic Lake near Rangeley. For fun, we purchased a big float tube to drag them around behind the boat. The faster I went, the more fun the three of them had. Mooselookmeguntic is a very large lake, and we were practically the only ones using the vast expanse of open water. When we got back to Sabbathday, they immediately asked to go tubing the next hot weekend day. We got set up and motored from the dock toward a flotilla of sailboats, canoes, kayakers, and boaters. I realized immediately that what we were planning to do was not compatible, not safe for my kids and others, nor appropriate given the number of people using the lake at that time. I broke the news to the would-be thrill seekers, and we pattered back to the dock. As summertime nears, let's all enjoy Sabbathday Lake. See you on the water!

WE HAVE A GREAT NEED FOR VOLUNTEERS TO DO COURTESY BOAT INSPECTIONS AT THE OUTLET. PLEASE SEE THE SCHEDULE AT THIS LINK IF YOU HAVE SOME WEEKEND MORNINGS OR EVENINGS AVAILABLE.  
<https://www.sabbathdaylakeassoc.org/boatinsp>



## IT'S A FUNDRAISER



You could win this beautiful Graphic Map/Depth Chart of our lake! It is 15.5 x 20 inches and hand made of wood by Kiss Creations. We will be selling raffle tickets for \$10 each at both Lake Association meetings and will draw the winner at the August meeting. If you would like to purchase a ticket prior to the meeting or because you cannot attend the meeting, email Diantha at [dondigrant@gmail.com](mailto:dondigrant@gmail.com) to make arrangements. Good Luck!



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

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

It is with great pleasure that I announce that we completed our tenth annual invasive plant survey of the lake last fall. As you may 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 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 2021 (recap):

- 13 Volunteers participated in the 2021 Survey
- Level 3 Survey Completed (entire littoral zone of the lake)
- 136 Total Hours donated to the 2021 effort
- 78 of those hours were on the water
- 25 Hours donated to: Training, Preparation, Outreach, Travel, Plant Identification, Co-ordination, etc.
- 0 New Plants were identified in the 2021 survey
- Total number of plants identified by the IPP team since 2012 stands at 51

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

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

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. Many of you have been participating for several years. If you haven't, perhaps it's time to lend a hand. *If you're a user of the lake, then you can become a doer as well.*

As for the rest of the State's lakes, the news is not so good. In 2021 two new invasive plants species were found and have taken hold in additional lakes. A lake in Liberty has found Parrot Feather; a lake in Fairfield has found Curley Leaf Pond Weed; and a lake in the Belgrade Lakes area has found Frog Bit. These are all new invasives for Maine. It's not good news and those lakes are not far from us. The information from Mary Jewett at Lakes Environmental Association states that over 90,000 Courtesy Boat Inspections were completed in 2021 and that 67 invasive plants were identified on boats leaving lakes. Also, 8 invasives were found on boats before entering lakes! These statements attest to the importance of Courtesy Boat Inspections.

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 along with water quality. Also, once lakes are infested, the lake shore properties have seen significant reduction in appraised value; and that should concern everyone!

We applaud the many who volunteer to help with SDLA activities and members who pay dues and contribute by joining meetings and activities. But we could use even more help. Here are some ways you could volunteer.

**First** and foremost, we need Courtesy Boat Inspectors.\*\* These are the first line of defense in keeping invasive plants out of the lake in the first place. These inspections are done at the boat launch ramp at Outlet Beach.

**Second**, we need Invasive Plant Patrollers\*\*.

(Continued on Page 4)

**Third**, we need water quality monitors, utilizing a simple Secchi disk\*\*.

**Fourth**, we need people to join the Board of Directors and to actively participate.

\*\*Training for any of these functions is easy and can be done one on one, in less than 3 hours. How much of your time are you willing to contribute to keep this lake safe?

I can give you 25 good reasons why you should participate in one or more of these volunteer efforts, however, the main one is still obviously very clear. The future of this beautiful, clean lake, which we all love, will depend on our efforts. Please contact any of us on the Board. Come to a meeting and join the rest of your friends who already are doing their part.

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

Regards,  
Mike Cloutier  
SDLA IPP coordinator

### The Speaker for the SDLA August Meeting

Dennis Brown is a Maine native who grew up in Oxford County, graduated from the University of Maine with a degree in Mechanical Engineering, and achieved his Professional Engineering license while operating power plants throughout New England.

Mr. Brown organized and became chair of the Highland Lake Leadership Team (HLLT), a formal Committee of both Windham and Falmouth. This committee has significantly improved lake protection ordinance in both Windham and Falmouth.

Dennis is currently working with the Maine Departments of Marine Resources, Inland Fish and Wildlife and Environmental Protection as well as several nongovernmental agencies to better protect Highland Lake water quality and lake levels. In his spare time, Dennis is president of the Highland Lake Association, an avid fisherman, sailor, kayaker, and a volunteer for a veterans' support organization throughout Maine.

### Sabbathday Lake Ice-Out Dates – 1977 to 2022 (Compiled by Rick Fortier)

RANGE	March 15—April 27 (44 days)	AVERAGE—April 11	MEDIAN—April 5
1977	----	4/17	
1978	-----	4/27	1989 ----- 4/21
1979	-----	4/20	2000 ----- 3/29
1980	-----	4/11	2001 ----- 4/27
1981	-----	3/15	2002 ----- 3/31
1982	-----	4/26	2003 ----- 4/21
1983	-----	4/05	2004 ----- 4/15
1984	-----	4/18	2005 ----- 4/16
1985	-----	3/30	2006 ----- 3/27
1986	-----	4/08	2007 ----- 4/21
			2008 ---- 4/20
			2009 ---- 4/20
1987	-----	4/11	2010 ----- 3/20
1988	-----	4/08	2011 --- 4/19
			2012 --- 3/21
			2013 --- 4/11
			2014 --- 4/20
			2015 --- 4/19
			2016 --- 3/15
			2017 ---- 4/17
			2018 ---- 4/22
			2019 ---- 4/20
			2020 ---- 3/31
			2021 ---- 4/03
			2022 ---- 4/02

Brenda Norris was the winner of this year's Ice Out Contest! Congratulations!!



George True and Mike Cloutier by Melissa True



Photo by Melissa True



George True Cleaning Up by Melissa True



Photo by Tom Driscoll while riding the lake perimeter on his bike to check the ice conditions.



Photo by Michael O'Neill



Drone photo by Tom Dempsey for MCOproductions.com with permission.



Sunset on Ice by Diantha Grant



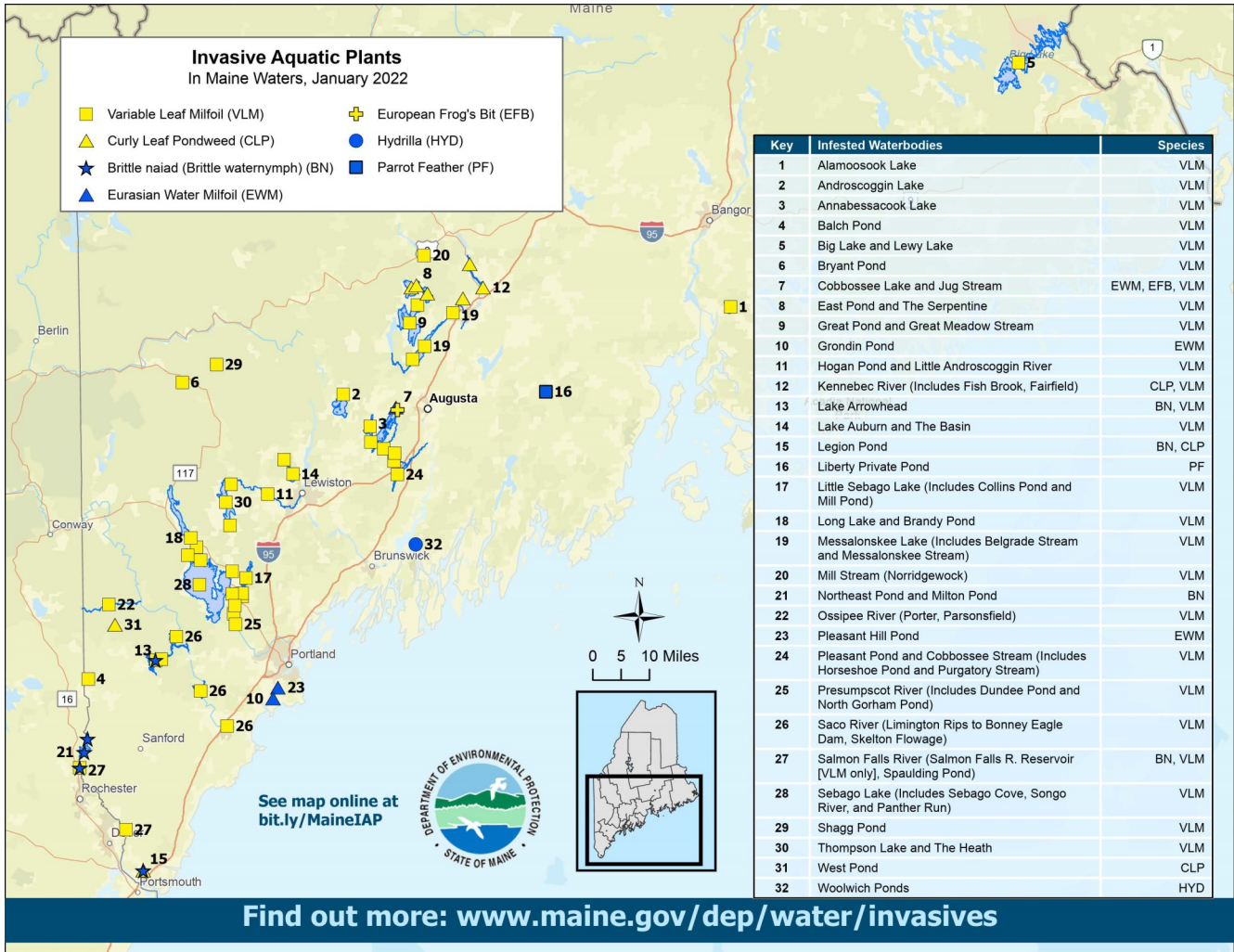
Photo by Michael O'Neill



Photo by Stacy Chandler



Photo by Diantha Grant



## Maine's Eleven Most UNWANTED Invasive Aquatic Plants

<b>BRAZILIAN ELODEA</b> <i>(Egeria densa)</i> <sup>1</sup>	<b>CURLY-LEAF PONDWEED</b> <i>(Potamogeton crispus)</i> <sup>2</sup>	<b>EURASIAN WATERMILFOIL</b> <i>(Myriophyllum spicatum)</i> <sup>3</sup>	<b>EUROPEAN NAIAD</b> <i>(Najas minor)</i> <sup>4</sup>
<b>FANWORT</b> <i>(Cabomba caroliniana)</i> <sup>5</sup>	<b>EUROPEAN FROGBIT</b> <i>(Hydrocharis morsus-ranae)</i> <sup>6</sup> <i>Free Floating Vegetation</i>	<b>HYDRILLA</b> <i>(Hydrilla verticillata)</i> <sup>7</sup>	<b>PARROT FEATHER</b> <i>(Myriophyllum aquaticum)</i> <sup>8</sup>
<b>VARIABLE-LEAF WATERMILFOIL</b> <i>(Myriophyllum heterophyllum)</i> <sup>9</sup>	<b>YELLOW FLOATING HEART</b> <i>(Nymphaoides peltata)</i> <sup>10</sup>	<b>WATER CHESTNUT</b> <i>(Trapa natans)</i> <sup>11</sup>	

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 plant line drawings are the copyright property of the University of Florida Center for Aquatic Plants. (Horticultural)  
2. Major Plants for Wetland Rehabilitation, Copyright 1989 by the Conservation of the Forest of Wetlands.  
3. Aquatic Plants of New England Series, G.E. Crow and C.A. Holquist 1983. Illustrations by Pam Boon.  
4. The Families of Flowering Plants: Characteristics, Distributions, Identification, and Information Retrieval.  
5. Hesse and G.L. Campbell, L.P. Wetland, January 1986.  
6. Aquatic and Wetland Plants of Northeastern North America, G.E. Crow and C.A. Holquist, University of Wisconsin Press, Madison.  
For additional photos contact:  
Maine Volunteer Lake Monitoring Program  
(207) 782-7723 [vlmp@mainevol.org](mailto:vlmp@mainevol.org)  
For additional assistance, please call Maine DEP (207) 287-3901

Original design by the Portland Water District

### REQUEST

SDLA is seeking a new **LakeSmart Coordinator (or 2)** as Diantha will be transitioning off the Board. She will work with the new coordinator during the transition. It will require taking the LakeSmart course through Maine Lakes. The courses are offered on-line in June and any fee will be covered by SDLA.

**Part 1** Zoom dates are Tuesday, June 7 @ 5:00 PM OR Thursday, June 9 @ Noon. If you are interested, please let Diantha know by June 1st @ [dondigrant@gmail.com](mailto:dondigrant@gmail.com)

**Part 2** Zoom dates are Wednesday, June 15 from 5-7:00 PM or Thursday, June 16 from 5-7 PM. Again, notify Diantha, if you are interested.

Both sessions are required.

A **third** session will be conducted on the LakeSmart Evaluation System on Tuesday, June 28 from 5-6 PM.

Thank You.

## Thanks to all the 2021 Sabbathday Lake Association members—85 strong! Your financial support continues to protect our lake.

The SDLA Board of Directors

Richard and Lori Allen, Rachel Washburn and Nate Ashworth\*, Deborah Avasthi, Elaine Becker, Jane Begert\*, William and Joanne Begert\*, Charlene Belden\*, Roger Bergeron, Ronald and Carol Beyna\*, Florence and Robert Bonney, Bresca and the Honey Bee, Anna Caswell-Chandler\*, Dan and Corrine Chabot, Michael and Joan Cloutier\*, Margo Cook, Kathleen Cruz, Thomas and Judith Cushman, Cushman Camp LLC, Patricia Daley, Terrilyn DeCoster\*, Gerard and Benita Deschaine\*, Diana Dowd and Craig Doremus\*, Jo Ann Driscoll, Stephen and Althea Driscoll\*, Kevin and Penny Ducharme, Carl Laidlaw and Jennifer Eilizabeth\*, Eleanor Fellers\*, Jami & Ryan Fitch, Richard and Cheryl Fortier\*, Kevyn and Lori Fowler, Sandy and Rob Freund\*, Paula Gauthier, Nancy Gilbert\*, Paul and Carol Gillis, Donald and Diantha Grant\*, Jennifer Gray\*, James Gray, Normand and Michelle Groleau\*, Judith Gunn\*, Lee and Sandra Harper\*, Brandy and Justin Hebert\*, Richard and Linda Hildebrand, Thomas and Mary Beth Johnson\*, Kate Johnson, Mark Jordan, Pamela Kern, Bob Klotz\*, Janet Lambert\*, Jerry and Jackie Legere, Herbert Levine and Ellen Frankel, Peter and Diane Libby\*, Carolyn and Allen Marsh, George and Judy Marshall\*, Anne Maurice, Cheryl and Shaun McKinnon, Patricia Morin\*, Harry and Paulette Morin McNally\*, John and Patricia Morris, William and Susan Morrison\*, Alison Moser\*, Sasha Nyary\*, Donald and Monique O'Malley, Michael Oneill\*, Beverly Ouellette\*, Julie Prichett\*, John and Karen Pennell\*, Pamela R. Pinette\*, Christian and Julie Ricardi\*, Mary Richardson, Brian Richardson, Sharon and Kevin Scannell, James and Pamela Selberg, Carl, Amber, Elia, and Niko Shaw, Christopher Shaw, Carl and Catherine Shaw, Thomas and Alyson Shaw, Tom Shupp and Nancy Thomas\*, Steven and Cynthia Smith\*, Michael and Kristine Stone, Paula Sturgis\*, Cathryn Thomopoulos\*, George and Melissa True, Henny Vanderscheer, Tom and Sue Wilson, Ruth York

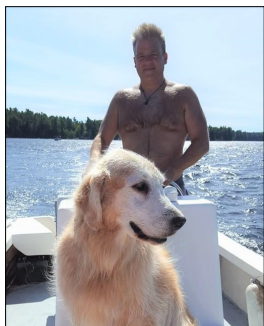
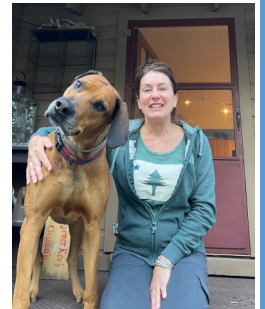
*\*The Board appreciates the 42 members who made an additional donation with their dues. Your generous contributions help tremendously with our water quality efforts.*

### New Board Members Eric Rohrbach and Melissa True

#### MELISSA TRUE

When I was asked to submit a blog about myself....I thought, "What could I focus on that could be meaningful and interesting?" Perhaps my lineage on Sabbathday Lake? The Chosen Land! In mid 1920's, my grandmother, Gladys McKenny (Thurston), lived on Sabbathday Lake's east end where she met (just a couple camp doors over) and soon married William E. Thurston (Jiggs). Together in 1946/47, they built "nana's camp" with the help of their son (then 15 years old), William K. Thurston (aka my dad).

OK...Here's where it gets fun! Next door to "nana's camp" summered Roland and Simonne Couture. And YES, Dad met my mother Jeanne Couture!! Mom was a counselor at Our Lady of the Lake all girls camp. They also married and built their camp in 1951, where Dad still lives—soon to be 90 years young! (seeing a pattern here?)! I am Super Blessed to be here 17 summers plus 38 years as home. My husband George and I raised our two children Haley & Logan here in our home called "nana's camp"! You will see us aboard "Jeanne's Halo" or walking our Dog (Beckham) while we are picking up trash and bottles along the lake, the roads, woods, and pulling debris from the lake. We are thankful and honored to help take care of the Chosen Land. And before you ask, yes, it's TRUE!! We also fell in love on the Lake!



**ERIC ROHRBACH** is originally from Vermont and enjoys spending every possible moment on and in Sabbathday Lake since moving to New Gloucester in 2007. On any remotely nice day, you can find him boating with his wife CeCe and his dogs Larry and Tex. He works in the field of special education and spends his free time playing music.





# Sabbathday Lake Association

Membership Application

Annual Membership Dues are \$15.00 per Household

Membership Year is January 1<sup>st</sup> to December 31<sup>st</sup>

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



**There is still time to renew your membership!**

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](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](mailto:cfortier2@live.com)

Newsletter Designer  
Diantha Grant  
[dondigrant@gmail.com](mailto: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)

"A lake is the landscape's most beautiful and expressive feature. It is earth's eye; looking into which the beholder measures the depth of his own nature."

*Henry David Thoreau*

Our deepest condolences to the Chandler family on the death of Anna Chandler.



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

Spring/Summer 2022



SDLA EVENTS CALENDAR 2022

- Wednesday, July 13 SDLA Business Meeting and Elections @ 6:30 PM (see front cover)
- Saturday, July 16 Morning Paddle @ 8:00 AM—Starts at Outlet Beach. Feel free to join up along the way. All people-powered watercraft are welcome.
- Saturday, July 23 IPP Kick-off @ 9:00 AM—Shaker Village Trustees Dining Room
- Saturday, July 23 Sunset Cruise @ 7:00 pm—Meet at Outlet Beach boat ramp. Bring a light jacket and BYOB. Email [paul.e.gillis@gmail.com](mailto:paul.e.gillis@gmail.com) to reserve a seat.
- Saturday, July 30 Trek to Shaker Great Mill @ 9:00 AM Join Brother Arnold and Tom Driscoll for a historical hike to the Shaker Great mill. This event will be limited to 12 participants - No children under the age of 12 please. Reservations are required and may be made by emailing [pgauthie@maine.rr.com](mailto:pgauthie@maine.rr.com). Details for group meeting location will be provided at a later date.
- Saturday, August 6 Hike to the Sinkhole- Meet at the intersection of Swamp and Bennet Roads. Reservations for one of the eight slots will be required. Please email Tom Driscoll at [tom.driscoll@outlook.com](mailto:tom.driscoll@outlook.com) for details and to reserve your spot.
- Thursday, August 11 Full Moon Paddle @ 7:45 PM—Join your neighbors for a paddle around the lake. Meet up at Outlet Beach or join us along the way. NOTE: This is a Thursday.
- Saturday, August 13 Morning Cruise @ 10:00 AM—Meet at Outlet Beach Boat Ramp. Email [paul.e.gillis@gmail.com](mailto:paul.e.gillis@gmail.com) to reserve a seat. Bring your coffee!
- Saturday, August 20 SDLA Meeting @ 9:00 AM—Coffee and donuts will be served. Guest speaker Dennis Brown  
Location: The Fraternal Order of Eagles.