

Sabbathday Lake News

Summer/Fall 2022

Photo by John Salisbury

THE PRESIDENT'S MESSAGE

Chris Ricardi, President



Back in mid-September I joined a group of volunteers from the Sebago Chapter of Trout Unlimited who were taking down an old rock dam on a tributary of the Crooked River in Naples. The project was being facilitated by the Lakes Environmental Association (LEA) in combination with the Casco Bay Estuary Partnership and Sebago Clean Waters (Check out the links to these organizations below). The Crooked River is the primary spawning ground and nursery for wild land-locked salmon in Sebago Lake. For over one hundred years the abandoned dam had been a barrier preventing fish access to cold springs that young land-locked salmon and native brook trout, that also live in the river, need to survive.

We spent the day in muck boots prying apart the structure, moving mammoth rocks and debris out of the flow, and rebuilding the stream bed. About six hours of hard work for a dozen people. When the dam had been dismantled and the stream bed reconstructed, it came time to remove the sand bag dike created upstream to divert the stream flow so we could work. Water poured into the new channel and within minutes the silt had washed away and beautiful clear water formed a series of riffles and pools where the dam had been.

As the group took a deep breath and gazed with joy upon the newly freed flow, someone noticed something amazing in the riffles. A salmon parr (a young salmon) moved into the channel and passed before us into the newly opened headwaters. It took less than five minutes for nature to respond. Conservation organizations and their volunteers are doing great things all around Maine. It was extremely rewarding to help remove that useless dam. I am reminded that the Sabbathday Lake Association (SDLA) functions because of similar efforts of our Board and members.

Participation in our CBI (Courtesy Boat Inspection) program grew this year. Our student CBI, Braydon Fitch, did a wonderful job covering weekend mornings and evenings this summer; and, in combination with the staff at Outlet Beach, checked many of the boats that entered Sabbathday Lake. But we also had an increasing number of volunteers watching the boat ramp that allowed us to cover nearly all weekend slots on our CBI calendar. Next year we hope



Junior by Sharon Scannell



Lizzie eagle taken by Kristen Holmberg

to expand the calendar to cover some weekdays. Special thanks go out to Melissa True, Tom Wilson, John Salisbury, Craig Doremus, and Mike Cloutier for taking on shifts, Paula Gauthier and Anne Maurice for helping with the financials, and Lillian Nayder for applying for the milfoil grant and preparing the required seasonal end-of-year report as she has done for many years.

Lead by Mike Cloutier, our Invasive Plant Patrol (IPP) volunteers surveyed the lake for milfoil and other invasive plants again this year (see Mike's summary). None were found, but the IPP is like an insurance policy. If the bad guys get into the lake we will find and remove them. Thanks to all who participated.

This year a new consultant completed the annual water testing events. Jennifer Jespersen at Ecological Instincts completed the sampling and preparing our annual report. Cheryl Fortier volunteers to coordinate the scheduling of sampling events, provide access and boat/canoe, and helps Jen get the job done.

In addition to the 3 summer sampling events, SDLA volunteers take additional Secchi disk readings of clarity/transparency. This is one of the best means of monitoring the quality of lake water. This year Don Grant and Paul Gillis volunteered to become certified and to complete clarity measurements in 2023.

Even this newsletter is written, drafted, produced and distributed by a helpful group that keeps it going each year, as is our website. It is how we function. But we also recognize that gathering and having fun is important to the success of our organization, and now that the Covid risk appears to be mitigated it will be possible to have more gatherings next summer. Back in 2011 and 2012, the Association put on music fundraisers and many members came out. A full house and much fun for all who came. It was worth it even if we didn't raise a penny. We hope to do something similar next year to bring people together.

One other note as a follow up to the boating survey, the Maine legislature passed LD 626 back in March entitled, **An Act to Clarify Temporary Mooring Privileges for Moorings on Inland Waters**. It directs the Department of Agriculture, Conservation, and Forestry to work with IFW and other state agencies, municipalities, and lake/watershed associations to develop recommendations for a state-wide approach to what is currently perceived as a lake use problem on some lakes and a potential looming problem for others. A report from the consortium is expected by the end of 2023.

<https://sebagotu.org/>

<https://mainelakes.org/>

<https://www.cascobayestuary.org/>

<https://www.sebagocleanwaters.org/>



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.

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2022-2023 Board of Directors

(Term expires in parentheses)

Chris Ricardi, President (2025)
Vice President: Vacant
Ruth York, Secretary (2025)
Anne Maurice, Treasurer (2023)

Lori Allen (2025)
Mike Cloutier (2023)
Cheryl Fortier (2024)
Paula Gauthier (2023)
Eric Rohrbach (2024)
Melissa True (2024)
Brother Arnold Hadd (permanent)



Sabbathday Lake Invasive Plant Patrollers, Review and Update 2022

Hello everyone,

We have had what appears to be another successful invasive plant survey again this year at Sabbathday Lake. All the data have not been submitted yet, but I believe we were able to complete a level 3 survey again this year. (Level 3, is a complete survey of the littoral zone which extends out from the shore to approximately 15 feet deep). I will provide a complete analysis in the Spring Newsletter. I would also like to welcome the newest member to the Sabbathday Lake IPP team, Eric Rohrbach.

The Community Lake Association represents the Greenwood and Woodstock communities north of Sabbathday Lake. That Association represents several lakes and two of them, Lake Christopher (Bryant Pond) and Shagg Pond, had been identified to have Variable-Leaf Water Milfoil. With a great game plan and diligence, they have had some major success it removing the plants. Shagg pond was harvested for three weeks by New England Milfoil with the expense of many thousands of dollars, and many volunteer hours. There were 1,900 gallons of milfoil removed from the water. The milfoil found in Shagg Pond has been reduced dramatically. "There is no longer milfoil floating on the surface anywhere on the pond." The only milfoil plants remaining are individual plants two to three feet apart. These plants can and will mature into the large patches that once occupied Shagg Pond, so the focus must be on their removal. This step is tedious but is the last step in removing the milfoil. Thanks to the hard work of Christopher Lake Association volunteers removing the plants, it appears to be clear at this time.

Other Related Topics

- > LD 1826 relates to extra funding for Invasive Plant Task Force
- > All plants give off DNA. Sharon Mann with the State of Maine is doing research regarding the identification of specific DNA associated with invasive plants. Some of the work she is doing shows that taking water samples in lakes with invasives will show the DNA associated with those plants. So, if that holds true, the DNA in water samples from a particular lake could indicate the presence of a certain invasive. At this point, she is trying to determine how close to the plant the sample will have to be. More detailed information can be found regarding these discoveries at the Maine Department of Environmental Protection.

These discoveries reinforce our determination to monitor what gets into Sabbathday Lake and to reiterate our need to participate in the Courtesy Boat Inspection program (CBI) which is administered by Lillian Nader. Keeping the invasive plants out of the lake in the first place is the goal of this program. Finding them once they have been introduced into the lake is the goal of the Sabbathday Lake Invasive Plant Patrol (SLIPPers). If you would like to join in either of these efforts, please let us know. I look forward to seeing you this spring.

Best Regards & Winter Well,

Mike Cloutier

Congratulations to Don Grant and Paul Gillis who recently completed training and certification in Secchi Transparency Monitoring through the Lake Stewards of Maine. (photo by Diantha Grant)



For more information on the Sabbathday Lake Association and ways you can help, please visit our website:

www.sabbathdaylakeassoc.org



A SERIOUS ALGAL BLOOM IN OUR BACK YARD!

Lewiston Sun Journal, Sept. 16—POLAND — In his nearly 40 years as a volunteer lake monitor on Middle Range Pond, Barry Kutzen has never detected an algal bloom — until now. A couple of weeks ago, Kutzen was conducting his regular water quality tests on the lake when he measured a sharp decline in water clarity.

"I'm sort of spoiled thinking what a wonderful situation we have here with this really beautiful body of water that stayed, despite all of the insults to it, (clean)," Kutzen said. "And then all of a sudden, like a body blow, boom, just like that, in a period of (about a week), it's gone way down."

Kutzen can usually see a Secchi disk, a common tool to measure water clarity, until a depth of 20 to 23 feet. But two weeks ago, it was just 16 feet. This week, the visibility dropped to about 10 feet. The lake, too, has taken on a noticeable green tint, he said.

Scott Williams, the retired executive director of Lake Stewards of Maine, visited the lake last week. He said the algal bloom is likely not a health concern at this time, although it could become one if the bloom continues to grow. Generally, toxic conditions can develop when water visibility hits 8 feet or less. Still, while it is probably safe for those who drink the treated lake water, he recommends they find an alternative source for now.

And while Middle Range Pond is experiencing an algal bloom, there are no signs of one developing in either Upper Range Pond or Lower Range Pond. The three lakes are connected. Water from Upper Range flows into Middle Range, which flows into Lower Range.

A Reminder of Some Basic Boating Laws in Maine

Registration

All motorboats of any size, including airmobiles and personal watercraft, must be registered in Maine to be used on the waters of this State, except the following:

Watercraft with valid registration from another state, provided the watercraft registration number is displayed on the motorboat and the motorboat will not be in Maine over 60 consecutive days after the state of principal use has been changed.

All motorized watercraft on inland waters must display the lake and river protection sticker ("Preserve Maine Waters" sticker). The lake and river protection sticker is also referred to as a "Milfoil" sticker.

Age Requirement

Anyone under the age of 12 years may not operate a motorboat propelled by machinery of more than 10 horsepower unless under the immediate supervision of a person in the motorboat who is at least 16 years of age.

No one under 16 years of age may operate a PWC.

Anyone between the ages of 16 and 17 years may operate a PWC if they are accompanied on board by a person 18 years of age or have successfully completed an approved safety education course and carry on board proof of age and course completion.

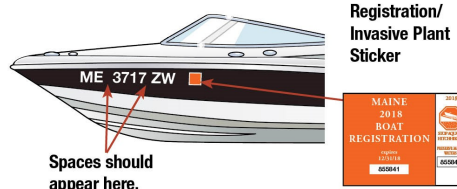
Enforcement

Maine law enforcement officers patrol the waterways to make your boating experience safe and pleasant. Cooperate with them by following the laws and guidelines.

Carry the Card: Vessel operators who are required to have a Boater Education Card must carry the card on board the vessel and have it available for inspection by an enforcement officer.

Towing

When towing someone by boat or PWC, either on waterskis or on a tube, an observer (12 years or older) is required by law.

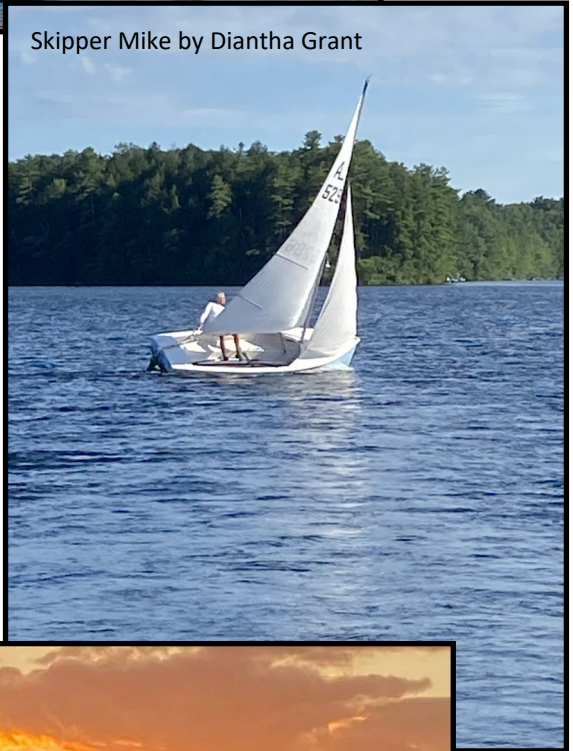




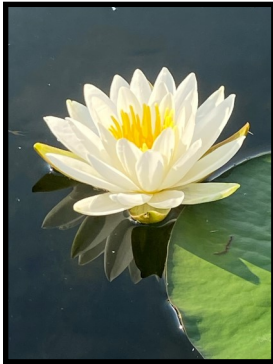
John Salisbury's ballon



Julie & Friends
by Michael O'Neill



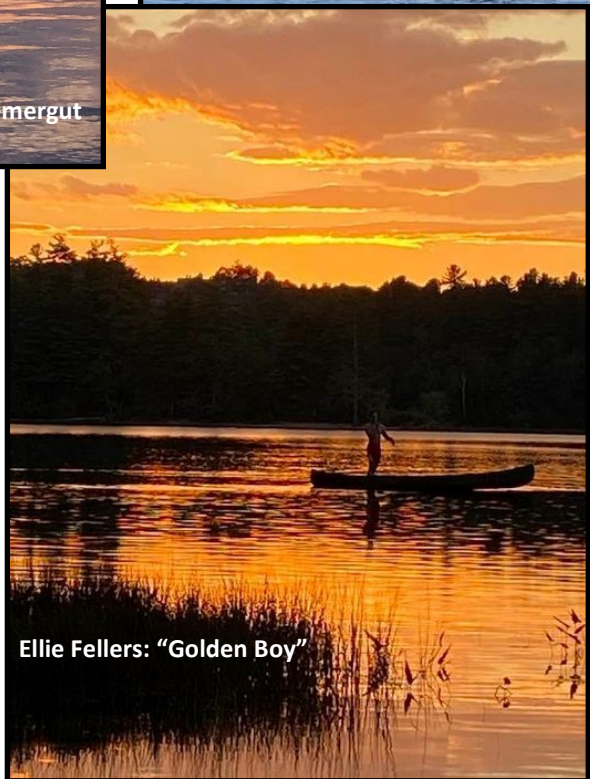
Skipper Mike by Diantha Grant



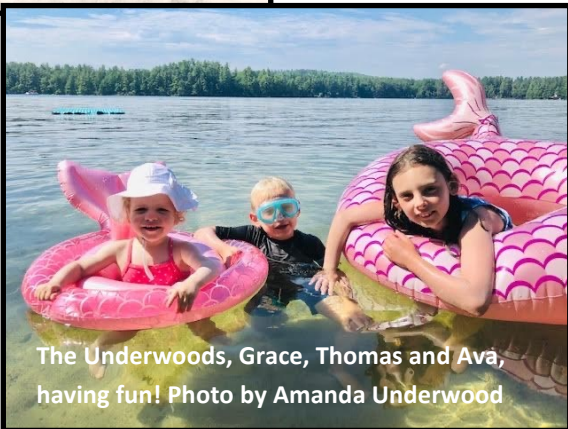
Loon at sunset by Joy Nemergut



How cute are these two? From the archives of Jennifer Blake with Paul Pinette.



Ellie Fellers: "Golden Boy"



The Underwoods, Grace, Thomas and Ava, having fun! Photo by Amanda Underwood

Summer of Fun!

Photos by Diantha Grant



Full Moon Paddle without the Moon

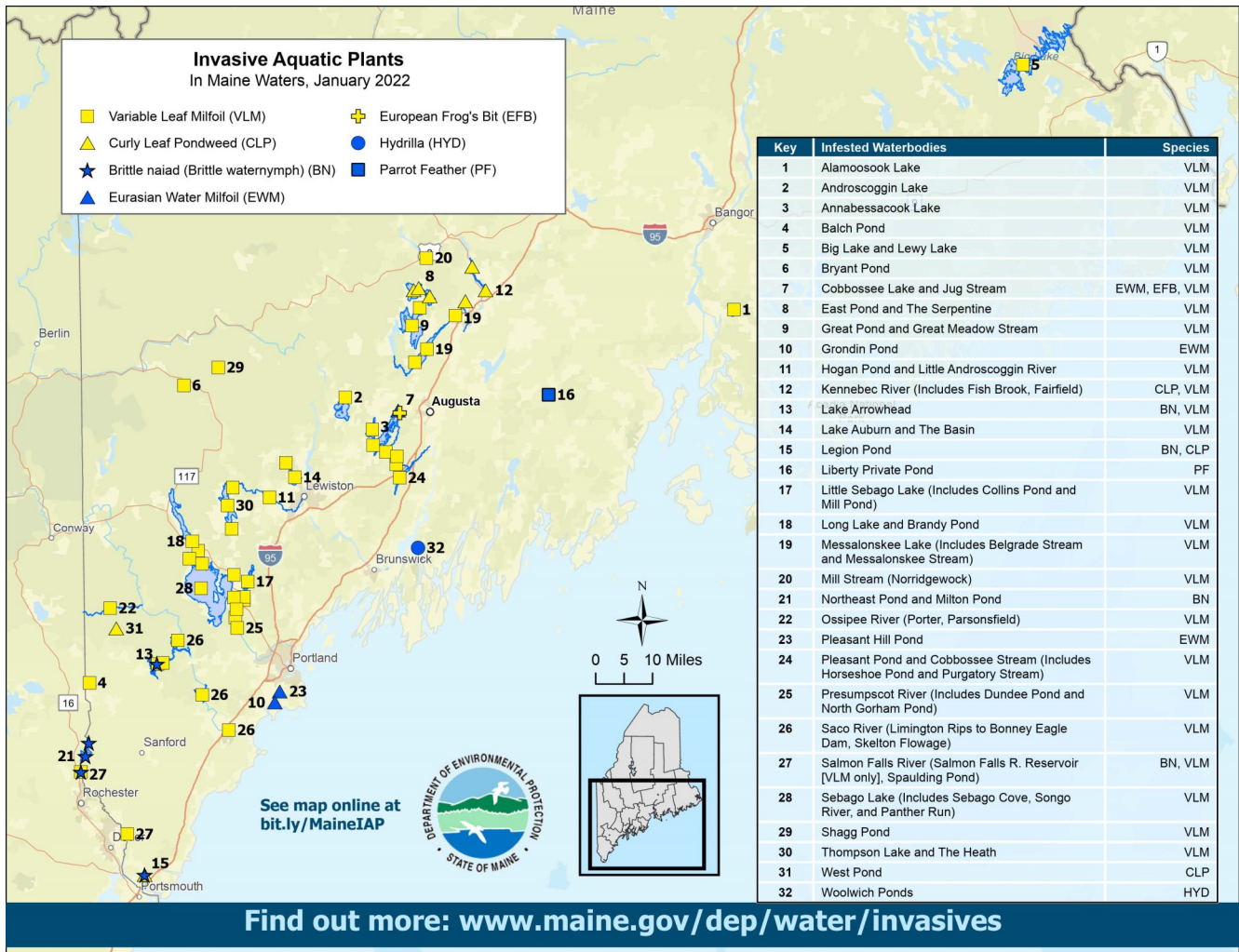


Shaker Mill Walk with Tom Driscoll and Brother Arnold



Sunset Cruise





Congratulations to Lori Allen—the winner of our summer raffle. We netted just over \$300. If you would like to order one as a gift: contact Crystal: kisscreationsllc@gmail.com

Before launching and before leaving...
Inspect everything!

Labels for inspection points: Dock Lines, Storage, Anchor, Live Wells, Bilge, Prop, Motor Intakes, Gimbals Area, Rollers/Bunks, Axle, Trailer, Hull, Through-Hull Fittings.

BALD EAGLE POST-FLEDGLING FACTS

- A young bird's first flight typically is not very far, and fledglings are reluctant fliers. Landing is a skill that takes practice. They may stay at their first perch for a few days before flying again or even spend time on the ground where they're vulnerable to predators.
- Adults will continue to bring food to the young bird outside the nest as long as they know where the fledgling is.
- Adult birds are tied to their fledglings, not to the nest, so they will tend to their young wherever they are after fledging.
- A parent eagle's job doesn't end at fledging, however, and if the post-fledging care is included in the nesting cycle the length becomes closer to 5.5 or 6 months. Fledglings may continue to rely on their parents for food and other care for 4-6 weeks post fledging.
- In most cases, parents continue to deliver fish and other prey to the young birds until they learn to forage on their own, which occurs between four and 10 weeks after leaving the nest. This stage is a very vocal time for the eagles as the adults and young call frequently to locate each other for feeding and security.
- In more remote nesting areas the adults would stop bringing food into the nest for the returning young birds. Instead they would make sure the young birds would see them feeding so they would come to take the food and the parents would simply back off.
- Adult parents will continue to provide food for some time after fledging, while the newly flighted birds hone not only their hunting skills, but their flying skills. On average, it takes about 4-12 weeks for young eagles to start hunting successfully. Specialized hunting skills probably take years to develop.
- Fortunately, their parents fed them well in the nest, so most fledgling eagles have some reserves when they fledge.
- The eagles usually remain near the nest area through much of summer, however, 7 to 8 weeks after fledging, they may start to move further distances.
- Once the young eagles are able to find food on their own (usually in early fall), the parents go their separate ways and remain solitary until the following breeding season.
- If the eagles of the area migrate, they may start migrating. If the eagles do not migrate, they may just move to an area that has more food.

Juvenile eagles travel for the first four years of their lives. They wander great distances in search of food. During the first year of life, eagle mortality rate can be more than 50%. One year out of the nest their survival rate is much higher.

Article from Journeynorth.org

Lizzie eagle taken by Kristen Holmberg



Lizzie and "Junior" taken by Sharon Scannell





Photo by Diantha Grant

Loon Nesting on Our Lake

By Eric Rohrbach

By far, one of the most magical things about summer on Sabbathday Lake is our beloved loons. You can hear their haunting calls from miles away, and there is nothing like peacefully sitting on the lake and just watching them. Whether they are scanning the depths for fish, carefully preening themselves, or playfully skipping across the water, these beautiful creatures always put on a spectacular show.

In addition to their curious behavior, something that really stands out when you see a loon in person is how large they are. The adult common loon can range from 26 to 36 inches in length and can possess a wingspan of up to four feet ten inches. Eighty percent of the loons' diet consists of fish, they will eat specimens up to ten inches in length. Since loons are visual predators, they need clear water to hunt. Loons typically dive between 13 and 33 feet, but have been recorded to dive up to 230 feet!

Loons are monogamous creatures. A specific male and female will remain together during breeding attempts, rearing offspring, reuniting in the spring, and continued breeding attempts for several consecutive years. The loons on Sabbathday have heretofore been unsuccessful in their attempt to hatch a chick. Over the past summer, there was a nest on Loon Point, which is unfortunately one of the most popular swimming spots on the lake. Longtime resident Diantha Grant contacted Maine Audubon for assistance and they were able to put a warning marker by the beach; but regrettably, the chick still did not survive.

According to Maine Audubon, Continual Nest Failure is what happens when a loon pair has failed to hatch chicks every year for at least three years, or three of the past five years. One way that biologists have chosen to address this problem is the placement of a loon raft. A loon raft mimics a natural island, rises and falls with fluctuations in water levels, and has a nest that floats one to three inches above the water. According to Maine Audubon, determining whether or not a raft is a good idea for a specific environment should consider the following six questions. First, is there a territorial pair present on the lake? Second, has the pair failed to produce chicks for three out of the last five years? Third, is the lack of success for the nest due to something that a raft could address? Fourth, does the lake have a protected site anywhere away from wind, waves, and boat traffic that has two to six feet of water? Fifth, is there a dedicated group of people willing to regularly monitor the raft? Finally, is a raft a better option than doing nothing at all?

Those of us on the Lake Association Board of Directors agreed that the answer to all of these questions was yes. Diantha contacted Tracy Hart at Maine Audubon in June and was able to obtain a lot of helpful information about how to get this process started. Tracy said that Maine Audubon would be happy to assist in the placement of a raft next year. They could provide the raft and materials free of charge, all we would need to come up with on our end are two cinder blocks to anchor it to the bottom. She added that they could help with the initial placement, and that this process should happen anytime between ice-out and May. The raft should be monitored at least once a week, which would include making sure it is safely secured, that the loons have cover, and that there are no other problems. Maine Audubon would provide training on how to do the monitoring and the appropriate forms to use.

Those of us on the Lake Association Board are very excited to move forward on this project in the spring. Stay tuned for more information!

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



Summer/Fall 2022



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: _____

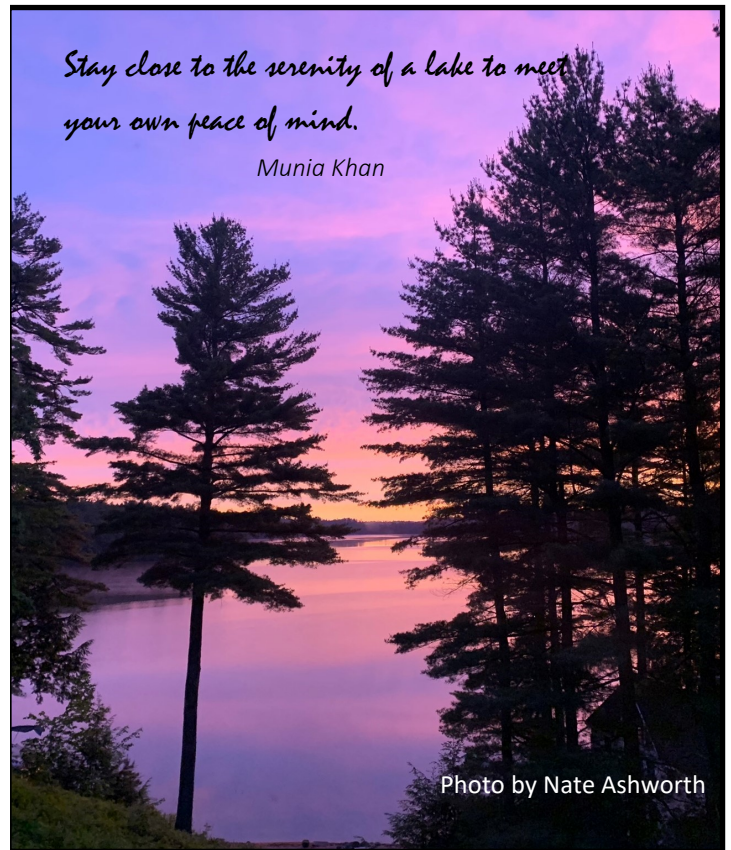
Membership applications and annual dues can be sent to:

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



*Stay close to the serenity of a lake to meet
your own peace of mind.*

Munia Khan

Photo by Nate Ashworth