

Sabbathday Lake News

Fall/Winter 2020-2021

Photo by Sharon Scannell

THE PRESIDENT'S MESSAGE — NEW CHALLENGES

Chris Ricardi, President



Greetings to all in our lake association. I hope that everyone has remained healthy this past summer and that people were able to enjoy the lake. We lament that there was not the normal socializing that

we have grown accustomed to. It makes me appreciate even more the couple of meetings we have each year and getting a chance to join together each summer to talk about the association's efforts to help maintain the vitality of Sabbathday Lake. We are still here and trying to do what we can. Hopefully next year will be a better situation.

We were able to continue our most important programs. Through LakeSmart we teamed with a landowner on a project to fix eroding driveways and walkways. Our IPP volunteers checked the lake again this year for milfoil and other invasive plants. Once again only native plants were observed. We did our best to watch the boat ramp with our CBI grant and the effort of some volunteers. There were several instances this year

where new volunteers contacted me. Following the normal process for new volunteers, I provided some initial training and asked them to look at videos on the Maine Department of Environmental Protection (MEDEP) website. The main video illustrates how to greet boaters and do a thorough inspection: check the motor, including the shaft and propeller, the trailer supports and rollers and axles, boat lines and anchor, fishing gear, and boat interior and exterior. Something all of us should do each time we launch. But there was another video about precautions that are recommended for Covid-19. After watching the video several of our volunteers reconsidered the circumstances and decided to wait until next year to help at the boat ramp. That is the kind of year it has been.

We are also seeing some other changes on our lake that have come to light. Several of the coves at the mouths of the major brooks entering the lake appear to be filling in with sedimentation at a rate that seems to be accelerating and abnormal.

There are visual transitions from floating and submerged vegetation like pondweed and lily in the shallows to emergent vegetation like pickerelweed that chokes off shallow areas. We believe this might be partially due to road sand runoff and relatively large amounts of it washing into culverts and into the tributaries during spring rain events. But there is likely more to this. I have met and discussed this with MEDEP and other local scientists. Our regional fisheries biologist has mentioned to me several times that he has seen this recent phenomenon on other lakes in southern Maine, and he believes it is related to climate change. The rising level of greenhouse gases in the atmosphere absorb more energy and is creating increasingly heavier rain events. Erosion within the watersheds, and within the stream beds themselves, is increasing. The sediment, soils, gravel, and anything else in the path of the surging rivulets are pushed downstream.

It is not just happening at our lake. Major flooding events on the Missouri River and the Mississippi River, the largest river system in America, were devastating in 2019.

In many areas of the country the statistical models that have been used to predict 500-year and 1000-year flood events in the past are being redefined by geographers, city planning boards, and even insurance companies based on data from the past decade because the old models don't work anymore. Houston has experienced three 500-year floods in the last three years.

Back in the 1980s NASA scientist Jim Hansen rang the warning bell issuing stark testimony to Congress and the world about climate change, urging that aggressive steps be taken to reduce the man-made atmospheric changes that drive it. I saw on the news program *60 Minutes* this week that the graphs that NASA published predicting rising temperatures in the 1980s proved to be accurate based on what has been measured the last three decades. This is not a surprise if one believes in science.

Hansen, now retired from NASA and working in a climate studies program at Columbia University, says the world has failed miserably. We face lots of challenges. We are not immune from change even at a small lake in Maine. I am happy for what our small volunteer organization can do and sorry for what we

can't. Let's keep the faith that next year will be a better one.

SDLA IS A PROUD MEMBER OF



**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 to support our efforts.



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)

Hello everyone, we have had what appears to be another successful invasive plant survey again this year at Sabbathday Lake. All the data has 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 like to note that the reason we were able to get this done this year was through the extra efforts of our team along with some Association members stepping up to join the SLIPPers. We had two members of the team who were unable to survey their sections this year. In order to survey these areas Allen and Carolyn Marsh and Don and Diantha Grant volunteered to do these sections along with their own. I'm also very happy to note that two Association members have decided to join our team. Gerry Deschaine and Dan Wheatly who have picked up some sections due to the retirement of two volunteers. I want to thank Greg Whitney and Tom Wilson for their contributions over the past years. In spite of all these challenges this year I'm happy to say our IPP team rose to the occasion.

My final Secchi reading of September 15th was 7.4 meters which is slightly below normal for this time of year.

The invasive plant threat continues and our determination to monitor what gets into our Maine lakes highlights our need to participate in the **Courtesy Boat Inspection** program. The (CBI) program here at Sabbathday Lake 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). Both of these programs will only succeed with dedicated volunteers! If you would like to join in either of these efforts, please let us know. I look forward to seeing everyone this spring.

Best Regards & Winter Well,

Mike Cloutier



WAKE BOATS ARE A CONCERN ON OUR SMALL LAKE. AS WE SEEK TO PRESERVE IT, EROSION AND WATER QUALITY ARE AT STAKE. THIS ARTICLE SUMMARIZES HOW THESE BOATS CAN AFFECT THE LAKE SHORE.

Popularity of Wake Enhancing Boats Causing Increased Damage to Michigan Waterfront Property and Natural Areas

Michigan Lake and Stream Associations has received an increasing number of phone calls and e-mails in the past two summers from lakefront property owners expressing concern about the collateral damage rendered to docks, boats and natural shorelines from an increasing number of wake enhancing boats operating on Michigan's inland lakes. Wake boarding and surfing has increased in popularity in recent years and with it has come a boom in sales of wake enhancing boats designed to create large, high energy waves. Nationwide, sales of boats used for wake surfing and similar watersports increased 14.6 percent last year. Increased sales of wake enhancing boats has helped revive the ski-boat industry after the Great Recession, according to Jay Povlin, Vice President of Sales and Marketing for Vonore, Tennessee-based MasterCraft.

Most modern wake enhancing boats are designed with variable ballast systems which allows the user to pump water into and out of ballast tanks from the surrounding water. Increasing the volume of ballast water drastically increases the boat's water displacement which consequently enlarges the wake produced. The potential for damage to docks and moored boats as well as the probability of shoreline erosion increases with the wake boat displacement, hull size, weight, and speed. The operation of wake enhancing boats can also create choppy, unpredictable water conditions that are hazardous to small water craft such a kayaks and light weight fishing boats.

Ballast laden wake enhancing boats operating near inland lake shorelines are capable of producing wave heights and frequencies that dramatically exceed those produced during even the most intense summer thunderstorms and/or high winds. The increasing negative impact resulting from the operation of wake enhancing boats on inland lake fish and wildlife habitat, water quality and on personal shoreline property strongly suggests that the operation of these boats on Michigan inland waters may require increased state regulation in the near future.

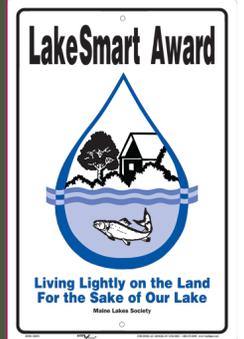
In the interim, Michigan Lake and Stream Associations recommends the following operating guidelines which are intended to help minimize the ecological and environmental impacts of wake boats. Wake enhancing boat operators should be advised to:

- Reduce their speed within 300 feet of shore;
- Not add ballast water or other extra weight to their boats;
- Not operate their boats near sandy areas, wetlands or lakefront residences;
- Avoid turning their boats in tight circles (tight circles increase wave height and frequency);
- Avoid operating their wake boats in shallow water or near natural shorelines



Annabessacook Lake
 Balch Pond
 Big Lake
 Bryant Pond
 Cobbossee Lake
 Cushman Pond
 Damariscotta Lake
 (Davis Stream)
 Great Pond
 (Great Meadow Stream)
 Grondin Pond
 Hogan Pond
 (Little Androscoggin River)
 Kennebec River
 Lake Arrowhead
 (Little Ossipee River)
 Legion Pond
 Lake Auburn and The Basin
 Little Sebago Lake
 (Collins and Mill Ponds)

Long Lake and Brandy Pond
 Messalonskee Lake/Stream, Belgrade Stream
 Mill Stream Norridgewock
 Northeast Pond and Milton Pond
 Ossipee River (Porter/Parsonfield)
 Pleasant Hill Pond
 Pleasant Lake
 Pleasant Pond & Cobbossee Stream
 (Horseshoe Pond/Purgatory Stream)
 Presumpscot River
 (Dundee and North Gorham Pond)
 Saco River (Limington to Biddeford)
 Salmon Falls River
 (Spaulding, Northeast, Milton Ponds)
 Sebago Lake
 (Songo River, Panther Run, Sebago Cove)
 Shagg Pond
 Thompson Lake and The Heath
 West Pond
 Woolwich Ponds

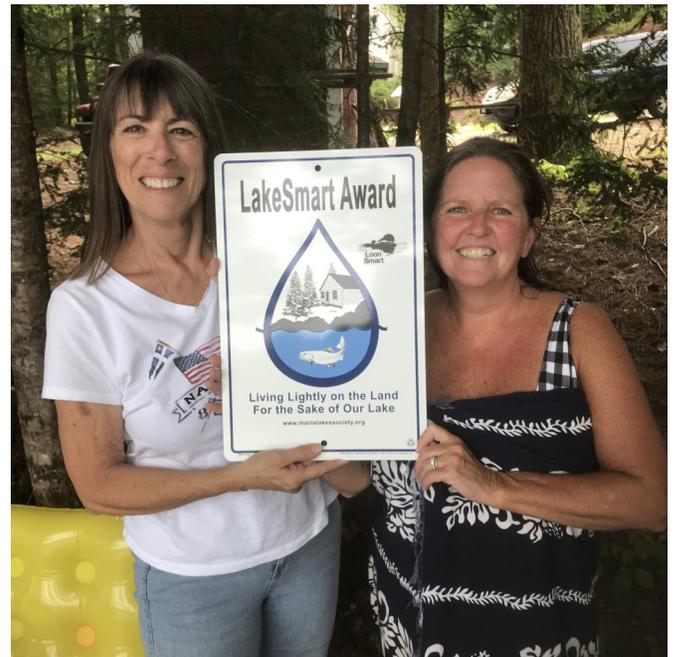


The Lake Association has approved an incentive program for property owners seeking to become LakeSmart. If you need to improve your Buffer Zone along the shoreline (that is, add new plantings to prevent erosion and soil run-off), SDLA will reimburse you 50% of your cost up to \$250 for your efforts.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

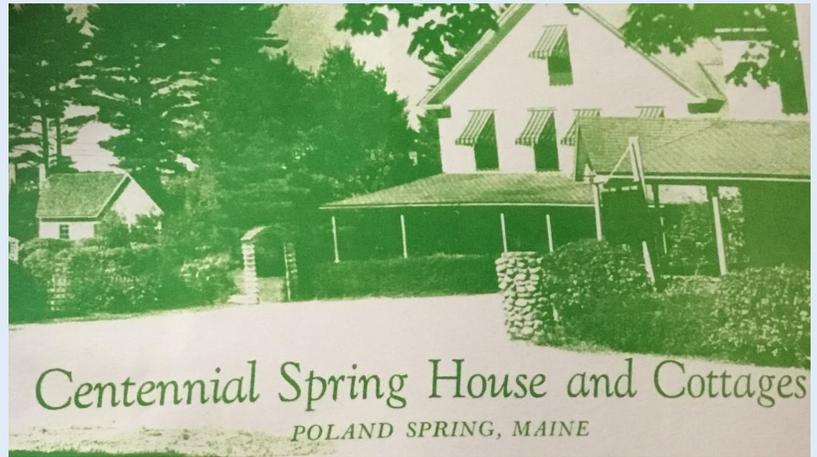


Congratulations to the Cushman Camps LLC for receiving their LakeSmart Award. Susan Crockett coordinated the effort.

George and Melissa True are working toward the award. Outlet Road presents challenges but hopefully, we can work them out.

A LITTLE HISTORY OF CENTENNIAL SPRINGS

Peter Yu shared this little piece of history with Anne Maurice, so we thought we would share it with you. There is no date on the literature, but it says South Poland, Maine and Sabbath Day Lake. Here's some text from their brochure.



“Situated on the shore of Sabbath Day Lake, in the town of South Poland, twenty-four miles from Maine’s largest city, Portland; four miles from the famous Poland Spring House, is the Centennial Springs House and Bungalows. It is on the main traveled state road, Route 26, to the White Mountains.

The Centennial is neither a hotel nor inn. It is your country home—your summer camp, where every convenience is offered and none of the restrictions of the summer hotel. Midst stately pines and on the shore of one of the most beautiful bodies of water, you will find peace and quiet furnished as only Nature can in the great outdoors. Here simplicity and unaffectedness is the only convention—the only component parts essential to a happy vacation.

Of course if you seek action, it is here for the taking. A fine sandy beach, diving raft, floats, canoeing, boating and fishing. Sabbath Day Lake is stocked with trout and salmon, but other fish are in evidence. Trolling or fly casting is the custom. There are croquet grounds, shuffle board, tennis, basketball and volleyball courts. Golf within a few miles of the house. There is a pool room where enjoyment can be found during the hours of inclement weather.

Rooms in the main house and annex are cool, airy and comfortable. There are several bungalows accommodating four to eight persons, nicely furnished with modern conveniences. These may be engaged for the entire season or for a shorter period if available. A spacious lounging room, with its large fieldstone fireplace, is a popular place evenings or when the weather will not allow for outdoor pastimes. The main dining room in the annex, with its large seating capacity, is operated for the use of regular and transient guests. The one in the main house may be reserved for special parties.

The table is supplied with an abundance of food properly prepared and served. Nearby farms supply our fresh vegetables, milk and cream. Portland and Lewiston markets afford a constant supply of many of the good things on our menu. Centennial Springs water, from which the house derives its name, is noted for its pureness and is served exclusively in rooms and at the tables.

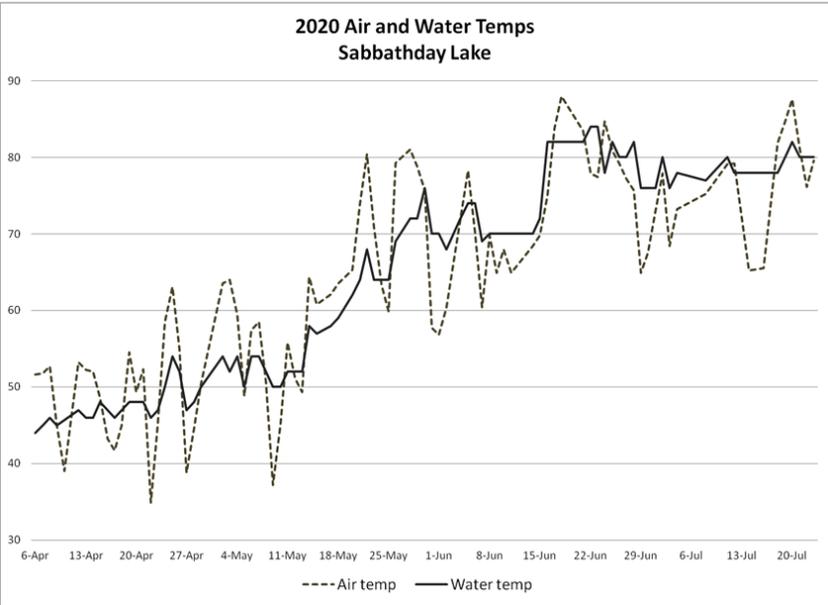
Less than two miles away is the interesting and picturesque Shaker settlement—just a pleasant walk before lunch. A little further along you will find the incomparable Poland Spring, a journey you will doubtless make many times while at the Centennial.”

*Rates: June 15—September 15
\$9—\$10 each person per day
Children under 5—half rate
Children 5—9 are two-thirds rate*

Contact Frank Cooper, Poland Spring, Maine

SUMMER 2020 AIR AND WATER TEMPERATURES

By Paula Gauthier



Eagle pair and eaglet in flight by Sharon Scannell



By Diantha Grant

The eagles had another successful breeding this year. For the fourth year, we had a pair of eaglets. You can imagine my surprise when I looked out our patio door and saw both of them on the beach between Morrison's and Tupper's. They fledged a little earlier than previous eaglets. And I've recently seen the adults back readying the nest for next year!



"Mindfulness arises when you allow your attention to fall effortlessly on the breathing point like an autumn leaf falling on a lake of still water"

- Amit Ray, Beautify your Breath - Beautify your Life

STU BELDEN



We were saddened to hear of the death of Stu Belden on October 5. Stu was a lifelong resident of Arlington, Massachusetts. Stu, and his wife, Charlene were summer residents on Sabbathday Lake for many years.

Stu is survived by his four children; son Richard and his wife Jeanne Belden of Montvale, NJ, daughter Jennifer and her husband Robert Carey Jr. of Abington, MA, daughter Meredith and her husband John Cadman of Wakefield, MA, and daughter Christine and her husband William French Jr. of Arlington, MA. He is also survived by his ten grandchildren; Timothy and Jessica Belden, Robert III, Lila, Jack, and Grace Carey, Daniel and Andrew Cadman, Cameron and William French III. Brother of Martha Belden of Acton, MA.

Stu is a proud graduate of Arlington High School, Boston University and University of Massachusetts (MBA). His entire career was spent at Raytheon where he retired after 35 years.

Stu was a member of the Invasive Plan Patrol . We will be making a donation in his honor to the Dana-Farber Cancer Institute.

Photos by Sharon Scannell

Cormorants—this pair hung around most of the summer.



Morning Paddle



Steve and Althea Driscoll Cruising



Patricia Morris and friend





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



We are a little behind in membership this year, so if you haven't paid for 2020, please do so. We will also accept your 2021 dues any time.

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



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.

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Newsletter Designer
Diantha Grant
dondigrant@gmail.com

2020-2021

Board of Directors

(Term expires in parentheses)

Chris Ricardi, President (2022)
Dave Becker, VP (2021)
Ruth York, Secretary (2022)
Anne Maurice, Treasurer (2023)

Lori Allen (2022)
Mike Cloutier (2023)
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.



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



Photos by Sharon Scannell

