

# Sabbathday Lake News

FALL/WINTER 2016

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## KEEP MOVING FORWARD

**Chris Ricardi, President**

Each Spring the Sabbathday Lake Association Board of Directors meets a few times to make plans for our activities for the coming year. The first board meeting is usually held in March or April, and for the most part, our goal is to identify the things that need to be done to keep our basic conservation programs alive. This year we started meeting in December. We were given the opportunity to provide information to the New Gloucester Board of Selectmen, as well the town's environmental resources committee who requested information on the milfoil threat. We wanted to offer a thorough, thoughtful presentation to these groups and provide useful information on what we are doing for the lake and why we are doing what we do. So things started earlier this year. By April we were back to the business of organizing the same programs that we have had on our calendar list for many years. This included planning the courtesy boat inspection (CBI) program, the invasive plant patrol (IPP), our annual wa-

ter testing, the LakeSmart initiative, and our continuing goal of providing information to our members on ways to help manage our properties and protect the water quality. There are many things that need to be done each year like tracking membership & finances, organizing our meetings and keeping records, planning outings, writing newsletters, updating the website, and addressing questions we receive from members about things that are happening on the lake.

I think we are very lucky to have a group of dedicated members who have been willing to join the Board and offer to help keep these initiatives moving forward. And we are also very fortunate to have other members who help out by contributing their time to work on one or more of our activities. It's good to pause regularly to think about this and appreciate what we have been able to accomplish as a lake association.

This year we continued the courtesy boat inspection (CBI) program. With the help



of Lillian Nayder, we were once again able to get a State grant for the milfoil program that covered most of the costs. We recognize an increasing threat because several lakes in our area now have milfoil (see map on page 5). Each year we have boaters launching at the Outlet Beach ramp who report that these lakes were the last place their boats were used. We have never been able to have inspectors at the ramp for all days and hours, and our program is not perfect, but we are moving in the right direction. This year we made a goal of trying to have CBI inspectors cover more time periods even if it meant spending more money than the grant covered.

(continued on page 4)



Show your lake pride. T-shirts are available at The Shaker Village Store. \$19.00

*"The greatest threat to our planet is the belief that someone else will save it."*



One of two adult eagles who produced two eaglets this year at the eyrie on the west shore. Photo taken by Bill Morrison from True's Point.

ENVIRONMENTAL STEWARDSHIP refers to responsible use and protection of the natural environment through conservation and sustainable practices. Aldo Leopold championed environmental stewardship based on land ethic "dealing with man's relations to land and to the animals and plants which grow upon it."

Aldo Lepold 1887—1949.

There are 3 types of environmental stewards: doers, donors, and practitioners. Doers go out and help the cause by taking action. For example, the doers in an oil spill would be the volunteers that go along the beach and help clean up the oil from the beaches. A donor is the person that financially helps the cause. They can do anything from donating their money, to having galas or other fundraisers. They are typically governmental agencies. Lastly there are practitioners. They work on a day-to-day basis to steer governmental agencies, scientists, stakeholder groups, or any other group toward a stewardship outcome. Together these 3 groups make up environmental stewards and with their help keep the ecosystem running healthily. Anybody can be an environmental steward by

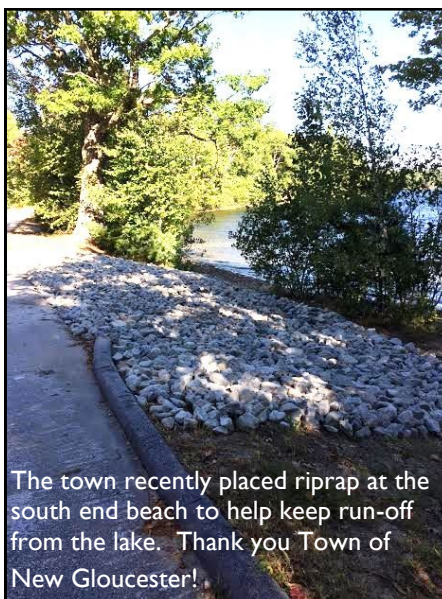
being aware and knowledgeable of the world around them and making sure they do as little as possible to negatively impact our world. Without these groups, it would be hard to get any sort of sustainability in our world with its increasing technology, pollution, and industrial-based issues.

Every lakefront property owner has the opportunity to be a good steward. We are fortunate to have an active Lake Association. We are extremely fortunate to have The Shakers helping us to preserve the pristine beauty of our western lakeshore. Krista's role at The Outlet Beach with the Courtesy Boat Inspectors is critical to the continued safety of our lake from invasive species. But it takes all of us to protect our lake. Your participation in the LakeSmart program shows you have taken extra steps to ensure the quality of our lake for the generations to come.

### AN INCENTIVE TO BE LAKESMART

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 with a goal of receiving the award, we have a sign for that, too!

The self-evaluation form is on our website. It's easy and painless and it's FREE.



The town recently placed riprap at the south end beach to help keep run-off from the lake. Thank you Town of New Gloucester!

### Who's Next to Earn Our LakeSmart Award???



Julie Ricardi

To find out more about the Sabbathday Lake Association, as well as contact information, the services and information it provides to property owners or others interested in our Lake . . . Visit our Website at [www.sabbathdaylakeassoc.org](http://www.sabbathdaylakeassoc.org)





As I write this article we are completing our fifth annual invasive plant survey of the lake. As you may know we have broken the lake down to 25 individual zones, 12 on the East Shore, 12 on the West Shore and several shallow spots in the lake. Many of our volunteers are able to survey 2 sections each year. This year we have had good participation, which should allow us to complete another Level 3 survey (entire littoral zone) of the lake.

Sabbathday Lake Association IPP (SLIPPers) by the numbers for 2015 (recap):

- 19 Volunteers participated
- 89 On-the-water survey hours were donated
- 74 Non-water hours donated
- 165 Total volunteer hours donated
- 8 new native plants identified in 2015

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

Our proposal to put together another IPP 101 Training class was accepted by the Maine Volunteer Lake Monitoring Program and was held at the New Gloucester Congregational Church on August the 6th, 2016 with over 60 participants from around the state in attendance. But more importantly we had 4 SDLA members

attending who qualified for their certifications.

They are George and Logan True, Craig Doremus and Chris Ricardi. Also attending for a refresher were Stu Belden and Don and Diantha Grant. The event was cosponsored by the Crystal Lake, Highland Lake, Thompson Lake Environmental and the Little Sebago Lake Associations.

I want to thank and recognize SDLA volunteers Diantha and Don Grant and Chris Ricardi for their help in the setup and breakdown of the event and Cheryl Welch from the Crystal Lake Association and Pam Wilkinson from the Little Sebago Lake Association. These volunteers helped make this event a terrific success!

The threat of invasive plants entering Sabbathday lake is very real and would be physically and financially devastating if discovered. 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. We always need interested, concerned and involved SDLA members to pitch in and do their share. The continued good health of Sabbathday Lake is depending on you.

Have a terrific winter!

Regards,

Mike Cloutier



*Roberta Hill is the Invasive Species Program Director of the Maine Volunteer Lake Monitoring Program*



**More than 60 attendees at the IPP 101 Training Program**



**New SLIPPers Craig Doremus, George True, Logan True**



**Some of your SLIPper Team: Diantha Grant, Greg Whitney, Stu Belden, Don Grant, Cheryl Fortier, Chris Ricardi, Paula Gauthier, George True and our Leader Mike Cloutier.**

(Continued from page 1)

We asked for volunteers and we were successful. One volunteer, Ginny Paulson, did a great job covering the boat ramp many times during the summer. Ginny has an article to share her thoughts about the CBI program. We are hoping that more volunteers will offer to cover the boat ramp next year thus enabling us to have the most effective CBI program possible.

Through the IPP program we were able to survey the lake again for invasive plants. Thanks to the excellent organizational work by Mike Cloutier, the IPP is a great safeguard that allows us to find and remove any invasive plants that get in the lake before they spread. So far, so good, with no invasive plants found. In August we sponsored another plant identification training class with the Maine Volunteer Lake Monitoring Program (VLMP) for our members and we teamed up with other area lake associations. See Mike's article in this newsletter.

I took the class and became certified. It was an informative and interesting class which gave me a lot more confidence that I could identify the most common invasive plants as well as most common native plants. Classes like these provide critical training to

our IPP volunteers and increase our confidence that we can successfully do our surveys.

Thanks to the efforts of Diantha Grant we are moving forward with the LakeSmart process with several more property owners volunteering for reviews. We are hoping that this continues to grow over the next couple of years. See the information in this newsletter. I will again suggest that everyone look at the information on our website about this program. The LakeSmart links on our website contain a lot of good information for landowners. Remember that it is important that we all do whatever we can to prevent erosion or fertilizer/nutrient runoff from getting into the lake at our properties.

As another year passes on the lake, it is good to know that we are still at it. The lake water had very high clarity this year, partly due to the dry summer with little rainfall washing runoff into the lake. It is also due to the conscientious practices of most people who live at the lake. Keep up the good work. It is a wonderful thing to walk out on the dock in August and look deep into the lake and see the bottom so clearly. Thanks to all for helping keep it that way.



Photo by Cheryl Fortier

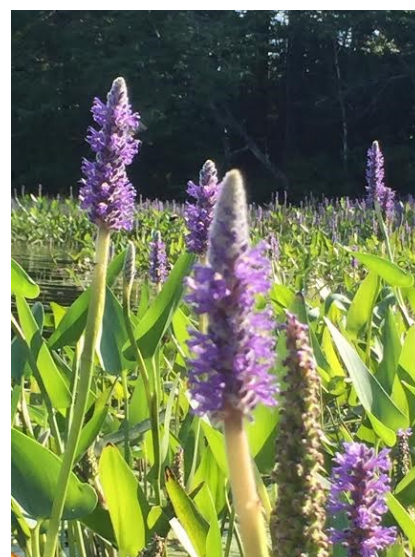


Photo by Diantha Grant



Harvest at The Shakers  
By Diantha Grant

## COURTESY BOAT INSPECTORS NEEDED!

Although summer of 2016 is over, we hope that you will think about how you as a lakeshore owner can help in the future. The SDLA is seeking volunteers for our courtesy boat inspection program. We are trying to have CBI inspectors at the Outlet Beach ramp on weekend mornings and evenings throughout the summer and on the Memorial Day and Labor Day holidays. Next summer, we will need volunteers for Friday, Saturday, and Sunday evenings from 6 pm to 7:30 pm. We are also looking for volunteers for some weekend mornings from 6 am to 9 am depending on calendar openings. Go to our website and look at the CBI page under "what we do" for more information. Please contact Chris Ricardi at 926-3721 or [jricardi@maine.rr.com](mailto:jricardi@maine.rr.com) if you are interested. Go to this link to see how to perform an inspection.

<http://www.maine.gov/dep/water/invasives/inspect.html>

*Thank You!*





## WHY DO WE DO THE THINGS WE DO?

By Ginny Paulsen, Courtesy Boat Inspector

Why do we do anything? If we don't see the possibility of a reward in a path we might take, we do nothing, or we go another way. The thing that makes us interesting, not only to ourselves, but to others, is, what we consider a reward. What "makes the sale?" as Mike Cloutier recently said. Here is what made the sale for me.

In June, I got an email from the Sabbathday Lake Association, asking for volunteers to do Courtesy Boat Inspections to keep aquatic species of plants and animals from getting a foothold in Sabbathday Lake. I've seen the damage done by *C. taxifolia* in southern California, Zebra Mussel infestations in Saguaro Lake, Arizona, and Lake Powell, but I didn't *do* anything. It took that email, offering me a way to help keep the lake safe, that began to make the sale for me. The buck was stopping at my mail box.

Chris Ricardi oriented me to the program. I don't think Chris believed I was serious about filling in all the blanks on the CBI calendar. I was not sure I believed it either, until later, when I did. I had already watched four videos on inspections. I'd read the CBI handbook. I read about Maine's invasive species. I went down to Outlet Beach and spent an informative and enjoyable hour and a half with Courtesy Boat Inspector Mike Cloutier. The next day I started my first shift. The summer went well. A smiling old lady with COURTESY on her t-shirt can get along with anybody. I may have gotten some avoidance, but I didn't get any resistance to my inspections. In fact, I got support and encouragement from most boaters and many other people at Outlet Beach and elsewhere. Besides, it was a nice break away from projects at home, to relax at Outlet Beach—a beautiful outdoor spot.

I could have ignored that email and my return email offering to volunteer might have been ignored, but that's not what happened. So what or who made the sale? The Sabbathday Lake Association Board of Directors made the sale. They followed up on my offer, my training. They gave me the opportunity to do good work. That was my reward. The Board of Directors and the Sabbathday Lake Association membership could not have been more supportive. There is no fluff on the Board of Directors. They are an inspiration; and Sabbathday Lake is better than ever for having them.

### What Does Milfoil Look Like?



We check boat trailers and propellers for Invasive Species like milfoil. Just one small piece can start an invasion. Sabbathday Lake is surrounded by lakes with milfoil. It can be managed but not eradicated. We check as many boats as possible and we appreciate your cooperation.



Ginny Paulsen



# Invasive Aquatic Plants

Infested Maine Public Waters, January 2016  
[www.maine.gov/dep/water/invasives/](http://www.maine.gov/dep/water/invasives/)

○ Dots Represent Individual Infested Waterbodies

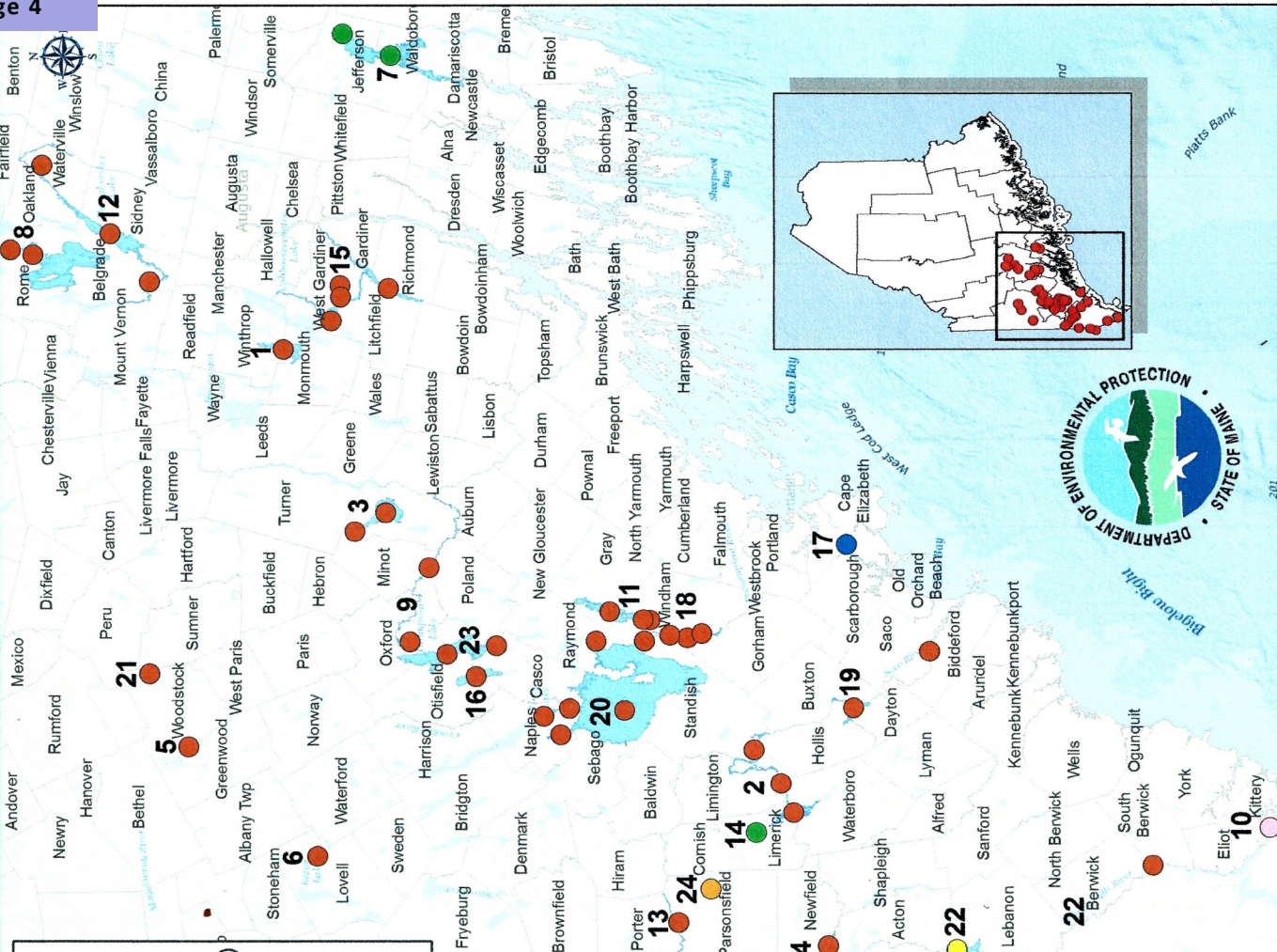
● Variable Leaf Milfoil (VLM) ● Eurasian Water Milfoil (EWM)

● Hydrilla (HYD) ● European Naiad (EN)

● Curly Leaf Pondweed (CLP) ● European Naiad and Curly Leaf Pondweed

## Infested Systems

1	Annabessacook Lake	VLM	14	Pickerel Pond	HYD
2	Arrowhead Lake Arrowhead and Little Ossipee River	VLM	15	Pleasant/Cobbossee	VLM
3	Lake Auburn	VLM		Pleasant Pond, Cobbossee Stream, Horseshoe Pond and Purgatory Stream	
4	Batch Pond	VLM	16	Pleasant Lake	VLM
5	Bryant Pond	VLM		Pleasant Lake	
6	Cushman Pond	VLM	17	Pleasant Hill Pond	EWM
7	Damariscotta Lake and Davis Stream	HYD		Pleasant Hill Pond	
8	Great Pond	VLM	18	Presumpscot	VLM
9	Hogan	VLM		Presumpscot River, Dundee Pond and North Gorham Pond	
10	Legion Pond	EN, CLP	19	Saco River	VLM
11	Little Sebago	VLM		Limington Rips to Bonney Eagle Dam, Skelton Flowage and Bladeford	
12	Messalonskee	VLM	20	Sebago/Brandy Pond	VLM
13	Ossipee	VLM		Brandy Pond, Songo River, Sebago Cove, Panther Run, Sebago Lake, and Sebago Basin	
			21	Shagg Pond	VLM
				Shagg Pond	
			22	Salmon Falls River	EN, VLM
				Northeast Pond, Spaulding Pond, Salmon Falls River Reservoir	
			23	Thompson	VLM
				Thompson Lake and The Heath	
			24	West Pond	CLP
				West Pond	







# 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: \_\_\_\_\_

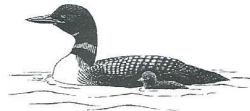
Membership applications and annual dues can be sent to:

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



## 2016-2017

### Board of Directors

(Term expires in parentheses)

Chris Ricardi, President (2019)

Dave Becker, VP (2018)

Ruth York, Secretary (2019)

Anne Maurice, Treasurer (2017)

Mike Cloutier (2017)

Cheryl Fortier (2018)

Paula Gauthier (2017)

Diantha Grant (2019)

Don Grant (2019)

Alan Gregory (2018)

Brother Arnold Hadd (permanent)

Ginny Paulsen (2019)



## 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)



*The Sabbathday Lake Association is a nonprofit organization. Any additional amount that you donate beyond your membership dues is fully tax deductible under the law. Your support helps us maintain the health and beauty of our lake.*

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



**FALL /WINTER  
2016-2017**

## Spring/Summer Lake Images

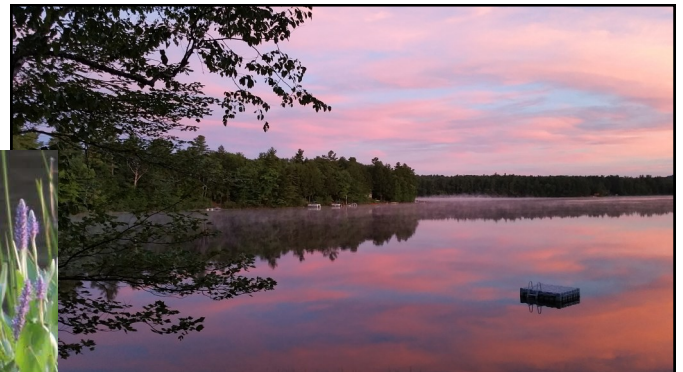


Canada geese & Goslings

*Bill Morrison of True's Point  
captured these*



Great Blue Heron



*Lake photos by Ginny Paulsen*



Eagle Fledgling

