

# Sabbathday Lake News



Spring Summer 2020

Photo by Eric Rohrbach

## THE PRESIDENT'S MESSAGE — KEEPING SAFE IN 2020

Chris Ricardi, President



Greetings to all of you who spent the winter at the lake and all those who are returning this spring to spend another summer at Sabbathday Lake. The trees, the beaches, the bays and coves, yodeling loons, and the clear water all seem very normal. But this year will likely prove to be an unusual one as our state and our country deal with the coronavirus. It is our hope that all of our members and their families have been able to stay safe and healthy the past few months and that this will remain true throughout the year as we spend time at the lake and enjoy what our little realm has to offer. The Sabbathday Lake Association Board of Directors has started planning our activities for 2020. Our Board meetings were virtual events via the Zoom computer conferencing platform with each

of us appearing as faces on a tiny square on the screen. It was the best option we had, and other than some technical difficulties encountered by a couple of us, the meetings went well. It reminded us that business as usual is now unusual.

The Association is currently planning to continue to do most of the things that we do to protect the water quality of the lake this year. That will not change. How we do it may change. We will still be seeking a grant from MEDEP to allow us to monitor the boat ramp during peak use times by using a student Courtesy Boat Inspector (CBI) and working with Outlet Beach. Outlet Beach plans to be open this year pending guidance from the State. I encourage members to stop by and support their business. We will continue to ask for volunteers to help cover evening and other

*(continued on Page 2)*

### LAKE ASSOCIATION CALENDAR OF EVENTS

**Wednesday, July 8**  
**Lake Association Meeting**  
**7:00 PM**  
**Location: TBA, no Pot Luck**

**Saturday, July 18**  
**Invasive Plant Patrol Kick-off**  
**9:00 AM**  
**Shaker Library (tentative)**

**Saturday, July 25**  
**Morning Paddle**  
**8:00 AM**  
**Departing from Outlet Beach**  
**(proceeding along south shore)**

**Monday, August 3**  
**Almost Full Moon Paddle**  
**7:45 PM**  
**Departing from Outlet Beach**  
**(proceeding along north shore)**

**Saturday, August 15**  
**Lake Association Meeting**  
**9:00 AM**  
**Location: TBA**

time periods that are open. See the schedule on the website and contact me if you are able to help. 207 926-3721. We plan to keep the Invasive Plant Patrol (IPP) going to survey the lake again later in the summer for milfoil and other invasive plants. The threat that milfoil poses has not gone away and we should be able to do the CBI and IPP safely.

The LakeSmart work will continue for those people who would like to be involved, and we will continue to do what we can to keep the water clear by trying to address erosion problems around the lake. We hope to continue the water quality testing program for another year. We will be having some logistical discussions with the consulting company that we hire to collect the samples and write the annual report, but we expect to be able to do that.

However, there is uncertainty regarding the annual business meeting in July and the second meeting in August. We expect to have the July meeting, or some iteration, but we are not sure how that will happen at this time. A decision will be based on the future

situation with the virus and recommendations provided by the Maine Center for Disease Control (CDC) and other scientific organizations that are monitoring the situations and advising the public. The July meeting may end up being done through a computer/phone conferencing platform. Similarly, the August meeting may or may not be possible and we will decide that later this summer. We will continue to communicate with our members using the email list that we have and through posting on the Association website. If you have a new email address, or if you are not sure if we have your email on file, send a note through the website and provide your email.

Get out and enjoy the lake when you can. Cast a fishing line. Take a swim. Float the dock and cruise out for a paddle or a boat ride. We hope to offer some paddling and maybe some other social events that are amenable to social distancing, but we do not expect to do many of the other social events we have done in the past. Good luck and keep an eye out for emails and postings on the website.

The SDLA is a proud member of

Maine Lakes Society



**AN IMPORTANT THANK YOU NOTE**

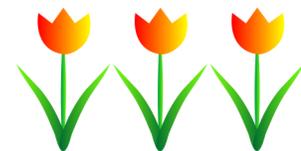
The Sabbathday Lake Association gets support from a number of sources each year that permit us to ensure the ongoing quality of our lake.

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](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.

## Sabbathday Lake Invasive Plant Patrollers, AKA (SLIPPers)

Hello members and friends of the Sabbathday Lake Association,

I hope everyone wintered well! I would like to share with you a brief recap of the successful efforts of the Sabbathday Lake Association Invasive Plant Patrol (IPP) in 2019. Many of our volunteers survey two or more sections and additional volunteers are needed. We were only able to complete a Level 2 survey of the lake in 2019 which means that the public launch area along with the shoreline littoral zone (which is the area of the lake which is up to 15 feet in depth) was surveyed for invasive aquatic plants. Our *goal* for 2020 (**our 8<sup>th</sup> year**) is to complete a Level 3 survey, which is the entire littoral zone surrounding the lake along with some low areas in the middle of the lake and coves. Hopefully we will be able to accomplish our goal this year.

Some 2019 survey statistics;

16 Volunteers participated

77 On-The-Water survey hours were donated

180 Non-Water hours donated, including Training, Preparation, Outreach, Travel, Plant Identification, Co-ordination, etc.

Total volunteer hours donated, 257 (Wow, a record number)

2 new Native plants identified in 2019, which brings us to a total of 49 since 2012

The results of this survey indicate that no invasive plants were found.\*

As these surveys continue from year to year, we feel that it is important to create a base plant inventory from which to work, so one of our goals is to try to identify all the native plants found in each sector of the lake. Based on our survey sheets, I have compiled a list of native plants. While some varieties are more prolific than others, not any one type was found in all sectors of the lake. In fact, some types were found in only very limited areas. Gathering this information annually will allow us to monitor these areas for future reference and to note any major changes that take place from year to year. If invasive plants are ever found in the lake it is critical that they are found early in order for control efforts to have any level of success.

Therefore, the impact of the IPP cannot be overstated!

With the proliferation of INVASIVE plants in many lakes surrounding us such as Lake Auburn, Little Sebago, Sebago, Brandy Pond, Thompson Lake and the Little Androscoggin River, 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 this expense of the eradication efforts, the lake shore properties have seen significant reduction in appraised value, and this should concern everyone!

### Where do we begin?

The **first** line of defense is keeping the invasive plants out of the lake in the first place by Courtesy Boat Inspections, (CBI) at the launch ramp.

The **second** line of defense is the Invasive Plant Patrol.

### How can I help, you ask?

Volunteer as a Courtesy Boat Inspector (CBI) at the boat launch.

*With an expected increase in boating activity this summer due to Covid-19, this could mean an increase in launchings at our boat ramp. This will entail an additional need for CBI activity as well. So please consider volunteering to participate in the very important activity.*

### Become involved with the Sabbathday Lake Invasive Plant Patrol

The future of this clean lake will depend on these efforts. Please contact us if you are interested in joining the fight to keep Sabbathday Lake free of invasive plants.

2019 was a disappointing year here in Maine as it relates to invasive plants. It appears that there have been two new discoveries in 2019. First, invasive plants were discovered on the Kennebec River in Hinckley, and the second was variable leaf milfoil in Big Lake in eastern Maine. Both of these invasive plants will be very costly to control, take many years to eradicate (if at all) and will have a negative impact on water quality, enjoyment of the lake as well as diminished property values near the affected area! These beautiful bodies of water will now be known “as having Milfoil”.

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. We will always need interested, concerned and involved Association members to pitch in and do their share.

In fact, we plan on having our annual IPP Kick Off meeting at the Shaker Village Library **on Saturday, July the 18<sup>th</sup> at 9 a.m. (this is based on the community being open)**. Why not mark your calendar, and come see what the fun is all about? The continued good health of Sabbathday Lake is depending on you. If you would like to join in the fun, please let me know.

See you on the water!

Mike Cloutier IPP Coordinator  
Member of the BOD



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

## WE NEED VOLUNTEERS

The SDLA needs your support. We need volunteers for the Invasive Plant Patrol, Courtesy Boat Inspections, and the board of directors. If you would like to dedicate a little of your time, please notify one of the board members. It's just a few hours over the summer or as much time as you would like to give.

- |                                     |   |
|-------------------------------------|---|
| Annabessacook Lake                  | Long Lake and Brandy Pond   |
| Balch Pond                          | Messalonskee Lake/Stream, Belgrade Stream                             |
| Big Lake                            | Mill Stream Norridgewock  |
| Bryant Pond                         | Northeast Pond and Milton Pond  |
| Cobbossee Lake                      | Ossipee River (Porter/Parsonfield)                                    |
| Cushman Pond                        | Pleasant Hill Pond  |
| Damariscotta Lake<br>(Davis Stream) | Pleasant Lake   |
| Great Pond<br>(Great Meadow Stream) | Pleasant Pond & Cobbossee Stream<br>(Horseshoe Pond/Purgatory Stream) |
| Grondin Pond                        | Presumpscot River   |
| Hogan Pond                          | (Dundee and North Gorham Pond)  |
| (Little Androscoggin River)         | Saco River (Limington to Biddeford)                                   |
| Kennebec River                      | Salmon Falls River  |
| Lake Arrowhead                      | (Spaulding, Northeast, Milton Ponds)                                  |
| (Little Ossipee River)              | Sebago Lake   |
| Legion Pond                         | (Songo River, Panther Run, Sebago Cove)                               |
| Lake Auburn and The Basin           | Shagg Pond  |
| Little Sebago Lake                  | Thompson Lake and The Heath   |
| (Collins and Mill Ponds)            | West Pond   |
|                                     | Woolwich Ponds  |

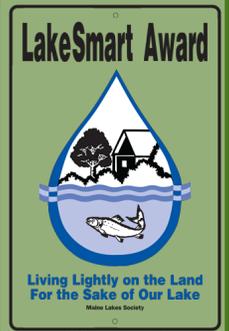


The Lake Association has approved an incentive program for property owners seeking to become LakeSmart. If you need to improve your Buffer Zone along the shoreline (that is, add new plantings to prevent erosion and soil run-off), SDLA will reimburse you 50% of your cost up to \$250 for your efforts.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

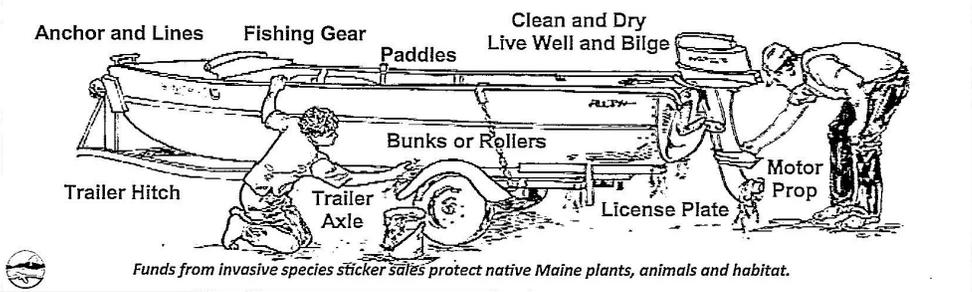
The self-evaluation form is on our website. It's easy and painless and it's FREE. We review these 4 areas: Driveway & Parking Areas, Structures & Septic Systems, Yard-Recreation-Footpaths, Buffer and Water Access. It takes less than 1 hour for the review.

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](http://www.sabbathdaylakeassoc.org)

Email Diantha Grant if you would like a LakeSmart Review: [dondgrant@gmail.com](mailto:dondgrant@gmail.com)



**CLEAN** boat, trailer, and gear. **DRAIN** and let **DRY**.



**FINES RELATED TO TRANSPORTING AQUATIC PLANTS:**

Up to \$2500 for transporting any aquatic plant.

Up to \$500 for failing to affix the invasive species sticker to your motorized craft (including seaplanes).



## Welcome Back to the Lake!

To protect your safety and ease your move to camp, we're offering these navigation aids for smooth sailing in this uncommon time.

### Happy Landings!

**Plan Ahead for Your Arrival:** Current Maine guidelines require those arriving from out of state to self-quarantine for two weeks upon arrival. Be sure you shop ahead and bring food and other necessities with you to last during quarantine. This will avoid you having to break quarantine.

**Precautions:** Our friends at The Nature Conservancy have helped put the recommended six feet of physical distance in perspective. If you need a face mask (recommended by the U.S. CDC), check with your town or church for local sources.

**Shopping in Maine:** Most general stores and many restaurants take online or phone orders, accept credit cards, and bring groceries, meals and other items out to your car. It is a great time to support our local businesses! Hannaford and Walmart have online ordering for drive-through grocery pick-up. Look online or call your local store for more information.

**Let Neighbors Know:** Let your neighbors know when you arrive, and tell them you plan to self-quarantine for two weeks. They'll appreciate your community awareness and may be able to help get you through quarantine.

**Boat Pick-up and Launch:** Call well in advance to arrange for boat pick-up, and practice physical distancing at launch sites. Friday afternoon through Sunday morning is often the busiest time at launches; avoid these hours and find a quiet interval for this premier rite of summer.

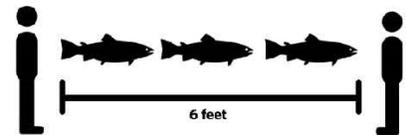
**Stay Informed:** The governor and the Maine CDC provide daily briefings about Covid-19 ([www.maine.gov/dafs/covid-19](http://www.maine.gov/dafs/covid-19)). Each Maine town has a health officer. Check with yours for the latest conditions in your area. Check back at Maine Lakes ([www.mainelakessociety.org](http://www.mainelakessociety.org)) for lake-related COVID updates.

**And One Last Word From Us:** Maine is a State of Mind as much as a physical place. A sense of community and caring for one's neighbor are as tangible to Mainers as the pine covered hills and granite boulders surrounding our sparkling lakes. When you arrive this year and reach out to your neighbors, and as you support your local suppliers and helpers, you'll be weaving the spell that makes this place like no other. Thank you for choosing to be part of it. We are glad you've arrived!

*"...and from then on, none of us ever thought there was any place in the world like that lake in Maine" - EB White, Once More to the Lake*

### Remember!

Always keep at least three Atlantic salmon of space between you and others



This Maine physical distancing reminder brought to you by  The Nature Conservancy

THE SABBATHDAY LAKE ASSOCIATION HAS ALSO WRITTEN A COVID-19 QUARANTINE STATEMENT. IT IS AVAILABLE FOR REVIEW ON THE WEBSITE. WE ASK THAT EVERYONE OBSERVE THE STATE'S RECOMMENDATIONS AND TO STAY SAFE!

## IN MEMORIUM



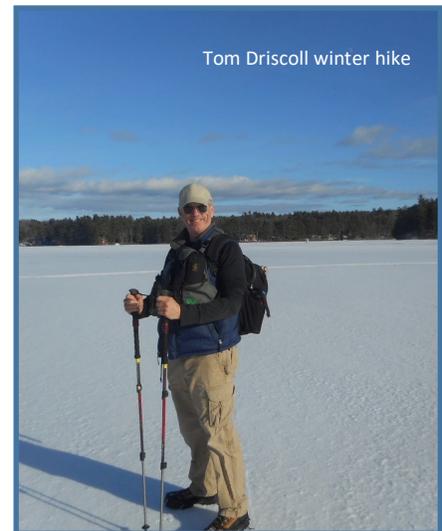
David Maurice, Sabbathday Lake friend and neighbor, lost a courageous battle with renal cancer in April of this year. David spent 30 plus years in this special place we call home and enjoyed the lake in all seasons. He is survived by his wife, Anne (current treasurer of the Sabbathday Lake Association), his children, Janessa and Brent, and his grandson Colby. He will be greatly missed.



Beth Steele, wife of Dave Steele of West Shore Drive, passed away on February 10, 2020 in Fernandina Beach, FL. She was born June 14, 1943 in Detroit, Michigan. She married Dave on December 22, 1962 and they lived in Michigan until retiring to Fernandina Beach and New Gloucester. In addition to her husband, Dave, she is survived by her sons, Scott (Ursula) and Doug (Kim); 3 grandsons, Matthew, Ryan, and Griffin; brother Tom (Sue) Wilson (also on the lake); and a sister, Gloria (Bill) Kansier of Port St. Lucie, FL.. Our sincerest condolences to Beth's family.



Loons of Fall by Diantha



Tom Driscoll winter hike

*"Find a calm lake and wait for the twilight in silence! There, existence will visit you with all its magnificence! The existence of the Existence can best be felt in the presence of dimness and in the absence of crowds and noises!"*

*Mehmet Murat ildan*

**AND THEN IT WAS SPRING! NO, WAIT, WINTER, NO SPRING!**

**Mother Nature was a real tease this May.** As the saying goes, if you don't like the weather in Maine, wait a day. Saturday, May 9th was that day. It was snowing—sideways—thanks to the wild wind.



By Diantha Grant



By Tom Driscoll



Tom's Snow Boat



Spring Sunset by Diantha



# 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



Reminder: Sabbathday Lake T-Shirts are on sale at the Shaker Store. This is an ongoing fundraiser for the Association. Special thanks to Brother Arnold for his support of this important project. Cost: \$19.00



**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)

**2019-2020**

**Board of Directors**

*(Term expires in parentheses)*

- Chris Ricardi, President (2022)
- Dave Becker, VP (2021)
- Ruth York, Secretary (2022)
- Anne Maurice, Treasurer (2020)

- Lori Allen (2022)
- Mike Cloutier (2020)
- Cheryl Fortier (2021)
- Paula Gauthier (2020)
- Diantha Grant (2022)
- Jennifer Gray (2020)
- Alan Gregory (2021)
- 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](mailto: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

Spring/Summer  
2020

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## **THE EAGLES OF SABBATHDAY LAKE AND DECORAH, IOWA** by Diantha Grant

For the 4th year in a row, our bald eagles have produced two eaglets. For those of you on the SDL Facebook page, I've been showing you photos and links to the eagles of Decorah in Iowa as a frame of reference as to where our eaglets are in their growth process. Our eaglets are about the same age. The first photo of the Decorah eagle triplets is at 10, 9 and 6 days old on April 15th and then Mother's Day at 4-5 weeks. I was able to see our eaglets through my binoculars and they are shedding their down and gaining flight feathers. They will probably start fledging in early June and will be active enough to see from your boats.

