

SPRING/SUMMER 2017

# Sabbathday Lake News

Photo by Paul Gillis

## DATES TO REMEMBER

*Lake Association Pot Luck  
Dinner and Annual Meeting*

Wednesday, July 12  
Fraternal Order of Eagles  
Bring a dish to share, your  
own plates and utensils.

6:30 p.m. Pot Luck Dinner  
7:00 p.m. Annual Meeting

Agenda: election of board  
members & officers,  
committee reports, summer  
projects and events.

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Saturday, August 19  
Shaker Village Event Tent  
Coffee & Donuts Served  
Guest Speaker: Wendy  
Dennis, Limnologist with  
Cobbossee Watershed

9:00—11:00 a.m.

*Your participation and  
interest are greatly  
appreciated.*



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

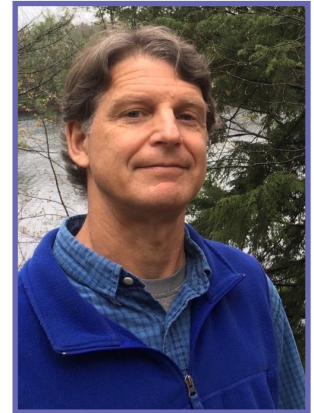
## GEARING UP FOR 2017

Chris Ricardi, President

It is a great feeling each spring to watch the ice break on Sabbathday Lake and to see the blue water materialize in front of the house. It took some patience this year. In early April there was still solid ice from shore to shore. But the sun kept doing what a spring sun does and on April 17 waves were lapping the shoreline. After a long and cold March, I welcomed the warming days of April and I began thinking about getting the kayaks out and uncovering the boat. I also began to think about the different things that the Sabbathday Lake Association (SDLA) would be doing to protect the water quality of our lake.

One of the most important things we can all do is to prevent erosion runoff from getting into the lake. At the risk of sounding like a broken record, we continue to talk about this and hope everyone living in the watershed thinks about ways to help. Eroded soils and sediment carry nutrients into the lake, which feed algae growth and starts a chain reaction that can cloud the water during the warm summer months. When the SDLA completed watershed surveys in cooperation with Maine Department of Environmental Protection (MEDEP) and the Cumberland County Soil and Water District in 1996 and 2009 the most significant findings involved roadways and driveways where rain runoff cuts channels and washes soil into the Lake. One big threat that was identified in both 1996 and 2009 was sand left

over from winter sanding operations. After the 1996 survey, engineering designs were applied to roads to try to divert road runoff into settling areas and away from direct paths to the Lake. Unfortunately, there are still some roadways around the Lake where road sand can be washed directly into the Lake. This past winter was a snowy one, and the town spread a lot of sand and salt on the roads within the Sabbathday Lake watershed. Some of these streets are back roads with low speed limits and the sanding seemed excessive. When the spring thaw finally got here, I was amazed at the amount of dirt and sand that was on the road in front of my house. I could see evidence of flow patterns of rivulets that clearly showed sand runoff that happened during the first rain storms. I got into my car and drove around the Lake to investigate the situation on the roadways and to look for specific areas where the road sand had washed into the lake. I found several. This year the SDLA board began to explore the possibility of working with the Town of New Gloucester to review the use of road sand in areas that directly impact the Lake, and we plan to discuss the possibility of identifying sections of roads that could be considered low sand/salt or no sand/salt. This practice is used in other lake watersheds in New England to protect water quality. We hope to formulate a plan that



will reduce this risk to the Lake. Over the past several years we have worked together with the Town of New Gloucester and have found the administrators and selectmen to be very interested in ideas we have and what we are doing as an association, and they have proven to be good partners when there are things we can work on together to protect the Lake.

In regards to the Town, I want to offer thanks to Paul First who has been the Town Manager for the past few years. He has always been eager to listen and act as a liaison for the Association, and he invited us to present lake related issues to the selectmen and town committees. Part of our charter as an organization is to provide education on lake conservation practices to our members and the greater community. Paul has been very helpful. Paul stepped down this year and we wish him the best of luck in the future.

The annual water quality testing is done in conjunction with the Town. Each year the Association receives help with funding needed (continued on page 4)

*Thanks to the 2016 Sabbathday Lake Association members – all 90 strong! Your financial support continues to protect our lake.*

The SDLA Board of Directors

Richard and Lori Allen, Debbie Dunlap Avasthi\*, Nicole and Dave Becker\*, Elaine Becker\*, William and Joanne Begert\*, Stuart and Charlene Belden\*, Roger Bergeron\*, Ronald and Carol Beyna\*, Florence and Robert Bonney, Douglas Brown, Anna Caswell-Chandler\*, Norman and Tahlia Chamberlain, Stephen and Natalie Chandler\*, Becky and Jim Clark\*, Michael and Joan Cloutier\*, Kathleen Cruz, Sandra Cullinan, Cushman Camp LLC, Leonard and Patricia Daley\*, Elizabeth Davis, Rachel Deckard, Gerard and Benita Deschaine\*, Diana Dowd and Craig Doremus\*, Stephen and Althea Driscoll, Thomas and Katherine Driscoll, Jo Ann and David Driscoll\*, Kevin and Penny Ducharme, Eleanor Fellers\*, John and Janet Foley, Richard and Cheryl Fortier\*, Fraternal Order of Eagles\*, Karen and Karl Frohlick, Paula Gauthier, Jackie Parent Gerard Legere, Greg and Nancy Gilbert\*, Paul and Carol Gillis\*, Donald and Diantha Grant\*, Jennifer Gray\*, James Gray, Alan and Cathy Gregory\*, Tim and Becky Gregory\*, Normand and Michelle Groleau\*, Lee and Sandra Harper, Brandy and Justin Hebert, Richard and Linda Hildebrand, Thomas and Mary Beth Johnson\*, Kate and Danny Johnson/Bergman, Brenda and Michael Jones, Nicholas Karamessinis, Mary Konstantin, Donald and Janet Lambert, Herbert J (Ellen Frankel) Levine, Peter and Diane Libby\*, Carolyn and Allen Marsh, Albert Marston, David and Anne Maurice, Cheryl and Shaun McKinnon, Vivek and Heather Mehra, Dennis Omer Morin, Patricia Morin\*, Harry and Paulette Morin McNally\*, Bill and Nancy Morrison\*, William and Susan Morrison\*, Ali and Munira Naqui\*, Beverly Ouellette, Ginny Paulson\*, Kevin and Tracie Pellerin, John and Karen Pennell\*, Alan and Elizabeth Peoples\*, Pamela R. Pinette\*, Christian and Julie Ricardi, Barbi and Davis Richardson\*, Mary Richardson\*, Charles Rodis, Diane and John Salisbury\*, Sharon and Kevin Scannell, Amy and Jason Sears, James and Pamela Selberg, Carl and Catherine Shaw, Tom Schupp and Nancy Thomas\*, Steven and Cynthia Smith\*, Pamela Spriggs Kern, Beth and David Steele, John and Paula Sturgis\*, Cathryn Thomopoulos\*, Catherine Thorpe\*, George and Melissa True, Thomas and Birgitta Tupper\*, Tom and Amanda Underwood, United Society of Shakers, Dan Wheatly and Lucinda Brandt\*, Greg and Linda Whitney\*, Tom and Sue Wilson, Ruth York

*\*The Board appreciates the 47 members who donated in addition to their dues. Your added contributions help tremendously with our water quality efforts.*

#### 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.

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



Photo by Diantha Grant

Maine Lakes Society

**Maine Lakes Conference  
Saturday, June 24, 2017**

**University of Maine  
Orono  
8:00 a.m. to 4:00 p.m.**

**If you would like to attend,  
the SDLA will pay for your  
registration.**

**Your first step toward  
Stewardship!**

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)



It is with great pleasure that I announce that we completed our fifth annual invasive plant survey of the lake last fall. As you 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 2 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 2016 (recap):

19 Volunteers participated in the 2016 Survey  
Level 3 Survey Completed (entire littoral zone)  
222 Total Hours donated to the 2016 effort  
83 of those hours were on the water and  
139 Hours donated to: Training, Preparation, Outreach, Travel,  
Plant Identification, Co-ordination, etc.  
3 New Plants were identified in 2016 survey  
Total number of plants identified by the IPP team stands at 44

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

In 2016 we organized and co-sponsored an IPP 101 Training class put on by the Maine Volunteer Lake Monitoring Program which was held at the New Gloucester Congregational – Christian 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 certification. 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 Association, Highland Lake Association, Thompson Lake Environmental Association and the Little Sebago Lake Association.

I want to thank and recognize SDLA volunteers *Don and Diantha 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 SLIPPers do not have any major events scheduled for this year. We plan on having our annual Summer Kick Off meeting to get updated on the latest data and information surrounding the threat of Invasive Plants in Maine. And we will be holding our annual survey July through September.

Our Kick-Off meeting will be held at the Shaker Community Library on Saturday, July 15<sup>th</sup> at 9AM. To learn how you can participate please let me know by calling 786-3392. Coffee and pastries will be provided. [Come and join in the fun!](#)

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. The continued good health of Sabbathday Lake is depending on you.

Have a terrific summer and I hope to see you on the lake!  
Mike Cloutier

For those interested in learning more about the Invasive Plant threat who would like some training in identifying these plants, here is an excellent opportunity to become a certified plant patroller. There are three IPP 101 training sessions in the area. Call Mike Cloutier if you are interested at 786-3392.

July 11, Standish Town Hall, Standish, Maine  
July 25, Maine Lakes Science Center, Bridgton, Maine  
August 23, Center for Citizen Lake Science, Auburn, Maine



(Continued from page 1)

to hire the consultant, FB Environmental Associates in Portland, who completes the water testing and writes the annual report. In turn, the Town receives a copy of the annual water quality report, which is then included in the annual report. I provided FB Environmental some feedback in 2015 regarding the report content, and in the 2016 report they did a great job revamping the report format and providing clear discussions of testing data and what it means regarding the lake water quality. A copy of the 2016 report can be viewed from the SDLA website. I highly recommend anyone who is interested in learning about the current state of Sabbathday Lake water quality to check out the 2016 report.

Another thing happened this year that is a great source of positive karma for our community on the Lake. The New Gloucester Eagles Club (Fraternal Order of Eagles) located at the south end of the Lake offered to host a fundraiser breakfast for the SDLA on Sunday, July 2. In fact, we met with them recently and learned that the 600 members of the Eagles Club in New Gloucester raise a lot of money each year to support local and national charities. This year they decided to support the SDLA. It is a wonderful feeling to have them recognize the work we are doing and offer to help like this. We would like to thank David Marston and all of the Eagles members who have offered to host this fundraiser. They also have offered their meeting room for our July 12 annual business meeting and pot luck. See the notice on page 3 regarding the upcoming fundraiser and the meeting. I encourage everyone who can make the breakfast to join in

and invite your families and friends to come!

We will be continuing our efforts to keep milfoil and other invasive plants out of the Lake again this year with our Invasive Plant Patrol survey and our boat inspection program. Each year the Maine Department of Environmental Protection publishes an updated boater handout that has a map of infested lakes in Maine. Each year there are more yellow dots identifying surrounding lakes that have milfoil. The first line of defense is Courtesy Boat Inspectors (CBIs) at the boat ramp on Outlet Road. We will be using student CBIs and teaming with Bresca and the Honeybee at Outlet Beach like we have done in the past. This provides boat inspection coverage for most weekend mornings and other times when the Outlet Beach is open. Like last year, we are seeking additional CBI volunteers to cover weekend evenings from 6-7:30 after the Outlet Beach closes for the day. It is a very easy and relaxing situation. Bring a chair and a book, and enjoy an evening on the lake shore. We will provide information and training for anyone who would like to volunteer. There is a schedule posted on the website that shows open timeslots. If you are interested call me (926-3721) or send an email to me at [jricardi@maine.rr.com](mailto:jricardi@maine.rr.com).

We will continue our LakeSmart program in an effort to help property owners identify ways they can help reduce impacts on the Lake. Through LakeSmart we offer site reviews by experts from the Maine Lakes Society. For the past two years the SDLA has offered matching funds for plants used for erosion control. This year matching funds will also be offered for other types of materials that are

needed to address landscaping improvements identified during a Lakesmart review. We hope LakeSmart will be a valuable way property owners can learn about things they can do to further manage their properties and help the Lake. I think it is important to note that many people are doing an excellent job with their properties. That is the primary reason we have clear water in the summer months. But the loading of nutrients from runoff is a cumulative effect where many small problems such as roadway, driveway, and other types of property erosion add up to a larger impact on the Lake. Whether participating in LakeSmart or not, we hope that everyone remains vigilant in these efforts.

Enjoy the summer days and the clear water.



Photo by Paul Gillis



Photo by Steven O'Connor

In Memoriam  
Sister Frances A. Carr  
3/13/1927 - 1/2/2017

Sabbathday Lake lost a great friend this past winter. Sister Frances Carr left us quite unexpectedly after a brief illness. She was surrounded by her family and she went peacefully at home. This year would mark her 80th year as a member of the Shaker community.

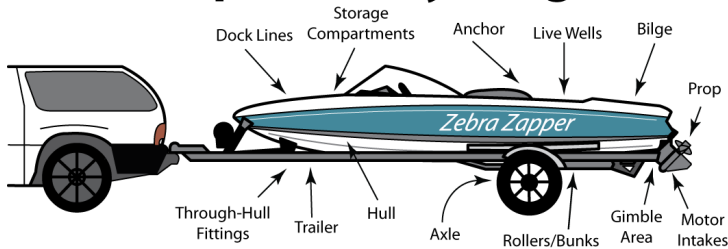
She touched many lives both within and outside the community. As both a Trustee and Eldress, Sister was always a strong force. Even as a child, she had a strong will but she learned to love her Shaker life and dedicated herself to that end. Best known for her love of children and cooking, she always wanted people to feel welcome and would invite people to dinner. In Meeting, she loved to have guests present and would welcome them and make them feel at home.

Certainly a great void has been left, but Sister June and Brother Arnold will continue the traditions of the Shaker faith. Her spirit lives along with those she has joined.

**Courtesy Boat Inspection**



**Before Leaving & Before Launching...  
Inspect Everything!**



One of the most important things that the Sabbathday Lake Association does is monitoring boats that enter the lake at the boat ramp at Outlet Beach for invasive plants. Much of the boat monitoring is done by student courtesy boat inspectors (CBI) and by the Outlet Beach operator and her staff. They monitor the ramp on most weekend mornings from 6 am until 9 am and during the Outlet Beach business hours from 9 am to 6 pm. Last year, we determined that boaters often launch on weekend evenings. This year, SDLA is seeking volunteers to monitor the boat ramp on weekend evenings from 6-7:30. Are you interested in spending an evening or two at the ramp and helping? Most evenings there are only a few boats. Bring a book and enjoy an evening at The Outlet. Volunteers will receive instructions on how to check boats and complete inspection forms. To learn more about CBI see the SDLA website page at the link below or contact Chris Ricardi at 207 926-3721 or [jricardi@maine.rr.com](mailto:jricardi@maine.rr.com)

A schedule of available dates is also posted on the SDLA website and it will be updated throughout the summer. Thanks!  
<http://www.sabbathdaylakeassoc.org/#!/boatinsp/cty5>



**BREAKFAST FUNDRAISER FOR THE  
SABBATHDAY LAKE ASSOCIATION!!**

**AT THE FRATERNAL ORDER OF THE EAGLES  
SUNDAY, JULY 2ND – 8 am to 11 am  
\$8 Adults, \$5 children 12 and under**

The New Gloucester Fraternal Order of Eagles on Sabbathday Road will host a breakfast fundraiser for our Association. It features a full breakfast with all proceeds donated to the SDLA for water quality testing and invasive plant monitoring. Come join your family, friends and neighbors!





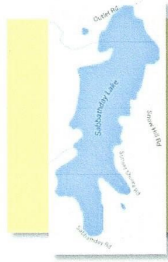


Photo by Diantha Grant

## CALENDAR OF EVENTS

- July 1  
Saturday  
Morning Cruise starting at 9:00 a.m. from the Outlet Boat Ramp. What better way to start July than by joining your neighbors for a lake cruise? SDLA will provide magnificent muffins, to-die-for donuts and carafes of coffee. Please email Paul Gillis at [paul.e.gillis@gmail.com](mailto:paul.e.gillis@gmail.com) if you plan to join the fun.
- July 2**  
**Sunday**  
*Centennial Springs Eagle Lodge Fundraising Breakfast—proceeds to the Sabbathday Lake Association—see information on page 3*
- Saturday  
July 8  
Full Moon Paddle—7:30 p.m. Starting at Outlet Beach and proceeding south on the west shore.
- Wednesday**  
**July 12**  
*SDLA Annual Meeting/Potluck—Fraternal Order of Eagles Meeting Hall 6:30 p.m. Meeting begins at 7:00 p.m.*
- Saturday  
Invasive Plant Patrol Kick-off Meeting—9:00 a.m. Shaker Library
- Saturday**  
**July 29**  
*Sunset Paddle—7:15 p.m.—Starting at Outlet Beach and proceeding south along the eastern shore.*
- Saturday  
August 12  
Morning Paddle—8:00 a.m.—Starting at Outlet Beach and proceeding south along the western shore.
- Saturday**  
**August 12**  
*Perseid Meteor Shower—Join other SDLA members at the Shaker South Field at 9:30 p.m. to view this years meteor shower. The cloud date is Sunday, August 13. Bring chairs, blankets, insect repellent, drinks, snacks and your best tall tales.*
- Saturday  
August 19  
Lake Association Meeting Shaker Village Event Tent—9:00 to 11:00 a.m.  
Guest Speaker: Wendy Dennis, Limnologist with the Cobbossee Watershed District  
Coffee and Donuts will be provided
- Saturday**  
**August 26**  
*Sunset Cruise - As the summer wraps up on Sabbathday Lake, join us on the pontoon boat flotilla. Come and share stories about our beautiful lake and enjoy the efforts that go into making it special. Meet at the Outlet Boat Ramp at 7:15 p.m. BYOB and some snacks to share. RSVP by email to Paul Gillis—[paul.e.gillis@gmail.com](mailto:paul.e.gillis@gmail.com)*

Note: There is a solar eclipse on August 21 that will be visible to the lower 48 states. See our website for details.



# 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)

## In Memory of Linda Whitney



It is with great sadness that we report the untimely death of Linda Whitney, age 60, on March 11, 2017, after a brief illness. She was born June 25, 1956 and was one of the earliest members of Sabbathday Lake Association. Her parents bought the camp on West Shore Drive in 1972. She is survived by her husband, Greg, past president of the lake association, her two daughters, Jami and Jacie, their spouses, 5 grandsons and her mother, Dorothy Cobb. They all have enjoyed so many happy hours on the lake together especially on their party boat. Besides her family, her pride and joy were her flowers which were the envy of many at the lake.



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



**SPRING/SUMMER  
2017**

## Winter/Spring Lake Images



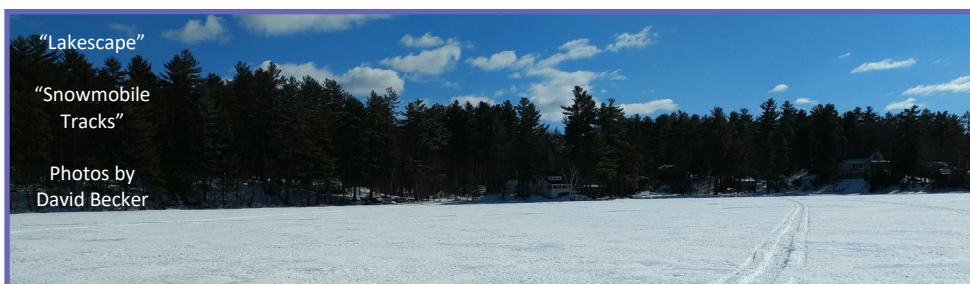
Athena Belle Scannell checking things out!  
Photo by Kevin Scannell



Snow Bunny  
By Cheryl Fortier



Valentine's Day at Casa Cruz  
Photo by Kathy Young Cruz



"Landscape"

"Snowmobile  
Tracks"

Photos by  
David Becker

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Sabbathday Lake Association