

Sabbathday Lake News

FALL/WINTER
2017-2018

Photo by Janet Lambert
Labor Day Weekend

A SUMMER OF EAGLES
Page 8



Eaglet by Jon Martin - taken 7/26

LOOKING BACK AT 2017

Chris Ricardi, President

This summer, the lake association activities seemed very much like a replay of the past couple of years. The water quality and clarity during mid-summer, the time of year when algae will bloom, remained quite good. This was evident when I swam and snorkeled in water that was cool and fairly clear throughout July and August. This was most likely due to dry conditions and cooler than average temperatures, but it is also a sign that the lake is holding its own. We continued our water quality sampling and testing with our environmental consultant so that we have good data to measure indicators and compare current conditions to historic trends. Special thanks to Cheryl Fortier for helping keep us on track and arranging sampling events. Mike Cloutier and the Invasive Plant Patrol volunteers once again surveyed the shallow sections of the lake and did not find milfoil or other invasive plants. We had a little scare when Craig Doremus found a plant that looked like milfoil floating in the lake. He collected the plant and started the appropriate process of identification. Mike Cloutier confirmed that it was a native species called alternate flowered milfoil. So far, we have been able to dodge that bullet, which has caused a great deal of trouble in other lakes in our area. We continued our efforts of

monitoring the boat ramp and even expanded into evening hours during many of the weekends with volunteers who offered their time. Thank you to courtesy boat inspectors Christian Ducharme, Ginny Paulson, Nick Karamessinis, Mike Cloutier, and Tom Wilson for your help. Milfoil entering the lake, after hitching a ride on a boat, trailer, or anchor line is a black cloud that continues to hang over the lake each summer. Keeping milfoil out of the lake is an important challenge. The impact on lake associations, towns, and communities of finding milfoil in a Maine lake was described in detail in our August meeting by Wendy Davis, limnologist from the Cobbossee Watershed District. She highlighted a story about Annabessacook Lake west of Augusta and the struggles they have had for decades with erosion, nutrient enrichment from watershed properties and treatment plants, and even pollution from a hazardous waste site. But just when they were seeing light at the end of the tunnel, milfoil was found. Now they are locked in a continuous process of finding new blooms and removing them before they spread. The financial and emotional costs were obvious to everyone who watched her presentation. We thank Wendy for

The Sabbathday Lake Association
is a proud member of:

Maine Lakes Society



coming to our meeting and giving such a thought provoking presentation.

There are a few other notable things that happened this year. Last winter brought lots of snow. A great deal of sand and salt was applied to the roads around the lake. I wrote about our concern of these runoff materials in our spring newsletter. Dick Allen, who is our representative on the New Gloucester Environmental Resource Committee (ERC), brought this up as a concern to the town planning board this summer. The ERC began an investigation to find out if there are sanding and salting guidelines and/or best practices that exist for roadways in the vicinity of lakes. They expect to have a summary report of their findings by this fall. We hope that this report will provide some options for several of the road stretches that we identified as areas of concern, and that we will be able to solicit the assistance of the Town departments to help implement a plan to try to reduce impacts to the lake.

We also want to welcome the new New Gloucester Town Manager, Carrie Castonguay, and wish her success in her new position. Ruth York organized an early September boat tour of the lake for Carrie and included Dick Allen and myself. Thanks to Tom Shupp for offering his pontoon boat and captaining the ship. We were also joined by several other ERC members. We showed them around the lake, highlighting areas like the outlet, the eagles nest, and major inlets. We took advantage of the time to discuss areas of concern where we might team up lake association and town resources. It is very nice to have an open ear within the town operations and we hope to continue our lake conservation work with them over the coming year.

It also feels like a good time to revisit the concept of Shoreland Zoning and

what this means to all of us who have property on the lake. Back in the June 2004 Newsletter, I wrote a brief piece on the Act (see SDLA website newsletter archives). In 1971, the Maine State Legislature passed the Maine Shoreland Zoning Act. It established rules for activities that occur within 250 feet of the shoreline of great lakes like Sabbathday Lake. The Maine Department of Environmental Protection (MEDEP) Shoreland Zoning Handbook contains clear descriptions of the regulations with great illustrations and details for the average person who wants to be in the know. It requires that towns develop a local ordinance that, at a minimum, meets the State standards, and that towns put in place procedures to issue permits and enforce the ordinance. The town of New Gloucester has included its shoreland ordinance in the Town of New Gloucester Zoning Ordinance under Section 4.4.5 Limited Residential Shoreland District. The town ordinance even extends the regulation out to 500 feet in some areas around the lake. This past year there was an instance where a Maine Department of Environmental Protection review found some significant violations on a new property development within the shoreland zone. At that time, the SDLA provided the shoreland handbook and copies of The Buffer Handbook (A Guide to Creating Vegetated Buffers for Lakefront Properties) to the planning board and town officials. We requested that the property be developed in accordance with the regulation and that permits should include the good practices that are described in the buffer hand book. The goal of the shoreland zoning is to protect the quality of water flowing through watershed and into lakes and to preserve the aesthetic nature of lakes in Maine. There are instances where exceptions

to rules can be allowed through the permitting processes to allow flexibility, and there are certainly cases where this might be practical providing the exception does not mean that the lake would be at risk. I encourage all our members to check out the Maine Shoreland Zoning Handbook. There is a link on the lake website. The New Gloucester zoning publication is found at the link below.

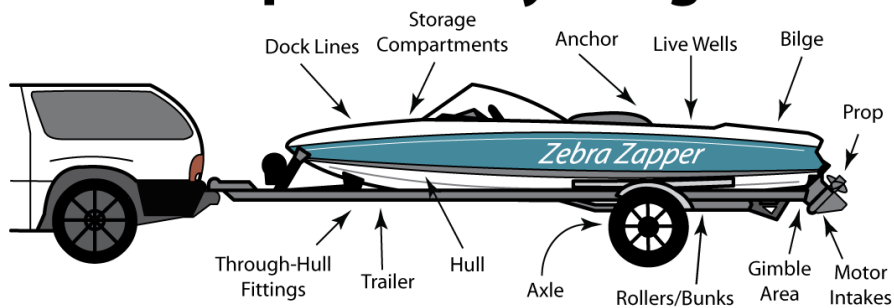
[http://www.newgloucester.com/vertical/sites/%7BE9FFB5A1-D5A9-41DE-A9D8-FCFBE460957E%7D/uploads/Zoning Ordinance 2017 \(3\).pdf](http://www.newgloucester.com/vertical/sites/%7BE9FFB5A1-D5A9-41DE-A9D8-FCFBE460957E%7D/uploads/Zoning%20Ordinance%202017%20(3).pdf)

Another item of note is we temporarily expanded our newsletter mailing list this year to include lake property owners who are not SDLA members. This idea came from Jennifer Gray who joined the Board this year. It seemed like a very smart concept to send the newsletter out to everyone. After all, we want to reach as many people as possible with information about what they can do on their properties to help protect water quality. We wanted to get word out to Sabbathday Lake residents on what we are doing and encourage them to go to our website and check it out. We might even get some new members once they learn about us. Thanks to Diantha Grant and Paula Gauthier and everyone who helped to get the addresses and the mailing together.

And thanks again to all members who have joined SDLA and supported our activities this past year.

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

Check Your Boat & Trailer for Invasive Plants
Before Leaving & Before Launching...
Inspect Everything!



*A lake is the landscape's
most beautiful and
expressive feature.
It is earth's eye; looking into
which the beholder measures
the depth of his own nature.*

Henry David Thoreau



By Diantha Grant



By Diantha Grant

Lakes Worldwide Feel the Heat

By Alexandra Witze in Science News, Magazine for the Society of Science and the Public, May 1, 2017

When most people think of climate change, they picture melting glaciers, shrinking sea ice or flooded coastal towns. But worldwide observations from limnologists are vaulting lakes into the vanguard of climate science. Because lakes reflect the long-term changes of their environment in their physics, chemistry and biology, “They’re sentinels,” says John Lenters, a limnologist at the University of Wisconsin–Madison. Globally, lakes are heating up but not all in the same way or with the same ecological consequences. In eastern Africa, Lake Tanganyika is warming relatively slowly, but its fish populations are plummeting, leaving people with less to eat. In the U.S. Upper Midwest, quicker-warming lakes are experiencing shifts in the relative abundance of fish species that support a billion-dollar-plus recreational industry. And at high global latitudes, cold lakes normally covered by ice in the winter are seeing less ice year after year — a change that could affect all parts of the food web, from algae to freshwater seals. Lakes also affect the global environment. Although they cover only about 4 percent of the land surface not already covered by glaciers, lakes play a key role in several planetary processes. Lakes cycle carbon between the water’s surface and the atmosphere. They give off heat-trapping gases such as carbon dioxide and methane, while simultaneously tucking away carbon in decaying layers of organic muck at lake bottoms. They bury nearly half as much carbon as the oceans do. And as they heat, lakes will breathe out more methane, a greenhouse gas.

Understanding such current changes is crucial for humans to adapt to the changes that are likely to come, limnologists say. Ecological changes put into motion during a particularly cold or hot time can send ripples during the following seasons, researchers are finding, and the morphology, orientation, and biogeochemistry of a lake all play into its response to fluctuations in temperature. With so much uncertainty remaining about where they may head in the future, limnologists need to keep gathering as much information as possible. “There are aspects of the Pacific Ocean we know better than Lake Superior,” he says. “Lakes are woefully understudied.”

A LITTLE LAKE HISTORY

"Sixty five years ago in the summer of 1952 my grandparents Arthur & Methyl Sedgeley rented an old red camp on the eastern shore of Sabbathday Lake for our family. We returned summer after summer to that idyllic spot. In 1962 my grandfather bought property on the lake and built two log cabins that remain in the family today. Thanks to my grandparents' long-ago generosity and foresight, five generations of our family have been privileged to love and enjoy Sabbathday Lake."

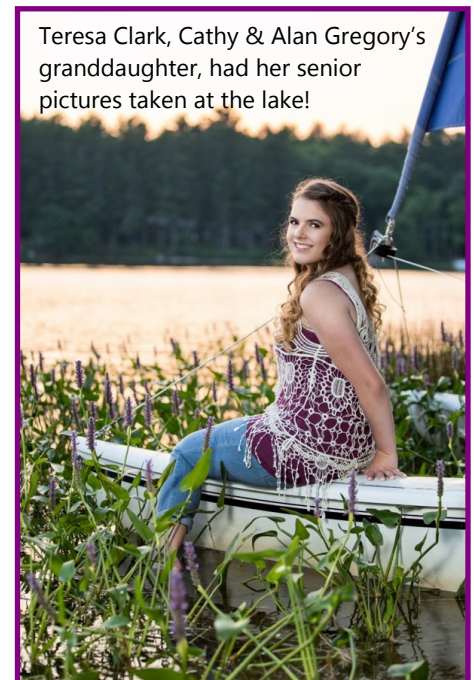
Cathy (Driscoll) Gregory



Stu Belden's grandson, Dan Cadman, landed a large-mouth bass.



By Diantha Grant



Teresa Clark, Cathy & Alan Gregory's granddaughter, had her senior pictures taken at the lake!

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





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



2017-2018 Board of Directors
(Term expires in parentheses)

Chris Ricardi, President (2019)
 Dave Becker, VP (2018)
 Ruth York, Secretary (2019)
 Anne Maurice, Treasurer (2020)

Mike Cloutier (2020)
 Cheryl Fortier (2018)
 Paula Gauthier (2020)
 Diantha Grant (2019)
 Don Grant (2019)
 Jennifer Gray (2020)
 Alan Gregory (2018)
 Brother Arnold Hadd (permanent)
 Dave Marston (2020)
 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.

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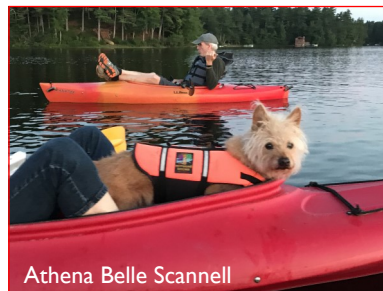


Many thanks to the Fraternal Order of Eagles for sponsoring a fund raising breakfast for SDLA on July 2nd. Dave Marston is shown handing a check to VP Dave Becker for \$756.

We also appreciate the use of their meeting room for our July business meeting.

A great partnership to be sure!

By Diantha Grant

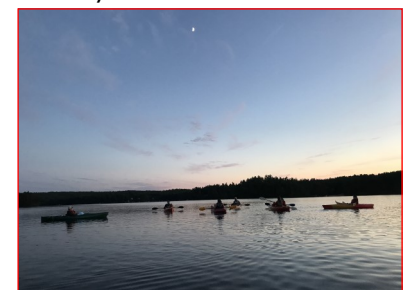


Athena Belle Scannell

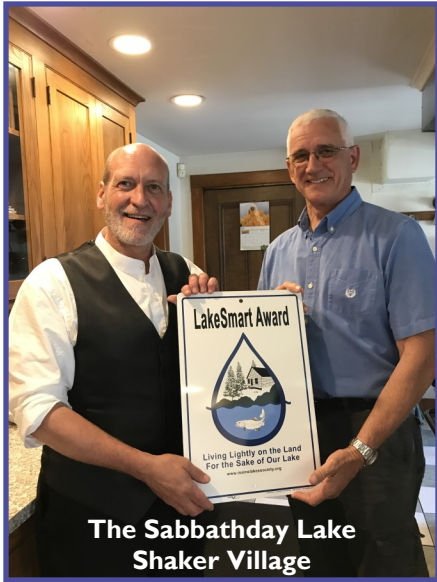


Sophia & Riley Nolan

Evening Paddle—July 29—Photos by Diantha Grant



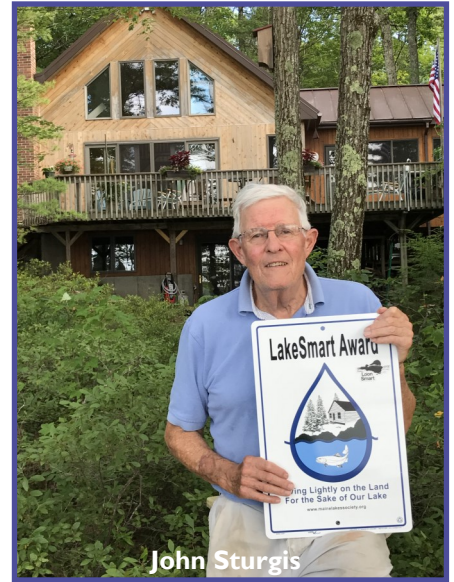
CONGRATULATIONS TO THE NEW MEMBERS OF LAKESMART AT SABBATHDAY LAKE! THANK YOU FOR BEING GOOD STEWARDS!



The Sabbathday Lake Shaker Village



Rick & Cheryl Fortier



John Sturgis



Paula Gauthier



Elfie Fellers



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 runoff, 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. We review these 4 areas: Driveway & Parking Areas, Structures & Septic Systems, Yard-Recreation-Footpaths, Buffer and Water Access.

Email Diantha Grant if you would like a LakeSmart Review. dondigrant@gmail.com

As I write this article we are completing our fifth annual invasive plant survey of the lake. 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. This year we have had good participation, which should allow us to complete another Level 3 survey (entire littoral zone) of the lake.

A Message from the MeVLMP;

“The VLMP is developing a process to allow volunteers to identify, document and track the growth of metaphyton in Maine lakes and ponds. ‘Metaphyton’ is a group of filamentous algae that form blooms in shallow (littoral) areas of lakes. The blooms are often described as having the appearance of green or yellow/green cotton candy. The significance of possible increases in metaphyton growth in some Maine lakes is not fully understood. Interest in the role that this group of algae play in lake ecosystems is growing. Anecdotal and observational information suggests that many lakes have experienced a substantial increase in metaphyton growth during the past decade. This project will enable volunteers to participate in gathering information to help study this phenomenon.” As we develop additional standard protocols for metaphyton monitoring they will be made available, and I will pass along that information as soon as I receive it.



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.

Many thanks to Wendy Davis, Limnologist with the Cobbossee Water Shed, (pictured above with Mike Cloutier) for her presentation at our August lake association meeting.

Have a terrific winter!
Regards, Mike Cloutier

One of the most important things that the lake association does is monitoring boats that enter the lake at the boat ramp at Outlet Beach for invasive plants. We will be seeking volunteers again next summer. To learn more about CBI see the SDLA website page at the link below.
<http://www.sabbathdaylakeassoc.org/#!boatinsp/cty5>

Here is the current list of Maine lakes with various Invasive Aquatic Plants. Be extra vigilant if you take your boat to fish in any of these lakes. Thank you.

- | | |
|--------------------|------------------------------|
| Annabessacook Lake | Pickarel Pond |
| Arrowhead Lake | Pleasant Pond/Cobbosee |
| Lake Auburn | Pleasant Lake |
| Balch Pond | Pleasant Hill Pond |
| Bryant Pond | Presumpscot River |
| Cushman Pond | (Dundee Pond N. Gorham Ponds |
| Damariscotta Lake | Saco River |
| Great Pond | Sebago Lake, Cove, Basin |
| Hogan Lake | (Brandy Pond, Songo River, |
| Legion Pond | Panther Run) |
| Little Sebago | Shagg Pond |
| Long Lake | Salmon Falls River |
| Messalonskee Lake | Thompson Lake |
| Ossipee Lake | West Pond |



By Diantha Grant

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



FallWinter
2017-2018

A SUMMER OF EAGLES

By Bill Morrison



Female Eagle By Bill Morrison



Fledgling By Jon Martin - taken 7/26

How lucky we are to have an active eagle eyrie on our lake! Last year, mom and dad eagle produced two eaglets. Generally, if the nesting is successful, they will return the following year. They did and we had two more eaglets this spring. Sadly, some time in late April or early May, the male disappeared. Momma eagle did an amazing job taking care of her babies all by herself. They fledged in early July and have been a joy to watch and they are very chatty. Hopefully, momma eagle will find a new mate over the winter and return to the safety of the Shaker pine trees next spring.