

# Sabbathday Lake News

Sunset by Diantha Grant

Fall/Winter 2019-2020

Maine Lakes Society



## THE PRESIDENT'S MESSAGE — BEYOND THE SHORELINE

Chris Ricardi, President



In late September, I was sitting at my computer looking through the window at some red maple trees growing along the shoreline. About half the

leaves had begun to change from green to yellow, orange, and red. The greening chlorophyll fades away as daylight shortens and the other pigments, hidden within the blades, get a chance to show their colors before the end of the growing season. It's a sure sign of fall on the lake. I was reviewing the Invasive Plant Patrol (IPP) forms from the surveys I had done on sectors W11, W12, E12 and E11, thinking about the native plants identified and putting a check mark in the "no" box for the question on finding invasive plants. I really do look forward to the hours spent snorkeling along the shallows, searching through clumps of emergent plants, spying bass and pumpkinseed sunfish hiding in the shoreline cover, cruising the drop-offs, and ultimately searching for something that I don't want to find. I am happy to say that once again no milfoil was found by me or any of the other

volunteers who check the lake each summer. Thanks to Mike Cloutier, and everyone who helps with the effort, we are able to keep this survey going for another summer.

This was a busy year for the SDLA with a lot of things to think about and do. Many were the normal tasks we try to do each year. We renewed the water quality monitoring contract with FB Environmental for another 3 years and completed the sampling events. We obtained the grant from the Maine Department of Environmental Protection for the boat inspections at the Outlet Beach boat ramp and did our best to check boats during times we had targeted. We had our annual business meeting in July, and social meeting in August with a presentation from Tom Driscoll on the geology of Sabbathday Lake. There were fun social events for those who came out to join in. Thank you to all the people who help organize and coordinate these activities and keep them going each year. I also want to welcome our new board member, Lori Allen, for joining the Board and thank her for

(continued on page 2)

## ANOTHER GREAT YEAR FOR EAGLES!

An adult pair and two eaglets. It seems the eaglets were born probably in early to mid-March and they fledged around the first of July. Keep an eye out for them rebuilding their nest for next year. They have been so productive, they should be back!



By Bill Morrison



By Diantha Grant

volunteering to take over the role of website coordinator.

Some of the things we became involved in this past year go beyond the normal projects we commonly do annually. Recent planning at the New Gloucester town level and developments at the lake caused many of us to ponder what the future of the lake looks like and what role, if any, the lake association could play in determining policy at the town or state level. There were a series of discussions and decisions within the Board that were not easy. The lake association does not own land on the lake or have any real authority to control activities at the lake or surrounding areas. We sought to figure out what the association role would be, ask the membership, and think about all the people living on the lake. I feel the actions we took were well thought out and probably represent the best possible options that our group had in trying to influence shoreland activities that would impact the lake. The SDLA offered information and suggestions to the committees in New Gloucester where some of the policy is being formulated as part of the New Gloucester Comprehensive Plan. But we also presented our thoughts and ideas to town committees that establish or use the zoning ordinance such as the Board of Selectmen, Planning Board, and the Land Management Planning Committee. We hope to continue doing that into next year.

One of our most important objectives as an organization is to protect the water quality of the lake. This means keeping the water running into the lake free of nutrients that will cause algae blooms during the summer. If we fail in that endeavor, we can say good-bye to the clear water we enjoy. It's a curse that many lakes and rivers in other parts of New England and the rest of the country face each summer. We hope to inform everyone living on the lake about wise use (or no use) of fertilizers that might find their way into the water. We also want to prevent soil erosion that carries sediments containing phosphorus and other suspended materials into the lake. These are bad scenarios we want to avoid, find, and fix.

We have identified several areas of the lake where erosion of soil and sediment into the lake is occurring and which we would like to rectify. These sites were found during our LakeSmart work, during observations of storm runoff during heavy rain events, or situations reported by landowners. This year we continued to try to figure out what to do about one tributary stream near Snow Hill Road. For the last three years or so, with help from the New Gloucester Environmental Resource Committee (ERC), we have had extensive discussions with the Town personnel about the runoff with little success figuring out a plan that could correct the erosion situation. However, this past spring a biologist from the Maine Department of Inland Fisheries and Wildlife came to the site to place bags in the tributary that are used to

collect smelt eggs during the spring spawning runs. When he came back to retrieve the bags, they were buried in sediment. This is very unusual and he contacted the MEDEP Watershed Planning and Management office to identify the erosion problem. With the help of the New Gloucester ERC and MEDEP, a meeting was organized to review the site and the impacts to the lake.

In August, I attended a meeting at the site with representatives from MEDEP, MDIFW, the town of New Gloucester, ERC, and adjacent landowners. After spending a couple of hours looking at the designs of several culverts, the tributary streambed, and the accumulation of sediment in the lake cove, everyone agreed there was a significant erosion problem. Following lengthy discussions about the possible causes and corrective steps it became clear to me that going through the processes necessary to fix the situation would be complicated and expensive. But one thing was clear; we needed to start somewhere. We all agreed that the first step would be to complete a basic preliminary engineering evaluation of the problem and identify possible alternatives. I offered to request the funds from the SDLA Board for this initial evaluation. Soon after the meeting, I met with a state engineer from Cumberland County Soil and Water Conservation District who had been recommended by the MEDEP, and we walked the site, and talked about the preliminary evaluation review.

continued on page 7)



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.

## TOWN PROPERTY REVALUATION UNDERWAY

*by John Salisbury\**

Lake property owners should be aware that the Town of New Gloucester is currently undergoing a property revaluation. John O'Donnell & Associates has been contracted to conduct the revaluation program. This will include visiting individual properties for interior and exterior building inspections, measuring buildings and taking photographs. It has been more than 10 years since New Gloucester's last revaluation.

### **What is a Revaluation?**

A Revaluation is the process of conducting the data collection and market analysis necessary to equalize the values of all properties within New Gloucester. A property revaluation assures a fair distribution of the property tax burden. The revaluation process is required by the State of Maine. The property valuation is based upon market value and not property replacement cost which is commonly used for insurance purposes.

### **How will the revaluation Impact Sabbathday Lake Owners?**

The perception of the author of this brief article is that the market value of properties on Sabbathday Lake have increased on average more than other property in our town.

If the revaluation results are such that the values of lake properties increase by a greater percentage than other properties in Town there will be a shift in the tax burden of lake properties. Currently lake properties represent about 10% of the total assessed value of the town.

If my perception is correct, regardless of any change in the budget of the town, individual Lake property owners will see an increase in the amount of taxes they will pay. This will happen despite the fact that the property mill rate will decrease even if the Town budget has no increase.

### **What should a Lake property owner do?**

Cooperate with the person or persons who come to perform the interior and exterior inspections and measurements. This will help assure a more accurate estimate of the market value of your property.

Mentally and financially prepare ourselves for an increase in property taxes. The reality is we are not in control of the real estate market and general economy which determines "market value".

### **How will I know if my assessment is equitable?**

There have been limited sales of properties on Sabbathday Lake in recent years so it will probably be difficult to compare your property to similar properties that sold on the Lake. Because of limited Lake sales information it will likely be necessary to compare your assessment to similar lake properties in our area.



\*The information/opinions in this article are that of the author.

### SOME LAKESMART IDEAS FOR YOUR LAKE HOUSE



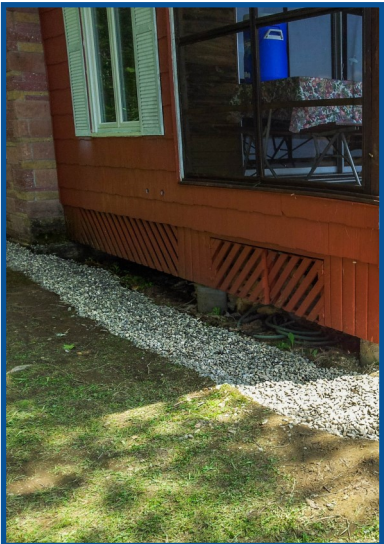
INFILTRATION STEPS BEFORE/AFTER



RIP RAP BEFORE/AFTER



DRIPLINE TRENCH BEFORE/AFTER



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: [dondigrant@gmail.com](mailto:dondigrant@gmail.com)



**IN MEMORY OF NICK KARAMESSINIS**

Nick was a West Shore summer resident. His daughter, Judy Gunn, notified us of his death. He passed away June 10th and was 90 years old.

He is pictured here with his granddaughter, Sienna. Our heartfelt condolences to his family.



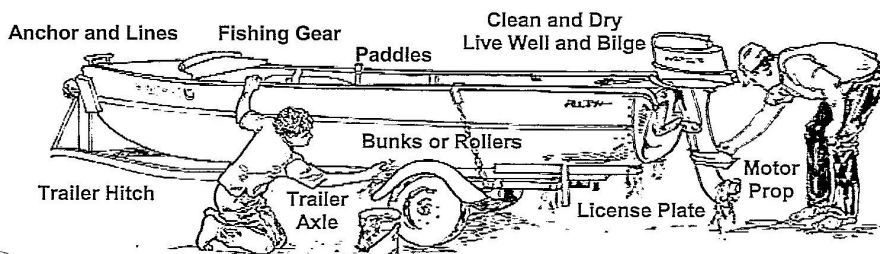
*Images by Diantha*

**2019 MAINE LAKES WITH INVASIVES**

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



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



Funds from invasive species sticker sales protect native Maine plants, animals and habitat.



## Greetings from the 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 (our seventh). 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.

Also, most of our surveys noted the lack of Metaphyton (*cotton candy like green clouds floating in the water*) observed this year as opposed to large amounts observed last year. Little is known about this phenomenon and as I mentioned before, we will continue to gather data on Metaphyton in the coming years and provide it to the Lake Stewards of Maine for analysis. Also, my last Secchi reading on September 20th was at a depth of 8.0 meters which is about average for Sabbathday Lake for this time of year. This reading is also above average for Maine lakes this time of year. Continuing to have good readings like this, many believe, are a direct result of the Lake Smart Program administered here at Sabbathday Lake by Diantha Grant.

Here are a few statistics from a recent article in the Lewiston Sun Journal regarding a lake 5 miles up the road from us. Since 2005, 168 tons of invasive plants have been cleared from 16 acres in the lake. Milfoil eradication is continuing at a cost of \$50,000 to \$60,000 per year and they have spent \$350,000.00 since the efforts began in 2005. This is serious money by anyone's standards, and there is no end in sight. Clear water or not, that beautiful lake will always be known as a "milfoil lake".

These situations on many infested lakes is what demonstrates our need to monitor what gets into our Maine lakes, and a terrific way to help in this effort is to participate in the Courtesy Boat Inspection program (CBI) here at Sabbathday Lake. It's easy to learn and do, and you could prevent a possible infestation. Our program is administered by Association member 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). If you would like to help in either of these efforts, please let us know by contacting any member of the Board of Directors listed on page 9 of this newsletter.

I look forward to seeing everyone this spring. Best Regards & Winter Well,

Mike Cloutier



### EVERYTHING YOU NEED TO KNOW ABOUT METAPHYTON

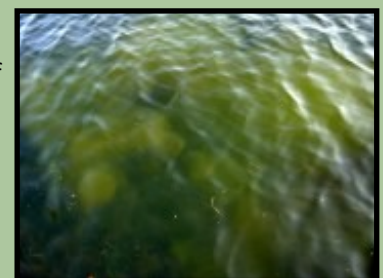
By Scott Williams, Aquatic Biologist

Many Maine lakes were clearer than normal this summer and that can be attributed to an unusually warm, sunny and dry summer. Rainfall was nearly nonexistent and dry weather positively affects lake clarity. Without rain, there is no stormwater runoff. Runoff is the primary means by which most pollutants from the watershed reach the lake.

The nutrient phosphorous is the pollutant of greatest concern. Phosphorus stimulates the growth of algae (microscopic plants) which in turn affect the overall clarity of lake water. Another component of stormwater runoff influencing water clarity is sediment from eroding soil. The combination of phosphorous and sediment can cause dramatic reductions in water clarity.

But warm, sunny weather sometimes causes an increase in other forms of plant growth in lakes. Metaphyton is a wispy, filamentous form of algae that grows in shallow areas near the shoreline. In appearance, metaphyton is sometimes described as "green cotton candy." This common algae often forms large billowing clouds in the water. But there is little substance in the clouds, as anyone who has tried to pull them from the water can attest. Last summer Maine people reported an increase in metaphyton, probably because of the unusually warm weather.

While it's impossible to control weather, it certainly is possible to minimize stormwater runoff to the lake. Many simple conservation practices can be applied to capture, filter and reduce runoff. These include planting vegetated buffers along the shoreline and diverting runoff from roads and driveways to wooded areas. Wouldn't it be nice if our lakes could be clear every summer?

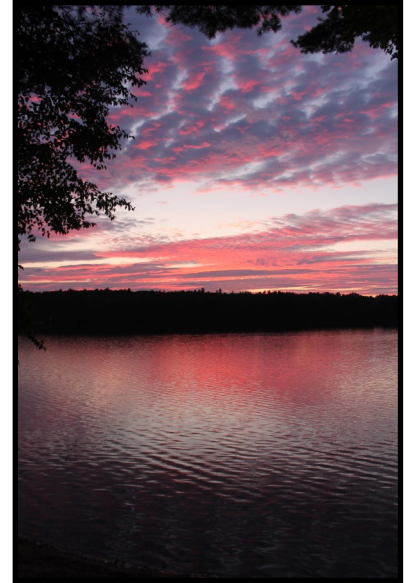


In September, the SDLA Board voted to fund the preliminary evaluation.

This would be just the beginning. We have had additional communications with MEDEP about the possibility of applying for a Nonpoint Source (319) Grant for this work. They think we may qualify. We will be considering that possibility once we get the preliminary report done and we have the documentation needed to apply for the grant. If we are able to get a 319 grant, the lake association would be the recipient. It requires that the receiving association complete a watershed survey, and that multiple problem sites on the lake be identified. There is a requirement for matching funds or credits obtained from volunteer hours. SDLA actually received one of these grants several decades ago and used the money to fix many erosion sites around the lake. Getting a 319

grant, or some other grant for this work, would be a big step forward and require a commitment from the association that, again, goes beyond business as usual and beyond the shoreline where most of us like to be. This could be a great opportunity for the association and have a positive impact on the lake if successful. It is something the SDLA will be addressing this winter and next spring.

We are thankful to all the members who join the SDLA each year and support the things we are doing as an organization. You are the fuel that keeps the ship afloat and moving forward.



“A lake carries you into recesses otherwise impenetrable.”

*William Wordsworth*

Many thanks to Tom Driscoll for his presentation on the Geology of Sabbathday Lake at our August meeting. About 25 people attended and we learned why we have so much sand in the lake and on our shores.

Our lake is part of an ESKER. A long winding ridge of post glacial gravel and other sediment; deposited by meltwater from glaciers or ice sheets. Our lake was the edge of the ocean at one time!



By John Salisbury



Tom Driscoll

**A BIT OF LAKE NOSTALGIA: SABBATHDAY LAKE SKI CLUB**

Photos submitted by Jennifer Elizabeth. Thank you for the trip down memory lane.

The original Sabbathday Lake Ski Club during the early 1950s. Steve and Cathy Dunlap, Diana Blake, Russell Snow. They learned to waterski behind the Dunlap's Chris Craft using a regular heavy old rope. One thing was for sure, that boat made a HUGE wake.



Who says you can't swim in late September?  
Jennifer Elizabeth says the water is fine!

Photo by Diantha Grant







# 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  
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**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 04260



By John Salisbury

**THE  
SUMMER  
OF  
2019**



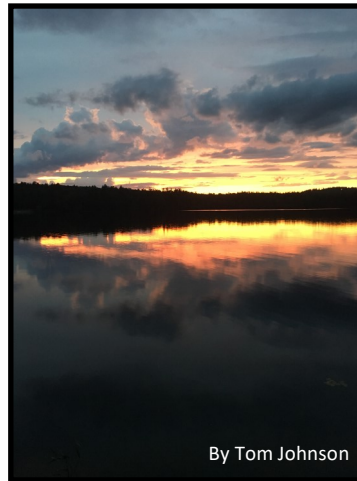
By Paula Gauthier



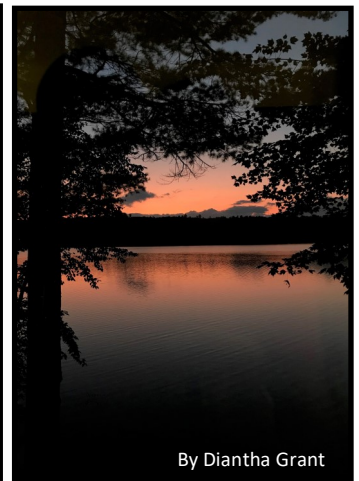
By Diantha Grant



By Diantha Grant



By Tom Johnson



By Diantha Grant