

EXPLORE MAINE

ORIN FALLS,
ON PROPOSED NATIONAL PARK LANDS
BY NRCM/E.THEBERGE

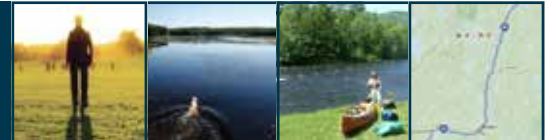
Explore Maine's Great Outdoors

Works by NRCM Members Help You Discover More about the Nature of Maine

Looking for some great new places to discover? Events to experience? Opportunities that may change the way you see the natural world? Your fellow NRCM members can help. Our new Explore Maine publication highlights books, blogs, and much more by our supporters, as a way to encourage you to explore a part of Maine you've yet to discover, or to rediscover what you already love about our great state. This year's edition highlights contemplations and recommendations by NRCM Board Member Karen Herold, who shares her personal experience in the Maine Master Naturalist Program, her work on conservation projects in her town, and more. Perhaps you are an author? An artist? An explorer? If so, please send us information about your work so we can make it available on our website. Send your information to nrcm@nrcm.org.

WHAT'S INSIDE:

Books, Columns, and Blogs, New CDs, Events & Activities, Sporting Camps, Staff Picks for Exploring Maine, and more!



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New to Our Explore Maine Map: Staff Picks!

Looking for great places to hike, bike, swim, picnic, paddle, ski, watch wildlife, or just relax and enjoy Maine's beautiful scenery? Visit the Explore Maine map on our website, where you'll find more than 100 special places that have been protected through the Land for Maine's Future program. New to the map: NRCM staff and board have provided dozens of their own personal recommendations for places to explore throughout Maine. Just choose **Staff and Board Picks** and let your planning begin!

"NRCM Environment"—Get Our App

You can make your plans on the go, thanks to our app for your iPhone or Android. The app lets you access our interactive Explore Maine map, send us photos, take action on our issues, find out about upcoming events, stay up to date on recent news, and more. The app is free—download "**NRCM Environment**" (formerly "NRCM My Maine") at the Google Play Store for your Android or iTunes for your iPhone.



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CHECK YOUR LABEL!
Please call NRCM with
address corrections
or duplicate mailings!



Little Moose Mountain GREENVILLE, PISCATAQUIS COUNTY

Picked By Todd Martin, Grassroots Outreach Coordinator

Hiking trails run along Little Moose Mountain, offering opportunities including modest day-hiking, fishing at undeveloped ponds, wildlife watching, and primitive hike-in camping in a scenic, remote setting.

Favorite Season(s) to Visit: Summer and fall

Activities: Hiking, photography

Why It's Special: I hiked Little Moose Mountain for the first time two summers ago and was blown away by the views of Moosehead Lake and the surrounding mountains. The trail is well-maintained and has beautiful stone staircases leading to the summit.

Tips: I recommend stopping for a dip in Moosehead Lake at the public dock downtown, and swinging by for an ice cream at the dairy bar on Main Street afterwards.

More info and directions: <http://www.mainetrailfinder.com/trails/trail/little-moose-mountain>

More staff picks on page 4

Slowing Down to Enjoy More of Maine

by Karen Herold, NRCM Board Member

This year I am slowing down to see more rather than just passing through the landscape. I still luxuriate in the mere fact of being outside and in the physical challenges of hiking, paddling, and biking. I still love drinking in a general impression of a landscape's magnificence and renewing the understanding that my own little life pales in importance to the beautiful and elegant world all around. But bit by bit I'm trying to learn about the details so that I can appreciate more deeply.

COURTESY PHOTO



First, I signed up for the **Maine Master Naturalist Program** for a year of training at <http://www.mainemasternaturalist.org/>. Dorcas Miller, a former NRCM staff person, founded and organizes the course. The mission of the program is "to create an ever-widening ripple, a network of citizen-naturalist volunteers who share their knowledge, insights, and enthusiasm about Maine's varied natural communities to a broad array of individuals." Volunteer experts instruct, and then the students go outside and practice their learning. We've identified, sketched, observed, and collected wildflowers, trees,



KAREN HEROLD

ferns, lichens, insects, birds, insects, frogs, and more. Deciphering bones and animal tracks, looking at the world through binoculars or a hand lens, building a library of natural history reference books, puzzling out the mysteries we find in the wilds—every day brings something new to learn about. Now I'm ever on the lookout

for the fern I haven't found yet. I'm determined to find an insect from every taxonomic order this summer. Road kill is unfortunate, but has become very interesting. As for a pile of scat—oh, the thrill.

Columns and Blogs

The more I've studied, the more I realize I need to learn more. Maine newspapers offer short articles on natural history that are often exactly what I'm ready to learn and remember that day. Some of these are written by NRCM supporters. Several good examples:



"A Bird's Tale," Boothbay Register A regular column in this weekly paper, "A Bird's Tail" shares observations and information about birds and birding. It is written by NRCM's senior public affairs director Allison Wells (who, prior to NRCM, was at the Cornell Lab of Ornithology) and her husband, Jeff Wells, one of the nation's leading expert birders and a conservation biologist.



"Birding," Portland Press Herald NRCM supporter Herb Wilson, professor of ornithology at Colby College, has a regular column called "Birding."



Blogs tell you what to look for right now:

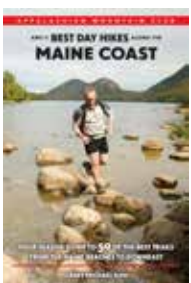
Maine Nature News This online periodical covers natural history events, occurrences, and observations in Maine. It emphasizes what is happening in the natural world, from the point of view of nature. <http://mainenaturenews.com/>



Wonder My Way NRCM supporter Leigh Hayes shares insights and observations from her wanderings through the Maine woods. <https://wondermyway.wordpress.com/>

Books to Inspire

Several books by NRCM members inspire me to start planning trips:



AMC's Best Day Hikes Along the Maine Coast, by Carey Kish Every birthday I go on a solo hike for a day outside, taking stock of the year. Unfortunately, my birthday is in December. Mountains can be harder to enjoy at that season. One year I happened to ask Carey to recommend a hike. He suggested Ragged Mountain in Camden. The hike turned out to be beautiful, pretty short, milder than at the higher elevations, and easy to shuttle by bike. I will be using Carey's guide on future birthdays, and year round.



Pioneer on a Mountain Bike: Eight Days Through Early American History, by Dianne Fallon This book describes early events in the towns the author biked through on a trip from Binghamton, New York, to Kittery, Maine. The book is well written and full of historical and personal detail. I hope one day the author will consider writing another such book, continuing on to Jackman.

Events to Get You Moving



How about a history of the places we will be biking, paddling, and hiking through this summer? The Bicycle Coalition of Maine delivers such information during its **week-long bike trip through a different region of Maine every September**. Former NRCM staffer Abby King is the advocacy director for the coalition. Learn more at their website <http://ride.bikemaine.org/>.



There is no time to think much about history when paddling whitewater. Rapids will be all the paddlers are thinking about during the **Penobscot River Whitewater Nationals**

Regatta (<http://penobscotriverwhitewaternationalsregatta.com/>) in July.

However, paddlers can't help noticing the newly free-flowing waters thanks to the Penobscot River Restoration Project, which took out the Great Works and Veazie dams and improved 1,000 miles of habitat for sea-run fish without reducing electricity generation. NRCM is a founding member of the Penobscot River Restoration Trust and has been very involved in this work.

There's no need for heroic exploits to get you outside. Walking in a local preserve can bring many of the delights and learning that a remote expedition can. I have been helping on a conservation project called Knight's Pond and Blueberry Hill in Cumberland and North Yarmouth. Two hundred and seventeen acres of woods and pond amid the Portland suburbs will be a



KAREN HEROLD

haven for wildlife and hikers. Like others working on land protection projects all around the state, we volunteers on this project have worked hard for years to raise the money from individuals, foundations, and municipalities. The last piece of the puzzle for Knight's Pond was the application to the Land for Maine's Future program. After a competitive, time-consuming, arduous process where we followed every requirement laid out by statute

and regulation, our project received a grant award. But Governor LePage must release the voter-approved bonds. We are ready to protect Knight's Pond and Blueberry Hill for all Mainers and have everything in place except delivery of our LMF award. Now we ask that the governor follow the law and regulations the voters and the Legislature have established and issue the LMF bonds for this and other worthy projects that have met every requirement of the Legislature, the voters, and the LMF board.

After all the studying, reading, fundraising, and lobbying on the most pressing issues facing Maine's environment, the reward is to get outside and revel in our beautiful state. I'm ready!

NRCM board member Karen Herold draws on her legal background and a lifetime of hiking, biking, and paddling to promote sound environmental policies and to protect Maine's natural areas. In addition to NRCM, she is on the boards of other nonprofits. Karen lives in Cumberland.



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Editor / Allison Childs Wells, Senior Director of Public Affairs

Contributors / Judy Berk, Beth Comeau, Pete Didisheim, Karen Herold, Gretta Wark, Allison Childs Wells

Memberships start at \$35 annually and include many great benefits, including sporting camp discounts, *Maine Environment* newsletter, our Nature of Maine wall calendar featuring beautiful Maine photos, and much more. Join online at www.nrcm.org or by calling (800) 287-2345.

More from Our Members...

We are pleased to share works by NRCM members that we have recently enjoyed. We hope you enjoy them, too! We invite you to share with us your works and suggestions for celebrating Maine's beautiful outdoors. —Allison Childs Wells



Book of Days, by Kristen Lindquist Kristen Lindquist is a published poet who, in her blog, Book of Days, uses haiku to explore the natural world.

"I'm trying to find the poetry in every day," says Kristen, who has been writing it

consistently for several years and often includes photos and natural history information. <http://klindquist.blogspot.com/>

Here's one of my favorites:

April 13: Spring Fever
The cat won't shut up.
And the phoebe, newly returned.
We all want to sing.

The Have-More Plan (Storey Publishing, 1940s), by Ed and Carolyn Robinson

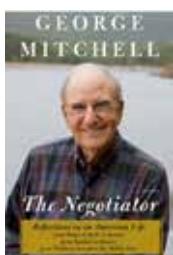
"The authors (parents of longtime NRCM member Jack Robinson) wrote this guide to taking production of food, shelter, energy, water, and more into your own hands. Predating the Nearing's *Living the Good Life* by 20 years, it may be the first book to power the back-to-the-land movement," says NRCM's communications director Judy Berk. "The Robinsons describe how to become far more self-sufficient by establishing a two-acre homestead that provides most needs for a family. It's full of practical advice, only a fraction of which is outdated. This 'homesteader's bible' is a delightful, personalized read."



Echoes, Kathryn Olmstead, Editor When I was a grad student at Cornell, *Echoes* helped satisfy my yearning for my beloved native Maine. Editor Kathryn Olmstead is an NRCM Allagash Member, which makes sense, since "the magazine focuses on positive values rooted in the past that have relevance for the present and the future." It features stories, photos, poems, humor, and more. Though I'm back in Maine, I continue to enjoy it, along with Kathryn's column in the *Bangor Daily News*.

Best Seashore Nature Sites: Midcoast (Waterline Books, July 2014), by Des FitzGerald, Tony Oppersdorf, Kyrill Schabert

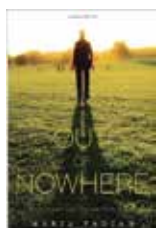
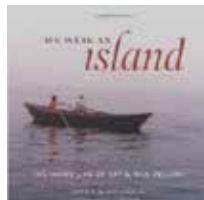
"I picked up this book in the dead of winter, and it kept me going through storm after storm," says Philanthropy Director Gretta Wark. "It's a great combination of area history, wildlife and plant photography, and first-hand observations by talented essayists. Now that spring is here, I'm exploring the many nature preserves that are an easy drive from my home in Bath. There's a big, beautiful Maine down the road from your favorite lobster shack, and this guide will help you experience it to the fullest."



The Negotiator (Simon & Schuster, 2015), by George Mitchell "George Mitchell is a skilled statesman, but he is also a masterful storyteller," says Gretta Wark. "In this memoir, the former senator from Maine takes you on his uniquely American journey from a poor, immigrant neighborhood on the banks of a polluted Kennebec River to the halls of the U.S. Senate and beyond. Each chapter stands on its own, offering a discrete, often poignant story in which he introduces you to the people, values, and places that shaped his character and career. I expected to read about world events and the political elite—and I did—but it is his loving portrayal of his family, teachers, and coaches as well as his funny, moving, and respectful stories of ordinary people that I will remember most."

We Were an Island (University Press of New England, 2010), by Peter Blanchard III

NRCM member Peter Blanchard III exquisitely describes the life of Art and Nan Kellam, who from 1949–1985 lived on 550-acre Placentia Island in Blue Hill Bay. Part adventure, part love story, the book tells how the Kellams fended for themselves, except for dory trips to the mainland for supplies. Without over-romanticizing, Peter describes the hardships and rewards of living as the Kellams did, while capturing the nuances of a couple whose world was, first and foremost, each other. Once I picked this book up, I could not put it down—even after I'd finished reading it.



Out of Nowhere (Knopf, February 2013), by Maria Padian Maria's husband Conrad Schneider was NRCM's clean air attorney during the 1990s. Advocacy Director Pete Didisheim describes her book, a Maine Literary Award winner: "This is a compelling novel targeted for young adult readers, but I couldn't put it down. It captures the cultural tensions and evolution of

a Franco-American town in Maine when a group of Somali Muslim refugees arrives and becomes part of the school, community, and social fabric. Really interesting, timely, and well done."

Recent CDs by a Few of Our Members



Little Birdie (2014), by Monica Grabin I have enjoyed birding with Monica, and her fun personality in the field shines throughout on this CD. It combines her love of music (banjo, guitar, and vocals including acapella work) with her passion for birds and birding—"a collection of old songs about birds and new original songs celebrating birds and the people who love them," is how Monica describes it. Available at cdbaby.com and elsewhere online.



Out of the Sunshine (2014), by Andrew Cole A few NRCM staffers fondly remember Andrew as a youngster mowing NRCM's lawn—his mom, Carol, worked in the philanthropy department for more than two decades. Though now living in New York, Andrew's Maine roots remain strong. His new CD references people and big life events as well as impressions from the natural world, such as with the title track. He plays acoustic guitar and passionately belts out vocals, nowhere more clearly than on the track "Coast of Maine." Backed by a few fellow musicians, Andrew draws from blues and country. Available at CDBaby.com and elsewhere online.



Blood from a Stone (2015), by Justin Walton The work of some musicians artfully reflects the complexity of the natural world and its rhythms. I think of Justin Walton's that way. Justin's connection to iconic Maine places—the Kennebec, Rangeley Lakes region, Katahdin (featured on his new CD's cover)—is powerful enough to inspire any artist. He effortlessly plays all of the instruments here; as described in *The Bollard*: "He flips through rock, funk, pop, psych, jazz, and R&B like you flip through radio stations on a car trip." Great music to plug into as you travel to your next Maine adventure. Available at [Bull Moose](http://BullMoose.com) and online.

Allison Childs Wells is Senior Director, Public Affairs and co-author with her husband, Jeff, of the book *Maine's Favorite Birds* (Tilbury House, May 2012).

Maine Sporting Camp Discounts for NRCM Members



There's nothing better than spending time in the woods or on a lake or pond this time of year. Many Maine sporting camps offer great discounts to NRCM members as a way to promote their business while providing us an opportunity to thank our members for

supporting our work. I'm delighted that a few more camps have signed on to participate. To receive a discount voucher, please email me at nrcm@nrcm.org or call me at (207) 430-0106. For more information, visit www.nrcm.org and look for "Member Benefits" under the "Support NRCM" menu. Please note that to receive the discount, you'll need a voucher upon your arrival. Questions? Feel free to contact me.

—Beth D. Comeau, Public Affairs Coordinator

Beaver Cove Camps, Beaver Cove, Greenville (Piscataquis County)
Phone: (207) 695-3717

Chandler Lake Camps and 4th Musquacook Lodge, T9R8 (Aroostook County) and T10R11 (Piscataquis County) Phone: (207) 290-1424

Chewonki's Debsconeag Lake Wilderness Camps, T1R11, Katahdin region (Piscataquis County) Phone: (207) 460-5226

Eagle Lake Sporting Camps, Eagle Lake (Aroostook County)
Phone: (207) 444-5108

The Last Resort Cabins and Campground, Jackman (Somerset County)
Phone: (207) 668-5091

Red River Camps, Deboullie Township (Aroostook County) Phone: (207) 554-0420

Spencer Pond Camps, Greenville (Piscataquis County) Phone: (207) 745-1599

Weatherby's, Grand Lake Stream (Washington County) Phone: (207) 796-5558

Explore Maine: NRCM Staff and Board Picks!

Looking for great places to explore? NRCM staff and board have many favorite locations and have picked a few to share with you. You'll find them all on our interactive Explore Maine map on our website, which you can also access with our newly updated NRCM Environment app! These special picks include an abundance of recreational opportunities in places throughout our beautiful state. View them all at www.nrcm.org. Here are a few to get you started:

East Branch of the Penobscot River MATAGAMON TO MEDWAY, PENOBSCOT COUNTY

Picked By: Cathy Johnson, North Woods Project Leader and Senior Staff Attorney

In this stretch, the Penobscot descends through gorgeous, unspoiled scenery in a remote region east of Baxter State Park and features waterfalls and demanding rapids. It also includes flat waters that provide prime habitat for wildlife. Much of the property here is owned by Elliottsville Plantation, Inc., a Maine-based foundation that is proposing to donate the land (and a \$40 million endowment) for a National Park and National Recreation Area.

Activities: Paddling (quiet stretches and whitewater), wildlife watching, scenery viewing

Favorite Season(s) to visit: Summer

Why It's Special: Great wildlife sightings, superlative whitewater, impressive waterfalls, and gorgeous scenery—what more could you ask for?

Tips: Inquire at Matagamon Wilderness Campground and Store to make sure water levels are high enough for paddling.

More Info and Directions: Excellent map (Thoreau-Wabanaki Trail, East Branch of the Penobscot River) available from University of Maine Press, 126A College Ave., Orono Maine, 04473; Matagamon Wilderness Campground and Store at put-in, just downstream from the dam that creates Grand Lake Matagamon. <http://www.matagamon.com/>



JON LUOMA

Aziscohos Lake—Kayaking from Black Brook Cove Campground

LINCOLN PLANTATION, OXFORD COUNTY

Picked By: Pete Didisheim, Advocacy Director

Aziscohos Lake is spectacular for kayaking, no matter which part of it you tackle. It features undeveloped shorelines on a long, narrow lake with forests, islands, wildlife, and mountains.

Favorite Season(s) to Visit: Summer and fall

Activities: Paddling

Why It's Special: It's a classic remote Maine lake in the Rangeley Lake region.

Tips: Bring a camera in a dry bag to take photos of the spectacular beauty. Best to paddle early to avoid afternoon winds.

More Info and Directions: <http://www.rangeley-maine.com/directory/listings/black-brook-cove-campground-on-aziscohos-lake/>



PETE DIDISHEIM

Standpipe Park PORTLAND, CUMBERLAND COUNTY

Picked By: Margaret Hoyt, Administrative Assistant/Bookkeeper

This is a small but inviting park with benches. It provides by far the best view of Portland.

Activities: Walking, sitting, meditating, painting, photography, yoga, reading, relaxing

Favorite Season(s) to Visit: Summer and Fall

Why It's Special: Whether it's a warm summer night or a crisp fall morning, this spot is always able to snap me back into place. It may sound cliché but it always takes my breath away. You can see the entire city from end to end and point out recognizable landmarks and buildings. It's a great spot for a picnic or an evening walk that will surely put things into perspective. Enjoy!

Tips: On clear days, you can see Mt. Washington! And sunsets here are incredible!

More Info and Directions: <https://www.google.com/maps/place/Standpipe+Park/@43.667367,-70.250977,15z/data=!4m2!3m1!1s0x0:0x9170f12780ca4ef6>



COURTESY MARGARET HOYT

Mount Agamenticus YORK, YORK COUNTY

Picked By: Karen Herold, NRCM Board Member

The former ski area and surrounding woodlands has a large network of well-marked trails on 10,000 acres.

Activity: Hiking, trail running

Favorite Season(s) to Visit: Year-round

Why It's Special: This large swath of intact coastal forest has a jaw-dropping view of the Gulf of Maine and the White Mountains from the summit, plus miles and miles of trails to explore. There are diverse habitats to see because, here, the ranges of northern and southern species overlap. It's worth a visit just to spot a chestnut oak.

Tips: Print out a map before you go. Start out at the platform next to the former ski lodge at the summit.

Explanatory plaques will orient you to what you are seeing in the 360-degree view. The summit lodge has environmental education displays staffed by volunteers and is open on weekends in the warmer months.

More Info and Directions: www.agamenticus.org



ALLISON WELLS

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**NRCM
Environment**
on iTunes
or Google Play!

Cobscook Bay State Park WHITING, WASHINGTON COUNTY

Picked By: Lisa Pohlmann, Executive Director

The wildlife-rich waters of Cobscook Bay surround this 888-acre park on three sides, providing opportunities to watch birds and observe the ebb and flow of the region's impressive tides. Cobscook, the Maliseet-Passamaquoddy tribal word for "boiling tides," aptly describes this setting where the tidal range averages 24 feet and can reach 28 feet (compared to a 9-foot average tide along Maine's southernmost coast). It's located off U.S. Route 1 approximately six miles south of Dennysville and six miles north of Whiting.

Activities: Camping, wildlife watching, hiking, paddling

Favorite Season(s) to Visit: Summer and fall

Why It's Special: This spot is the little-known gem of the state park system. Never crowded, always quiet, it's a paddler's coastal paradise for seeing eagles, seals, and many species of ducks. It is the perfect getaway in one of the most beautiful parts of Maine. Check out the little towns of Eastport and Lubec, and hike Quoddy Head while you're there, plus have pie at Helen's in Machias on your way!

Tips: Book your stay early. The waterfront campsites go quickly because of regulars like me!

More info and directions: <http://www.campmaine.com/region/all-regions/campgrounds/cobscook-bay-state-park/>



LISA POHLMANN