



# Maine Environment

**INSIDE!  
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RESULTS**  
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the Environment

Natural Resources  
Council of Maine

Fall 2016

Barnard Mountain, Katahdin Woods and Waters National Monument, by E.Theberge/NRCM

## AN INTERVIEW WITH ROXANNE QUIMBY: Philanthropist, Conservationist, and Businesswoman By Cathy Johnson

On August 24, 2016, President Obama designated the Katahdin Woods and Waters National Monument. That gift was made possible thanks to the generosity of Roxanne Quimby, the founder of Burt's Bees, who used proceeds from the sale of her company to purchase these extraordinary lands. I was pleased to have had the opportunity recently to speak with Roxanne about this 15-year project, and to discuss why it was so important to her and how she feels now that it has been completed.

**Cathy:** When did you purchase your first land?

**Roxanne:** It was just before the year 2000 when I purchased my first piece of land in Maine. Burt's Bees was doing really well, and we had excess cash that we didn't need to invest back into the company. I thought about what to do with it. Some people would buy other companies or invest in stock, but I saw that land in Maine was about \$200 an acre, which for us was the wholesale price of four cases of lip balm. To me, the land was cheap and yet priceless at the same time. After all, you can make endless amounts of lip balm (we were making 1,000 cases a day) but you can't make more land. A realtor contacted me—I'm not sure how he knew I was interested in buying land. (Actually, all of the parcels of land I've purchased were the result of land owners, their brokers, or their managers approaching me first.) Everybody around me was nervous about Y2K and whether or not the computers were all going to break down at the turn of the millennium. I bought that piece of land just before the year 2000. I thought it was an excellent way to celebrate Y2K.

**Cathy:** Why was it important for you to protect forest lands and wild



Roxanne Quimby generously donated the land that is now the Katahdin Woods and Waters National Monument.

places in northern Maine? When did you first discover your love of nature?

**Roxanne:** It was really when I lived in California at the age of 19 that I began to appreciate nature. I had an apartment in San Francisco, and I went crazy with houseplants. I realized I had a real affinity for growing plants. I brought that love of growing things with me when I moved to Maine. I love to garden. I find it relaxing and soothing to be around green things that are growing. Nature is its own being, and it has lessons to teach us. Some people gravitate to other people or to books for learning but for me it is nature. It physically hurts me to see land that has been clear-cut or harmed; I feel that pain. I'm into the soothing, healing aspect of nature, where it is very quiet—except when it's not! When there's a blizzard or an earthquake or flood, you learn that you're not in control of everything. We would be a healthier community if we were more humble.

**Cathy:** What is your hope for the Katahdin Woods and Waters National Monument and the people in the Katahdin region?

**Roxanne:** Looking ahead five years, I hope that there will be more infrastructure for visitors, that the road will be improved, and that there will be signs to help visitors see where to go and what to do. I hope there will be activities for those who are not real adventurers, like hikes for kids with a ranger. But it takes longer than that to become a real national park. One of the most important things about the new monument is that the forest will have the chance to recover. A lot of the forest was heavily harvested before I purchased it. You can't rush forest regrowth.

- Continued on page 2

## Penobscot River Now Connected to the Sea— and to the New National Monument, Too



The now-free-flowing Penobscot River in Howland.

It's been a truly thrilling and historic summer, as NRCM celebrated the creation of Maine's new Katahdin Woods and Waters National Monument, and another major achievement, too: the finale of the Penobscot River Restoration Project (PRRP). With construction of the Howland dam bypass completed, for the first time in more than a century 11 species of sea-run fish can reach nearly 2,000 miles of habitat that they need to thrive. NRCM, a founding partner in PRRP, has been central to this massive collaborative effort for more than 15 years. Thanks to our members, our partners in the project,

and countless people throughout Maine and beyond, life in the watershed is on the rebound. It is thrilling to already see the fruits of our labors, as people and wildlife of the Penobscot are energized by the renewed river. Hundreds of paddlers—from teens to elders, hailing from Old Town to Alaska—raced through newly free-flowing rapids in the national whitewater races hosted by the Penobscot Nation. Riverside communities and businesses supported them. Atlantic salmon and other sea-run fish have finished their summer upstream migrations, to return back to the sea, connecting the ocean to rivers, lakes, streams, and forests.

In September, NRCM presented the Quimby/St.Clair family with our 2016 Conservation Leadership Award for their generosity and vision in the creation of the Katahdin Woods and Waters National Monument. Lucas St. Clair accepted the award on behalf of the family. During his acceptance remarks, Lucas recounted a wonderful story:

*About a month ago, I got an email from one of our National Monument supporters, who had just ridden his bicycle for many miles along Wassataquoik Stream. He hoped to find where an old dam had been. He found a pool where he thought it might be, put on his scuba mask, and dove down to the bottom. There at the bottom of the pool was a yearling Atlantic salmon sitting still. This salmon was able to reach the National Monument rivers and streams because of the Penobscot River restoration. It's a message to all of us: the conservation work that we do really does come together.*

The Penobscot River's sea-run fish would not have this new, fighting chance without you. Thank you!

—Judy Berk, Advocacy Communications Director

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## • THE BIG PICTURE •

### Here's To All of Us

by Lisa Pohlmann, NRCM Executive Director

It has been a very big year for NRCM and the people of Maine. In June, the Penobscot River Restoration Project was completed, opening up nearly 2,000 miles of habitat for 11 species of native sea-run fish. NRCM began working on this project with others more than 16 years ago. In August, we saw the designation of Maine's new Katahdin Woods and Waters National Monument. This "monumental" achievement has people buzzing, especially folks in that region who are seeing a long-awaited uptick in visitors and are planning for their communities' economic future. It is not every year that we experience such magnificent conservation and restoration "wins," and I have thoroughly enjoyed celebrating all of our hard work.

While NRCM continues to work on these fronts, we have many other irons in the fire, too. We are fighting an ill-conceived attempt to roll back Maine's basic solar policy, net metering. This comes at a time when we should be enacting new solar policies that get Maine out of last place for solar installations in New England. We are also facing the relentless attempt to weaken Maine's metal mining rules, despite the Legislature soundly defeating this effort twice before. In addition, we are working to stop the state from changing zoning rules in a way that would open up Maine's North Woods to sprawling development. And we are working to reduce food waste. Did you know 30 percent of what we are throwing into landfills is food that could be consumed or composted? What a waste of our natural resources, at a time when so many are going hungry, including here in Maine. This needs to stop, and there is a growing community of people who share our concern.

The good news is that the vast majority of Maine people are with us. A recent Critical Insights poll showed that an overwhelming 72 percent of Mainers support President Obama's decision to establish our new National Monument. More than three out of four Maine voters want the Legislature to enact strong solar policies and to fund the Land for Maine's Future program. Three out of four Mainers oppose weakening our mining regulations. And more than 70 percent of voters in our state believe Maine's environmental laws have worked and that our environment and economy go hand-in-hand. They do not want to see their policymakers weaken Maine's environmental laws.

These findings tell us that NRCM is on the right track. We continue to work with many community groups on their sustainability efforts. We are planning for the upcoming legislative session that gets underway in January. And we will do everything we can to make sure the nation's most important climate legislation—the Clean Power Plan—is ultimately implemented.

Cheers for our monumental achievements this year. They belong to all of us.



## Next Steps for Katahdin Woods and Waters National Monument

The day after President Obama established the Katahdin Woods and Waters National Monument, the National Park Service (NPS) opened offices for visitors in Millinocket and Patten. They have improved the roads, re-decked two bridges, and put up signs. They've also completed four listening sessions to hear from members of communities around the National Monument and from the public about issues that should be addressed in the three-year management planning process. NRCM has participated in all four of the listening sessions and will continue to be involved in the management planning process. We also continue to work with residents in the region as they consider challenges and opportunities that the new monument will bring. —Cathy Johnson

## Quimby - Continued from page 1



Philanthropist and Conservationist Roxanne Quimby

I live close to Schoodic; it was a very underutilized part of Acadia National Park. Winter Harbor, the town next to Schoodic, lost its Navy base, and lots of people lost their jobs. I have seen what it takes to turn a town around and create a destination that is appealing for visitors. It takes a lot of work, time, and money. In the Schoodic case, they built a campground with bike trails, hiking trails, and bridges. This summer was really rewarding because visitors finally started to come in significant numbers. The campground was full almost every single night.

A national monument is a long-term solution because you have to build the infrastructure. The National Park Service has a proven track record of doing really well at protecting the resources and managing them in a way that the public can enjoy. I hope and expect that the same will happen for the Katahdin Woods and Waters National Monument.

**Cathy:** What has it been like for you since the National Monument designation? What are some of your best moments so far?

**Roxanne:** I've gotten lots of positive feedback. People are really happy. They can't wait to visit. Many people understand the economic benefits the monument will bring. They're looking to the future. I've gotten lots of really nice thank-you notes. At this point people are focused on making a great National Monument. The best moment in the last month was when I was inducted as a founding member into the Teddy Roosevelt Society. The National Park Service set this up to celebrate their centennial and to honor those who have made significant contributions to the National Park Service. The event was held at Sagamore Hill National Historic Site, Teddy Roosevelt's home from 1885 until his death in 1919. I was introduced by former Secretary of the Interior Ken Salazar. It was a very nice evening.

The other great moment was the designation of the National Monument at the New England Outdoor Center with Secretary of the Interior Sally Jewell. It was so beautiful, with the lake and the mountain behind the podium where people were speaking. People were so very happy.

*Cathy Johnson is NRCM's Forest and Wildlife Project Director and led NRCM's work for designation of the Katahdin Woods and Waters National Monument.*

## Meet NRCM's New Board Members

The Natural Resources Council of Maine is delighted to welcome three new members of the Board of Directors. Their terms begin at the November Board meeting, when NRCM also will say goodbye to five long-serving members. "We are profoundly grateful to these men and women for their commitment to protecting Maine's natural heritage," says Lisa Pohlmann. "NRCM Board members work in partnership with the organization to strengthen NRCM's advocacy work, governance, funding base, and membership programs. We are grateful to everyone who serves." Meet our new board members.



**Sahan T. M. Dissanayake** (Waterville) is Assistant Professor in Economics and a Research Fellow at the Goldfarb Center for Public Affairs at Colby College. He is a Research Consultant for IUCN-Sri Lanka and Assistant Professor (by courtesy) in Economics at Portland State University. Sahan holds advanced degrees in agricultural and applied economics as well as applied mathematics.

He studies such disparate environmental issues as the effects of a tree shade program to manage water quality in Oregon, seafood eco-labeling in New England, and stove adoption in Ethiopia. He is the author of numerous papers and presents at conferences around the world.



**David Kallin** (Dresden) is an environmental attorney at Drummond Woodsum in Portland. His practice includes land conservation, land use, natural resource law, school and municipal law, administrative law, and general litigation. A dedicated outdoorsman, David, his wife Emily, and their two young children did a 2,185-mile thru-hike of the Appalachian Trail in 2014 and documented much of their journey online.



**Anne Winchester** (Pemaquid) grew up in Brunswick. Like many Mainers, Annie was introduced to the outdoors at an early age. She has camped in the Maine woods, climbed Katahdin (17 times!), and paddled innumerable lakes. After a career spent as a commercial lender in Boston, Annie and her new husband, Jock, returned home to Maine more than a decade ago.

Retiring from the Board of Directors in November are **Victoria M. Devlin** of South Freeport, **Henry Heyburn** of Brunswick, **Buzz Lamb** of New Gloucester, **Kathy Rimmel** of Portland, and **Lois Winter** of Portland. —Gretta Wark, NRCM Senior Director of Development

# TAKING THE PLUNGE WITH NRCM



Every year for the past eight years, a brave group of participants has gathered in Portland's East End on December 31, for NRCM's annual Polar Bear Dip & Dash. Snow, sun, ice, and almost always the cold—it makes no difference. People gather to raise awareness about and funds in support of NRCM's work to fight climate change. More than 800 individuals have participated over the years. I asked a few intrepid souls why they do it—and continue to do it, over and over—and found inspiration in their words. Will you take the plunge this year? Read on for encouragement (and maybe a little disbelief!). —Stacie Haines, Membership Manager

ALL PHOTOS NRCM FILE



NRCM 27-year member, **Susan Cottle**, was the first Polar Bear dip registrant this year. I had to find out why! In her words: "I originally signed up for the dip because, in addition to supporting NRCM's work to protect Maine's land, air, and water, I thought it would be a hoot and something to cross off the ol' bucket list. I have returned because, while it seems like something crazy to do—jump into cold water—it really isn't as hard as you might think...which means it is like a lot of things in life. It is like trying to help the Earth. It seems awfully hard sometimes to know how one individual can make a difference but when you see what a group of individuals can do, when you see a group of people 'jumping in,' it isn't as hard. It's actually fun and quite satisfying. And it is a great way to finish a year and get ready for a new one...and a whole 'nother year of just doin' what you can do as an individual—not everything, but something. We can all spend an enormous amount of time focusing on what we think we can't do...or we can once a year take a moment and focus on what we can do."



**Emily O'Donnell** ran the 5k and dipped for three consecutive years. And she's raised a whole lot of funds for a clean energy future to boot. She explains: "Because of our actions, our choices, our planet is suffering. Animals and plants are voiceless, and those are the living things I run (and swim) for. NRCM is working toward a more sustainable future, and this is a cause I want to be in the ring fighting for. NRCM and the 'crazies' who plunge alongside me at the Polar Bear Dip & Dash inspire me. They help me to believe that one day we can do more than protect the environment. We can actually create a world in which the environment does not need protecting because we can change the way we interact with our one precious planet. I raise money for NRCM through the simple act of reaching out to the people I come into contact with every day, and they continue to support the cause because they know how important it is to me. They see it when I bike or run to work instead of drive, when I made the transition to a vegan diet from a vegetarian one, and when I strip down on the beach and jump into the ocean on New Year's Eve."

Nothing else makes you feel quite as alive, refreshed, and reawakened in all of your senses. NRCM's Polar Bear Dip and Dash is so much more than a 'New Year, New Me!' hashtag. It's an affirmation to give our planet back its voice."

**Tony Owens**, NRCM board member and 23-year NRCM member, will plunge



for the seventh consecutive year. Here's what he has to say, "I have participated in the last six Polar Bear dips. It is an exciting, high-energy, and fun way to end one year and begin the next. It also provides a very tangible background for discussing human-made climate change and the impacts it is having on our environment. The modest entry fee goes to support NRCM, which has a nearly 60-year history as Maine's most effective environmental advocacy organization. For the last several years we have formed a team from Maine Medical Center's Emergency Department, Team Hyperthermia, which has grown each year and has become a great way of meeting new coworkers and sharing our concern for the environment. The anticipation for the dip builds as noon approaches. After the dip, some years the temperature allows for lingering and conversation; other years a quick congratulatory embrace and a warm towel suffice. For those on the fence, I can only tell you that as one who is notorious for his dislike of cold water, the energy of the crowd and momentum of the dip all but eliminate the experience of cold. You have to try it to believe it—come join the fun!"

**WHAT:** NRCM Polar Bear Dip & Dash

**WHEN:** Saturday, December 31

**WHERE:** Portland's East End

**WHY:** Raise awareness and funds for NRCM's work to curb climate change

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## Congratulations to Our 2016 Conservation Leadership Award Winners

On September 14, we presented our 2016 Conservation Leadership Award to outstanding groups and individuals who are doing extraordinary work protecting Maine's environment. The event was held this year at Congregation Bet H'am in South Portland. The awards were given following a reception and congratulatory remarks by Executive Director Lisa Pohlmann. Winner or representatives from honored groups shared remarks, a highlight of the evening. View photos from the event and read the award citations at [www.nrcm.org](http://www.nrcm.org). Special thanks to *Maine* magazine, media sponsor of this special event. This year's recipients:

**Penobscot River Restoration Trust** Penobscot Nation (PN), Atlantic Salmon Federation (ASF), Maine Audubon (MA), The Nature Conservancy (TNC), Trout Unlimited (TU), and the Natural Resources Council of Maine (NRCM)

**Conservation Leadership Award** for significantly improving access to nearly 2,000 miles of habitat for 11 species of native sea-run fish, with no net loss of hydropower

**Quimby/St. Clair Family Conservation Leadership Award** for their generosity, vision, and commitment to creating the Katahdin Woods and Waters National Monument

**Katahdin Area Community Leaders Conservation Leadership Award** for their tireless efforts to raise awareness and build support for the Katahdin Woods and Waters National Monument

**Larouche Family People's Choice Award**, for the family's commitment to wildlife protection and habitat conservation as well as environmental education for children and adults through the Hirundo Wildlife Refuge



Back row from left to right: Sally Jones (Hirundo); Dick Andren (Hirundo); Andy Goode (ASF), Lucas St. Clair, Lisa Pohlmann (NRCM), Roxanne Quimby, Matt Polstein (Katahdin leader), Kate Rush (NRCM), George Aponte Clark (PRRT), Tom Rumpf (TNC). Front row from left to right: Rebecca Sgouros (Hirundo); Dr. Stephanie Larouche (Hirundo), Marsha Donahue (Katahdin leader), Gail Fanjoy (Katahdin leader), Bucky Owen (PRRT), Larry Beauregard (Hirundo), Cheryl Daigle (PRRT), Laura Rose Day (PRRT)

## "Feeding the 5,000" a Big Success

NRCM and our event partners are proud that this free community feast, made entirely from food that would have gone to waste, surpassed expectations. With the help of dozens of organizations and 250+ volunteers, we gleaned about 4,200 pounds of fresh food from 17 Maine farms. We served about 4,400 meals throughout the Greater Portland region. The delicious meal, grocery give-away, inspiring speakers and demonstrations, and special activities drew a diverse and engaged public audience and made for a spectacular and special community event. Thanks to all who helped or attended! View our event photos on our Facebook page, and visit our website for ways to reduce food waste.



BCOR/NRCM

Like us on Facebook @NRCMenvironment

## Attention, Middle School Teachers!



NRCM's Gabrielle Grunkemeyer with students at Palermo Community School, one last year's grant recipients.

NRCM is offering another round of grants for middle school (6th, 7th, or 8th grade) teachers and club leaders in Maine! This year, we have eight

\$500 grants available for projects that educate and engage students in Maine's environment and the value of protecting it. Please contact Gabrielle Grunkemeyer at [ggrunk@nrcm.org](mailto:ggrunk@nrcm.org) to receive a copy of the grant guidelines and application. Deadline is December 1. Decisions and grant distribution will be made in January 2017. Learn more about last year's projects by visiting our *Students Engaging in the Nature of Maine* blog to hear from the students and teachers involved.

## New at the NRCM Blog:

- NRCM Leadership, Then and Now** NRCM Board President Kate Rush and founding NRCM Board Member Bill Townsend reflect together on what it takes to protect Maine's environment.
- Monumental Road** New NRCM board member Annie Winchester shares a wonderful reflection on her visit to the Katahdin Woods and Waters National Monument.
- Switching from Whiskey to Beer and the False Promise of Woody Biomass** Another deep dive into the climate issue by educator and ecologist Dr. Stephen Mulkey.
- Summer, Day 1: Headwaters of the Allagash River** The latest piece in a series by writer and photographer Erika Zambello.
- Growing Education Solutions, Shrinking Environmental Problems** by guest blogger Jeff Giallombardo in our *Spotlight on Sustainability in Maine* blog.

## Maine Environment

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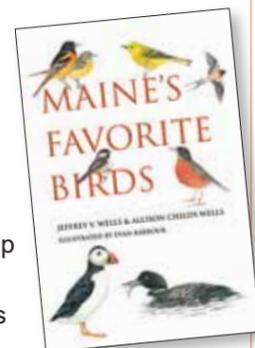
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Keep it for yourself or tell us where to mail it as a gift from you!



## Green Tip of the Day



**Don't Blow It Snow** is soon to arrive and when it does, skip the snowblower. Shovel or scoop instead—you could save as much as 70 car miles worth of pollution. Bonus: shoveling snow for 15 minutes qualifies as moderate-intensity exercise. Request our "Bright Ideas" brochure for more tips to save energy and reduce pollution. For a green tip of the day every day, visit NRCM's website at [www.nrcm.org](http://www.nrcm.org). And tune in to WCLZ 98.9 FM on your radio dial (web stream) to hear a new Maine Green Minute, every week day, four times a day!



## My Maine This Week



**Moxie Pond**, by Partner in Maine's Future NRCM member Sam Horine of Skowhegan, Maine. "My wife and I took off to go up to one of our old haunts to enjoy a little late-summer weather and have a picnic lunch. This is a photo of Moxie Pond looking south toward Bald Mountain."

Do you have a photograph of Maine you'd like to share? A short poem? Send your submissions to [beth@nrcm.org](mailto:beth@nrcm.org). Visit "My Maine This Week" online at [www.nrcm.org](http://www.nrcm.org) for guidelines and more photos.