



NRCM Rising Sea Kayaking in Casco Bay

# Explore MAINE 2018

## WHAT'S INSIDE:

Favorite Coastal Places

Good Reads by NRCM Members

Picks for Exploring with Kids

Sporting Camp Discount

LOTS MORE!

## Discover New Places to Hike, Bike, Swim, & More Enjoy Books & Blogs by NRCM Members Explore Maine—There's Lots More Inside!

Just in time for your summer planning, welcome to *Explore Maine 2018*! In this year's edition, we put the spotlight on some of our staff, board, and members' favorite coastal locations, to help raise awareness about the threat offshore oil drilling would pose to Maine's economy and way of life. But when it comes to enjoying the season, don't stop at the coast when there's so much more to Maine. Be sure to consult our online Explore Maine map (see page 8), your interactive guide to special places protected with help from the Land for Maine's Future program—shorelines, rail trails, and much more. The map can also help you choose from dozens of spectacular Public Reserved Lands for paddling, camping, fishing, wildlife watching, and a wide range of other outdoor activities.

We've assembled a stellar reading list for you, with new and newly discovered books and blogs by NRCM supporters. Our list includes guides to edible mushrooms, animal tracks, even rural landscapes. Memoirs, self-improvement through nature, poetry, children's books—there's something for everyone on this year's Good Reads list.

Our new NRCM t-shirt will help you enjoy summer in style. We've got NRCM caps, too, and wait until you see—and hold—our new mugs! All proceeds from these items go 100 percent in support of our work protecting Maine's environment. Thank you for caring, and for all you do to help keep Maine a special place to live, work, and play.

—Allison Wells, Editor, Senior Director of Public Affairs

## Adventure with Us ▶

Paddling, hiking, wildlife watching, cross-country skiing—we enjoy spending time in Maine's great outdoors, and you're invited to join us! Visit our website to see what's coming up, at [nrcm.org](http://nrcm.org).



A. Wells/NRCM

Puffin cruise to Eastern Egg Rock aboard the Hardy Boat



E. Theberge/NRCM

Hiking Bernard Mountain, Katahdin Woods and Waters National Monument



T. Martin/NRCM

NRCM Rising Belfast sailing cruise



S. Janeway/NRCM

Androscoggin River Paddle



E. Theberge/NRCM

Skiing at KWW National Monument



NEW!

## Gear Up with NRCM

### T-shirts

Our beautiful new tee features original artwork by Maine artist Jon Luoma\*. Made of organically grown cotton. Unisex and ladies. \$25 + tax and shipping.

\*NRCM member Jon Luoma will be the featured artist at Stable Gallery August 9 – September 12, 28 Water Street, Damariscotta. Learn more at [stablegallerymaine.com](http://stablegallerymaine.com)

### Mugs

Features a gorgeous Maine photo by NRCM member Walter Mugdan and a quote by Rachel Carson. Ceramic, holds 1.5 ounces, firm handle fits all four fingers for a sturdy grip. \$15 + tax and shipping.

### And don't forget...



**Caps** Cool and comfy 100% cotton twill cap with antique brass strap closure. In khaki and in black. \$15 + tax and shipping.

**Totes** Skip the plastic bags, take our tote instead! Sturdy canvas with strong handles. \$10 + tax and shipping.



Maine's iconic coast thrills millions of visitors and residents each year. People love to walk York Beach, take a puffin cruise out of New Harbor, and hear the power of Acadia's Thunder Hole. Our coast is a critical part of Maine's economy and way of life. We must fight against any threat to it. The Trump Administration's proposal to allow oil drilling off the coast has brought Maine's entire Congressional delegation, all of Maine's state legislators, and thousands of Maine citizens together to say, "No way!" In fact, the Maine Legislature supported a resolution—which passed unanimously in the House and Senate—that said, "The State of Maine finds that offshore oil exploration and drilling risks our economic and ecological health and therefore opposes any plan or legislation which encourages oil exploration offshore that would impact the citizens of Maine." NRCM has been at the forefront of the effort to keep drilling off the coast of Maine from becoming a reality. We will not stand for the risk of oil-stained waters lapping against our shores, harming our wildlife, and ruining our tourism industry. Here, we share with you just a few of our favorite places along the beautiful coast of Maine!—*Lisa Pohlmann, CEO*



Annie Winchester

### PEMAQUID

Hop in the car and meander down the Pemaquid peninsula. There's a sandy beach, a historic fort, a public boat launch, a lighthouse, rocky ledges with tidal pools and periwinkles, old meeting houses, old schoolhouses, an ice house, boat yards, walking trails, Witch Island, Hog Island, kayak rentals, lobster co-ops, lots of waterfront dining options, boat tours, oysters, camping... You can smell the brine, feel the fog, hear the gong, slip and slide on the seaweed, wiggle your toes in the chilly water, sniff the breeze, watch the sails run along the horizon, awake to the early morning rumble of fishing boats, grin at noisy gulls, squint at the glitter of sun on the afternoon water, get messy with clams and melted butter, fish off a squeaky dock, and fall asleep to the distant sound of the surf. Some nights the seals belch and growl, phosphorous lights up the murky underwater, the herons squawk, and the full moon brings a mysterious serenity to the silent coves.

Okay, I'll confess that anywhere on the Maine coast is a great destination. You don't need much other than a sense of wonder, and if you're really lucky, a wee boat with someone special to share it. The rest is magic. See you there! —*Annie Winchester, NRCM Board Member, Pemaquid*



Sewall Beach, courtesy of Russ Pierce

### SEAWALL BEACH, PHIPPSBURG

If I were to name a place that is special to me and to my family, it would be Sewall Beach, at the end of the hike through the Bates-Morse Mountain Conservation Area (on the other side of the Morse River from Popham Beach State Park). It is an easy hike through woods, small fields, and salt marsh—a quick detour to the top of Morse Mountain, for those so inclined—and then eventually to the secluded, open, sandy beach. I have been visiting with family and friends two to three times a year for thirty years. The beach has changed over the decades—terns used to nest on the stretch that led to Popham, and you used to be able to cross over to Popham Beach. There are still many, many sand dollars after a good storm, still Piping Plovers, and it is a regular stopover for Black-bellied Plovers, Ruddy Turnstones, often a Willet in the tides where the river meets the beach. Seals on the rocks; Bald Eagles in the sky; in May, there are Black-throated Green Warblers right at eye level in the scrub pines at the edge of the beach. In the early winter of 1986, through a spotting scope on a tripod on the beach, we gazed at a very stoic Snowy Owl on top of Fox Island, the small rock about 300 yards from the beach and connected by a "tombolo" at low tide. (Also taught us what a "tombolo" is...)

—*Russ Pierce, NRCM Board President, Portland*



Courtesy of Alice White

### TIMBER POINT, RACHEL CARSON NATIONAL WILDLIFE REFUGE, BIDDEFORD

My family loves hiking out to Timber Island near Goose Rocks Beach. The reasons are threefold. First, there are historic gardens and several buildings from the 1920s to inspire the preservationist and history buffs. Second, there are wonderful rocky promontories and ledges to explore and "re-find" for geology enthusiasts, and then there is a swampy lowland where Red-winged Blackbirds congregate in early spring, and good birding habitat farther out near the Point for those hikers who like to do a bit of birding while hiking. Once low tide is close, you can easily walk to the small island 250 yards from the Point. If you are a rock hound or shell seeker, use caution: It is easy to forget the three-hour window! If you appreciate dawdling, you may get stuck on the island until the next low tide allows you egress back to the mainland. Once, in 2013 a moose did just that!

—*Alice White, NRCM Member, Biddeford*

### MT. MEGUNTIHOOK, CAMDEN HILLS STATE PARK, CAMDEN

It's hard for me to pick a favorite place on the Maine coast, but one of my favorite views comes at the Ocean Lookout on the Mount Megunticook trail in Camden Hills State Park. After a short, moderate hike you're rewarded with an amazing panoramic view over Camden Harbor and Penobscot Bay, and on a clear day, you can see Cadillac Mountain to the east. The park offers a total of 30 miles of scenic hiking trails, so you can easily stitch together a bunch of trails, if you're looking for a challenge. Challenging hike or not, I always stop at the food stand right across the street from the entrance to the park for some fried seafood and an ice cream cone before I head home.

—*Kristin Jackson, Federal Project Outreach Coordinator*



Kristin Jackson



Jim Sosa

### REVERSING FALLS PARK, PEMBROKE (WASHINGTON COUNTY)

Our favorite coastal location is a small, rural park with a trail that leads down to a rocky area where tidal falls are created by the high tides emanating from the Bay of Fundy. There are some trails near the falls as well as rural campsites in the park. It's an ideal place for walking, sitting, meditating, painting, photography, yoga, reading, and just relaxing, surrounded by Maine's natural beauty. We visit the park year round (though the gravel road can be tricky to negotiate in the winter). This is one of our favorite areas to walk or just sit and watch the wildlife. There are usually some eagles in the area, as well as many other birds. Seals make frequent appearances, but never on cue! The effect of the falls is best at mid- to late-high or low tide. The area may seem rural and undeveloped, but it is a place of tranquility and wildlife if you enjoy the Downeast coast. Tip: Wear sturdy shoes! And on the way back from Reversing Falls, stop at the turn out at Young's Cove, where at sunset the colors and the view are beautiful, and always seem relaxing because it is such a quiet spot. While in the area, be sure to stop at Betty's Crabmeat in Pembroke for fresh crab or lobster, or at Quoddy Bay Lobster in Eastport!

—*Jim and Ruby Sosa, NRCM members, Pembroke*



Allison Wells

### COBSCOOK BAY STATE PARK

This is a quiet gem on the Washington County coast. When kayaking on the bay, you'll see eagles and seals and feel the power of the nearby Reversing Falls. You should take nearby jaunts to Lubec for a summer concert, Eastport for the best fish roll you've ever had, or to Quoddy Head for a breathtaking hike on the easternmost point in the U.S. Pick up a quart or two of fresh-picked blueberries or hit Helen's for pie on your way home. The perfect Maine vacation! —*Lisa Pohlmann, NRCM CEO*



Kate Coupland

### LA VERNA PRESERVE, BRISTOL

It sounds exotic and far away. But it's not. La Verna Preserve is right in midcoast Maine, and it is one of my very favorite places. Located in Bristol, La Verna is a part of the Pemaquid Watershed Association. The trailhead starts off Rt. 32 and heads directly into the forest. As you walk away from the road and surrounding houses, you climb over an old rock wall and across a set of boardwalks over a small stream. The trail winds farther into the forest, and you begin to feel the sense that you are away from everything. The preserve is rich with moss-covered rocks, huge boulders, and towering pines and hardwood trees. In the summer, everything is mind-boggling green. In the fall, the trail is dotted with red, yellow, and orange leaf litter. Then, when you didn't think it could get any more beautiful and peaceful, the trail opens up to the ocean. Giant metamorphic rock formations invite you to sit, listen, and watch. From there you can walk along the cliffs to get different vantage points of the ocean, Monhegan Island, and passing boats. All in all the preserve has close to three miles of trails of easy walking and big rewards for people of all ages and four-legged friends.

—*Gabby Grunkemeyer, Grants Director*

**LAVERNA PRESERVE** is one of my favorite places to go to experience Maine's coast. This beautiful preserve offers a beautiful hike through quiet forest until it opens up to the expansive and rugged coastline. Here you can scramble along the rocks, dip your toes into the cool ocean water, and look into the unique tidal pools. It is truly a magical place that I could spend hours exploring. —*Kelsey Grossmann, Receptionist and Administrative Assistant*



Beth Comeau



Pete Didsheim

### REID STATE PARK, GEORGETOWN

Reid is a large state park located on the rocky coast with two beautiful beaches, a lagoon, walking trails, and picnic and cookout areas. One can enjoy the beaches by walking, birding, swimming, surfing, picnicking, meditating, or watching children frolic at the water's edge or building sandcastles. There is also the view out to sea, including Seguin Lighthouse. Summer and fall are our favorite times to visit the park, but one can enjoy this special spot anytime of the year, as many folks cross-country ski on the trails and sometimes on the beaches. We enjoy walking in the park, especially at low tide around mid-August when the Sanderlings and Semi-palmated Plovers are running along the wet sand feeding during their migration season. It is also nice to be in the park to enjoy the beach roses in bloom and all of the birds that are in the thickets. Of course there is a pull to the park after a storm to watch the surf as it pounds the rocks and shoreline.

—*Howard and Nancy Bliss, NRCM members, Brunswick*



Allison Wells

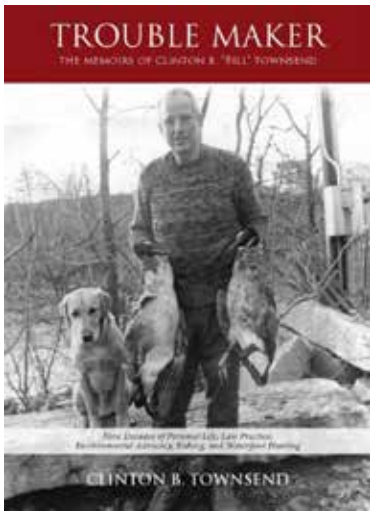
### OVEN'S MOUTH PRESERVE, BOOTHBAY

When thinking about a favorite place on the coast of Maine, Monhegan Island during spring and fall migration comes quickly to mind. So does Biddeford Pool, for shorebird watching in August. I love Quoddy Head and Schoodic Point, Lamoine State Park near Acadia, and Wolfe's Neck in Freeport, and so many others. But I have a strong affinity for the Boothbay area, land of my ancestors going back to its founding, and where my grandparents on my mother's side enjoyed sharing the natural world with me and my siblings. One spot that we, including our son and his buddies, really enjoy is the Boothbay Region Land Trust's Oven's Mouth Preserve. With a name like that it has to be an interesting spot—and it is! The "mouth" is a narrow opening through which the tide rushes to fill and then empty a broad, shallow marine basin. The trails trace the shoreline through wonderfully smelling pine and spruce forests and lead to a magical footbridge that spans the tips of two peninsulas that jut out into the narrow tidal passage. At the tip of the peninsulas are open, pine needle-cushioned spaces, simple benches, and warm ledges where we watch Osprey and terns fishing in summer, and listen to the liquid trills of Pine Warblers from the tops of the towering pines. In winter, you can look from the trails out over the quiet basin and see the black and white Bufflehead ducks diving for food and American Black Ducks dabbling in the shallows. I recommend this spot for just a simple hike or a birding foray!

—*NRCM member Jeff Wells, Gardiner*

### POPHAM BEACH, PHIPPSBURG

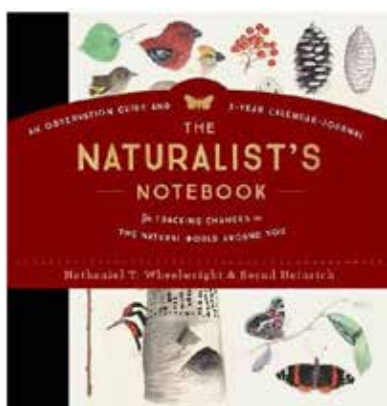
Growing up in Maine, I was fortunate to spend a lot of my childhood along Maine's coast. I especially loved family trips to Popham Beach. We didn't go to the state park as much as we spent time down near Fort Popham, walking along the beach looking for shells and racing in and out of the water. As an adult, I have continued to go back to Popham every year, sometimes even in the winter, with my husband and two small dogs, to explore this piece of the Maine coastline. There is nothing like finding a spot in the sand to sit, watch the seals play just off shore, and enjoy the warm summer sun (with lots of sunscreen and a hat, of course!). I still enjoy looking for seashells and now spend time photographing interesting driftwood and other sights along the beach. The smell of the sea and the sound of the waves, at Popham and at numerous other places along Maine's coast, help me relax and always remind me why I am so thankful to live in this beautiful state. —*Beth Comeau, eCommunications Manager and Webmaster*



**Trouble Maker, a Memoir by One of Maine's Biggest Environmental Champions (Indie Author Warehouse, 2017)**

Bill Townsend's memoir, *Trouble Maker*, is a charming amble through the life of a family man, country lawyer, and environmental activist. Published about six months after Bill died in December 2016, *Trouble Maker* was written in a voice familiar to his family and friends: well-spoken with details both educational and colorful. He treats his family with obvious affection, sharing stories about his wife, Louise, and their children—Ben, Meneely, and Eliza—that no doubt have been recounted at many Thanksgivings tables and campfires. He also introduces the readers—respectfully—to the neighbors, friends, and elected officials he meets, often as a set up to one of the broad categories his uses to organize the book, such as “Personal,” “Law Practice,” “Fishing,” and “Environmental Advocacy.” Bill was born in New York City in the late 1920s; he and Louise moved to Maine in the 1950s. He weaves in important moments from our collective history, but shines at introducing us to life in rural Maine during the 50s and 60s and, of course, to some of the most important environmental battles in Maine's history. Bill had been active with NRCM since 1960, often serving on the board. He also served on the boards of the Atlantic Salmon Federation, the Nature Conservancy, Maine Rivers, the Somerset Woods Trustees, and many other groups. He was appointed by President George H.W. Bush to serve on the National Atlantic Salmon Conservation Organization. Over the years, he was in the middle of efforts to protect the Allagash River, to stop the construction of the Big A Dam and a dam at Basin Mills on the Penobscot, to restore wild Atlantic salmon, and to protect the North Woods. Maine owes a great deal to this wonderful “trouble maker.”

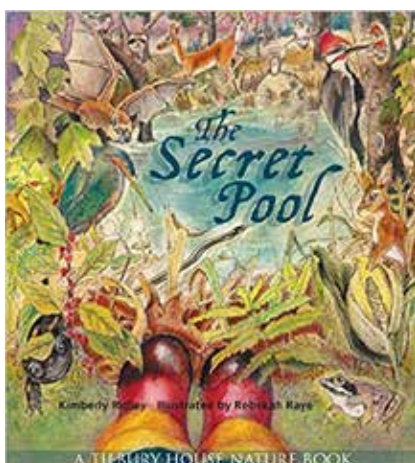
—Gretta Wark, Senior Director of Philanthropy



**The Naturalist's Notebook: An Observation Guide and 5-Year Calendar (Storey Publishing, October 2017), by Nathaniel Wheelwright and Bernd Heinrich**

This book is a delight in so many ways. Even just holding the book in your hand, you know that this is a special creation. Artfully designed and full of brightly colored illustrations (most by Bernd himself!), it is a reminder of how wonderfully tangible it is to flip the pages and feel the slight heft of a book in one's hands rather than an

app on a cell phone. The writings of Wheelwright and Heinrich are wonderful; their personal essay, reflections, and gentle instruction will inspire readers to develop the habits of a naturalist. Chapters with titles such as “Being Attentive,” “How to Become an Observant Naturalist,” “A Naturalist's Toolbox,” and “Simple Experiments as a Way of Learning” provide a treasure trove of ideas for enjoying and learning about a wondrously fascinating natural world as conveyed by these gifted authors and naturalists. The last hundred pages of the book are a five-year calendar journal for the reader to jump in with pencil and pen, to begin keeping his or her own notebook of nature observations. It's easy to imagine, years from now, this book happily worn and stained, and full of observations about the natural world that will mean you will be properly called a naturalist. —Allison Wells, Senior Director of Public Affairs



**The Secret Pool (Tilbury House, 2016), by Kimberly Ridley (Illustrated by Rebekah Raye)**

If you've ever wondered about life in a vernal pool, get this award-winning book. The vernal pool is personified and shares in first-person, and in lively rhyming verse, about the creatures and other life that lives within it, and around it. Each season of life in the pool is not only described but richly illustrated. It's an enchanting approach, suitable for children, parents, and grandparents alike, all of whom will

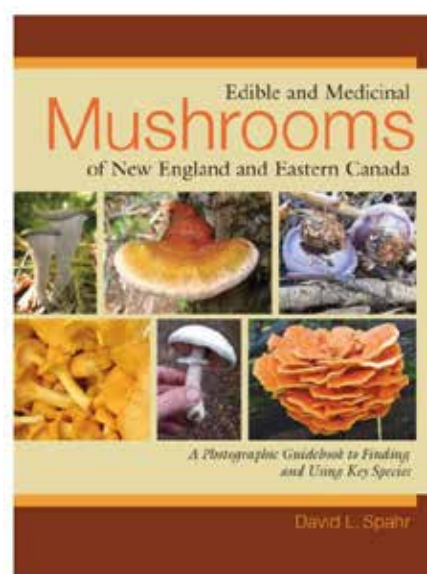
come away from the book with a deeper appreciation of the roles of vernal pools, but, more than likely, unable to pass another vernal pool again without stopping to wonder about the world within it. (AW)



**Track Finder: A Guide to Mammal Tracks of Eastern North America (AdventureKEEN, 2nd edition, March 2017) by Dorcas Miller (Illustrated by Cherie Hunter Day)**

This handy guide is full of great information that nature enthusiasts of all skill levels can use to identify tracks of mammals

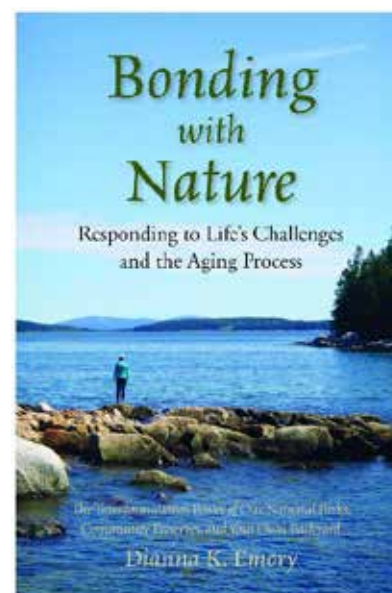
found in eastern North America. Track shape, size, and patterns (and species comparison), range maps, habitat information, scat and other ID clues—it's all in here, along with wonderful black-and-white illustrations of the tracks and the animals who make them. Somehow, all of this (including life-size prints) has been laid out in an easy-to-use guide that's just 6" x 4" in size—easy to carry in a backpack or a back pocket. This terrific tool is one of many in a series; Miller's additional contributions include *Constellation Finder*, *Berry Finder*, and *Winter Weed Finder*, and she is the author of other nature books as well. (AW)



**Edible and Medicinal Mushrooms of New England and Eastern Canada: A Photographic Guidebook to Finding and Using Key Species (Penguin RandomHouse, 2009) by David L. Spahr**

Local is good, and a localized mushroom book is essential, so I headed to the local bookstore to buy this book by David Spahr who lives nearby, in Washington, Maine. David knows and loves nature, mushrooms and Maine—and it shows. In a clear, friendly way, and based on his decades of experience, Spahr does an excellent job outlining how, where, and when to gather edible wild mushrooms. For

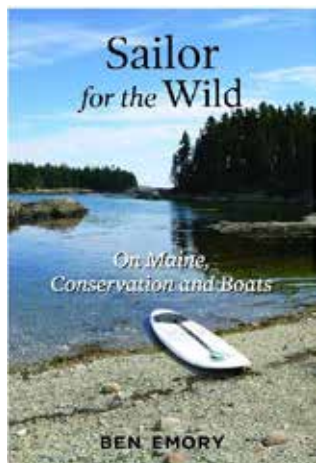
example, if you see mature, dying, or even dead maple trees in the fall, look for oyster mushrooms growing along the trunks. If you're in a field in summer, you may notice dark green rings or patches that will later sprout meadow mushrooms or puffballs. Delicious black trumpet mushrooms may be found June-September, often along intermittent seasonal runoff “washes” in the woods. Spahr describes simple equipment and helpful rules for mushroom gathering, and flags look-alike varieties throughout his book, which is illustrated with plentiful, excellent photos to help you differentiate species. There's even a section on best ways to prepare and propagate your finds. Foragers and naturalists alike can benefit from this book, and from Spahr's experience and insights.—Judy Berk, Advocacy Communications Director



**Bonding with Nature: Responding to Life's Challenges and the Aging Process (Seapoint Books, May 2018), by Dianna K. Emory**

In her book, Dianna Emory writes an inspiring description of the benefits of being in nature. This is Dr. Emory's own story of how her lifelong experiences in and with nature have led to healing and happiness. She shares personal stories of her own childhood cancer and her daughter's battle with breast cancer, along with accounts from patients she has helped. The common thread uniting all of the stories is the importance of nature as a source of healing. You don't need to live near Acadia National Park, as the author does, to

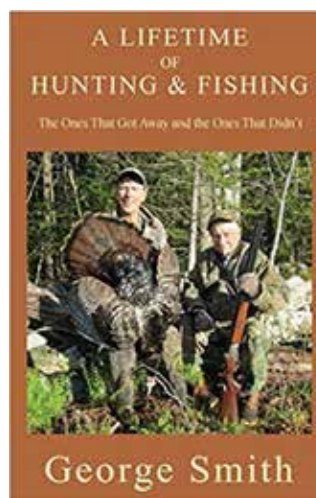
experience this. Dr. Emory suggests bringing the outdoors in by tending to plants or pets and includes visioning exercises to bring memories of nature to you to help bring you peace, no matter where you are. Parallel to her theme of finding peace and healing in nature, she also describes the importance of helping nature through preservation and conservation activities. These actions have the twin benefits of summoning healing and assuring that natural places will be healthy and available as places of respite and renewal. The book also serves as a field guide to Dr. Emory's favorite places, describing the flora and fauna of Acadia National Park and the Virgin Islands.—Gail La Rosa Thompson, Associate Director of Philanthropy



**Sailor for the Wild: On Maine, Conservation and Boats (Seapoint Books, May 2018), by Ben Emory**

Ben Emory provides a detailed account of how his formative years spent summering on the coast of Maine framed his personal and professional lifelong commitment to conserving land and, through that, wildlife habitat, resources, and Maine's ever-intoxicating, nature-bound ethos. The book is a fun and inventive window into the beginnings of a movement that has forever changed Maine's landscape. From his unique vantage, which changes over the years from active volunteer to

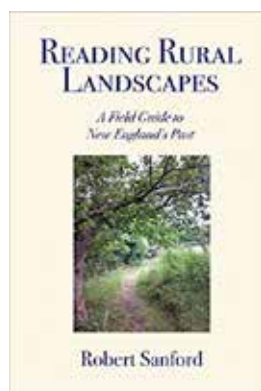
Executive Director and back, the author describes the founding of Maine Coast Heritage Trust in a neighbor's living room and the organization's growth into a tremendous resource for guiding conservation easements in Maine and serving the interest of the state's many local land trusts. While reading about the ins and outs of MCHT's early years, I was struck by the juncture between land conservation and advocacy. The workings of conservation advocacy are well described by the author as he and others founded what would become the Land Trust Alliance, creating a national coalition and retaining professional guidance on how best to advocate for conservation at the federal level. Maine people owe Mr. Emory, and those like him, a great deal, though as he acknowledges, the environment has changed quite a bit in the last 40 years, and the road isn't finished. This story is told through his sailing escapades—often landmark moments that deepen his affection for Maine. The personal connection these anecdotes lend to the serious topic gives the book a unique lens and substantial color. I found myself laughing as he vividly described sinking his Bullseye in an unexpected Memorial Day blow, and captivated by the romance of Maine's wooden boat history as he passionately illuminated the glory of the yachts and those who built them. My ultimate takeaway: both continued conservation and vigilant environmental advocacy are necessary for preserving Maine's future and economic impacts, and tradition will continue to be valuable selling points. If you want to learn about a major piece of how Maine got to where it is today, this in-depth and animated read should be on your booklist.—Fiona Gordon, Associate Director of Philanthropy



**A Lifetime of Hunting & Fishing (North Country Press, 2017), by George Smith**

When you pick up this book, plan to sit down for some good storytelling. Smith's got a knack for winding a good tale. A long-time outdoor writer, he provides the kind of details that hook you early and leave you wanting to explore the places he's writing about. His adventures lead to rivers and lakes, through forests and fields, and not just here in Maine but in Alaska, Quebec, Montana—even the Rio Grande Valley of Texas (one of my own favorite birding hotspots). For sportsmen and women, there's lots about hunting and fishing, but Smith includes ample anecdotes about

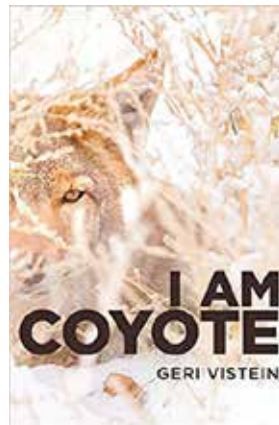
nongame critters: snapping turtles, raccoons, porcupines, skunks, birds, even "unstinking pigs." The author's family members are recurring characters, especially his dad Ezra who passed away in 2014 and whom he writes about with great affection and respect. Smith's love for the outdoors is palpable; anyone who appreciates Maine's environment will appreciate this book. (AW)



**Reading Rural Landscapes (Tilbury House, 2015), by Robert Sanford**

How many times have you passed evidence of an old homestead and wondered about the secrets it holds? Robert Sanford has not only done that, he's cracked open the secrets, and he shares them with us in this fascinating book. Traces of past lives are virtually everywhere here in Maine: a patch of day lilies glowing strangely out of place; remnants of a stone wall or a the last segment of an old dam; orchards galore; crumbled chimneys and foundations, now overtaken by trees—and time. Sanford's "field

guide" is the kind of book you might keep in the car, as a resource when you come upon such surprises during road trips. The book includes a "key" to artifacts in fields, woods, roadsides, etc., and is generously illustrated with drawings and photos. This book will appeal to genealogy enthusiasts, nature buffs, and historians. The past may be calling, but Sanford's guide will help you answer that call. (AW)



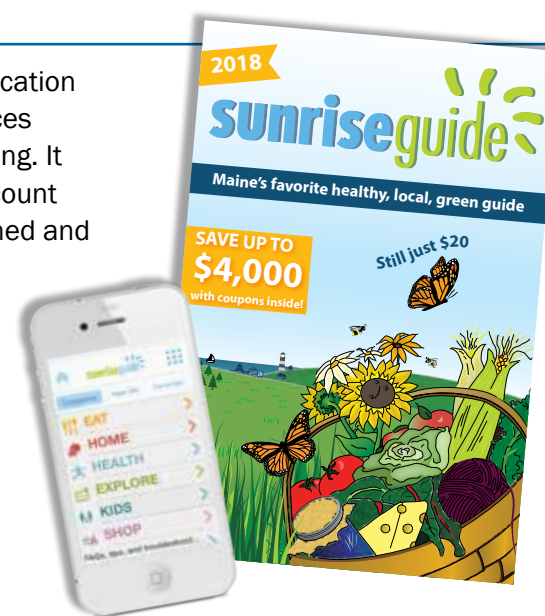
**I Am Coyote (Tilbury House, 2015), by Geri Vistein**

When Coyote is three years old, she leaves her family in Algonquin Provincial Park in Ontario for a 500-mile eastward journey in search of a mate and a territory to share with him. They settle into Maine's woods, where they experience hardships, seasons of plenty, and everything in between, including raising pups. A work of creative nonfiction, the book is told from the coyote's perspective and provides insights into their biology and behavior. There's an appendix that explores the history and current status of coyotes, including their vital role in the ecosystem.

An interesting combination of science and imagination, natural history enthusiasts of all kinds will enjoy this book. (AW)

Continued on page 8

This beautifully designed publication contains tips and local resources for healthy and eco-friendly living. It also includes hundreds of discount offers from popular locally owned and independent businesses. Purchase the guide (mobile version available) and it's possible to save hundreds of dollars thanks to the special deals in the *SunriseGuide*, while supporting great local businesses. There really is something for everyone: discounts for dining out, groceries, yoga, massage, garden centers, home improvements, and pets. See the full list of coupons in the 2018 edition at [www.thesunriseguide.com/save](http://www.thesunriseguide.com/save).



## Good Reads Online!

**Book of Days** Naturalist Kristen Lindquist finds poetry in every day, including the natural world, and shares it through haiku. [klindquist.blogspot.com](http://klindquist.blogspot.com)

**First Light Wildlife Habitats** Wildlife biologist Deborah Perkins, proprietor of First Light Wildlife Habitats, partners with landowners throughout Maine to create thriving wildlife habitats in their own backyards, farms, and forestlands. She also shares her expertise every month at [nrcm.org/blog/first-light-wildlife-habitats/time-plant-wildlife-mind/](http://nrcm.org/blog/first-light-wildlife-habitats/time-plant-wildlife-mind/).

**Kids Exploring the Nature of Maine** Read what NRCM's middle school classroom grant recipients have been up to as they learn about Maine's environment. [nrcm.org/blog/](http://nrcm.org/blog/)

**Mushroom Collecting** This blog by mushroom expert David Spahr is an extremely robust resource for anyone looking for information about New England and eastern Canada edible and medicinal mushrooms. His book, *Edible and Medicinal Mushrooms of New England and Eastern Canada*, is reviewed on page 4. [mushroom-collecting.com](http://mushroom-collecting.com)

**Road Trips from the Pine Tree State** Read about and comment on John Neal's Maine adventures by scooter. [scootersmaine.wordpress.com](http://scootersmaine.wordpress.com)

**Southern Maine Writing Project** Hannah Burroughs offers a glimpse of a community of diverse educators passionate about building knowledge and transforming classroom practices across curriculum to improve writing and learning for all students. [southernmainewritingproject.org/listen-up.html](http://southernmainewritingproject.org/listen-up.html)

**Year of the Bird** 2018 marks the 100-year anniversary of the Migratory Bird Treaty Act (MBTA) that has kept many bird species from becoming extinct. NRCM's Allison Wells and Jeff Wells post a monthly blog highlighting conservation success stories. [nrcm.org/blog/year-of-the-bird/](http://nrcm.org/blog/year-of-the-bird/). They have a weekly birding column, "A Bird's Tail," in the *Boothbay Register* [boothbayregister.com/tags/bird-column](http://boothbayregister.com/tags/bird-column).

## A Conversation with Husband and Wife Authors Ben and Dianna Emory

Ben and Dianna Emory both released books this spring. Ben, who has a long history of conservation work in Maine, and Dianna, a retired licensed clinical counselor, are long-time supporters of the efforts of NRCM and other groups. Here, they share with us their perspectives on their writing and careers, and how they hope their work will help others. You can read more about their books—Ben's *Sailor for the Wild* and Dianna's *Bonding with Nature*—on pages 4 and 5 of this edition of *Explore Maine*.—Allison Wells, Editor

**Allison:** Congratulations on your books! Both are great contributions to Maine's strong literary legacy. What other writing have you done?

**Ben:** My first magazine articles were published in 1971 and 1973, for *Yachting* magazine. Subsequently, I've continued to publish very occasional articles in sailing publications and, to a lesser extent, conservation-oriented publications. In the past several years, I've done a number of articles for *Maine Boats, Homes, & Harbors* and last year another favorite magazine, *Northern Woodlands*, published an article of mine about the Schoodic-to-Schoodic ecological corridor.

**Dianna:** I have done a lot of writing over the years, as an English major and through graduate school dissertations and papers. My first major piece, other than research-based writing, was *Moving Past Cancer*, a book that I decided not to publish because I finished it just as my daughter was in the throes of breast cancer. The timing was really bad. I am happy to say she is now fine, and I just might resurrect that book.

**Allison:** I hope you will—no doubt many people would benefit from it, just as they will from *Bonding with Nature*. Your own experiences, including the case studies you share, seem to be powerful sources of inspiration for your book.

**Dianna:** I have always been focused on trying to give something back to the world in thanks for having a life, instead of dying from childhood cancer. After years of working in the mental health field, volunteering for nonprofits, dealing with challenges, and teaching others to integrate mind-body techniques and connections to nature into their professional and personal lives, a book seemed like another way to give back.

**Allison:** Ben, your book draws on the idea that people are shaped by their landscape. You make that case eloquently, but there is more to it for you as well.

**Ben:** One purpose was to set forth what I have for the benefit of family and friends. Important to me, too, was to lay out the early history of both Maine Coast Heritage Trust and the Land Trust Alliance, having been in the middle of both efforts. Much of their early history was not recorded. And writing about boats was particularly fun. I also wanted to share my thinking about the state of the world and our part of it.

**Allison:** Your books are similar in that they draw on nature, and Maine, and correlate strongly with your professional lives. How would you say they're different?

**Ben:** With mine, some may want to read certain segments—the conservation part, or the boat parts. But I think of the book, in its entirety, as a story that can be read from beginning to end. Dianna's is a self-help book, meant for improving one's mental and physical health. Parts can be read as a story, but there are other pieces that are educational and provide guidance.

**Dianna:** The green spaces of Maine, our conserved areas, and national parks—both Acadia and Virgin Islands National Park—have for years been intertwined in my professional and personal lives. For me, every day begins with some connection to the natural world—paddle boarding on Frenchman Bay; running, skiing, or biking Acadia, or sailing Maine's waters. Sometimes, injury, illness, or responsibilities interfere with that critical drive to be with nature. In my book, I demonstrate how we can continue that connection—even when challenges interfere.

**Allison:** Were there particular challenges in writing the book?

**Dianna:** The worst was when my published books were grossly delayed. En route to the warehouse, they went through two ocean storms, an East Coast



Courtesy Ben and Dianna Emory

blizzard, and the dumping of two pallets of book cartons. Those books could write a story of their own!

**Allison:** Interesting idea! What did you enjoy most about writing your books?

**Ben:** The writing process was enjoyable, and the process of editing and design very interesting. Since the book has become available, I have particularly been enjoying reconnecting with people from years ago. Using blast emails to publicize availability has brought replies that have been very rewarding. And now with feedback coming in from some readers, the interesting process continues. It is very interesting to see the specific comments people make, what readers react to.

**Allison:** As a birder myself, it seems more than chance that I would open your book to the section about your work on seabird habitat restoration! Dianna, how about you?

**Dianna:** I love that I am able to look back over my life and find the silver lining in almost every experience, even those that were fairly horrendous. Being able to share my professional knowledge, as well as personal challenges, feels like a good way of using "lessons learned" to help others through tough times.

**Allison:** What was it like to work on the books at the same time?

**Dianna:** It feels great to know we have each completed a project that could be of some use to others.

**Allison:** Writing can be a transformative process, especially biographical writing. Did writing your books change you in any way?

**Ben:** The book has increased my confidence in my own writing and provided encouragement to continue writing as I see opportunities.

**Dianna:** Well, how about the fact that I am ready to take back my birth name, "Diana"? When I was an adolescent, I changed it to "Dianna" because I wanted to get rid of years of being suffocated by worries about my childhood cancer. I wanted to be new. Now that I am...hmm, old...I would like that name back. Credit cards and licenses probably make it too complicated to deal with. Plus, I might find out that I don't exist!

**Allison:** Sounds like a great plot for a movie! If there is one thing you'd like your readers to take away, what would it be?

**Dianna:** I hope that my readers will realize that, within themselves and through engagement with the natural world and her creatures, they have the resources to improve their lives, work through obstacles, and adapt to life's changes.

**Ben:** I will point to the very last sentence of my book. Civilization itself may depend on passion and commitment to protect our planet being passed down.

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## Sharing a Love of Maine Books

Maine is blessed with terrific writers and publishers who care deeply about Maine's environment. By publishing books that showcase the Maine way of life, they help make the point about how important it is to protect it. We appreciate the support of Tilbury House and Islandport Press, and their efforts to help keep Maine a special place to live, work, and play.

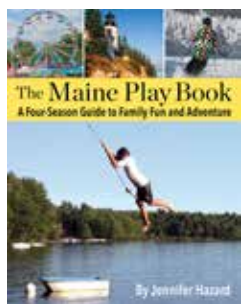
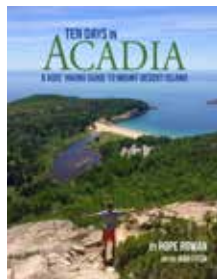


ISLANDPORT PRESS

**ISLANDPORT PRESS**, a publisher dedicated to stories rooted in the essence and sensibilities of New England, is proud to be an NRCM member. We fully support NRCM's mission to protect the nature of Maine. Many of our authors and books celebrate Maine's outdoor heritage and natural wonders, and thanks to the work of NRCM, those will be here for future generations to celebrate as well. Learn more at [www.islandportpress.com](http://www.islandportpress.com). Here are a few books NRCM members will enjoy!

### **Ten Days in Acadia: A Kids' Hiking Guide to Mount Desert Island by Hope Rowan**

Hattie, 12, and her family describe their summer vacation to Acadia National Park and Mount Desert Island, hiking 10 different trails, discovering and observing plants and animals along the way. By writing *Ten Days in Acadia* from a fictional kid's point of view, author Hope Rowan has created a new way to interest kids and get them excited about being outdoors. Beautiful color drawings by Maine artist Jada Fitch illustrate field notes of common flora and fauna. Full-color trail maps, color photographs, hiking tips, rainy-day ideas, and other resources make this a valuable family companion.



### **The Maine Play Book: A Four-Season Guide to Family Fun and Adventure by Jennifer Hazard**

This thoughtfully curated guidebook is organized by season, and each section features farms, nature preserves, and parks as well as outdoor events and activities for families—from the rugged coast to the northernmost reaches of the state. The book is great for local residents, families, or anyone who loves fun and adventure in the state of Maine. Newcomers will appreciate the author's first-hand knowledge based on her experiences traveling the state with her family, and Mainers may just find an off-the-beaten-path place that's new to them.

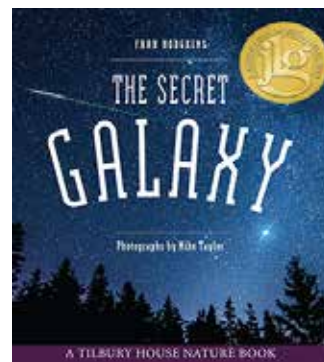
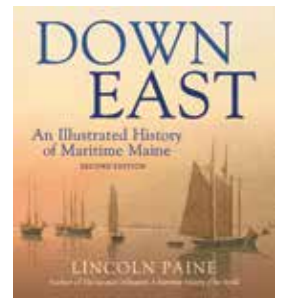


**TILBURY HOUSE PUBLISHERS** supports NRCM any way we can. All the environmental groups in Maine do wonderful work, but NRCM is the one we count on to fight the good fight for Maine's environment when the chips are down. When the usual suspects

line up to yank the rug out from under another beneficial environmental regulation, it's NRCM that rides into Augusta, sleeves rolled up and attitude in place, ready to fight if necessary and as long as necessary. And they do it effectively. Having watched NRCM at work since the 1960s, Tilbury House thanks Maine's lucky stars for them.

### **Down East: An Illustrated History of Maritime Maine by Lincoln Paine**

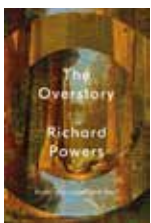
Lincoln Paine, author of the internationally acclaimed *The Sea and Civilization: A Maritime History of the World*, returns home to the coast of Maine to revise and update *Down East*, which Tilbury House published in 2000. This new edition features a gift-book format and hundreds of full-color historical photos, maps, and illustrations to provide a truly visual journey along our storied coast and through its rich history.



### **The Secret Galaxy, by Fran Hodgkins, with Night-sky Photography by Mike Taylor**

Illustrated with remarkable photographs by noted Maine astrophotographer Mike Taylor, this children's picture book tells the story of the Milky Way in the galaxy's own voice. The poetic main text is great for reading aloud, while older readers will glean startling knowledge from the fact-filled sidebars. *The Secret Galaxy* is a Junior Library Guild selection, a Eureka! Gold Winner, and an International Literacy Association selection.

## More Recommended Reads



**The Overstory** I stopped by my local library to ask them if they would order the novel *The Overstory* by Richard Powers after a friend sent out a rave review. He also said Barbara Kingslover would have a review in the New York Times Book Review that coming weekend. The book review was at the library and it cinched it for me. What a story! Of course IT is ALL connected, we are ALL connected, everything is ALL connected and *communicating*. Richard Powers tells an almost devastating story of human potential to destroy and defend. Through the stories of 10 or 12 seemingly unconnected, disparate people and a company liquidating its assets—an old growth redwood forest—before it goes bankrupt, we get a view of the world most of us know is out there. A world that has been around long before humans and will probably be around long after. A world that is full of trees that, despite our view of them as a commodity, have lives of their own—breathing, multiplying, communicating. The characters could be our neighbors and are all intertwined. One person's life is literally saved by a banyan tree. A chestnut tree becomes the glue for several generations of one family. A little girl who develops a deep relationship with the forests becomes a doctor, and her research discovers that the forest's trees are communicating. I loved reading this book and could go on. If you need more encouragement, check out Kingsolver's review —Leslie Burhoe, Executive Assistant



**Mystery on Pine Lake: A Cooper and Packrat Adventure** I liked the book by Maine author Tamra Wight because it has a lot of action and adventure. I liked that Cooper and Packrat were protecting the loons. Loons make an awesome sound when they communicate with each other. I also could relate to the book because I enjoy camping. I like camping because of the wilderness and all the mysterious animals lurking around. I would recommend this book to other kids and I think it is best for kids between eight and ten years old.—Martin Ferrusca, age 8, has raised funds and participated in many NRCM events, including three years in the Polar Bear Dip & Dash!

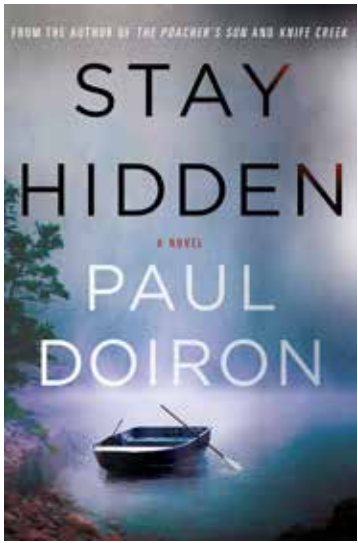
## A Place for Every Stage

I spent most of my "baby years" walking on local trails with a child tucked into a sling. We lived in central Maine when my youngest was born so we frequented the Kennebec Land Trust trails. A highlight for me is Jamie's Pond in Hallowell, which has beautiful trails through the woods that pass by several glacial erratic boulders, deep forest, and wetlands with views of Jamie's Pond, and sightings of turtles, herons, Osprey, and eagles won't disappoint.



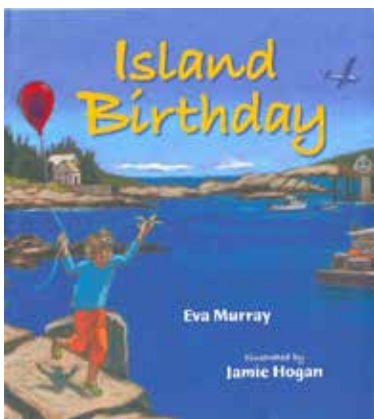
As the kids moved from sling to backpack to hiking on their own two feet, our destinations opened up quickly. Going up mountains with the kiddos in a backpack is easier than little feet that want to stop for every butterfly and ant along the route. But, as they scurry up those peaks, the time spent hefting them over boulders and giving them time to climb a tree on the path is worth it. For the exploring (and hefting) years, I put Moxie Falls in The Forks near the top of the list. It's a flat trail, two miles round-trip, with the rewarding view of the waterfall at the end. Two miles for a toddler can take a long time, so be prepared!

When your kids become faster than you, there are so many, many options. It's hard to pick just one. One of our favorites is the Tumbledown Mountain loop trail in Weld. There are rocks to shimmy up while holding onto rungs. There are blueberries to be devoured in August. There's a beautiful open summit that stretches on and on. You can wade in a pond at the top. Every stage is special and flies by quickly, so enjoy the journey!—Stacie Haines, Membership Director



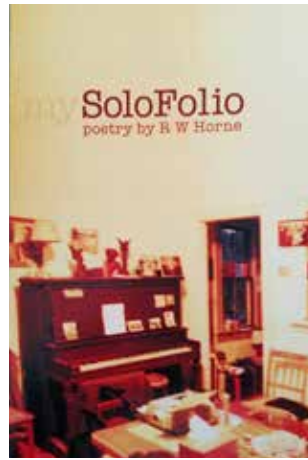
**Stay Hidden, (Minotaur Books, July 2018), by Paul Doiron** In the 9th book in Doiron's Mike Bowditch series of crime novels, a woman has been shot and killed by a deer hunter on Maquoit Island off the Maine coast. Newly promoted Warden Investigator Mike Bowditch thinks it's an open-and-shut case. But when he arrives on the remote island, he finds the mysteries are piling up. When the hunter claims he didn't fire the fatal shot, Bowditch suspects the secretive community might be covering up the identity of killer of the controversial author, who was supposedly writing a book about the island's notorious hermit. Yet there are no notes in

her rented cottage. The biggest blow comes the next day when the weekly ferry arrives and off steps the dead woman herself. Ariel Evans is alive, well, and determined to solve her own "murder" even if it upsets Mike Bowditch's investigation and makes them both targets of an elusive killer who will do anything to conceal his crimes. Don't miss this page-turner! (AW)



**Island Birthday (Tilbury House, 2015) Illustrated by Jamie Hogan** Fans of Maine children's books are no doubt well aware of the work of Jamie Hogan. *Island Birthday* (by Eva Murray) is just one of many examples of where Hogan's artistic treatment of the story brings the scenes and characters to life. Her colors are rich, warm, and inviting, and her characters could be the children we see in our neighborhoods and seaside outings. In *Island Birthday*, Riley's birthday has been upset by storms preventing the mail plane

to deliver his gifts. Instead of celebrating, he agrees to help his uncle collect driftwood to make furniture, and soon he realizes he has what he needs to have a great island birthday. Now imagine the tale illustrated in vivid pastels of the reds, blues, and greens of Maine to get a sense of the colorful worlds created by Jamie Hogan. (AW)



**My Solo Folio (The Troy Book Makers, 2009), by R.W. Horne** Mr. Horne's book of verse is so lively it nearly jumps off the page. It features quirky titles like, "My Same Name-No Relation-Dentist," a gentle critique of a dentist that's always in a hurry, and "The Irony Tower," where the main character is a "pseudo-cowboy." Horne enjoys playing with words; in "Biking Deaf," he writes, "Because I only see, and cannot hear/I must look twice as far/ Twice as near" and complains about passing vehicles: "Motorcycles whine" and writes of school buses that pass too slowly and too closely, "The retired and tired drivers have one eye on the kids,/ and only one left for me." There are many references to the natural world—farms, fields, a Monhegan gull. And though the book is ripe with light-hearted reads, there are serious moments, too, as in a poem about the September 11<sup>th</sup> tragedy, and a dream he had about a child that, in real life, had drowned. There's a song with musical notes included, and an image of a poem in needlepoint. All in all, an entertaining little book. (AW)



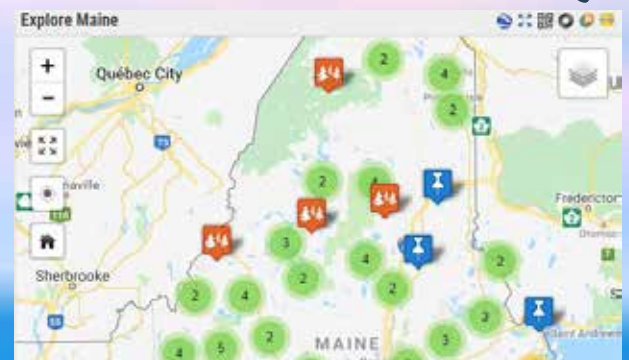
**Finding Our Way Home: A Spiritual Journey into Earth Community (Small Bird Press, December 2016), By Myke Johnson** When times are tough and challenges abound, many people find solace in the natural world. This is especially true when the environment itself is under attack, which is why Johnson's book, published in 2016, continues to be timely. She seeks out the connections among what she sees every day—a particular flower, a bird, a beech tree, even a slug—and winds them together with Indigenous philosophy, environmental science, geometry, fairy tales,

and other aspects of her belief system. She weaves them into a spiritual eco-journey that is both unique and ubiquitous. A Unitarian Universalist minister, Johnson struggles with abuses brought upon the natural world, but provides tools for spiritual healing through unity with life in all of its forms. (AW)

## Explore Our Online Explore Maine Map

Looking for new places to explore? Our online Explore Maine map is your key to outdoor adventures all over the state. It features more than **100** special places protected by the Land for Maine's Future program, including more than **1,000** miles of shorelines, **158** miles of rail-trails, working farms and waterfronts, and more. Our Explore Maine map can also help you decide which of Maine's **37** spectacular Public Reserved Lands you might want to discover through paddling, camping, fishing, wildlife watching, and a wide range of other outdoor activities. Check out our Staff and Board picks, too.

The key to your summer exploration is waiting for you at [nrcm.org](http://nrcm.org).



## Get Your NRCM Member Discount for a Maine Sporting Camp Adventure

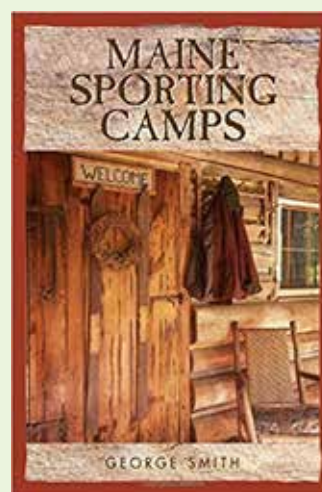
### Enjoy a Great Maine Tradition



Have you been wanting to take an adventure to a quiet Maine lake or pond? Now's the time! You and your family will love paddling a pristine lake, loons calling, a beautiful sunrise reflecting off the waters. How about spending a day fishing with a trained professional? Many Maine sporting camps offer this very experience and much more. **Create memories that will become long-held traditions, at a discounted price for NRCM members!** Plan your getaway by calling us to request your discount voucher at (207) 430-0106 or emailing Beth Comeau at [beth@nrcm.org](mailto:beth@nrcm.org). Learn more about these participating sporting camps by calling them or visiting their website:

- **Bradford Camps**, Munsungan Lake (Piscataquis County) • (207) 746-7777
- **Chandler Lake Camps** and **4th Musquacook Lodge**, T9R8 (Aroostook County) and T10R11 (Piscataquis County) • (207) 290-1424
- **The Last Resort Cabins and Campground**, Jackman (Somerset County) • (207) 668-5091
- **Portage Lakeside Cabins**, Portage Lake (Aroostook County) • (207) 435-9049
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- **Spencer Pond Camps**, Greenville (Piscataquis County) • (207) 745-1599
- **Weatherby's**, Grand Lake Stream (Washington County) • (207) 796-5558

### Your Sporting Camp Companion



**Maine Sporting Camps (Down East Books, 2016), by George Smith** Maine sporting camps have a long, rich history. In this book, one of Maine's storied sportsmen, George Smith, highlights 50 or so currently operating Maine sporting camps. His interviews with camp staff and owners makes the narrative a good read, and his profiles of the camps, including the kinds of activities they offer, serves as

a guide to aid readers in choosing which camp they may want to visit. Biking, hiking, birding, paddling, fishing—whatever your reason for taking to the woods, this book will help you find a camp that's right for you. Get your NRCM member discount to participating Maine sporting camps and book your stay today! (AW)