



Natural Resources
Council of Maine

Allagash Falls by Garrett Conover

Explore MAINE 2019

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Finding Paradise

Lots More!

Discover New Places to Hike, Bike, Swim, & More

Where in Maine do you want to go this summer? This year's edition of *Explore Maine* offers spectacular places personally picked by NRCM staff, board, and members who know them well. Working together, over the last 60 years, we helped ensure these places would be always be protected, for generations to come. We hope you'll make time to enjoy any and all of these recommendations. For even more ideas, visit our online Explore Maine map at www.nrcm.org.

It is also our pleasure to introduce you to books and blogs by NRCM members. Adventure books, biographies, children's books, poetry—this year's collection represents a wonderful diversity that you're sure to enjoy. Hear first-hand from someone who has taken advantage of the discount many Maine sporting camps provide to NRCM members. Check out our new map of breweries who are members of our Maine Brewshed Alliance, where you can raise a glass in support of the clean water that is so important for great beer. And we've reviewed some cool apps that can help you get out and explore Maine. Enjoy, and thank you for all you do to help keep Maine special.

—Allison Wells, Editor, Senior Director of Public Affairs and Communications

Show your love for
a clean, beautiful
environment



T-shirts

(organically grown cotton featuring original Jon Luoma artwork just for NRCM): \$25 + tax & shipping

Caps

Cool, cotton caps:
\$15 + tax & shipping



Totes

Sturdy canvas tote:
\$10 + tax & shipping

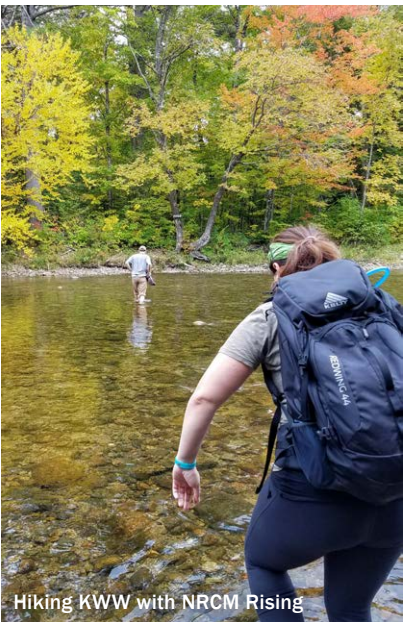


Explore Maine with NRCM ►

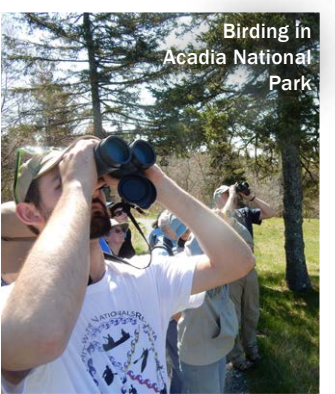
Paddling, hiking, wildlife watching, cross-country skiing—we enjoy spending time in Maine's great outdoors, and you're invited to join us! Find out what's coming up at www.nrcm.org.



Paddling the Androscoggin



Hiking KWW with NRCM Rising



Birding in
Acadia National
Park



Plogging
in Lewiston



Hiking Barnard Mountain



Puffin-watching at Eastern Egg Rock aboard the Hardy Boat.



Skiing and snowshoeing in Hallowell



Explore the Nature of Maine: 60 Years Protecting Special Places

This year, the Natural Resources Council of Maine celebrates 60 years of protecting the nature of Maine. We are making time to pause and reflect on what we have accomplished together: clean air, clean water, and an abundance of special places that provide recreational opportunities that many of us love, like hiking, swimming, paddling, and wildlife watching. Such places also offer opportunities to refocus and rejuvenate. In celebration of our 60th, I am sharing with you a few of our collective favorite places in Maine. These have been protected thanks not only to NRCM and many like-minded people we have had the pleasure of working with over the years. We hope you enjoy them as much as we do!—*Lisa Pohlmann, CEO*



Levi Hahn

GARDINER WATERFRONT PARK: A RIVER RUNS THROUGH IT

Maine's incredible bodies of nature's finest life-sustaining resource induce awe in a newcomer like me. From the sea to the inland rivers and lakes, it's difficult to choose a particular location in a state that I've largely yet to explore. I moved to Maine at the end of December and am continually impressed by the pureness of the waters here. One exceptional site that I've come to enjoy is Gardiner's Waterfront Park. Conserved thanks in part to the Land for Maine's Future program, the park offers a spectacular vantage of the Kennebec River as it begins one of the last legs of its journey to meet merrily with the Androscoggin and head to the coast. Steps away, the Kennebec River Rail Trail follows the mighty waterway for more than six miles in the other direction to Augusta and the site of the former Edwards Dam, the removal of which has substantially improved conditions for aquatic life. It's quite remarkable that the river is so clean by the time it reaches Gardiner considering all the territory through which it previously passes. When I send photos to friends and family back in Pennsylvania, they incredulously ask, "Is the water really that blue?" Thanks to NRCM's 60 years of work, it is.

—*Levi Hahn, NRCM Social Media Manager*

BEECH HILL PRESERVE: PERFECT GETAWAY ON THE COAST OF MAINE

This preserve in Rockport was purchased with the support of the Land for Maine's Future program. Owned and managed by Coastal Mountains Land Trust, it is 295 acres of woodland and blueberry barrens, and it is a perfect half-day getaway on the Maine coast. I like the easy Summit Trail because it is one of those rare finds on the coast that allows you to ascend out in the open, giving you plenty of time to take in the 360-degree views of the Camden Hills and soak up the sun. It's great for hiking, snowshoeing, and bird-watching. As you climb up the back side of the hill, you slowly wind your way through an actively farmed blueberry field. As the trail crests the hill you get your first wide-open glimpse of Penobscot Bay. On a blue-sky day you can see all the way to Cadillac Mountain at Acadia National Park; if it's not a clear day, the view of the emerald green waters of the bay are equally as breathtaking. The trail ends at a stone hut known as Beech Nut, built in the early 1900s as a tea house and picnic spot for the local community. There is a lot to take in from this bird's eye view of the coast so take the time and sit a while if you can.—*Gabby Grunkemeyer, NRCM Grants Director*

MOOSEHEAD LAKE REGION: WHAT COULD BE BETTER?

There are few wild places left in this country, particularly on the East Coast. We are fortunate to have the Moosehead Lake region. I first visited the area in the mid-1980s when I was a teenager going to the Boy Scout High Adventure base housed at Pittston Farm. Canoeing for a week and hardly seeing people outside our group left a lasting impression. About a decade later, I joined my best friend's family at Spencer Pond Camps adjacent to Moosehead Lake's Spencer Bay. Two weeks of relaxing in the shadows of Big and Little Spencer Mountains and Lobster Mountain, and kayaking on a pond... what could be better? And before I knew it, that summer started 20 years of Moosehead region trips, now with my wife and daughter. We can't take the wild nature of Moosehead for granted. Threat came in 2005 when Plum Creek attempted to develop much of its holdings around Moosehead Lake, proposing hotels, condos, and ski resorts. Thankfully, through the efforts of NRCM and others, the proposed development never happened. My joys of coming to the region now are to share the natural beauty with my five-year-old daughter, to teach her about the outdoors and wildlife. She loves playing in the pond, looking for moose, and hearing a beaver whack his tail on the water. Will the Moosehead region be wild when she has her own children? I am hopeful because I know NRCM will be here to protect it. —*Jason Heindel, NRCM Member, Bayside, Wisconsin*



Moosehead Lake & Little Spencer Mountain by Dyanma Crack



Linda Woods

WHITECAP MOUNTAIN: VIEWS, WILDFLOWERS, AND BLUEBERRIES

Maine hikers are fortunate that the Land for Maine's Future has protected so many beautiful areas, including much of Maine's High Peak region. As I age, I am discovering smaller mountains that provide enough of a workout and also prefer loop hikes so as to have varied terrain. A 4.6-mile loop hike described as "moderate" by Maine Trail Finder, Rumford Whitecap (2,214 ft.) is a true gem that meets both of these criteria. Whenever I hike it, I choose the Starr Trail, located 100 yards north of the parking lot, a fairly continuous ascent with several water crossings. The trail passes through part of the state's largest red pine stand. Part of this trail follows a stream, which provides an invigorating backdrop. Near the summit, the trail changes to ledges with several steep places. The reward here is a view of Maine's fifth highest peak, Old Speck, as well as its neighboring peaks. During a late-summer hike on this section, my husband and I found several fall flowers: small gerardia, eye bright, nodding ladies' tresses, spotted coral root, and, our best find, mountain sandwort—an alpine flower.

The top provides a 360-degree panoramic view of the Mahoosuc Range and the White Mountains to the West and North, the town of Mexico to the East, and Mt. Zircon and many other summits of the Oxford Hills and Androscoggin River Valley to the South. Since the summit of Rumford Whitecap is as bald as its name implies, the top can be very windy. The few trees there are short and wind-effected, with branches growing primarily on one side. It's a popular hike, but there is plenty of space on top to spread out and find privacy. As a reward for summiting during blueberry season, the berries seem endless—we easily filled two water bottles during a July trek. To complete the loop hike, I descend on the Red Trail, which feels like an easy walk in the woods. This returns directly to the parking lot. Although I've not been to the summit in winter, a friend of mine has, and he easily followed in the heavily traveled snowshoe trail. The easy access from a road and incredible view make Rumford Whitecap a four-season destination. As always, before starting a hike, I advise you to check mainetrailfinder.com for trail maps and details. —*Linda Woods, NRCM Member, Waterville*



View from Beech Nut, by Gabby Grunkemeyer

“A favorite spot for me is the historic Babb's Covered Bridge over the Presumpscot River, Gorham. It is particularly beautiful there in autumn, and it's located only a few miles northwest of Portland. The old logging canal trail along the Portland to Sebago Lake route runs by this bridge, Maine's oldest (though oft rebuilt) covered bridge.” —*Eliot Stanley, Portland*



Back Cove, Portland by Beth Comeau

BACK COVE: RUNNERS' DELIGHT ON A SUMMER NIGHT

Every Wednesday evening during the summer months, just as the heat of the day starts to dissipate and people start to fire up their grills or take the dog for a walk before dinner, several hundred runners gather at Back Cove on Baxter Boulevard in Portland. A fundraiser for the local nonprofit Portland Trails, the Back Cove Race Series is in its 17th year and represents the best of Portland: stewardship, commitment, and value. Portland Trails is committed to protecting the green spaces in and around Portland, and helping connect people to the natural world—the perfect complement to NRCM's many Back Cove cleanup events and statewide work protecting Maine's clean air and water. Participants in NRCM's New Year's Eve Polar Bear Dip & Dash will find these races much warmer—and there are 14 to choose from! This event has raised more than \$45,000 for Portland Trails since the race's inception in 2003. It's a great way to celebrate all of the great work that has been done to protect Maine's environment! —*Stephen Chabot, NRCM Member, Portland*



Fish River Falls by Ann Flewelling

MAINE'S FISH RIVER WATERSHED: NATURAL RELATIONSHIPS

To be in the wildness of woodlands and lakes is to open up to the gifts of solitude and connectedness, awe and adventure, peace and playfulness. Here, people tend to relax and renew, enjoy and explore. Here, healing between self and other can take place, whether the "other" is a human or the natural environment. In 1949 my parents built our family camp on Cross Lake. It was our vacation retreat from working farm family life and home along the Aroostook River, an area settled almost entirely by Protestant English Loyalists. Farther north along the St. John River Valley earlier immigrants had already arrived in the mid-18th century with the Acadian diaspora. The English were sometimes regarded by the French as "blue noses" while the English might regard the Catholic French as somehow inferior. It happened that our Protestant family camp was built next to a former Catholic retreat named Priest Point. Our curiosity peaked. Meanwhile, along our shore there continued to wash up arrow heads, spear points, scrapers—evidence of America's first peoples inhabiting this very space. We'd been caught up in our larger history. The shared human attraction to the pristine spaces of the Fish River Chain of Lakes and watershed with its sparkling gems and the green deep woods encouraged a healing of the cultural divide, both English and French neighbors sharing the watershed in a spirit of cooperation and respect: inclusiveness immersed this place. Today we find hikes to Fish River and the Falls a family favorite. We encounter an assortment of other hikers on the trail: locals, young, old, University of Maine at Fort Kent students of all ethnicities. In response to the threat of an open-pit mine at Bald Mountain that would have put this spectacular place at risk, NRCM worked with concerned people in the region and elsewhere to help pass the toughest mining law in the country in 2017. It is as though with the confluence of the Falls a bounty of diverse yet common humanity now flows powerfully together. —Ann Flewelling, NRCM Member, Sedgwick

SPRING IN MAINE: WATER, WATER EVERYWHERE!

I love to take my grandchildren into the woods any time of year, but spring is the favorite! They put up with me dragging them along the trails looking at this, that, and another thing—a mushroom, a salamander hiding under some leaves, green somethings poking through the debris on the forest floor. But the thing that really lights them up is the streams. Grab a stick, throw a rock, watch the leaf go down the rushing water like their grandChris's boats. We can follow as long as their clothes stay dry and our snacks hold out. I have been an NRCM member for 20 years, and these are some of the reasons why: helping to keep Maine's water clean, and our forests healthy and accessible for future generations. —Leslie Burhoe, NRCM Executive Assistant

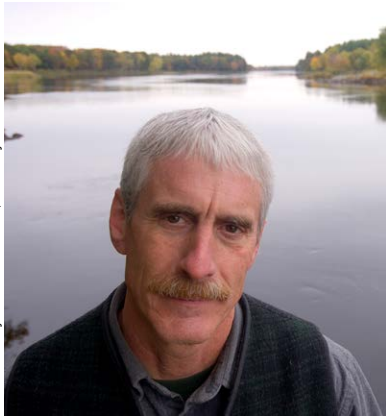


Leslie Burhoe

PENOBSCOT RIVER: THE GIFT THAT KEEPS ON GIVING

Home to the Penobscot Nation for 10,000 years, the Penobscot River and its many tributaries is truly a special place to celebrate for lots of reasons. Maine's largest watershed provides an amazing ecological diversity that supports a host of critters and aquatic life. When I think of the familiar phrase "Maine, The Way Life Should Be" my thoughts immediately go to the many times I've paddled her waters enjoying the sights and sounds of Bald Eagles, Osprey, otters, and ducks, and harvesting the many gifts that she continues to provide. Today, with fewer sources of pollution and main stem dams removed, the river is realizing an unprecedented ecological renaissance that gives me tremendous hope for the future health of this great watershed. Indeed, a great place to celebrate!

—John Banks, Natural Resources Director for the Penobscot Nation



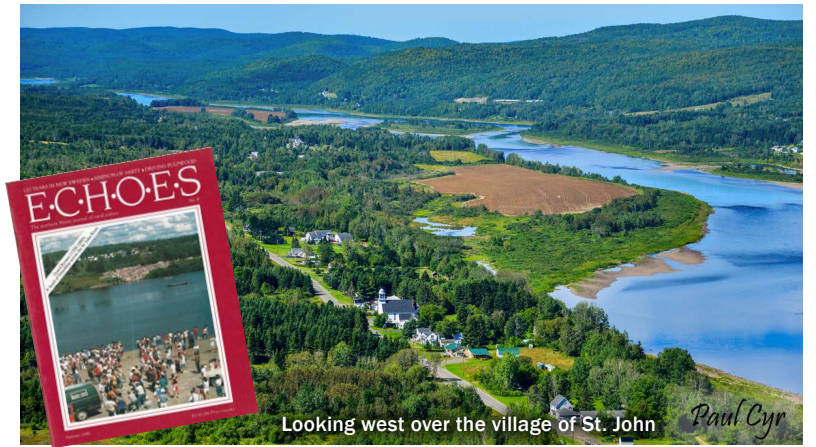
John Banks by Penobscot River, courtesy of John Banks



Cranberry Peak, Bigelow Preserve by Pete Didisheim

BIGELOW PRESERVE: CHALLENGING HIKES WORTH EVERY STEP

The Bigelow Preserve is one of my absolute favorite hiking destinations, and there are so many ways to tackle the range. These are challenging hikes, but every one of them is worth it. Cranberry Peak at the western end provides spectacular views of Flagstaff Lake and beyond. Little Bigelow at the eastern end is a nice day hike. The most accessible route to Avery Peak (4088 feet) is up the Safford Brook Trail. The views from Avery are stunning. For one of Maine's most demanding and rewarding loop trails, head up the Fire Wardens Trail to ascend Avery Peak, then follow the ridge along the Appalachian Trail, crossing over West Peak (4145 feet) to Horns Pond, then down the Horns Pond Trail to the Fire Wardens Trail. Every time I visit the Bigelows, I am so thankful for the work that NRCM, Friends of Bigelow, and so many others did to protect this 36,000-acre reserve in 1976 through a citizen-initiated referendum. —Pete Didisheim, NRCM Senior Director of Advocacy



Looking west over the village of St. John

Paul Cyr

ST. JOHN RIVER: A BOND, NOT A BOUNDARY

My enchantment with the majesty of the St. John River is renewed every time I travel US Route 1 between Van Buren and St. Francis, which I did at least four times a year when I published *Echoes*, a quarterly magazine that needed to be delivered to stores in the St. John Valley. The sweeping vistas of the river curving between Maine and New Brunswick excite me in every season, especially when the ice is moving in the spring. My appreciation of the St. John and the communities lining its banks was kindled in the 1970s, when I wrote extensively about a proposal to erect a pair of hydroelectric dams at Dickey and Lincoln School that would have inundated the town of Allagash, forcing its residents to relocate. NRCM helped to defeat the proposal, preserving both the free-flowing river and the town, which, like communities all the way to Fredericton, New Brunswick, derive an identity from their riverside locations. Settlements that spanned the river before the Webster-Ashburton Treaty made it an international border in 1842 continue to celebrate a valley culture where the river is a bond, not a boundary.

—Kathryn Olmstead, NRCM Board Member, Caribou



Courtesy of Patty Hagar

KENNEBEC RIVER, NORTH ANSON TO MADISON: UNEQUIVOCALLY SPECIAL

Lately, I have been bonding with the six-mile stretch of the Kennebec River from North Anson to Madison. This seldom paddled flat-water trip takes the boater past old log boom pylons and the historic 1817 Weston farmhouse high on the eastern bank. The river winds through islands whose wetlands protect ducks and wading birds, and host many other species including Bald Eagles and brown trout. At the prominent point below Weston Island, the newly conserved Weston Woods and Waters land offers the chance to stop for a woods walk along an esker overlooking an especially pretty bay. Begin in North Anson at the public boat ramp on Madison Road, and take out at the Madison boat ramp on the east shore. I recently came across some of my late father's correspondence with NRCM from 1991 when both the Dead and Kennebec Rivers were threatened by a proposed mining dump upstream on Alder Pond. Had NRCM not led the way preventing that project, acid and heavy metals released into the waters might have irretrievably damaged both rivers, including this lovely Anson/Madison stretch. In Dad's words, "Natural resources and the stature of these rivers deserve proven and unequivocal protection." He was deeply grateful to NRCM, and so are his descendants, for providing that unequivocal protection for our beloved Kennebec.

—Patricia Hagar, NRCM Board President

KENNEBEC RIVER, SIDNEY TO AUGUSTA: A PADDLER'S DELIGHT

There is no shortage of special places to paddle in Central Maine, but one of my favorite day trips is the Kennebec River between Sidney and Augusta. Put in your canoe or kayak in at the Sidney boat launch, located off West River Road. Time your trip with the outgoing tide, otherwise you'll be paddling against the current, making your job extra difficult. I've paddled this eight-mile stretch many times and have never failed to see Bald Eagles, Great Blue Herons, and jumping sturgeon! Along the way you'll see remnants of Maine's bygone log driving days: a series of wooden and earthen pylons that helped prevent logjams. Just before the end of your paddle at Augusta Waterfront Park, you'll pass the site of the former Edwards Dam, which NRCM helped get removed from the river in 1999 following a 10-year effort. Since the dam's removal, millions more alewives and other fish have returned to the river, along with Bald Eagles and other birds and animals who feast on them.

—Todd Martin, NRCM Rising Director and Grassroots Outreach Coordinator



Todd Martin



Allagash Wilderness Waterway: Reason to Celebrate

By Lisa Pohlmann, CEO, and Cathy Johnson, Forests & Wildlife Director

Laurie Haag

The Allagash Wilderness Waterway is a treasure of northern Maine. The two of us have, collectively, canoed the full length or significant parts of it a dozen times since it was designated a Wild and Scenic River by the federal government in 1970. The longest trips begin either at Telos or Chamberlain Lakes—with a side trip to Allagash Lake, where no motorized boating is allowed—or on tributaries upstream of Allagash Lake.

The Allagash provides the best opportunity in New England for a complete getaway for a couple of weeks. Spending two weeks on the lakes and river allows time to explore some of the tributaries, adjacent stands of old growth forest, hiking trails providing scenic views over the landscape, and remnants of the region's past logging history. Here we have enjoyed watching eagles soar, moose munch grasses in the marshes, rain pelt our canoes, and sun break through the clouds again as we drift in silent wonder.

While there are many other wonderful lakes and rivers in Maine to paddle (and we have paddled lots of them!), the Allagash Wilderness Waterway is unique in diverse ways. Four years after Maine people authorized a \$1.5 million bond to buy the Allagash lakes and river corridor, the federal



Brownie Carson

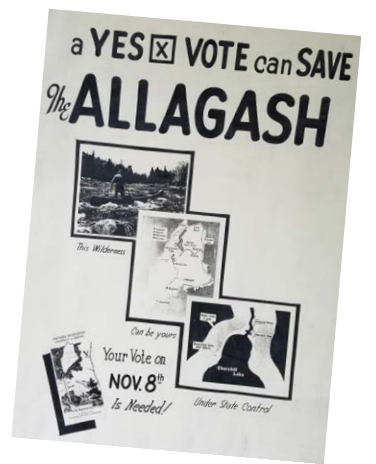
government designated it the nation's first state-managed, federally designated Wild and Scenic River.

It is the only river in the state that is protected for virtually its entire length, from its headwater tributaries and lakes downstream

almost to the Village of Allagash and the river's confluence with the St. John River. Its many large and beautiful headwater lakes provide water into the river so that paddlers can paddle the full length of the Waterway throughout the entire open water season except in unusually dry years. Those same lakes and distinct river sections of the Waterway provide a wide variety of natural habitats and recreational opportunities, from lazy swims and fishing in big lakes to adrenaline-pumping, fast-flowing rapids.

We owe this fantastic and unique experience to our predecessors who began the work to protect the Allagash River 60 years ago. The Natural Resources Council of Maine was founded in 1959 by a small, diverse group of Mainers who knew that the proposed Rankin Rapids and Dickey-Lincoln dam projects on the St. John River would not only ruin that river, but also the Allagash that flows north into the St. John. They incorporated NRCM on June 25 and, over the years, became a serious force for environmental protection across the state. In fact, NRCM has become one of the strongest state-based environmental advocacy groups in the country.

We are proud to be on the staff at NRCM—Cathy for nearly 29 years and Lisa for nearly 11 years—working diligently to protect the clean air and water, and abundant forests and wildlife that Mainers love and visitors flock to each year. We know the importance of this legacy to NRCM, to the state of Maine, and to all of the paddlers from all over the world who are looking for getaways and finding them increasingly rare. That's why, 60 years later, we continue to work to protect the Allagash from threats that would ruin its wilderness character. We know the importance of this legacy.



Explore the Nature of Maine with the



MAINE MASTER NATURALIST PROGRAM

The Maine Master Naturalist Program (MMNP) offers a year-long course in Maine's natural history and provides volunteer naturalists for public programs. I took the course a few years ago and got hooked in a big way. Through excellent instruction and rigorous homework practice, I gained new eyes to notice what's right in front of all of us and realized how much more there is to learn. I only pretended to know what a forb was before starting the course. Now the spring ephemeral wildflowers are a highlight of my year. Winter has new appeal as I've learned to decode animal tracks and identify trees and plants in their dormant forms. However, lichens, mosses, and mushrooms will take a lifetime to learn. The fun is that there's always more to discover.

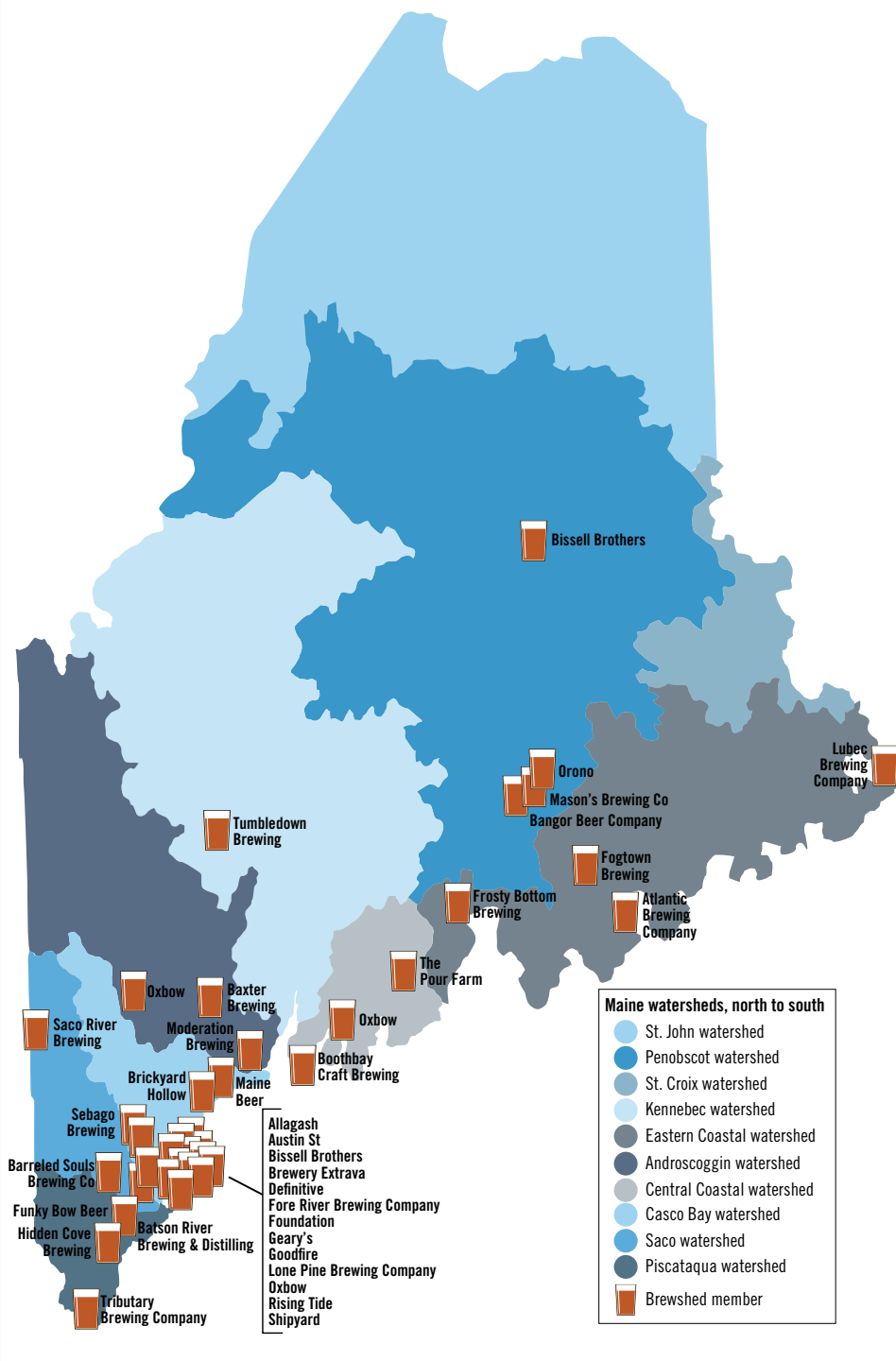
The mission of MMNP is to develop a roster of volunteer naturalists who will share their knowledge with the public. In payback for the instruction we received, another MMNP graduate and I started a series of free "Get Out" public nature walks for two land trusts near Portland. On each outing we delight in awakening others to the wonders before us and in finding mysteries together. We readily say "I don't know ... I'll try to find out." Our walks happen every fourth Wednesday afternoon of the month. Come join us! See rrct.org/events/get-out-nature-walks and www.ccltmaine.org/events.

The MMNP course moves around the state every year. The organizers and instructors are all volunteers. Another graduate and I coordinated the course recently concluded in Falmouth. Those newly minted MMNs are ready to help any organization that could use volunteer naturalists. The next course has started in Ellsworth, and in 2020 we will hold a course in Waterville. Please see the website for more information about the program and about how to engage a Maine Master Naturalist volunteer: www.mainemasternaturalist.org. —Karen Herold, NRCM Board Member, Cumberland

Explore Maine's Great Beer

Did you know beer is more than 90% water?

NRCM is teaming with brewers throughout Maine to form the Maine Brewshed® Alliance, a coalition committed to protecting the waterways that make our state a great place to live, work, brew, and enjoy great beer. Learn more at www.mainebrewshedalliance.org or by visiting a participating brewery near you. Cheers to great beer!



Take Me to the River

It's been 20 years since removal of the Edwards Dam in Augusta, and the Kennebec continues to rebound. Relax and enjoy the view of the river from an Alewife Adirondack Chair on the Pumphouse Deck at Gardiner Waterfront Park! Watch Bald Eagles and Osprey hunt for fish. See—and hear—sturgeon leap from the water and land with a giant splash. Marvel at how amazing it is that nature can recover when people who care get involved. The Alewife Adirondack Chairs were painted by Gardiner Area High School students in honor of the river's wildlife in coordination with Upstream, a local nonprofit working to restore fish passage to the Kennebec's Cobbosseecontee Stream. "Like" Upstream on Facebook or contact them at upstreamcobbossee@gmail.com, and plan to visit this unique spot celebrating the Kennebec River!



Allison Wells

More Special Places...



CARIBOU-SPECKLED WILDERNESS: A PLACE OF SOLITUDE AND REJUVENATION

When most people think of the White Mountain National Forest, they may think of New Hampshire and nowhere else. But the edge of the National Forest that pokes into Maine has been one of my preferred places for wilderness and rejuvenation. From Portland, I can get to Brickett Place in less than two hours, and head into the Caribou-Speckled Mountain Wilderness. Head up Speckled Mountain and you might see just a handful of people even on the busiest of days. Standing on the rocky ridges on the hike up to the Wilderness area's highest point (Speckled tops out just below 3,000 feet), it's not uncommon to hear nothing but a slight breeze and the chirping of a few song birds. Rising high to the West is the mammoth Mt. Washington with its summit towers and visitor center, but in all other directions you can barely see any sign of humanity among the hills and lakes below.

Wild and natural places like this bring me back to the Maine of my childhood. Growing up in Unity, my backyard and the woods beyond were an infinite playground—a place of wonder and discovery without end. These days, my playgrounds are farther afield and take different shapes. As I wander along trails in the quiet forests and mountains, my mind can drift in other directions, relaxing while my legs do the hard work of getting my body where it's going. After a while without running into other people or hearing sounds of cars passing by, I can feel the stresses of everyday life evaporating away from me like fog lifting off the bay. I can find solitude like this in the Caribou-Speckled Mountain Wilderness. It's a treasure that gets harder and harder to find in our busy, crowded world. We're lucky to have a place like this so close to home. This summer there will probably be thousands of people hiking all over the Presidential Range and Franconia Ridge, but as for me, I'll be listening to the wind and the birds in the quieter side of the White Mountains. —Ryan Linn, Portland, NRCM Rising Leadership Team Member

"When I think of NRCM, I think of rivers. I think of the Allagash, the Penobscot, and the Kennebec ... and more. And of dams that were not built, and dams that have been removed. Thank you for all that you do."

—Art Bell, Yarmouth



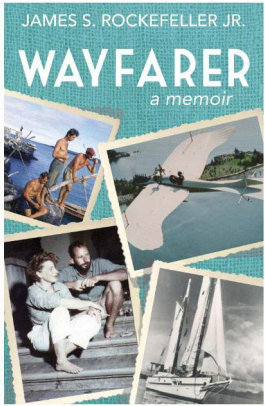
Courtesy of Ernest Wright

MAINE'S NORTH WOODS: KATAHDIN WOODS AND WATERS AND MORE

For its beauty and remoteness, the North Woods area remains our favorite area in Maine. Determined to learn about the North Woods, I found the Natural Resources Council of Maine and was drawn to its mission. I was pleased to learn that protecting Moosehead Lake from a sprawling development proposal was one of NRCM's priorities. The website also alerted me to a new conservation proposal in the North Woods. For months, I followed the effort on NRCM's website and even planned a trip to explore the land with my oldest son. Sharing pictures of our trip with NRCM, I was encouraged to offer my experiences in a blog entry. Then a couple years later, after many public hearings and visits from public officials to the area, Katahdin Woods and Waters National Monument was created! That same year, I returned to visit the land with my sons, proud that we had been a small part of something big. Now, with NRCM's help, I'm keeping tabs on LUPC's Adjacency Principle. Thank you, NRCM, for allowing us a voice in shaping the future of Maine's beautiful landscapes and wild places.

—Ernest Wright, NRCM Member, North Chesterfield, Virginia

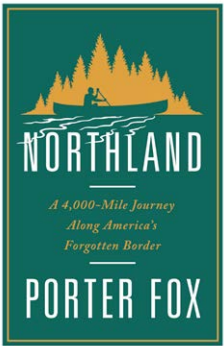
6 Good Reads: Books by NRCM Members



Wayfarer, a Memoir, by James S. Rockefeller, Jr. (Islandport Press, 2018) James Rockefeller prefaces *Wayfarer* with these words: *Memories are framed by time, place, and circumstance. They are like portholes on a ship, offering glimpses of the ocean of experiences as we rise on the crest, or sink into the valleys. A memoir is a collection of these portholes from which the view keeps changing with the rising and falling and the course of time.* James, known by friends and family as Pebble to distinguish him from his father Rocky, has written a remembrance of his life, looking back on his 92 years.

He opens various portholes on the journey through his life, from his privileged childhood, daring youth, journeying adulthood, and contented old age. We learn of his escapades in the service and at Yale, and his love for boats and adventure, as we travel with James through various states, to South America, to Tahiti, and to Scandinavia. He opens portholes not only to places he visited but to the people he meets and the cultures he experiences. We meet the women he loved and still loves, his family, and his friends. James Rockefeller has led a remarkable life and in this book, he shares it with his readers. His writing places you in familiar Maine locations and exotic far away islands, sharing his deepest thoughts and feelings throughout this look back at his life. It is an extraordinary story filled with history, adventure, and feeling.

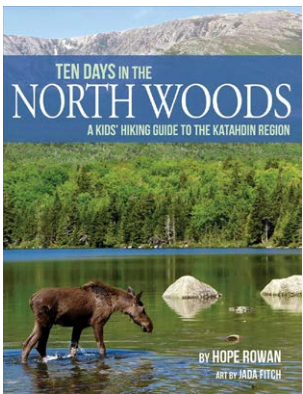
—Gail La Rosa Thompson, Associate Director of Philanthropy



Northland: A 4,000 Mile Journey Along America's Forgotten Border, by Porter Fox (W.W. Norton, 2018)

I set out to read a story of America's northern border. What I thought was going to be an epic paddle and backpacking trip with animal encounters and the occasional run-in with another woodsman turned out to be so much more. Porter Fox's *Northland* is not just about a border crossing but a story of the remote, rugged, and sometimes completely untouched wilderness surrounding the border between the US and Canada. Fox's personal

trials and tribulations as he travels the border bring a lightness and laughter to an otherwise deeply emotional and sometimes truly difficult tale. The part that struck me most: Fox seems unable to keep to the border itself. The story starts as a trip down the border but as Fox quickly learns, the border isn't clearly marked and it's easy to accidentally drift onto the Canadian side. From there his interest in the entire "Northland" grows, and the book grows to become a story of an entire region—one filled with so much rich and often bloody history, a natural world so wild and full of potential it is immediately enthralling, with tribespeople, fishermen, and even bartenders who help Fox illustrate the past, present, and future of life in the Northland. Fox takes an account of travel over water and through the woods a step further when he details the varied histories of local indigenous communities, sometimes still living there, more often displaced many generations ago by colonization and development. He shares the early European explorers' stories of discovery, tells of the pain of small town residents who are rapidly losing their livelihoods or whose communities were forced to disband and relocate because of climate change impacts. He does all this while acting as the reader's personal guide on the physically and emotionally demanding 4,000-mile journey from Maine to Washington. *Northland* is beautifully written and sure to fill the reader with wanderlust. Every traveler, outdoorsperson, and history buff should add this to their must-read list.—Fiona Gordon, Associate Director of Philanthropy

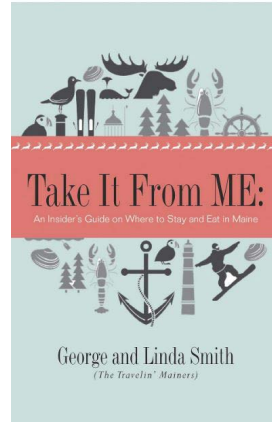


Ten Days in the North Woods: A Kids' Hiking Guide to the Katahdin Region, by Hope Rowan, illustrated by Jada Fitch (Islandport Press, 2019)

Rowan uses a clever and engaging device to lead readers through the book, describing hikes and special places in the Katahdin region from the perspective of a fictional 13-year-old-girl. She presents her information by location—Baxter State Park: Southern Section, and Katahdin Woods & Waters National Monument, for example—and within each, by hike (Sandy Stream Pond, BSP, and Barnard Mountain, KWW, for instance).

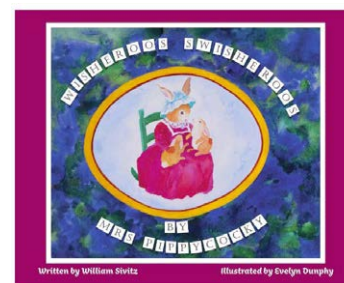
She provides tips for preparing for your hike, maps, space for notes, and "Field Notes" featuring plants (bunchberries, pitcher plants) and critters (beavers, raccoons) you could see in the region, with delightful illustrations by Maine artist Jada Fitch. What I liked best about this perfectly pocket-sized book is that, although the title says it's written for kids, it's a great little guide for any age.

—Allison Wells, Senior Director, Public Affairs & Communications



Take It from ME, by George and Linda Smith, (Islandport Press, 2016) In the introduction to their book, George and Linda Smith write, "When Mainers like us go on vacation, we often go to...Maine." The question then is, where do you go? Because Maine is blessed with so many wonderful inns, hotels, and restaurants, it can be tough to choose. *Take It from ME* is a guide to George and Linda's favorite places around the state. They thoughtfully organized the content by type: Getaways ("Twenty-Four Hour or Longer"), Special Places for Special Celebrations, and Don't-Miss Restaurants. The couple complement the

narrative nicely, with Linda ("a great cook") sharing her perspective as food guru and George providing his take on, among other things, guide services, outfitters—and birds ("I didn't think we'd get to breakfast because the ground in front of the lodge was covered with colorful White-winged Crossbills"). Locations around the state are well represented, from popular tourist towns along the coast to the West Forks inland and Jonesboro, down east. Get this book, and then start prioritizing your list!—AW



Wisheroos Swisheroos by Mrs. Pippycocky, by William Sivitz, illustrated by Evelyn Dunphy (Evelyn Dunphy, 2018)

As its title suggests, this children's book is a joy to ear and to the eye. Rhymes like "Icicles bicycles flycycles Zoom, In a blink and a wink from my hat to your room" were written to be read aloud, even if you're alone when you read them. And

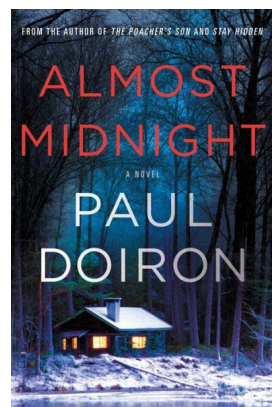
I could not take my eyes away from the illustrations—cheery and rich in color and shape, with enough detail to keep you scanning the pages for the next find (a tiny wand in a child's hand, a cat in a boy's arms). The swoop and swirl of the brush give the sense that Dunphy thoroughly enjoyed the process of creating each illustration, which, combined with the whimsical lines of poetry that is the story, helps make the point of the final page of the book: "For what we have learned in our dreamland so bold is that dreams are but stories waiting to be told."—AW



Maybe Tomorrow? By Charlotte Agell, illustrated by Ana Ramirez González (Scholastic Press, 2019)

At the beginning of the story, Elba, the main character, has a big, heavy block that she takes with her everywhere. By the end of the book, the block is smaller and lighter. That's because, in the pages in between, friendship develops and Elba finally shares her burden with Norris. As it turns out, Elba has lost someone special, Little Bird. "She taught me to sing. We were hardly ever apart," she eventually tells Norris

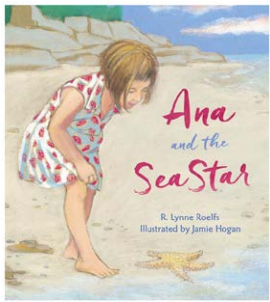
as he helps her carry her block for a visit to the ocean. The illustrations pop off the page with almost a three-dimensional effect. The busy butterflies, flowers, and other images contrast with Elba's big block of sadness, and although it never goes away, Norris assures his grieving friend that he will always be there to help her carry it.—AW



Almost Midnight, by Paul Doiron (Minotaur Books, 2019)

Maine Warden Investigator Mike Bowditch returns in Doiron's latest in this page-turner series. In *Almost Midnight*, trouble starts for Bowditch while he's on vacation. He receives a strange summons from an old friend, Billy Cronk, a man he had to reluctantly send to prison for murder. Mike feels obligated to help his friend when Billy asks him to investigate a new female prison guard with a mysterious past. When the guard is brutally attacked at the prison, Bowditch wonders if there is a darker cover-up at play—and is concerned that Billy and his

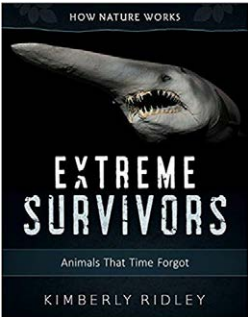
family might be at risk. A second call for help follows, this time from a distant mountain valley where Shadow, a wolf-hybrid he once cared for, has been found shot by an arrow and clinging to life. His investigation into the identity of the bowman is blocked at every turn by the increasingly hostile community. When Billy's wife and children are threatened, Mike wonders how he can possibly keep them safe when he has enemies of his own on his trail. His competing loyalties cause Bowditch to respond by bending every law and breaking every rule to keep his loved ones safe and the true predators at bay. Paul Doiron is an Edgar Award finalist, and when you read this latest of his Bowditch series, you'll understand why.



Ana and the Sea Star, by R. Lynne Roelfs, illustrated by Jamie Hogan (Tilbury House, 2017)

If you've ever seen a star fish in the wild, you know how tempting it can be to want to keep something so beautiful and fascinating. Alas, such creatures belong in their own world. Such is the lesson Ana comes to understand in this lovely book written by R. Lynne Roelfs with artwork by the extremely talented Jamie Hogan. As in her other books, Hogan doesn't

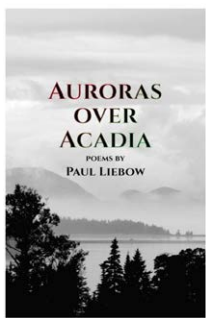
just illustrate, she creates a place you are pulled into. It's a place filled with warmth, texture, life. No wonder the book was a contender for the Caldecott Medal. In the end, Ana both keeps the sea star yet leaves it to its home. How? The magic of a good children's book is on display here.—AW



Extreme Survivors: Animals That Time Forgot, by Kimberly Ridley (Tilbury House, 2017)

Some creatures are so extreme, they might not seem believable even in a science fiction movie. Tardigrades, for example, which live in moss and lichen, keep from drying out by turning themselves into glass! A worm that captures prey by shooting slime from two nozzles on the head? Real. It's called a velvet worm. How about an animal whose blue blood clots around bacteria to stop

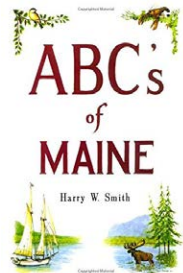
infection from spreading. That would be the horseshoe crab, found right here in Maine! Ridley is an award-winning author, and her latest book belongs in the hands of anyone, young, old, or in between, with a curiosity about the natural world in all its beauty and shock.—AW



Auroras Over Acadia: Poems, by Paul Liebow

(Atmosphere Press, 2019) As one might expect from someone who loves and lives in Maine, Liebow's book of poems is sprinkled with imagery—tide pools, gulls, seals, rowing on a quiet bay—that makes our state special. Larger-than-life people, childhood memories, they're here, along with well-known places and landmarks: "Now our new Bucksport Bridge smiles up again/at Mount Katahdin's shimmering *blue northers*/and back down on

the golden lily pad of Sun/we see cupping the islands of Blue Hill Bay." To read Liebow's poems is to stroll through Maine accompanied by the voice of a friend with observations to share and tales to tell.—AW



ABCs of Maine, by Harry W. Smith (Rowan & Littlefield, 1980)

Although this book has been around for quite some time, it has remained timeless. It's a delightful take on the ABCs, featuring beloved attributes of Maine: basket of blueberries, cheerful chickadees, Mt. Katahdin, and so on. The artwork is colorfully inviting and nicely complements the alphabetical themes. As an extra touch, the back of the book includes information about the illustrated items.

Perfect for kids and grownups who love Maine. Because it's been around since 1980, it could be tough to get a copy. I hope you do.—AW



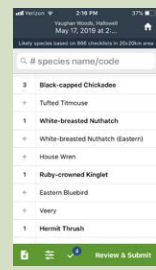
Through One Man's Eyes, by William Emrich

(Haley's, 2019) Emrich's book is more than a treasure trove of his photographs, it is a collection of items that captured his imagination. A milkweed in snow. Foliage along a quiet Maine stream. An oddly shaped survey marker he came across somewhere in

northern Maine. Moose. Buoys. And items from farther afield—Venezuela, for instance. The collection begins with a quote from poet Theodore Roethke's "The Sententious Man": "Each one's himself, yet each one's everyone." That could well be the subtitle of this eclectic collection.—AW

Apps to Help You Explore Maine

By Levi Hahn, Social Media & Creative Services Manager



eBird

Developed by the Cornell Lab of Ornithology, eBird allows birders—or anyone interested in nature's feathered friends—to create checklists and track wild birds from any location in the world. eBird pulls user-reported data to reveal common species that frequent a particular area and notes when a sighting is rare. The best part is that you'll be helping to gather data for education, research, and conservation efforts!

Guthook Guides

Developed by NRCM Rising Leadership Team Member Ryan Linn, Guthook Guides is the premier app for any hiker hitting the trails. The app offers trail guides from around the globe; Maine features include Baxter State Park, Public Reserved Lands, the AT, Acadia, and more! Once a user sets up the app, the guides work offline and use GPS to reveal maps, waypoints, and elevation profiles. There are even local trail town directories to assist you when it's time to re-up.

PlugShare

Checking out Maine in your EV? Download PlugShare, an app designed to help you recharge. Mapping out public charging stations across the state, the app lets users add stations, submit reviews, and connect with other EV drivers. Its database includes stations from all major networks, and it even helps its users plan a trip with charging locations in mind. With Governor Mills' plan to add at least 50 new Level 2 stations throughout the state using Volkswagen settlement funds, PlugShare will help you find the newest charge points.



iNaturalist

Join more than 400,000 researchers, naturalists, and scientists on a quest to learn more about the plants and animals inhabiting our special places. Can't identify the critter you snapped a photo of before it ran off, or that colorful flower on the edge of the woods? This app makes it easy to record what you've seen and receive crowdsourced information—including from experts—around the globe.

Plus, built-in image recognition software instantly identifies more than 30,000 species! What's more, you'll become an official data collector for researchers working to learn more about the world we live in!

Maine Island Trail Association

Adventurers who take to the coast will find the Maine Island Trail Association's (MITA) app helpful when exploring the water trail and more than 200 islands beyond the shore. The MITA app maps out launch spots, pump-out places, and trail sites, plus offers tips and details about access to Maine's wild islands. This app was developed by Maine's own Chimani.

Offline Survival Manual

This app is just what its name states. It contains a wealth of information like first aid instructions, guides for building a fire or shelter, and tips on finding food and identifying poisonous plants. It's a handy tool to keep in your back pocket in case of crisis, but also helps to prepare for adventures into the Maine wilderness.

Explore Western Maine

Containing portions of the largest contiguous forest east of the Mississippi River, Western Maine is the perfect region to hike, hunt, fish, ski, snowshoe, and paddle. No matter what time of year you plan a visit, Explore Western Maine can connect you with scenic natural landmarks and must-see recreation locations so you can truly appreciate the way life should be.

Acadia Quest (Friends of Acadia)

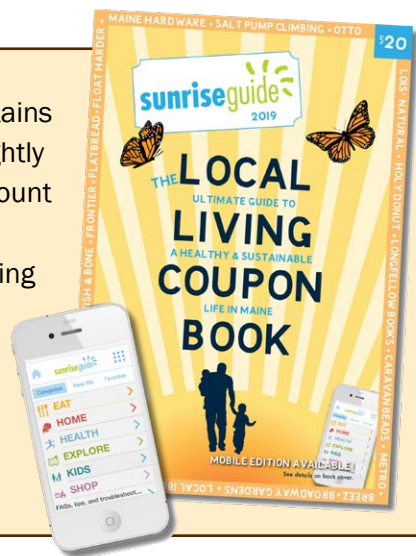
Take on the Northeast's only national park with Acadia Quest (listed under Friends of Acadia). This app allows you to discover the park's places and people while teaming up to collect digital badges. If you're looking for the scavenger hunt of a lifetime, be sure to add this to your phone before your next visit to MDI!



Discover Katahdin

Maine's own mountain mama invites you to enjoy her majestic features and meet her year-round neighbors. With the Discover Katahdin app, you'll have all the information you need to explore the region at your fingertips. The Katahdin Area Chamber of Commerce connects you with hunting and fishing information, parks and conservation lands, self-guided paddles, trails, and the best places to spot wildlife, as well as lodging and dining information. Find out what makes Katahdin Woods and Waters National Monument and Baxter State Park two of Maine's very special places.

This beautifully designed publication contains tips and local resources for living more lightly on the earth. It features hundreds of discount offers from local businesses. There is something for everyone: discounts for dining out, groceries, yoga, massage, garden centers, home improvements, and pets. Mobile available. See the full list of coupons in the 2019 edition at www.thesunriseguide.com/save.



Sporting Camps are a Great Maine Tradition



We have spent much time in the North Maine Woods. The Allagash Wilderness Waterway is full of history. Much of our fishing and exploring was at Pierce Pond, just south of the North Maine Woods boundaries. Much time was spent at remote ponds, some accessible only by hike-in and others, drive-in, as they were within a couple hundred feet. As time passed, such escapes became more of a chore than an exciting pastime! During one visit, I tripped from the canoe, motor in hand, and my wife faced reality. She caught the motor and broke my fall, but these fishing days were over, it seemed—how were we going to fish at least a few more years?

We still wanted solitude and peace. Red River Sporting Camps in T15R9 had many beautiful ponds and lakes, a mountain range to the North with huge rock slides, polar caves, miles of hiking trails, and campsites. The abundance of wildlife is unimaginable: moose, bear, deer, black ducks, mergansers, and the “call of the wild,” the Common Loon. The fishing opportunities were tremendous. We fished a lot and never found a time that didn’t become a lasting experience.

Time and health caught up with us, so our three trips to Red River Sporting Camps are beautiful and lasting memories we will cherish the rest of our lives.

—Glenn Tikkanen, NRCM Member, Norway, Maine

Get Your Member Discount Today

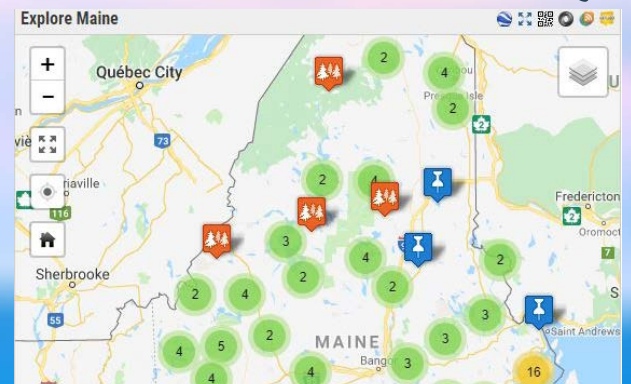
Quiet time on the water. Fishing with an experienced guide. Loons calling. Relaxing sunset paddles. Many Maine sporting camps offer all of this and more, plus a discount for NRCM members! Create memories that will become long-held traditions. Plan your getaway, but contact us first to request your discount voucher at (207) 430-0106 or emailing Beth Comeau at 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
- **Chewonki’s Debsconeag Lake Wilderness Camps**, T1R11, Katahdin Region (Piscataquis County) • (207) 460-5226
- **The Last Resort Cabins and Campground**, Jackman (Somerset County) • (207) 668-5091
- **Red River Camps**, Deboullie Township (Aroostook County) • (207) 554-0420
- **Weatherby’s**, Grand Lake Stream (Washington County) • (207) 796-5558

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.



Explore More: Online *NRCM members share their outdoor blogs*

▶▶ **George’s Outdoor News** Book author and former executive director of the Sportman’s Alliance of Maine George Smith writes for the *Bangor Daily News*, *Kennebec Journal*, and *Waterville Morning Sentinel*, and for *The Maine Sportsman* magazine, two outdoor news blogs, and special columns for many publications and newsletters. georgesoutdoornews.bangordailynews.com

▶▶ **First Light Wildlife Habitats** Wildlife ecologist Deb Perkins provides ways you can manage your land to conserve nature and help wildlife. Find her blog at www.firstlighthabitats.com/blog. She is also a frequent contributor to NRCM’s blog.

▶▶ **Maine Birds Facebook Page** Created by 2018 NRCM Conservation Leadership Award/People’s Choice Award winner Robin Robinson, the page provides a place for sharing bird photos, ID tips, and more. Join almost 25,000 people who enjoy Maine’s birds!

▶▶ **Notes from the Hinterland** From her home in Winthrop, Laurie Graves writes about nature, community, books, the environment, food, and rural life. hinterlands.me

▶▶ **Birding with Jeff and Allison** NRCM’s Allison Wells and husband Jeff, authors of *Maine’s Favorite Birds*, share their birding adventures and insights in a monthly column on the NRCM website www.nrcm.org/blog/birding-jeff-allison. Check out their weekly *Boothbay Register* column, “A Bird’s Tale,” at www.boothbayregister.com/tags/bird-column.

▶▶ **Scooters Maine** John Neal of Greene describes trips taken by motorbikes to explore Maine, New England, and the maritime provinces of Canada. www.scootersmaine.blog

▶▶ **Book of Days** Poet and naturalist Kristen Lindquist shares her views of nature in a daily haiku. klindquist.blogspot.com



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