

Explore MAINE 2020



Natural Resources
Council of Maine

Maine's Great Outdoors is Waiting for You

Summer in Maine offers so many opportunities for exploration. Whether you choose to go out into the great outdoors or prefer a staycation close to home, our *Explore Maine 2020* will help you enjoy so much of what our state has to offer. To coincide with Maine's Bicentennial, we share with you here a selection of places that inspire us to protect the nature of Maine. With safe social distancing, they are ready to be explored and enjoyed. As always, we are featuring books and blogs by members, but this year we are also showcasing a few Maine artists who are NRCM members, some music, and a haiku by an 11-year-old member. There's a piece in honor of the anniversary of the designation of the Allagash as a "wild and scenic" river, and a nod to the treasure that are Maine's ecological reserves. And if you enjoy crossword puzzles, you will find a delightful surprise in this edition of *Explore Maine*! There's more to enjoy, too, all as a way to celebrate the environment that we work together to protect. Thank you. Be safe and find joy in Maine this summer! —Allison Wells, Editor, Senior Director of Public Affairs & Communications

WHAT'S INSIDE:

Maine Places that Inspire
Art, Haiku, Music, & More
Books, Blogs, & Other Good
Reads by NRCM Members
Celebrating the Allagash and
Maine's Ecological Reserves
Maine Environment
Crossword Puzzle
Much More!

6 Apps To Help You Explore Maine, Wherever You Are

Last year we introduced you to eBird, iNaturalist, Discover Katahdin, and six other nature-based apps. Read about them at www.nrcm.org/blog/apps-explore-maine. We hope you enjoy this year's picks! —Levi Hahn, NRCM Social Media & Creative Services Manager

ACADIA NATIONAL PARK BY CHIMANI Maine-based Chimani designed this premier app for one of our state's crown jewels: Acadia National Park. This location-specific tool provides a range of information including GPS-enabled maps (functioning both online and offline), trail and place information, and a guided audio tour of the park. You can even earn badges for visiting certain points of interest! Pack up your gear, head to Acadia, and appreciate the fact that the digital toolbox in your hand was made in Maine!

AUDUBON BIRD GUIDE National Audubon Society's Audubon Bird Guide helps you enjoy the birds you encounter in your backyard, or while exploring the nature of Maine far and wide! This free app allows you to identify, track, and learn about the bird species you find, whether they're permanent residents of Maine, seasonal visitors, or just migrating through. The app contains range maps, bird sound audio clips, and beautiful photos. Plus, you can check out recent bird sightings in your area and participate in Audubon's Climate Watch citizen science project!

BIKEMAP Biking is a spectacular way to get around Maine while reducing your carbon footprint, and BikeMap can help you with that! This app allows you to view (and ride) crowdsourced routes in your area, providing audible step-by-step (er...pedal-by-pedal) directions along the way. In record mode, you can even create your own routes and share them with others who want to get active and help the climate.

COLLECTOR CLASSIC (MONARCH MODEL VALIDATION PROJECT) Collector Classic partners with the Monarch Model Validation Project (University of Maine) to help monitor fall migration patterns and typical habitat frequented by monarch butterflies as they make their journey along the Atlantic Flyway. To install the app, you'll need to follow the registration instructions at umaine.edu/mainecoopunit/monarch-model-validator. Once you complete the survey and are

set up, you can upload photos and contribute to UMaine research into preferred monarch butterfly habitats and attempts to predict nesting sites.

FISH RULES This app puts all saltwater fishing regulations at your fingertips. Using your phone's GPS (or latitude and longitude coordinates), Fish Rules makes available the fishing rules in your vicinity. It's programmed to show you state and federal rules that apply in Maine and elsewhere across the US. You can even snap a pic of your catch and track locations where you've been most successful.

LITTERATI If you use a Fitbit, you already know the thrill that accompanies beating your friends at step counts. Why not challenge them to a litter pick-up wager? Litterati allows you to document your clean-ups by snapping photos of tossed items you gather in your community, and lets you track the impact you're making. It geotags the photos you upload and uses the data to help municipalities learn where their waste management services may be ineffective.



MERLIN BIRD ID APP

"I keep hoping every year to learn a few more birds by sight and sound. Some years are way better than others. I got the Merlin Bird ID App on my phone a year-ish ago. This year has been way better than average! Because of the fact that I am working at home, I have allowed myself to take the 'commuting' time and go for morning walks. The last couple of weeks I have taken my phone and binoculars. This week Merlin helped me ID a Black-throated Blue Warbler, a Chestnut-sided Warbler, and a Blue-headed Vireo. The app is fun and easy to use." —Leslie Burhoe, Executive Assistant

Celebrating Maine's Bicentennial: Places of Inspiration

Maine's 200th anniversary provides a unique opportunity to reflect on the special places we love. There's the way the sun shines through a patch of forest in the hills and mountains where we hike. There is the sparkle of rivers and lakes where we swim and ply our paddles. There are many natural places dear to each of us. As we celebrate our state's bicentennial, please ponder this question: What is that special place that inspires you to protect the nature of Maine? Here's how some NRCM members, staff, and board responded to that question. Enjoy their answers and share your own with us! —*Lisa Pohlmann, NRCM, CEO*

View of Loud's and Bar Islands, Muscongus Bay, by David Preston



MUSCONGUS BAY

Often bypassed by tourists on the way to Camden or Acadia, and by sailors because of its many hazardous shoals, Muscongus Bay is a gorgeous area to explore. Bounded by Pemaquid Point to the west, Port Clyde to the east, and Monhegan Island seaward, it is home to dozens of unspoiled islands. Scattered around the perimeter and islands are numerous nature preserves such as Audubon's Hog Island, Eastern Egg Rock (where a puffin colony can be seen in summer), and Franklin Island National Wildlife Refuge. Our family has had a summer home near Round Pond for 100 years, and we love exploring the coast by boat or kayak. Many organizations, such as the Maine Coast Heritage Trust, are working to preserve the natural beauty of this gem in the heart of Maine. —*David Preston, NRCM Member, China*

BOOTHBAY REGION

It is difficult to identify a single favorite place in the Boothbay region, since there are so many that I appreciate and love. For deeply personal reasons, going back to my childhood, it would certainly be the summer cottage (a "camp") with its three acres at the southern tip of Murray Hill. It looks out over Linekin Bay to Cabbage and Negro Islands and to Boothbay beyond. There are deciduous and conifer woods and "bear caves" explored by generations of children. It welcomes visits from friends and anyone familiar with the site. There are also the many wonderful preserves of the Boothbay Region Land Trust (BRLT), from Damariscove Island, five miles offshore and site of visits from Europeans long before the establishment of settlements, to the mainland preserves on the peninsula. The 19-acre Porter Preserve at the southern tip of Barter's Island is a favorite. It can really be considered a "double" preserve, since, on the north end, it is adjacent to the Roberts Wharf working waterfront, used by kayakers and lobstermen. I go to Porter several times a year, appreciating its heavily wooded old-growth spruce, oak, and pine, and the trails that meander along nearly half a mile of shoreline on the Sheepscot and Back Rivers. There are lovely overlooks with benches for rest and enjoyment. Porter also has a lovely, south-facing beach. An old cellar hole marks the site of the old Hull home. Several years ago, BRLT dedicated a Memorial Grove on the northwestern part of the preserve. It is open to all who seek personal quiet time or wish to commemorate loved ones. When BRLT did a survey several years ago of its most sought-out preserves, Porter was among the most appreciated, justified by the overlooks, diverse plant life, wildflowers, ferns, and shrubs, and its traces of earlier history. My wife and I frequently take visiting friends to Porter. It never fails to please.

—*Nathaniel Wing, NRCM Member, Boothbay Harbor*

Roberts Wharf, courtesy of Boothbay Region Land Trust



Popham Beach by Abben Maguire



POPHAM BEACH STATE PARK

Popham Beach inspires me to want to help protect the nature of Maine because Popham is a natural system evolving in real time, telling a unique story. If you visit Popham and walk as far west as you can go, you eventually meet the Morse River. The river ends in a sharp curve that cuts across the beach, contributing to the erosion of the coastline in a complex interaction between the river, sand dunes, storms, and sediment deposits. Some have suggested that this process of erosion is natural, and inevitable. Some have suggested that it is part of a cycle that repeats over a span of 50, or 25, or perhaps 15 years. Some have suggested that climate change is intensifying the extremes of these cycles. The evolution always leaves the beach looking unusual, delightful, and different. As moments in a broader story of shoreline erosion, these feelings can be bittersweet. But they are clarifying. Everyone, from beachgoer to geologist to park ranger, can walk across Popham and know that there is nature worth defending. —*Abben Maguire, NRCM Accounts Payable Coordinator and Administrative Assistant*



Kate Furbish East by Marcia Harrington

KATE FURBISH PRESERVE: ENJOYING MARSH MADNESS

When the Naval Air Station in Brunswick closed in 2011, almost five square miles of land was made available for other uses. This has led to the opening of two very nice hiking and cross-country skiing trails (east and west) named after Kate Furbish, a botanist ahead of her time who helped collect and identify the native flora of Maine in the 1800s and early 1900s. While the two trails are separated by water and thus two miles apart by land, they each provide one to two hours of scenic hiking/skiing through woods and along shoreline. My favorite of the two, Kate Furbish East, was just recently opened for public use. While the trail is still a bit rough—with two-inch-high tree stumps that can catch a hiker's toe—it is nonetheless a gem! What makes it so special is the amount of meandering shoreline overlooking a beautiful saltwater marsh tributary that weaves its way to Harpswell Sound. The trail is quiet and pristine, crossing several brooks and small ravines. Depending on the time of day, hawks, eagles, woodpeckers, and exuberant songbirds can be seen or heard. More trails are being developed to create shorter and easier options. —*Marcia Harrington, NRCM Board Member, Brunswick*

Ash Point Preserve, courtesy of Sarah Cotton



ASH POINT PRESERVE, OWLS HEAD

Spending time in nature, for me, is not a temporary escape from everyday life but an essential part of it. This belief continually inspires me to protect the nature of Maine. Ash Point Preserve in Owls Head is part of Georges River Land Trust, and it is just a short drive from my home. I have found it to be a very grounding place for me, a place where I can let my mind wander and not worry about what is next on my to-do list. An easy walk through the woods brings you to a beautiful rugged coast, where you can watch the rocks disappear and reappear with the tide. I usually bring a book, which is left unread as I spend my time getting lost in my thoughts. Typically, I go outdoors to be active, but when I visit Ash Point, I find myself being very still. For me, Ash Point Preserve is a place of rest, where I do not have to summit the peak to see the view. I can come, as I am, and find peace. —*Sarah Cotton, NRCM Rising, Rockland*

LUBEC/WEST QUODDY HEAD

West Quoddy Head inspires me to help protect the nature of Maine. I haven't been to Washington County often, but I've taken two trips (one in the middle of a February blizzard) to the lighthouse, near Lubec. West Quoddy Head is known for being the easternmost point in the US. I love that! It is one of the first places to see the sunrise. That inspires me. A sunrise is the start of a new day. No matter what's happening, the sun will always rise, and we have a chance to make the most of that new day. Protecting Maine's clean water, clean air, and wildlife is something that we can all do, in so many ways. Lubec, the town closest to West Quoddy Head, was one of the first towns to address plastic pollution and shared their plans with us in a blog post: www.nrcm.org/blog/spotlight-on-sustainability-in-maine/great-sustainability-effort-dawns-maine-town-sun-touches-first. The town's dedication to protecting this beautiful corner of Maine from plastic pollution inspires me. If you haven't visited Washington County, I encourage you to get up early and head to West Quoddy Head to watch the sunrise, though maybe not in a blizzard in February. —*Beth Comeau, NRCM Communications Manager*

West Quoddy Head by Beth Comeau





Todd and Stella at South Branch Pond

SOUTH BRANCH POND, BAXTER STATE PARK

Each July, my family heads north to Baxter State Park for our annual family camping trip. While there are many special places in Baxter we have enjoyed over the years, nothing compares to the solace and beauty of South Branch Pond and the surrounding mountains and streams. From canoeing on the pond to swimming in Howe Brook to hiking up the Travelers for a stunning view, South Branch Pond truly inspires me to want to protect the nature of Maine. Plus, it's where I proposed to my wife, which makes it extra special. Last summer was my daughter's first trip to South Branch. She was eight months old at the time. My wife and I were a bit nervous about how she would handle the heat, bugs, and sleeping outdoors for the first time. From the moment we stepped out of our car, she was in her element. The forest floor became her playground. Our campfire enthralled her. She slept better than she did most nights in her own crib. We knew she had found the joy that we have experienced over the years in this special place. We've already made our camping reservations for this July and can't wait to get back to the cool, calm waters of South Branch Pond. —*Todd Martin, NRCM Rising Director and Grassroots Outreach Coordinator*



Potts Point Preserve by Levi Hahn

POTTS POINT PRESERVE

At the very end of South Harpswell on a parallel peninsula that lies just west of Bailey Island, Potts Point is a narrow strip of land that cuts into Casco Bay as though a jetty formed naturally for the specific purpose of allowing land creatures to enjoy the beautiful, almost 360° panorama. Managed by Harpswell Heritage Land Trust, the preserve's rocky tip offers stunning views of nearby peninsulas and islands, and small streams empty into the sea. It's truly a piece of paradise that just happens to be right here in Maine. Access the preserve by parking at the end of Harpswell Neck Road and walking the half-mile roundtrip dirt access road. There, a short path opens up to a quintessential Maine coastal vista: rock formations, a gravel beach full of shells, and islands and land formations that checker the sea's surface. Tide pools abound! It's best to visit when the tide is low because parts of the preserve may be inaccessible when the waters ascend. Preserving spaces along the coast so that they can be enjoyed by the public supports local tourism economies, but with imminent sea-level rise caused by climate change, shallow spots like Potts Point remind me of how precious and temporary our special places can be. It's the reason we must act on both climate and land preservation. And it represents the reason we must reduce our waste to preserve the delicate aquatic life below the surface of our ocean. —*Levi Hahn, NRCM Social Media & Creative Services Manager*



Little Moose Public Reserved Land by Stacie Haines

LITTLE MOOSE PUBLIC RESERVED LAND

Maine's Public Reserved Lands are among the best spots in the state. Last year, my kids and I chose Little Moose Public Reserved Land, located just east of Greenville, for our two-day adventure. We pitched our tent next to a remote pond complete with the sound of loons calling. As we have found at other Public Reserved Lands, there were loads of firewood and untethered (slightly leaky) boats to paddle. A loop trail afforded us beautiful views of the ponds, there were blueberries galore, and close-ups of the work accomplished by industrious beavers. If you seek a bit of adventure and the tranquility of nature, visit one of the many Public Reserved Lands that Maine has to offer. —*Stacie Haines, NRCM Membership Director*

SCREW AUGER FALLS & MOOSE CAVE, GRAFTON NOTCH

Grafton Notch is a spectacular glacial valley located in western Maine, just north of Newry. Route 26 wends its way through the notch in a northwesterly direction, offering views of high cliffs and narrow stream gorges. One of my two favorite locations in the notch is Screw Auger Falls. It's where the Bear River has worn the granite smooth, creating deep potholes and a natural bridge. Depending on the season, one can feel quite energized by the sight and sound of water rushing over bedrock. About a mile northwest of the falls is Moose Cave, a 45-foot-deep bedrock canyon. Over thousands of years, slabs of rock have fallen into the canyon, forming the "cave," sometimes obscuring the Bear River flowing beneath them. While walking the Moose Cave loop trail there are mossy ledges, natural gardens of "reindeer lichen," and dark, slow moving pools of water to be experienced. It's an area of quiet beauty, a place for contemplation. —*Ted Anderson, NRCM Member, Westbrook*



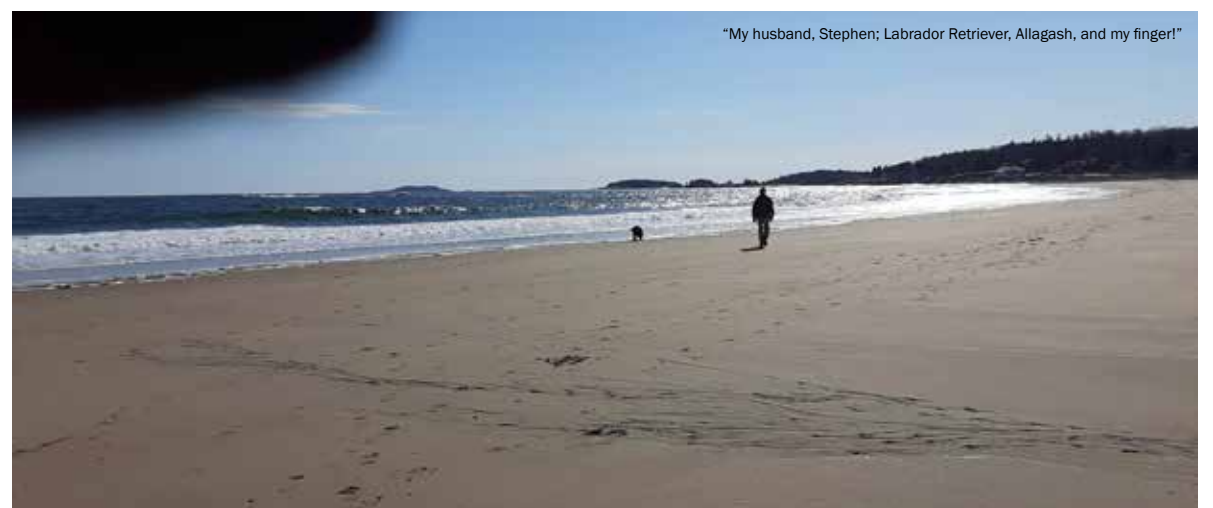
Moose Cave by Ted Anderson



Kennebec River by Sam Horine

KENNEBEC RIVER

The Kennebec River inspires me to want to help protect nature in Maine. I love rivers, having grown up near the Ohio River. I'm particularly attached to the Kennebec because it flows by my backyard on its way from Moosehead to the ocean. Each morning I check it out—frozen or open, over its banks, how fast it's flowing. I make a closer inspection when I go out with the dog: is the dam open? Is the river back within its banks? How about an early morning canoe upriver? What birds and animals will I see? I'm forever mindful that the river provides diverse habitat for wildlife, from loons to mayflies, moose to beaver. I'm grateful for nature's gifts and know I must give back. I keep an eye out for shoreland zoning violations, plunk trash/debris out of the river, and share its stunning beauty through photos. —*Sam Horine, NRCM Member, Skowhegan*



"My husband, Stephen; Labrador Retriever, Allagash, and my finger!"

REID STATE PARK

Circa March 13, the week before the "world changed," we took a lovely four-mile walk at Reid State Park during low tide. Back then, Griffiths Head (aka One Mile) Beach had lots of other walkers who were socially distant, but once we got to Todd's Point (aka Half Mile) Beach we pretty much had it to ourselves. We were lucky to enjoy that day because the next week, the ocean parks closed. —*Bonnie Wood, NRCM Board Member, Brunswick*

WELLS RESERVE AT LAUDHOLM

This is one of my favorite places to visit in Maine, and living nearby makes it my go-to destination for hiking, birding, watching the waves, and overall enjoyment of nature. In crowded southern Maine, Laudholm is a rejuvenated saltwater farm, permanently protected in the 1980s by the efforts of hundreds of local people. In an area of 2,200 acres, there are more than 7 miles of trails, and what makes the Wells Reserve so special is the incredible variety of habitats they encompass. There are mixed deciduous woods, fields, pine groves, salt marsh, river's edge, and if that isn't enough, there's access to a beautiful beach, too. The birding is also excellent, both in the woods and on the shore, where nesting endangered Piping Plovers are annual visitors. The Reserve is open year-round, making snowshoe and cross-country ski excursions also enticing. The Wells Reserve at Laudholm hosts many family-friendly events, like an annual Summer Craft Fair, and Punkinfiddle in the fall. The fields near the former farmhouse are filled with Bobolinks in spring and monarch butterflies in the fall. Please note that no pets or bicycles are allowed, and be sure to never disturb any nesting birds. Otherwise, enjoy a gorgeous day at beautiful Laudholm Farm. —*Monica Grabin, NRCM Member, Kennebunk*



Courtesy of Wells Reserve at Laudholm

Flying the Flag of Wilderness *By Melanie Sturm, Forests & Wildlife Director*

Flags are symbols that can mean different things to different people, but there is generally a shared understanding of the values they represent.

Wilderness is similar in that it embodies an ideal ecological state. A mental picture of wilderness is easy to call up: You might imagine free-flowing rivers, bountiful wildlife, or dark, star-filled skies. While the precise definition of wilderness is subjective, the value of protecting wild, untamed nature unaltered by people is indisputable.

This summer NRCM is celebrating exciting milestones for some of Maine's wildest places: the Allagash River and the state's Ecological Reserve System. Though the world has lost much of its wilderness and biodiversity to human activity, our vision of wilderness must continue to serve as a guidepost, reminding us of the countless ecological and social benefits derived from nature that we cannot afford to lose. This is especially important in Maine where remote ponds, tree-covered mountains, and vast forests dominate the landscape, and are source of recreation, jobs, and recovery for so many.

On July 17, 1970, 92.5 miles of the Allagash became America's first federally protected/state managed "wild" river when Interior Secretary Walter J. Hickel granted the state's request to designate the Allagash Wilderness Waterway under the Wild and Scenic Rivers Act of 1968. As Maine's only "wild" river, encompassing just 0.03% of Maine's total river miles, it is in the public interest to keep it free-flowing and as undeveloped as possible.

Ask someone who has spent decades on the Allagash, like professional wilderness guide Alexandra Conover Bennett, why wilderness is important and she'll tell you that when she has taken college students out on trips into northern Maine—to places more isolated than some people will ever get—something takes hold in the students. Facing the elements, learning self-sufficiency, and being alert are all part of the backcountry experience that



"We must keep the banner of 'wilderness' flying if for no other reason than it inspires us to the highest of heights in all of our conservation efforts."

—Neil Rolde in *On Wilderness*



Arethusa and Gaylussaci at the Great Heath Ecological Reserve, the largest peatland in the Downeast region.

"reconnects people with the land." "The power of nature is everlasting, and it's everywhere," Alexandra says.

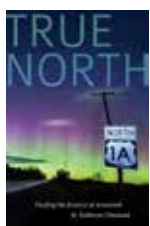
Protecting wild places is not just about being able to visit them—though going on an immersive camping or float trip is a very compelling reason! Nature offers an array of life-sustaining goods and services, the most critical of which—such as filtering air and water, providing food and building materials, sheltering wildlife, and sequestering carbon—could not happen without a healthy, thriving ecosystem.

On August 11, 2000, Maine created the Ecological Reserve System, a progressive natural resource management concept aimed at protecting the full range of the state's 104 unique ecosystems. As of 2020, 17 sites covering more than 90,000 acres comprise the system, leaving a lot of opportunity for growth.

Andy Cutko, Director of Maine's Bureau of Parks and Lands, explains, "Unmanaged forests can provide unique habitat for a number of species, including ones we don't often think about, such as invertebrates, mosses, and lichen." Referring to ecological reserves as "life rafts," he acknowledges the important role they serve for research and education, especially for monitoring the impacts of and building resilience to climate change. "Old forests sequester and store huge amounts of carbon," he says, noting that they can be studied to track the long-term ecological impacts of climate change.

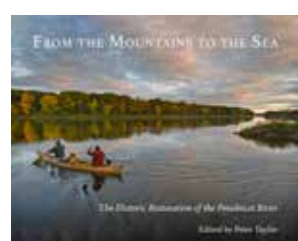
As we celebrate these two anniversaries, let's double down on one of the core values that has driven NRCM for more than 60 years: The ideal of wilderness is an essential ingredient to Maine's way of life, and these wildest of places must be a piece of a larger management plan for well-managed landscapes. We will never regret investing in natural resources and a healthy environment or striving for the "highest of heights" in our efforts.

Coming Later This Year *All from Yarmouth-based Islandport Press!*



◀ A collection of columns about life in northern Maine that originally appeared in the *Bangor Daily News* and *Echoes* magazine. Told through the eyes of a transplant, the stories are humorous, philosophical, and informative. They portray the essence of a place where the pace is slow, beauty is breathtaking, nature is close, and people are authentic.

▶ An anthology of articles selected from *Echoes: Rediscovering Community*, a quarterly magazine published from 1988 to 2017 to celebrate the diverse cultures and natural beauty of northern Maine. In features, essays, and personal life stories, writers from throughout Maine and elsewhere portray qualities of rural culture that are vanishing in many places, but are still alive in places like Aroostook County, Maine, where roots are deep and traditions are strong.



◀ On June 14, 2016, for the first time in two centuries, an Atlantic salmon swam through the town of Howland, Maine, bound for spawning grounds that had been inaccessible for generations. Along the riverbank, hundreds of people cheered as they helped celebrate the event marking the culmination of a remarkable seventeen-year effort by an unlikely and diverse alliance of people and organizations. *From Mountains to*

the Sea tells the inside story of the Penobscot River Restoration Project drawing on interviews with more than 50 participants who helped navigate local politics and federal budgets and examines the challenges, compromises, and key turning points in the project to ultimately balance social and economic values and serve as a global model for large-scale ecosystem restoration.



Enjoy a Great Maine Tradition

Many Maine sporting camps offer a discount to NRCM members! Create memories—paddling a pristine lake, fishing with a trained professional—that will become long-held traditions! Plan your getaway by calling the camps or checking their websites, then call NRCM at (207) 430-0106 or email Beth Comeau at beth@nrcm.org to get your discount voucher to one of these camps:

-  The Birches Resort (Somerset County)
-  Bradford Camps (Piscataquis County)
-  Chandler Lake Camps and 4th Musquacook Lodge (Aroostook & Piscataquis counties)
-  Chewonki's Big Eddy Campground (Penobscot County)
-  Chewonki's Debsconeag Lake Wilderness Camps (Piscataquis County)
-  The Last Resort Cabins and Campground (Somerset County)
-  Red River Camps, Deboullie Township (Aroostook County)
-  Weatherby's, Grand Lake Stream (Washington County)



Mt. Kineo with the S.S. Katahdin

Artist: Neil Gallagher, Brunswick

How Maine's Environment Inspires His Art: "Maine has so much natural beauty, and such a variety, that after I had lived here seven years I found it impossible not to paint. It nudges me to explore, and to see more closely, all the glorious places in Maine, and to see the glory in not-so-famous places. (For example, Coos Canyon in Byron is a vest-pocket wonder.) Whether I paint on site or at home, I try to honor and celebrate what I have seen."

Website: tinyurl.com/neilgallagherncm

First Freeze with Orion

Artist: Tom Ferrero, Vienna

How Maine's Environment Inspires His Art:

"Curiosity and exploration drive me artistically and as a person. From speculating what might be down that old logging road, to considering how two colors may play together on a canvas. Pursuing that sense of wonder ignites my creativity and leads to new discoveries. Fortunately, Maine has no shortage of inspiring locations and remote areas to investigate, which is why I love living and making art here!"

Website: tomferrerostudio.com



Iceberg

You're getting closer.
The ice shines beautifully.
Then CRACK, POP, it's gone.

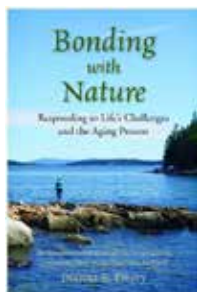
A haiku by Chloe G., age 11, Otisfield

Sparrow Fly, CD by Andrew Cole & the Bravo Hops



From the bluesy "Wolfs Lane Boogie" to the country-infused "Do You Need a Hand?" Andrew Cole's new CD crosses boundaries to reach a range of broad musical tastes. Available at www.acoleandthehops.com

Self-Directed Course Offers Ways to Help Yourself and Nature



In our 2018 *Explore Maine*, we featured *Bonding with Nature*, by NRCM member Dr. Dianna Emory. Now, Dianna has created a self-directed course, "TRANSFORMING CRISIS: Nature, Nurture, Remember, Relax," based on that book as well as

her lectures. Dianna says, "I give you the approach that escorted me through childhood adrenal cancer, years of PTSD, the loss of my young father, my own patients' traumas, and my daughter's cancer."

Find Dianna's online course at tinyurl.com/diannaemoryncm



Belfast Sunset

Artist: Danielle Lehoux, Wells

How Maine's Environment Inspires Her Art: "Maine's rugged coastline, pristine lakes, mountain views, and abounding wildlife all provide inspiration for my artwork. As a lifelong resident, I've always enjoyed exploring outdoors, and Maine's diverse environment offers the perfect place to do that. As I've gotten older I've had the opportunity to explore the more northern parts of the state and have discovered many beautiful places that hold happy memories. Sharing my creative version of Maine with others is something I truly enjoy."

Website: www.lehouxart.com/landscape-art

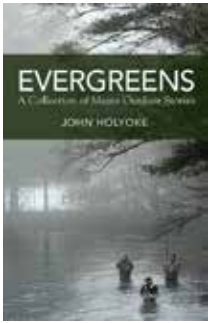
◀ A shrouded mist

Artist: Kathleen Galligan, Bristol

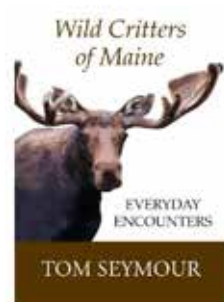
How Maine's Environment Inspires Her Art: "When I paint a meditative process evolves. The natural world serves as my inspiration, and I adopted Pemaquid Peninsula as my home 30 years ago. Here I found a treasure full of intimate coves and marshlands, coniferous and deciduous forests, and rocky ledges leading to open sea vistas. From the intimacy of woodland trout lilies in spring, to the grand rolling waves of Pemaquid Point, Maine provides an environment that nurtures wildlife and my meditative process."

Website: www.kathleengalligan.com



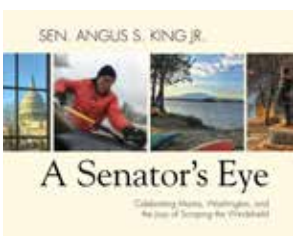


Evergreens, by John Holyoke (Islandport Press, 2019) Reading this book was pure delight. Holyoke's conversational style that many know from his outdoor column in the *Bangor Daily News* kept me turning the page even though the succinct stories make it easy to come back later when life's distractions let up. In this anthology of newspaper articles by the author, Holyoke introduces readers to the likes of Jim Carter, a North Woods guide; Alvin Theriault, a master fly maker; Lisa Bates, a bear researcher who survived a helicopter crash, and so many more. While many writers can wax poetic about nature, Holyoke weaves human interest into each piece and honors some of the people who have kept Maine's outdoor traditions alive. His respect for people extends to his deep-rooted appreciation for Maine's great outdoors and its culture of hunting and angling. I wouldn't be surprised if Holyoke was responsible for getting a few dozen people out to camp, fish, and hunt because the retellings of his own experiences are so self-deprecating and charming. Holyoke's stories range from heartwarming, comical, and nostalgic, to reverent, and are often all of those at once without losing his telltale voice. This book may not have the fanfare of bestsellers, but I encourage everyone who lives or vacations in Maine and loves the outdoors to pick up a copy of this very relatable and laugh-out-loud funny book.—Melanie Sturm, *Forests & Wildlife Director*



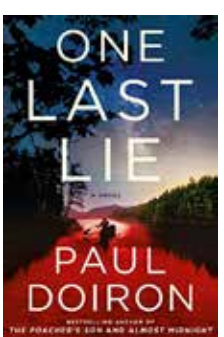
Wild Critters of Maine: Every Day Encounters, by Tom Seymour, with photos by Dave Small (Just Write Books, LLC, 2019) Dave Small is a regular contributor to NRCM's My Maine This Week online photo feature, and his photography often graces the pages of our publications, including our *Nature of Maine* calendar. While it is a joy to see that his photos have made their way into a book, it is no surprise. They perfectly complement the wildlife featured in *Wild Critters*. Tom Seymour writes

about most of Maine's iconic species—moose, deer, bear, whales, bobcats, fish, and birds. Finding lesser known critters was a delight: rails, water bugs, earwigs, crayfish (of which he says, "I don't mind dropping live crayfish into a pot of boiling water, but sticking a hook through one bothers me."). Seymour's got a way with words ("...it made me jump in bed like a cold frog on a hot rock"), and Small's got a talent for photos. His bird and wildlife portraits brighten the page not only with color but with the wild, often inquisitive nature of so many creatures that make Maine special.—Allison Wells, *Senior Director, Public Affairs & Communications*



A Senator's Eye: Celebrating Maine, Washington, and the Joys of Scraping the Windshield, by Senator Angus S. King, Jr. (Islandport Press, 2018) This book by Senator Angus King is a delightful wander through the Maine countryside and the DC urban landscape. The Senator takes in his surroundings and all of

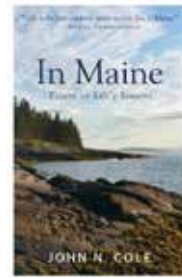
the people in them with his cell phone camera in hand. His love of Maine people, critters, and landscape is depicted in the photos, and his optimism and appreciation for others is ever-inspiring. I learned things about his life, his heart, and about the familiar places I love, too. I have visited with Angus in DC almost annually, riding the subways and gawking at the stunning architecture, just as he describes. He greets me at his Senate office like an old friend, and I can hear his familiar voice as I read his book: funny, humble, confident, and personal. Angus has a deep respect for Maine and for the nation. Many who rise from Maine to take up public service feel the same way. Congress should be inspired by this integrity and dedication. King notes that he has not given up the effort to establish "a more perfect union." And we never give up on Angus or Maine. Senator, thanks for sharing this bit of yourself and your journey to the U.S. Senate with all of us.—Lisa Pohlmann, *CEO*



One Last Lie, by Paul Doiron (Minotaur Books, 2020) I have loved each of Paul Doiron's books for many reasons. Being a native Mainer, I love his authentic characters. I love also how he describes places in Maine. In this time of staying at home, I could almost smell the forests and hear the bird songs in his nature descriptions. *One Last Lie* continues the story of Mike Bowditch, now a Maine Warden Service investigator. At the beginning of the story, Mike is in Florida interviewing a prospective pilot for the warden service and sees his old flame, Staci Stevens,

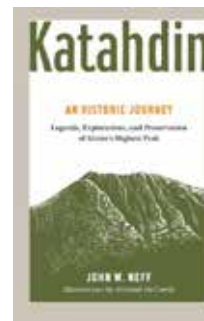
whom he joins on a python hunt in the Everglades. He returns to Maine only to be called upon by Ora Stevens to search for her husband Charley, Mike's surrogate father, who has mysteriously left home. From there the plot takes many twists and turns in rapid succession, arriving at an ending I didn't see

coming, which for me is the mark of a good mystery.—Betty Hartley, *NRCM Member, Brunswick*



In Maine, by John Cole (Islandport Press, 1974, 2001)

In this wonderful collection of essays, John Cole reveals his mastery of observing the natural world. The renowned journalist, author, amateur naturalist, co-founder of *Maine Times*, and recipient of NRCM's 2002 Lifetime Achievement Award, John rejoiced in watching and describing the wildlife of Maine. He especially loved fish. "I watch fish the way a religious zealot goes to church," John wrote, in a delightful piece about the spring return of "perhaps my oldest and most important friend"—the striped bass. John's essays about Maine's seasons capture the essence of living in Maine, including his description of the "false starts" of spring, winter as a time that Mainers "can enjoy as few others can," and "moments in Maine's Septembers when time stops." *In Maine* shows that John Cole possessed what Rachel Carson referred to as "a sense of wonder so indestructible that it would last throughout life." In watching an Atlantic salmon, John felt that he was "one of the luckiest men alive." John died in 2003, 45 years after moving here for a job with the *Brunswick Record*. I had the good fortune of interviewing John at his home in Brunswick, which, after his death, was torn down and allowed to turn back into a field. The house is gone, but nature lives on, as does the power of John's essays.—Pete Didisheim, *Senior Director of Advocacy*



Katahdin: An Historic Journey, by John W. Neff (Appalachian Mountain Club Books, 2006) In this book, with forwards and remarks by both Buzz Caverly, retired Director of Baxter State Park, and former Governor John Baldacci, John Neff shares the history of this "mountain of the people of Maine," as Governor Percival Baxter called it. John thoroughly researched the history of Katahdin and spoke with people from all walks of life who share his deep love and reverence for this sacred place. It is clear

that John, who helped to found Friends of Baxter State Park, has a profound connection to Katahdin. He wants to share the stories and experiences of the mountain so that others, even those of us who have never climbed it, understand its importance and will help ensure its protection for generations to come. Whether you have hiked Katahdin several times or have never visited Maine's North Woods, you will enjoy this book and fall in love with Katahdin as seen through the eyes of those who have worked so hard to protect it.—Beth Comeau, *Communications Manager*



Rinn's Crossing, by Russell Heath (Köehler Books, 2020), NRCM member Russell Heath drew on his years as an environmental advocate in Alaska for his latest book. Set in the forests, bays, and State House of our wildest state, *Rinn's Crossing* tells the story of three long-time friends who have grown apart. They are drawn back into each other's lives when one commits a crime, another is accused of it, and the third is a victim of it. Heath also gives us a bad piece of legislation, one designed to further the ambitions of one politician and the grievances of many others. The characters rise to the author's challenge, revealing their loyalties, secrets, and vulnerabilities as they grapple with the fallout of the crime while still working to bend the legislation to their needs. Alaska's political landscape is as extreme as its geographical one, and the author guides you through both in a way that makes it clear that he knows his stuff. *Rinn's Crossing* is a journey, and I was happy to take it with Heath and his characters.—Gretta Wark, *Senior Director of Philanthropy*



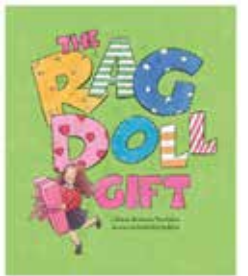
Fighting Pollution and Climate Change: an EPA Veteran's Guide to Join in Saving Our Life on Planet Earth, by Richard Emory, Jr. (BookLocker.com, 2020)

Written both as a historic record and "how to" guide aimed at inspiring changemakers, this unvarnished and timely depiction of the US Environmental Protection Agency (EPA) from 1980 to today, has something to offer readers of any age or ilk. Emory writes candidly about his three-decade career with the US EPA. His approach tells what it is like to confront the issues facing our planet day in and day out. As Emory recounts events of his sometimes tumultuous tenure, he pulls back the curtain to expose the inner workings of the federal government and the EPA. He dives into the data—historic indicators, scientific and economic data, and policy choices—as well as humorously illustrating his forays abroad and his courtroom adventures. He tells the story of rampant pollution and how the US has fallen so far behind in its response to climate change and transition to clean energy. This absorbing memoir from a consummate observer and true

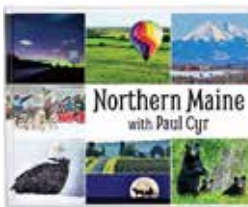
insider illustrates how far the US has fallen from its position of leadership on environmental issues without losing hope. Emory has faith in forthcoming environmentalists and his solutions-oriented presentation of the facts makes complex, cross-sector challenges feel within our grasp.—*Fiona Gordon, Leadership Giving Director*



Life List: Field Notes of a Maine Birdwatcher, by Ken Janes (North Country Press, 2019) The lush and stunning photographic portrait of a Great Blue Heron on the cover of Ken Janes' book could be enjoyed by itself. But to stop there would be to deprive oneself of a personal journey through the eyes of a person whose love of the natural world and the birds that inhabit it shines through each rich and evocative image he has captured. The idea of presenting his beautiful photographs of birds from the southern Maine coast as diary entries through a year, complete with temperature and weather descriptions along with short natural history notes, makes for a charming and fun read. For those who have experienced coastal Maine, the images provide a pleasant revisit to special times and places. It's impossible to pick a favorite among this treasure trove that includes impossibly sharp feather-by-feather details of the black-masked Common Yellowthroat and the gleaming white eye, clown-like bill, and contrasting black head of a Surf Scoter. The wintery gray and white flock of Purple Sandpipers against the surf at a rocky ledge is amazing. Clearly these are photographs made by someone with a deep care and passion for the world he shares with birds and nature.—*Jeff Wells, NRCM Member, Gardiner*

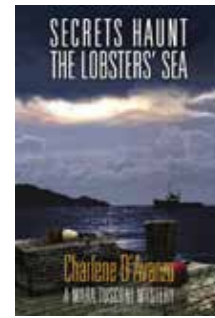


The Rag Doll Gift, by Karen Richards Toothaker (In Your Heart Books, 2018) Kimberly is nearly six years old and anticipating the rag doll that her Gran will make for her birthday. Being the youngest of 10 cousins, Kim is the only one without a doll yet and can barely contain her excitement for the day she receives hers. Asking her Gran about it while they spend time together, Gran responds, "Your doll will have an extra sweet, extra special secret you Honeybee-Kimbee you!" When Gran dies unexpectedly before Kim's birthday, along with the sadness of losing her loving Gran, Kim is afraid that she will never receive her rag doll to learn its special secret. This is a wonderfully written book that deals with the grief of losing a grandparent but also the hope of knowing they will always be with us in our hearts. The end of this book includes a list of ways for grandparents and their grandchildren (or parents and children) to spend time together, making special memories.—*BC*



Northern Maine with Paul Cyr, by Paul Cyr (Moshermultimedia.com, 2018) Anyone whose heart is in northern Maine, or who enjoys gazing at photos of this special region is likely already a fan of Paul Cyr's photography. His eye captures so many elements of the area, from the majestic (stunning face-on close-ups of bull moose) to the mysterious (silhouettes of trees and houses against a backdrop of northern lights) to the whimsical (the Boy in the Boot statue in Houlton). Even his dad makes an appearance, smiling cheerfully as he clears a snow-laden roof. Wildlife, working farms, airplanes, snowmobiles, dog sleds, Amish communities—life in Aroostook County leaps off the pages. No wonder Cyr's work has appeared in so many publications—local newspapers, the *Bangor Daily News*, *Yankee*, *DownEast*, "Bill Green's Maine" television show,

and, as our members know well, NRCM's own *Nature of Maine* calendar! *Northern Maine* follows several other Paul Cyr books. I'm already looking forward to the next!—*AW*



Secrets Haunt the Lobster's Sea, by Charlotte D'Avanzo (Maine Authors Publishing, 2018) The award-winning author of the Marah Tusconi Mystery Series is a marine ecologist and serious sea kayaker, and she brings her knowledge of the ocean to bear on her writing. Details like "I'd looked at NOAA's wind and wave data for Macomek [Island] waters and knew Abby wasn't exaggerating. I resolved to hug the shore" help ground the story in authenticity, along with descriptions of fictional Macomek Island, references to climate change research, the Gulf of Maine, and so forth. But first and foremost, this is a murder mystery, and solving it takes the heroine into the world of local island culture that is the stuff of folklore. The narrative twists and turns, with one of the suspects her own cousin. Readers who love a good mystery novel and have a fondness for the Maine coast will appreciate this book and will zip through it quickly.—*AW*



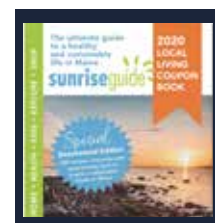
How to Build a Heart, by Maria Padian (Algonquin Young Readers, 2020) Izzy's life isn't easy. She and her six-year-old brother Jack are being raised by their widowed mom, who they call Mami, on her small income after Izzy's father was killed in Iraq 10 years earlier. Much of that time has been spent moving from place to place. When we first meet Izzy, her best friend Roz knows all about her life, but very few others do. Izzy is very private and doesn't want the kids at her school to know her story, as she is afraid they will judge her. Then Izzy meets Sam, a popular boy from the local high school. They meet, fall for each other, and Izzy does all she can to hide her truth as Sam is from a wealthy family and she is afraid they won't accept her. The truth comes out as her family is accepted for a new Habitat for Humanity house being built...where else... just down the road from Sam's home. This is a wonderful read for teens and young adults.—*BC*



Ripple Effect, by Carol Bass, editor (Maine Authors Publishing, 2018) This book is a difficult one to pick up, and that is because it is nearly impossible to put down. It is, essentially, a passion for water expressed in beloved literary formats: Poetry. Art. Short essays. Bible verses (Psalm 46:4, "There is a river, the streams whereof make glad the City of God.") There's a list of waterways in a single-spaced line extending over five pages that has a mesmerizing effect as you read it. The compilation includes the work of marquee names like Terry Tempest Williams, Billy Collins, Lucille Clifton, and Langston Hughes as well as those more associated with Maine such as our poet laureate Stuart Kestenbaum and painter Marsha Donahue. The pieces showcase water everywhere, and Maine is aptly represented; one piece of artwork, "Revisiting the Kennebec River," by Greta Van Campen, lives up to its name, with bold blues and black contrasting with pale pinks and yellows—it's not how I typically think of the Kennebec, but I was enamored. The photos, too, all have something to say—I paused for quite some time on Dana Beach's photo of a Prothonotary Warbler, a bird of southern swamp edges, for the sheer reason that the importance of water to this species is only suggested, making the message that much more powerful. Be sure to read the introduction, a caution about the dangers of "engineering" rivers and a plea for watersheds protection.—*AW*

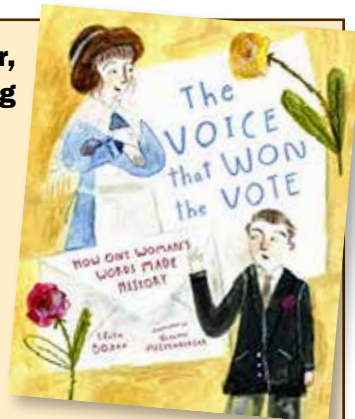


Vigilance of Stars, by Patricia O'Donnell (Unsolicited Press, 2019) A review in the *Maine Sunday Telegram* says of this novel, "Pieces of each story fall into place like kaleidoscope fragments." This encapsulates the workings of the story—and the characters—very well. Each member of this fictional ensemble is piecing something together—a troubled past, an unknown and worrisome future, a lost love, promises of new beginnings. There are so many bumps and yearnings, shared through O'Donnell's masterful change of perspectives, that it's hard to imagine where it will all lead, how these varied narratives will be resolved. But they are, and in a writing style that feels both edgy and familiar. Waters, stars—they are metaphors for something deeper, personal, yet all the while they place you physically right here in Maine.—*AW*



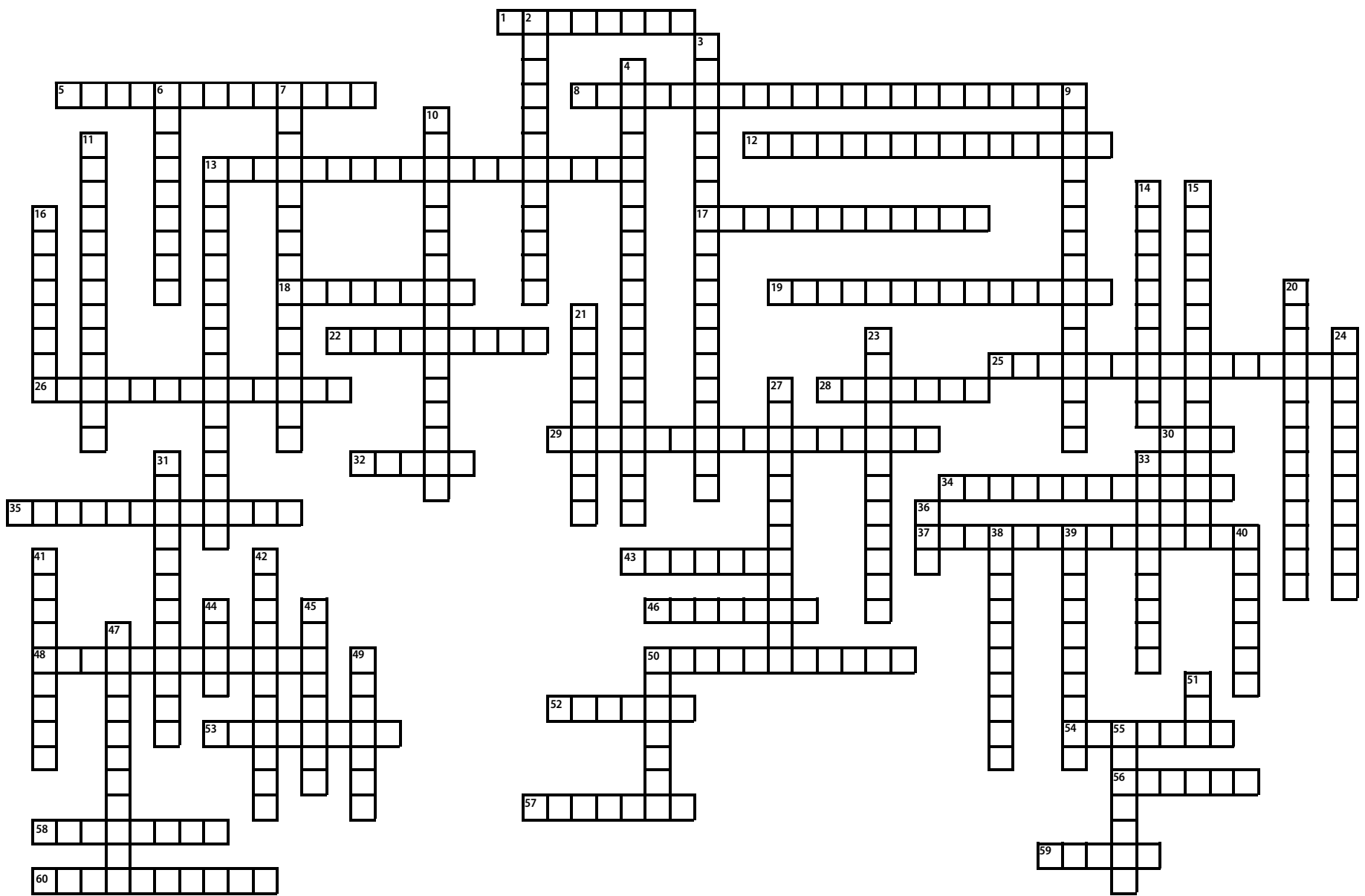
2020 SunriseGuide This book features sustainability tips and local resources, plus hundreds of discount offers from local businesses—for groceries, dining, yoga, garden centers, and pets. See the full list of coupons in the 2020 edition at www.thesunriseguide.com/save.

The Voice That Won the Vote, by Elisa Boxer, illustrated by Vivien Mildenerger (Sleeping Bear Press, 2020)



"It was wonderful to share this unique and powerful story, written by NRCM member and former board member Elisa Boxer, with my daughter. Not only is it critical for us to understand the history of inequity in America, but also to reinforce that structural inequities still persistent for women and many other people in our society. Our family has voted together since my daughter Zoe was born, and this was a great opportunity to highlight why we make the trip together and why you should never stop raising your voice for change and for doing what's right."—*Colin Durrant, Media Relations & Advocacy Communications Director*

"I would give this book four stars (out of five). I learned about how women got to vote. I learned that voting is important to every person in the world, not just for boys. Also, that speaking up for what you believe in is important. I actually loved this book."—*Colin's daughter, Zoe, age 6*



ACROSS

- 1 Maine's highest mountain
- 5 Recycling Reform's Director and celebrity mascot
- 8 NRCM partnership with Maine breweries
- 12 Showcases NRCM members' nature photos
- 13 NRCM members get discounts here
- 17 NRCM web-based map featuring special places open for public recreation
- 18 Celebrated each year since 1970 on April 22
- 19 Seabird, popular w/ NRCM members, restored to Maine's Eastern Egg Rock
- 22 Maine has almost 4,000 miles of this
- 25 NRCM's spotlight on Maine's wildlife
- 26 Largest source of Maine climate change pollution (3 words)
- 28 Boundary river between eastern Maine and New Brunswick
- 29 Name of NRCM's newsletter
- 30 Popular land conservation program (abbr.)
- 32 Clean energy legislation NRCM helped pass in 2019
- 34 NRCM helped protect this from dangerous metal mining
- 35 Landmark law protecting Maine's scenic highways
- 37 Katahdin _____ National Monument (3 words)
- 43 Failed project proposed for East & West branches of Penobscot River
- 46 _____-Speckled Mountain Wilderness
- 48 Name of this publication
- 50 NRCM's brochure of energy-saving tips

- 52 First strategy on the waste hierarchy
- 53 Making your voice heard
- 54 NRCM's web address
- 56 Maine Senator who led Clean Water Act effort
- 57 Warming temps puts this favorite Maine seafood at risk
- 58 Issue NRCM was founded on
- 59 Maine's largest land mammal
- 60 Maine's most effective recycling program (90%)

DOWN

- 2 River inspired push for Clean Water Act
- 3 These 37 conserved places protect habitat and provide recreation
- 4 Passamaquoddy Bay protected when this was rejected in 1983
- 6 Lake NRCM helped protect from Plum Creek
- 7 Name of NRCM's podcast
- 9 First-in-nation product steward law NRCM helped pass in 2006
- 10 NRCM-hosted event for members to meet with elected officials
- 11 Name of NRCM's youth leadership honors
- 13 Largest undeveloped area east of the Mississippi (no apostrophe)
- 14 First dam removed by Penobscot River Restoration Project
- 15 CMP transmission line (4 words)
- 16 Edwards Dam removed from this river
- 20 Protecting the (NRCM tagline)
- 21 Maine's state bird
- 23 Science author summered in Southport

- 24 Where NRCM works to help prevent and pass laws
- 27 Composting with worms
- 31 Threatens coastal areas due to climate change
- 33 Dam removed from Sebasticook River in 2008
- 36 National Monument established in 2016 (abbr.)
- 38 NRCM event held New Year's Eve day (3 words)
- 39 NRCM's young leaders' group
- 40 NRCM's work is based on this
- 41 Maine's state tree
- 42 These benefit from native flowering plants
- 44 Tick-borne disease spreading in Maine due to climate change
- 45 Sea-run fish that benefit from river restoration
- 47 Law passed to protect what we breathe
- 49 By 2050 scientists expect the ocean will have more of this in it than fish
- 50 Fast, clean, low- or no-cost human-powered transportation machine
- 51 Producers pay for recycling programs instead of taxpayers under this type of law (abbr.)
- 55 Do this with food waste to cut carbon emissions

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Find the answers at nrcm.org

More of Maine to Explore



▶▶ **A Bird's Tale** In their weekly column in the *Boothbay Register* and *Wiscasset Newspaper*, NRCM's Allison Wells and husband Jeff, lifelong birders and authors of the book *Maine's Favorite Birds*, write about birds and birding in Maine.

▶▶ **George Smith Maine** Your source for the most in-depth and timely news, information, and analysis about outdoor issues and Maine travel. Check it out at the *Bangor Daily News* or at www.georgesmithmaine.com.

▶▶ **Book of Days** Poet and naturalist Kristen Lindquist searches for poetry in every day. www.kristenlindquist.com/blog/



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Find YOUR Special Place

Our Explore Maine Map Can Help

Maine has no shortage of places to explore, where you can recreate or just find solitude. NRCM's online Explore Maine map will help with your planning! It includes more than 100 Land for Maine's Future protected places, more than three dozen Public Reserved Lands, NRCM staff and board picks, and more. Find it on our home page nrcm.org

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