

Explore MAINE 2021


Natural Resources
Council of Maine

WHAT'S INSIDE:

- ▶ Exploring LMF and Other Public Lands
- ▶ Books, Blogs, & Other Good Reads by NRCM Members
- ▶ From the Mountains to the Sea: An Interview with the Penobscot Nation's John Banks
- ▶ Tips for a Wildlife-friendly Yard
- ▶ Apps to Help You Explore Maine
- ▶ Endangered Species Coloring
- ▶ Summer Road Trip Playlist

& MORE!

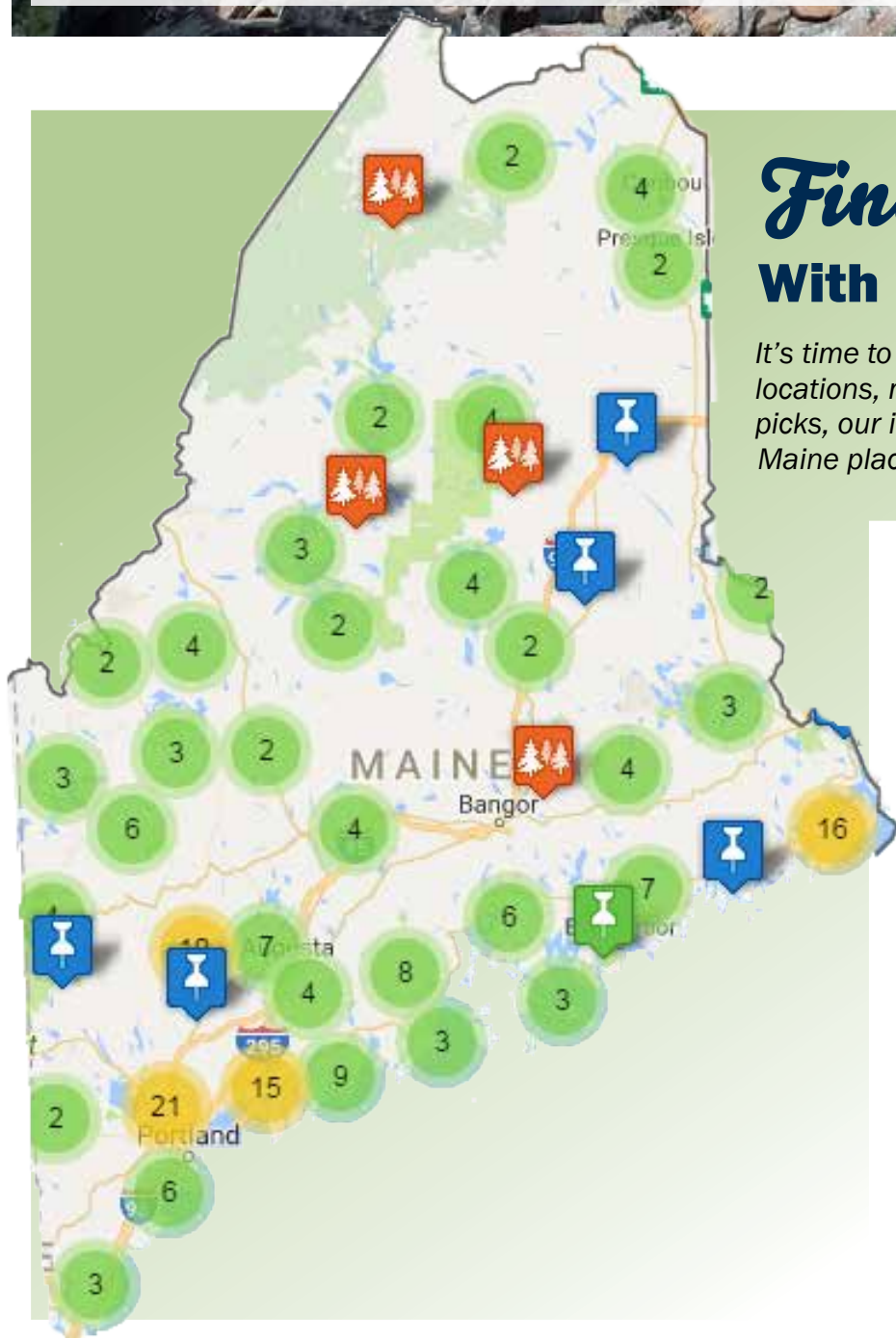
Rediscover Maine's Great Outdoors

Have you started planning for your summer adventures? *Explore Maine 2021* can help! It features spectacular places that await your hiking shoes, paddles, fishing gear, and more—all recommended by our staff, board, and members. Maine's lakes, rivers, forests, mountains, and coast provide tremendous opportunities to spend time with friends and family or to rejuvenate alone. As a reminder of how important it is to keep our public lands programs funded, this year's edition puts the spotlight on Land for Maine's Future locations as well as State Parks and a few local gems. The Penobscot Nation's John Banks shares his thoughts about the Penobscot River restoration and a new book about it. We've got tips for a wildlife-friendly yard. The Good Reads section will keep a book in your hand all summer, and we've got much more: blogs, artwork, an endangered species coloring section, even a summer road trip playlist to help you get wherever you're going! As always, what we love most about our *Explore Maine* publication is that the real highlight is you, our members. You make it all possible, and that includes our work to protect the special places we all so enjoy. Thank you for all you do. Enjoy summer, and explore Maine! —Allison Wells, Editor, Senior Director of Public Affairs & Communications

Mt. Abraham, Franklin County, by T.Martin/NRCM

Find Your Maine Place With Help from Our Explore Maine Map

It's time to explore more of Maine! With more than 100 Land for Maine's Future locations, more than three dozen Public Reserved Lands, and NRCM staff and board picks, our interactive online Explore Maine map can help you find your next special Maine place! Find the map on our home page at nrcm.org.



Enjoy a Great Maine Tradition

Did you know that many Maine sporting camps offer a discount to NRCM members? Plan your getaway to a beautiful, remote lake for paddling, fishing (with a trained professional), and more. Check with the camp, then call us at (207) 430-0106 or email Beth Comeau at beth@nrcm.org to get your discount voucher:

- | | |
|---|--|
|  The Birches Resort (Somerset County) |  Red River Camps, Deboullie Township (Aroostook County) |
|  Bradford Camps (Piscataquis County) |  Spencer Pond Camps (Piscataquis County) |
|  Chandler Lake Camps and Lodge (Aroostook County) |  Weatherby's, Grand Lake Stream (Washington County) |
|  Chewonki's Big Eddy Campground (Penobscot County) | Also Mahoosuc Guide Service (Oxford County) |

Your Support for Land for Maine's Future and Other Public Lands

Maine's public lands have been good for us, providing safe places to explore and find solace. The pandemic was a reminder of just how important Land for Maine's Future (LMF) and other public areas are for us. Getting out and enjoying these special places is a great way to demonstrate support for them. So is letting your legislators know that you support funding for LMF and our State Parks—and voting for funding when opportunities arise at the ballot box. To help you explore more of Maine, a few staff, board, and NRCM members share their public land favorites here. May these, and all of Maine's public lands, inspire you to do what you can to ensure support for special places.—*Lisa Pohlmann, CEO*



Moose Cave, Grafton Notch State Park, by Linda Woods

GRAFTON NOTCH STATE PARK

As often as possible, I head to Grafton Notch State Park, my favorite place on Earth. Just driving through the park fills me with awe at Creation's magnitude. Old Speck Mountain (4,170 feet) rises majestically from one side of Route 26; Baldpate (3,789 feet) stares down from the other. Grafton Notch State Park is comprised of multiple turn-in spots, each designed to showcase the natural beauty of the area. As an outdoor person, I am drawn to the multitude of hiking opportunities available in Grafton Notch. The Moose Cave Trail provides a close-up look at a gorge with the added bonus of hearing the sound of water echoing through the rock slabs. Climbing Baldpate is an annual trek for my July birthday. In addition to being a rewarding hike with outstanding views, there is a bog between the peaks, with sundews, a carnivorous plant that lures, captures, and digests insects. Just beyond the west peak, I pick blueberries (and always leave some for the bears). Cooling off afterwards in Screw Auger Falls is a must. In spring, painted trillium abound. In the fall, I climb Table Rock (869 feet) to revel in Nature's colorful display through the Mahoosucs and beyond to the White Mountains. Since winter is my favorite season, I enjoy cross-country skiing or snowshoeing on the many snowmobile trails throughout the Notch. Seeing the ice cave created by Mother Walker Falls is a bonus. Regardless of when I go to Grafton Notch State Park or what I do when I am there, I find my body happily tired and my spirit renewed after each visit.—*Linda Woods, NRCM member, Waterville*



Quoddy Head State Park by Lisa Pohlmann

QUODDY HEAD STATE PARK

Once every summer, I drive Route 1 to Washington County and check out familiar places, like Wild Blueberry Land in Columbia Falls, Quoddy Bay Lobster dining in Eastport, the seals in Lubec Harbor, and Quoddy Head State Park. The cliff walk at Quoddy is a favorite. This State Park provides the easternmost point of land in the continental U.S., which is the reason we call it the Sunrise County. One sees the sun rise first there. The name Quoddy Head, which means "fertile and beautiful place," comes from the Native American Passamaquoddy tribe. Grand Manan Island, New Brunswick, can be seen off the coast and so can an occasional whale. After hiking a mile down the Coastal Trail, my cell phone flips to an hour later because I've changed time zones. Then it flips back on my return hike. At Green Point along the trail, the Bog Trail provides a boardwalk and kiosks describe this natural wonder. Lunch at one of the picnic tables overlooking the water ends a perfect day.—*Lisa Pohlmann, CEO*



Peaks-Kenny State Park, by Codi Riley-Havu

PEAKS-KENNY STATE PARK

Over the past year, we have spent our time exploring new places throughout the state. A new park we discovered in June was Peaks-Kenny State Park. Nestled on the shoreline of Sebec Lake in Dover-Foxcroft, about two hours from Augusta, it was perfect for a weekend camping trip. The park offers lots of hiking, swimming, and water sport opportunities. The Birch Mountain Ledge Trail is an easy hike, and along the trail you can find twelve picnic table sculptures. A more challenging, less-traveled option is the Brown's Point Trail. Not frequented often, the trail is overgrown and feels rugged and isolating, even though you are not far from the main park, and the end of the trail offers gorgeous views of the lake. We visited during a hot weekend, so after every hike, we headed to the pet-friendly swimming area so everyone could take a refreshing dip, including our dog. The park offers both camping and day use facilities, and it is busy during the high summer days. But, when the day use facilities close, the beach gets quiet, and you can look out over Sebec as the sunset highlights Borestone Mountain across the way. Though we spent less than 48 hours in the park, we left feeling exhausted, happy, and looking forward to returning in the future.—*Codi Riley-Havu, Records & Gifts Coordinator*



Dundee Pond by Mary Zambello

PRESUMPSCOT REGIONAL LAND TRUST PRESERVES

Living in Windham, I am lucky to be surrounded by a network of waterways and trails. As an avid fly fisher, and someone who often uses a walk in the woods or a connection to water to reset and refresh, I've grown to love the Presumpscot Regional Land Trust. With 16 public access preserves and 1,840 acres of conserved lands, with miles of public access trails and water access, there is a trail suitable for everyone. From kayaking the slow-moving currents of the Presumpscot River near Babb's Bridge to putting in at one of three boat launches on Dundee Pond, the water trails offer you beautiful views of surrounding forests as well as opportunities for a quick dip. Trail options are endless, most ranging from easy to moderate, through various habitats, including natural forests, wetlands, alongside rivers and streams, and sweeping farmlands. You may pass by a fellow walker or biker, but almost always, you feel like you have the whole woods to yourself to enjoy the quiet and take in the surrounding wildlife. Depending on the season, you can find me hopping to various spots along the river. Whether it be fishing Gumbo Dam or the Presumpscot River near Rt. 35, or kayaking up Dundee Pond, I'm fortunate for this literal and figurative breath of fresh air, year round.—*NRCM member Mary Zambello, Windham*



Hirundo Wildlife Refuge's "Trail of the Senses" by Francesca DeSanctis

OUTDOOR RECREATION OPPORTUNITIES FOR ALL

Recently, there have been articles about a new accessible trail at Hope Woods in Kennebunk and the groundbreaking for a new universally accessible trail at the Boothbay Region Land Trust's Oak Point Farm. As someone who loves to explore Maine's outdoors, but doesn't feel safe climbing rocks or over roots, to hear that there are wide, flat, clear paths being created in many areas of the state excites me. The first path I heard about was mentioned in a speech by our People's Choice Award recipient in 2016, the Hirundo Wildlife Refuge in Old Town. They created an ADA accessible "Trail of the Senses" that I wrote about in NRCM's Nature of Maine blog. Learn more and see photos from Hirundo at www.nrcm.org/blog/maine-outdoor-recreation-opportunities-for-all. With your help, NRCM will be adding accessible trails to our Explore Maine map. If you know of universally accessible trails in Maine, please let us know (and include photos, if you have them) at nrcm@nrcm.org.

—*Beth Comeau, Communications Manager*



Photo by Annie Winchester

CROOKED FARM PRESERVE, BRISTOL

This delightfully diverse preserve is yet another gem on the Pemaquid Peninsula, and is one of the Land for Maine's Future (LMF) program's lasting gifts to us. Located in the Pemaquid Falls region of Bristol and managed by the Coastal Rivers Conservation Trust, its main trail first wanders through a field (look for blueberries in season), and then along the marshy frontage of the tranquil Pemaquid River where I've spotted Great Blue

Heron and Osprey, but not yet a river otter (my friends assure me there is one). Volunteers have been hard at work making an impressive network of wooden walks over soggy spots on lowland sections of this trail. The well-maintained path takes me over ledgy terrain sprinkled with fern, bunchberry, lichens, mosses, and on to the shore of serene Boyd Pond, where I sit for a few minutes to enjoy the open view across the water. Then it's back to the trail, winding through higher forest ground. Old pines tower above me, while hundreds of eager shoulder-high balsams spread across the forest floor. Mossy stone walls remind me that, at one time, this cool and shady woods was farmland. The shy Ovenbird, Common Yellowthroat, and Red-eyed Vireo offer an impromptu chorus: *teacher-teacher, witchety-witchety, and chewy-chewy!* The sun filters gently through the trees and soon enough I'm back in the field again, relaxed and rejuvenated. Remember Crooked Farm when the sun at the beach is hot, the crowds at the lighthouse are buzzing, or you've just pushed away from the picnic table and you need a quiet interlude. Take a peaceful amble through sunny fields and sweet, piney woods...and look for that otter along the river's edge. You'll return home with serenity that only the natural world can offer.—Annie Winchester, NRCM Board Member



Nahmakanta Public Reserved Land, by Heather Drake

NAHMAKANTA PUBLIC RESERVED LAND

In search of a day's worth of exploring, my husband and I were directed to the Nahmakanta Public Reserves Land in Penobscot County. We headed out from our base in Greenville and traveled a couple of hours north over bumpy logging roads, on alert for possible moose sightings. The trailhead was unassuming, as was the first mile of our hike. But as we continued walking, we were graced with vibrant flora, lush forest floors, and old, drunken trees. With 12 miles of rolling hills, the trail has no real peak, but you can take in views of the surrounding area. The highlight of the trail is when you begin to hear the lapping of water and stumble upon Nahmakanta Lake. An expansive body of water, it feeds the Nahmakanta Stream, which runs along the Appalachian Trail. What is most impressive is that amid the forest, a lake of its size can exist, in its own solitude. There is a lodge on the lake that we hope to return to for a stay and more exploring. Thanks to the Land for Maine's Future program and National Park Service, more than 30,000 acres of Nahmakanta's lands are protected, to remain a spot for exploring and enjoying all that Maine's wilderness has to offer. This is definitely a spot that is worth the trip and not to be missed.—Heather Drake, NRCM Rising Member



Todd Martin and daughter Stella at Round Top Mountain in Rome, Maine, by Todd Martin

ROUND TOP MOUNTAIN, ROME

At 1,133 feet, Round Top Mountain is the tallest point in Kennebec County and affords spectacular views of the surrounding Belgrade Lakes. Located in Rome in the Kennebec Highlands, part of Maine's Public Lands system, Round Top is one of my favorite hiking spots in the Kennebec Valley. This spring I took my two-year-old daughter Stella along with me. From the trail head on Watson Pond Road, the trail ascends steeply over beautiful granite slabs which, as I've since learned, were quarried for an old foundation. This section was a little tricky with a two-year-old, so she enjoyed this section of trail in her hiking backpack. After about a quarter mile, the trail leveled out and wound through woods. As soon as we hit level ground, Stella and I were both relieved. I got to shed 30 pounds from my back and she got to frolic along the trail as it meanders through a tranquil hardwood forest. After about a mile, the trail crossed the Kennebec Highlands Trail and continued straight. The climb was steep at this point, so Stella made her way back into the hiking backpack. After about 7/10 of a mile, we made it to the summit, which has limited views. At 3/10 of a mile, spur trails lead to a beautiful overlook, but someone was getting ready for her nap, so we turned around. Rather than complete the Round Top loop, which descends very steeply over a large rock outcropping, we descended the same way we came. I highly recommend Round Top Mountain for stunning views of the Belgrade Lakes. Stella highly recommends it, too!—Todd Martin, NRCM Rising Director and Grassroots Outreach Coordinator



Deboullie Public Reserved Land, by Noah Oppenheim

DEBOULLIE PUBLIC RESERVED LAND

Like you, Melanie (NRCM Forests & Wildlife Director, and my fiancé) and I needed to get outside over Labor Day weekend last year. And like you, we also wanted to be as far away from as many of you fellow humans as possible (naturally, no offense!). So Melanie and I, along with two of our good friends, got swabbed, loaded our canoes, lassooed our pandemic spaniel, and drove up to Deboullie Public Reserved Land near Fort Kent. What a spot. With several shoreside canoe portage sites nestled into glacial valleys surrounded by pristine forest, this parcel is a gem among gems. The fishery is healthy, stacks of glacial till make for excellent "cliff" jumping into the lake, and the trail system is stellar thanks to some impressive recent trail crew work. A round of Lawson's Finest Liquids at the top of the ridge and all the cares and troubles in the world melted away for a quick moment. Just what the body and mind needed back then, and what we all will undoubtedly benefit from again as long as our public lands remain accessible to us. Cheers to that.—Noah Oppenheim, partner to a magnificent NRCM staff member, Brunswick



Skolfield Shores Preserve, Harpswell, by Marlisa Simonson

SKOLFELD SHORES

For generations, the land comprising Skolfield Shores Preserve, just off Harpswell Road, has been important wildlife habitat as well as a place significant to the people and commerce of Maine. This small preserve represents all of my favorite coastal Maine features wrapped in a tiny, neat package! Designated a Native American "carrying place," this area was once used by the Wabanaki because of its protected location. The ecologically rich mudflats are an important breeding ground for Atlantic horseshoe crabs and for shellfish harvesting; during my recent visit, a single clammer bent to rake mud at the low-tide line. Visiting Skolfield Shores is a sensory experience: dappled sunlight casts a path through a mixed-growth forest where I hear the call of a solitary crow. Even though the breeze is light, it is enough to create the gentle swooshing sound of white pine needles that transports me back to my childhood. The loop trail leads out to tide-soaked marsh grasses caked with salt and smelling of mud and washed-up seaweed. At their edge, I peek for a glimpse of purple clusters of sea lavender flowers and roll shards of mussel shells in my palm. I spot shelf mushrooms and two red squirrels chasing each other on my way back. Skolfield Shores Preserve is a delightful short walk in a special place, and I am grateful for the collaborative effort to forever protect it for our enjoyment.—Marlisa Simonson, Senior Director of Philanthropy



Puzzle Mountain, Grafton Notch State Park, by Josh Caldwell

GRAFTON NOTCH STATE PARK, PUZZLE MOUNTAIN

There are endless Maine lands that are deserving of praise, but I was particularly blown away this last winter by the majesty of Grafton Notch. After ensuring that trail conditions were suitable, my partner and I tossed on our snow spikes and embarked on a beautiful February ascent up Puzzle Mountain. One of dozens of peaks within Grafton Notch State Park, Puzzle Mountain has the ideal mix of elevation, 360-degree peak views, and an abundance of slightly lunch spots. Once on top, we were able to see the full sprawl of Sunday River, the stunning peak of Mount Washington, and acres and acres of Maine forest. Despite having hiked in and around Grafton Notch State Park all my life, I cannot help but be awestruck by the landscape every time I return. Each summit shows an array of worthy peaks all around, keeping my interest piqued and my hiking plans full.—Josh Caldwell, Climate & Clean Energy Outreach Coordinator



Public boat launch at the Basin, Lake Auburn, by Henry Morjikian

THE BASIN, LAKE AUBURN

The Basin (aka Lake Auburn) is a local gem of Androscoggin County located off Rte. 4. Spanning 107 acres, this massive lake is a public water supply owned and maintained by the Lake Auburn Watershed Protection Committee. Since it is a public water supply, body contact with the water is not allowed; however, kayakers, canoers, and small motorboaters can roam the far reaches of The Basin. This is a phenomenal spot for fly and spin fishing. Largemouth bass, smallmouth bass, yellow perch, chain pickerel, lake trout, and sunfish like pumpkinseed: the list goes on. I have two go-to hang out spots at The Basin. The first is the small dock next to the public launch. I like to bring a foldable chair with a good book or guitar and greet boaters as they come in and out. The dock is especially gorgeous at dusk, with its unobstructed view of the sunset. The second is the picnic area located off Lake Shore Drive (a left off Rte. 4). The wooden benches and tables overlooking the lake are a great spot for hanging out and enjoying a meal. Talk about eating with a view! Farther down Lake Shore Drive is Taber's Restaurant, a casual eatery with a driving range and mini golf. I have not been there myself, but friends give it high marks. The Basin is prime for reflection and tranquility, as I will often go there to destress and get some fresh air. It is beautiful during all seasons, but particularly so in the fall when the colorful foliage is in full session.—Henry Morjikian, NRCM Public Affairs and Communications Intern

From the Mountains to the Sea: An Interview with John Banks

John is Director of the Department of Natural Resources for the Penobscot Indian Nation, a key partner in the Penobscot River Restoration Project. A new book detailing the Penobscot project was recently published by Islandport Press. I invited John to share his perspective about the project as well as the book.—Allison Wells

Allison Wells: You were a key member of the team that helped see the book, *From the Mountains to the Sea: the Historic Restoration of the Penobscot River* to publication. Why is this book necessary?

John Banks: I think a lot of the folks that were involved in the project wanted to tell the story from the perspective of those of us that were directly involved. The process of getting to “yes” had many behind the scenes issues, discussions, and decisions that we didn’t want to get lost.

AW: The book does a great job of capturing that, providing tremendous insight into the process. What does the completion of the project mean to you and the Penobscot Nation?

JB: So much of the history of the Wabanaki Tribes has been written, and rewritten, without any consultation with the tribes, resulting in an incomplete narrative of our past. As a tribal person, it was very nice to have a voice in the creation of the story as it truly happened. It provided an opportunity to make sure that the tribal perspective was included appropriately.

AW: I know your voice and perspective were incredibly important and well respected throughout the river restoration work as well as the book project. Do you think the book did a good job capturing the challenges and rewards of working on a project that had so many different stakeholders?

JB: Working alongside so many great partners that shared the vision of a restored Penobscot River was certainly a rewarding experience for me. I think the book tells a great story of what can be accomplished when people from diverse backgrounds decide to work together for a common purpose.

AW: Is there a favorite line or section for you in the book?

JB: It’s hard to name a favorite part of the book because there are so many! I do like the many references to the involvement of the Penobscot Nation, tribal employees, and our citizens. I love the photo of Joe “Hugga” Dana in the bark canoe at the Veazie Dam removal celebration in 2013. I had no idea he was going to do that so it was a pleasant surprise!

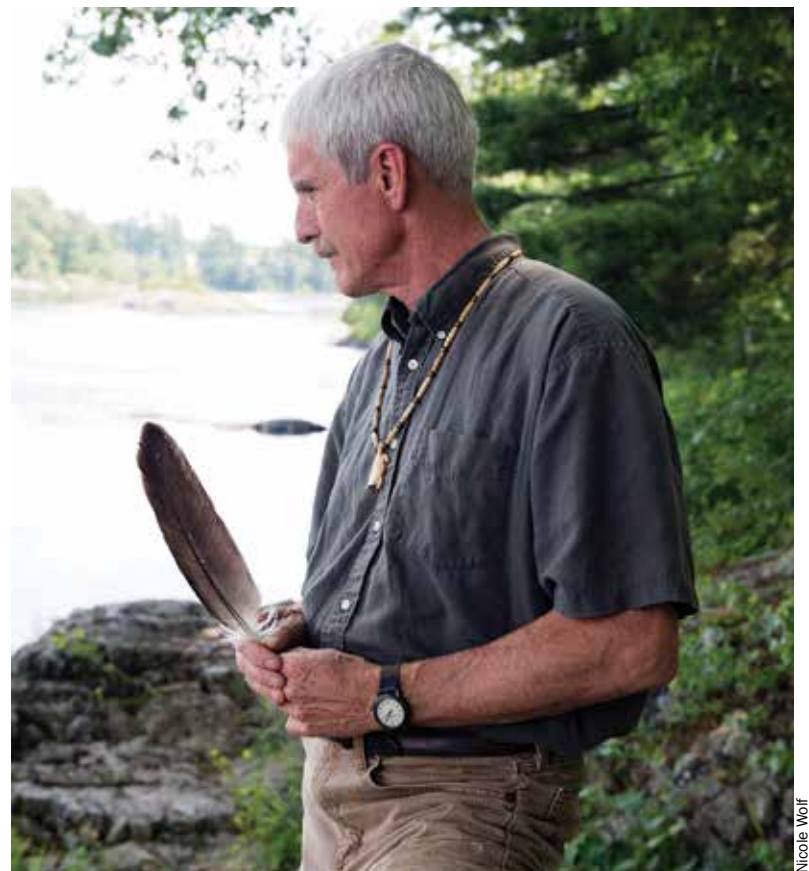
AW: That is a great image. I remember watching from the banks of the river as it happened in real time and being very moved by it. What are a few of the take-aways you hope readers of the book will experience?

JB: I think an important aspect of the Penobscot project is the nature of the partnership and how we all came together to accomplish what seemed like, at the time, a very rough road ahead. I think a key take-away from the book would be to understand that perseverance with collaboration can accomplish great things. We do not have to be satisfied with the status quo. I like [PRRP Community Outreach Coordinator] Cheryl Daigle’s words about being respectful, listening well, and being sincere: “Thoughtfulness is as important as being strategic.” It truly was a trust-building experience and necessary in this case.

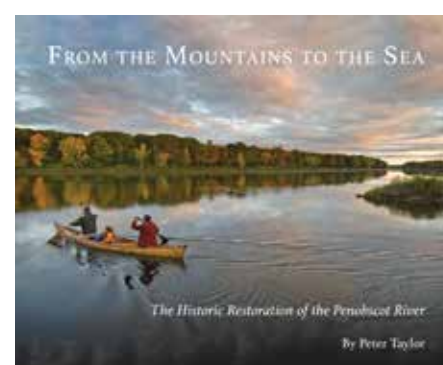
AW: Those are indeed words of wisdom and something we can all take to heart. What’s next for you, the river, and the Penobscot Nation?

JB: The Penobscot Nation will continue to uphold our inherit stewardship responsibilities for the health of the watershed for the benefit of future generations.

AW: Thank you, John, for this interview, and for all your work protecting the Penobscot River and Maine’s environment!



Nicole Wolf



From the Mountains to the Sea: the Historic Restoration of the Penobscot River by Peter Taylor (Islandport Press, 2020) June 14, 2016, marked a monumental day in Maine history:

For the first time in two centuries, an Atlantic salmon swam up the river through Howland. It was headed to ancestral spawning grounds that had been closed to this species and other native Maine sea-run fish for generations. As hundreds of people cheered from the riverbank, it may have been easy to forget that this celebratory occasion represented 16 years of incredible effort among diverse—and unlikely—allies. *From the Mountains to the Sea* is a page-turner, sharing insider perspectives (more than 50 participants) who describe what it was like to navigate local politics and federal budgets. The book describes challenges, compromises, and pivotal points that ultimately led to the balance of social and economic values, serving as a global model for large-scale river habitat restoration. Features fantastic photographs, including beautiful wildlife photos by NRCM members. —AW

“A beautifully designed book, with its useful sidebars, snappy pull quotes and stunning photographs of the river and its wildlife... Wonderful in its nuanced, step-by-step portrayal of how rugged it can get when engineers and ecologists take the measure of each other.”

—Wall Street Journal

Explore Maine with These Helpful Apps

STAR WALK 2 If you’re headed to the North Woods to explore Katahdin Woods and Waters National Monument or the 100-mile Wilderness (New England’s only two officially designated International Dark Sky Places), you’ll want to download Star Walk 2 in advance! This app will help you to identify the celestial bodies in the sky above you in real time. Simply point your phone in the direction of the sky and see the constellations, planets, and even satellites that are above you! Star Walk 2 has a free version that includes ads, but you can also purchase an ad-free version for \$2.99.

◀ **BIRDNET FROM CORNELL** Everyone knows that the Cornell Lab of Ornithology is one of the premiere institutions for bird research. And it’s teamed up with Germany’s Chemnitz University of Technology to develop BirdNET—an app that will help you to identify the birds where you are, whether you’re in your backyard, on the coast, or in the Maine woods. This app uses your recorded bird sounds to train computers to automatically identify the bird sounds that surround us. Plus, it uses your location to let you know what the most common birds are in your area!

HAPPY COW It’s no secret that reducing or eliminating your consumption of animal products is good for the environment and for the climate. But even if you don’t want to go vegetarian or vegan, you can make a difference by incorporating some meat-free meals into your weekly routine. While you’re out exploring the nature of Maine, the Happy Cow app can help you find plant-based meals at restaurants and cafes along the way so you can maintain your energy for that hike or paddle. You can even upload listings for your own favorite restaurants and natural food stores! —Levi Hahn, NRCM Social Media Manager

For more apps to help you enjoy more of Maine, visit Levi’s blog post at www.nrcm.org/blog/6-apps-to-help-you-explore-maine-wherever-you-are.



Looking South from the Bubble

Artist: Rick Osann, Bar Harbor

“Like so many in Maine, my wife and I love the outdoors—hiking, biking, gardening, and, yes, painting. We moved to Bar Harbor two years ago to be close to Acadia National Park, where our lives could be focused on being outside. After years of teaching art and theatre in the Portland area, I’m loving being able to focus on painting. The first thing I look for as a painting subject is the quality of light. For me, painting is all about the light. I love to explore the color variation of sunlight and shadows, the quiet gray haze of a cloudy or foggy day, the reflections of clouds and the shoreline on still water, and the intense blue of the shadows across the snow on a sunny winter day. Every painting is a discovery, of color relationships, of watercolor techniques, and a chance to share with others the special feeling of being out in our beautiful Maine landscape.”

See more of Rick’s work at www.rickosann.com.

WILDLIFE-FRIENDLY TIPS FOR YOUR YARD

Are you interested in making your yard more wildlife-friendly? Here are a few easy steps you and your family can take at your home to provide a little more habitat for Maine’s wildlife.

Plant Native Plants

Plants that occur naturally in Maine provide food, shelter, and nesting habitat for native birds and other creatures. They require less water and fuss, and help keep soils in place. You may know monarch butterflies use milkweed, but did you know serviceberry is the larval plant for eastern tiger swallowtail?

Shrink Your Lawn

Manicured grass is not welcoming to wildlife. Maintaining less lawn (or not mowing at all) allows native plants to take hold and provide wildlife habitat.

Avoid Chemicals

Fertilizers, herbicides, pesticides, and other chemicals kill bees and also fungi and other organic matter that make soil and plants healthy.



Tree Swallows at nest box, by Tony Nazar.

Create a Brush Pile Don’t trash fallen tree limbs! Find a place in your yard to pile them up. Brush piles provide wildlife with shelter during storms and a place to hide from predators such as roaming cats.

Keep Cats Indoors

Cats are not native to the landscape and kill billions of birds annually. Keeping cats inside (or on a harness) is safer for cats and wildlife.

Put Up a Bat House

Providing a nest box for the right species in the right place is a great way to help wildlife. But don’t forget bats! They’re nature’s insecticides, eating tons of mosquitos and other insects. Yet bat populations have experienced sharp

declines. You can help by providing a bat house.

Old Trees, Leave Them

Be Old trees are natural bird feeders, attracting woodpeckers that drill for insects and grubs.

Garden for Birds & Pollinators

A garden with flowers in bloom from spring to fall will provide a steady source of food for bees, butterflies, and birds. Remember to keep them native: Hummingbirds love cardinal flowers. Penstemon, goldenrod, and asters attract bees. Butterflies and moths frequent primrose. Learn more about actions you can take to protect Maine’s wildlife at nrcm.org.



Tiger swallowtail on native hawkweed, by David Small

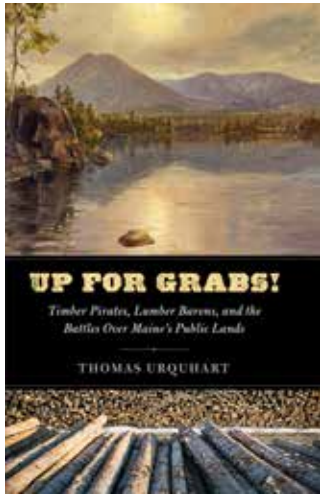
Summer Road Trip Playlist

Enjoying Maine’s great outdoors is a great way to spend time in the summer. Now, getting to those special places can also be part of the fun, thanks to our Summer Road Trip Playlist, created by our members! Find the song list on Spotify at <https://tinyurl.com/NRCMplaylist>

Not on Spotify? Here’s our full list:

Song title	Artist
Joy to the World (Jeremiah was a bullfrog)	Three Dog Night
Sweet Caroline	Neil Diamond
Going Up the Country	Canned Heat
Where I Go	Natalie Merchant
Turning toward the Morning	Gordon Bok
Águas De Março (Waters Of March)	Antonio Carlos Jobim & Elis Regina
The Reach	Dan Fogelberg
Mountains to the Sea	Dan Fogelberg
Mrs. MacDonald’s Lament	Gordon Bok
On the Road Again	Canned Heat
The House on Vine Street	The Greencards
Lodestar	Sarah Harmer
The Outdoor Type	The Lemonheads
Come Walk with Me	Walkin’ Jim Stoltz
If I Were a Tree	Walkin’ Jim Stoltz
Have to Have a Habitat	Walkin’ Jim Stoltz
This Land is Your Land	Woodie Guthrie
Feeling Groovy	Simon & Garfunkel
The Long and Winding Road	The Beatles
Walking Blues	Playing for Change
Carey	Joni Mitchell
Light Shine	Jesse Colin Young
Wider Circles	Rising Appalachia
Acadian Driftwood	Shawn Colvin
Get Together	Lizz Wright
That Bird	The Teskey Brothers
Resilient (Full Band)	Rising Appalachia
Blue Sky	The Allman Brothers Band
Catfish John	Nitty Gritty Dirt Band
Country Comfort	Elton John
Goin’ to Brownsville	North Mississippi Allstars
Hey World (Don’t Give Up)	Michael Franti
Like a Seed	Kenny Rankin
Sometimes	Kenny Rankin
The Long Way Around	Jackson Browne
Waiting on the World to Change	Taj Mahal & Keb Mo’
Cattails	Big Thief
Takin’ Off	Adam Ezra Group
Light of a Clear Blue Morning	Dolly Parton
Summer	War
Summer’s Cauldron	XTC
Saturday in the Park	Chicago
The Lobster License Plate Song	Jan Harmon
Subplots	Jack Johnson
Mony, Mony	Billy Idol
Unchained Melody	Righteous Brothers
Let It Be	Beatles
I Am I Said	Neil Diamond
Music of the Night	Phantom of the Opera

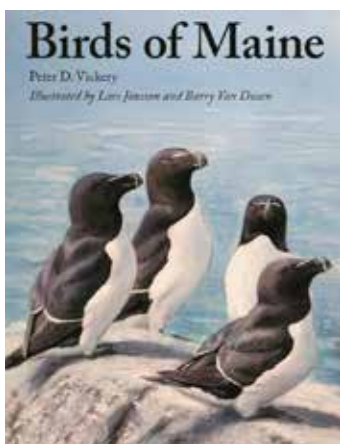
Special thanks to these members who sent in their favorite roadtrip songs: Richard Collins, Amanda Dwelley, Miriam Gibely, Diana Hauser, Mary Hewitt, Steve Hoad, Lisa Kelley, Vin Lawrence, Steve Miller, Ann Pedreschi, Peter Simmons, Mariana Tupper, Charles Walcott, and Deb Wade. We look forward to tuning in!



Up for Grabs! Timber Pirates, Lumber Barons, and the Battle Over Maine's Public Lands, by Thomas Urquhart (Down East Books, 2021) In this fascinating account of Maine's public lands, Thomas Urquhart provides history, intrigue, drama, and triumph in a way that has not been told before. Many of us have known about the pioneering journalism in the 1970s by *Portland Press Herald* reporter Bob Cummings, who revealed how Maine's timber companies had quietly asserted control over 400,000 acres of lands (public lots) that had been reserved for public use. Urquhart traces the journey of these lands back to the 1700s and brings the story up to the present day. This is

important history because the reserved lands that ultimately were returned to State ownership are among Maine's most treasured public lands—they include the Bigelow Preserve, Deboullie, Nahmakanta, and Tumbledown. The book describes the central role that Assistant Attorney General Lee Schepps played in documenting Maine's rights to the public lots; it also highlights the key roles of Attorney General Jon Lund, Governor Ken Curtis, former State Senator Harry Richardson, and many more.

Ultimately this is a book about the ability of people and organizations to achieve positive change, a story that is repeated over and over in terms of environmental protection in Maine. As Urquhart notes near the end, "The Public Reserved Lands story illustrates ways in which change can be brought about when the right people get together to take advantage of a situation and push the envelope without tearing it." We know it has been a labor of love for Urquhart to produce this book over the past five years of research and writing. We thank him for his scholarship and devotion to producing a story that deserved to be told, in all its tangled, twisting, and detailed history.—Pete Didisheim, Senior Director of Advocacy

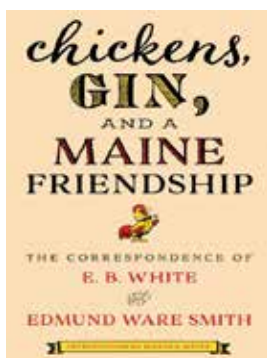


Birds of Maine, by Peter Vickery, with Charles Duncan, William Sheehan, and Jeffrey Wells, Illustrated by Lars Jonsson and Barry Van Dusen (Princeton University Press, 2020)

Birds of Maine is the lifework of fellow birder and conservationist Peter Vickery, who passed away in 2017. Vickery's legacy is not only the first authoritative overview of Maine's rich and changing birdlife since 1949, but is arguably the most comprehensive and visually stunning state-based bird book ever published. One of its most striking features is the artwork by Lars Jonsson, perhaps the world's preeminent bird artist; Jonsson's depiction of

the Whimbrel among the vibrant blues in a blueberry barren captures the spectacular beauty of a Downeast landscape (though it's equally hard to turn the page after seeing his male Spruce Grouse in a thick, northern forest tangle). There are colorful maps and intriguing short essays spotlighting Maine's special places and unique ornithological history. Diagnosed with a terminal illness, Peter assembled a small team of Maine's top ornithologists as co-authors to complete the project, and Peter's wife and life partner, Barbara Vickery, was the co-managing editor, keeping this breath-taking project on track to completion. The book quickly sold out of its first print run; anyone having to wait for the second printing knows it is well worth it.

—Allison Wells, Senior Director of Public Affairs & Communications



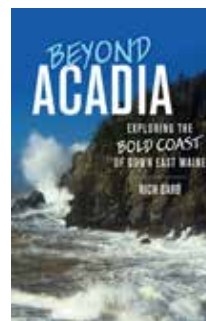
Chickens, Gin, and a Maine Friendship, the Correspondence of E.B. White & Edmund Ware Smith (Down East Books, 2020)

E.B. White's legacy as a writer is legendary, and so was his love for Maine. Perhaps it's no surprise, then, that his family supported our work. This new book is a compilation of letters between White and his friend Edmund Ware Smith, a prolific writer and an editor for the *Ford Times* (Ford Motor Company) who lived in Damariscotta and spent time at his camp near Katahdin. The correspondence showcases the mutually respectful

banter between the two men from 1956 until Smith's death in 1967. As a birder, I was delighted by White's observations of avifauna, sharing observations of "a Great Blue Heron with a rat in its bill" and noting "A pileated woodpecker stopped by here yesterday morning..." The two men share a fondness for other birds as well: chickens. Hen-rearing advice is dispensed to Smith in quintessential White style: "I bought this place because it had a good anchorage for a boat. One day I noticed it had a barn. Now I don't even have a boat." Smith keeps up with White pretty well: "I worked hard throughout my entire schedule of hours for the industry...reading the L.L Bean and Farmall Tractor catalogs thoroughly." The letters themselves are gems, but inclusive of two well-known works by White make the collection all the more a must-read.—AW



Stories of Aroostook: The Best of Echoes Magazine, by Kathy Olmstead (Islandport Press, 2020) Kathy Olmstead published *Echoes* for nearly 30 years with Gordon Hammond. The magazine celebrated life in "The County" for readers across Maine and beyond. In *Stories of Aroostook*, Kathy selects some of the best stories, written by residents and featuring the rural life that is now an echo of times gone by. The stories pulsate with life, describing youngsters picking potatoes, women cleaning house, teaching taking place in old schoolhouses, the "connective" houses that kept people and stock animals warm in the winter, car trips into the big town of Presque Isle, skiing across legendary piles of snow, the Potato Blossom Festival in Fort Fairfield, and the all-star basketball team from Patten. I wish I could meet these writers and congratulate them on their keen power of observation and thank them for their memories. At least, I can thank Kathy for taking the time to record this history of small town America.—Lisa Pohlmann, CEO



Beyond Acadia: Exploring the Bold Coast of Down East Maine, by Rich Bard (Down East Books, 2019) Since moving to Maine, I have been wanting to take a trip with our family to explore the Bold Coast, so it was with great interest that I picked up *Beyond Acadia* by Richard Bard, the former executive director of the Downeast Coastal Conservancy. Like most guides, this book is organized by topics but the breadth struck me as providing something applicable to people of all interests, ranging from outdoor activities like hiking and paddling, to scenic

destinations and other activities. To help orient the reader, Bard starts the book with some helpful background information into the history and places that make up the Bold Coast. The tips and information Bard provides are infused with his personal experience and years of exploring the region, which really helps to give a sense of what to expect. He has included some wonderful photos to inspire you to begin your trip! —Colin Durrant, Media Relations & Advocacy Communications Director



Katahdin Woods & Waters National Monument, by Eric E. Hendrickson (The History Press, 2020) Unlike your typical history book, the 164-page *Katahdin Woods and Waters National Monument* is a quick read, offering tons of well-researched tidbits of knowledge and old photos. Hendrickson promises history on forestry and conservation efforts in Maine's Katahdin region but delivers much more than that, including information on Maine's ecosystems and geology. Katahdin features prominently early on, and through Hendrickson's descriptions

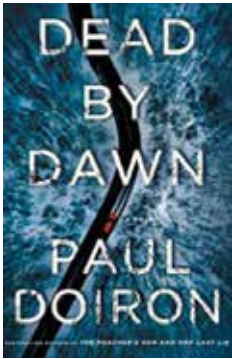
I enjoyed picturing what Baxter State Park and the National Monument looked like not so long ago. On forestry, he covers everything from tools of the trade to living conditions (including logging camp cooking!) and the process by which timber got to the mill back in the day. The fortitude of early loggers is remarkable. I'll also forever be impressed by the foresight of Percival Baxter and the perseverance of the Quimby family in conserving two significant tracts of public land in the North Woods, which the book touches on. This is a great book for the Maine history buff and public lands lover in you. As a heads up, though, it's important to know that the book's purpose doesn't include sharing the perspective or experience of tribes who have long-inhabited modern day Maine. Regardless, I'd recommend packing it on your next multi-day outdoor trip.—Melanie Sturm, Forests & Wildlife Director



The Puffin Plan: Restoring Seabirds to Egg Rock and Beyond, by Stephen W. Kress and Derrick Z. Jackson (Tumblehome Books, 2020)

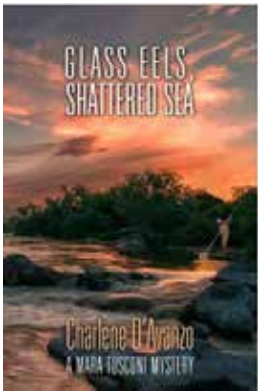
Steve Kress came to Maine to teach at the famous Hog Island Audubon Camp in Bremen in 1969 and has been working to restore and manage seabird populations in the state ever since. It's ironic that we first met Steve, not here in Maine, but 500 miles away in land-locked Ithaca, New York, when we were students at Cornell University! Despite having known Steve for years and knowing

well the story of his work, we were totally enamored with this latest book. In a delightful style that makes the reader feel as though they are having a conversation with Steve himself, the book recounts the fascinating details of the journey that eventually made Eastern Egg Rock the site of the world's first successful seabird restoration project. Along the way Steve and his team had many ups and downs, and they pioneered new techniques now used around the world to restore and manage seabird populations. We loved the tales of how the tools and techniques were used to bring back murrelets to a sea stack off the California coast, help endangered Short-tailed Albatrosses on a Japanese island, relocate Caspian Terns to a safer island in the Pacific Northwest, and manage African Penguins in South Africa. A chapter on how climate change is impacting the Gulf of Maine—and the puffins—is engrossing as well as alarming, but Steve ends on a positive note, explaining why he has hope for puffins and other seabirds. We heartily recommend this wonderful book for bird lovers, nature enthusiasts, and lovers of the Maine coast.—Jeff and Allison Wells, NRCM's "Birding with Jeff and Allison" bloggers



Dead by Dawn, by Paul Doiron (Minotaur Books, 2021) I always look forward to reading Paul Doiron's latest book, but after reading *Dead by Dawn* my initial reaction is WOW! I think I had an adrenaline rush as I was turning the pages of this latest one. The alternate chapter technique that Doiron used to describe Mike Bowditch's current predicament and the hours that led up to it heightened the drama and suspense for me. Usually Bowditch is saving someone else, but here he has to save himself. I wasn't sure he was going to be able to do that. As always, the attention to detail in describing the experience of hypothermia,

various types of firearms, and the characters was stunning. Most of the characters were the unsavory type of which Maine has its fair share, I am sure. After finishing this book, the thought that came to mind was, "Hell hath no fury like a woman scorned." Just read *Dead at Dawn* and I think you'll agree.—*Betty Hartley, NRCM member, Brunswick*



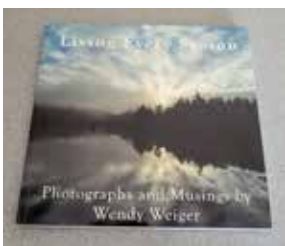
Glass Eels, Shattered Sea by Charlene D'Avanzo (Maine Authors Publishing, 2020) Being a newcomer to Maine, I was excited to get to read this book! I only recently learned of the elvers industry here and was deeply intrigued by what a fictional view of both the industry and its challenges would be. *Glass Eels, Shattered Sea* is the fourth book in a series that tackles a different environmental issue in Maine with each installment. Don't worry about not reading previous installments, because Charlene makes it easy to know, understand, and root for the main protagonist. This novel uses all the hallmarks of what you'd expect from

a mystery and suspense tale, but it successfully weaves in education along with the fun, which I felt was well executed. You'll close the back cover satisfied with the story and knowing you're leaving with more information that you came in with, and a deep desire to get to know Maine more.—*Veronica Scofield, Membership Manager*



Looking Back: New and Selected Poems, by Diane Schetky (Just Write Books, 2021) While we mourn many different losses this year, Diane Schetky's new collection of verse, *Looking Back*, offers a glimmer of joy. The colorful and engaging collection includes some autobiographical poems and others centered on observations and interactions with nature. Experiencing the world through Diane's eyes is a treat. Her reverence for all that nature displays is palpable, and her personal poems on aging, mentors, and loss are witty and real.

In my personal favorite from the collection, "Composting as Seen by the Vegetables," Diane tells the story of compost from a perspective I had never stopped to consider. This vivid and funny tale has stuck with me. Any reader is sure to find something to their liking in Diane's work.—*Fiona Gordon, Leadership Giving Director*



Living Every Season: Photographs and Musings, by Wendy Weiger (Achor Earth Ways Publications, 2020) "The ice is running" means something special to someone who grew up on the banks of a river. It represents a culture, passed from generation to generation, that holds people together forever. Whether it's logging or farming or fishing, people whose culture is rooted in nature have

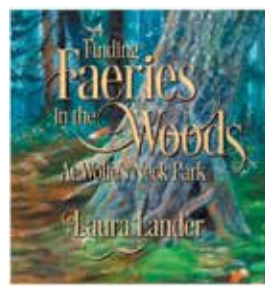
a confidence that home will always be there, no matter where they go in life. The ice runs every spring. (p. 110) That passage perfectly encapsulates the observations and connectedness highlighted in *Living Every Season*. This book is a lovely, short read and celebrates the beauty of nature in all four seasons in Maine. It reminds me again of how many years (42) that I, too, have been warmly embraced by the nature of Maine in all its forms. I love the four seasons here—even the harsh winters and short summers—and Weiger's book is a reminder of why. There is simply no better place to be if you love being out in the natural world. I suggest this book for anyone who likes to keep good photography and gentle words about nature nearby.—*LP*



Parrot of the Sea: (a Puffin), by Pat Lammers (Self, 2016)

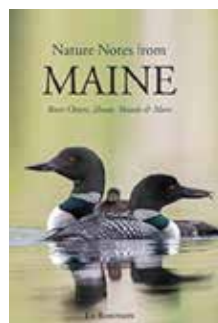
Reviewed by Ford Lakeman, Age 6, Grade 1

"I don't have a favorite part. But I like the first half more than the second half. The second half has kissing. I don't like kissing because I am a boy. I would maybe read this book again. I read it to my little brother, he is 4. He said he liked it. He would read it again. He likes kissing."

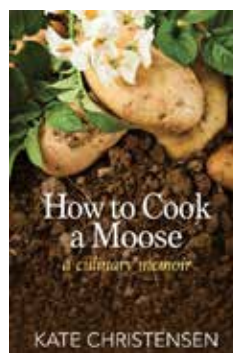


Finding Faeries in the Woods at Wolfe's Neck Park, by Laura Lander (Booklocker.com, 2019) As someone with a background in child development and who has spent a lot of time at Wolfe's Neck State Park, I was excited to read this book. The first page starts, "I went for a walk one misty, magical day in the woods by Casco Bay." Those words, along with the vibrant blues and greens of the illustration, will capture a child's attention immediately. As you read further

and pause to let your child's eyes scan the uniquely illustrated trees, you will find many opportunities to engage with them, looking for faeries and their home entrances. I really appreciate that this book describes the mysterious openings at the base of each tree as "faerie houses" without actually encouraging the building of faerie houses. The feature is the natural forest without adding human-made constructs, even out of nature-based materials. Its bright colors and easy-to-digest language would be a great read before heading out to Wolfe's Neck or any local woods. I can imagine children excitedly looking for these types of trees and "faerie entrances" as you walk through any beautifully forested area. A great way to spark imagination and create engaging conversations on your adventure!—*Beth Comeau, Communications Manager*

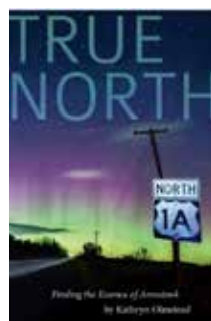


Nature Notes from Maine, by Ed Robinson (Brynmorgen Press, 2018) A playful book, *Nature Notes from Maine* is a joy for anyone with a curiosity for Maine's natural features and wildlife. Robinson strikes a balance between natural classification and personal anecdote. From discussions of Bald Eagles and moose to apple trees and ostrich ferns, he introduces the reader to a tasteful cocktail of natural Maine. I found his descriptions to be ludic and tranquil. For instance, he writes, "Ancient mariners told wonderful tales about seeing mermaids near distant shores, no doubt because of long voyages, poor nutrition, sparse female companionship and too much rum. It often turned out that those mermaids with lovely dark eyes, long lashes and haunting gazes were harbor seals." His passion for nature carries throughout the pages, which in turn made me all the more intrigued. For those who have experienced Maine wildlife firsthand, Robinson's stories and descriptions are relatable and will likely trigger personal memories of your own. Those who wish to learn more about nature in Maine will be in good hands as well. His stories, ecosystem descriptions, animal behavior run downs, and fun facts source his book's saturated educational component. *Nature Notes from Maine* will surely supplement an appreciation for the wild side of Maine. —*Henry Morjikian, Public Affairs & Communications Intern*



How To Cook a Moose, a Culinary Memoir by Kate Christensen (Islandport Press, 2015) My family and friends would find it amusing that I wanted to read a book focused on cooking and culinary experiences. When going to family parties, I am often asked to bring napkins or drinks. I do not enjoy cooking, but in this book, I enjoyed reading about cooking and the Portland food scene. This book begins with the story of how the author arrived in Maine after growing up in Arizona. She describes time spent living in New York City and quickly moves on to how she arrived in New England and ends up

living in Portland in an old home in need of renovation. Along with stories about her life—including a very relatable tale of going to get her driver's license once she moved to New England—she shares recipes (I may even try to make one or two—the Harissa Haddock sounds delicious!) and stories of Portland and its people. I especially enjoyed reading about her time volunteering at a soup kitchen at the Florence House. She writes knowledgeably and fondly of very "Maine" foods like bean hole beans, potatoes, blueberries, and more, including their history and best ways to prepare them. As a Mainer born and raised, I enjoyed this book and the author's clear love for her now-home state.—*BC*

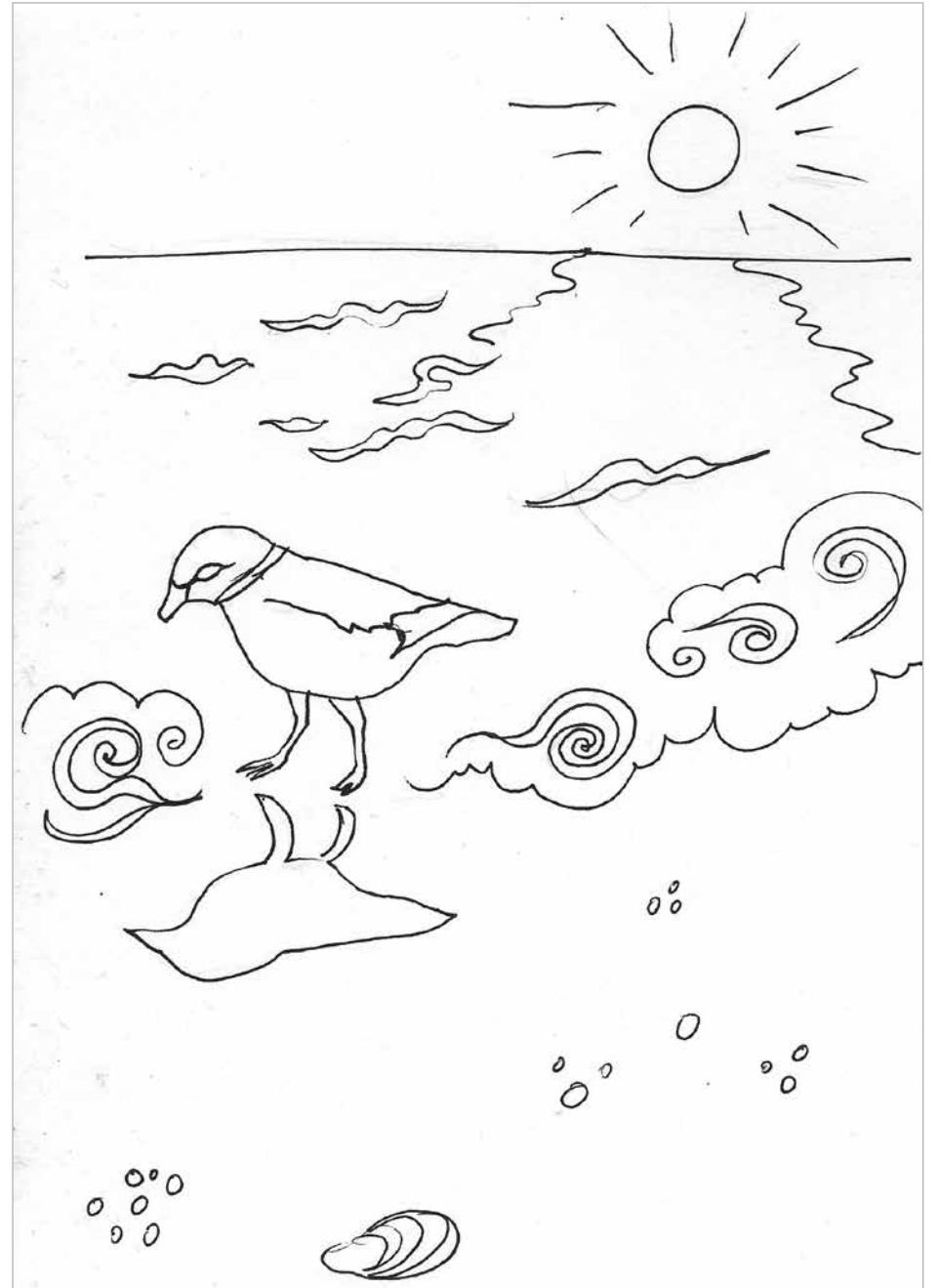
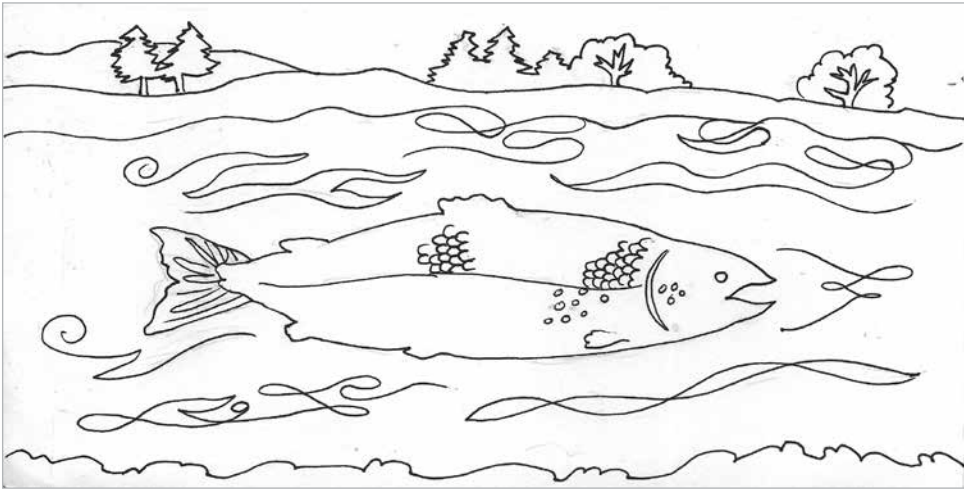


True North: Finding the Essence of Aroostook, by Kathryn Olmstead (Islandport Press, 2020) My heart was singing and my head was nodding as I read *True North*. It was great to become more familiar with the author's life through her stories. Olmstead is a long-time NRCM member and currently an NRCM board member, and I've enjoyed getting to know her. Both of us are Midwestern transplants, true "flatlanders," but we have both been in Maine since the 1970s. Her stories of life close to the land and stars, wild animal encounters, cultural events, caring

neighbors, and a naturally sustainable attitude toward life represent the kind of rural living we both chose in coming and staying here. I have had the good fortune to know several folks from Aroostook County over my years in public service, and these colleagues have always been kind, soft-spoken, a little stand-off-ish (compared to the Midwestern hugging I am used to), but are always willing to help out a neighbor. I applaud Kathy's stamina as a writer and as a northern Mainer. I highly recommend this enjoyable read to anyone who wants to understand a little more about why they are attracted to being in Maine and continue to find their way here.—*LP*

Color Them Incredible

Wildlife is an important part of Maine's identity, but many species are of high conservation concern. We're highlighting a few at-risk species in this special coloring section provided by talented Maine artist Toki Oshima. We invite you to get creative, and send us your finished "artwork" care of Allison Wells, 3 Wade Street, Augusta, ME 04330, or a photo thereof emailed to beth@nrcm.org to help us create a special collection that we'll post online. You'll then be entered into a drawing for NRCM gear! We also hope you'll take action in support of the Endangered Species Act at the Take Action page on our website. Enjoy!



About the Artist:

"I have always loved to draw and paint since I was a child, along with my 3 brothers. I was very lucky to have art classes all the way through school. In art school my first focus was ceramics, then I majored in graphic design, but really most of all I am an illustrator. I drew on my pots and integrated drawing into my graphics. For almost 30 years, I have been MOFGA's illustrator, and during that time have done freelance artwork for mostly nonprofits and some newspapers. You can see my notecards and calendars, as well as freelance work, at TokiArt.com. Drawing for me is a way to see the world, or reimagine it, and to express the simple joy of living this life." —Toki Oshima



Brian Souza

Explore More Online: Columns & Blogs

- ▶▶ **A Bird's Tale** NRCM's bird experts Allison Wells and her husband Jeff, authors of *Maine's Favorite Birds*, write a weekly column in the *Boothbay Register*. www.boothbayregister.com/tags/bird-column Check out their "Birding with Jeff and Allison" blog at NRCM's Nature of Maine blog, too! www.nrcm.org/blog/birding-jeff-allison/
- ▶▶ **Book of Days** Poet and naturalist Kristen Lindquist finds poetry in the every day. www.kristenlindquist.com/blog
- ▶▶ **Nature of Maine** Visit NRCM's blog regularly to read the latest from staff members and guest writers.
- ▶▶ **ScootersMaine** If you have a scooter and love Maine, check out John Neal's travel blog chronicling scooter and RV trips throughout Maine, New England, and Atlantic Canada. www.scootersmaine.blog
- ▶▶ **Walk (Vicariously) with Wendy** From December 2020 to May 2021, Wendy was deep in the Maine woods. Read about the adventures, joys, and challenges of remote, off-the-grid living at her backwoods home. www.wendyweiger.com/blog-walking-with-wendy