

# Explore MAINE 2022

  
Natural Resources  
Council of Maine

## WHAT'S INSIDE:

- Great Places to Explore Maine's Waters
- Books by NRCM Members
- What Clean Water Means
- Our Favorite Nature Apps
- Clean Water Word Search

& MORE!

## Find Your Nature of Maine

**W**elcome to *Explore Maine 2022*! In these pages you'll find our recommendations for places across Maine to explore, apps to help you identify plants and wildlife when you get there, good reads by NRCM members for you to enjoy at the beach or in the backyard hammock, and much more. Our theme for this year's *Explore Maine* place picks is clean water, in celebration of the Clean Water Act (CWA), which turns 50 this year. We've included a piece by NRCM's advocacy director Pete Didisheim, "50 Years of the Clean Water Act," that reminds us how far Maine's once-horribly polluted rivers have come since the CWA—and that they continue to need our help. Registered Maine Guide and Master Gardener Ivonne Vazquez encourages us to be mindful that all water flows down. There are poems, photos, even a clean water word search. However you choose to spend your summer, we hope you enjoy it. Thank you for all you do for Maine's environment. Let the adventures begin!

—Allison Wells, Editor, Senior Director, Communications & Public Affairs

Androscoggin River Member Paddle/NRCM File

This year we recognize the 50<sup>th</sup> anniversary of the Clean Water Act (CWA), a momentous piece of legislation created to improve the quality of U.S. waterways that were once treated like open sewers. To celebrate progress that has been made since its passage, NRCM is joining together with partners across Maine to host informational panels, beach cleanups, river trips, and more. Here are a few of the things we have planned:

**50 CLEAN WATER CHAMPIONS:** The CWA was championed by Maine's own Senator Edmund Muskie, but the progress we've made since then is thanks to the incredible work of countless individuals, organizations, and businesses around the state. NRCM will recognize 50 Clean Water Champions who have been leaders in river, lake, coastal water, and drinking water clean-up. Nominate a Mainer today at [www.nrcm.org/programs/waters/cwa50!](http://www.nrcm.org/programs/waters/cwa50!)

**CELEBRATION ON THE BANKS OF THE ANDROSCOGGIN:** Fifty years ago, the Androscoggin River was a poster child for polluted rivers. Today, it's a beautiful place to gather and celebrate the Clean Water Act! Please join us on September 29 from 2:00-5:00 p.m. at Simard-Payne Park in Lewiston to hear from leaders in water quality protection and recognize Maine's 50 Clean Water Champions.

**STATEWIDE ACTIVITIES ON OCTOBER 18:** The official anniversary of the CWA is October 18. That's the date in 1972 when Congress voted to override President Nixon's veto and the bill finally became law. This year on October 18 at 12:00 p.m., NRCM is encouraging Mainers to celebrate their favorite river, lake, stream, or coastal waters with a clean-up, a poem, music, meditation, a paddle, or whatever helps them appreciate Maine's clean waterways.



I hope you can join us!

— Anya Fetcher  
Federal Project Advocate



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**NEW!!**

## Find Your Maine Place Our Explore Maine Map Can Help!

Summer is a great time to explore Maine. With more than 100 Land for Maine's Future locations, dozens of Public Reserved Lands, and a wide variety of NRCM staff picks, our interactive online Explore Maine map can help you find your next special Maine place! Check out the map on our home page at [nrcm.org](http://nrcm.org).



### NEW for 2022!

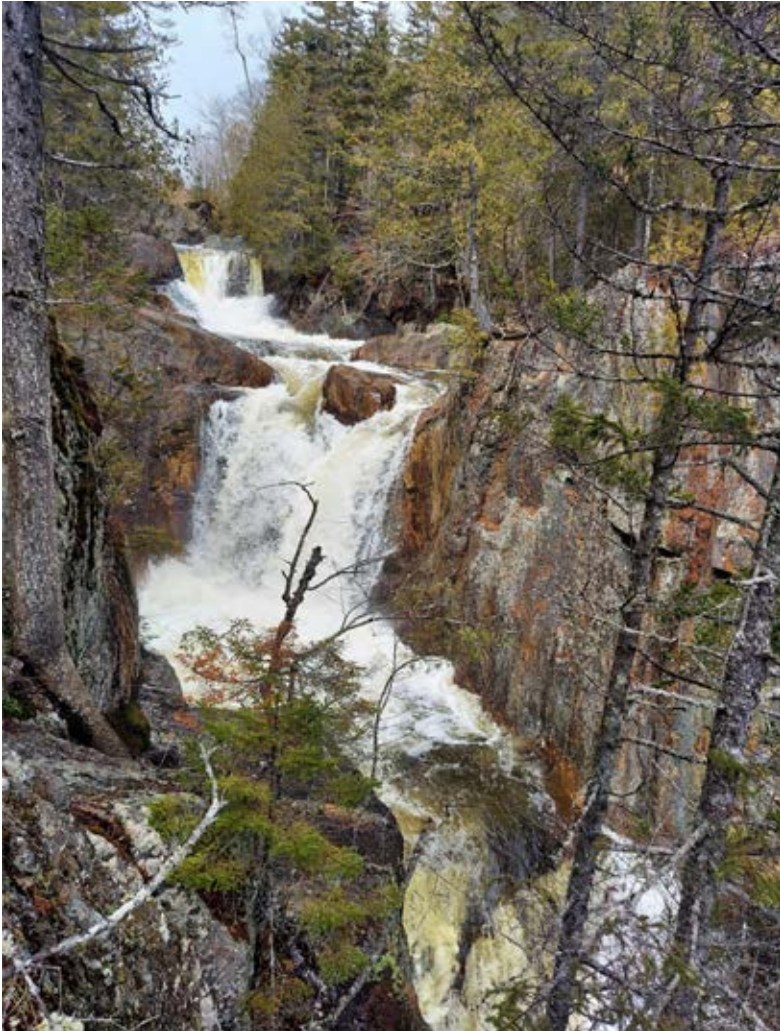
- We've just added many new Land for Maine's Future locations, with dozens more on the way. Check our map often for the latest Maine places to explore!
- Our Explore Maine map includes locations specifically identified as "Accessible to All." Don't miss out—Maine is waiting for you!





## Exploring and Celebrating Maine's Clean Waters

The 50th anniversary of the iconic Clean Water Act (CWA) is the perfect opportunity to celebrate the health and beauty of Maine's water resources. Our lakes, rivers, streams, and coastline are central to what makes Maine so beloved. There are so many spectacular places to visit, how do you decide where to go? I hope the recommendations here from a few NRCM staff, board, and members will help. Exploring these extraordinary places is a fantastic way to honor those like Senator Ed Muskie whose CWA efforts resulted in the restoration of Maine's badly polluted rivers. A visit to these special places also reminds us about what's at stake, and how important it is to stay diligent about protecting our precious water resources, so that future generations will be able to enjoy the same treasured places we love today.—Allison Wells, Senior Director, Communications & Public Affairs



Smalls Falls by Marc Edwards

### SMALLS FALLS, FRANKLIN COUNTY

Easily accessible off Route 4 just north of Madrid, Smalls Falls is a wonderful place to experience the awesome power of water. For more than 12,000 years, the Sandy River has been carving its way to the Kennebec, and Smalls Falls provides a record of that journey as it cuts down through bedrock creating a gorge and a series of waterfalls. The falls pulse with the rhythm of the seasons, roaring to life in early spring swollen with snowmelt and spring rains, settling down to a steady, albeit softer flow in the summer months, and surging once again with the fall rains. When I am in this wonderous place, I slow down to geologic time. The fast pace of our human lives gives way to the slow, steady, ongoing natural process that shaped and continues to shape this landscape. There are picnic tables, grills, and an accessible restroom. A few steps from the rest area is the last pool in a series of waterfalls. Crossing a footbridge over the Sandy River leads to a wooded area with towering hemlocks, and while there are no established trails, you can access the upper waterfalls and other areas of the river, with pools for swimming and wading. One should be careful not to equate easy access with lack of wonder. No matter the season, no matter how busy, Smalls Falls is always a reminder of the enduring power of water. It is the pulse of the ecosystem and watershed it drains. I am reminded that if the post-glacial period was to be turned into a two-hour movie, non-native humans would enter the picture in the last three minutes. I am left wondering what this landscape will look like in another 12,000 years. Such is the power of this place.

—Marc Edwards, Regional Outreach Coordinator

### SEBAGO LAKE

Derived from the Abenaki term "sobagoo" meaning "resembles the sea," Sebago Lake is 45 square miles of clear water, the deepest lake in New England, and the second largest lake in Maine. Sebago is not only a recreational resource, but a drinking water supply for one out of every six residents in Maine, and the water source of choice for numerous Maine breweries. Thanks to its heavily forested, 440-square-mile watershed, natural filtration makes Sebago one of a select few lakes in the United States so clean that it requires no filtering. There are numerous access points for tourists



Abben and girlfriend Julia at Sebago Lake Family Campground

and boaters, but I recommend visiting Sebago Lake State Park in Casco, one of the most popular, and for good reason. Last year, I was able to slip in on Maine Resident's Day (June 19), when access to State Parks is free. But if you can get in after summer crowds, so much the better. Whether it's the highly affordable night camp sites, lovely tree cover so near to long stretches of sandy beach, or the walking paths noted for beaver activity that run along the Songo River (sometimes called the Crooked River, as it looks like a crazy straw from overhead), Sebago is widely celebrated as one the most beautiful, accessible, and pristine natural resources in Maine.—Abben Maguire, Accounts Payable Coordinator and Administrative Assistant



Reid State Park by Kathy Hyttel

### REID STATE PARK

One of my favorite ways to spend a Saturday is getting together with my grandchildren, whether it's hiking, swimming, or just enjoying being together outdoors. Each Saturday we set out on a new adventure to a place we haven't been before, or to one we haven't visited in a while. Early May brought us to Reid State Park, located in the town of Georgetown. May in Maine is normally a little cool for swimming, but that didn't stop my grandchildren from dipping their toes into the cold Atlantic and exploring the rocky shore. After spending time on the East Beach, we went off to explore further. The lagoon was a short walk, where we found the water was much warmer and fun for all. We then continued down Mile Beach, playing leapfrog with the cold crashing waves. The third beach is called Half-Mile Beach, but by then the troops were beginning to tire from the day of fun and sun. It was time to pack up and head home. The day was an exploration of the beaches; next time we will return to walk the Little River Trail, and of course enjoy the beach and lagoon again.—Kathy Hyttel, Senior Director, Finance & Administration



### PEMAQUID POINT

My wife, Kathy, and I regularly go to Pemaquid Lighthouse to relax in the spring, summer, and fall. We carry our portable chairs, cooler with drinks, and stop at Riley's in New Harbor to get the newspaper to read. Sometimes there are weddings that we observe from afar, but mostly there are just folks there to enjoy the iconic lighthouse, the rocks, and the crash of the surf—a reminder that Maine's inland waters eventually lead to the sea and why it's so important to protect our water resources wherever they are. To me, it's also a perfect place and time of year to say thank you to Senator Muskie for protecting our waters!—Lisa Pohlmann, CEO



### BOOTHBAY HARBOR

Growing up in Portland, I was fortunate to have easy access to Maine's beautiful beaches and rocky coastline. Within a 30-minute drive, I had my pick of dozens of beaches, coastal trails, and parks with tide pools to explore, marine wildlife to watch, and ocean sunsets to enjoy. Now that I live in Winslow, I've got to travel a bit farther for those experiences. As a dad to a curious and adventurous three-and-a-half-year-old, I want to ensure she has the same formative experiences on Maine's coast that I enjoyed in my youth. That's why each summer I make a point to take Stella to Boothbay, one of my favorite spots in Midcoast Maine. We especially enjoy exploring the Coastal Maine Botanical Gardens and the pathways through the woods and along the shore on the property. Seeing the pure joy on her face when she spots a crab walking across the beach, squawking gulls flying overhead, or a jellyfish washed up on the beach reminds me how lucky we are to live near the ocean in Maine. I'm looking forward to our trip to Boothbay again this summer and for many years to come.

—Todd Martin, NRCM Rising Director and Grassroots Outreach Coordinator



Sebago Lake Family Campground by Abben Maguire





## ANDROSCOGGIN RIVER

The Androscoggin inspired Senator Muskie to craft the Clean Water Act but, after 50 years, how is it doing? With childhood memories from Rumford in the 1960s of the stinky, toxic river, I joined, with some trepidation, a 2017 NRCM paddle from Gilead to Bethel. It had not been just the paper mill effluent: the river was a dumping site for left-over farm chemicals (including DDT), old tires, gasoline containers, and anything else that was inconvenient (or illegal) to take to the dump. Returning to Bethel after decades abroad, I decided to see if I could be convinced that the Androscoggin wasn't toxic. Probing questions to Lisa Pohlmann about dioxin residue, fish health, and water quality convinced me I needn't cringe every time an errant drop of river water touched my skin, and the festive late-summer paddle was a joy. The river is swimmable! (Nasty stuff in the sediment, though, means it will never return to pristine.)

Almost five years later, with the trout flowers blooming and the fiddleheads emerging, we set off for a leisurely early May paddle from Bethel toward Rumford. Having collected two bags of trash and bottles from the road beside the river the previous day, I was not optimistic about the state of the riverbanks, but my concerns were unfounded. In the 10 miles of river, there were only a few items the original Abenaki residents would not have recognized: one plastic bottle and two pieces of paper caught in recent flood debris. This part of the Androscoggin hosts an intriguing collection of four or five long-rusted vintage cars along the water, buried in silt and with mature trees growing in and through them. One wreck near my house has a wooden frame, a lasting reminder of the early days of treating the river and ravines as a dump. It was a glorious day: ripply rapids, glistening sun, a juvenile Bald Eagle, a Belted Kingfisher, and more than 60 Canada Geese floating near my house. River recovery is possible!—Lucy Abbott, NRCM board member, Bethel



## TUNK MOUNTAIN AND HIDDEN PONDS

On a rainy day in October, we set out to hike Tunk Mountain and Hidden Ponds, at the northern end of Donnell Pond Public Lands, an ecological reserve nestled between blueberry fields and the coast. As you start the trail, the geologic past and impact of the glaciers are all around you as large boulders are scattered across the landscape. The trail is a moderately difficult out-and-back with the option of a highly recommended side loop to glacially formed ponds, Salmon Pond, Mud Pond, and Little Long Pond. Being a rainy day, we were the only hikers on the trail. As we hiked through the rain, we hoped the ponds would be worth it, and they did not disappoint. As we approached, we were met with sheer rock cliffs, bright red fall colors, and deep clear water, feeling like we were transported to another world, quite forgetting we were on the coast of Downeast Maine. After savoring the magical, fogged-in views of the ponds, we continued up the mountain, over slick and wet rock scrambles, hoping the clouds would clear for a view, which they did not. As we made our way down the mountain at the last possible overlook, the clouds cleared for a few moments to offer amazing views of the ponds, Tunk Lake, and a glimpse of Frenchman Bay. Tunk Mountain and Hidden Ponds are a short drive from Mount Desert Island, and if you find yourself out that way, we highly recommend a visit.

—Codi Riley-Havu, Gifts, Records, & Stewardship Coordinator

## WATER, THE GREAT EQUALIZER

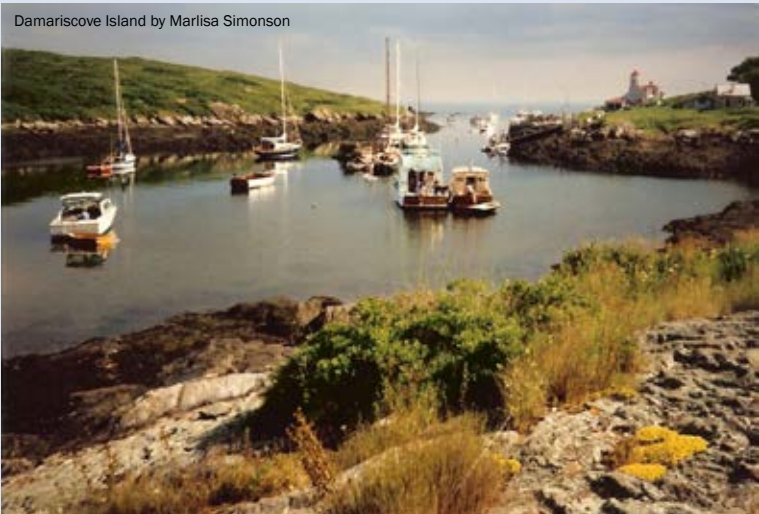
The river doesn't care how much you paid for your waders or canoe. The ocean doesn't care whether you are out there for work or pleasure. Danger lurks equally for everyone, while enjoyment is possible for anyone.

I spent my childhood summers sailing the Maine coast. One of my early memories is ending a long day of difficult sailing at Damariscove Island. Located just six miles outside of Boothbay Harbor, Damariscove (now owned by the Boothbay Region Land Trust) has a long history as a working waterfront. The island's original residents were the Abenaki, and their fishing and farming traditions there continued for centuries even as the populations of people doing those activities changed. On that particular day, we were cruising with another family in their own sailboat, and as we anchored and folded our sails, a fisherman pulled alongside to offer us some of the day's catch. We were all dressed alike in our yellow foul-weather gear, and all three of our boats were caked in salt splashed onto decks and windows from heavy winds and waves. Despite many differences in our experiences, conversation was easy among us, united by the common language of water.

More recently, a family friend has been teaching me to fly fish. I may have a lifetime of experience reading the wind, waves, and currents of the ocean, but other than swimming in my grandparents' pond and a few inland kayaking trips, I know little about those particulars as they relate to fresh water. But what I don't know, he does. We are from different backgrounds and represent different religions, different political affiliations, different genders, and different ages. On the way to the river, we debate dam removal, renewable energy, and Maine's economy—usually from opposite sides of the issue. However, our shared love of water and respect for nature is more than enough in common to facilitate many fun moments and lasting memories.

Water provides a common language for bringing people together over shared interests.

—Marlisa Simonson, Senior Director, Philanthropy



## COBBOSSEECONTEE LAKE

As NRCM celebrates the 50<sup>th</sup> anniversary of the Clean Water Act, I have been spending a great deal of time thinking about the deep connection that many Mainers have to our watersheds and my own relationship to Maine's amazing lakes, rivers, and everything in between. Since returning to my childhood stomping grounds last year after buying our home in Gardiner, I have enjoyed revisiting my favorite childhood places and sharing those memories with my friends and growing family. Cobbosseecontee Lake (or Cobbossee, for short) reaches Litchfield, Manchester, Monmouth, West Gardiner, and Winthrop, and is home to many summer camps and camping grounds. It is also home to Maine's only active lighthouse on inland waters. Like many others in the region, this watershed was an integral part of my childhood. I learned how to doggy-paddle along its shores and caught my first brook trout at the lake's outlet into Cobbossee Stream. When I got a bit older, I bravely followed my more adventurous friends as they climbed over the railing of the overlooking bridge, counted to 10 once or twice, dove in, and resurfaced shivering from the cold plunge. Now, while I may take a quick dip on a scorching summer day, my new favorite way to spend time on the water is with a good book and the loon song to keep me company.

—Vanessa Berry, Sustainable Maine Outreach Coordinator



## BORESTONE MOUNTAIN RESERVE

Each year in early September, a group of friends and I spend a long weekend exploring the Borestone Mountain Reserve just outside Monson, in the Moosehead Lake region. Borestone's remote location with three consecutive ponds, several flat trails, a few uphill hikes, and one challenging bouldering climb provides the opportunity for me to hold onto summer for yet another weekend. My favorite is the Peregrine Trail, which gently winds up a moss-carpeted hillside dotted with colorful mushrooms, to a lookout that takes in the three ponds and Borestone Mountain. It's a mighty view for little effort. I find it a restful walk that lends itself to reflecting on the seasonal changes that are hinted at all around me. I am always grateful for this one last summer adventure. We paddle the clear ponds, watching the dragonflies laze over the water and listening for a loon's musical call to its mate. We stroll through yellowing bogs watching for wildlife. And if I'm not feeling my age, I take the two-and-a-half-hour climb up above the tree line, lie down on the warm rocks, and enjoy the 360-degree view of all the glacial ponds and lakes in that region. For me, the area is the essence of the North Maine Woods: a real treasure! Getting to the Borestone Reserve requires parking below the mountain and climbing a mile-long, rocky logging road up to the Nature Center where one signs in, indicating the trails to be walked.

—Francesca Galluccio-Steele, NRCM board member, Portland



## LOWER NARROWS POND, WINTHROP

I haven't met a body of water I didn't love, but the one that is closest to my heart is Lower Narrows Pond in Winthrop, Maine, about 15 minutes from our office in Augusta. I spent many summers paddling, swimming, and waking up next to this beautiful lake because Camp Mechuwana, the camp I attended as a child and have worked at as an adult, is on this lake. What I love most about Lower Narrows is that, with just one small boat landing to get a canoe, kayak, or small fishing boat onto the lake, there is very little motorized activity, which keeps the water crystal clear. When I am feeling stressed or anxious, I sit on the camp's boat dock and stare out at the water, looking for loons, eagles, and other wildlife. I miss the mornings of waking up to loons calling across the lake and afternoons spent on our Lodge porch watching a thunderstorm pass over the lake. I learned to paddle a canoe on this lake and spent many weekends chasing wayward canoes across it after they came loose from our boat dock. And, I remember singing songs with camp friends as we spent lazy Saturdays each week splashing around in our waterfront area. Lower Narrows Pond is a place that brings me peace, joy, and a flood of memories from 40+ years of time spent enjoying its beauty. I am thankful for the Clean Water Act and 50 years of protection for all of Maine's (and the nation's) waters, but especially this little spot in Central Maine that means so much to me. —Beth Comeau, Communications Manager



Androscoggin River by A.Wells/NRCM

## 50 Years of the Clean Water Act

Clean water is central to Maine's identity and vital for the future of our economy and way of life. We love our rivers, lakes, streams, and coastal waters. That's why we're excited to celebrate the 50th anniversary of the nation's Clean Water Act, which has played a critical role in Maine and across the nation in improving the quality of waters that once were treated like open sewers.

As many people know, former U.S. Senator Edmund Muskie provided the necessary leadership to develop and secure passage of the Clean Water Act of 1972. Less well known is the fact that state-based conservation groups like the Natural Resources Council of Maine (NRCM) helped create vital early support and momentum for national action to address the sorry state of our polluted waterways.

Muskie grew up in Rumford, on the banks of the Androscoggin, and knew firsthand that the river had become a disgrace, largely from untreated waste and chemicals dumped into the river by the paper mills—including the Oxford Paper Company in Rumford.

On October 4, 1972, after years of work by Senator Muskie and others, Congress approved a final version of the Clean Water Act (CWA) and sent it to President Richard Nixon for his signature. Nixon vetoed it, on October 17th, complaining about the bill's high cost for cleaning up municipal treatment facilities. But the next day, the U.S. Senate and the House both debated and voted to override the veto, by 52-12 in the Senate—with 17 Republicans voting to override—and 247-23 in the House, with 96 Republicans voting against their President.



River advocate Bill Townsend on banks of Kennebec River, NRCM file photo

In 2012, speaking at Bates College in Lewiston, a city located along the Androscoggin, I spoke at an event honoring the CWA's 40th anniversary. In my presentation, I detailed the unique role that Maine people, like Bates College chemistry professor Walter Lawrence and NRCM supporters like NRCM's former board president Bill Townsend, played in passage of the CWA.

In June 1965, Senator Muskie's Subcommittee on Air and Water Pollution began 13 days of field hearings on federal water quality programs—and they selected Portland, Maine, as the location for their first hearing. At the invitation of Senator Muskie, President Johnson's Clean Water Advisory Board also held its first meeting in Portland, and Bill Townsend was there to share a piece of his mind about how bad the situation was in Maine's rivers. At that hearing, Bill said, "...During the past week thousands of fish have been found dead along the

shores of the Kennebec River above Merrymeeting Bay...Possibly a fish kill like this and the steadily growing concern of the people of Maine for its natural resources will create enough public sentiment so that some action will be taken."

Bill was an avid sportsman all his life. He knew something needed to be done. The pollution was destroying a natural resource that was dear to him. In a piece entitled "Kennebec Memories" for Maine Audubon's journal *Habitat*, Bill wrote, "I witnessed the Kennebec nearly die, for men can murder rivers, and there are those who still wish to do so...Yet even when the Kennebec was near death, there were men and women who saw the spark of life still in its waters and who spent long and weary years nursing it back, in legislative halls, in administrative hearings, by writing letters, supporting political candidates, and in a dozen other ways."

Walter Lawrence, a Bates College chemistry professor, was an intrepid advocate for cleaning up the Androscoggin. In the early 1940s, Professor Lawrence was hired as a consultant by the State of Maine following the first of several lawsuits brought by the State against the three major paper mills on the Androscoggin. For decades, the paper mills had claimed that their raw sewage discharges into the river weren't causing a problem, but Professor Lawrence and his Bates assistants showed that 90% of the pollution in Maine's rivers was coming from the paper mills, a situation that had to change.

Maine's most polluted industrial rivers, including the Kennebec, Androscoggin, and Penobscot, drove people to act and motivated Senator Muskie to become the champion for clean water he proved to be. Across Maine, other champions for clean water emerged, fighting to protect the lakes, rivers, and streams that meant so much to them. Over the past 50 years, countless thousands of Maine people and local groups have worked to improve the quality of our waterways—including staff at the Department of Environmental Protection, municipalities, businesses, volunteers with the Lake Stewards of Maine program, members of lake associations and land trusts, and state organizations like NRCM, The Nature Conservancy, Conservation Law Foundation, Friends of Casco Bay, Maine Rivers, and Maine Audubon. Maine is fortunate to have so many wonderful waters, and so many champions eager to protect them. As one of many examples, NRCM was founded in 1959 to protect the Allagash River.

Since the CWA became law in 1972, we've experienced a dramatic improvement in

water quality. Millions of sea-run fish now migrate annually into the very rivers that once were written off as near dead.

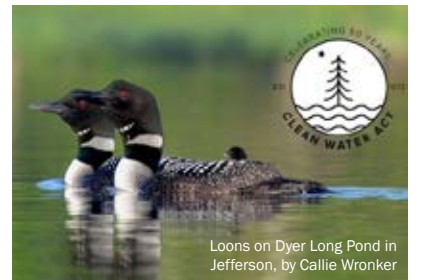
But our work is not finished. Maine's lakes face the challenge of invasive species. Municipal wastewater treatment plants still release nearly half a million gallons of wastewater into rivers and the ocean when overloaded during extreme rain events. Stormwater runoff is causing algal blooms and nutrient overloading in many waters. Numerous dams across the state pose unacceptable, ongoing obstacles to the further restoration of our rivers. And some proposed industrial activities, such as mining operations or massive off-shore aquafarms, pose major pollution risks to Maine's water resources and the life within them.

As Mainers, our connection to clean water comes from many places. A favorite river walk or stream to fish in. A memorable canoe paddle or boat trip. Tasty beer brewed with water that requires no treatment because it's so clean. Water brings us closer to nature and supports our economy.

With more than 30,000 miles of rivers and streams, and more than 6,000 lakes and ponds across the state, we are all connected to water. As Mainers did in 1972, we must continue to stand up and speak out for clean water. While the CWA remains a cornerstone environmental law, we must not let up our guard or become complacent. This signature accomplishment by Senator Muskie must be defended from any efforts to weaken it, and we must also respond to the new threats to water quality posed by climate change, development, pollutants such as PFAS and pesticides, and other pressures that threaten water quality.

So, as we celebrate the 50th anniversary of the CWA through activities and events this year, I hope you will reflect on the progress we've made. Think, learn, and have conversations about the time when nobody wanted to spend time in, on, or near our foul, polluted rivers. And also use this time to commit to helping protect a favorite river, lake, stream, or stretch of coastal waters that matters to you.

When the Clean Water Act was signed into law on October 18, 1972, the nation made a decisive choice for a healthy environment over pollution. We are blessed by those who continue to work to advance the law's goals of eliminating all discharges to our waters and making all our waters fishable and swimmable, and by the people and organizations that made the Clean Water Act a reality.—Pete Didisheim, NRCM Senior Director, Advocacy



Loons on Dyer Long Pond in Jefferson, by Callie Wronker

## Water: All Downhill from Here

*An excerpt from the blog by Ivonne Vazquez*

As gardeners and farmers, we should understand the immediate topography of the land we steward. There should be an awareness of the flow of water, prevailing winds, position of the sun, and the health and/or fragility of the soils so that our plants survive and thrive.

But, we should also be acutely aware of the bigger picture.

Changes in topography begin at my front door. The house sits at the highest point on the lot. The western side of the garden is on the left and lower to the house. However, this side is at a higher elevation than the eastern half. Rainwater from this higher side drains into the frog pond and moist woods behind. Water from the house flows north via the easterly side of the garden and down the driveway, ultimately reaching a 50-foot vegetative buffer leading into a small stream. This small stream flows north for 100 feet. Approximately 300 feet from the garden, there is a confluence of two stream flows, one as described above; the other is a small flow from the outlet of Pushaw Lake (a mile away). These two branches of the stream converge and continue to Great Brook, a mile or so southwest. From there, Great Brook flows into Kenduskeag Stream, which eventually discharges into the Penobscot River. The mighty Penobscot, one of two rivers that carries almost half of the fresh water of the state of Maine, discharges into Penobscot Bay, which flows into the ocean.

Most of this happens within a six-mile radius of the farm.

Why is this significant? Because whatever I do, whatever I plant, add, remove within my garden, or farm influences a great deal more than one might imagine.

Read Ivonne's blog in its entirety at [www.nrcm.org/blog/all-downhill-from-here](http://www.nrcm.org/blog/all-downhill-from-here)

**Ivonne Vazquez** is passionate about native plants, herbs, pollinators, and the environment. She is a Master Gardener; Licensed Registered Maine Guide/Recreation; basic gardening instructor at Bangor Adult Education, and farmer. Ivonne holds a certificate in Sustainable Landscaping & Garden Management.



Ivonne at Pushaw Lake





Bull moose  
by Gerard Monteux

What Clean Water Means to...

Wendy Weiger, NRCM member, Greenville Junction

“Maine’s rivers were the highways of the Wabanaki. What an adventure to paddle these ancient travel routes today! Each bend in the river yields new discoveries: a challenging rapid to negotiate; a waterfall whose beauty is well worth the effort of the portage; a wandering moose; otters who approach to investigate my canoe with a blend of curiosity and caution. In the Maine Woods, many remote lakes and ponds are accessible only on foot, or by canoe or kayak. They offer wild solitude that is rare and precious in today’s world. And I rejoice in winter’s annual transformation of our lakes. Cold weather grants me the power to walk on (frozen) water, opening new realms for exploration.”



Wassataquoik Lake, Baxter State Park  
by Wendy Weiger

Gerard Monteux, NRCM member, Hancock

“In the wildlife and nature photography business, the importance of clean water is what’s referred to as a ‘No-Brainer’ (LOL). The overwhelming majority of my shooting is based in the state of Maine, and without clean water, I simply can’t do what I’m so passionate about. Why not? Because my passion revolves around producing images of living things, and they all depend on clean water to survive, procreate, and prosper. It’s inspirational knowing that wildlife thrives in this state, and my chances of finding, photographing, and communing with them are inextricably tied to the positive outcome of the enforcement of the Clean Water Act.”



Harbor seal  
by Gerard Monteux



Bald Eagle  
by Gerard Monteux

David Small, NRCM member, Old Town

“I’m an out-of-control amateur photographer and have been for 62 years, give or take a few years for fluctuation of interests and what I call life’s anchors. I canoe, hike, bike, and lately, stumble around with my Canon camera and lens in tow to explore Maine’s fields and forests, trails and waterways looking for wildlife and scenic opportunities to photograph. Outdoor Maine has so many clean and healthy places that it’s difficult to pick just one. Petit Manan National Wildlife Refuge, located at the end of Pigeon Hill Road in Steuben, is one of my favorite go-to-places featuring several miles of undeveloped, pristine shoreline and many bird and other wildlife species. Check out two trails, Hollingsworth Trail and Birch Point Trail—neither will disappoint you. My first visit to the Refuge was many fall seasons ago. While wandering along the flats during outgoing mid-tide, I noticed that some baseball-sized stones were moving about just ahead of my footfalls. Okay, not stones, but a foraging flock of Semipalmated Plovers. A wonderful image-capturing adventure ensued. Checking my images later I discovered that this group included Semipalmated Plovers, a few Black-bellied Plovers, and maybe a few sanderlings. Least Sandpipers were among them as well. The fall migration turned into my favorite time of year to visit Petit Manan, and I’ve not missed a fall seasonal visit to this spectacular slice of natural Maine coast since. Subsequent visits have revealed many other species to observe and photograph. Greater and Lesser Yellowlegs, Spotted Sandpipers, twice I even photographed an American Oystercatcher. Great Blue Herons, Great Black-backed Gulls, various hawks, and Bald Eagles also appear in this unspoiled natural marine habitat. If you’re lucky, sometimes a Spruce Grouse will wander out onto the Hollingsworth Trail to give you a glimpse. Take a peek!”



American Oystercatcher  
by David Small



Semipalmated Plover  
by David Small

NRCM Staff Picks for Exploring Maine’s Outdoors



Looking for ways to explore and learn more about Maine’s environment? Check out these NRCM staff picks!  
—Sarah Bierschwale, Digital Content Manager

**LEAF SNAP:** Abben Maguire (Administrative Assistant/Accounts Payable Coordinator) uses this handy plant ID app to identify mushrooms, plants, flowers, and more! Fun fact he learned from the app: Queen Anne’s Lace is also “wild carrot.”

**ALL TRAILS:** Daniel Harris (Application Analyst) uses this for finding trails throughout the state. It gives detailed information about the trail including a description, directions, and even reviews.

**SKYVIEW:** Another app recommended by Daniel that is great for identifying features of the night sky. He uses it a lot with his daughter!

**PICTURE BIRD:** Beth Comeau (Communications Manager) loves this bird ID app because it helps identify by sound or photo.

**TIDES:** Marlisa Simonson (Senior Director, Philanthropy) finds this app useful for information about tides where you are as well as those in other locations.

**GAIA GPS APP:** Codi Riley-Havu (Gifts, Records, & Stewardship Coordinator) says this app is great for trails and says it is especially detailed in elevation changes.

**FAROUT:** Formerly known as Guthook, this app was developed by a former NRCM Rising Leadership Team member! A variety of staff use this app, which includes more than 35,000 miles of trails and waterways including Maine sections of the Appalachian Trail.

**PEAKFINDER:** Wondering what mountain you are looking at? I recommend checking out the PeakFinder app. It uses GPS with real-time rendering from your camera to identify peaks.

**INATURALIST:** Allison Wells (Senior Director, Communications & Public Affairs) can’t say enough great things about this app, which connects you with the community of researchers, fellow naturalists, and scientists studying the plant or creature you are trying to identify. It records and identifies more than 30,000 species with its built-in image recognition software.

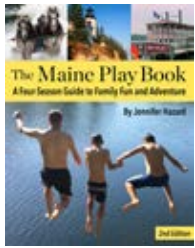
**PHOTOS ON IPHONE:** While not necessarily an outdoor-specific app, did you know that you can identify plants and flowers right from your Photos App if you own an iPhone? All you have to do is find any photo containing a plant or flower, swipe up, and click on the “Look up – plant” button! It pulls up photos and Wikipedia links for more information! Who knew? Now you do!

“If you did not already recognize the calls of robins, cardinals, and Blue Jays, they will become second nature after your first week with the bird identification app Merlin. You may be tempted to have it active and running when you are on your nature walks! Before you know it, you’ll be training your ears to warblers, sparrows, Bobolinks, and more. I recently used it at the Smithfield Plantation in Litchfield to identify Red-winged Blackbirds, Yellow Warblers, and Swamp Sparrows.”—AM

Abben Maguire using Merlin to ID a bird the app correctly identified as a Swamp Sparrow.







**The Maine Play Book: A Four-Season Guide to Family Fun and Adventure, by Jennifer Hazard (Islandport Press, 2021)**

This four-season guide to Maine's outdoors provides the perfect roadmap for families to explore Maine. With an introduction on how to use the book; sections split by season, location, and type of activity, and considerations for COVID-19, the author has made finding fun as accessible as possible. All the activities are geared

toward the whole family, including notes on what considerations you might need to make for children of all ages. Some pieces of information are especially helpful, like wheelchair accessibility or information on making reservations for State Parks. I took my family to the Sebago to the Sea Trail after perusing the "Spring" section for a fun day trip. We were able to walk the trail, have a picnic, let our dog swim, and enjoy a beautiful day. Hazard's recommendation was excellent. For the ambitious planners, there is a section on "Recommended Day Trips" that combines a few attractions to maximize the day. Whether you want to go skiing, swimming, or berry-picking, this book has a wealth of information. If you are looking to explore your own backyard or add some activities to your family vacation, I would recommend this book for any season.—Becca Troast, *Philanthropy & Board Assistant*



**Nature Notes from Maine, Volume Two: Puffins, Black Bears, Raccoons & More, by Ed Robinson (Harpwell Heritage Land Trust, 2021)**

In his second volume of *Nature Notes*, Ed Robinson brings the reader on a tour of Maine creatures familiar and remarkable over 40 short chapters of colorful anecdotes and photos. Ed shares the ingenious strategy by which Herring Gulls lure fish to the surface, tales of unexpected visitors large and small to the backyard bird feeder, and just when you think you've heard every surprising fact about the monarch butterfly, they will surprise you once more (every few generations, at least). From the North Woods with the Canada lynx and the black bear, to the nests of Piping Plovers on sandy beach dunes, to roadside ditches brimming with lupines, a common story emerges of flourishing populations curtailed by the arrival of humans. In most cases, the story continues with attempts at course correction by state agencies and conservationists. By the time Ed brings you to the present day, you are hearing updates on these conservation efforts, now decades in the making. In addition to humorous anecdotes, such as the one about a camping buddy awoken with a start by a mysterious growl in the night, these chapters are grounded in recent history, with details on how the reader can play a role. If Ed writes a third volume, it may well contain stories of readers inspired to become involved by this colorful catalog of facts, anecdotes, and environmental history.

—Abben Maguire, *Accounts Payable Coordinator and Administrative Assistant*



**The Last Winter: The Scientists, Adventurers, Journeymen, and Mavericks Trying to Save the World, by Porter Fox (Little, Brown and Company, 2021)**

Many climate-related books line up on my shelves, but few are as easy to read as those by Porter Fox. Porter grew up in Southwest Harbor in freezing weather, enjoying skating and skiing. He tells tales of being a ski bum across the winter landscapes of Maine and around the world. He sprinkles into these adventure

tales his encounters with others who are as bent as he is on ensuring there will be snow for the future of humankind. His particular gift is to tell a compelling story with a dose of scientific fact. For example, he notes, "It's impossible to fully comprehend climate change, its causes and the coming doom it promises without knowing where your cooking gas comes from or where your garbage goes. In the fog of modern convenience—and perhaps a decade from the point of no return—the nations of the world are now carbonizing the atmosphere ten times faster than at any time in history." Porter's stories remain upbeat as he stamps the snow off his boots in the living room and even while he explains the fires, water loss, and human conflicts caused by climate change. In a recent NRCM-sponsored webinar about this book, I pressed him on how he stays upbeat despite the gloom he is reporting on. He joked that he "ignores it like everyone else." But of course he doesn't, as this book can attest. He can't bear to think about his daughter's future in relation to the environment, and he sincerely believes that we will not keep going on the current track of devastation because so many people in the U.S. accept the reality and want climate action.—Lisa Pohlmann, *CEO*



**Where Cool Waters Flow: Four Seasons with a Master Maine Guide, by Randy Spencer (Islandport Press, 2009)**

Dip into *Where Cool Waters Flow*, and you'll soon find yourself following a stream floated by the memorable originals who explored, discovered, and guided their way through Maine's mythic fishing spots. The book tells the stories behind the Maine fishing experience through the individuals, fish, streams and lakes, bait, canoes, and the weather. You'll meet fishermen with

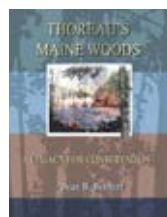
"credentials from another era" drawn in Spencer's colorful and poignant prose. The book offers Maine history through a fishing-guide lens and brings it to life with colorful portraits of individuals who led the way. Not a work for specialists, nor just about fishing, this book is for anyone who's looking for a good regional state history. Randy Spencer's *Where Cool Waters Flow* takes readers, pro and amateur alike, season by season, into the world of a Maine fishing guide.—Fiona Gordon, *Director of Leadership Giving*



**Advocating for the Environment: How to Gather Your Power and Take Action, by Susan B. Inches (North Atlantic Books, 2021)**

This new book by Sue Inches is a phenomenal guide for aspiring and experienced environmental activists alike. Inches takes on issues of massive scope and scale, and grounds them in lived experiences and case studies from Maine and beyond to make them accessible for every reader. The cohesive trajectory of the book builds from advocacy basics to the nuts and bolts of decision making, using real world examples throughout to tether concepts to evidence of their efficacy. Many books of this strain use the magnitude of the climate crisis to instill a fear-based urgency among readers, but Inches insists on a more positive, energizing approach. She encourages readers to "begin right where you are" and emphasizes the power of the personal story before outlining the ins and outs of effective advocacy, providing tips and templates that are helpful for both new activists and established advocacy organizations. This book pairs the depth of a textbook with the readability of a novel, which is a remarkably difficult combination to pull off gracefully. I've already found myself referencing chapters in my day-to-day work, and I'm excited to share my copy with friends and family. I hope you'll give it a read!

—Josh Caldwell, *Climate & Clean Energy Outreach Coordinator*



**Thoreau's Maine Woods: A Legacy for Conservation, by Dean B. Bennett (North Country Press, 2021)**

Dean Bennett has written many books on the nature of Maine, and he is a wealth of scientific knowledge as well as an environmentalist. Throughout *Thoreau's Maine Woods*, the author pairs descriptions of places and natural features with maps, personal illustrations, and quotes

from Henry David Thoreau. Feature by feature, the book gives the reader an intimate look at the Maine Woods through Thoreau's eyes on his journeys to Maine in the 19<sup>th</sup> century. In one passage, Bennett quotes Thoreau's experience hearing loons and writes, "For many places in Maine today, the call of the loon is a call for conservation, to be echoed through the world." Like many of us, Thoreau adventured into the North Woods and was delighted as well as challenged by the elements and his encounters. I enjoyed how the book creates a common thread between the past and our shared responsibility to future generations.—Melanie Sturm, *Forests & Wildlife Director*



**Dear Maine: The Trials and Triumphs of Maine's 21<sup>st</sup> Century Immigrants, by Morgan Rielly and Reza Jalali with photography by Lilit Danielyan (Islandport Press, 2021)**

Based on interviews conducted by the authors, and accompanied by beautiful black and white portraits, *Dear Maine* offers a window into the life experiences of refugees, how they came to America, and what it means to have found homes in Maine. A

wonderful way to approach these stories is suggested in the authors' notes: "Think of this book as a local dinner party. We are introducing you to some of our neighbors. We hope you leave this party with a new perspective, an appreciation of the people you've met, and, hopefully, with some new friends. We also hope you leave inspired." Our neighbors include people originally from Cambodia, Rwanda, Somalia, India, Iraq, Vietnam, and El Salvador, among other places. Told in simple, matter-of-fact language, the stories are by turns heartbreaking and uplifting. Beyond the traumatic events many of our neighbors lived through, there is a longing to retain the culture and language of their home countries while also embracing being an American (and the difficulties that go with our country's history and divisive politics). Courage and resiliency, respect for traditions and the sacrifices of their families, and the contributions we can all make to improve our local communities are central to the experiences shared in this book. The stories stick with you long after putting the book down, and I continue to ponder what it means to belong, and what I can do to ensure my new neighbors feel they are home. I recommend reading *Dear Maine* and sharing it with your family and friends. Note: Morgan Rielly is a Maine State Representative and a member of the Maine Legislature's Veterans and Legal Affairs Committee; Reza Jalali is a writer, former refugee, and the Executive Director of the Maine Immigrant Welcome Center.—Toby Kilgore, *Grants Manager*

## POETRY



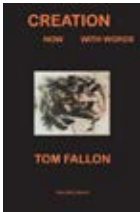
**I Never Promised You a Cherry Orchard, by Danielle Woerner (Sunrise Song Press, 2021)**

This little book of poetry (it's a pocket-sized six by eight inches) is packed with delightful verse in the Japanese tradition. Some pages feature multiple poems, thoughtfully arranged, accompanied

by a photo that complements the verse. I read through the book in one short sitting and enjoyed the journey from melancholy to whimsical to stoic, and more. One of my favorite haikus reminds me of my own apple-picking experiences: "Apple, flushed and warm/from the branch, falls to my hand,/puts sun on my tongue". Others are quirky: "Beer bottle, half full,/sings from the picnic table/seeking love in the wind". This book uniquely encapsulates the poet's life while also welcoming everyone in.

—Allison Wells, *Senior Director of Communications & Public Affairs*



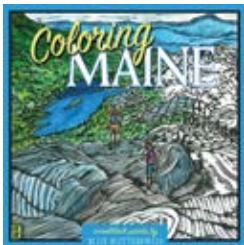


**Creation Now with Words, by Tom Fallon (Goose River Press, 2020)** Fallon, a prolific poet, describes his latest publication as “A primer presenting literary evolution based on the great revolution in art during the early 20<sup>th</sup> century.” With that in mind, I wasn’t surprised to find that this book reflects while also pushing the limits of words on the page. Fallon plays with space (not merely margins), rhythm, font—entire vertical pages are forced to accommodate horizontal presentations. The effect is a tidal wave of expression, and to snip out a piece to include here would not do the poet justice. In the traditional back page bio (he also includes a poem with the same title), Fallon notes his exposure to modern painting and jazz, experimental classical music, and other boundary-edge media. By experiencing this book, I found it fascinating to see, and almost hear, those art forms both captured and trying to escape these pages.—AW

COLORING & CHILDREN’S BOOKS



**12 Sea-Run Fish of the Gulf of Maine: A Coloring Book for All Ages, by Isabella-Zoe Cioffi (2022)** I love this picture because it is so colorful. I love this book because all of the pictures are so amazing!! But I love this picture more than all of them because it is so bright, beautiful, and full of spirit, life, and nature.  
—Zoe, age 8, daughter of Colin Durrant, Media Relations & Advocacy Communications Director



**Coloring Maine, by Blue Butterfield (Islandport Press, 2016)** For me, there’s something so cool about seeing the places I love captured so perfectly in a piece of art. That’s how I felt when I first saw Blue Butterfield’s woodblock print postcards of the East End in Portland, so I couldn’t wait to get my hands on *Coloring Maine*. The book is filled with incredible, detailed woodblock prints of places all across the state, ready to come to life once you begin coloring. Some of the images are set in iconic Maine locales—like “Pasture near Katahdin,” “Jordan Pond,” or “Beehive Mountain Vista”—while others, like “Backyard Chicken” and “Apple Picking,” could be a snapshot of just about any community in Maine. As a current resident of Portland, Butterfield includes many depictions of Portland and Casco Bay living that exude the heart of the region. This coloring book is the perfect indoor activity for when you still want to appreciate the nature of Maine, for adults and children alike.  
—Kristin Jackson, Digital Outreach Manager



**Mud, Sand, and Snow, by Charlotte Agell (Islandport Press, 2019)** My three-year-old daughter, Stella, and I had the pleasure of reading *Wind, Sand, and Snow* by Charlotte Agell on a recent rainy spring morning. This children’s board book is perfect for little learners who love to explore all that Maine’s environment has to offer in all four seasons. From dancing in spring mud puddles to savoring the smells of summer to walking in white winter snow, the book highlights many of the things we enjoy doing together outdoors. The colorful minimalist illustrations bring the story to life. The curious and joyful nature of the little girl in the story, and her colorful clothes and reddish hair, is the spitting image of my daughter, which brought a smile to my face. If you have a curious and joyful little one in your life, you’re sure to love this story as well.  
—Todd Martin, NRCM Rising Director and Grassroots Outreach Coordinator



**One Turtle’s Last Straw: The Real-Life Rescue That Sparked a Sea Change, by Elisa Boxer (Crown Books for Young Readers, 2022)** My love of children’s literature started in college when I took a class focused on books for young children and young adults. This book by Elisa Boxer is based on a video by researchers in Costa Rica who, while researching turtles, found one turtle with something in its nose, which they later discovered was a plastic straw. Elisa does a wonderful job explaining the “life-cycle,” of sorts, of plastic straws, from initial use to where they can end up, including in ocean wildlife. The illustrations are beautiful and lend themselves to discussions with children about what they see regarding other ocean pollution. A bonus at the end of the book is a piece by the researcher who discovered this distressed turtle and recorded the video of her team removing the straw from its nose. The book also includes resources for older children who might want to learn more about plastic ocean pollution and how they can be involved in reducing it.—Beth Comeau, Communications Manager

FICTION



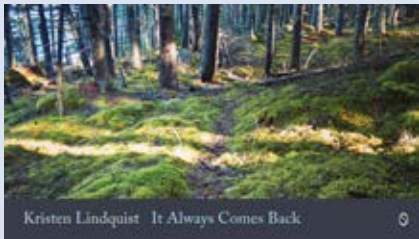
**Hatchet Island, by Paul Doiron (Minotaur Books, 2022)** Unlike Paul Doiron’s previous Mike Bowditch mysteries, which are set in the Maine woods, his latest is set on islands off the coast of Maine. Those NRCM members who have participated in the NRCM puffin cruises will recognize right away that Eastern Egg Rock is Baker Island in this mystery. Doiron’s details of the island took me back to those cruises and the noise of the gulls, guillemots, and terns, as well as the puffins. Stacey Stevens, Mike’s girlfriend, has been contacted by her friend, an intern on the island, because of the strange behavior of Dr. Maeve McLeary, the leader of the research on the island. Dr. McLeary has been gone several days without explanation. Stacey, herself a wildlife biologist and former intern on the island, and Mike paddle their sea kayaks out to the island from East Boothbay only to find local lobstermen have been harassing the three interns, that someone has brought weasels to the island to destroy the puffin population, and that a solitary boatman on the ocean has been photographing them. The suspense escalates from there. I was intrigued by how the author was able to intertwine current issues along the Maine coast such as the debate over right whales and the threats to puffin populations due to the warming of the Gulf of Maine with the rest of the plot. In true Doiron style, this mystery is fast-paced. I could not put it down!—Betty Hartley, NRCM member, Brunswick



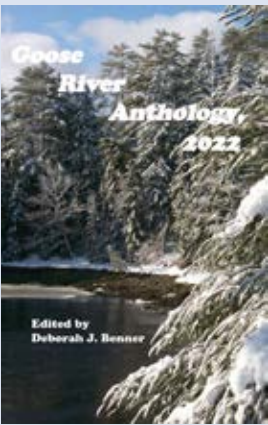
**The Shark, The Girl & The Sea, by Charlene D’Avanzo (Maine Authors Publishing, 2021)** Are you looking for an oceanic mystery showcasing the stunning Maine coast? Be sure to check out *The Shark, The Girl & The Sea*. The book follows oceanographer Mara Tusconi as she witnesses a shark attack that kills a young swimmer. But is it just a shark attack? Mara isn’t so sure since great whites typically avoid shallow water. An investigation starts as she works with a shark expert who becomes more than just a colleague. The stunning beauty of Maine’s coastal waters is featured throughout the book as you discover more about what’s under the sea. While shark attacks may seem like a thing of fiction in Maine, in 2020, a fatal attack off Bailey Island showed us that more of these creatures might be swimming off the state’s shores than we think. Scientists are currently studying the shark populations in Maine and understanding how climate change could be affecting them. The author weaves oceanic and shark studies into an adventurous and mysterious tale.—Sarah Bierschwale, Digital Content Manager

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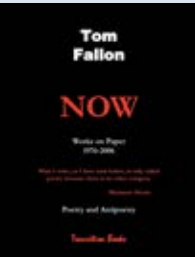
POEMS



all day long  
back and forth in the fog  
the same crows  
  
— Kristen Lindquist  
from *It Always Comes Back*,  
her award-winning e-chapbook  
of haikus



**Chickadees**  
Stones in the garden. Flowering  
clusters of ginseng. The sea’s  
bubbling edge, tide bright  
shells, opals, quartz. Silk  
tufts of milkweed, distant  
clouds. Leaves on a fluttering aspen  
only the ready can see.  
  
—Allison Childs Wells  
from *Goose River Anthology 2022*  
a collection of poems from poets across the U.S.



I wake to see white snow heaping dark tree branches  
  
with beauty, and I see  
  
beauty exploding in the creation of this moment’s flower.

—Tom Fallon, from *NOW: Works on Paper 1976–2006*

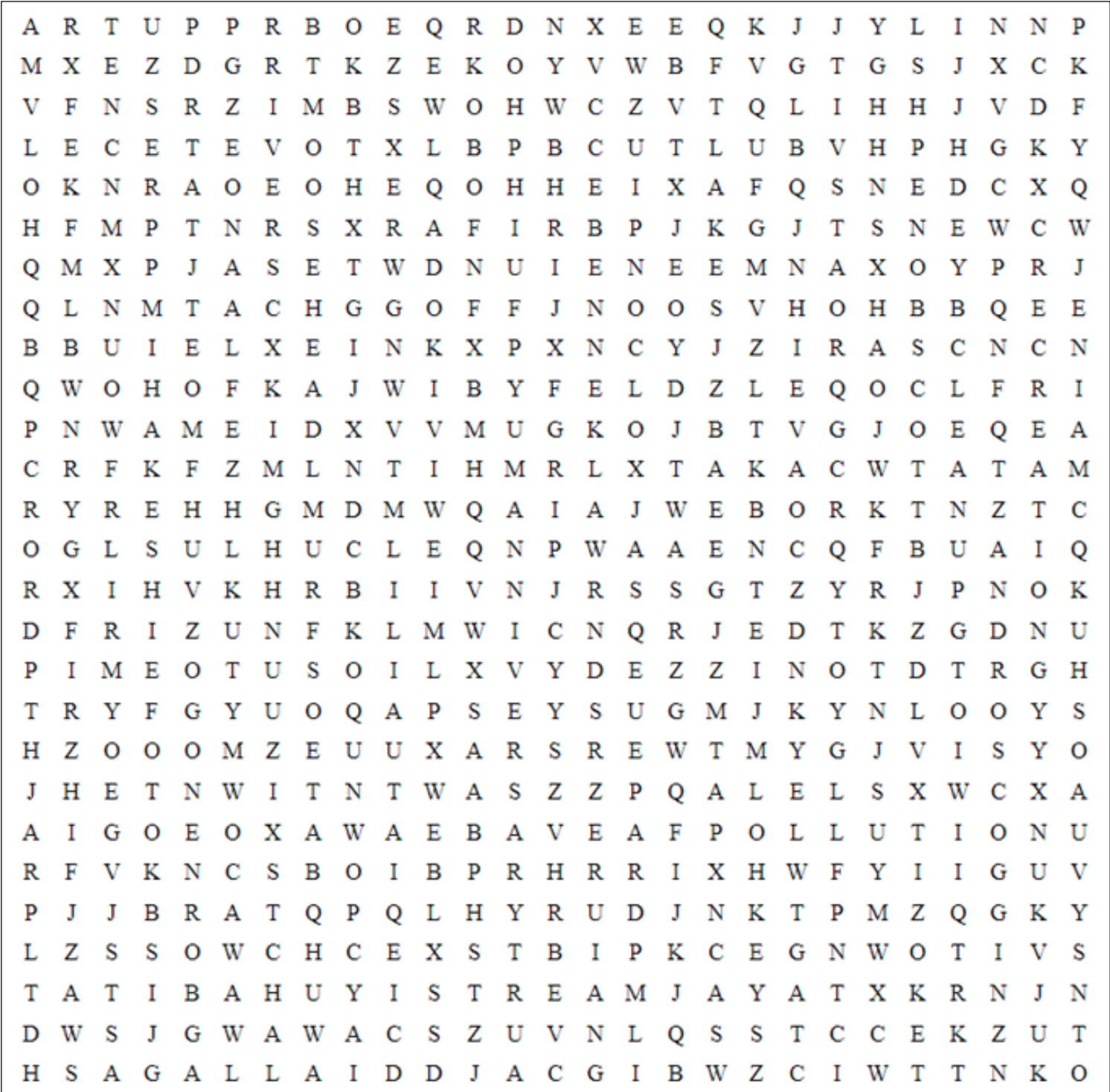
Moment



# Clean Water Word Search

Hint: words can be forward, backward, or diagonal.

- ANDROSCOGGIN
- MUSKIE
- MAINE
- NRCM
- RIVERS
- LAKES
- STREAM
- POLLUTION
- CONGRESS
- WILDLIFE
- LOON
- FISH
- CANOE
- SWIMMING
- ANNIVERSARY
- PENOBSCOT
- KENNEBEC
- RESTORATION
- CLEANUP
- RECREATION
- SEBAGO
- MOOSEHEAD
- WATER
- RESTORE
- EPA
- PROTECT
- ALLAGASH
- HABITAT



## COOKBOOKS (Continued from page 7)



**Always in Season: Twelve Months of Fresh Recipes from Farmer's Markets of New England, by Elise Richer (Islandport Press, 2013)** In *Always in Season*, Elise Richer shares simple, down-to-earth recipes, with local ingredients that can be found seasonally at your local farmer's market. Showcasing a few ingredients in season each month, you can create these delicious recipes immediately after your farmer's market run or harvest from your garden—you don't need to run to the grocery store for specialty or expensive ingredients. Mains, sides, soups, and baked goods are all showcased in this beautifully illustrated book. Not only is this cookbook a great kitchen companion, it also provokes deeper thinking about the slow food movement and how we can support and impact our local businesses by buying and eating seasonally and locally. —Codi Riley-Havu, Gifts, Records, & Stewardship Coordinator



**Green Plate Special: Sustainable and Delicious Recipes, by Christine Burns Rudalevige (Islandport Press, 2017)** In recent years, the once-pedestrian cookbook has achieved coffee-table-book status, enjoyed for its beautiful pictures and exotic descriptions. The prevalence of television cooking shows coupled with the generalized hibernation of the pandemic had a lot of us fancying ourselves the next top chef until we tried to actually make a dish from some of these cookbooks. *Green Plate Special* is a cookbook that belongs on the counter next to your stove, its cover splattered with butter and favorite recipes recognizable by tomato sauce-covered fingerprints. More than once I exclaimed, "yes!" as I read descriptions that were earth-friendly, practical, and even better, achievable with items I already had in my refrigerator or pantry. This is not a cookbook that purports to achieve sustainability by demanding you shop at Whole Foods or order random ingredients from Amazon Pantry. Instead, it challenges you to pause and consider the sourcing of your items. The recipe for Pasta Carbonara is as classic as they come. But the author's "30 ways to think, shop, cook, and eat just a bit greener" tips encourage you to find cheese made within 50 miles of your home and save bacon fat for use in other dishes. Buy eggs that traveled a few hundred feet to get to your local farm stand instead of a few hundred miles to the grocery store. Use black pepper and Maine sea salt from the purveyor at your local farmer's market. And then...make the Kale Rabe and Potato Tart, too! —Marlisa Simonson, Senior Director, Philanthropy



## Get Your Member Discount from these Sporting Camps & Outdoor Recreation Partners

These Maine sporting camps, guide services, and outdoor recreation businesses offer a discount to NRCM members! Create memories—paddling a pristine lake, fishing with a trained professional, or rowing on Penobscot Bay—that will become long-held traditions! Contact us at (207) 430-0106 or email Beth Comeau at [beth@nrcm.org](mailto:beth@nrcm.org) to get your discount voucher, then make your reservation for:

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

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