

Explore MAINE 2023



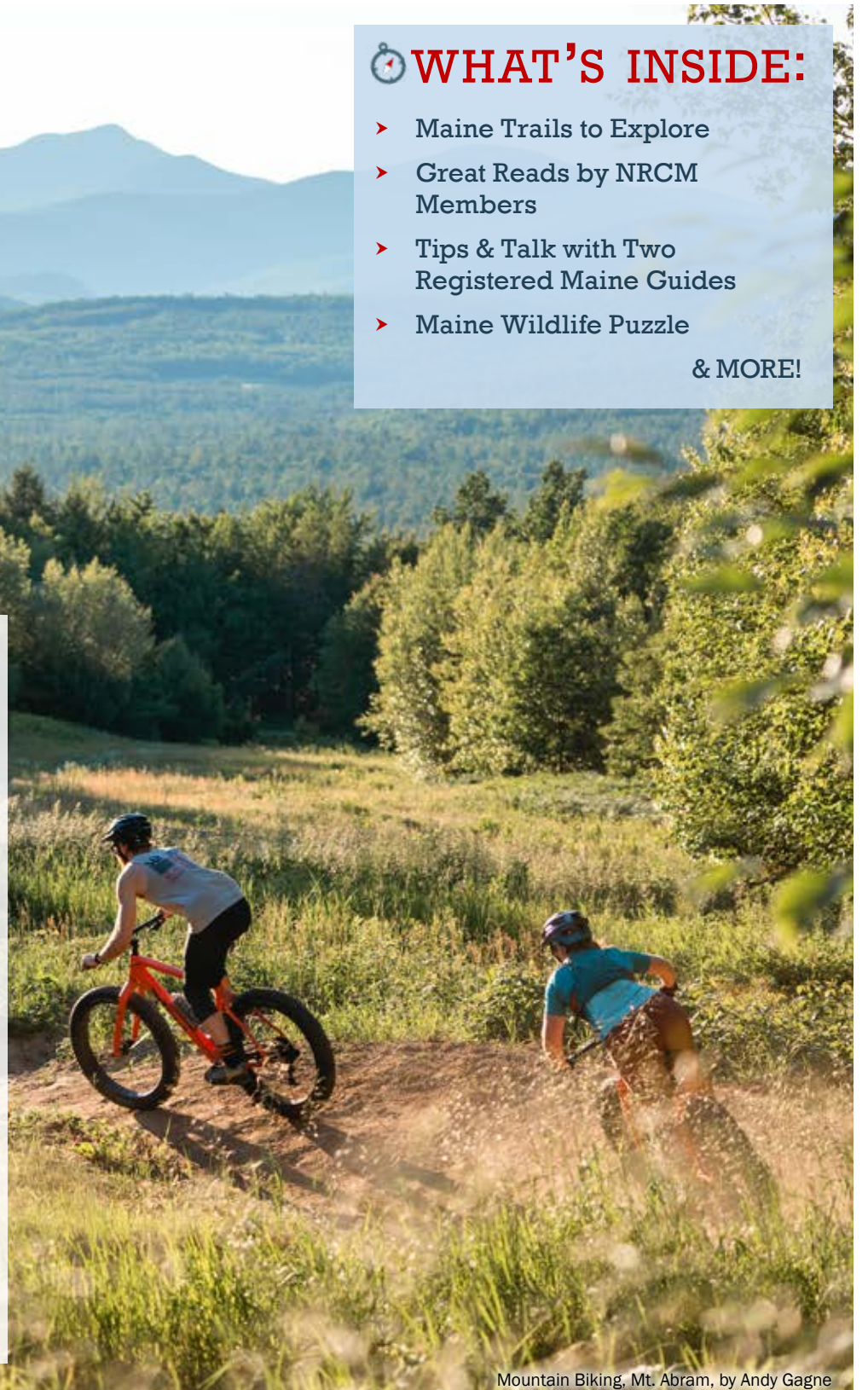
WHAT'S INSIDE:

- Maine Trails to Explore
- Great Reads by NRCM Members
- Tips & Talk with Two Registered Maine Guides
- Maine Wildlife Puzzle

& MORE!

Find Your New Favorite Trail

We work hard together to protect the nature of Maine. *Explore Maine* celebrates this work by highlighting special places and activities that encourage us all to go outside and enjoy the state we are so fortunate to call home or to visit. Our 2023 edition puts the spotlight on Maine trails, with picks provided by NRCM staff, board, and members. Many of these places have been protected over the years as a result of our combined effort. This year's *Explore Maine* also features an interview with one Maine guide and tips from another, as well as opportunities for you to enjoy a guided trip or an adventure at a traditional Maine sporting camp, at a special NRCM member discounted price. This year's featured publications include three children's books reviewed by children, the latest in the Mike Bowditch series, and many more showcasing the beauty and natural history of Maine. There's even a Maine wildlife-themed "Find the Differences" puzzle that we hope will be a fun way for people of all ages to explore Maine's native plants and animals. However you plan to spend your wonderful Maine summer, we hope *Explore Maine 2023* inspires you. —Allison Wells, Editor, Senior Director, Communications



Mountain Biking, Mt. Abram, by Andy Gagne

Share the Gear

Enjoying Maine's outdoors starts with the right gear, but maybe you only want to do something a couple times, or don't have the space to store gear? Check out one of Maine's gear share programs! A number of organizations throughout Maine have rental or membership programs that give you access to a range of outdoor items like camping gear, bikes, canoes, kayaks, paddleboards, skis, snowshoes, and more! Here's a short list for you to check out:



KATAHDIN GEAR LIBRARY, MILLINOCKET Gear-lending library, outdoor adventure hub, and public space for people of all ages to access equipment and tools, information and leadership, and to connect with people around a common interest in outdoor adventure and recreation

KINDLING COLLECTIVE, PORTLAND Queer-centered gear library and education center creating an accessible pathway to outdoor experiences in Maine

MAINE GEAR SHARE Collaborative outdoor gear library meeting the needs of groups working to promote equitable access to the outdoors

SKOWHEGAN OUTDOORS Gear library operated by Main Street Skowhegan

UNIVERSITY GEAR LIBRARIES While these programs are student-centered, they often are open to the community as well—University of Maine at Farmington's Mainly Outdoors and UMaine's Maine Bound Adventure Center, for instance.

LOCAL LIBRARIES Select local libraries throughout Maine, like those in Brunswick and Portland, sometimes include gear in their "library of things" that you can check out with your library membership.

Not only do these types of programs help assist with cost barriers to exploring new outdoor activities, they support a sharing economy that encourages community collaboration and produces less product waste. You can also support these programs by donating your gently used equipment. Happy summer adventuring!

—Sarah Bierschwale, Digital Content Manager



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Exploring Maine's Extraordinary Trails: NRCM Staff, Board, and Member Picks

Maine people, communities, and businesses share a passion for Maine trails. This legislative session, 300 different groups from across the state expressed their support for a four-year, \$30 million Maine Trails Bond to invest in design, development, and maintenance of trails for hiking, biking, snowmobiling, skiing, commuting, and other activities. In celebration of this effort and our shared love of the outdoors we all work to protect, NRCM staff, board, and members share with you their Maine trail picks. Do you have a favorite trail? Send us a brief write-up and photo, and we'll share it online. Meanwhile, enjoy these much-loved Maine trails! —Allison Wells, Senior Director, Communications



Courtesy Sarah Bierschwale

BLACK AND WHITE GLADE SKI TRAILS, RUMFORD

The Rumford Whitecap Mountain Trail is one of the best hiking trails in the summer, but did you know you can backcountry ski it in the winter?! Backcountry skiing (also called ski touring) has grown in popularity as a human-powered alternative to resort skiing. It takes some special equipment (ski skins, special bindings/boots) and a good base knowledge of downhill skiing and avalanches. But for those who dare to explore, it offers a less crowded and more wild ski experience in winter without having to buy a lift ticket. The Black and White Glade Ski Trails are a unique partnership between the Mahoosuc Land Trust, Black Mountain of Maine (which the trail connects with), and Granite Backcountry, which maintains a network of backcountry ski trails in western Maine and New Hampshire. Wanting to give it a try? Inclusive Ski Touring offers opportunities for individuals to learn more about ski touring in western Maine.

—Sarah Bierschwale, Digital Content Manager



Courtesy Laura Pope

LAUDHOLM FARM TRAILS, WELLS

One October morning, I took my young niece, Zoe, on a trail hike to the sea at the Wells Reserve at Laudholm, listed on the National Register of Historic Places, that serves as the headquarters of the Wells National Estuarine Research Reserve. There are seven miles of trails at Laudholm—a historic farm complex featuring buildings and diverse landscapes—but given Zoe's age, we chose the popular, easy-to-moderate trails. Laudholm trails guide walkers through several distinct environments and are dotted with illustrated, informative markers about the various flora and fauna in each habitat: grassland, woodland, brush, marsh, estuary, and Atlantic shore. We started our walk on the groomed, grassy Cart Path, passing through grassland, brush, and woods, and turned onto the meandering boardwalk of the Norton Trail (.42 miles) that led us through a lush, mixed woodland. We then turned east onto the Barrier Beach Trail (.23 miles) to the outstanding Laudholm Beach where my little companion gleefully flung off her shoes and socks, stuck her feet in tidal pools, and walked ankle-deep in the waves. We sat on beach rocks, enjoyed the packed lunch we brought in our backpacks, and talked about our next trip to the Reserve. The Reserve boasts many guided trail walks and family events, and offers special educational programs for all ages. Other nearby trails include the Rachel Carson National Wildlife Refuge and the 38-acre Mousam River Wildlife Sanctuary in Kennebunk. —Laura Pope, NRCM member, Eliot, Maine



Courtesy Diana Jagde



NEWPORT/DOVER-FOXCROFT MULTI-USE TRAIL

Easily accessible from the Park & Ride in Newport, this multi-use trail is a fun way

to experience a large stretch of diverse landscapes. Having a recreational trail on a railbed gives the unique opportunity for riders to sustain a safe cruising speed on well-maintained straightaways and find engagement navigating long, meandering turns. While keeping an eye out for other trail users and crossing wildlife, riders can journey through small towns, along lakesides and wetlands, and even across two rivers on their ATV. Spanning 27 miles, it's refreshing to be able to refuel and get some snacks at one of the local convenience stores before jumping back on the trail. The Newport/Dover-Foxcroft Multi-Use Trail is in many ways an artery that connects riders to networks of trails managed by the local ATV clubs along the way. For example, even though the rail-trail terminates in Dover, you can continue north on local club trails through the Maine wilderness to reach Sebec Lake. During the summer months, exploring Maine via ATV has grown into one of my favorite recreational activities. From the terrain covered and the wildlife seen, spending the day riding this trail was a positive experience. Thank you to the local clubs and State for putting in the resources and effort to maintain this trail and the surrounding networks. I look forward to coming back for another visit! —Diana Jagde, Donor Engagement Coordinator



Photo by Jeff Wells

HARRISON AVENUE NATURE TRAIL, GARDINER

We are fortunate that Maine hosts trails in all parts of the state, but sometimes the most beloved are the ones closest to home that we can visit easily and quickly. One of these gems is found on the city-owned land along the north side of Cobbosseecontee (a name derived from the Wabanaki word that refers to the "place where sturgeon come") Stream in Gardiner. My husband and I visit the Harrison Avenue Nature Trail often. It's accessed, as the name suggests, from Harrison Avenue, is an easy 0.4-mile path that runs beside the stream, ending near a now-unused dam that, tragically, blocks all passage of migratory alewives, eels, and other fish. Although found within the city, a walk along the trail makes us feel as though we are far away from the hustle and bustle. It leads past massive oak and maple trees, a cool hemlock glen, and shrubby areas beside the stream. During spring migration, the trees can be filled with brightly colored warblers—one spring, there was an exceptionally high number of Bay-breasted. In summer, Baltimore Orioles pipe their songs, Yellow Warblers abound, feisty Eastern Kingbirds breed here, and multiple pairs of Warbling Vireos give their repetitive songs from the green leafy vegetation. Whether you live in Gardiner or are just passing through, I highly recommend a visit to this outstanding trail.—AW

VHODSON & RHEAULT TRAIL, CAMDEN

My family's go-to trail is the Hodson & Rheault Trail on the Coastal Mountain Land Trust's Richard S. Hodson Preserve in Camden. We return to this trail because it is short enough that we can hike it after work, but it is long enough so that you have time to get lost in your thoughts. I hiked this trail during various stages of pregnancy and following that, while wearing an increasingly heavy baby. This hike starts by crossing a gurgling stream, then gradually hiking up a hill through the woods. On the way, you will cross over an old stone wall. Eventually, you emerge from the woods into a blueberry field, which is picturesque in every season, complete with glacial erratics. Even though you need to resist snacking on the blueberries because this is a working organic blueberry farm, it is a joy to walk through the field. When you arrive at Howe Hill Summit with the wind in your hair, the view is stunning. On your way back down, there is an optional loop in the woods, which we take if the mood strikes us. Last winter, we hiked the loop after a recent snowfall and saw evidence of where turkeys had hunkered down for the night. Our family has hiked this trail in every season, and it has never disappointed us. Please remember that while this trail is family-friendly, dogs are not allowed. — Sarah Cotton, NRCM Board member



Courtesy Sarah Cotton

Courtesy Emmie Theberge



TROUT MOUNTAIN PRESERVE, T2R9, PISCATAQUIS COUNTY

When you’re exploring the Katahdin region, I highly recommend taking a short side trip to visit the Trout Mountain Preserve. It can be easily accessed off the Baxter Park Road, just before you reach the southern boundary of Baxter State Park. Managed by The Nature Conservancy, this ecological reserve boasts ponds that provide habitat for native brook trout. It features diverse forest types that play a crucial role in supporting local wildlife. During our hike, we were fortunate to encounter a Ruffed Grouse, proudly displaying its ruff and tail—quite the spectacle! The preserve has a 2.5-mile trail that leads up to a 1,400-foot summit, where you’ll have the option to ascend a recently refurbished 80-foot fire tower. The reward for your efforts is nothing short of spectacular: a 360-degree view of the nearby Baxter State Park, including Katahdin, OJL, and Doubletop, and Katahdin Woods and Waters National Monument as well as the Debsconeag Lakes Wilderness Area and Nahmakanta Public Reserved Land in the distance. The vistas are incredible. My husband and I hiked this trail during peak foliage season, and we were treated to stunning views that surpassed all expectations. I highly recommend this trail and encourage you to give it a try on your next visit to the Katahdin region! —*Emmie Theberge, Outreach Director*

BLUEBERRY AND SPECKLED MOUNTAINS, EVANS NOTCH, OXFORD COUNTY

Blueberry and Speckled Mountains are within the Caribou-Speckled Mountain Wilderness, part of the Maine portion of the White Mountain National Forest. The trailhead sits off State Route 113, which you can only access via Fryeburg or Gilead. From Augusta, getting to the trailhead is half the adventure. Our favorite trail starts at Brickett Place and climbs steadily to a junction where you can continue up the Bickford Brook Trail, or you can drop down to Bickford Brook Falls (recommended) and take the longer Blueberry Ridge Trail. I think the climb from Bickford Brook Falls to the summit of Blueberry Mountain is the hardest part of the trail—as with most Maine trails, it is a steep, unforgiving path straight up the side of the mountain. There is a loop trail at the summit that takes you out to a ledge that affords fantastic views south and west. From the ledges, you continue a long ridge hike to the summit of Speckled Mountain where views of the Whites and Mount Washington greet you on a clear day. Though there’s a network of trails in the area, we like to descend via the Bickford Brook Trail back to Brickett Place. This is a trail our family enjoys hiking every year.

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

Courtesy Codi Riley-Havu



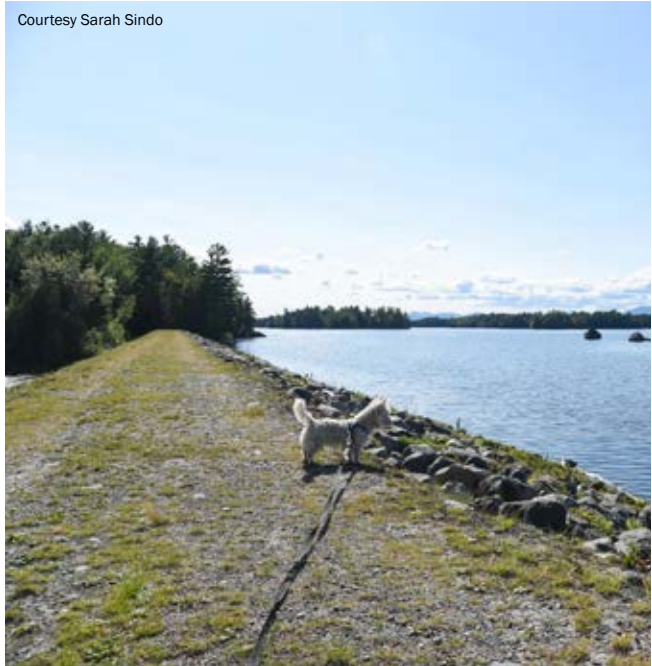
Courtesy Josh Caldwell



EASTERN TRAIL, SOUTH PORTLAND TO KITTERY

The Eastern Trail is a feat of collaboration between municipalities, communities, and trails groups to connect recreationists and commuters to locations throughout southern Maine. The Eastern Trail runs 65 miles from Kittery to South Portland, including 22 miles of off-road trail. The impressive route is managed and maintained by the Eastern Trail Alliance, and the segment is part of the East Coast Greenway, an active transportation route that runs from Maine to Florida. I have particularly enjoyed the 16-mile stretch between Scarborough and Saco, an uninterrupted trail segment entirely separated from roads and sidewalks. The entirety of the trail is ADA-accessible, and is used by joggers, walkers, rollers, and bikers alike. It is rare to find this type of trail infrastructure in Maine; it is an incredible value to local recreationists and commuters. In fact, a study of the Eastern Trail conducted in 2021 highlights a total annual economic impact of \$44.6M associated with Eastern Trail use between its northern terminus in South Portland and the state border in Kittery. Combining safety, access, and aesthetics, the Eastern Trail is a staple for outdoor access in southern Maine. The Eastern Trail Alliance has plans for expansion of off-road trail, and I look forward to supporting their efforts to connect more Mainers to the outdoors. —*Josh Caldwell, Climate & Clean Energy Outreach Coordinator*

Courtesy Sarah Sindo



▼THE BAIT HOLE, MILLINOCKET

One of the reasons I love Maine’s trails so much is because there are endless options, but if I had to choose just one, I’ll always come back to The Bait Hole. Located just outside of Millinocket on Route 11, the trail is a short drive from where I grew up, and since I’m still in the area, it continues to be a frequent stop for me. The 4.5-mile trail network weaves through a thick forest and alongside a lake, pond, and river. Talk about bang for your buck! There are two loop options, so depending on how you’re feeling or how much time you have, you can make it short and sweet or a slightly longer adventure. The reason I’ve come to love it as much as I do is because, over the years, I’ve brought many family dogs to The Bait Hole. There’s something about sharing the trail with a dog that leaves an imprint on me. It’s as if their pawprints are forever stamped into the dirt path, and each time I return there, I am reminded of each and every one of them. There’s even a handmade wooden memorial for all the four-legged friends—keep your eyes out for it. The Bait Hole is a lovely local trail network that somehow still remains kind of off the radar. So, if you find yourself in Millinocket, I encourage you to check it out. Pup or no pup, it’s a great way to spend an afternoon.

—*Sarah Sindo, NRCM Rising Leadership Team member*

CENTER POND, PHIPPSBURG ►

One of the greatest joys in these first months of my return to Maine is that I can basically step out my door and right into nature. Nearly every day, I visit one of the many trails maintained by the Phippsburg Land Trust. Because I’m so often accompanied by my canine companion Rex, I seek out trails where he can explore alongside me. We regularly enjoy PLT’s Cooley Preserve at Center Pond. With its interlocking set of trails, we can choose a quick 1.4-mile hike in the preserve’s Drummond Trail Loop or enjoy a more robust multi-mile hike tracing the preserve’s perimeter, walking parallel to Center Pond itself. This spring, the preserve has been teeming with migratory birds, from a flock of Wood Ducks in the late winter to a diversity of warblers hopping through the trees in May. —*Rebecca Sanders, CEO*

Courtesy Stephanie Griffin



offer in one trail. It is a 2.5-mile, moderate, pet-friendly, loop trail. At the fork in the trail, choose to go right and explore a beautiful bog that has been preserved. Tread left and explore one of the beautiful coastal rock beaches that Maine is known for. Whichever way you choose to explore first, you will wind through some beautiful forest scenes, and you will eventually find yourself at the edge of the world, or at least North America. There are several little side trails where you can sit and enjoy vast, sweeping views of the ocean, the rock cliffs, and forest area in complete serenity. The colors on this trail, especially in the fall, really show off. I love hiking Boothead for all of these reasons. I can go there and get lost in nature for hours and most days not run into another soul. While absolutely amazing at any time of day or year, the optimal times to visit are sunrise, sunset, or the fall. You can also link this trail with nearby Hamilton Cove, Bog Brook Cove (two other hidden gems), or even more popular attractions such as the Bold Coast in Cutler or trails at the Quoddy Head Park. —*NRCM supporter Stephanie Griffin, East Machias, Maine*

BOOTHEAD PRESERVE, LUBEC

Do you want to experience all the wonders of Maine coastal hiking but skip the tourist crowds of the most popular, well-known trails? Well, the Boothead Preserve Trail is probably just what you are looking for. Situated on Bootcove Road off Route 191 in Lubec, Boothead Preserve will take you on a tour of the best the Maine coast has to

Courtesy Jack Shapiro



GREEN POINT PRESERVE, WEST BATH

Our family loves to get outside, and Maine has a wealth of spectacular outdoor options. But with two young kids (and a dog) sometimes something shorter and closer to home is just the ticket. The trail at Green Point starts from a small parking lot and crosses some low marshy areas on footbridges before rising gently up and across a small ridge through evergreen woods, then down to a spectacular lookout over Winnegance Bay. The trail is about a half-mile long one way—perfect for a walk, snack, return, and home in time for a nap. This trail is one of the many fantastic bite-sized coastal options along this part of Casco Bay maintained by the Harpswell Heritage Land Trust, the Brunswick-Topsham Land Trust, the Kennebec Estuary Land Trust, and many other conservation organizations.

—*Jack Shapiro, Climate & Clean Energy Director*



Courtesy Rebecca Sanders

Guide Booked: An Interview with Keaton McEvoy, Registered Maine Guide

Keaton McEvoy was born into the family who, for the last 21 years, has owned one of the oldest and most revered sporting camps in the country, Weatherby's Maine Hunting and Fishing Lodge, located Downeast at Grand Lake Stream. But it wasn't until she was out of college that she decided to carry on the family tradition and become a guide. I recently interviewed Keaton about her perspective on what it's like being a Registered Maine Guide. —AW

Allison: *Given your family history, your journey to becoming a Registered Maine Guide (RMG) may surprise some NRCM members. Can you talk a little about that?*

Keaton: I didn't always know that I wanted to be a RMG. It clicked for me after I graduated college in 2020. I knew that I loved being outside, and I had been fishing since I was three years old. Having the opportunity to grow up spending my summers at a fishing lodge allowed me to look up to all the older guides I was surrounded by. I realized that with becoming a guide I would be able to share my passion for fishing with other people.

Allison: *You became a RMG in the spring of 2021, and you're going into your third year of guiding. That's fantastic. What is it about this work that excites you?*

Keaton: I love being able to share with people one of my biggest passions. It allows you to connect with all kinds of different people and create friendships that may never have happened. It is very rewarding for me teaching young kids and people who have never fly fished before. Introducing new people to the sport and helping them catch their first fish is one of my favorite things about the job.

Courtesy K. McEvoy



Allison: *It's such a beautiful area where you are. Can you talk a little about where you lead trips?*

Keaton: Weatherby's Lodge leads trips in Grand Lake Stream. We fish a number of lakes around the area for smallmouth bass and fly fish for salmon in the stream that runs through town.

Allison: *My husband and son had a wonderful time during their Weatherby's trip a few years ago. They couldn't decide what they liked best! Is there a favorite place you like to lead?*

Keaton: I don't necessarily have a favorite place I like to lead from, but I enjoy taking clients to fish for salmon on the stream. I love being able to guide clients who are new to fly fishing. It is always very rewarding for both parties when someone catches their first salmon.

Allison: *Spending your time outside everyday sounds idyllic. Can you share a little about what your day is like?*

Keaton: A typical day of guiding would start around 8:30 a.m. after clients have finished breakfast at the lodge. We head out for the day after that, going to the

stream or one of the lakes in the area to fish for bass. We fish throughout the morning, either walking or motoring around to different spots. We break for lunch mid-day and typically will do a cook-out lunch. The lunch can be a very fun experience for a lot of clients because if they want, we can fry up fish that they caught earlier that morning. I usually do the fish as an appetizer, followed by fried potatoes and a meat that they chose to have—along with our secret guide coffee and dessert.

Allison: *My husband and son loved the guide coffee!*

Keaton: After lunch we fish for a few more hours, then come back to the lodge for dinner and plan for the next day.

Allison: *That all sounds wonderful, though it's obviously a lot of work for you. Are there different kinds of challenges for female guides vs males?*

Keaton: I think fishing is generally thought of as a mostly male-dominated sport, and occasionally there are challenges that arise being a female guide. I think the biggest thing is sometimes clients can be skeptical of my knowledge and experience because I am young and a female guide. However, the majority of clients are even more excited to know that they are going to be fishing with me.

Allison: *That is so great! You've been an official Registered Maine Guide for a few years now. Do you have a favorite memory as guide?*

Keaton: I think my favorite memory as a guide occurred during my first season of guiding. I was fishing with a family that had three young boys, all under the age of ten. They had never fly fished before but were eager to learn. We started with casting practice in the backyard, but that didn't last long as they were more excited to actually go fishing and be in the water. By the end of the trip, both the parents and boys had caught salmon, and they couldn't stop talking about how much fun they had.

Allison: *I bet they will always enjoy reminiscing about it. What does your summer look like, are you excited?*

Keaton: This season is looking very busy already! I'm sure there will be many more days of guiding that will get put onto my calendar. We start the season fishing the stream for salmon, but once the water starts to warm up, we will switch over to bass fishing, then back to salmon fishing in the fall! I am very excited for another year of fishing and guiding with returning clients and new ones!

Weatherby's participates in NRCM's Sporting Camp Discount program, which offers a discount to NRCM members. You can learn more about this, and see the full list of participating sporting camps below!

Courtesy K. McEvoy



Enjoy Maine with These Sporting Camps

NRCM Member Discount Program

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 to get your discount voucher, then make your reservation!



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—Suzanne M., Veazie, Maine

"The Birches on Moosehead Lake partners with NRCM because the organization works hard to protect the environment in Maine and at Moosehead Lake. Our location on Moosehead Lake is in a pristine area. Many thanks to NRCM for helping to protect the Moosehead region from over development." —John Willard, The Birches Resort

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"NRCM is my go-to guide for Maine issues that need political support from her residents. Just like a Bradford guest needs a guide to know where the fish are, I need NRCM to know what/where/when the issues important to us all are coming to a head...Thank you NRCM!" —Igor Sikorsky, Bradford Camps

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All photos courtesy Mahoosuc Guide Service

Questions to Ask When Hiring a Guide *By Kevin Slater*

Kevin Slater, of Newry-based Mahoosuc Guide Service, participates in our member discount program. He is a Master Maine Guide with 40 years of experience guiding in Maine and elsewhere, and his guiding background includes canoeing, fishing, mountaineering, hunting, and dogsledding. He served many years on the Oral Exam Board for Maine Department of Inland Fisheries and Wildlife and has done safety reviews and risk assessment for nonprofit outdoor programs nationwide. The following is an excerpt from a blog Kevin wrote for NRCM in early spring.—AW

Thinking about a guided Allagash River canoe trip? Or a guided trip to some other place in Maine? I am a Registered Maine Guide and co-owner of Mahoosuc Guide Service. As part of your planning, there are some important questions you should ask your prospective guide to decide if this is the right one for you. One obvious question has to do with personal safety, but there are other factors, too, that can influence whether you have a good, bad, or amazing getaway.

Do you maintain current CPR & First-Aid certification? Surprisingly, the State of Maine does not require guides to keep their certification current when they renew their license every five years. When you're hundreds of miles from the nearest medical center, it's a good idea to make sure your guide can take care of you if you become injured or sick.

What is your Emergency Action Plan (EAP) if someone gets hurt or becomes ill? In remote areas without cell service, guides should carry a satellite phone or In Reach device. A list of emergency contact call numbers for the Warden Service dispatch for the area they're guiding in should be with the first-aid kit. Ask them if they've got it.

How many years of experience do you have guiding this type of trip/activity? The more years of experience the guide has, the more likely they are to have local knowledge about where to fish, where to look for edibles like fiddleheads and Indian cucumbers, and what the river will be like at various water levels.

What is your policy for wearing a personal flotation device (PFD) while on the water? Recently on a spring St. John River trip, I watched a guided group go through a set of rapids with the guide in lead without a PFD. Half of his guests had a PFD on; half did not. The last canoe was scrambling to put on their PFDs as they entered the rapids and lost a paddle. My guests were not impressed. If a guide does not require clients to wear a PFD on the water, it's a statement about how serious they take the safety of their clients.

What is the maximum and minimum group size? I would recommend a maximum group size of eight guests. A smaller group size allows for more

individualized and personalized attention so the guides can help people with any other interests they have on the trip such as natural history, fishing, or birding.

How many professional guides will be on the trip? My recommendation is a one to four or one to five ratio of guide to clients. There should be two guides for any group with more than four guests. Guides are not immortal; if there is only one guide and they get injured or become sick, it could turn into a self-guided trip. No one wants that.

Is the trip owner guided, or does the outfit subcontract out to other guides? Generally speaking, owner-guided trips maintain higher levels of quality, consistency, and safety. This is their business, so they have a high stake in ensuring their clients have the best experience possible.

You can read Kevin's blog in its entirety at nrcm.org/blog/guides-guide-hiring-maine-guide. Be sure to read his accompanying "Checklist of Info a Guide Should Provide" as well.—AW

Meet Cornelia "Fly Rod" Crosby, the State's First Registered Maine Guide!



Cornelia "Fly Rod" Crosby might be the most famous Mainer you've never heard of, but a new statue unveiled in Augusta earlier this year aims to educate more people about her legacy. Fly Rod was a skilled fly fisher and big promoter of Maine in the 1800s—and she became the state's first Registered Maine Guide! Tune into our podcast interview with Maine Master Guide Roger Lambert (left) and Brent West, Executive Director of the High Peaks Alliance (right), to hear about Fly Rod's extraordinary legacy and why it remains so relevant today. soundcloud.com/nrcmenvironment/92-february-16-2023

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"As a guide for 40 years and lodge owner for 21, we want to share our passion for the Maine outdoors with members of the best conservation organization in the state. A little help to get you all here to enjoy what we all fight for is the least we can do for folks that share our passion." —Jeff McEvoy, Weatherby's
Read an interview with Jeff's daughter Keaton on page 4.

"For Father's Day a few years ago, my wife booked my son and me for a trip to historic Weatherby's. We enjoyed fantastic fishing led by an experienced guide who introduced my son to fly fishing and 'guides coffee.' The food in the lodge's dining hall was amazing, reviving us following our days on the water, and the setting, deep in the woods of Washington County, was alive with bird song."—Jeff W., Gardiner, Maine



Bald Eagles, Bear Cubs, and Hermit Bill: Memories of a Wildlife Biologist in Maine, by Ronald Joseph (Islandport Press, 2023)

Ron Joseph is Maine. His new book reflects a deep care and love for the Pine Tree State. Growing up outside Waterville, with a seasoned career at the Maine Department of Inland Fisheries and Wildlife and the U.S. Fish and Wildlife Agency, Ron's dedication to the land and people of Maine shines through in every chapter. Tromp with him throughout the state as he regales his adventures with wildlife and those who influenced him along the way—lighthouse keepers, loggers, farmers, and others deeply connected to the nature of Maine.

Ron also takes us back in time. We join him at his grandparents' dairy farm in Mercer where his Maine sensibilities were birthed: helping with chores and witnessing his grandparents' life without electricity, running water, or mechanical farm equipment. We also meet his paternal Lebanese immigrant family and others who journeyed to Maine to make their lives. Reading these accounts will broaden any reader's view of Maine.

Ron's ability to craft stories that ring with his delight in and passion for the natural world is infectious. He braids the ecology of Maine today with what it was centuries ago. Each story is engaging, entertaining, and informative—whether about Hermit Bill; our precious pines and cedars; lynx, birds, fish, moose, or the snakes lurking in Maine's lakes. Fascinating facts abound. Harrowing and heartbreaking stories will give pause. You will find yourself returning to *Bald Eagles, Bear Cubs, and Hermit Bill* over and over again. —Stephanie Smith, NRCM Board member



Beer Hiking New England: The Tastiest Way to Discover Maine, New Hampshire, Vermont, Massachusetts, Connecticut and Rhode Island, by Carey Kish (Helvetiq, 2023)

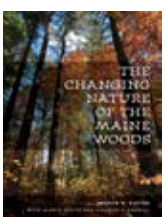
If you like hiking and craft beer, then this book's for you. Carey Kish does a really nice job pairing ales and trails with 50 New England hikes with 50 breweries located near the trailhead. The guide includes all the information you'll need, including hike descriptions, trail maps, and difficulty levels for the first part of your adventure, as well as details about the breweries and recommended beverages for your post-hike cool down. One classic combo my wife and I have done several times is the loop trail at Monhegan along the stunning back coast of the island, ending at Monhegan Brewing Company's "trap room" comprised of 400 blue lobster traps. Carey recommends the Double IPA, but I prefer the Balmy Days Citra Kolsh. Another great pairing is the spectacular cliff hike at Quoddy Head followed by the equally wonderful Lubec Brewing Company and their featured Quoddy Head Red Ale.

Kish's book recently steered us to the trails at Laudholm Farm and the Wells Reserve, followed by a visit to Batson River Brewing in Wells, a new spot for us. We lucked out with nice weather on their patio, with live music and a tasty flight of beers. Scanning through the offerings, I've already dog-eared the pages for Moxie Bald in Maine, Mount Moosilauke and Mount Cardigan in New Hampshire, and Camel's Hump and Prohibition Pig Brewery for the next time we're in Vermont. Thanks, Carey, for bringing hops and hiking together in this great resource. —Pete Didisheim, Senior Director, Advocacy



Mountain Girl: From Barefoot to the Boardroom, by Marilyn Moss Rockefeller (Islandport Press, 2022)

When was the last time you read or heard a story that included prominent appearances by artist Andy Warhol, automotive designer Carroll Shelby, and chef Julia Child—and it all made sense? *Mountain Girl* is that story. Read independently of one another, the chapters could almost be short stories on their own. More than once I shook my head while reading, thinking the details couldn't possibly be true. But as the pages fly by, you realize that each scenario echoes the same theme that knits the book together: If you see a chance, take it. Over and over again we watch the author persevering through her circumstances to acquire new knowledge, experience something she wouldn't otherwise, and expand her world. *Mountain Girl* is the memoir of now-Maine resident Marilyn Moss Rockefeller's childhood in the mountains of West Virginia, early adulthood ensconced in the art and political scene of Ann Arbor, Michigan, and eventual landing in Rockport, where she cofounded and ran the iconic camping tent and trade show exhibit company Moss Tent Works (later Moss Inc). Along the way she becomes an artist, a writer, a voice against discrimination, a pilot, and a successful business leader—and those are only a few of the many skills and qualities she amassed through her life and career. Rockefeller's zigzag journey is a road map for how an upbringing can shape someone without defining them. —Marlisa Simonson, Senior Director, Philanthropy



The Changing Nature of the Maine Woods, by Andrew M. Barton with Alan S. White and Charles V. Cogbill (University of New Hampshire Press, 2012)

One day I came upon a Maine Historical Society podcast episode called *The Changing Nature of the Maine Woods with Andrew Barton*. Before listening to this podcast, I had not thought critically about the Maine woods and how they have changed over the millennia. Through the podcast I found Andrew Barton's book of the same name. What a fascinating insight into the geology and ecology of Maine's forests. On what could be a dry subject, this book is an engaging and accessible presentation of the authors' research, woven into a readable piece. This is a great read for anyone who is interested in the past, present, and future of the Maine woods!

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



When the Land Turned Green: The Maine Discovery of the First Land Plants, by Dean B. Bennett and Sheila K. Bennett (Down East Books, 2020)

The authors take you on a journey of discovery through northern Maine's unique wilderness and reveal some of the secrets hidden in the rocks of Trout Valley. The story is also about all those who helped reveal the history of what is now Maine's state fossil (*Pertica quadrifaria*), the white pine, and where the two reside. The 127 pages are filled with pictures of the scientists at work, stunning landscapes surrounding them, fossils found, and research being conducted. These, combined with excerpts from the scientists' notes, add great value to the detailed accounts of the work to understand the Trout Valley Formation and its plant fossils. It made me feel like I was right there with them, along for the trip. The reader can feel the excitement of the discovery of the fossil and the later realization that this is a new plant species that had been found.

The discovery of *Pertica quadrifaria*—found nowhere else on Earth at this time—is an essential piece of the puzzle of how this region developed over geologic time. The authors note that while the fossils of *Pertica* exist in northern Maine's Baxter State Park, this book in no way is a map or guide to finding these important parts of our history; it is simply the telling of the story and the weight of the discovery made. Although this book will have special appeal to those who love rocks and fossils, any nature enthusiast will enjoy the relevant Maine history, conservation stories, and journey taken through the brooks and streams of Trout Brook Valley. —Diana Jagde, Donor Engagement Coordinator

Fiction & Poetry



The Year Without a Summer, by Joe Hardy (self-published, 2023)

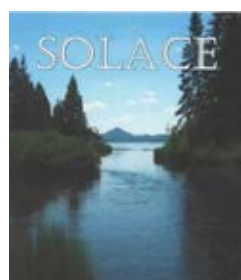
This book gives us a taste of life in southern Maine in the early 1800s. An already challenging agrarian lifestyle is made all the more difficult by the eruption of Mount Tambora, a volcano in Indonesia that produced the most powerful volcanic eruption ever recorded in human history in 1815. Stunningly, the eruption and resultant gas and ash cloud affected weather patterns thousands of miles away in southern Maine, bringing on winter-like conditions in June of 1816. Author Joe Hardy uses a fictionalized family to portray the very real history of volcanic-induced climate change. His compelling dialogue and accurate historical narrative bring to life the trials and tribulations faced by farming families following an unprecedented natural disaster on the other side of the world. This case study sheds light onto our contemporary world as society adapts to climate change and the weather variance it brings. The author highlights the power of family and community, and the resilience of Mainers despite harsh conditions. Joe Hardy is an avid environmentalist and climate change activist, and has played a central role in advocating for needed climate policy in southern Maine and beyond. His book is a must-read for anyone interested in Maine's history, and highlights a little-known segment of history that can teach us much about our current world.

—Josh Caldwell, Climate & Clean Energy Outreach Coordinator



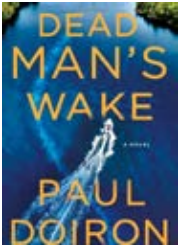
Island, by Kristen Lindquist (Red Moon Press, 2023)

Readers of *Explore Maine* will be familiar with Kristen Lindquist's poetry collections as well as her online site dedicated to a daily haiku, "Book of Days," which have been featured here. For the uninitiated, haiku is a form of poetry that originated with the Japanese. Traditionally, in English, it is composed of three lines of unrhymed verse totalling 17 syllables. Its intentional brevity makes it a difficult verse. Lindquist is the rare poet who writes haiku exceedingly well. She draws on nature for her inspiration, and she doesn't let the traditional five-seven-five syllable construct restrict her. Each haiku is an opening to other worlds, and all transport you to her beloved Maine islands: "Monhegan cliffs/between here and Europe/one fishing boat". Her language evokes rich smells of nature: "island garden/tangled heaps of seaweed/mark the fallow rows". For me, there's even a subtle touch of humor: "island birthday/he tosses another shell/onto the midden". To read just one of Lindquist's haiku's is a treat; to read this collection is sheer delight.—AW



Solace, by Tim Caverly (Nancy's Proofreading, 2015)

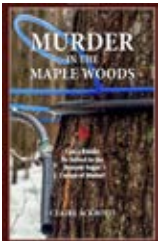
Caverly's *Solace* is as enjoyable as a ramble through the woods. The book tells the story of a young man who lost his parents, sold the family farm, and travels to the Allagash on a whim to retrieve a lost item that was his grandfather's. Along the way the reader learns about the beauty and characters that make up the Allagash Wilderness Waterway ("Waterway"), just as the protagonist discovers things about himself. Though it's fiction, much of the book seems to be based on Caverly's real experience and his family's stories. After all, he knows the Waterway and North Woods intimately as a born-and-raised Mainer and veteran of the Maine Bureau of Parks and Lands, including as supervisor of the Waterway for 18 years. *Solace* is firmly rooted in a place—one that we are fortunate exists in Maine. I hope reading this book will inspire you to visit. —Melanie Sturm, Forests & Wildlife Program Director



Dead Man's Wake: A Novel, by Paul Doiron (Minotaur Books, 2023) I always wait impatiently for Paul Doiron's newest Mike Bowditch mystery. In typical Dorian style, the reader doesn't have to read very long before the murder takes place in his latest book. Or is it a murder this time? Mike Bowditch and his fiancée Stacey Stevens have been invited to Mike's stepdad's cottage on Great Pond in the Belgrade Lakes to celebrate Mike and Stacey's engagement. It's Labor Day weekend.

Charley and Ora Stevens, Stacey's parents, have flown down from the Maine North Woods in Charley's amphibious plane to join them. While Mike and Stacey are on the dock after dinner, they hear a thump out on the lake and know immediately something has been hit. When the boat turns off its lights, Mike becomes suspicious and feels the need to investigate, though this is not his district. Out on the lake in his stepfather's pontoon boat, he finds a body in the water that obviously has been struck by a boat.

From this point on the action is non-stop. Charley Stevens, my favorite character in this series after Mike Bowditch, is involved throughout the investigation. Today, older people are often portrayed as having lost their vitality. Charley Stevens, however, shows that he is as astute in his investigative skills as he ever was. I always want to pace my reading to make the book last longer, but inevitably I can't. There are so many suspects, from local motorcycle gang members to wealthy influential folks from Massachusetts, and so many twists in the plot that I could not stop reading until I knew who dun it and why! —Betty Hartley, NRCM member, Brunswick



Murder in the Maple Woods, by Claire Ackroyd (Maine Authors Publishing, 2020) I read about this book in a newspaper article and ordered a copy right away. My family has a long history of maple syrup production so this book intrigued me immediately. The main character works as an organic maple syrup production inspector who spends much of her time in the maple camps along the northwestern Maine-Canadian border. The mystery takes place near her uncle's camp. While the story

was a work of fiction, the places she talks about in Jackman, Liberty, Skowhegan, and the Golden Road are all places that I have been to, so picturing all of these places helped me to really dive into the book and the murder mystery. The characters are well-developed, as is the story, and I was invested in the tale all the way through to the end. This is a great read for anyone who wants to learn more about what is involved in maple syrup production in these remote areas of Maine. A bonus is the sweet dog we meet partway through the story!—Beth Comeau, Communications Manager

We Also Recommend

Many NRCM staff members enjoyed Night of the Living Rez so much, we wanted to include it here.



Night of the Living Rez, by Morgan Talty (Tin House, 2022) Author Morgan Talty offers 12 stories anchored in struggle, loss, violence, and addiction, buoyed by the abiding love and acceptance of family, friendships where two people can finish each other's sentences (or have no need to speak), and striking moments of unexpected hilarity. The stories are not linear and instead move back and forth in time, following narrator David through childhood experiences and into adulthood, where he replaces asking, "How did we get here?" with "How do we get out of here?" This line stuck in my mind and kept me thinking about the realities of intergenerational trauma and day-to-day survival that drive David's actions. In fact, although fiction, the stories have an autobiographical feel that drew me in and made me curious about what would happen next. These are incredibly powerful stories that alternately squeeze your heart or punch you in the gut. The language is vivid, raw, and chock full of sensory details—including the ever-present haze of cigarette smoke—that illicit a range of emotions. I quite simply loved this book and recommend reading it for the surprises and the reminders about humanity that it offers.

Morgan Talty is a citizen of the Penobscot Nation, and Night of the Living Rez is the winner of the PEN/Robert W. Bingham Prize, National Book Critics Circle John Leonard Prize, American Academy of Arts & Letters Sue Kaufman Prize, and other awards. —Toby Kilgore, Grants Manager

More books on page 8

Diana Roper McDowell, An Artist with an Eye on the Nature of Maine

By Allison Childs Wells, Senior Director, Communications



Diana in her studio

Diana Roper McDowell has devoted much of her life to nonprofits. Currently a member of the NRCM board of directors, she recently retired, after 20 years, from Friends of Acadia, and spent substantial time at others as well. While the mission of local nonprofits inspires her heart, it is the nature of Maine that captures her eye. A resident of Lamoine for the past 44 years, Diana is surrounded by the beauty of Maine's environment. She enjoys hiking and swimming at Acadia National Park, and traveling to wild places.

Diana studied art at the University of Maine. When asked what it is about painting that calls to her, she says, "Simply put, I like to mix colors and then see what comes out of my brush on the white paper. I like to capture a moment in time, whether it is a tree, a boat, a view. I like to walk and if I see something that catches my attention, I take a photo and try to recreate the feeling I had when I saw it." For her, painting also is a way to hold on to what has been lost. "I painted a house I really liked in Lamoine, and it has since burned down. I painted an apple tree that has since died. I have them captured in a painting, so I can still enjoy them."

Painting since about age three, Diana didn't so much "discover" it as she did just had fun doing it. When she moved to her house in Lamoine, she switched from oil painting to watercolors, for practical reasons. "It was a small house and I had no place to leave a wet oil painting for days on end. I started using watercolors primarily, which are also easier to clean up, and I like the challenge of using them."

Diana is drawn to artists who put themselves out there. She names N.C. Wyeth, Picasso, Cézanne. "I also like Richard Estes, who is a photorealist but has extremely abstract compositions. Rockwell Kent has some beautiful, stark landscapes that intrigue me."

"Abstract Realism"—that is how Diana describes her own work. "I usually draw the outline of my subject in a realistic manner, but love to play with abstract shapes of color to complete the inside of the image. I'm dyslexic, so I have to have a fairly complete drawing before I start painting. I have a tendency to draw a line in the opposite direction. It's difficult to change that if you are applying paint, but hopefully I notice if the drawing is incorrect and can change it before it's too late."



"This is the fire tower on Mt. Kineo. I saw this and thought, 'Well, there are some lines for me!' I was a little intimidated by the sheer number of lines, but as I got painting, I began to notice how the tower is constructed. The gauge of the metal is larger at the bottom to compensate for the weight. The cables are attached in certain ways to hold everything together. I found it entertaining to paint and think about the engineering of how it was built."



"I love crows and ravens," she says. "They are smart, loud birds that get themselves noticed."

In viewing Diana's portfolio, it is impossible not to notice that a number of her works feature several particular species of birds. "I love crows and ravens," she says. "They are smart, loud birds that get themselves noticed. If I hear crows making noise, I go to the window and can usually see what's bothering them. It could be a raven, an eagle, a bobcat—crows are nature's alarm! In [her painting] Corvid Congregation, the crows are definitely opportunists. "If I'd had bigger paper for that painting, I would have included some Blue Jays who were up above the crows. They are also corvids and hassle the eagles."

Most people who love Maine—artist or not—agree that there is something about Maine's

natural beauty that lends itself to art. For Diana, that perspective is, literally, even more personal. "All but one of the paintings I sold last year was either the view from my house or from Little Long Pond in Seal Harbor where I walk—I lived near there in high school and walked around that pond hundreds of times. I found it fascinating that those were the best sellers."

Diana's art is currently showing at Artemis Gallery, 1 Firefly Lane, Northeast Harbor, and, for those who are boating, at the Keeper's House in Burnt Coat Harbor on Swan's Island. Her work has been featured in books, public spaces, and elsewhere. To learn more, visit her website at roperart.com.



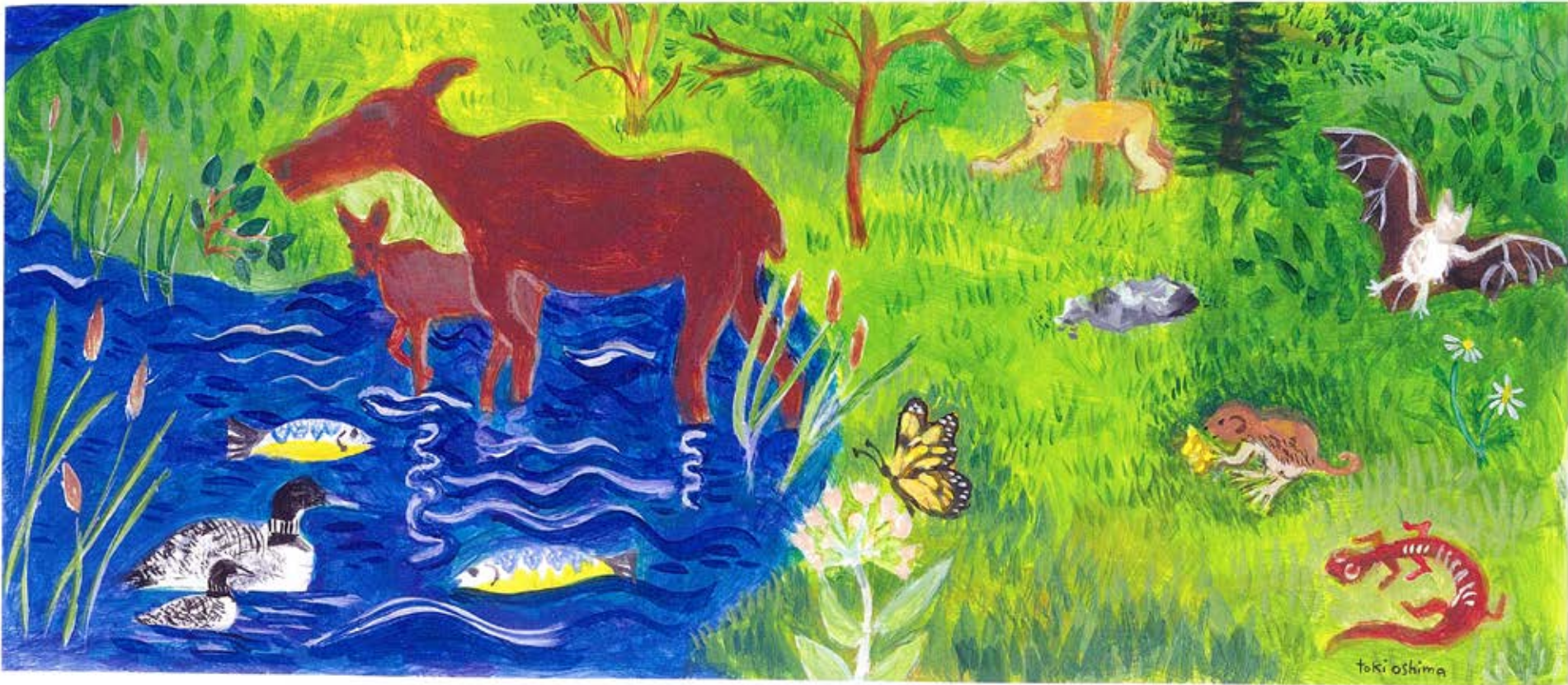
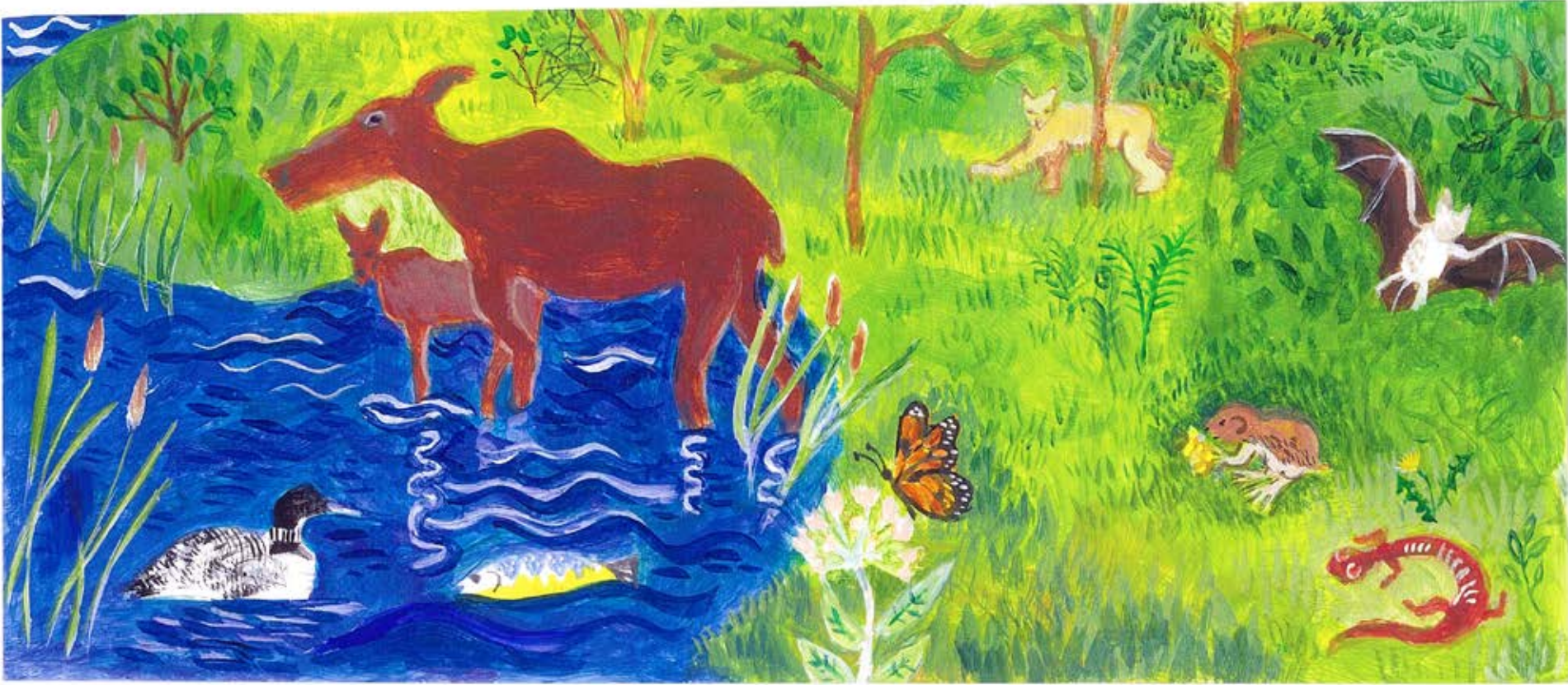
"I was trying to get the feeling of the sails moving and the elegance of that old boat. I took the photo when I was on Saddleback Island."

"Find the Differences" Answer Key

1. 1 loon/2 loons	12. Moose with defined eye/moose with plain eye
2. 1 trout/2 trout	13. 2 ripples in water under moose/1 ripple
3. 2 cattails/3 cattails	14. Fern/rock
4. Orange monarch butterfly/yellow monarch	15. Upper left water ripple/none
5. Dandelion/daisy	16. Wild apple tree in the upper left/just
6. Correct bat wing/added lines bat wing	17. Moose facing grass/moose eating leaves
7. Bird in a tree/extra branches in a tree	18. Normal amount of legs on northern aspen leaves
8. Deciduous tree in upper right/pine tree	19. Normal lemming with curly tail
9. Normal lemming with curly tail	10. Standing moose calf/One bent leg
10. Standing moose calf/One bent leg	11. Spiderweb/no web
11. Spiderweb/no web	12. Moose with defined eye/moose with plain eye

Maine Wildlife “Find the Differences”

Maine is known for its abundant plants and wildlife. Those of us who live among them can be lulled into taking them for granted. Many plants and animals are already at risk, which is why the Recovering America’s Wildlife Act (RAWA) is so important. We hope you enjoy this fun way to “pay attention” to the nature of Maine by spotting 18 differences in the two pieces of art. We also encourage you to urge your elected federal officials to support RAWA. Learn more at nrcm.org/programs/federal/federal-water-land-wildlife [Answer key to puzzle on page 7]



THREE HISTORY BOOKS FOR KIDS, REVIEWED BY KIDS!



Hidden Hope: How a Toy and a Hero Saved Lives During the Holocaust, by Elisa Boxer (Abrams Books for Young Readers, 2023) “Even if you don’t know what the Holocaust was, you should still read it. It made me feel sad at the beginning but happy at the end. The art in the book helped explain more of the story.”—Ford Lakeman, age 8, son of NRCM Sustainable Maine Director Sarah Nichols

Covered in Color: Christo and Jeanne-Claude’s Fabrics of Freedom, by Elisa Boxer (Abrams Books for Young Readers, 2022) “I don’t like the part where the Nazis came and made new rules, and I also don’t like that the Communists weren’t letting Christo do what he wanted. But I like the story because Christo freed himself by using art, and the book gave me ideas for what to do with my art. I also like the part where Christo kept trying to do what he and Jeanne-Claude wanted even when the people said no at first but then they got them to say yes to their project in the end.” — Louis Johnson, age 5, son of NRCM Outreach Director Emmie Theberge



Splash! Ethelda Bleibtrey Makes Waves of Change, by Elisa Boxer (Sleeping Bear Press, 2022) “I like how the book shows how Ethelda started as a girl that could barely walk and became a strong girl that overpowers the sport of swimming. I love that Ethelda made a path for women in swimming and with their socks! Ethelda is a strong girl with a mind of her own and a role model for women and swimmers.” — Zoe Durrant, age 9, daughter of NRCM Advocacy Communications & Media Relations Director Colin Durrant



Toki Oshima is an illustrator who lives in Belfast. She has a notecard business at tokiart.com and plays music with her husband John Pranio. She loves making art with kids. She says, “Doing this ‘one of a kind’ project was a lot of fun!”

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