



# Spring/Summer 2014 Newsletter

## Long Meadow Brook Conservation Easement

By Tom Henderson with Linda and Heinrich Wurm

Linda and Heinrich Wurm recently donated a conservation easement on land at Long Meadow Brook in Stow. In reflecting upon their action, they wrote: "The Land, as our family and friends call the close to 100 acres of woods, meadows and brook we bought fourteen years ago, is now the latest addition to our Land Trust's necklace of preserved properties to the west of Lower Bay."

For several years, the GLLT has focused its land protection efforts on properties that can build connectivity to previously protected lands. The goal is to preserve viable, native wildlife populations through the preservation of the habitats upon which they depend and land bridges between these habitats to permit movement between them. The Long Meadow Brook conservation easement property is located in the Western Wildlife Corridor focus area. Its diversity of healthy forest and wetlands adds greatly to that effort.

"It will forever remain a place where folks can take a stroll on an easy path," stated the Wurms, "and listen to the ever present hermit thrush, be spooked by a grouse, 'talk' to a barred owl, observe a red-tailed hawk over a clearing, get a rare glimpse of a moose sifting through Long Meadow Brook, or cross paths with a family of porcupines. All this beauty, however, is heavily guarded by an air flotilla of belligerent deer flies rising from the mud of our wet lands, defending this territory as their own from late June to August."

Long Meadow Brook is likely so named due to the lowland meadows that are characteristic along its short course from the base of Creeper Hill to the Lower Bay of Kezar Lake. The largest meadow, approximately 100 acres, begins about halfway along its journey and is similar in character to the well-known and nearby Stow Meadows associated with Cold Brook. There are two smaller meadows that occur further downstream. The land preserved by the Long Meadow Brook conservation easement includes eight acres of

the second meadow and seventy-nine acres of surrounding upland forest.

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These meadow lands provide valuable hydrologic benefits that help to keep our water clean. The deep organic soils capture large volumes of storm water and filter it during a slow release back to the brook or into the groundwater. This slow release also provides consistent flow year round, thereby aiding aquatic life and wildlife. The fact that Long Meadow Brook is in a sparsely devel-

oped area means the water falling on the surrounding forestland is least likely to disrupt the functional integrity of the entire hydrologic system of the brook and the Lower Bay of Kezar Lake.

The Land is further described by the Wurms as "A network of stone walls, some gravel pits, evidence of timber harvesting and the foundations and cellar hole of the former Seavy School, remains of 19th century Mainers eking out a living in this somewhat remote area that belongs to the town of Stow. Those pastures had a commanding view across the brook toward the White Mountains from Kezar Lake North to Baldface, a view that is now almost completely obstructed but not lost on developers who owned the land before us."

"Shortly after we bought this land and once we had a forest management plan, we embarked on a Wildlife Habitat Incentive Program offered by the Natural Resources Conservation Service, a branch of the US Department of Agriculture. The program allowed returning some of the land to its 19th century status by creating two large meadows

*—continued on page 10*





Well, here comes summer again and a chance to get out on the land and water in our beautiful little corner of Maine. Once we get past the black flies, I know it's going to be great. The next big decision is going to be, where are we hiking or paddling today? When I head down to the office and talk with Tom about the condition of the trails, I am always astonished at the choices available. With nearly five-thousand acres of forest and lakes now protected by the GLLT and almost three thousand of those acres open for public use, I am reminded of how successful we have been since Dr. Howard Corwin started this endeavor in 1985.

Howard recognized from the beginning that education about the environment and the practice of protecting land for future generations would be important in realizing the success of the Greater Lovell Land Trust. As you know, we conduct an annual "Education Meeting" every August, not merely an "Annual Meeting." The emphasis on education has grown over the years and we now have available the services of an Education Director to manage the "Walks and Talks" program, which each summer treats almost eight hundred folks to stimulating adventure. For this summer, Bridie McCreavy has arranged for an eye-popping series of Wednesday evening talks at the Charlotte Hobbs Memorial Library and ten walks led by our docents, plus a bonus evening walk under the full moon, all as described on pages 6-8 in this newsletter. Don't miss the talk on American Chestnut trees, which once dominated our forests. It will be followed the next day by a walk on one of our properties to see a number of chestnuts that survived the devastation.

This year, we are continuing our intern program, supported in large part by generous anonymous donations. Once again, we will bring two student interns to the GLLT for the summer. Two local students will spend their summer helping in the office and tending to maintenance and construction tasks on our properties. Our interns will have long been active in the outdoors and will have demonstrated an interest in our conservation work. Please be sure to say hello when you see them on the trails or in the office.

On another note, the National Forest Service continues its planning for a management project in the area north of Lake Kezar, which includes the drainage area of Great Brook. They identify the project as Albany South and it is within the White Mountain National Forest. Great Brook currently supports a healthy brook trout fishery. It also provides extensive



spawning habitat for land-locked salmon, which are making a comeback under a restoration project described in the 2012 issue of *Land, Lakes and Us*. If the management project, which includes a significant timber harvest, is not carried out in accordance with the strict, scientifically developed practices supported by the Forest Service, it could present a potential threat to this important ecosystem.

The GLLT has been working with the KLWA, under the direction of Ray Senecal, to communicate to the Forest Service our concerns of potential damage to the watershed and to document the current conditions in the watershed. The services of fisheries consultants have been retained to study the fisheries resources and record baseline water quality data in Great Brook. Our consultants prepared an extensive report that was presented to the Forest Service staff in a meeting with representatives from both the KLWA and the GLLT present. A strong and open dialogue is under way and volunteers from both of our organizations will work on the ground with the Forest Service professionals during the summer to help with the continued monitoring of water quality in Great Brook and several other streams that enter the lake.

An initial public scoping (the Scoping Report) describing the project plan was published by the Forest Service and can be found on their Web site at [www.fs.usda.gov/whitemountain](http://www.fs.usda.gov/whitemountain). Look for SOPA reports under Quick Links. Go to the Current SOPA Report

and find Albany South for the latest details on the project. Field work and planning will continue until the publication in early 2014 of the "30-Day Comment Report," which will include an environmental assessment of the proposed action and alternatives to it. Comments from the public, including our organizations, will be accepted by the Forest Service during this thirty-day period. We will continue to work with the Forest Service professionals to limit the impact on the watershed while they work to accomplish their management goals of securing a healthy and diversified forest that will support a wide variety of flora and fauna for the long term.

Finally, I want to report to you that another large parcel of almost one-hundred acres has been added to the protected land, which we designate as the Western Wildlife Corridor. Known as the Long Meadow Brook Conservation Easement, this parcel helps to fill in the wildlife corridor that protects a large number of contiguous parcels encompassing hundreds of acres of woodlands, streams, meadows and hillsides. More information on this easement can be found on page one of this newsletter.

All of this great conservation work by the GLLT and our wonderful education program is made possible through the generous support of our members, the leadership of our able executive director, Tom Henderson, and dozens of dedicated volunteers. This is an organization about which we can all be proud to say "I'm a member."

Well, it has happened again! Another special moment presented itself and my son and I were lucky to play a part. This has been a rather traditional winter. Some will say it was a longer winter, others a colder winter; I am calling it a traditional but brutal winter. It began early and lingered, which has been brutal on the firewood needs of many (I burned a record 7 cords and ran out). And the cutting of next year's wood was all but impossible after the snow depth approached four feet. Area roads have been brutalized, which in turn, has been brutal on any vehicle that braved the broken surfaces. Our baseball coaches' meeting on April 1<sup>st</sup> was peppered with jokes about never being able to get onto the fields ever again. And the poor maple syrup producers—my yield was down to a mere 10% of any average year.

Maple syrup—that was the special moment I started to tell you about. Bernie is our resident barred owl, so named because we don't know its gender—Bernice or Bernard. He or she arrived in November and entertained us by sitting on a maple tree branch outside the bay window, perfectly framed in the center. My son would say, "Whooo is watching whooom?" The real theatre began when the sun started to set and the pesky flying squirrels that live in the attic exited for an evening of feeding. Bernie timed his flight to grab the squirrels as they landed on the trees beside the house. We watched the owl capture many, even a few in flight.

As winter wore on, the attic grew quieter with fewer squirrels. For three weeks, we did not see or hear Bernie. Our owl returned one day while we boiled maple syrup in the backyard sauna, converted each spring to a sugar shack. He took his usual position on the maple tree and waited. The following morning, I witnessed him make an attempt on a gray squirrel, which surprised me—I thought gray squirrels were too large to consume as owls swallow their prey whole. Later that morning, when we went out back to boil, we stopped short of the shack door. Bernie had taken up residence on the step, warming in the direct sun and residual heat from the previous day's boil. After taking several photos we tried to enter the shack. Of course, I had to go first, not one of my bravest dad moments, but Bernie let me pass within inches and soon my son got up his nerve. Bernie let us come and go



all day, sometimes appearing to sleep and sometimes perking up to listen to "Car Talk" or "Prairie Home Companion" emitting from the transistor radio in the shack.

As the sun's angle lowered, I became concerned for Bernie's well being. He hopped up on the shovel handle and later back down to the snow, clearly trying to remain in the full sun for warmth. I told my son that Bernie might be starving as our flying squirrel supply was depleted and the small rodents were staying under the deep snow where they could find plenty of food with no need to risk feeding above. I called my neighbor at the Elaine Connor's Center for Wildlife Rehabilitation and was thankful that Kathy said she had room for Bernie. Donning my thickest leather gloves, like they might actually protect me, I wrapped Bernie in a towel and placed him in large banana box. The owl gave us no trouble as my son covered the box and within minutes was in the capable hands of the rehabilitation center. Kathy asked if we wanted Bernie back after the snow melted and he/she was strong. "Of course!" I said. "Bernie made it this far cleaning out the flying squirrels. We need Bernie back."

So, this is the real reason I am calling this a brutal winter. While we can buy some heating fuel, take our vehicles to the shop or adjust the date of opening day, the critters cannot go to the grocery store when food is in short supply. The wildlife center has taken in starving owls, foxes and bobcats—all species that rely heavily on rodents for winter survival. Granted, the rodents are benefitting as there are winners and losers. In our case, my son and I will be rooting for Bernie and looking forward to more theatre and sessions of "Whoos watching whoom?"

Now for a little business. The GLLT is changing its Annual Educational Meeting format this year in hopes of increasing participation and attracting entire families. We will continue bringing a renowned speaker that compels and inspires, while offering a Family Fun Day in an outdoor setting. More details appear on page 4 and notifications will be mailed, e-mailed, advertised and posted on the Web site as they develop. Save the dates and bring along some friends.



# Celebration of Place, People & Nature

## Save the Dates!



**Friday, August 8<sup>th</sup>, 25<sup>th</sup> Annual Education Meeting  
with Jamie Williams,  
President of the Wilderness Society**

7:00-8:30pm

Charlotte Hobbs Memorial Library

A social hour follows the presentation with light fare and beverages.

**Saturday, August 9<sup>th</sup>, Family Fun Day—Celebration  
of Place, People & Nature**

Everyone is invited to come together for a fun-filled day of events and activities at the Heald & Bradley Ponds Reserve to celebrate the wonders of nature and our role in caring for it. All ages welcomed—bring the kids!

Beginning at 11:00am—Luncheon and more with Jamie Williams

Activities from Noon-2:00pm

## Great Volunteer Opportunity

Consider becoming a GLLT Docent

The GLLT is currently recruiting new volunteers to join our spirited and knowledgeable docent team in delivering a delicious smorgasbord of outdoor nature programs for all ages. Joyce White, a retired GLLT docent wrote in our Spring 2013 Newsletter; "I would like all perspective docents to know that our natural world opens up, expands dramatically with the docent program as we are exposed to the acquired knowledge of other docents and participants under the enthusiastic leadership of Bridie McCreavy. It is fun! And we aren't expected to be experts; we aren't expected to remember it all."

The GLLT Environmental Education program is a signature program that has been serving our communities for nearly three decades. The foundation of its success is the many volunteer docents who have shared their time, talents and knowledge over the years. Anyone with a love of the natural world and a desire to learn and share will find training and becoming a docent a rewarding personal experience. Whether its butterflies or birds, wildflowers or wildlife, dragonflies or frogs, whatever your interest—the docent team will guide you to develop your interests into passions that will last a lifetime. Consider joining the team.

If you would like to join our docent team, contact Leigh Hayes: [cricketchirp@roadrunner.com](mailto:cricketchirp@roadrunner.com)



## Join and Become a Member of the Greater Lovell Land Trust!

by Lawrence Goff, Membership Chairman

For over a quarter of a century, the GLLT, with membership support, has conserved 4,874 acres of some of the region's finest forest, farms and wetlands and preserved critical habitats for several rare, threatened or endangered species. We make available to the public nearly 2,400 acres for traditional uses such as nature observation, fishing and hunting, while maintaining twelve reserves with over 26 miles of hiking trails for all to enjoy. In addition, we offer thirty environmental education programs that are free and open to all ages year-round.

When you join the GLLT, you share the vision of like-minded citizens who want to protect the ecosystems of Kezar Lake and adjacent watersheds by promoting an appreciation of natural resources and responsible preservation, conservation, stewardship and the development of public policy. Your continued support assists us in continuing to do real and meaningful land conservation and to deliver high-quality educational programs. Please take a moment to fill out our membership envelope, and send it back to us with a check enclosed. By joining now you demonstrate a shared vision for land preservation and stewardship projects in the watersheds of Lovell, Stoneham, Stow and Sweden. Your support is invaluable—Thank you!



## Be Prepared

Directions to the GLLT properties are listed on our Web site at [www.gllt.org](http://www.gllt.org). You'll also find brochures for the properties posted outside the office at 208 Main Street, Lovell.

Whether you are joining one of our guided walks or venturing off on your own, please wear appropriate clothing and good walking shoes. Be sure to bring water and bug repellent. Due to the increased incidents of Lyme Disease in our area, we strongly encourage you to wear long pants.

**Cancellation Policy:** Please call 207.925.1056 if you have a question about cancellation of a walk due to weather. You may also contact us via e-mail at [info@gllt.org](mailto:info@gllt.org).

## Guidelines for Walks

- An active walk is on developed and rough trails up and down hills
- A casual walk is on developed trails on mostly level terrain
- A senior walk is designed for those who prefer a relaxed experience on easy terrain
- A family walk is designed especially for families with school-age children
- Please note that pets are not invited on guided walks



# Guided Outdoor Programs

## Saturday, May 3<sup>rd</sup>, Noon to 2pm, Heald & Bradley Ponds Reserve (meet at Flat Hill Trailhead)

The golden window between thaw and Mother's Day black fly hatch offers the perfect time to get outside and notice the season as it unfolds. In this walk, docents will look for the earliest spring wildflowers pushing up through the leaf-covered forest floor and other spring happenings. **Activity level:** Gentle with limited elevation change and relatively even terrain.

## Thursday, July 10<sup>th</sup>, Full Moon Walk, 7:30pm, Chip Stockford Reserve (Full moon rises at 6:30 pm)

Night walks offer a unique opportunity to experience the natural world in a whole new light, in this case by the light of the moon. Join the docents for an evening investigation of the moon, the sky above, and the sounds of a night-time forest. This walk will include sensory activities to help participants feel more comfortable, aware and alert in the darkness. **Activity level:** Moderate with some uneven terrain with limited visibility.

## Thursday, July 17<sup>th</sup>, 10am to Noon, Back Pond Reserve

The Back Pond Reserve may be a bit further afield, but the drive to this corner of the Five Kezars Watershed is worth it for the gentle and scenic trails and the wild woods of this remote corner of the world. This walk focuses on the natural history of the season, with special attention to summer wildflowers. **Activity level:** Moderate with some uneven terrain and off-trail walking.

## Thursday, July 24<sup>th</sup>, 9 to 11am, Sucker Brook Outlet Reserve (Eastern side of the John A. Segur Wildlife Refuge)

On this walk, docents will lead participants through the woods to two special viewing areas where the lower end of Sucker Brook meets the Lower Bay. From these areas one may appreciate the beauty of the brook and the surrounding area. Sucker Brook offers diverse habitat with upland forest and ample wetlands perfect for investigating beaver and moose sign, and for special late-blooming flowers adapted to these environments. This hike will cover 2-3 miles at a leisurely pace.

**Activity level:** Moderate with some uneven terrain.

## Thursday, July 31<sup>st</sup>, 10am to Noon, meet at the Charlotte Hobbs Memorial Library

In this walk, participants will explore the intersecting lives of insects and amphibians who share a watery habitat and exhibit similar metamorphic patterns. We will use fun tools like microscopes, nets and trays to learn more about pools and the life therein. Families are encouraged to attend and rubber boots are recommended. **Activity level:** Moderate with some walking over uneven terrain.



## Thursday, August 7<sup>th</sup>, 9 to 11am, meet at the Charlotte Hobbs Memorial Library (location TBD)

The American Chestnut was once an important tree in the northern forest, though it has largely disappeared following the introduction of a fungus blight in the early 1900s. A few chestnut holdouts, however, remain in part due to natural variation and human efforts to bring them back. This walk follows the evening talk and will explore a local grove of chestnuts. **Activity level:** Moderate with some steeply sloped terrain and off-trail walking.

## Thursday, August 14<sup>th</sup>, 9 to 11am, Heald & Bradley Ponds Reserve (meet at Flat Hill Trailhead)

This walk follows David Brown's evening lecture on animal sign and behavior. Participants will explore different types of sign, starting at the ground looking for tracks and scat. The gaze will then be directed to the trees to learn more about bark as a way to identify species. In an eco-approach to animal track-

ing, participants will learn to connect the animals in the forest with the trees that help provide their necessary habitat. **Activity level:** Moderate with some walking over uneven terrain.

## Wednesday, August 20<sup>th</sup>, 10am to Noon, Kezar River Reserve

The trails at the Kezar River Reserve wind through flat and sloping terrain, which has been shaped by the steady forces of nature since the last glacier receded from our landscape 10,000 years ago. This walk will focus on the unique geology and how this terrain provides habitat to animals that inhabit this area. **Activity level:** Moderate with some steeply sloped terrain.

## Thursday, August 21<sup>st</sup>, 10am to Noon, Wilson Wing Moose Pond Bog Preserve

While seemingly small on the surface of things, mushrooms are some of the biggest organisms in the forest, both for the size of their sprawling root system and for the importance for the entire ecosystem. The walk will focus on mushrooms and forest ecology and not on their culinary uses (and dangers!). **Activity level:** Gentle with limited elevation change and relatively even terrain.



## Thursday, Sept. 4<sup>th</sup>, 9am to 1pm, Shell Pond (meet by the gate on Stone House Road off Route 113)

Shell Pond is nestled at the foot of the White Mountains and the loop features scenic views of the north and south Baldfaces. If time allows, this hike will include a short trip to Rattlesnake Gorge, a little-known swimming hole that is breathtaking in multiple ways. **Activity level:** Moderate with some elevation gain and a limited amount of off-trail walking over relatively even terrain.

# Natural History Evening Programs

## at Charlotte Hobbs Memorial Library

All evening programs occur on Wednesdays and begin at 7:30 pm

## July 9<sup>th</sup>, Sedges of Maine with Matt Arsenault

A new field guide for identifying and understanding the sedge species in Maine is now available for professional and amateur botanists alike. *Sedges of Maine: A Field Guide to the Cyperaceae* is meant to bridge the gap between overly technical and overly simplified manuals for identifying sedge species, one of Maine's largest families of plants. *Sedges of Maine* is the result of a collaborative effort and Matt Arsenault, a botanist and ecologist with Stantec Consulting of Topsham, will introduce the audience to the intricate beauty and natural history of sedges in this informative talk.

## July 16<sup>th</sup>, The Uncommon Common Loon with Bonny Boatman, (KLWA co-sponsor)

The call of the common loon, *Gavia immer*, is the sound of the northern Maine woods, as anyone who has ever spent time listening to these hauntingly beautiful calls can attest. While loons are graceful and adept in water, they are mostly incapable of walking on land, earning them their common name, likely derived from the word "lumme" meaning "lum-mox." Bonny Boatman, whose presentations always combine a mix of science and creativity, will further explain the life history and conservation issues related to this iconic bird.

## July 23<sup>rd</sup>, Environmental Communication for Conservation with Bridie McCreavy

The field of environmental communication offers many ideas for people working to promote conservation. In this talk, Dr. Bridie McCreavy will provide an overview of the field and offer practical advice for people who are interested in improving their environmental communication. She will also share some of her research on environmental communication and collaboration throughout Maine. This talk is geared for those working in local communities on sustainability-related issues who want to learn more about constructive approaches to improved communication.



## August 6<sup>th</sup>, The American Chestnut with Kendra Gurney

The goal of The American Chestnut Foundation is to restore this tree to eastern woodlands for the benefit of environments, wildlife and society. Kendra Gurney, who joined this organization in 2008 as the Regional Science Coordinator for New England, will describe this group's efforts, the important role this species once played in eastern forests, and their multiple efforts to restore it to its once widespread status. Kendra has an MS in Natural Resources, Forestry from the University of Vermont and her master's research focused on American chestnut restoration. This talk will be followed by a walk the next day to explore a local site containing chestnuts.

## August 13<sup>th</sup>, Track and Sign Identification: Back to Basics with David Brown

Was that a fox, coyote or the family dog that

left its tracks in your backyard? David Brown, creator of Trackards for North American Mammals and author of *The Companion Guide to Trackards*, will discuss the basics of wildlife track and sign identification. This slide program concentrates on the kind of animal evidence likely to be seen in the summer on the GLLT properties and other habitats in the Lovell area.

## August 20<sup>th</sup>, Factors Affecting Lake Water Clarity, including some amazing little lake creatures with Peter Tobiessen (KLWA co-sponsored)

In this talk, Dr. Peter Tobiessen asks and answers three important questions: How can we tell when a lake's water quality is deteriorating? What can we do about it? Is Kezar Lake at risk? His analysis of these questions is supported by the publication of his book, *The Secret Life of a Lake: The Ecology of Northern Lakes and Their Stewardship*. This book is geared for the curious lake enthusiast who wants to know more about how a lake works and something about the really cool creatures that inhabit lakes. Dr. Tobiessen has a PhD in plant ecology from Duke and taught at Union College in Schenectady, NY, from 1970 through 2006. He wrote *The Secret Life of a Lake* to inform readers about the fascinating things that are going on beneath their canoes and foster a conservation ethic that grows from fascination.





# Family Programs

## at Charlotte Hobbs Memorial Library

### Friday, July 25<sup>th</sup>, 1pm The Barred Owl

Hearing a barred owl in the woods might cause one to stop and wonder if monkeys have found their way to Maine, such is the varied and complex sounds they make. In this family program, Bonny Boatman will describe the life history of the barred owl, so named for the striped pattern on its breast and one of just a few resident owls in Maine.



plant label signs identifying common flowering plants, ferns or trees along the trail. Each plant label shows a picture of the plant, plus the key identifying characteristics you will observe. The trail is easily accessible over flat ground.

### Special Workshop July 30<sup>th</sup>, 9 am, Poetry Writing Workshop with Judith Steinbergh (location TBD)

Writing poems about the natural world allows us to observe, reflect on, and shape our relationship to the environments that sustain us. In this workshop, renowned poet Judith Steinbergh will share her love of and expertise in poetry writing to cultivate sensory awareness and creative expression. Participation in this program is limited, so please register by e-mailing [bridie.mcgreavy@maine.edu](mailto:bridie.mcgreavy@maine.edu) or call the GLLT at 925-1056.



### Friday, August 1<sup>st</sup>, 1pm The Uncommon Common Loon

Kids who have the great fortune to know the call of the loon will often practice calling back. In this program, Bonny Boatman will introduce families to the iconic call of the common loon, *Gavia immer*. She will share interesting facts and creative stories to inspire awareness and care for this important bird of the northern forest.

### Self-Guided Nature Trail

In addition to the Guided Walks, the GLLT also offers two Self-Guided Nature Walks with signs describing features along the trail. One is permanently located at the Wilson Wing Moose Pond Bog, where signs identify interesting things to observe as you walk along. The second Nature Walk is located at a different GLLT preserve each year and this year has been placed along the handicapped-accessible Homestead Trail at the Heald/Bradley Pond Reserve from July 1 through Labor Day. You will find 15 to 20



# Profile in Volunteering

Volunteers helped start the Greater Lovell Land Trust and they continue to contribute a significant portion of their skills, time and talent each year by leading walks and hikes, giving talks, maintaining trails, serving on the Board of Directors, stuffing envelopes and assisting with a variety of other tasks.

We are very fortunate to have so many volunteers working with us to help meet our mission to protect the ecosystems of the Kezar Lake, Kezar River and Cold River watersheds in perpetuity for the benefit of this region's natural and human communities. The GLLT would like every member of our community to get to know these valued volunteers and to appreciate the expertise and dedication they've contributed to our efforts toward preserving and protecting our land and resources. We truly appreciate the effort of all of our hard working volunteers. Ann Johnson is one such person. For many years Ann has attended walks and hikes, rarely missing one. That led her to become a docent, conducting guided walks on GLLT properties. Below, Ann shares what the GLLT means to her:

"Wandering in the woods/nature has been a constant in my life. As a child I often took a path to school through a wooded shoulder of land that bordered an ancient narrow gauge railroad track. During the summer, I played on the shore of Boston Harbor or "tried to get lost" in the woods near our cottage in New Hampshire. While a student in West Virginia, I stumbled on abandoned stills in hills near the college I attended. For a dozen summers, I led campers on hikes, bike rides and canoe trips in the Fryeburg, Lovell and Evans Notch area.

My path was destined to cross a GLLT trail. I cannot recall how long ago the first encounter happened, perhaps as many as twenty years ago. One spring day, I noticed a green sign pointing into the woods on Route 5. I went into the parking lot to investigate. The kiosk was bare, but I walked along a trail for quite some time before I turned around. Later that day, I discovered twenty-two wood ticks hitching rides on me.

I cannot recall how I learned about the weekly summer hikes. Maybe I saw a poster at Rosie's or the library. My association with the GLLT has been an extraordinary learning experience. Experiential learning is the most effective for me. I need to over-learn things



and have frequent review. Always, the docents were extremely patient with my constant requests for repetition. I do not recall how long I have been a GLLT member, but I have newsletters dating back to 2007. I attended so many hikes that it became a joke that I was a docent. I actually became a docent when Bridie became the education director. The training she provided and the support of other docents made me feel comfortable in the docent role.

I relish the varied and multi-layered learning opportunities supported by the GLLT. I have enjoyed courses in natural history, Wednesday evening programs and the annual meetings. All taught me a deeper understanding of the natural world.

Each year I look forward to the annual meeting. It is one of my favorite days of the year! I am always thrilled to learn about the progress the GLLT has made during the previous year to protect the land, water and wildlife that are so important to my quality of life. I learn about the challenges that the GLLT faces in carrying out its mission at the same meetings, but I am heartened by knowing that there are folks addressing these important issues.

No one trail or property is my favorite. My favorite is the one I am experiencing at the moment. I gravitate toward developing my knowledge of edible and medicinal plants because of the practical value of such knowledge, but the content of each walk is of

interest to me. The rewards I experience during GLLT events are multiple. Cardinal flowers, a line of red and white lights wending through the woods on an owling night, bear claw markings, critter prints in mud or snow, a parent and child discovering an edible plant are the varied joys that keep me involved. Being aligned with the GLLT supports key values in my life, especially the mental and physical health benefits of being in nature and reverence for the interdependent web of life."

When you are on a walk this summer, look for Ann and let her know that you appreciate her commitment to accomplishing our mission. We can't do it without people like her.





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within the forested areas to add diversity and enhance wildlife. We have planted fruit trees and structured a native wildflower meadow with butterflies and pollinators in mind.”

“In addition, with the help of family and friends, we created a network of trails which allow us to explore the area on foot or on skis. Most inviting for bird and wildlife observation are several spots along Long Meadow Brook where we have seen otters, wood ducks and a variety of song birds. Depending on the season, the brook can be negotiated with a short kayak or canoe, but beaver activity is unpredictable and water levels change frequently.”

“To preserve this land through the gift of a Conservation Easement to the GLLT was a family decision between the two of us and our three daughters and their families. It can remain within our family for generations to come, but its future utilization is clearly defined and documented. It is to be shared with the public; it can be tended, managed and improved. It will remain open to hunters and the main access road will remain open to connect with the Interstate snowmobile trail skirting our property to the north. There is a provision for a single family dwelling, but nothing more and it cannot be exploited commercially. Its use will be under the watchful eye of one of our Land Trust’s stewards who will inspect and report annually.”

“Although the process to get this accomplished was more complex than anticipated, we are happy with the prospect of preserving a very special place, which happens to be a small but strategic building block in the conservation effort of our Land Trust.”

The GLLT is grateful to Linda and Heinrich, their three daughters and their families for the vision they share with us for the continuation of a natural world where all living things can thrive.



## Growing the Library

We want to grow the GLLT library. Currently, our collection is small, but it serves as a wonderful resource for all. Specifically, we’re looking for gently used or new books with conservation and nature themes.

If you’d like to donate a book in addition to your annual contribution, we’d greatly appreciate it. We’ll place a bookplate inside each book acknowledging the donor.

The following is a list of books we would love to add to the collection. You may know of others as well. Please contact Tom Henderson if you choose one of these, so we can avoid duplication.

*Naturally Curious* by Mary Holland

*Reading the Forested Landscape* by Tom Wessels

*Nature Guide to the Northern Forest* by Peter J. Marchand

*National Audubon Society: Field Guide to New England* by Peter Alden and Brian Cassie

*Newcomb’s Wildflower Guide* by Lawrence Newcomb

*Sedges of Maine: A Field Guide to Cyperaceae* by Mark Arsenault

*Common Mosses of the Northeast and Appalachians* by Karl B. McKnight, et al

*Peterson Field Guides: Ferns of the Northeastern and Central North America* by Boughton Cobb, et al

*The Sibley Field Guide to Birds of Eastern North America* by David Allen Sibley

*Fascinating Fungi of New England* by Lawrence Millman

*The Tree Identification Book* by George W.D. Symonds

*Bark: A Field Guide to Trees of the Northeast* by Michael Wojtech

*Lichens of the North Woods* by Joe Walewski

*Maine Amphibians and Reptiles* edited by Malcolm L. Hunter, Jr., Aram J. K. Calhoun and Mark McCollough

*A Field Guide to the Animals of Vernal Pools* by Leo P. Kenney and Matthew R. Burne

*The Companion Guide to Trackards for North American Mammals* by David Brown

*The Next Step: Interpreting Wildlife Tracks, Trails and Sign* by David Brown

*Guide to Animal Tracking and Behavior* by Donald and Lillian Stokes

*Tracking and the Art of Seeing: How to Read Animal Tracks & Signs*

by Paul Rezendes

*Field Guide to Tracking Animals in Snow* by Louise R. Forrest

*A Guide to Winter* by Donald W. Stokes

*Roadside Geology of Maine* by David Caldwell

*The Stars: A New Way to See Them* by H. A. Rey

## News From the Kezar Lake Watershed Association

by Ray Senecal, President

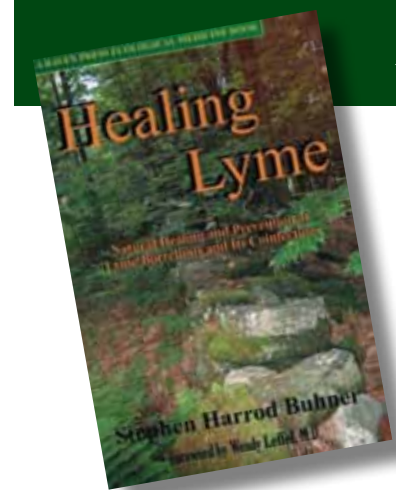
I’m feeling good! It’s not because finally we are starting to see spring, but from Maine’s environmental standpoint, I am optimistic. The progress that I see was amplified April 1 at the annual Maine Water Conference. There were nearly 200 scientists, students and citizens gathered and they showed that remarkable work is going on to safeguard/improve Maine’s resources. Examples of advances are numerous. Examples of success can be seen by new laws and work to increase funding for milfoil, and to protect vernal pools, ash trees from Emerald Borers, loons from lead weights/ jigs, and communities from flooding by enhanced emergency plans and culvert programs, to name a few. Researchers are addressing and communities are implementing actions for many important Maine resources such as clean beaches in Ogunquit, drinking water sources in Sebago, and clam and smelt threatened by significant declines lately.

I was very impressed by the excellent work that universities, towns and state experts exhibited at the conference, and the new scientific tools employed.

Community lake and land groups are key to driving these efforts and successes locally and very importantly at the State level.

KLWA and GLLT continue to work strongly together to stay up to date and work on the key priorities. Our two organizations have many joint programs to protect the lands and waters in our watershed, which you’ll see detailed in the newsletters. Please join KLWA at our annual meeting on July 12th and at GLLT’s August meeting. We ask for your support, especially in joining us to work on these many important programs.

## Book Review



fers a satisfying overview of the book and of the controversy within the medical community about diagnosis and treatment. The author dedicates the book to “those people whose doctors told them it was all in their heads.”

The first section explains in detail the wily ways of the spirochete that causes Lyme disease—*Borrelia burgdorferi*—its life cycle, hosts and coinfections. Buhner suggests that if a reader isn’t interested in the science of it, that he or she can skip to the next section. I found, however, that that information, though difficult, was valuable in understanding the clever evolutionary tactics this ancient organism uses to survive.

After spirochetes enter a human body, they immediately begin spreading through tissues, which results in the “bull’s eye” rash that some 37% of infected people get; the infection spreads in larger and larger circles.

“Because the spirochetes have various subspecies, because every human immune system is different and because the spirochetes go to different sites in different numbers in different people, the symptoms vary widely” from fairly mild to devastating.

For some people, the conventional antibiotic treatment works well but Buhner describes

some plant medicines that he has used successfully, sometimes in conjunction with antibiotics. He is a master herbalist and much of his work focuses on indigenous, herbal and alternative approaches to healing, as well as deep ecology. Quoting many clinical trials, he makes a convincing case for the herb astragalus in preventing and treating the many varied symptoms of the disease.

His belief in the ability of astragalus to prevent infection with the Lyme spirochete sheds light on a personal experience with an imbedded Lyme tick. When I discovered it, it was dead and not engorged. Since there was a small red ring around it, I did take the prescribed antibiotic. With Buhner’s information in mind, I now expect that because I had been taking astragalus to prevent colds that I had been exposed to, that tick got a dose of astragalus along with its blood meal, and began to spread the infection but died an early death.

Buhner’s whole-healing and prevention protocols include other plant medicines as well as a series of supplements. I highly recommend this book for all people who participate in outdoor activities where Lyme disease is prevalent.

### Healing Lyme: Natural Healing and Prevention of Lyme Borreliosis and Its Coinfections

By Stephen Harrod Buhner  
Raven Press, 2005, \$19.95

Reviewed by Joyce G. White

*Healing Lyme: Natural Healing and Prevention of Lyme Borreliosis and Its Coinfections* by Stephen Harrod Buhner presents the best information I have seen about understanding, treating and preventing Lyme disease. The forward by Wendy Leffel, MD, of-



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### **contact info:**

Tom Henderson, Executive Director,  
207.925.1056, [tom@gllt.org](mailto:tom@gllt.org)  
Bridie McGreavy, Director of Education,  
[bridie.mcgreavy@maine.edu](mailto:bridie.mcgreavy@maine.edu)  
Leigh Macmillen Hayes, Editor,  
[cricketchirp@roadrunner.com](mailto:cricketchirp@roadrunner.com)



The Mission of the Greater Lovell Land Trust is "To protect the ecosystems of the Kezar Lake, Kezar River and Cold River watersheds in perpetuity for the benefit of this region's natural and human communities."

