



Community Partners in Youth Education

By Tom Henderson

Photo: MESA

Esker. Drumlin. Headwall Erosion. Intrusions. Pothole. Kettle Hole. Are you familiar with these geological terms? You would be if you were one of the 27 students enrolled in the Maine Environmental Science Academy (MESA) at Molly Ockett Middle School in Fryeburg. MESA is a program, in my words, for students who perform best academically through experiential learning versus the traditional school setting. In the fall of 2013, the Land Trust was approached to be one of many community partners to help create, support and deliver engaging environmental curriculum for the students.

Jane Lansing, guidance counselor at Molly Ockett Middle School and a Land Trust director, met with me in September of 2013 to explore the GLLT's interest in becoming a community partner. Jane had witnessed first hand the results of the new program and her enthusiastic descriptions of the students' results had my full attention. We both quickly agreed that the GLLT could be an effective partner through its experience in program delivery and a land base to support many disciplines and topics of interest in environmental education. Within a matter of days I met with the MESA staff to point out the many scientific curriculum offerings that the GLLT lands could support. It became clear to me from the energy in the room that day, that the GLLT would soon be embarking on a new community partnership serving a segment of some of our youngest constituents.

The following is taken from the MESA Web site: "MESA offers students with an organized opportunity to become successful academically in an experiential environmental stewardship-based curriculum and to develop leadership skills and potential. The objective of the program is to give students the opportunity to learn about their surrounding environment; to be introduced to the common core

standards through authentic experiences that bring standards to life; and to provide personal growth opportunities [to] students in the skill areas of leadership and teamwork."

The topic for the fall 2013 semester was watersheds. The GLLT worked with MESA teacher, Jotham Oliver, his staff, and volunteers from the Kezar Lake Watershed Association (KLWA) to offer two projects to the students: Salmon Spawning Survey of Great Brook and the KLWA Loon Nesting Program. That is right! The loon nesting platforms that were constructed for Bradley and Horseshoe Ponds and Kezar Lake were built by the MESA students under the capable direction of their MESA Applied Technology Teacher, Roger Wheeler, and with the help and supervision of KLWA and GLLT volunteers Ed Poliquin and Heinrich Wurm.

After our first collaborative program in October 2013 at Great Brook, KLWA volunteer Ed Poliquin stated: "These kids are amazing!"

The plan for the field trip was to walk Great Brook from the Hut Road bridge to the Dwyers Falls impediment to survey landlocked salmon spawning activity. The students arrived prepared to witness what they had discovered from their research. Each was fully equipped for the chilly rain that attempted to dampen the day. Our journey up Great Brook was delayed for over half an hour while the students lobbed dozens of questions at Ed, the MESA staff and me, clearly having done their homework. When I told them landlocked salmon are not indigenous to Kezar Lake but introduced—they were surprised but understood the term. Ed led the search for salmon redds and evidence of recent spawning activity while I pointed out other aspects of stream ecology like the evidence of the leaf cutters and other invertebrates that eat organic matter that accumulates in the stream and then serves as food to support the salmon and brook trout.

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Photo: KLWA

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President's Message by Rob Upton, President

Lunch was arranged in a forested floodplain swept clear of leaves and twigs from a recent high water event. Wide eyes, open mouths and a few grins erupted as I pointed out the deposition of the flood debris, a full eight feet above the floodplain lunch spot. Our study ended at Dwyers Falls, where we lingered long enough to absorb its beauty and all that we had learned from our time together.

The MESA staff selects a topic or theme for each semester and the fall 2014 choice is geology. In September, I again met the MESA students and staff; this time at the Kezar River Gorge to visit the impressive pot hole, which is defined by James Walter Goldthwait, Lawrence Goldthwait and Richard Parker Goldthwait in "The Geology of New Hampshire, Part 1-Surficial Geology" as "A smooth, circular hole a few inches to twenty feet across drilled into a stream channel of solid bedrock by churning water." The Kezar River pothole exceeds the definition's top range of diameter, perhaps reaching 35-40 feet across, and is created through solid granite. Here, the students learned how water, whether in solid or liquid form, interacts with geology to form natural features on the landscape and provides for special habitats and cool places to visit.

Aside from the wonderment and beauty of the carved amphitheater, the students witnessed intrusions or magma flows that resulted in weakness and decay of the stone caverns that the water passes through. Their geology research had just begun and though drumlins and eskers were not yet familiar terms to them, each was discussed and they were oriented to such familiar features in their neighborhoods for future exploration. Time did not permit a visit to the GLLT's Kezar River Reserve to study the glacial lake depositions, headwall erosion and quicksand—all special geological features present on the reserve. A future field trip is being planned.

Ed was right when he said, "These kids are amazing!" Jane was right too. Becoming a community partner with the MESA program is a good fit for everyone. With the help of the dedicated staff at MESA, the GLLT looks forward to further program delivery as a sustaining community partner for the kids.

MESA staff include the following: Jotham Oliver, Megan Barry, Carolyn Myers and Roger Wheeler



When I first moved to Lovell approximately five years ago, I had never heard of the Greater Lovell Land Trust and had no idea what it did. What I did notice very quickly, however, was the abundance of wildlife in the area. We would regularly see stunningly beautiful coyotes and often wake at night to their howling. We had regular visits to our backyard from moose, deer and occasionally bears eating our wild blackberries. Turkeys were abundant; bald eagles nested in the tall pines around Kezar Lake; and golden eagles and other raptors soared in the sky over our house. Because I am a fly fisherman who loves to fish small streams and ponds off the beaten path, I also noticed a number of signs for trail systems which might access some of those waters.

It did not take me long to discover that many of the trail systems we were hiking on existed in Lovell and the surrounding towns, in part, because of the efforts of the Greater Lovell Land Trust. When I went to the Web site of the Trust and read about its mission and the work that it was doing pursuant to that mission, I was hooked. The more I learned, the more I understood that the wildlife we were seeing were thriving throughout the region and that the Land Trust had a plan to ensure native populations continue to thrive. As a result, it was very easy for me to accept with great pleasure when I was asked two years ago by then President Bob Winship to join the Board. As a member of the Board, I

learned of the remarkable vision of the Trust's early leaders and how that vision remains at the core of what the Trust seeks to achieve today. Their work in pursuing the mission of the Land Trust has been inspirational to me and the other members of the Board.

As the new President of the Board, I have two primary goals. The achievement of the wildlife habitat and corridor project that the Trust has embarked upon is essential to the region's natural and cultural resources and dear to my love of the area. Native wildlife populations remain vibrant here thanks to the good land stewardship decisions of generations of families who have left us with something to appreciate and preserve for future generations. The Land Trust's vision to create a network of nature reserves and connected corridors between them needs to be completed and enhanced where possible. Central to this goal is continuing and expanding our remarkable educational programs lead by our new Education Director, Leigh Macmillen Hayes, and her wonderful group of docents. It is only through education that our Trust can foster an understanding and appreciation for the natural world that sustains us.

I look forward, as President to working with Executive Director Tom Henderson, the other members of the Board, as well as local government boards and committees to achieve these goals.



Notes from the Desk by Tom Henderson, Executive Director



One of the most interesting aspects of my work is greeting and meeting people who stop by the office in search of interesting outdoor adventures in the area. One such carload recently included two young couples from Pennsylvania who were staying at a lodge in Waterford. The innkeeper told them the GLLT was the "go to place" for hiking information and opportunities in the area. I thought to myself, "Now that is a fine reputation to have."

They were particularly interested in longer hikes with summit destinations for great viewing. I directed them to several locations, described the trail conditions and attributes, and showed them photos to further encourage them. It was pleasing to encounter them the following day, having just completed The Mountain Trail at Back Pond Reserve, which offers some of the finest views around. "It has all been great," they said. "We choose a great place to spend our vacation."

Another recent visitor was a professional painter from southern Maine. He is a landscape painter and the reputation for the area's stunning landscape had drawn him here. He held a copy of each of our trail maps that he had printed off the Web site. Each was marked to indicate places he thought might provide the visual landscapes he wanted to visit and capture. I was able to verify many of his choices and direct him to others, such as the viewing sites on the banks of Sucker Brook and the Kezar River Reserve.

In Scouting we referred to our teaching and training of young people as "Guided Discoveries." Many drop-in visitors to the office have a good sense of what they are looking for. Others clearly need some guidance, especially families with young children or often couples, uncertain but excited about new adventures outside of their family

These front porch conversations usually wind down with people saying, "You are so lucky to have such a beautiful place to live." I agree by telling them that we are grateful to those who came before us, generations of families who cared for the land and left us something worth keeping and appreciating.

city settings. This latter group is particularly fun to engage with as they seem joyful, even giddy at the many grand adventures from which to choose. With them, I am reminded of my own teaching: "You don't get into the third aisle of a grocery store and ask your toddler what they want for dinner—a crisis will ensue. Ask them before you get to the store, 'Do you want lasagna or burgers for dinner?' Guide their choices in what can be an overwhelming environment."

After greeting visitors and introducing myself, I ask, "May I help you find a particular experience?" Depending upon the response, I begin to guide their choices: "Short walk or long hike? Uphill or flat terrain? Summit with

a view or forested wetland with wildlife? Cultural features (stonewalls, cellar holes, etc.) or large trees? Moose or birds? Waterfalls or peaceful forest glades?"

The options are many and often more than they imagined. Their excitement grows and eventually they joyfully depart with trail maps marked with arrows, circles, Xs and word prompts and the road map brochure with directions to each of the GLLT properties.

I am reminded by these people engagements of a teaching from my Recreational Management course at the University of Maine. "When people plan outdoor recreational vacations, the planning and anticipation of the trip is as valuable to the experience as the actual vacation. In fact, it can turn out to be better than the actual vacation." My professor said: "People dream about where they are going, what they will do and what they will see, without realizing that the real anticipation is how being in nature will make them feel." Being the "go to place" means helping enthusiastic outdoor adventurers realize the feelings of being in nature that they seek.

These front porch conversations usually wind down with people saying, "You are so lucky to have such a beautiful place to live." I agree by telling them that we are grateful to those who came before us, generations of families who cared for the land and left us something worth keeping and appreciating. I find it a fine way to fuel their enthusiasm and keep the feelings alive in their hearts and minds during their time here.



Photo: Anna Römer

Thanks to all writers who participated in the July 2014 Poetry Workshop: *Caring for Our Earth* sponsored by The Charlotte Hobbs Library, the Greater Lovell Land Trust, and Hewnoaks Artist Colony. These poems evolved from a morning of reading, thinking, and writing about aspects of the natural world. —Judy Steinbergh



Photo: Susan Welchman

These and other poems may be seen on the library's Web site: www.hobbslibrary.org/poetry-workshop-2014

Matins

by Susan W. Golder

A still lake in quiet slumber
 stirs,
 lifts its gossamer veil of mist,
 laps a gentle ripple,
 then a rhythmic flow . . .
 a hypnotic refrain.
 Fish twirl.
 Trees hum.
 A distant loon sends a tide of tremolos.
 In silent witness, I wait; I listen . . .
 Then suddenly, in that space, I catch the call.
 Come.
 Come.
 My paddle, slow and steady, leads me into
 the circle of morning's song.

Clouds

by Heinrich Wurm

Frozen layers of grey,
 playmates of the wind.
 Rolling across mountain peaks,
 shaped by forces beyond us.
 Threatening to some,
 salvation to others.
 Buffering sunlight,
 dowsing a plain -
 mantle of the universe.

My Home

by Anna Römer

My paper home will be destroyed.
 Its safe thin walls,
 its dark small hallways,
 its watertight chambers.
 No more happy humming,
 No more sharing of food and sex and offspring.
 The shaking of the ground,
 The roar of the saw,
 The screeching of the crow,
 The fleeing of the squirrel,
 They tell me my paper home will be destroyed.

This past spring when Bridie McGreavy announced her resignation as Education Director for the Land Trust, I was invited to direct the education programs going forth. I'm excited about the opportunity to continue the legacy of Bridie and before her, Kevin Harding. Big shoes to fill, for sure. But . . . I've been a volunteer for about five years and have learned the ropes from the finest group of people, the docents.



The GLLT is graced with a dedicated group of naturalist educators who lead guided walks to introduce you and your family to the beauty in the Greater Lovell area. Individually and together, we spend hours locating and identifying species, from ferns and forbs to trees, mushrooms and amphibians—all to better educate ourselves and you. Before each walk, we explore trails and prepare for your visit. In addition, we gather examples of species and other materials to help you understand and interpret what you see before you.



This past summer we offered nine docent-led walks and the sun shone brightly on all but one. For that one, the first walk of the season, it was moonlight that led the way. Kicking the summer off with a night walk awakened participants to the use of our senses at a time of day when we couldn't depend on sight. The mosquitoes buzzed in our ears, but we had fun touching, sniffing, tasting and listening to the night world that surrounded us.



Other highlights of summer walks included viewing wildflowers through a hand lens, examining the remains of a moose skeleton, discovering carnivorous pitcher plants, getting up close and personal with an American chestnut tree, wondering about the geological features of Kezar River Reserve (this walk was featured in an *Outdoors* article by Deirdre Fleming of the *Portland Press Herald*), delving into the world of mushrooms and learning how to make a cast of a bobcat print. We also offered a self-guided nature walk on the Homestead Trail at the Heald/Bradley Pond Reserve.



On Wednesday evenings at the Charlotte Hobbs Memorial Library, local naturalists and renowned experts introduced us to a variety of topics. Bonny Boatman's wit pulled us into the world of the iconic loons for the first talk of the season. Fifty-one people filled the lower room at the library and children kept moving closer as they were mesmerized by the photographs and information she shared. Adults were equally caught up in the topic and left feeling richer for having been there.

We learned about the sedges of Maine, the American chestnut tree, track signs and identification, and *The Secret Life of a Lake*, which is the title of an informative and enjoyable book by Dr. Peter Tobiesson. An entirely new event was introduced in conjunction with the library: Poetry Writing with Judith Steinbergh. Sixteen participants learned how to take a closer look at nature and then scattered about the property at Hewn Oaks to jot impressions down on paper. A few of the poems are printed on page 4.



And that's not all. The first annual Family Fun Day—Celebration of People, Place and Nature concluded with docent-lead hikes and activities. We offered a variety of activities from scavenger hunts to identifying edible plants to a hike up Flat Hill. Interacting with the land was a marvelous way to end the celebration.

One more transformation. We'd put out a request in the winter issue of the newsletter for books to grow our library. Many of you heard us and helped double the number of books available. In addition, some of our speakers donated copies of their books. We are most thankful for all of the additions. Stop by the office if you need a book to help you identify something that you see as you amble about the land trust properties.

Please join us on our winter hikes. You'll find details about these on page 6.

Winter Hikes

Guided snowshoe hikes are a fun way to learn more about the wildlife, ecology and features of Lovell's winter landscape. This winter we hope you will join us for some great exercise, fresh air and FUN! Dress in layers; bring snowshoes, hats, gloves, water and a light snack. Don't forget a headlamp or flashlight for our night hikes.

From trees, stars and animal tracks to fungi and owls, we'll share our observations and invite you to add yours so that the bigger picture of the natural world becomes a little more well defined for all of us.

Saturday, January 3, 2015

10am-noon
Heald and Bradley Pond Reserve (Meet at the Fairburn parking lot on Slab City Road)

Tree Bark and Evidence of Insects-What makes tree identification in winter so difficult is the absence of leaves on most hardwoods. The major exceptions are oaks and beeches, which retain enough leaves to provide useful clues. We'll look at hardwoods and softwoods and learn some clues to identify these. And where trees have lost their bark, we'll look at the patterns on the wood left by insects.



Friday, January 16, 2015 (or clear sky backup date Feb 23, 2015)

6:45pm
Meet in the library parking lot to caravan

The Night Sky-Winter is the prime time for star gazing. The darkness of night reveals amazing celestial sights when man-made glow is reduced. Learn how to easily locate markers in the sky to navigate the constellations. Be prepared to spend at least 45 minutes outside and dress appropriately. Head lamps or flashlights are important and snowshoes may be useful if deep snow is present.



Saturday, February 7, 2015

10am-noon
Meet in the library parking lot to caravan
Animal Tracking/Winter Adaptations-Join us to become nature detectives, searching for animal tracks, scat and other signs of wildlife. Wild animals must find food and avoid being eaten to survive. Body shapes, patterns and colors are natural camouflage adaptations they use to help them blend into their surroundings. Learn where hibernating animals might sleep and find signs of those who stay awake.

February 19, 2015

7:00pm
Charlotte Hobbs Memorial Library
Barred Owls-The mnemonic translation of the Barred Owl's call asks all who hear it, "Who cooks for you? Who cooks for you alllllll?" This call is often followed by a series of cackles, chirps and laughter that sound nothing like the hoots we might commonly associate with owls. In this talk, 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.

Friday, February 20, 2015

6:45pm
Meet at the GLLT office for a brief introduction
An Evening with Owls-Listen for the "Who cooks for you?" call of the Barred Owl or maybe even the seven-noted hoot of the Great Horned Owl on this nighttime owl prowling. Under the night sky, we will call out to owls in an attempt to receive a vocal response. Be prepared to spend at least 45 minutes in the woods and dress appropriately. Head lamps or flashlights are important for the short hike and snowshoes may be useful if deep snow is present.

Saturday, March 7, 2015

10am-noon
Heald and Bradley Pond Reserve (Meet at the Flat Hill Parking Lot on Heald Pond Road)
Fungi in Winter-A walk in the winter woods brings surprises including the shapes, textures and colors of fungi. Looking for mushrooms in the winter can be like going on a scavenger hunt. You never know what you'll find. We'll walk along Perky's Path looking more closely for the subtle beauty of winter fungi.



Have you considered naming the GLLT in your estate plans?

Everyone has the capacity to leave a legacy to the organizations they care most about. There are a number of simple ways you can make a lasting gift for local land conservation. The GLLT has established a Pooled Income Fund with the Maine Community Foundation, which can be named as a beneficiary in your will, IRA or charitable trust. Please contact us for more information on this and other options available to provide a legacy for future generations.

News Worth Noting

News from the Greater Lovell Land Trust

Tom Henderson, Executive Director

In August we welcomed three new directors, Joyce Klauck, Michael Maguire and Robert Kroin.

Joyce and her husband, Roland, have been at Conifer on the Lower Bay of Kezar Lake since 1981 and as full-time residents since their retirement in 2005. Joyce is a professional educator with an MA in English and an MFT in marriage and family therapy. She and Roland are volunteers for programs in food security and Neighbor to Neighbor programs through their involvement with the Lutheran congregation of the Mount Washington Valley.

Michael Maguire and his wife and two daughters live full time in Lovell, where they own and manage their family forestland. Mike is a licensed professional forester with the US Forest Service in the White Mountain National Forest. He has previously used his GPS, GIS and mapping skills to create and revise trail maps for our ever-expanding network of recreational trails.

After a 40 year career, Robert Kroin retired as the Chief Architect at Boston's Urban Design Department. In recognition of his many achievements, the American Society of Architects awarded him the Thomas Jefferson Prize, its highest honor for public architecture. For the past 35 years, Bob and his wife, Judith Steinbergh, have spent vacation time in their 1888 log cottage on Kezar Lake's Lower Bay.

Rob Upton and Kathy Reilly were previously introduced when they joined the board in 2012 and 2013, respectfully. After serving the past three years as the GLLT President, Bob Winship handed the gavel to Rob. Bob Winship remains on the board as the Immediate Past President. After over ten years of service as the Treasurer (President and Vice President), Bill McCormick has handed the treasury duties to Kathy Reilly. Bill remains on the board as Vice President.

The GLLT is grateful for the previous and continued service of Bob and Bill and to the commitment made by our newest arrivals to the board and new officers. Committed officers and directors are essential.

News from the Kezar Lake Watershed Association

Ray Senecal, President

Another spring and summer have rapidly passed and leaves are falling as I report on Kezar Lake Watershed Association's 2014 programs.

It was the "Year of the Loon" for KLWA and the community. Starting in March, KLWA, GLLT and local volunteers worked with the Molly Ockett Middle School to build loon-nesting platforms. Our efforts were initiated due to flooding of nests and loss of eggs/chicks in the past three years. The seven platforms on Kezar and two on local ponds were not adopted as nests, but we are counseled that several years are needed for success.

As the summer progressed, we did find a pair of chicks near Middle Bay, but sadly we observed the mother entangled in fishing line, which led to her death and inability to raise the chicks. A lake resident advised us that another loon expired, most likely from lead poisoning.

We now are planning strong education programs to encourage community and lake residents and visitors to dispose of fishing line in special containers, constantly watch all fishing lines in the water and obey the new regulations in Maine banning lead jigs and sinkers, the leading cause of death in loons.

Setting our KLWA priorities for resources is a constant challenge. We reached out to the membership at our July annual meeting with a survey -VOOM (Voice Of Our Members). Results showed that programs for water quality and watershed erosion monitoring received highest scores in importance and there is strong support for continuing KLWA's Lake Patrol. Our members also firmly supported continued work on wildlife/community projects, education and collaboration with the GLLT.

This was encouraging to find that past programs and future plans match our efforts as judged by our members. The participation from the community and watershed residents fortifies our many programs and we encourage all to join us in projects. We will continue in these endeavors and are pleased to have a strong partnership with the GLLT to accomplish mutual goals in our watershed.



For the past four years, Bridie McCreavy has guided us with her wisdom, enthusiasm and love for all things outdoors. She's taught us to embrace new experiences and learn new ways of conducting our programs.

During her tenure as Education Director, Bridie used a wide array of special skills to effect a successful nature education program. Ongoing projects included coordinating and overseeing the summer and winter walks and talks, providing continuing education opportunities for the docents, creating activity boxes for each property, increasing public awareness of programs, developing an e-mail notification system and social media presence, writing grants for field equipment and making sure that everything we offered was interesting. All this she did while pursuing her doctorate, and always with a smile.

Bridie was always ready to support our common effort which is to share the natural world with others. I found her to be professional and very knowledgeable. She gave me succinct and pertinent feedback when it came to editing my bird presentations. I found her to be open to new suggestions and full of energy to move us forward. We are better amateur naturalists because of her! —Bonny Boatman

When Bridie talked about any subject regarding the outdoors and nature, it showed how she truly has a gift in the way she teaches. I will always think of Bridie whenever I see a frog or a salamander-I always loved seeing how excited she would get whenever she came across a tiny frog in the woods. —Joan Lundin

Bridie's unbridled enthusiasm made every event fun and educational, both docent trainings and her participation in hikes-she loves this stuff. She selected excellent speakers for the evening programs and adopted modern technology. We also appreciate her work to involve the interns in our programs; they were a lot of help. Somehow she did all this while juggling her work toward her PhD, which she achieved despite our 'distractions'! —Dennis and Ellen Smith

We wish Bridie success in her new adventures and are greatly appreciative of the effort and talent she brought to her work at the Greater Lovell Land Trust.

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contact info:

Tom Henderson, Executive Director,
207.925.1056, tom@gllt.org

Leigh Macmillen Hayes, Education Director
and Newsletter Editor,
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."

