

■ Box 181, Center Lovell, Maine 04016

# Camp Wanda

My grandparents, Josephine and Augustus Smith, bought a strip of land along the Lower Bay of Kezar Lake in 1919 as the site of a small tutoring camp for boys, and kept the property after the camp closed in the '20s. Thanks to my Fryeburg family, I've been here summers all my life, growing up catching frogs and snakes and fish, admiring minks and moose, exploring this quiet corner of the lake in a canoe, and walking the woods while my grandmother taught me about plants and birds. Now we live here year-round and my grandchildren are the sixth generation at Camp Wanda.

I have always felt like a respectful (and very lucky) guest on this land, responsible for it and for the lake that borders and drains it. Donating a conservation easement to GLLT extends this responsibility, blocks damaging development, and provides knowledgeable oversight perpetually - without in any way altering my family's plans or their use of the camp. I hope that my neighbors will also donate easements to extend the protection of wild habitats in this already highly-developed area.

- Jo Radner



## Conservation Values of the Radner Easement

The GLLT is excited to partner with Jo Radner to further permanent protection along the shores of the Lower Bay of Kezar Lake. Her generous and visionary action contributes to a GLLT protection effort extending from Horseshoe Pond, through the Lower Bay and continuing down the outlet of Kezar Lake. The goal of this area of focus is to protect water quality, provide for a permanently protected wildlife and recreation corridor and to protect significant native plant and wildlife habitats within the corridor. Native and wide ranging wildlife continue to thrive within this focus

area, due to sparse development, available resources and safe travel corridors. The Radner property is part of their travel and feeding corridor linking undeveloped and permanently protected habitats all along Lower Bay.

The Radner easement increases protection within this ecological system from 883 acres to 895 acres, while adding 665 feet of Lower Bay shorefront increasing total shorefront protection within the system to 4.3 miles. The property joins other protected land on the southeastern shore of Lower Bay which includes the 265 acre Kezar Outlet Fen Reserve, the 12 acre June Wing Preserve, the 17 acre Conifer Preserve, and the 2 acre Meadows and 12 acre Cadigan conservation easements.

- Tom Henderson



# President's Message

Howard A. Corwin, M.D., President

It is a pleasure to share the front page of this newsletter with a feature story by Jo Radner who has just granted to the GLLT a conservation easement on her Lower Bay property on Kezar Lake. Such easements are what the GLLT is all about and we are pleased to accept such easements which have these high conservation values.

Conservation easements are an effective tool to balance conservation with development in order to maintain our forested and rustic natural areas. Because these easements provide significant public benefits, the federal government has legislated very favorable tax incentives for conservation easement donors that recognizes the value of conservation and encourages it. We encourage any owner considering a conservation easement to contact us shortly.

It is my belief that most residents whether they are local or seasonal want

the same thing; i.e., they want to preserve the rustic, rural and forested nature of our communities. All recognize the need for development within reasonable limits, and all value the purity of our waters, our fish and wildlife, our unique open spaces and our mountainous landscapes. We all work towards a vibrant local economy while we proceed with a Vision for Maine which preserves the natural treasures of these lands.

The GLLT believes that both good public policy and good conservation organizations are necessary and we have continued to work closely with planning and zoning committees whenever possible. The recently completed Sucker Brook Project exemplified cooperation in a planned development that preserved significant conservation lands. We hope this can be a model for future developments.

Our new membership drive continues and we are hopeful that our membership

base will grow and future generations will join and support us.

We are also mindful that we must develop an endowment to maintain our organization in perpetuity as our easements run in perpetuity. This year we appeal for your financial support for continuing operations, but we will also be emphasizing our endowment and legacy funding campaign and hope that you will further support us through our Annual Appeal.

Our Eighteenth Annual Educational Program will provide a special treat this summer. Following our annual breakfast, our joint GLLT-KLWA meeting will feature Tom Wessels, noted forester and author, speaking on "Reading the Forested Lands" on Saturday morning, August 11th at the VFW building in Lovell. Please join us then.

And now, read on for more details.

## 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.

## Take a Moment It's Simple, Easy and Free!

What if the GLLT earned a penny every time you searched the internet? Well, now we can! The GLLT is registered with Good Search as a recipient of advertising revenues generated from the daily internet searches of people like you. For every internet search done through goodsearch.com advertisers will contribute \$0.01 to the GLLT. Imagine if 1,000 people search twice a day, the GLLT would receive \$7,300 annually, without anyone spending a dime. Here's how:

1. Go to <http://www.goodsearch.com> and add GoodSearch as one of your computer search options, or better yet make GoodSearch your homepage. Both options are easily accessed with one click at the bottom of the GoodSearch homepage.
2. At the same time enter the "Greater Lovell Land Trust" in the box entitled "I'm Supporting", thus directing contributions to the GLLT.
3. Ask your family and friends to do the same.
4. Do it today, and you can see daily how your choice made a difference.

GoodSearch.com is a service powered by Yahoo so you get great results. They donate 50% of their advertising revenues to the charity of your choice. Thank you for making us the charity of your choice.

## WANTED:

### LOCAL BERRIES, GROWERS AND JAM MAKERS

Because the Greater Lovell Land Trust believes that consumer support of locally grown food and its producers is a significant tool that aids in the preservation of local land for farming and, having experienced success last year with its Cranberries for Conservation program for the holiday season, the Land Trust is exploring the feasibility of expanding its offerings, to include other wild berries in an assortment of homemade preserves under a Land Trust Preserves label.

In addition to traditional wild berries such as raspberries, blueberries and blackberries, the Land Trust is also considering the sale of preserves made from locally organically grown berries, and berries classified by US Department of Agriculture as "naturally grown." Organic and naturally grown fruits such as apples, peaches and pears may also be considered for the program.

If you are a producer of berries or fruits or a canner of jams and jellies, we would like to hear from you. If interested, we invite you to call George Westerberg at The Greater Lovell Land Trust for further information. He may be reached in Lovell at 207-925-2912. You may also contact him by E-mail: [gwest@pivot.net](mailto:gwest@pivot.net).

# Notes from the Desk

Tom Henderson, Executive Director

**"Notes from the Desk"** does not accurately reflect my work in May and June. While I have had many hours editing newsletters, assisting landowners with potential easements, and day to day functions, I have enjoyed many hours at the "field desk". As we proceed with the field assessments and the development of the Conservation Plan, I have been venturing into forests and wetlands with landowners, an ecologist, an intern and a mapping specialist. "Bug season" is prime time to see many unusual flowers in bloom and locate and conduct vernal pool assessments. Although projects may cross my desk, one wise person said, "You have to go to the land. It won't come to you."

The most rewarding aspect of my position is working with landowners to permanently protect the land and waters they steward. It has been particularly rewarding to work with Jo Radner on her conservation easement. Her family has nearly a hundred year connection to the property and Kezar Lake. Her action ensures the land remains in a lasting conservation condition reflecting the family's history of caring stewardship and love of

wildlife, the forest and the lake. Jo and I share the hope that her easement will provide others with the inspiration to make significant and lasting conservation on their properties.

Our annual Membership Drive has been in full swing. The benefit for our Premier Members, Wind Bird-Gift of the Mist, is a big hit, and it continues to receive rave reviews. I am glad you are enjoying it. The GLLT is again hosting Members Night at the Movies on August 19. The Majestic Theatre in Conway NH is bringing in a special, one time showing of the provocative and thrilling film, The Host for GLLT members only. The Host has received great reviews and this will be the only opportunity to view it in this area. See the website for details, and register early, as space is limited. In between screenings, there will be a chance to dine and socialize with other GLLT members.

I am pleased to announce that after much delay, we are now able to access the web via broad band. This will allow us to use the website more efficiently, to effectively communicate with our members and friends. We will be posting GLLT trail maps and

brochures on the site for easy downloading for anyone wishing to locate a peaceful and enjoyable hike. We will also be posting future newsletters and other publications on the site for access to all. We are sending future newsletters to contributing members and volunteers only. To ensure you continue to receive our newsletters, please use the form below to become a member, it's not too late to join, if you haven't already. The popular "Land Trust Notes" will continue to be distributed to all area residents and members, as well as being posted on the website.

Last year's Cranberries for Conservation™ program was a big hit indeed. Order early and don't miss out on these traditional, local, fall gems. We will be taking orders at the Annual Meeting on August 11th. You should also be able to order via the website in the coming weeks. Cranberries sell for \$10 per pound plus shipping. Would you like to volunteer for a morning or afternoon to help pick or ship? Volunteers are needed from Sept 15-October 12. The Fen is beautiful at that time and no bugs!

[www.gllt.org](http://www.gllt.org)

## PHOTOGRAPHS WANTED!

The Greater Lovell Land Trust seeks photographs of our area, for possible inclusion in future newsletters. If you're an amateur photographer, of any age, and have a digital camera, we'd welcome your submissions. In particular, we're looking for photographs that capture the beauty of our area, or pictures that speak to the GLLT mission or protecting "the ecosystems of the Kezar Lake and adjacent watersheds by promoting an appreciation of natural resources and responsible preservation, conservation, stewardship, development and public policy." Electronic submissions should be in a compressed jpeg format and sent to: [tomgllt@earthlink.net](mailto:tomgllt@earthlink.net)



## GLLT CONTESTS

We're changing a few things about our Art and Essay contests. This year's deadline for submission will be October 15, with prizes awarded at our annual meeting in 2008. The purpose of these contests is to instill in youth an appreciation for our environment and help foster an understanding of our need to protect it. The 2007 theme is "The Gift of Trees". Entrants should try to express the importance of trees to the watershed, the surrounding landscape and the special places in which we live. For details about this year's contests, please visit our website, [www.gllt.org](http://www.gllt.org). For questions, please contact Margaret Nomentana, 925-6575, [outerspace@earthlink.net](mailto:outerspace@earthlink.net).

### Yes, I/we would like to be a member of the Greater Lovell Land Trust.

- Youth/Visitor \$15    Individual \$50    Family \$85 (Number of children under age 18 \_\_\_)
- Premier \$125 (includes a premium gift from the GLLT)

In addition to my membership, I/we would like to make a contribution to the GLLT at this time in the amount of \$ \_\_\_\_\_

Make checks payable to the Greater Lovell Land Trust (GLLT). The GLLT is a 501(c)(3) tax exempt organization and contributions are tax deductible to the full extent of the law.

Name \_\_\_\_\_

Preferred Mailing Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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# Farming in Lovell

"The life of the farmer, and that included most of the people of Lovell, was dictated by the seasons.

"Harvest time was a great time for activity, fun and hard work. When the corn was cut and tied into shocks with cords of wythe wood, it was left to dry until harvest time. This was an excuse for a young folks' party in the big barns. . . .

"Wonderful apples were grown in Lovell, and without the need for pesticides. Since the fertilizer was preponderantly organic, a natural balance was maintained. . . . 'You did not grow apples to eat!' one resident explained. They were grown for cider. Several people had homemade cider mills run by horsepower.

"October was the time to pick the butternuts, or 'oil nuts' as they were called. These were stored on the floor of the shed chamber to dry. . . . It was also a time to 'go a-cranberrying.' Families and neighborhoods made this task an outing on fine days. . . . Digging the potatoes was another important part of the harvest season...

With one or two sortings and de-sproutings they lasted the family through the year or until the new potatoes were ready in July.

"Carrots were buried in boxes of sand and kept in the cellar. Parsnips were left in the ground until spring. Squash and cabbages as well as pumpkins were stored in the cellar or the shed away from the frost. . . . Beans were dried in stacks out in the field and then brought to the barn to be threshed with the same handmade flails that had been used in the early period. The English hay and whatever grain was grown were thrashed in this way, also.

"Blueberries were plentiful, especially where land had been burned over. Young folks and old folks, families and individuals all made blueberrying a 'happening,' just as in the case of cranberries, literally hundreds of quarts would be brought home for processing and for eating. Wild raspberries were also plentiful, as were blackberries."

Livestock were in abundance, too. Ms. Moore writes:

"More important than the killing of wild game in the winter was the slaughtering of domestic cattle, hogs, sheep and lambs for the home tables. A small pig that was bought in April for three dollars, or one that was born on the place, might be slaughtered in January as a hog weighing 460 pounds or more.

"Veal and beef were produced on the farms. The bull calves were usually killed when they were six weeks old and milk fed. Cows and steers were turned into beef according to supply and demand. At least one beef-critter was killed each winter to supply the table of the more prosperous farmer."

And there were so many oxen in Lovell to do the heavy "hauling" that when John Poland's father wanted to move their house from the village up over the Village Hill, "there were more than sixty yoke of oxen that could not be used. The house was put on the spot about three P.M. that day."

Life has certainly changed since the day John Poland's father relocated their house. And for some of us who remember reading the Sears and Roebuck catalogue in "windy willies" all over Maine and New England, and knocking on the door to frighten away the rats before entering, we can now say all together, "Amen!" But there are other things we remember with nostalgia. And many of them were not so long ago. They were the radishes, asparagus, lettuce and peas right out of the garden in late spring and early summer. They were the string beans, corn, carrots, early potatoes and different family favorites, not to mention all the berries. And there were the apples, squash, pumpkins, cabbages and parsnips. They all had two things in common: they were fresh, and they were all home grown or locally grown.

Our meat was often raised at home or in the community, too - beef, pork, lamb and poultry. All of it fresh and local. As a boy walking home from school with friends, I can still recall the times when we would make a "slight" detour to peek through our "secret window" into the only slaughter house in town, to view the "dastardly deed." Perhaps the only secret our mothers never knew!

Yes, life has changed in Lovell - and in every town around. But there is a "saving remnant." The land that provided for the needs of earlier residents remains capable of doing so today. Thus we have the ability to participate in the next wave of change, the return of local farms.



Telling the story of  
Lovell in her history,  
**BLUEBERRIES AND  
PUSLEY WEED,**  
Pauline Moore writes of  
The Post Civil War Period.

There is a national awakening of the value of producing food locally, and Maine is no exception. Small productive local farms are being reactivated in communities throughout Maine. They are part of the local economy, and they are now more connected to the people who live around them: people who want fresh local foods. In many communities throughout Maine, the weekly "Farmers Market" is the most popular food venue during the summer and fall months, and growing every year!

I am encouraged when I hear of young people choosing agriculture as a way of life. There is great promise in programs that link young growers to farmland, and extend local experience and tradition to the future. Other successful farms are operated by early retirees choosing second careers in small scale, high quality food production. They are bringing new skills and investment into agriculture. Today's sophisticated techniques of production and marketing make this possible while offering new promise for both older and younger farmers, and new options for consumers.

Small family farms were once the social and economic life blood of our communities. They are expected to play a very important role in community health and well being in the years to come. In addition to their contributions of fresh local foods, small farms make another and more subtle contribution to our daily living. They help to maintain our cherished landscape; a commodity whose psychological and economic value is growing exponentially each day.

*The Greater Lovell Land Trust supports local food production and agricultural uses of the land as stated in our mission, "to protect the ecosystems of the Kezar Lake and adjacent watersheds by promoting an appreciation of natural resources and responsible preservation, conservation, stewardship, development and public policy." The GLLT works directly with individuals and families interested in taking conservation action on their properties. We prefer to protect land with conservation easements and encourage easements that allow for future forestry or farming activities on the land. We are staying current with examples of successful farmland protection projects in our region, new programs and incentives for growers, and incorporating what we can into our land conservation efforts. If you are interested in conserving your land for agriculture, a current grower or seek to make your living in agriculture, we invite you to contact Tom Henderson, Executive Director of the Greater Lovell Land Trust. You can help to preserve our rural landscape, contribute to the local economy and maintain a balance of land protection and reasonable development. In the current vernacular, it's a "win win" situation. Please think about it.*

– George Westerberg

Message PAGE 5  
from the  
*Properties  
Commission*

**The Properties Commission** has created new, high-quality property maps, trail maps, and road maps to help the public locate and enjoy the recreational opportunities that our lands afford. In collaboration with the Upland Headwaters Alliance and the Center for Community GIS in Farmington, Maine, members of the Commission were trained in the use of global positioning systems that enabled us to accurately identify the geographic coordinates of our hiking trails. This information then was converted by the Center for Community GIS into geographic information system data that can locate the trails on maps that are accurate to within 30 feet or less.

We'll soon have new brochures with these maps for our kiosks on the Bradley-Heald Reserve, The Sucker Brook Preserve, the Bishop Cardinal Reserve, and the Kezar River Reserve and the Chip Stockford Reserve. We'll also stock the kiosks with recreation maps that show all our fee properties and the roads where they are located. All this information also will be available soon from our website at <http://www.gllt.org/>

We're also expanding the Commission in order to take on the management of our latest acquisitions. Ron Gestwicki has joined us as steward for our new property at Back Pond in the Five Kezars watershed, and David Littell has joined us as steward for the new property at the Sucker Brook Outlet.

We've also taken the first steps in a project that we hope will result in new, winter recreational opportunities for the public, with a variety of cross-country ski trails on the properties that can support them without damage to the environment.

# Public Invitation

to the Annual Meetings of  
the Greater Lovell Land Trust  
and Kezar Lake Watershed Association  
and Presentation by Renowned Author,  
Tom Wessels

*“Reading the Forested Landscape”*  
Saturday, August 11, 2007

at Lovell VFW Hall, Smart's Hill Road, Lovell Village, Maine

8:45-9:30 a.m. Social and Continental Breakfast

9:30-10:30 a.m. Annual Meetings of GLLT and KLWA

10:30-12:00 a.m. Feature Presentation: “Reading the Forested Landscape”

**Tom Wessels** will present a slide show, description and history of human land uses that have shaped the forest we experience today. He will describe old pasture succession, the history of farming and logging, ‘sheep fever’ and natural occurrences such as wind revealed in today’s forest landscape.

Tom Wessels is a Professor of Ecology at Antioch University New England and author of *Reading the Forested Landscape*, *The Granite Landscape* and most recently, *The Myth of Progress*. These books will be available for sale and Tom will be available following the presentation for book signing.

Program co-sponsors, The Greater Lovell Land Trust and the Kezar Lake Watershed Association are pleased to offer this program and invite all to attend. The GLLT will present its 18th Annual Educational Program. Annual business meetings for both organizations will precede Tom Wessels’ presentation.

Contributing membership to either the GLLT or the KLWA is not required to attend; however, annual membership to each organization is encouraged and appreciated.

# For Kids and Their Land

Prepared for the Greater Lovell Land Trust

**The Susan L. Curtis** Foundation was created in 1971 by several of our close friends to perpetuate the memory of our 11 year old daughter. The Foundation Trustees decided the best way to meet this goal would be the establishment of a charitable resident camp for some of Maine's most needy and disadvantaged children. Maine, long known for its natural beauty, has long offered countless private residential camps for children from states all across the country, while Maine's most disadvantaged are often overlooked.

In the spring of 1974 the trustees acquired a camp, (formerly Camp Trebor and Trout Lake Camp) located on 1,832 acres, on Trout Lake in East Stoneham. Trout Lake, the uppermost body of water in the Kezar Lake watershed is surveyed

as 1/2 mile long by 1/3 mile wide glacial cirque over 70 feet deep, with inside boundaries in one contiguous parcel forming its entire watershed. It was felt that this property and watershed should be forever preserved in its natural beauty and protected from any threat of development.

In May, 1975, with support from the Governor James Longley Administration, 1,683+ acres were conveyed to the State's Bureau of Parks and Recreation. Simultaneously, the Susan Curtis Foundation entered into a conservation easement agreement that would convey the camp property to the State of Maine should the camp cease to exist.

The state, by this easement in October, 1975, was granted restrictions on the numbers of persons using the premises at

one time, control of all types of pollution, cutting of trees, and construction or alterations of camp facilities.

Recently, the Foundation acquired the adjacent 17 acre Millet Farm and its 1856 house, which is a natural entry point to the camp facilities, and reduces the density of users.

In the last 34 years over 13,000 disadvantaged children have benefited from various Foundation programs, while an irreplaceable natural resource has been preserved. It seems appropriate, that one of the last unspoiled watershed valleys in Southern Maine is enjoyed by Maine's most vulnerable youth population, and the existence of this natural resource serves as an environment to help these youth escape the cycle of poverty.

Governor Ken Curtis

## Hewnoaks Arts Center - For the Kids and the Land Part 2

By Pat Carson

This summer, Camp Susan Curtis will expand to a second facility at the former Hewnoaks Property on Kezar Lake. The property was left to The University of Maine to be utilized for art, education and charitable purposes. Through the generosity of the University, Camp Susan Curtis was chosen as a partner and will utilize the facility to expand its services to an additional 80 underprivileged Maine teenagers.

Two week themed programs with follow-up programs in fall and spring will encompass:

**Creative & Fine Arts**

**Poetry, Creative Writing and Photography**

**Creative and Performing Arts**

**Creative & Fine Arts with an Environmental Focus**

Camp Susan Curtis Director Pat Carson remarks: "We are extremely excited to add the Hewnoaks Arts Center as part of our programming and services to Maine's most vulnerable youth population. The fact that such a beautiful property can be a springboard for so many youth to escape the cycle of poverty is an opportunity that makes this area of Maine such a special place.

To learn more about Camp Susan Curtis and a variety of volunteer opportunities, please visit their website at: [www.susancurtisfoundation.org](http://www.susancurtisfoundation.org) or 928-2955

## KLWA News You Can Use

The annual meeting of the Kezar Lake Watershed Association (KLWA) will be held on Saturday, July 14, starting at 9:30 a.m. At that time we will gather for greeting old and new friends, and for coffee and doughnuts. The meeting will start at 10:00 a.m.

PLEASE NOTE: This meeting will be held in the VFW Hall, in Lovell Village at the bottom of Smart's Hill and Rt. 93, instead of our usual meeting place at the Town Hall in Center Lovell.

The meeting will include a tribute to our late president, Joan Irish (1931-2006). Joan's children have been invited to attend; hopefully, they will be with us.

For the first time we will have a speaker! David Littell, Commissioner of the ME Department of Environmental Protection Agency will address some of the issues facing the DEP in their protection of the state's natural resources.

Also, for the first time, we have invited a producer of environmentally-friendly paper and household products, Planet, Inc., to participate by sending samples and literature about their diverse products. It is the hope of the KLWA, and of the GLLT (which will also have samples of Planet Inc. products at the August meeting) that our memberships will try, and then use these or like products, for the benefit of land and waters. We regularly use a variety of products, ranging from dishwasher and laundry detergent, spray cleaners, soaps, shampoos and paper products. We wash our boats and vehicles and collectively dispose of volumes of materials potentially detrimental to our lakes, ponds, streams and groundwater. Planet, Inc.'s products have passed rigid scientific testing certification programs to confirm that their claims of being 'environmentally friendly' are valid. Planet, Inc. products are very effective and biodegrade quickly. The Center Lovell Market stocks Planet Inc. and other brand name products, as do both Hannaford's and Shaw's. You can visit their website (<<http://www.planetinc.com/>>) for more information.

Everyone is invited to attend the annual meeting of the KLWA! We hope to see you there.

# Wilderness Last

By Rebecca Stanfel, a freelance writer in Helena, Montana.

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**My husband, Jay,** and I planned our child's outdoor life before he was conceived. We knew any child of ours would love to hike. How could he not? Spending time in the wilderness was fundamental to who we were.

Jay and I have always connected with one another on the trail. Whenever we had troubles, we'd head to the dusty hiking trails of Tilden Park, outside Oakland, Calif., or to Lake Tahoe or Yosemite, to sort out the headaches of merging two careers, two different religions, and two competitive spirits. And it worked. I can't fully explain the alchemy of hiking in the wilds. The smell of pine needles, dirt, and thinner air, the bite of the pack into my shoulders, and the sharp ache of my lungs all somehow combined to cleanse me, to slough off my insecurities and anger, to give me perspective. It had the same effect on Jay.

Now we live in Helena, Mont., where hiking trails out our front door wend up two of the mountains that shadow our town. Before we had a child, we used to meet after work most days to climb these trails. Although we claimed we scrambled up the hills for exercise, what we really were doing was connecting with each other.

Even if such things aren't genetic, we figured our child would imbibe our love of hiking with his mother's milk. But three months after our son Andrew was born, I was diagnosed with a chronic and serious disease called sarcoidosis. The details of my condition aren't important here, except for the fact that my heart and lungs ~ the two organs most essential for hiking ~ have been compromised. Whenever we hike now, it's for short distances, and I must stop frequently to catch my breath.

My sickness has meant that Andrew, now 3, has spent more of his childhood indoors than either Jay or I could ever have imagined. Though Jay and Andrew have shared a few hiking and skiing adventures, most of our trips as a family involve visiting major medical centers, not pitching a tent under backcountry stars. In fact, Andrew has only gone camping a grand total of three times in his life ~ each time out of a car.

I mourn not being able to share special places with my son. But even more, I hate that I cannot impart to Andrew the experience of wilderness and how it works on us. Maybe it's clichéd, but my time on a trail has always been more spiritual than physical. Making a pilgrimage to a remote alpine lake gives me a sense

of, if not peace, then acceptance. Dwarfed by the impassive granite face of Half Dome, or watching the wind scour the treetops below me, I see myself as part of a world so vast it defies any comprehension. I sense my utter lack of control, and this calms me down. Or perhaps it's just the rhythmic plodding of my boots that induces a meditative state. Whatever it is, it's powerful, and I want my child to experience it. But how can I transmit it to Andrew if I can't accompany him?

Like every other parent, having a child forced me to recognize how little control over my life I really have. But contracting a chronic illness has magnified this lesson for me. Like it or not, I simply cannot teach my son my love of the trail by doing.

I want to believe that I can accept this fact more gracefully than I otherwise could have precisely because of the hours I've spent outside. I try to think of the cloud shadows I've seen on hikes, of the mountains whittled away by wind, of sequoia trees older than generations of people. This perspective does indeed make my weakened lungs seem insignificant, but sometimes it's hard to see your own place in the grand scheme of things.

But other days give me hope that we have somehow communicated our reverence of nature to Andrew without 10-day backpacking trips in the Bob Marshall Wilderness. On an autumn afternoon at our neighborhood park, as Andrew sprinted across the field to the playground equipment, he suddenly stopped and stood stock still, staring at the tree with owl eyes. "Mommy, look at the trees!" he screamed with delight. "Their leaves have all changed colors." It was the first time that year he had noticed the turning of the leaves. For the rest of the afternoon, he ignored the swings and the slides, and instead fetched me individual red, gold and brown leaves. "Look at this one," he said, as he placed each gift gently in my hand.

As we walked home, Andrew's face was illuminated. "Oh, I love fall," he said suddenly. In that moment, he seemed more purely himself than I had ever seen him, and I realized that perhaps I didn't have so much to worry about. Perhaps he doesn't need to see epic views to understand the majesty of the wilderness. And perhaps I don't need him to see them. Perhaps I can remember the light in his face and his small body flitting under the trees.