



**BANGOR LAND TRUST**



# Summer 2010 Newsletter

## Why Pedal the Penobscot?

### To begin with, because:

- *You will have fun.* Take your choice of the 14-mile, 28-mile or 76-mile course. Enjoy the fresh air, early fall foliage, beautiful river scenery, and companionship of kindred spirits on this fully-supported bicycle adventure.
- *Biking is good for your health* – it keeps your muscles strong, your endorphins flowing, your mood sanguine, and it oxygenates your brain.



- *You will help make a very visible demonstration of the importance of biking in Bangor's community life.*



This event reminds everyone of the need to make Bangor more bicycle-friendly, to provide everything from bike lanes to bike racks and more. Bangor Land Trust and our Bangor Trails Project partner, the City of Bangor, are working to implement a comprehensive on and off-road trail system linking Bangor's urbanized core with Bangor's natural areas. Your support helps make this work possible.

- *This is your opportunity to support Bangor Land Trust, to help us conserve more natural areas with public access, more opportunities to enjoy nature only a bike ride from your front door.*

- *For even more impact, come with a team, or help us fundraise by getting sponsors.*
- *You can win a Bangor Land Trust biking jersey.* Every \$25 above the basic registration buys you one raffle ticket. Everyone who raises \$500 or more gets one of these colorful jerseys designed specially for the event.



*If you are not a biker* – Please come and cheer! An enthusiastic cheering section is essential to build the spirit of the ride.

## Be Aware & Check for Ticks

That great hike or bike ride you just took isn't over until you make sure you're not going home with any unwanted ticks on you or your clothes — a deer tick especially. Lyme disease is a serious tick-borne illness caused by a bacterium spread by the bite of an infected deer tick. Prompt and careful inspection & removal of crawling or attached ticks is important to prevent the disease.

### Important tips for Lyme Disease prevention:

- \**Wear light-colored clothing* – this will help you see ticks on your clothing,
- \**Tuck your pants legs into your socks* – this keeps the ticks from crawling up the inside of your pants legs,
- \**Apply repellants* – permethrin on boots and clothing, DEET on skin,
- \**Conduct a body check* upon return from potential tick-infested areas.

For medical information and more information on prevention, please visit the Maine CDC Lyme Disease Resource Center.

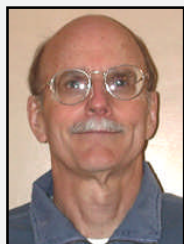
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## Bangor Land Trust Board of Directors



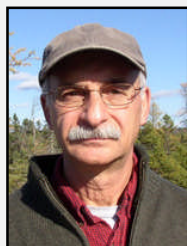
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## A Message from our President:

Our major excitement since our last newsletter is our stewardship activities in Northeast Penjajawoc Preserve, off the Kittredge Road. When we acquired the land in 2006-7 we loved its verdant ferns and mosses, mature trees, and views over open-water marshes, but we were concerned by its extensive wooded wetlands and close-to-the-surface water table. Trails were often ankle-deep in running water and human visitors couldn't help but exacerbate the erosion. How could we make it possible for people to enjoy the preserve without destroying the experience they were seeking?

Thanks to a grant from the Maine Recreational Trails program, six energetic Maine Conservation Corps crew members and a number of hardy, civic-minded, local volunteers spent five weeks installing bog bridging, drainage ditching, water bars, and stone walkways. Water bars are rock and earth barriers that channel water across and off the trail. Bog bridging consists of two rough cedar planks held up by a pair of cedar logs at each end, often braced by rocks. Now feet and bike tires can pass above the mud, and the ferns and mosses are filling the bare spaces. We are proud to showcase our preserve as an example of how we can enjoy nature while preserving the quality of the rustic experience.

A resounding ***Thank You*** to the Maine Conservation Corps! And enthusiastic appreciation to all our community volunteers who carried and laid the heavy bog bridging, dug and pushed rocks, and embraced the challenge of building water bars!

Encouraged by this success, we won another Maine Recreational Trails grant for Safety and Environmental Education. We are using these funds for signage and a trail guide that locates and describes the preserve's six natural communities. Call, e-mail, or stop by the BLT office if you want a copy.

Sarah Johnson, our Environmental Education Consultant, has created lists of ways our preserves can be used as a resource for Boy and Girl Scout merit badges – these materials are available at the office and on our website.

We are looking forward to more trail work this summer and fall – to bridge the wet places on the Walden-Parke Blue Trail. Long term climate studies show a trend for more spring and fall rainfall in the Northeastern US, concentrated in more “extreme weather events.” We want to be able to allow continued access to our trails, so we need to deal with the mud and water.

If you would like to join our volunteer call list, please call 942-1010 or e-mail [info@bangorlandtrust.org](mailto:info@bangorlandtrust.org).

### **Help Spread the Word & Help Save Maine Forests!**

If you have any out-of-state guests coming to visit Maine please remind them not to bring any firewood across the state line. The Maine Legislature has banned ALL out-of-state firewood because along with the firewood comes harmful insects and diseases that can destroy Maine forests.

***Buy it where you burn it — don't give bugs a free ride!***

## Please Join Us!

If you are reading this newsletter but aren't yet a member of Bangor Land Trust, please join us by filling out the enclosed membership envelope. You can see by reading this newsletter that we always have a lot going on: monthly walks, environmental talks, and of course, our annual Road Ride, “Pedal the Penobscot”.

If you reading this newsletter and are already a member, thank you for your support! When you're done reading this please share it with friends and encourage them to become members as well!

# Thank You to our Pedal the Penobscot Corporate Sponsors!

The following list of corporate sponsors was current at the time of this printing.  
For a complete, up-to-date list of sponsors, please visit our website,  
watch the Bangor Daily News and see our next newsletter!

**Conservator** \$5,000-\$9,999  
Bangor Hydro Electric Company

**Protector** \$2,500-\$4,999

**Land Steward** \$1,000-\$2,499  
Merrill Bank  
Boeing Co.  
Maine Distributors  
Bangor Daily News

**Guardian** \$500-\$999  
Furbush Roberts  
Darlings  
Quirk Auto  
Husson University  
Gross, Minsky & Mogul  
Nickerson & O'Day  
Old Town Canoe

**Keeper** \$250-\$499  
Northeast Cardiology  
Bangor Federal Credit Union

**Supporter** up to \$249  
Advertising Specialists of Maine  
GE Foundation

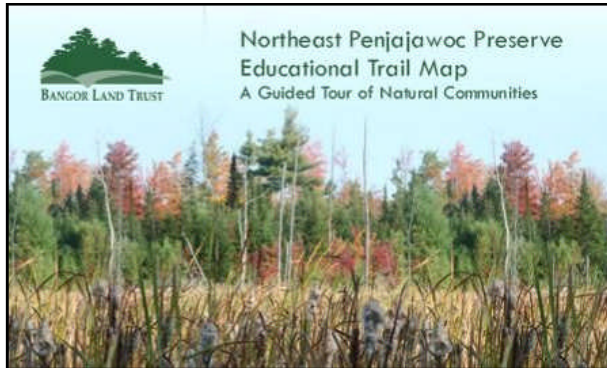
## Registration Form

Fill out the form below and mail it to us at PO Box 288, Bangor, ME 04402-0288

|   |   |
|---|---|
| <p><b>Mail or fax your registration by Tuesday, September 1</b><br/>Bangor Land Trust, PO Box 288, Bangor, ME 04402-0288<br/>Ph: 207-942-1010 Fax: 207-942-1044</p> <p>I will be riding: <input type="checkbox"/> 14 Miles <input type="checkbox"/> 28 Miles <input type="checkbox"/> 76 Miles</p>  |   |
| <p><b>Individual Registration</b><br/>(\$40 Registration fee enclosed<br/>(\$45 after Sept. 1st))</p>   | <p><b>Team Registration (3+)</b><br/>Please provide a primary contact<br/>below and include a full list of team<br/>members with contact info.<br/>(\$35 Registration fee per team member<br/>enclosed<br/>(\$45 after Sept. 1st))</p>  |
| <p><b>Additional Sponsors</b><br/>Pledges and form enclosed</p>   | <p><b>Student</b><br/>(\$20 registration fee enclosed<br/>(\$25 after Sept. 1st))</p>   |
| <p><b>I can't attend, but here is</b><br/>\$ _____</p>  |   |
| <p>Name _____</p>   |   |
| <p>Address _____</p>  |   |
| <p>Email _____</p>  |   |
| <p>Phone _____</p>  | <p>Age _____</p>  |
| <p>T-Shirt Size _____</p>   | <p>_____ I want a Guardian jersey (circle one)<br/>Mens: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL<br/>Women's: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL</p> |
| <p><b>Method of Payment</b><br/>Check <input type="checkbox"/> Cash <input type="checkbox"/> Discover <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard</p>   | <p>Credit Card # _____ Exp. Date _____</p>  |
| <p>Signature _____</p>  |   |
| <p><b>Ride Agreement:</b> By signing below, you understand and agree to the following: I know that biking a road ride is a potentially hazardous activity. I should not enter and ride unless I am medically able and properly trained. I agree to abide by the decision of a ride official relative to my ability to safely complete the ride. I assume all risks associated with riding this event including but not limited to falls or injuries caused by weather conditions, traffic, and road conditions. In the consideration of my entry acceptance, I, for myself and anyone entitled to act on my behalf, waive and release all ride sponsors, Bangor Land Trust the City of Bangor, and all representatives and successors from all claims or liabilities arising out of my participation in this event. I agree to allow Bangor Land Trust to use imagery of me taken at this event in future event promotions.</p> |   |
| <p>Signature _____</p>  | <p>Date _____</p>   |
| <p>Signature of parent or guardian if under 18 _____</p>  | <p>Date _____</p>   |

## Exercise Your Mind & Body at Northeast Penjajawoc Preserve

Here at the BLT office, we're very excited to unveil our upcoming educational trail map for our Northeast Penjajawoc Preserve. The map will guide visitors along two miles of trails through the 80 acre preserve, highlighting natural communities and other interesting features at six education stations, including two wetlands, two upland forest communities, a riparian habitat, and even a vernal pool. Through the course of the self-guided tour, visitors will learn what natural communities are, how each community on the preserve is distinct from the others, and what characteristic critters live within each community. The map will also feature beautiful color photos of many animals you might find on the preserve, from Barred Owls and Great Blue Herons to Blue-Spotted Salamanders. Other information of general interest includes an explanation of Leave-No-Trace principles, and an inset map showing surrounding parks and preserves connected to Northeast



Penjajawoc Preserve by the Old Veazie Railroad Bed. Along with the publication of the map, the preserve will be getting facelift with fresh new directional signs and trail markers. We hope to have this exciting project completed by the end of the summer, so keep your eyes peeled for the new signage and maps.

If you are interested in obtaining a copy of the Northeast Penjajawoc Educational Trail Map, or if you would like to volunteer to help install new trail signs, please contact us at [info@bangorlandtrust.org](mailto:info@bangorlandtrust.org).

## Volunteer!

Here are some of the volunteer projects we have coming up in the new few months:

- Timber cruises
- Bird box construction, installation, and cleaning
- Post event flyers
- Address envelopes
- Build and install kiosks
- Brush and blaze boundaries
- Lead monthly events
- Trail work
- Property stewards

If you are interested in helping with any of these items, please contact us at 942-1010 or fill out the volunteer form found on our website and mail it to us.

Don't forget to bring a friend when you volunteer with BLT. The more the merrier, and you'll have much more fun with a friend at your side.

## Nature Notes "A Paean for the Dandelion" by Dick Andren



All spring we have been amply reminded of the bright yellow sun that is always shining somewhere - maybe not here - but somewhere.

As the sun shines all over the globe so does this joyful reminder. Very few plants (if any) are as widespread as the dandelion. On a trek in Nepal several years ago at 12,000 feet near the base of Annapurna, I was startled to see those hardy plants brightening the trail. I resisted the impulse to try to pull them out by the roots. And get the entire root.

The dandelion is the epitome of success. Nearly ubiquitous, it reminds us of what evolutionary success is all about. Humans have aided this group by disturbing the soil

and providing bare ground for it to get established. But more importantly, the dandelion can bloom any season of the year when there is a period of time above freezing - not related to short or long day signals. Its rosette of leaves hug the ground escaping grazers (and lawn mowers). Pull the plant up and leave a piece of root. No problem! The dandelion will just re-grow. Reproduction by sexual or asexual means has been mastered -- who needs insect pollinators! And those parachutes that spread the seeds around are just ingenious. Of course that parachute evolved to release the tiny seed when it encounters an obstacle, allowing the seed to insinuate itself into the tiniest of cracks.

Yes, this miniature sun may not always grow where we want it to, but you must admire its success!

Fun facts about the dandelion:

Dandelion leaves contain abundant amounts of vitamins and minerals: just one cup contains 112% of the MDR of vitamin A, 32% of vitamin C, 535% of vitamin K and 218 mg potassium, 103 mg calcium and 1.7 mg of iron. They also contain 15% protein and 73% carbs, 27% of which is fiber.

The flower petals can be used with other ingredients to make dandelion wine and the roasted, ground roots can be used as a caffeine-free dandelion coffee. Not bad, not bad at all!

Bangor Land Trust is always looking for volunteers interested in helping us out both with outdoor projects and office projects. If you would like to get more involved please give Deb a call at 942-1010!

## Introducing our Newest Preserve

Bangor Land Trust is pleased to announce the preservation of another 43 acres in and around the Penjajawoc Marsh. Grants from the Land for Maine's Future fund and North American Wetlands Conservation Act funds made it possible for us to conserve this extraordinary wildlife habitat. This wooded preserve, located between the Marsh and Essex St, slopes gently down into the Marsh and contains a number of wetlands that drain into the Marsh.

We still have a lot of work to do before we invite Bangor area residents and visitors to explore and enjoy. First we'll inventory the natural resources, looking to see what plants and animals live there, so that we can be sure that human uses support healthy ecosystems around the Marsh. Once we know what areas deserve special protection, we'll construct trails, and finally a parking area for a safe entrance off Essex St.

Although the majority of our funding came from government grants, we had many additional expenses. Legal fees, title insurance, an appraisal, the government-required survey for hazardous waste, staff time, – the costs mount up.

We are very grateful to our local members and donors for covering these costs and making this acquisition possible. The Marsh birds and other animals thank you too!!

**To help make future acquisitions possible, please remember to vote for the Land for Maine's Future bond on the November ballot!**

## First Annual Stream Health Survey Event: August 21 at Birch Stream, 9am to 1:00 pm

### *Healthy Streams – Healthy Communities!*

Have you ever wondered how healthy our streams are? Have you ever considered that the health of our streams is an indication the health of our communities? This event will provide you with a glimpse into the health of our streams and how they reflect the state of our environment that supports our communities.



Participants will work side-by-side with professional biologists while they generate important scientific data. This data will provide valuable baseline information to help measure the effect of our watershed improvement efforts. Refreshments as well as a brief recap of the survey results will be provided during a reception to follow the event.

### *Why do a Stream Health Survey?*

- Get to know your local stream ecosystem
- Learn how land-use practices can affect water quality, aquatic habitat, and stream bank stability
- Make and record observations about your stream
- Use the information to protect your stream & prioritize watershed protection efforts

### *How do I sign up?*

Sign up no later than August 15, 2010 to participate in this important community event by e-mailing Sarah Johnson at [sarahmbjohnson@gmail.com](mailto:sarahmbjohnson@gmail.com) or call Wendy Warren at 992-4255.

### *What should I bring?*

Participants should wear knee-high waterproof boots, hip waders, or old shoes, and expect to get their hands wet. Also, bring sun screen, insect repellent, a hat, sunglasses, and a raincoat if rain is expected.

### *Who's Buying?*

This event is sponsored by the Maine Air National Guard, Bangor Land Trust, and the City of Bangor. A protocol for Bio surveys developed and sanctioned by the Environmental Protection Agency will be followed, and a quality assurance plan will be provided and overseen by the Maine Department of Environmental Protection. Children under 12 must be accompanied by a parent and bring a life jacket. Technical questions about the project may be directed to [stormwater@bangormaine.gov](mailto:stormwater@bangormaine.gov) or phone (207) 992-4255.

## Meet Bangor Land Trust's New Office Manager Deb DeForest

"Bangor Land Trust, this is Debra!" is usually what you'll hear on the other end of the phone when you call the BLT office these days. Deb took over as part-time office manager last October and, according to her, "loves every minute of it!" Deb has extensive background in office management, including 6 years as director of a non-profit organization in Kobe, Japan. She is currently in the office Monday, Tuesday and Thursday from 7:30-3:30. On her days away from the office she can most often be found in her glass studio where she designs fused and slumped glass art for the home.



## Upcoming events

### August 21, Saturday, 9am—1pm      Birch Stream Project

Join Bangor Land Trust volunteers, the City of Bangor environmental specialist, a Maine Department of Environmental Protection biologist and members of the Maine Air National Guard to look for indicators of stream health in Birch Stream. Call Wendy Warren at 992-4255 or e-mail Sarah Johnson at sarahmbjohnson@gmail.com by August 15

### August 31, Tuesday, 5:30pm      Maine Wildlife on the Move: Global Climate Change      Bangor Public Library

Join Barbara Charry, Maine Audubon Biologist, to learn about climate change impacts on Maine's wildlife and habitat and how Maine citizens can take action to address climate change. Barbara will tell us about details of current federal climate change legislation as well as efforts in Maine

### September 12, Sunday      "Pedal the Penobscot"      Bangor Waterfront

This is Bangor Land Trust's 4th Annual Road Ride! Starts and finishes at the Bangor Waterfront with 14-mile, 28-mile and 76-mile routes available. Same great ride as prior years. Check our website for schedules, route maps and more! You can also register online!

### September 25, Wednesday, 4:00pm      Bear Walk      Walden-Park Preserve

Dubbed the "black ghost" of the Maine woods by some, the black bear is one of the forest's most mysterious and often feared mammals. Join amateur naturalist Ryan Robbins, who has been documenting black bears in and around City Forest and the Walden-Parke Preserve for the last five years, to learn about this most revered and feared animal and have persistent myths dispelled. We will talk about black bear biology, behavior, and misconceptions, and visit where bears have been by identifying bear sign. The walk will be approximately 2.4 miles round-trip. We will return at about sunset but bring a flashlight just in case. Please no dogs. (Rain date September 26th).

### November 4, Thursday, 7:00pm      Annual Meeting      Husson University

The 12 Penobscot Valley Community Greenprint communities and Eastern Maine Development Corporation will share information about community trails and trail maps. We'll be generating ideas for a regional approach to trail systems, so that we can showcase this major regional asset. Orono's Evan Richert will chair the program.

**Consult our website for the most up-to-to-date information!**

*Printing generously donated by Snowman Printing Company.*

**"Conserving  
Bangor's Natural Heritage"**  
Our mission is to protect in  
perpetuity for public benefit  
significant lands and waters,  
and their natural, agricultural,  
scenic, and traditional values  
and characteristics; promote  
general and scientific  
understanding of the region's  
natural resources and the need  
for their preservation;  
collaborate with organizations  
having related missions.

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