



Spring 2011 Newsletter Celebrating our 10th Anniversary

Why Pedal the Penobscot?

Because it's fun and good for you! Because you will enjoy the challenge. Because you will feel good when you join with others to build the outdoor energy of our community.

If you need more reasons to get out your bike and get your body ready to enjoy **Pedaling the Penobscot**, here are a few other things to think about: One of Bangor's biggest attractions is our unique blend of urban amenities and outdoor living. In just one weekend – or even in one day – you can see moose tracks, gorgeous lady slippers, bobolinks, and maybe even a bear, and later hear good live music and eat great food, all within Bangor City Limits. Having all that in one place requires planning, support, and concerted long-term action.

Pedal the Penobscot is a fundraiser – giving Bangor Land Trust the financial backing to acquire land and manage it for everyone to enjoy – and a statement to our community about how much we value open space, trails, and a bicycle-friendly community. You may have noticed that bit by bit, more of Bangor's streets are getting bike lanes. That's a result, in part, of the planning done by Bangor Land Trust and the City of Bangor. Construction design for a new bicycle and pedestrian trail – from Cascade Park to Essex Woods – is in the works. Bangor Land Trust is also working with Maine Trailfinder to publish trails in the whole Bangor region on the Maine Trailfinder website, to improve access to outdoor opportunities. By

participating in **Pedal the Penobscot** you will make a public statement about the importance of bicycle-friendly roads and trails and provide financial support to help make it happen.

Moving the finish line to the Sea Dog last year gave everyone a place to hang out and cheer the returning riders. For a number of participants the ride was a significant challenge and for some a personal best. Accomplishments like that make everyone feel good.

So keep riding for the love of places to ride and to support Bangor's wild backyard.

SAVE THE DATE – SEPTEMBER 11, 2011

Pedal the Penobscot at a glance:

Choose from 3 routes:

*28-mile ride,

*76-mile ride

*100-mile Century ride — new this year!

All routes start at the Bangor waterfront and end at Sea Dog Brewery. Most of the ride is along the beautiful Penobscot river. There will be SAG wagons and rest stops with facilities and refreshments.

Registration PRIOR to Sept. 1 is \$40 for individuals, \$20 for students and \$35 per member for teams of 5 or more riders. (Prices go up after Sept. 1)

See our website for more info & to register!

www.bangorlandtrust.org

American Wetlands Month!

Learn! Explore! Take Action!

This May marked the 21st anniversary of American Wetlands Month, a time when EPA and its partners in federal, state, tribal, local, non-profit, and private sector organizations celebrated the vital importance of wetlands to the Nation's ecological, economic, and social health. It was also a great opportunity to discover and teach others about the important role that wetlands play in our environment and the significant benefits they provide - improved water quality, increased water storage and supply, reduced flood and storm surge risk, and critical habitat for plants, fish, and wildlife. EPA and Bangor Land Trust encourage all Americans to do three things — **learn** about wetlands, **explore** a wetland near you, and **take action** to protect and restore wetlands.

Changes at Walden-Parke Preserve

Bangor Land Trust Board of Directors



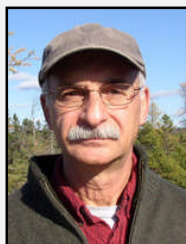
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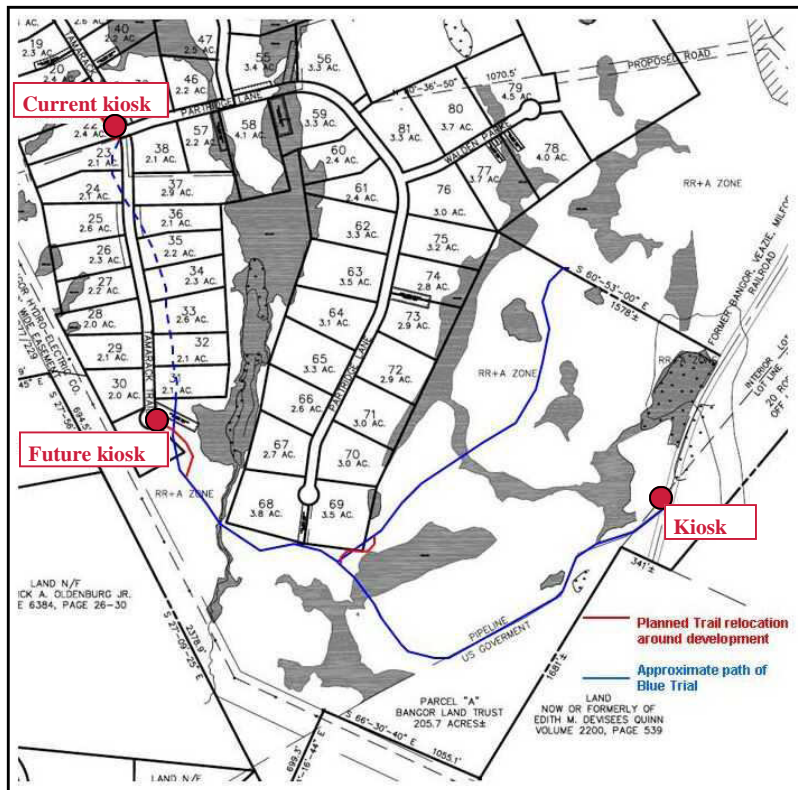
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Walden-Parke Preserve is undergoing some changes. For the past 5 years, visitors have entered from the end of Tamarack Trail, walked 1/3 mile (1700 feet) along an old woods road that crossed the future lots of the Edgewood Subdivision, and then entered imperceptibly onto Walden-Parke Preserve. Bangor Land Trust's land starts near where we installed the beaver deceiver. Fritz and Caroline Oldenburg and Dennis and Jane Shubert (who are both Walden-Parke Preserve's donors and Edgewood Subdivision's developers) are now moving into Phase II of Edgewood Subdivision. Tamarack Trail is being extended to its originally intended full length and will end in a circular cul-de-sac. Bangor Land Trust's trail head and kiosk will move to a small parking area off the cul-de-sac.

Bangor Land Trust is also planning improvements to the Blue Trail on Walden-Parke Preserve. We'll take advantage of the Tamarack Trail extension to bring in small rocks to provide dry passage across some of the wet areas. And we'll be relocating the Blue Trail in two areas where it crosses Edgewood Subdivision lots. We are planning carefully to keep disturbance to a minimum and we look forward to trails with less mud.

We'll need many hands on deck for this one. Please call or e-mail the office to volunteer, and watch the website for our schedule. It's a great chance to enjoy outdoor exercise with like-minded people.



"Bangor Land Trust understands the balance required to preserve ecological values in the face of other human needs in an urban setting. The power line Bangor Hydro owns near the Penjawoc Marsh is a perfect example of how Bangor Land Trust demonstrates this understanding. Rather than focusing on the power line as an intrusion, Bangor Land Trust values the important habitat provided by the line for the American Woodcock and the American Kestrel. This reasoned approach is what enables Bangor Land Trust to be successful in its mission to conserve land in Bangor for the public benefit."

Gerry Chasse
President and Chief Operating Officer
Bangor Hydro Electric Company.

A big thank you to our 2010 members!

Conservators

Bangor Hydro/Emera
Jim & Pat Hinds
Anonymous

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Jane & Frank Bragg
Chris Dorion
Caroline & Fritz Oldenburg
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Matching Gifts

Boeing Co.
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We made every effort to ensure this list is correct, however, if you see we've omitted your name, please let us know so we can make the correction!

Addition to Central Penjajawoc Preserve

Thanks to support from the Land for Maine's Future Fund, the North American Wetlands Conservation Act, and the Norcross Wildlife Foundation, we have added 44.5 acres to our Central Penjajawoc Preserve. It now contains 87.5 acres. At least half of our new land consists of wetlands that drain into Penjajawoc Marsh and form part of the marsh's core habitat area. Protecting these wetlands helps protect

Bangor's water quality as well as enlarging the contiguous habitat area around the marsh, essential to the health of all the animals that make the marsh their home, including several rare and endangered wading bird and waterfowl species.

The former owner, Woods of Maine, Inc., subdivided its land and sold Bangor Land Trust the back portion. They are also selling two lots with new houses along Es-

sex St. Statistics on land values elsewhere in Maine show that being next to a nature preserve enhances the value of developable land. A mix of conservation and development has wide-reaching benefits.

After completing our Natural Resources Inventory on both parcels, we'll be creating trails and a parking area. Please watch our website for opportunities to volunteer to work on trail development.

When is the whole worth more than the sum of its parts?

Nature Notes by Dick Andren

Consider natural habitats. Small natural areas (≤ 10 acres) surrounded by development support only the very limited number of species that can cope with the surrounding man-made environment. Development often brings light, noise, wind, erosion, water pollution, and air pollution, among other harmful effects.

Small natural areas provide important respites for human activity but most wild organisms evolved under very different conditions. Research has shown that larger blocks of natural habitats are more suitable for a much wider variety of organisms. More species diversity creates more ecological feedback loops that strengthen and stabilize the ecosystem.

Bangor has a natural jewel in the Penjajawoc Marsh, a >300-acre wetland that has existed in various forms for thousands of years. Beavers (nature's hydraulic engineers) currently play a role in its current state as a freshwater marsh. Maine wildlife experts recognize Penjajawoc Marsh as one of the most important wetlands in

the state. Many of the animals using the Marsh also need its uplands. Water quality benefits from the conservation of uplands as water drains into the marsh cleansed by its slow seepage through upland soils.

Bangor Land Trust is working to protect this wetland and the crucially important upland that surrounds it. During the past 9 years the Land Trust has been purchasing or accepting donations of land in this area to enlarge this important protected habitat. Each parcel that is added means that more species of plants, animals, fungi, lichens and microorganisms will thrive here. Yes, each smaller parcel is important in and of itself but when added to adjacent open space the importance is multiplied.

But there is more! Penjajawoc Marsh is the southern end of the Caribou Bog-Penjajawoc Lands.



Photo by Ryan R. Robbins

Bangor and Orono Land Trusts working with a number of partners have conserved 7,508 acres in a 22,000 acre focus area that extends east and north of Pushaw Lake. Walden-Parke Preserve and the Bangor City Forest are important links between Penjajawoc Marsh and Caribou Bog. This focus area contains large unbroken habitat blocks that connect Bangor's wild backyard to Maine's North Woods, and provide the habitat connectivity that will be increasingly important as plants and animals respond to global climate change.

Indeed the whole is greater than the sum of the parts.

President's Letter

Conservation is about more than wildlife habitat – it's also about a healthy human economy and healthy human habitat. I recently attended a continuing education workshop on the frontal lobes of the human brain. The instructor spoke at length and with great concern about America's epidemic of childhood obesity and the growing incidence of Type II diabetes, which damages the brain as well as other bodily organs. He also described risk factors for cognitive dysfunction related to ageing. His conclusions were no surprise – they've been reported with increasing frequency in professional journals. ***Exercise is one of the best things you can do for your whole body, including your brain.*** Bangor Land Trust preserves invite you to come outdoors for some healthy exercise.

Here is what exercise can do for you:

- Improve your mood, helps manage stress and prevent depression
- Help you feel more energetic
- Strengthen your heart
- Help keep your blood vessels healthy and your arteries flexible by boosting HDL (“good cholesterol”) and decreasing LDL (“bad cholesterol”) and triglycerides,
- Lower blood pressure.
- Reduce risk of stroke
- Help prevent osteoporosis by making your bones bear weight
- Help with weight control by burning calories and increasing your metabolism
- Preserve muscle mass (muscle uses more calories than fat does)
- Help prevent type 2 diabetes
- Reduce risk of breast and colon cancer
- Promote sleep; expose you to sunlight to regulate sleep cycles and protect against seasonal affective disorder
- Relieve back pain by increasing muscle strength and endurance and improving flexibility and posture
- Delay the onset of knee osteoarthritis
- Stimulate the formation of new brain cells
- Help you live longer

Conserved lands promote human health in other ways too:

- Our trees help reduce air pollution, and take carbon dioxide (a greenhouse gas that promotes climate change) out of the air.
- Our wetlands and natural areas help protect water quality, recharge the groundwater tables and protect the health of our streams.
- Our community education programs challenge you to learn new things – (how many ferns and birds can you recognize?) – and that helps keep your brain healthy

A healthy population means lower health care costs

- Lower health care costs are good for family budgets
- Lower health care costs are business-friendly.

Saving nature is not just about protecting plants and non-human animals. Living in a healthy natural environment benefits humans as well.

Please Join Us!

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! Remember, our future is your future!

Bangor Land Trust

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PO Box 288

Bangor, ME 04402-0288

(207) 942-1010

info@bangorlandtrust.org

www.bangorlandtrust.org

Calendar of Events

Porcupine Walk

Coming in July! Watch for date -- led by Ryan Robbins
Walden-Parke Preserve

Wilderness Scavenger Hunt!

Saturday, August 6, 10:00am
led by Karla Gustafson

Looking for a “stay-cation” idea to occupy the family? Come out for our **Wilderness Scavenger Hunt!** Pack a lunch and the kids and come out for some fun! This event is geared for families with young kids - tweens and under. It’s free, it’s local, it’ll get you up, out, and moving - not a lot of hiking but lots of exploring and discovering. *Just what is in our backyard wilderness?*

5th Annual Pedal the Penobscot

Sunday, Sept. 11

- Begins at the Bangor Waterfront and ends at Sea Dog Brewery.
- **3 routes** to choose from: 28-mile, 76-mile and 100-mile Century route.
-
- **Registration:**
\$40/individual (\$45 after Sept.1)
\$20/student (\$25 after Sept.1)
\$35/rider (teams of 5 or more, \$45 after Sept.1)

Check our website for more details & the most up-to-to-date information!

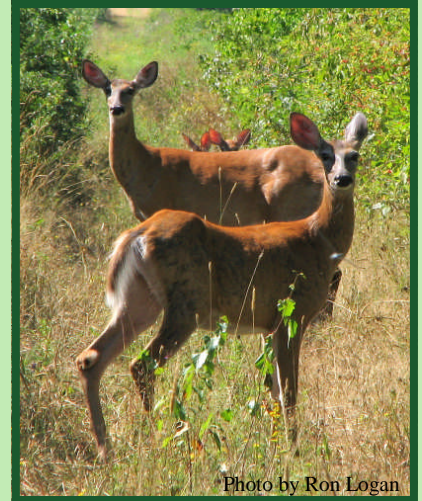


Photo by Ron Logan

“Nature is not a place to visit, it is home.”

Gary Snyder,
The Practice of the Wild

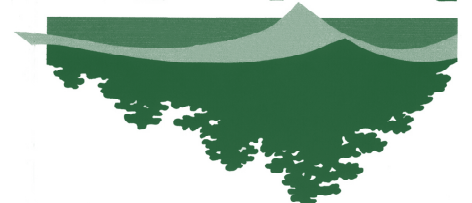
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Our mission is to protect in perpetuity for public benefit significant lands and waters, and their natural, agricultural, scenic, and traditional values and characteristics; promote general and scientific understanding of the region's natural resources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

“Conserving Bangor’s Natural Heritage”

Bangor, ME 04402-0288
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