



SPRING 2013

# BANGOR LAND TRUST NEWS

## New Parcel Acquisition Expands Central Penjajawoc Preserve

We've recently added the back 94 acres of the old Kobritz farm on Essex St to Central Penjajawoc Preserve!

This is beautiful land!! It contains two streams, stands of cedar, lovely fields overlooking Penjajawoc Marsh, and a portion of the Marsh itself. Its pleasures include an enormous field of milkweed – the plant on which monarch butterflies lay their eggs. Conserving this unique field of beautiful milkweed not only gives aesthetic pleasure but allows us to aid in the preservation of one of America's iconic but at-risk butterfly species.



The remarkable habitat value of Penjajawoc Marsh allowed us to fund this acquisition. Last summer we discovered the Maine Natural Resource Conservation Program, a fund that receives monies when developers or the highway department need to mitigate for

wetland disturbance. They can choose to contribute to this fund rather than buying and conserving wetland themselves.

Penjajawoc Marsh, arguably the state of Maine's most productive freshwater marsh, definitely qualifies as high-ranking wetland. The special qualities of this marsh, and its rare and endangered avian inhabitants, helped us win this grant. We were very happy, for many, many reasons, to bring this

money into Bangor. We paid the landowner, a Bangor resident, appraised market value for this treasure. Now it will be open forever, a community asset for all to explore and enjoy.

Although the actual funds for the purchase price came from the Maine Natural Resource Conservation Program, there are many additional expenses in a land transaction – surveyors' and legal fees, staff time, and the costs of an environmental assessment to assure there is no hazardous waste on the property. Our budget for these expenses comes from you – your membership dues and gifts, Pedal the Penobscot fundraising, and gifts from our generous supporters.

Access will eventually be via the trail head of the Central Penjajawoc Preserve trail. This starts at the parking lot on Essex St, just in town from the Burleigh-Essex intersection,



right opposite a road sign warning of a curve in Essex St. With any luck we'll have a new kiosk and our own trail sign in place by mid-May.

Please watch for the announcement of guided walks on our new acquisition. If you are interested in helping us to design and build a new trail, call or e-mail us. As always, we thank you, and hope that you enjoy the results of your generosity!



BOARD OF DIRECTORS

# President's Letter

Lucy G. Quimby



Lucy Quimby  
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- Shirley Ellis
- Stacy Gambrel
- Lori Gettler
- William Glanz
- Karla Gustafson
- Paul Pasquine
- Dave Thompson

Dear Members,

Spring has brought a new wave of energy and enthusiasm to the creation of a regional trail system for our area.

The wave began rolling at a Bangor Trails meeting earlier this year when we met with representatives from Brewer to plan our first ever Bangor-Brewer Trails Day on June 2. Momentum grew as the group asked questions: – “Couldn’t we include more communities? Have a regional trails event? How could we encourage communities to form a truly regional trails system? What happened to the Penobscot Valley Community Greenprint recommendations for regional trails? Didn’t the Bangor Area Comprehensive Transportation System (BACTS) come up with a regional trails plan? What can we do to help this along?” And finally: “Let’s call a meeting!” I sat and took notes as all this unfolded.

Bangor Land Trust sent out the meeting announcement to all the e-mail addresses we could find, with encouragement to forward to anyone else who might be interested. We got expert help from the Bangor Health Department’s Alexia Corbett, who is working on developing Active Community Environments and a welcome addition to our Bangor Trails working group.

Our second meeting, on April 11 in Brewer, drew 60 people from more than 10 communities, including representatives from municipal governments, sleeves rolled up and ready to move forward. A steering committee emerged, tasked with developing options for an organizational structure. As one attendee commented, “I saw a roomful of people, all eager to work together on a project and looking for a way to do so.” Many of the folks who came to the April 11 Regional Trails meeting had helped to produce the Penobscot Valley Community Greenprint, published in 2009. The Greenprint languished in the intervening years, for want of a regional institutional structure prepared to make full use of it. I am delighted to share with you the url for the updated Penobscot Valley Community Greenprint website [http://tplgis.org/Penobscot\\_Greenprint/](http://tplgis.org/Penobscot_Greenprint/). Do go explore and enjoy it, and check back for updates.

Our next meeting will be July 11, at 3:00 pm, at the Brewer Community Center on the second floor of the Machias Savings Bank building at 581 Wilson St in Brewer. In addition to a plan for organizational structure, we hope to be able to present a Penobscot Valley Community Greenprint map updated with the trail maps that we spent the last three years uploading onto Maine Trail Finder.

Even in tough economic times, we can work together to develop our regional advantages and invest in a better future!

With many thanks for your support,

## BEES + STARBUCKS + BUZZ

**B**ees addicted to caffeine? Who knew!

Pollinating bees and flowers have been dancing for millions of years. As would be expected in such a long term relationship this coupling is extraordinarily refined and complex. New insights recently discovered amaze and humble us.

With our eyes we see little bees flitting about – here and there – landing on a flower, staying for a few seconds or less and then racing on. Research reported in the March 8, 2013 issue of *SCIENCE* links honey bees and caffeine, a bitter tasting molecule that plants make to keep grazers at bay. But these same plants mix very tiny amounts of caffeine in their nectar. Bees that sip this caffeine-laced nectar have better memories of the flower type they have just visited than flowers without caffeinated nectar. It is well known that mammals (including humans) have specific neurons whose actions are affected by caffeine. Corresponding neurons were found in the bees' brains. These neurons also responded to caffeine, causing the bees to return more often to the flowers containing nectar with caffeine. It appears that small quantities of caffeine improve the bees' memory. More bee visits will aid the plant's reproductive success.

The researchers also wondered if bees suffer from caffeine withdrawal. If so, satisfying this craving would be another reason for the bees to seek out specific flower types. Anyone for Starbucks?

Another group of British researchers noticed that bees were attracted to the electric fields that surround flowers on sunny days. Bees have a net positive charge because flying causes electrons to be stripped from their bodies. Flowers



*Honey bee photo by Pat Hinds.*

gain a net negative charge over time, especially in the sun. Researchers found that pollen “literally jumps” from the flower to the bee because of the difference in electrical charge. Bees were apparently able to discriminate among the different charges on flowers. This adds to the information the bees have about their food source. We have known for years that they see ultraviolet light patterns in flowers that guide them to the nectar, but scientists had been unaware of their electric field sensing ability. Finding a good food source in the shortest amount of time increases the probability of survival and reproduction. Bees that can sense the electrical charges on flowers have an important advantage.

It bears repeating that the world “appears” quite different to different organisms. Their sensory systems are often quite different from ours. We see organisms like bees “flitting” around but really they are on a crucial mission. They are reading cues we can only imagine and it is fascinating for us to “see” their world.

Penobscot Valley Chapter of Maine Audubon & Fields Pond Audubon Center present

## NEIGHBORHOOD BIRD WALKS

Unless otherwise indicated, all walks are from 7 – 8:30 a.m. Rubber boots or waterproof shoes are recommended. No pets please.

Thursday, May 16  
Essex Woods, Bangor  
Leader: Bob Duchesne  
Meet in the parking lot at the end of Watchmaker Rd.

Friday, May 17  
Bangor City Forest, Bangor  
Leader: Paul Corcoran  
Meet at City Forest parking area at end of Kittredge Rd.

Saturday, May 18  
Walden Parke Preserve, Bangor  
Co-sponsored by Bangor Land Trust  
Leader: Bill Glanz  
From Essex St., turn into Walden Parke Way, then right on Tamarack Trail to meet at its end.

Monday, May 20  
University of Maine, Orono  
Leader: Sandi Duchesne  
Meet in the rear of the University Credit Union parking lot on Rangeley Rd.

Tuesday, May 21  
Leonard's Mills, Bradley  
Leader: Bob Duchesne  
Meet at the junction of Government Rd and Rt. 178

Wednesday, May 22  
Kenduskeag Stream Trail, Bangor  
Leaders: Hope Brogunier, Gordon Russell, Jane Rosinski  
Meet in the 2nd parking lot upstream of the intersection of Valley Ave. and Bruce Rd.

Thursday, May 23  
West Penjajawoc Preserve, Bangor  
Co-sponsored by Bangor Land Trust  
Leaders: Lucy Quimby, Elizabeth Payne  
Meet at the dead end of Fox Hollow Lane, off Essex St.

## Monarchs Need Flowers



*A monarch stops for lunch in Essex Woods. Photo by Ron Logan.*

BLT supports another pollinator as well. Our newly-acquired field in Central Penjajawoc Preserve has an important role to play in supporting a spectacular migratory phenomenon. Our familiar orange and black monarch butterflies are basically a tropical species that breeds in New England and Canada during the summer and then flies over 1500 miles each year to its winter habitat in Mexico. Successful completion of their life cycle depends on suitable habitat at each end of the journey, in addition to the availability of nectar along the way for both the northward and southward journeys. Like bees, butterflies help plants by spreading pollen as they feed.

Monarchs need milkweed to complete their life cycle. They lay their eggs on milkweed plants, and the larvae must feed on milkweed. Milkweed sap contains cardenolides, a family of chemicals that is poisonous to vertebrates but helps monarchs by making them unattractive to potential predators. Farmers, understandably, do not like to have milkweed in their pastures, and often destroy monarch habitat. As we maintain the open field on Central Penjajawoc Preserve, we will preserve an important breeding ground and nursery for a much-loved butterfly whose spectacular migratory patterns contribute to the health of flowers and fruits across a wide landscape.

For more information about monarchs and the international plan to conserve them, see <http://www.fs.fed.us/wildflowers/pollinators/monarchbutterfly/migration/>

## New Board Members

Stacy Gambrel and Laura Mitchell were elected to the Board at the Annual Meeting on February 28, 2013.

Stacy is originally from Michigan but has called Maine home since 2001. For most of her career, Stacy has worked in land conservation, which is her passion. Most recently she was a Land Projects Coordinator for Maine Farmland Trust, a statewide nonprofit devoted to farmland conservation. Currently she runs her own GIS mapping and conservation consulting business, 45 North Cartographic, and teaches at Unity College. Stacy earned a B.S. in Urban Planning from Michigan State University and holds a Masters degree in Public Administration from the University of Maine. She lives with her husband Sean and three mischievous cats in Bangor. She enjoys spending as much time outside as possible—gardening, cycling, hiking, kayaking, and cross-country skiing. Stacy is thrilled to join the BLT board and looks forward to helping the organization advance its conservation goals.

Laura brings a diverse background of marketing, event planning and community development experience to the board. This is Laura's second time on the BLT board. She grew up on the sea shores of Maine and developed a lifelong love of the outdoors. Laura values the access that BLT provides for all to Bangor's forests and wild experiences. Laura has a M.S. in environmental science and lives in Bangor with her two young children and husband.

Have you been thinking about  
a way to make a difference  
- that will last even after  
you're gone? You can give an enduring  
gift of Bangor's wild back yard to future  
generations by making a bequest to  
Bangor Land Trust in your will.

Please consult your attorney for the wording most  
suitable to your circumstances.

# Celebrate Bangor-Brewer Trails Day

Enjoy the beautiful waterfront parks on both sides of the river!

As part of our work to create a regional trails system, Bangor Trails invited Brewer to join them in celebration of Trails Day with the first annual Bangor-Brewer Trails Day.

We'll gather on the Bangor waterfront at 10:00 am for the unveiling of Clark Fitz-Gerald's Continuity of Community sculpture in its new location. Then we'll walk across the Joshua Chamberlain Bridge to the Brewer Children's Garden. Bring your children and friends young and old for a bike rally, face painting, great fresh food, and information on area trails and healthy living.

**WHERE?** Bangor Waterfront

**WHEN?** June 2 at 10 am

**WHY?** To celebrate the pleasures of our region's trails

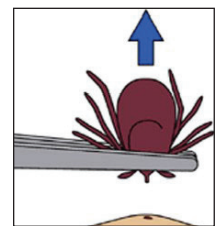


## Ticks Like Climate Change

Climate change predictions for Maine indicate generally warmer and wetter weather – exactly the conditions that ticks like best. Here are some sensible precautions to keep these tiny eight-legged critters from spoiling your fun out of doors:

- Use insect repellants containing DEET on your skin, and Permethrin on your clothes
- Wear enclosed shoes, a hat, and light-colored clothing with long sleeves; tuck your shirt into your pants and your pants into your socks.
- Walk in the center of the trail and avoid bush-whacking.
- Avoid sitting on the ground.
- Preferably within two hours of getting home, shower and check your entire body, using a mirror, especially hairy areas and folds and creases of the body.
- A deer tick nymph is as small as a poppy-seed. Adults are larger.
- Examine clothing, gear, and pets.
- An hour's high heat in a dryer will kill ticks.
- No need to panic if you find a tick attached to your skin. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. Pull upward with steady,

- even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
  - Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible--not waiting for it to detach.
  - You may save the tick in a safely closed jar or pill bottle for identification.
  - If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.
- For more information, go to <http://www.cdc.gov/ticks/>.



# The Maine Master Naturalist Program Expands to Bangor Area

The Maine Master Naturalist Program has expanded to the Bangor area for its third year of classes. A nonprofit organization founded in 2011, the MMNP was formed by a group of naturalists in the Augusta area to create a network of trained naturalist volunteers to teach and encourage the stewardship of Maine's natural environment.

The first outing for the 2013-14 class of students is June 1 and will be at the Hirundo Wildlife Refuge in Alton. Most classes will take place at Fields Pond Audubon Center with a few excursions to Hirundo, the UMaine Planetarium, and the Orono Bog Boardwalk.

MMNP will hold a second group of 2013-14 classes at the Gilsland Farm Audubon Center in Falmouth, with a goal of expanding the territory of Master Naturalists to the entire state of Maine.

Participants agree to give no fewer than 40 hours of volunteer service at one or more land trusts, parks, watershed or conservation associations, municipalities, schools, or other nonprofit program during the year following certification. Graduates might lead interpretive walks/paddles or field trips; do presentations; teach classes; or develop educational programming. In order to remain in good standing as a

Maine Master Naturalist Volunteer, he or she must continue to volunteer on an ongoing basis.

Coursework included in the year-long program includes: geology, trees, forbs & shrubs, ferns, lichens, bryophytes, mammals, birds, insects, ecological systems, celestial bodies, and pedagogy.

Bangor Land Trust's office manager, Donne Sinderson, is among 23 students accepted into the Holden

program in March. Working at Bangor Land Trust has given her an appreciation of how over-utilized our current naturalists are and how beneficial a network of Master Naturalists would be for the state.

For more information, go to <http://mainemasternaturalist.org>.

*Maine Master Naturalist Program, 3 April 2013, <http://mainemasternaturalist.org>*

## Calendar of Program Events

May 18  
Saturday  
1 pm

**Bangor Land Trust's New Property and New Trail!  
A Walk Through Central Penjajawoc**  
Meet at the parking area located just south of the Burleigh Rd and Essex St intersection - across from 1242 Essex St and next door (to the north of) 1231 Essex St. Led by Chris Dalton.



May 23 & 24  
Thursday &  
Friday



**Love is in the Air!** Witness the woodcock aerial courtship display & take part in a count survey. Meet on Walden-Parke Way (off outer Essex St) where powerline crosses the road. More details on time as the date approaches. Led by Hope Brogunier & Karla Gustafson.

June 6  
Thursday  
7-9 pm

**Whip-poor-wills & Sounds of a Summer Evening**  
Come hear the haunting sounds of whip-poor-wills and others. Meet at Walden-Parke Way where the powerlines cross the road. Led by Bob Milardo.

June 1  
Saturday  
10 am

**Two Lady's Slipper Walks & Talks**  
One date set (led by George Elliott) and another date to be determined to catch peak bloom conditions (led by Karla Gustafson). We'll shoot for a one-week notice - need to check in with the flowers.



June 9  
Sunday  
4 pm

**It's All About Bears**  
Indoor event at our downtown office for the kids. They'll learn about bears and get to ask our expert, Ryan Robbins, about the bears in Bangor. Kids of all ages are welcome.

June 13  
Thursday  
7 pm



**Bear Talk & Answers**  
Indoor event at our downtown office for the adults. Do you have questions or concerns about bears in your backyard or out on a trail? Any and all questions about bears will be addressed in addition to an informative presentation about this fascinating (and much misunderstood) Maine resident. Seating is limited so please RSVP (call our office at 942-1010).

June 23  
Sunday  
6 pm

**Bear Walk**  
Geared for all ages. We'll meet at the BLT kiosk at the end of Tamarack Rd, off of Walden Parke Way to head out on the Blue Trail with our bear expert, Ryan Robbins. We should see signs of bear, and maybe even catch a glimpse of one on the trail. Learn the facts about this fascinating neighbor.

The Regional Trails group next meets Thursday, July 11, 2013 at 3:00 in the Machias Savings Bank Community Room on Wilson Street in Brewer

*Hope to see you there!*

# Gearing Up for Pedal the Penobscot 2013

**A**wesome ride! Great fun. The people were great! Loved the experience.

These are a few of the comments that riders wrote responding to our survey after last year's Pedal the Penobscot. You can find out why they were so positive about the ride by signing up for Pedal the Penobscot – 2013, our seventh annual road ride to be held on Sunday, September 8th.

This fully supported ride begins and ends at the Bangor Waterfront and offers routes of 14, 28, 76, and 100 miles, mostly along the Penobscot River. Rest stops, sweeps, and breakdown vans will be available throughout the ride. Riders of all ages and abilities are welcome and encouraged to sign up as individuals or as part of a team. All riders will be entered to win awesome prizes, receive an annual membership in Bangor Land Trust, and are treated to a post-ride celebration. The first 150 riders to register will receive a commemorative t-shirt. Be sure to register early.

New for 2013 are team prizes. Do you know others who like to ride? A team is a great way to involve family, friends and co-workers and have a fun time while supporting Bangor Land Trust! Five people can make a team. Minors must be accompanied by an adult.

Registration is available online at [www.bangorlandtrust.org](http://www.bangorlandtrust.org) or by calling the land trust office at (207) 942-1010.

The ride is a great way to enjoy the outdoors and get some exercise. You will also be supporting Bangor Land Trust, helping to secure public access to local lands, conserve wildlife habitat, and maintain trails. If you aren't able to ride but would like to be a part of the event, please contact us to volunteer.

## Take It From the Team



**I**f you want to build teamwork and provide an awesome wellness opportunity for employees in your organization, I would strongly encourage you to sign up for the 2013 Pedal the Penobscot! Nine educators from the William S. Cohen School (pictured above) accepted the challenge and raised money for the Bangor Land Trust by cruising the 26 mile course. Although some team members were initially

worried about the distance, we all succeeded in meeting our chosen goal. Every team member is committed to pedal again, with most riders ready to step up to the next level. We already have several others joining us and are thinking about a team shirt to show unity and promote our school.

No doubt, our team will be ready to go this fall. Anyone out there ready to join us? A little competition can be a lot of fun!

*Gary Gonyar*



**September 8, 2013**

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



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**BANGOR LAND TRUST'S MISSION:**

“Protect for public benefit  
land and water in the Bangor region  
that have special ecological, natural,  
scenic, agricultural, or recreational  
significance while increasing public  
understanding of the value of  
land and water conservation.”

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*Participants in the Signs of Spring at the Marsh Walk - March 23, 2013.*

**Check out BLT's  
Program Events Calendar  
on page 6.**



*Earth Day Walk at Northeast Penjajawoc  
- Sunday, April 21, 2013.*