

BANGOR LAND TRUST NEWS

SPRING 2015

A Way to Help Our Environment

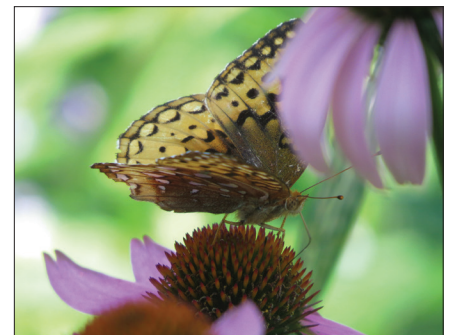
by Katelin Craven

Humans have been observing what scientists call “phenology” for thousands of years even if we didn’t have a specific word for it. Phenology is the study of recurring plant and animal life cycle stages (phenophases) and their timing and relationships with weather and climate. Think about leafing and flowering, the emergence of insects, and the migration of birds. Native Americans even gave different names to each monthly full moon corresponding to what was happening in the environment (Full Flower Moon and Harvest Moon as examples). Survival relied upon a keen understanding of one’s environment, and while this isn’t the case today, the study of phenology is still extremely important and builds a connection to the environment.

Each species takes clues from the environment to properly time various life cycle changes. These come in many forms. One example is how many amphibians move from hibernating in the soil and woods

during the first big rain of spring. Although they are vulnerable on land, when they all do this together a larger number will survive than if they were to go at different times. Birds use the amount of daylight (photoperiod) to time each stage, allowing them to adapt in advance of predictable environmental changes—like migrating before it gets too cold or laying eggs before food is in abundant supply. Yet other species use temperature, such as some plants.

Timing is important because of the many interactions between species. When some are responding to weather, some to temperature, and others to photoperiod, mismatches can occur. This is evident as we face climate change. Here in the Northeast, we can expect warming and changes in precipitation patterns. An example of a changing climate affecting the stages of life is apparent in the Netherlands. Cued by temperature English Oaks have been leafing out earlier each spring, and the moth caterpillars, who feed on the oaks, emerge and spin cocoons earlier. However, Pied Flycatchers migrate from Africa based on day length, so when they arrive after a long migration they find their main food source of caterpillars are already moths. This has caused a 90% population decline in these Flycatchers!



Lucy Quimby

What can we do to help? Scientists and land managers are faced with a huge challenge to monitor changes around the world to determine which species are experiencing timing changes, mismatches, or range movement. Citizen science projects are a fantastic way for all of us to contribute to large and long-term datasets that can be used to make important decisions about conservation and environmental stewardship. Everyone who uses the trails at BLT preserves and admires the lady’s slipper in the spring, marvels at the beautiful reds and orange leaves of fall, and fawns over the adorable porcupettes (baby porcupines) of summer, can also make a difference. All we have to do to help is be willing to take five minutes after a walk to record online at Nature’s Notebook what we have seen. Please watch your email for BLT’s Nature’s Notebook project information and training sessions. Find out more about Nature’s Notebook on page 4.



Donne Sinderson

Dear Friends,

Please join your land trust in celebrating a major accomplishment and help us in the final stretch of reaching another major milestone!

When Bangor Land Trust incorporated in 2001 and began promising to protect land in perpetuity, that was an act of faith, courage, and commitment. We met in a board member's office; our first annual budget was \$636. We were determined to do an ethical and conscientious job, but our only external guidance came from a 17 page booklet, Land Trust Standards and Practices, published by the national Land Trust Alliance.

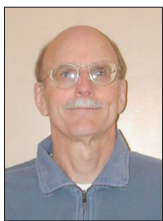
In 2006 the Land Trust Alliance started an accreditation program, allowing the nation's land trusts to hold themselves accountable to appropriate and rigorous standards. They updated Standards and Practices and published a two volume guidebook. In April 2006 the Bangor Land Trust board voted to meet the challenge of becoming accredited. In April 2014 we sent off three two-inch thick binders containing all the required evidence of our having followed the 12 Standards and 88 Practices. This represented 860 hours of work – ably led by Jim Hinds, assisted by our office manager Donne Sinderson, and contributed to by the whole Board. We performed self-evaluations, organized our files, carried out additional surveys on our properties, wrote policies and management plans, and documented what we did to comply with those policies. Land trusts are tax-exempt and the substance of our work – land – has a high financial and emotional value. Without high ethical standards and accuracy of operation there can be no trust.

On Friday, February 13, we got the call – Bangor Land Trust has joined the ranks of 285 accredited land trusts nationally, 16 in Maine! You can be confident that the land trust you support meets national standards.

Our second challenge, related to our promise of protection in perpetuity, is to build an endowment. The land we have promised to conserve will always need the land trust's care, and resources will always be needed. An endowment is not only a way to provide for this care, it is also a way for people who love the land, who have carried it in their hearts, to leave a legacy of care and a gift to future generations. Last winter Bangor Land Trust received a challenge grant of \$25,000 from the Ram Island Fund. We have just \$5,000 left to raise to meet this match, and we turn to you all for your help. Many hands make light work. Your gift will support Bangor's Wild Back Yard in perpetuity.



Lucy Quimby
President



William Phillips
Vice President



James Hinds
Treasurer



Laura Mitchell
Secretary

- Kathy Billings
- Katelin Craven
- Chris Dalton
- Shirley Ellis
- Lori Gettler
- Robert Ostrowski
- Paul Pasquine
- Linda Perkins
- Dave Thompson



All living organisms live by the immutable rules of physics. Billions of years of evolution have resulted in novel and fascinating ways of benefitting from these universal laws. Let's look at one implication of the second law of thermodynamics—energy moves from areas of higher concentration to lower concentration. That's why we get cold when we go outside in the winter – the heat energy generated by our bodies moves to a lower concentration of heat energy, the outdoor air. One way to stop this is to put up a barrier, such as clothing, blocking the transfer of energy.

Your winter jacket is designed to prevent body heat from escaping. It does this by providing tiny airspaces that stop the transmission of heat energy. Still air is a poor conductor of heat energy because it has a low concentration of molecules and thus cannot absorb and transmit energy readily. Our coats mimic what other animals have done in various ways for millions of years.

If the tiny airspaces in your winter jacket are created by down, you are benefitting from the evolution of a protein called keratin. DNA analysis of this very useful multipurpose protein suggests that it evolved along a number of different pathways through the evolutionary process in a variety of different animals. Keratin is found in invertebrate animals and in all the vertebrates. What do feathers, fur, claws, beaks, toe pads, and scales have in common? Keratin!

For many animals, shorter days trigger hormonal changes that result in the formation of winter fur and feathers. Fur's long, protective guard hairs trap air by being hollow. They work together with layers of shorter, extremely fine hair, to trap air. Trapped air slows down the transmission of heat energy.

Body size and life style dictate the type of winter fur and feathers. Beaver, fox, river otters, martins, fishers, deer, moose, and bears all produce denser fur in winter. These animals are not inconvenienced by a larger girth. Other animals such as weasels and mice would find thick fur a hindrance as they try to squeeze through small passages. Species such as these eat ravenously and seek shelter from the cold as an alternative means of surviving winter.

Feathers seem to have evolved from the keratin-filled horny scales of early dinosaurs. Feathers probably had multiple functions for the dinosaurs, such as insulation, signaling, and aid to locomotion. Most modern birds have large, stiff protective feathers and short, fluffy, downy feathers to trap air. This trapped air prevents a loss of heat from their bodies just as it does in our down comforters, jackets and sleeping bags. In regions with cold winters, the density of birds' down feathers increases greatly during the

fall. Birds such as chickadees, who do not fly long distances and stay here for the winter, develop a larger number of downy feathers and far fewer long feathers for flapping and gliding.

Marine mammals that frequent cold water have a different set of challenges. Many of these mammals dive deep into the ocean to feed, so the great water pressure would force out air trapped by dense fur. Fur would not be a good option for them. Water temperature, even in the arctic, is never as cold as air temperature, so trapping of a dead air space would not be as helpful. In addition, the large size of these mammals means the ratio of heat-losing surface area to total body volume is low and makes it easier to keep warm (another implication of thermodynamics).

These large marine mammals turn to blubber as a means of blocking the transmission of heat energy. The word "blubber" derives from a Middle English word that means "to bubble". Whale fat bubbled when boiled to make fuel. Blubber has more blood vessels and connective tissue than "regular" fat, and the blood vessels in blubber can constrict to conserve heat. Therefore, this insulating fatty layer (which also functions as energy storage) serves them well. The thickness of the blubber is not as important as its low water and high fat content. Smaller marine mammals, like seals, have both fur and blubber as they spend some time on land and do not dive as deep.

I think I will put on my down jacket and go out and get a jelly donut!



Ron Logan



Donne Sinderson

nature's notebook

A project of the USA-NPN

Nature's Notebook invites all interested citizens to help document the changes taking place in our natural environment as our climate changes and our earth warms. Plants and animals are inevitably affected by the changing climate – warmer temperatures, droughts in some areas, and more concentrated precipitation events in others. And there is no doubt that the earth's climate is changing and will continue to change - at a speed that depends in part on how well we as humans can organize to minimize the amount of carbon dioxide we put into the atmosphere. But who is looking out for the plants and animals that will need to adjust and redistribute themselves as conditions change?

Bangor Land Trust and Nature's Notebook are helping to record changes in plants and animals in cooperation with both state and federal programs, as a necessary first step to an action plan to help

conserve species. The US Geological Survey has a state by state list of Species of Greatest Conservation Need (SGCN) compiled with the help of state fish and wildlife agencies. You can find the list for Maine here: <http://www1.usgs.gov/csas/swap/download?state=Maine>.

Maine is creating its own Wildlife Action Plan, looking at what habitat types are needed to foster the health of vulnerable species. You can get more information about that here: http://www.maine.gov/ifw/wildlife/conservation/action_plan.html. Bangor Land Trust is sharing information about our conserved lands with the state agencies that are working on these conservation projects.

Most of Bangor Land Trust's preserves contain parts of Penjajawoc Marsh and its uplands, or conserve the wildlife corridor that connects Penjajawoc Marsh to Caribou Bog. This area is used by many of the birds that appear on the Maine list of species of greatest conservation need, including the Least Bittern, Great Blue Heron, American Coot, Common Moorhen, Northern Harrier, Black Tern, Whip-poor-will, Chimney Swift, Eastern Kingbird, Eastern Wood-Pewee, Barn Swallow, Northern Rough-winged Swallow,

Tree Swallow, Wood Thrush, Veery, Black-and-white Warbler, Chestnut-sided Warbler, Yellow Warbler, American Redstart, Canada Warbler, and White-throated Sparrow. By helping Bangor Land Trust to be good stewards of Bangor's Wild Back Yard, you are helping your animal neighbors cope with climate change!

Much of Bangor is home to some form of wildlife. By the time you read this, the mockingbirds may have returned to build nests downtown. Here are some other things you can do to take care of Bangor's wildlife: Keep cats indoors (they kill enormous numbers of songbirds each year), please follow dog and leash guidelines on Bangor Land Trust preserves to avoid disturbing wildlife, and avoid using weed and insect killers that may harm endangered insects, such as the Monarch butterfly. These are challenging times – you can help!

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

Gary Snyder



Bangor, Maine trail camera photos of: left, bobcat on January 21, 2015 (20 degrees at 1:47 pm) and right, coyote on January 25, 2015 (24 degrees at 3:18 pm)

Programs Committee Report

by Lucy Quimby,
Interim Chair

The Programs Committee is proud to report the accomplishment of 22 programs offered to membership and the public in 2014. Thanks to the following people for leading one or more of the programs:

Steve Sader
Chris Dalton
Cathy Elliott
Jerry Smith
Shirley Ellis
Bob Duchesne
Katelin Craven
George Elliott
Gail Downs
Bob Milardo
Clare Cole
Donne Sinderson
Christy Stout
Lucy Quimby
Jean Adamson
Robert Ostrowski
Dave Thompson
Kevin Smith

Katelin Craven became Chair of the Committee on October 1, 2014. Bangor Land Trust is fortunate to have her leading the Programs team.



Donne Sinderson

Road Ride Committee Report

by Shirley Ellis, Chair

This winter's weather might not have prompted you to think about riding your bike, but the Pedal the Penobscot Road Ride committee has already started planning for the ninth annual ride. The ride will be held on Sunday, September 13th.

The Committee would like to welcome three new members: Lynn Bolduc, Gary Gonyar and Carolyn Eaton.

Each year more riders sign up for the event, and several of the returning riders tell us that it is their favorite ride of the season. Many of the riders form a team of five or more, and some of the family teams contain two or more generations of riders. You can celebrate Grandparent's Day by Pedaling the Penobscot. It falls on the same day again this year.

The Land Trust will be at the Orono Great Maine Bike Swap hosted by the Bicycle Coalition of Maine on April 12th at the UMaine New Balance Recreation Center. Please stop by to see what is being planned for this year's ride. If you can not attend the bike swap, watch for announcements about the ride on Facebook or our website <http://www.bangorlandtrust.org>.



Shirley Ellis

*Ensure that your children, grandchildren
and greatgrandchildren are able
to explore and enjoy the woods and
meadows you know and love. Please give
an extra gift this year to the Wild Back
Yard Legacy Campaign.*

*H*ave 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.

For more information call 942-1010, stop in the office at 8 Harlow St fourth floor (Tues, Wed & Thurs from 8 am to 5 pm) or send a message to info@bangorlandtrust.org.

"In the end, we will conserve only what we love, we will love only what we understand, and we will understand only what we are taught."

Baba Dioum

2014 Membership

Conservators

(\$5000+)

Anonymous (3)
Blueberry Broadcasting
Emera Maine
Maine Community Foundation

Protectors

(\$2500 - \$4999)

People's United Bank
Pulse Marketing

Land Stewards

(\$1000 - \$2499)

Kathy Billings
Jane and Frank Bragg
Dan and Dina Cassidy
Dysart's Restaurant
Maine Coast Heritage Trust
Paul and Rachel Means
Laura and Don Mitchell
Parke and Andrea Oldenburg
Gwethalyn and William Phillips
Quirk Auto
Sea Dog Brewing Co.

Guardians

(\$500 - \$999)

Gold's Gym
Gross, Minsky & Mogul
Sarah Hinners
Maine Distributors
Caroline and Fritz Oldenburg
John and Janet Osborne
Paul and Karyn Pasquine
David Sewall & Inese Foster
Tim and Lori Varney
Verve

Keepers

(\$250 - \$499)

Bangor Federal Credit Union
Beal College
Boeing Company
David and Susan Carlisle
Casco Bay Energy Co.
Tom and Lea Cassidy
Mr. and Mrs. Robert Chase
Christopher Dalton
James D. Elmore
W.S. Emerson Company
Epic Sports
Jeff and Lori Gettler
Dr. and Mrs. Bruce Malmer
Renee and Leonard Minsky
WBRC Architects & Engineers
Woodard & Curran
William and Sharon Zolper

Supporters

(\$100 - \$249)

Eisso Atzema & Molly McLean
Andrew Averill
Margaret Baillie
Balance Massage Therapy
Bangor Daily News
Carolyn and Roger Bennatti
Marc Berlin & Edith Richardson
Ray and Lynn Bolduc
Aaron Brasslett & Robin Clukey
Hope Brogunier
CES, Inc.
William and Kathy Childs
Melissa Cliff
Carol Clift
William S. Cohen School

Todd and Laurie Dumond
G. Clifton and Catherine Eames
Shirley Ellis
Carol and Bill Farthing
Nancy Fishwick & Marc Moss
Edward Grew
Cherie and Alan Harris
Molly and Dean Harrison
Annette Hatch-Clein & Lee Clein
Lynn Hempen
Philip and Mary Hunter
Maurice Kelleher & ML McEwen
Suzanne and Robert Kelly
Cynthia and Bernard Kubetz
Stephanie Leonard
Lee Martin & Dawn Pelletier
Leigh and John McCarthy
Peter Millard & Emily Wesson
Bernard and Gloria Miller
Kevin Miller
Norman Minsky
Don Mitchell
David Nicklas
Paul Bunyan Snowmobile Club
Linda Perkins
Linda and John Poirier
Henrietta Poons
Glen Porter & Jean Deighan
Robin and Ursula Pritham
Ann Reardon & Joshua Sherwin
Jim and Barbara Ring
Ken Schmidt
Ann Schonberger
Jordan Shubert
The Hon. and Mrs. Warren Silver
Ingrid Solomon
Jamie and Scott Stern
William and Jacqueline Sullivan
Jessica Taylor
David and Pat Thompson
Larry and Deanna Wade
Vicki Wilcox

Individual/Family Level

(Up to \$99)

James and Ann Acheson
Jean Adamson
Patrick Allen
Joan and Richard Andren
Bagel Central
Peter and Debora Baldacci
Bangor Letter Shop
Bangor Nature Club
David and Lisa Barnett
Frances Bartlett
Larry and Barbara Beauregard
Michele Benoit
Tina Bernier
Claude Berthiaume
Cassandra Biette
Eric Bolduc
Jan and Ilse Booyesen
Heather and Dennis Bosse
Robert and Denise Brookings
Patrick Brown
Lisa Buck
Judy Burk & Ken Beland
Sandra Butler & Susan Buzzell
Hugh Caggiano
Patrick Cain
Annie Cambridge
Devon and Gail Carter
David Cassidy
Paul Chaiken

Denise Chandler
David Chapman
Helen Cheney
Larry Childs
Coffee Pot Café
Jim Contino & Nancy Adams- Contino
Heidi Cook
Regina Coppens
Joy Coutu
Katelin Craven & Tim Burns
Gabriel Crooker
Robert Cummings
Harry Cunningham & Mary Cuddy
Dr. and Mrs. Allan Currie
Beverly and Stephen Daniels
Darling's Honda Nissan
Ronald and Shirley Davis
Steve Dexter
Christina Diebold
Andrew Dixon
Allison Dorko
Colin Dowey
Ricky Dubois
Carolyn and George Eaton
George Elliott & Gail Downs
James Elliott
David and Julia Farrar
Nick Farris
Douglas Ferguson
Devon Fernandez
Mary and Ivan Fernandez
Isaac Fernandez
Joel Fishman
James Floyd
Nicholas Fox
Robb and Gwyneth Freeman
Dave Friedman
James and Donna Frye
Kirsten Gagnon
Robert Garnett
Barry and Sarah Gass
Giacomo's
Gifford's Dairy
Gary Gonyar
Govenor's Restaurant
Chris Grass
Ron Greenberg
John and Carol Gregory
Jason Gross
Irwin Gross & Martita Fogler
Skylar Haines
Benjamin Hale
Travis Hall
Melanie and Paul Halvachs
Susan Hamlett
Lauren Harrigan
Harvest Moon Deli
Joe Haskins
Nate Haslam
Rod and Carolyn Hathaway
Mark Hayward
Jack Hersom
Martin Hikel
Tim Horton's
Gloria Howard
Dana and Linda Hunter
Paula Huntsman
Ginger and John Hwalek
Jeffrey and Melissa Ingalls

Suellen Jagels
Michael Jeffrey
Brent Jepson
Taylor Jepson
Koby Jeschkeit-Hagen
Jeremy E. Johnson
Billie Johnston
Sally Jones
Karen Kelley
Roger King & Laurie Hicks
Rori Knott
Geoffrey Knowles
Margaret Kravchuk & Harold Hamilton
Anita Kurth
Mickey Lackey
Penny Lamhut
Jennifer Laury
Valerie Levy
Mary and William Linz
Dan Livingstone
Randy and Laure Loring
Ken Louis
Margaret Lukens
Charles Lyons
Megan MacKenzie
David Mahoney
Natalie Marceau
James McCleave & Edwana Meisner
James McDonald & Reesa Greenberg
Carolyn McDonough
Tom McGary
James Merrick
Debra Merrill
Robert and Renata Milardo
Kristie Miner & Aaron Hoshide
Moe's Original BBQ
Emmy and Bernard Monahan
Steven Moodie
Paul Moulton
Martin Naas
Virginia Nees-Hatlen
Andrew Neff
Scott Nelson
Jenifer Nelson
Paul Nichols
Ryan Nicols
Libby Norton
Paul Oakland
Tracey O'connell
Kim Oldenburgh
Bucky and Sue Owen
Theresa Pace
Ellen Pariser
George Parke
Valerie and Richard Patch
Elizabeth Payne
Joanne Pease
Steven and Deborah Pellegrino
Christina Perkins
Geneva Perkins
Stephen Pfister
Edward Pomeroy
Roger Puma
James Pushard
Aaron Pyle
Rudy Rawcliffe
Rick and Joyce Reardon
Randy Reardon
Joan Reif

Paul Riechmann
 Liam Riordan
 Alton Robbins
 Ryan Robinson
 David Rock
 Roger Rocque
 Neal Rogers
 Lyndy and John Rohman
 Tim and Karen Rose
 Gillian Rose
 Jim Rose
 Rose Bicycle
 Carol Rosinski
 The Rubin Family
 Ed Rudnicki
 Gordon Russell & Jane
 Rosinski
 Sam's Club
 John Schooley
 Seasons Restaurant
 Warren Shaw
 Janet Silbury
 Donne Sinderson
 Frank and Helen Smith
 Maureen and Robert Snow
 Richard and Rita Spinney
 Adele St. Pierre
 Lovern Stockwell
 Melissa and Tom Stone
 Jen Story
 Christy Stout & Margaret
 Beckman
 Barbara and Dick Sturgeon
 Subway
 Sue Sullivan
 Dr. and Mrs. Tableman
 Pamela Taylor
 Prudence Taylor
 The Family Dog
 The Rock & Art Shop
 Sharon and Miles Theeman
 Kevin Thompson
 Valentine Footwear
 Anna Vanasse
 Village Variety
 Tom Violette
 Jeff and Lisa Wahlstrom
 Michelle and Wayne Walker
 William G. Walkup
 Walmart
 Jennifer Weaver
 Sonya Wedge
 Jim Wheeler
 Susan White
 W.H. Whitham & Paola
 Rinaldi-Witham
 Francine Wickes
 Jim Wilson
 Woodman's Bar & Grill
 Jim and Kathy Zeman

Matching Funds
 GE Foundation
 RBC Foundation
 The Boeing Company

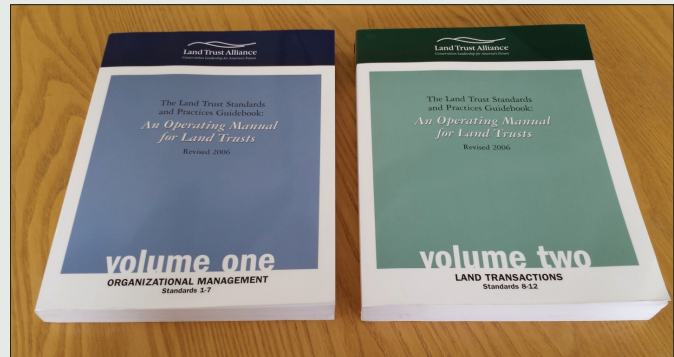


Bangor Land Trust is proud to announce that it has received accreditation from the national Land Trust Alliance.

What sort of standards does a land trust have to meet in order to get accredited? The answer is in the two volumes pictured below, published in 2004 by the Land Trust Alliance:

Here are some of the highlights –

- (1) BLT has to have criteria for determining the conservation value of the land and easements we purchase or accept as gifts. We have to show that we have the capacity to take on each project, and that it really does have public benefit.



- (2) BLT has to have a properly functioning board, that meets regularly, understands its fiduciary responsibility, follows its by-laws, and makes all major decisions, especially decisions involving land transactions.
- (3) BLT has management plans for all its preserves and funds set aside to take care of our lands and trails.
- (4) BLT is accountable to its donors – to keep accurate financial records and use the money that is given to us as promised.
- (5) BLT keeps accurate financial records, prepares monthly budget-and-actual reports, and has year-end financial statements prepared by a qualified financial advisor in accordance with Generally Accepted Accounting Principles.

Earning accreditation is the fulfillment of a resolve that the Bangor Land Trust board made in 2004 and the result of 3 years of diligent and focused work assembling the documentation to demonstrate our adherence to the Land Trust Standards and Practices.

Jim Hinds deserves a special thank you for leading the accreditation team. Thank you, Jim!



BANGOR LAND TRUST

PO Box 288
Bangor, ME 04402-0288

www.bangorlandtrust.org
info@bangorlandtrust.org

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.”

Non Profit Org
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Upcoming Programs:

- Nature's Notebook Training (April 4th at 9-11:30am)
at the Bangor Land Trust office
- Woodcock Aerial Display (evening of April 18th)
- Vernal Pools (afternoon of May 23rd)
- Lady's Slipper Search (June)
- Evening Bird Watching & Frog Calls (July)

Some details are still to be determined.
Check out the web site or call 942-1010 to find out more.
Is there something you'd like to learn about?

If you would prefer a color version of Bangor Land Trust News through email,
contact the office (info@bangorlandtrust.org).

***When making your annual membership gift, an
additional donation to the Wild Back Yard Campaign,
will be matched by a challenge grant through the
Maine Community Foundation's Ram Island Fund!***

***Ensure the long-term viability of YOUR land trust with
an endowment gift today. (Be sure to include a note
that your gift is for the endowment.) THANK YOU!***

Look for Bangor Land Trust at:

The Bicycle Coalition of Maine's 2015 Orono

Great Maine Bike Swap

---Sunday, April 12 ---10am-1pm

---UMaine New Balance

Recreation Center, Orono

The Swap has become the unofficial kick-off to the Maine cycling season. At the Swap, you can choose from hundreds of bikes, including hybrids, road bikes, mountain bikes, children's bikes, recumbents and more. The inventory covers all price ranges, so you're sure to find something that suits your budget.

Looking to sell a bike you're not using? You can do that, too! Visit bikemaine.org/swap for more information, to register your bike, or to sign up to volunteer. Admission to the Swap is \$3 for adults and teens and FREE to UMaine students and children ages 12 and under.

Need bike accessories or gear? Area bike shops will be selling helmets, bike parts, and accessories, and Maine Bound will hold its annual Gear Sale on site as well!

Thanks to St. Joseph Hospital and Bangor Letter Shop for their help in getting this newsletter to you.