Bangor's Wild Back Yard

by Lucy Quimby

To the Thawing Wind

Robert Frost, 1874 - 1963

Come with rain, O loud Southwester!
Bring the singer, bring the nester;
Give the buried flower a dream;
Make the settled snowbank steam;
Find the brown beneath the white;
But whate'er you do tonight,
Bathe my window, make it flow,
Melt it as the ice will go;
Melt the glass and leave the sticks
Like a hermit's crucifix;
Burst into my narrow stall;
Swing the picture on the wall;
Run the rattling pages o'er;
Scatter poems on the floor;
Turn the poet out of door.

Do you have a favorite poem about nature, or the seasons? If so, please share it with us. Spring brings heightened awareness of life around us, life that comes bursting back full of songs and flowers, ready to produce and raise the next generation.

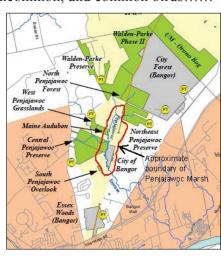
When Rachel Carson wanted to sound a clarion call about the dangers of DDT, she called her book *The Silent Spring*. Spring in Bangor's Wild Back Yard is blessedly not silent! Keeping the song in spring takes knowledge, planning, and work–knowledge about the plants and animals that rely on Bangor's Wild Back Yard to live and reproduce, planning to figure out how we can make this patch of earth more hospitable to them, and work to execute the plans.

Part of what makes Bangor's Wild Back Yard so special is that it lies at the southern tip of a peninsula of relatively unbroken habitat connecting Penjajawoc Marsh and the BLT preserves that border it, through the City Forest and Walden-Parke Preserve, to Caribou Bog and beyond through Orono, Old Town, and Alton to the north woods. It is not an isolated wetland, but more valuable because it is part of a whole complex of large and small wetlands.

From an ecological point of view, wetland habitat includes a 1000-foot border around the area that is actually wet, and good protection requires a 1000-foot buffer beyond that. That is why so many Bangor Land Trust preserves contain bits of Penjajawoc Marsh, as well as plenty of upland with trails for people to enjoy. Because of its size and links to large areas of unbroken habitat to the north, Penjajawoc Marsh and its uplands provide habitat for species with large home ranges such as hawks, owls, black bear, bobcat, moose, and fisher.

A 2001 Maine Department of Inland Fisheries and Wildlife (MDIFW) survey stated that "over 185 bird species (including 97 species of song birds) have been recorded utilizing the marsh or adjacent uplands. Nineteen species are listed as State-endangered or threatened, or on regional and national watch lists." "Nowhere in Maine is there such a spectacular assemblage of rare, uncommon, and common birds......

The nesting, resting, and feeding needs of nearly every inland Maine species are met here." Even from the Walden-Parke Blue Trail or Northeast Penjajawoc trails you can sometimes hear the eerie hooting of the pied-billed grebes making their social arrangements.







Lucy Quimby President



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Dear Friends,

One of the greatest pleasures of being a part of Bangor Land Trust is the never-ending opportunities to learn new things. From bird songs to bat houses, from butterflies to beavers – there seem to be as many new things to learn about on Bangor Land Trust Preserves as there are stars in the sky. Bangor Land Trust is committed to providing everyone with the opportunity to experience the joys of learning about Bangor's Wild Back Yard. We are grateful to our newsletter contributors for making the newsletter another learning opportunity.

When I edited this newsletter I was awed by Dick Andren's *Nature Notes* on the monarch butterfly. I had known for years that monarchs had a complicated migration pattern and I had searched in vain online for a good description of monarch migration. I had heard about the potential role of the milkweed in Central Penjajawoc Preserve in helping support populations of this declining species. I even had to call another board member as I was writing this letter to make sure I had understood correctly what Dick had described in his Nature Notes.

Dick explains that monarchs that are born in Maine at the end of the summer live for 8-9 months, and during that time they fly to Mexico, overwinter, start back north in the spring, and produce progeny that find their way to Maine. How astonishing! How do monarchs "know" to do this? How can they migrate using the stars or the earth's magnetic fields? What does it even mean to say that they know? And what a privilege to grow milkweed to support such an amazing and beautiful natural process.

So here are some questions for you: Do you enjoy a walk in the woods more if you are listening for birdsongs? If you are carrying a wildflower guide that helps you find the names of the beauties you are finding? If you know the special story behind milkweed? Or do you get more pleasure out of letting your mind wander along with your feet? Pick up your pen—or turn on your computer—and let us know. Join our conversation!

Taking care of Bangor's Wild Back Yard is a project for the whole community—please let us know what you like best about it, and where we need to improve, and thank you so much for your support!

hery Copiemby

Sincerely,

We delight to see the monarch butterfly flit around the garden in a seemingly random pattern. But what a complicated story do those colorful wings represent! Recent ongoing research has revealed fascinating information about the monarch's life cycle, food preferences, flight pattern, toxic properties, migration, and, sadly, their decline. Many factors seem to have contributed to the steep decline in the number of these magnificent wanderers.

The flash of orange and black that thrills us is the result of millions of years of continuing evolution; even the flight pattern has evolved to confuse predators. The incredible specialization that we partially understand today is just one page of the tome of life on earth that is still being written. How this story ends may be up to us.

Let's start in the gardens and fields in September here in Maine. These hardy adventurers heading south need nectar and pollen as they fly over 2000 miles to the highlands of Mexico. There they will join millions of other monarchs from the eastern and central United States and Canada. Their eventual route funnels them through a small canyon in Texas that leads to Mexico. The migration route is thought to be guided by the sun's position and magnetic fields that form from pole to pole. Wind currents aid them in this multi-week journey. The destinations are a few, very specific mountain tops in Mexico that have a microclimate and vegetation suitable for the monarchs' winter survival. They congregate there by the millions for several months burdening the branches of trees.

As spring returns and days lengthen, the monarchs



Milkweed bud

become restless and head north, laying eggs along the way—only on the undersides of the leaves of several different milkweed species. They choose milkweeds that have evolved, in their own defense, distasteful chemicals toxic to many herbivores.

The eggs develop into larvae that feed on the milkweed leaves through several molting stages and then form pupae. These pupae metamorphose into adults, keeping in their bodies the distasteful

chemicals eaten from the milkweed. This becomes part of their own defense against animals that might eat them. A newly laid egg takes about a month under optimal conditions to become a reproductive adult. The overwintering generation lays eggs as it moves north in the spring. It then dies off and a second generation continues the northward migration, laying eggs a few hundred miles north from where it was born. This pattern is repeated for three or four generations, each moving northward until the final one reaches Maine and lays its eggs. The generation born in Maine does not reproduce here but instead starts the migration south.

The northward-migrating spring and summer monarchs each live about a month or six weeks, while the southern migrating generation lives eight or nine months. To make this arduous journey individuals need to feed on pollen and nectar, storing fat reserves to keep them alive until the following spring when they start north.

In summary, there is one generation that goes from Maine to Mexico but several generations are needed for the return trip. Although monarchs feed on many different plants they lay eggs only on plants in the milkweed family. These plants produce noxious chemicals that defend them against herbivores. The monarch larvae ingest and store these chemicals that then become part of their own defense system. Farmers consider milkweed a pasture pest because of its noxious chemicals and aggressive asexual reproduction through underground stems. It has been the target of eradication efforts here in Maine and elsewhere.

What are the survival issues for these mobile jewels? They MUST have milkweed plants for their larval food supply. They MUST have pollen and nectar producing plants for food along their migration routes. They MUST have roosting sites and water sources along this route as well. The resting spots in Mexico MUST have suitable trees on which monarchs can congregate. Each of these "MUSTs" is a problem. Recent widespread use of herbicides has drastically reduced the population of milkweed plants, already decreased by land use changes. Fewer native flowers and trees are available for feeding. Illegal logging operations in Mexico have reduced the crucial roosting sites.

There are many active organizations trying to help these iconic insects. Check out the XERCES Society, the Monarch-Butterfly.com, and the USDA websites for further information on what individuals and organizations can do to protect monarchs.



Chestnut-sided Warbler

Birds of the Penjajawoc Marsh Checklist

Penobscot Valley Chapter Maine Audubon created this list in 2006 and shared it with Bangor Land Trust. We welcome your input in updating it.

Over 190 species of birds were recorded when this was compiled. Some are common in certain seasons like red-winged blackbirds, and some have been recorded only rarely, like red-necked phalarope.

The migrations in spring (April 1 to May 30) and fall (July 15 to November 30) bring some of the largest numbers and diversities of birds. This checklist provides a guide to the relative abundance of birds and the seasons when they are likely to be found. Birds that are known to nest in the area are designated with an N, and those that formerly nested in the area are noted as Fn.

The photos were taken by Ron Logan.



Black-throated Blue Warbler

Season

Most birds are migratory, therefore their seasonal occurence is categorized as follows:

Sp	Spring	March - May
\mathbf{S}^{-}	Summer	June - July
\mathbf{F}	Fall	Aug- Nov
\mathbf{W}	Winter	Dec- Feb

Relative Abundance

Abundant

Relative abundance indicates how frequently you might see a bird in its favored habitat.

A species that is very

common; likely to be seen or

Cn C E W

		heard on any trip in season.
c	Common	A species that is common; likely to be seen or heard on most trips
u	Uncommon	A species that is present in season but in fewer numbers; likely to be seen or heard in appropriate habitat on some trips.
0	Occasional	A species seen or heard on a few occasions annually.
r	Rare	A species seen or heard less than annually. May not be present every year.
V	Vagrant	A species seen on fewer than 5 occasions.
irr	Irregular	A migratory species that can be abundant in some years and absent in others.

Nesting

	Sp	S	F	W
	О		0	
	r		r	
	r		r	
N	c	c	c	
	u	u	u	
N	u	u	u	
N	О	o	0	
	c	c	c	v
	V	r	r	
		r	r	
	V	r	r	
N	u	u	u	
	O	0	o	
N	c	c	c	
N	u	u	u	
N	c	u	c	
N	c	u	c	
N	a	c	a	
	r		r	
N	c	u	a	
	r		r	
	r		r	
	N N N N N N N N N N N N N N N N N N N	N c u u N u u N o c v V N u o O N c N c N c N c N c N c N c N c N c N	N c c c v r r N c c u u u u u u u u u u u u u u u u u	N

		Sp	S	F	W
American Wigeon		r		r	
Ring-necked Duck	N	a	c	c	
Greater Scaup		r			
Lesser Scaup		r			
Bufflehead		u		u	
Common Goldeneye		u	0	u	
Hooded Merganser	N	u	0	u	
Common Merganser		u	0	u	
New World Vultures					
Black Vulture		V			
Turkey Vulture		С	С	С	
Osprey - Hawks - Eagles					
Osprey Bald Eagle		u u	u u	u u	u
Northern Harrier	N	u	u	u	u
Sharp-shinned Hawk	11	u	u	u	u
Northern Goshawk	N	u	u	u	u
Red-shouldered Hawk	N	0	0	0	
Broad-winged Hawk	N	u	u	u	
Red-tailed Hawk		u	u	u	r
Falcons					
Kestrel	N	u	u	u	
Merlin		r	r	r	r
Pregrine Falcon		r	r	r	r
Gallinaceous Bird					
Wild Turkey	N	c	c	c	c
Ring-necked Pheasant	Fn	r	r	r	r
Ruffed Grouse	N	u	u	u	u
Rails - Gallinules - Coots					
Virginia Rail	N	С	С	С	
Sora Common Moorhen	N	c	c	c	
Coot	N	o r	o r	o r	
Plovers		1	1	1	
Black-bellied Plover		0		o	
Lesser Golden Plover				v	
Semipalmated Plover		0		0	
Killdeer	N	c	c	c	
Sandpipers - Phalaropes					
Greater Yellowlegs		u	u	u	
Lesser Yellowlegs		О	0	o	
Solitary Sandpiper		O		o	
Spotted Sandpiper	N	c	c	c	
Upland Sandpiper	N	r	r	r	
Semipalmated Sandpiper		О	0	0	
Least Sandpiper		u	u	u	
White-rumped Sandpiper		r	r	r	
Dunlin		_		V	
Pectoral Sandpiper		r		r	
Stilt Sandpiper Common Snipe	N	С	c	v c	
American Woodcock	N	c	c c	c	
Red-necked Phalarope	11	C	C	v	
Gulls - Terns				•	
Bonaparte's Gull		r		r	
Ring-billed Gull		c	u	c	o
Herring Gull		c	c	c	c
Great Black-backed Gull		o	o	o	o
Black Tern	N	r	r	r	
Doves		Sp	S	F	W
Rock Pigeon	N	c	c	c	с
Mourning Dove	N	c	c	c	с
Cuckoos					
Yellow-billed Cuckoo	ЪТ		r	r	
Black-billed Cuckoo	N		0	0	

Owls Great Horned Owl	N	Sp	S		W	Pipits - Waxwings - Starlings		Sp	S	F	V
	IN	u	u	u	u	American Pipit		r		r	
Snowy Owl Barred Owl	N				r	Bohemian Waxwing	NT				1
Northern Saw-whet Owl	N N	c	c	c	С	Cedar Waxwing European Starling	N	c	c	c	
Nightjars - Swifts	IN	О	0	0		Shrikes - Vireos	N	a	a	a	
Common Nighthawk		С	u	С		Northern Shrike					
Chimney Swift		a	c	c		Blue-headed Vireo	N	c	с	С	
Hummingbirds		u	ľ			Warbling Vireo	N	c	С	С	
Ruby-throated Hummingbird	l N	С	c	С		Red-eyed Vireo	N	c	С	c	
Kingfishers - Woodpeckers	4 11		ľ			Philadelphia Vireo	11	r	r	r	
Belted Kingfisher		u	u	u		Wood Warblers		•	•	•	
Yellow-bellied Sapsucker	N	c	c	c		Tennessee Warbler		u	u	u	
Downy Woodpecker	N	c	c	c	c	Nashville Warbler	N	a	a	a	
Hairy Woodpecker	N	c	c	c	c	Northern Parula	N	c	С	c	
Northern Flicker	N	c	c	c		Yellow Warbler	N	c	С	С	
Pileated Woodpecker	N	u	u	u	u	Chestnut-sided Warbler	N	c	С	С	
Tyrant Flycatchers						Magnolia Warbler	N	c	С	С	
Alder Flycatcher	N	С	c	c		Cape May Warbler	- '	u	·	u	
Willow Flycatcher	N	0	0	0		Black-throated Blue Warbler	N	u	u	u	
Least Flycatcher	N	c	c	c		Yellow-rumped Warbler	N	c	С	a	
Eastern Phoebe	N	c	c	c		Black-throated Green Warbler	N	c	c	c	
Great Crested Flycatcher	N	c	c	c		Blackburnian Warbler	N	c	c	c	
Olive-sided Flycatcher		r	r	r		Pine Warbler	N	u	u	u	
Eastern Wood-Peewee	N	С	c	С		Palm Warbler	-	С	u	c	
Eastern Kingbird	N	С	c	С		Bay-breasted Warbler		0		0	
Larks - Swallows						Blackpoll Warbler		0		0	
Horned Lark				r		Black-and-white Warbler	N	С	С	С	
Purple Martin		r		r		American Redstart	N	c	c	С	
Tree Swallow	N	a	a	a		Ovenbird	N	С	С	С	
N. Rough-winged Swallow		u	0	0		Northern Waterthrush	N	c	c	С	
Bank Swallow		c	u	u		Common Yellowthroat	N	c	c	С	
Cliff Swallow		c	c	c		Wilson's Warbler		u	u	u	
Barn Swallow	N	c	С	c		Canada Warbler		u	u	u	
Jays - Crows						Tanagers					
Blue Jay	N	c	c	c	с	Scarlet Tanager	N	c	c	С	
American Crow	N	a	c	a	u	Cardinals - Grosbeaks - Allies					
Common Raven	N	u	u	u	u	Northern Cardinal	N	r	r	r	
Chickadees - Titmice						Dickcissel				v	
Black-capped Chickadee	N	a	a	a	a	Rose-breasted Grosbeak	N	c	c	c	
Boreal Chickadee					r	Blue Grosbeak				v	
Tufted Titmouse	N	u	u	u		Towhees - Sparrows					
Nuthatches - Creepers						Eastern Towhee		r	r	r	
Red-breasted Nuthatch	N	c	c	c	c	American Tree Sparrow				u	
White-breasted Nuthatch	N	c	c	c	с	Chipping Sparrow	N	a	a	a	
Brown Creeper	N	u	u	u	u	Savannah Sparrow	N	a	a	a	
Wrens						Fox Sparrow		o		o	
Winter Wren	N	c	c	c		Song Sparrow	N	a	a	a	
House Wren	N	r	r	r		Swamp Sparrow	N	a	a	a	
Marsh Wren	N	a	a	a		White-throated Sparrow	N	c	c	c	
Carolina Wren		r	r	r		White-crowned Sparrow		u		u	
Sedge Wren	N	r	r	r		Dark-eyed Junco		c	u	c	
Kinglets						Lapland Longspur				r	
Golden-crowned Kinglet	N	c	c	c	u	Snow Bunting				r	
Ruby-crowned Kinglet		c	c	c		Blackbirds - Allies					
Thrushes						Baltimore Oriole	N	c	c	c	
Eastern Bluebird		u	u	u	r	Eastern Meadowlark	N	u	u	u	
Veery	N	c	c	c		Bobolink	N	c	c		
Wood Thrush	N	u	u	u		Red-winged Blackbird	N	a	a	a	
Hermit Thrush	N	c	c	c		Rusty Blackbird		r		r	
Swainson's Thrush		u	u	u		Common Grackle	N	a	a	a	
American Robin	N	a	a	a	0	Brown-headed Cowbird	N	c	c	c	
Mimics						Finches					
Gray Catbird	N	c	c	c		Pine Grosbeak					
Brown Thrasher	N	u	u	u		Purple Finch	N	u	u	u	
Mockingbird	N	u	u	u	u	House Finch	N	c	c	c	
						Common Redpoll					

Northern Cardinal



The Penjajawoc and **Surrounding Areas**

The area covered by this checklist is bordered on the south by Essex Woods, to the north by the Bangor-Orono town line, west to Essex Street and east to Stillwater Avenue. Much of this area is private property and should be treated as such.

Please send your photos, comments, and records of uncommon birds to:

> **Bangor Land Trust** 8 Harlow Street, Suite 4B PO Box 288 Bangor, ME 04402-0288 bangorlandtrust.org info@bangorlandtrust.org 207-942-1010





		Sp	S	F	W
White-winged Crossbill					irr
Pine Siskin	N	u	u	u	
American Goldfinch	N	c	c	c	u
Evening Grosbeak		u	u	u	irr
Old World Sparrows					
House Sparrow	N	c	c	c	c



Green Heron

10th Annual Pedal the Penobscot!



Sunday, Sept. 11, 2016

Pedal the Penobscot celebrates cycling and helps Bangor Land

Trust take care of Bangor's Wild Back Yard. The ride offers five distance options, from a family-friendly 14 miles to a must-do 'flat' century route. This one-day ride offers beautiful views of the mighty and historic Penobscot River, tours small towns, and winds along rural roads. Challenge yourself to go farther than you've gone before!

Register to ride and help Bangor Land Trust continue to offer access to unique and valuable natural areas. Riders of all ages and abilities are welcome and encouraged. Ride solo, ride with a friend, or register a team! Riders receive an annual membership to Bangor Land Trust and are entered into a raffle for prizes donated by area businesses. The first 150 to register also receive a special 10th anniversary tech shirt.

All riders begin at the Bangor waterfront and finish at High Tide Restaurant and Bar in Brewer. Rest stops, sweeps and sag wagons are available throughout the ride. Riders must wear helmets and obey all traffic laws. Children under 14 must be accompanied by an adult. Pedal the Penobscot takes place rain or shine!

Join other riders and volunteers for a post-ride barbecue at High Tide Restaurant & Bar in Brewer.

For more information call 942-1010, email or visit bangorlandtrust.org



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.

For more information call 942-1010 or send a message through info@bangorlandtrust.org.

"Nature is not a place to visit, it is home."

Gary Snyder

UPCOMING PROGRAMS

Sunday, May 22 at 1pm

Wildflower Walk - Flower Parts

Walden-Parke Preserve Leader: Dick Andren

Sat, June 4 at 10am

Wildflower Walk - Lady Slippers & Other Beauties

Rain date Sunday, June 5 at 1pm Walden-Parke Preserve Co-leaders: George Elliott and Grace Bartlett

Sat, June 4 through Sunday, Aug 28

Take to the Woods Trail Challenge

Walden-Parke Preserve, West Penjajawoc Grasslands, Central Penjajawoc Preserve, Northeast Penjajawoc Preserve, and North Penjajawoc Forest

Mon, June 20 at 6:30 pm

First Eve of Summer Tree ID Walk

Walden-Parke Preserve

Leader: Steve Sader

Sat, July 9 at 10am

Wildflower Walk -It's All about IDs:

How many can we find?

North Penjajawoc Forest Leader: Clare Cole

Sat, Aug 13 at 10am

Wildflower Walk - Pollination

West Penjajawoc Grasslands Leader: Grace Bartlett

Sunday, Sept 11, 6:30 am to 4 pm

Pedal the Penobscot

Co-chairs: Michele Benoit & Lynn Bolduc

Saturday, Sept 17 at 10am

Wildflower Walk - Seed & Fruit

Central Penjajawoc Preserve Leader: Donne Sinderson

Some details are still to be determined. Check out the website, email or call 942-1010 to find out more.

Spring Sights and Sounds of Bangor's Wild Back Yard

What sights, scents, and sounds will spring bring to Bangor's Wild Back Yard? Here are a few of the highlights. And please let us know what you find as you explore out there!

- *** Evidence of beaver engineering: Beavers in Walden-Parke and Northeast Penjajawoc Preserves and maybe in North Forest will probably have given birth during the winter. Beavers are tenacious, talented landscape engineers. As spring goes into summer some adolescent offspring will be encouraged to move out and establish new homes. Beavers are good at making homes for themselves. BLT's challenge is to work with them to prevent drastic disruptions of desired human uses of the land. BLT is very lucky that the beaver deceiver on the Walden-Parke Blue Trail has worked so well. Please send us reports and photos of any interesting beaver activity that you observe!
- **★# American Woodcock displays**: Woodcock, who nest on the ground in areas of dense new deciduous tree growth, need open areas to perform a courtship ritual that is well worth watching. At dusk from early April to late May the male woodcock repeats a nasal "peent" sound and then flies high into the air and descends rapidly, causing its feathers to make a musical sound. Woodcock make good use of the Emera Maine transmission corridor. and with luck, one can hear and see the display at dusk where the corridor crosses Walden Parke Way. Bangor Land Trust volunteers have also cleared an area off the Blue Trail especially for this purpose. Please let us know if you are lucky enough to witness a courtship display. **★ Deer**: Most fawns are born the first two weeks in June. Deer were active during the winter in Central Penjajawoc Preserve and Northeast Penjajawoc Preserve - you may have seen deer trails in the snow. Deer have a hard time moving about in the snow, yet they still need to eat; so they gather in places where the tree cover limits the snow depth and there is some greenery to eat. It's important for them during this challenging time to be safe from disturbance, which is one reason why we locate BLT trails to leave unbroken habitat areas and ask that people keep their dogs on leash. For more information about deer
- *** Snowshoe hare and Chestnut-sided Warblers who like the dense cover provided by early successional growth in Walden-Parke Preserve: About 20 years ago loggers drastically cut much of what became Walden-Parke Preserve. Although you may miss the large, mature trees in this area, some animals prefer this type of forest structure, with plenty of cover from predators. Snowshoe hare are having a particularly hard time with climate change, because day length determines the timing of their change from white winter coats to brown summer

wintering areas, see Links and Resources on our website.

coats, and if there is no snow when the days are short, they are easier for predators to find. You might see one of these sadly mismatched hare! BLT periodically weighs the pros and cons of doing selective harvesting and/or small clear-cuts in order to continue to have a range of forest habitat types to make good homes for all our wildlife.

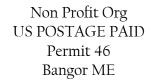
- ♣₺₱ Bobolinks, Savannah Sparrows, and Eastern Bluebirds in West Penjajawoc Grasslands: Please see pg. 4 of this newsletter for a list of birds you might expect to find in Bangor's Wild Back Yard and please let us know if you see anything that is not on this list!
- ♣¼₱ Spring flowers in abundance: Pink lady's slippers, purple and painted trilliums, fringed polygala, trailing arbutus, starflower, wild oats, goldthread, Canada mayflower, bluebead lily, wild strawberry, rhodora, and wild white violet all bloom in May.
- ★½♥ Frogs and a toad: Wood frogs, pickerel frogs, gray tree frogs, American toads, American bull frogs and spring peepers are all calling from various locations in Bangor's Wild Back Yard. Can you find them?

BLT Board Transitions

The Bangor Land Trust board sends appreciative farewells to Kathy Billings, Lori Gettler, and Stacey Gambrel; and to Shirley Ellis, master wizard organizer of Pedal the Penobscot and careful steward of Walden-Park Preserve. We are happy to welcome new board members voted in at the Annual Meeting, Michele Benoit and Lynn Bolduc, who will be cochairing the 2016 Pedal the Penobscot committee.

Michele Benoit spent her childhood in southern Connecticut. There she explored the gardens, woods, beaches and islands that surround Long Island Sound. After moving to Maine in 1987, her studies in Forest Ecology allowed her to experience Maine's woods and waters. She since has wondered the state with camera and bicycle to record the natural beauty that is Maine. She also has worked with the Maine Science Festival, and is a member of Walk'n'Roll, a group that advocates for safe walking and cycling in Bangor.

Lynn Bolduc is a registered dietitian and manages the EMMC Surgical Weight Loss Program. She joined the BLT board in 2016 after a year of serving on the Pedal the Penobscot committee under the leadership of Shirley Ellis. She now co-leads that committee with Michele Benoit. In her free time she is an avid cyclist, long distance runner and stained glass artist.





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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."







Call for your CLYNK labels and bags that turn your returnable bottles into a donation for Bangor Land Trust. Collect and drop them at a participating Hannaford near you.

Lucy had a very satisfying time loading a year's worth of bottles into CLYNK bags to drop off. Here are her helpful tips:

- 1) Bags come in two sizes CLYNK has a 20 lb limit, (for safety based on tensile strength of the bags) so if your favorite beverages come in glass returnable bottles, a small bag is the right size. The large size bags are better for metal and plastic returnables.
- 2) Use the bar code on the bag label that you get from Bangor Land Trust to open the little door through which you send the bags down the chute.

Call or email for your bags and labels! 942-1010 or info@bangorlandtrust.org