

Box 181, Center Lovell, Maine 04016

TAKE TWO ACRES OF PINE FOREST

and See Me in the Morning

A TALK BY FLORENCE WILLIAMS GLLT Annual Education Speaker
Annual Education Meeting, 8:45am, August 10, 2013



"We do not need scientists to tell us that flowers and chirping birds make us feel good," writes Florence Williams in her award-winning magazine article, "Take Two Acres of Pine Forest and See Me in the Morning." It may seem intuitive to many of us that spending time in nature benefits our own well-being; we know we feel better after a walk in the woods or picnicking by a stream. We know the distraction from time and space that occurs in those few moments spent admiring a butterfly as it gracefully lands on a flower, lights up and lands again; such moments simply make us feel good. But is there something physiologically happening, something that can be measured, documented and used to increase our awareness of these benefits? Some researchers are currently presenting the surprising theory that nature can lower blood pressure, reduce stress, fight off depression and even prevent cancer.

Williams travelled to Japan, where much of the research is occurring and forest therapy has been cultivated for thousands of years. The practice is known as "shinrin-yoku" or forest bathing. Williams writes, "The Japanese go crazy for this practice, which is standard medicine ... It essentially involves hanging out in the woods." Forest bathing means experiencing nature through all five senses. The benefits are distinctive and measurable with today's medical knowledge and technology.

"While a small but impressive shelf of psychological research in recent decades suggests that spending time in nature improves cognition, relieves anxiety and depression and even boosts empathy, scientists in Japan are measuring what's actually happening to our cells and neurons," writes Williams. Researchers have strong evidence that time in nature can improve the human immune system's responses to cancer and other threats, by dramatically increasing the number of natural killer immune cells. Williams writes: "A type of white blood cell, NK cells are handy to have around, since they send self-destruct messages to tumors and virus-infected cells." These findings are compelling other studies in South Korea, Finland and North America.

Humans have evolved spending 99.9% of our time in the environment and we are physiologically adapted to it. If our modern

way of life has caused us to become what John Muir described as "tired, nerve-shaken, over-civilized people," the forest may be the antidote.

The GLLT is very pleased to announce that Florence Williams will present "Take Two Acres of Pine Forest and See Me in the Morning," about her research and personal connections to nature, as the guest speaker for the GLLT's 28th Annual Educational Meeting on August 10. The meeting begins at 8:45AM and will be held at the Lovell VFW Hall on Smart's Hill Road in Lovell Village. Be sure to come early for coffee and pastries, and a chance to speak with other GLLT members.

Florence Williams is a contributing editor at *Outside* magazine and a freelance writer for *The New York Times*, *The New York Review of Books*, *Slate*, *Mother Jones*, *High Country News*, *O-The Oprah Magazine*, *W.*, *Bicycling* and numerous other publications.

Ms. Williams' work focuses on the environment, health and science. In 2007-2008, she was a Scripps Fellow at the Center of Environmental Journalism at the University of Colorado. She has received many awards, including six magazine awards from the American Society of Journalists and Authors and the John Hersey Prize from Yale University. Her work has been anthologized in numerous books, including *Outside 25*, *The New Montana Story*, *How the West Was Warmed* and *Best American Science and Nature Writing 2008*. The Week named her "Author of the week" in May, 2012. *The Wall Street Journal* calls her writing "droll and crisp," which she says makes her feel like a pastry. She has currently been nominated for National Magazine Article and National Book Awards.

Florence Williams' book, *Breasts: A Natural and Unnatural History*, earned the 2012 *New York Times* Notable Book of the Year; this year, those GLLT members who have joined at the premier level, will receive a copy of the book. Bring your copy to the Annual Meeting, and get it signed!

President's Message

by Bob Winship

Well, here comes summer again and a chance to get out on the land and water in our beautiful little corner of Maine. Once we get past the black flies, I know it's going to be great. Now the next big decision is going to be, where are we hiking or paddling today? So, when I head down to the office and talk with Tom about the condition of the trails, I am always astonished at the choices available. With nearly five-thousand acres of forest and lakes now protected by the GLLT and almost three thousand of those acres open for public use, I am reminded of how successful we have been since Dr. Howard Corwin started this endeavor in earnest in 1985.

Howard recognized early on the importance of education about the environment and the practice of protecting land for future generations. As you know, we conduct an annual "Education Meeting" every August, not just merely an "Annual Meeting." The emphasis on education has grown over the years and we now have available the services of an Education Director to manage the "Walks and Talks" program, which each summer treats over five-hundred folks to stimulating adventure. For this summer, Bridie McGreavy has arranged for an eye-popping series of Wednesday evening talks at the Charlotte Hobbs Memorial Library and thirteen walks led by our docents, plus a bonus event to view the Perseid meteor shower, all as described elsewhere in this newsletter.

This year, we are initiating another new program supported by three generous anonymous donations, which will bring two student interns to the GLLT for the summer. Two local area resident students, Steven Caracciolo of Lovell and Kendra Fox of Fryeburg, will spend their summer helping in the office and tending to maintenance and construction tasks on our properties. Both have long been active in the outdoors and are anxious to support our conservation work. Please be sure to say hello when you see them on the trails or in the office.

One more item of interest is the forest management project now being planned by the U.S. Forest Service on the management area they designate as Albany South. This management area is located immediately north of Lake Kezar and encompasses the drainage area of Great Brook, one of the primary sources of water for the lake. Although details of the work are not yet finalized, the cutting will involve a combination of individual tree selection and relatively small patch cuts that will occur in targeted locations, scattered across the landscape and greatly dispersed. The objective of the cutting is to encourage the growth of a forest of uneven age and to provide open space, which is beneficial to many wildlife species.

Great Brook currently supports a very healthy brook trout fishery and provides extensive spawning habitat for landlocked salmon, which are making a comeback under a restoration project that was described in last year's issue of *Land, Lakes and Us*. This timber harvest, if not carried out in accordance with strict scientifically developed practices supported by the Forest Service, could present a potential threat to this important ecosystem and some local residents have expressed their concern.

The GLLT has been working with the KLWA, under the direction of Ray Senecal, to communicate our concerns to the Forest Service and to document the current conditions in the watershed. The services of fisheries consultants have been retained to study the fisheries and record the baseline water quality in Great Brook. Our consultants have prepared an extensive report, which was presented to the Forest Service staff in a meeting with representatives from both the KLWA and the GLLT present. A strong and open dialogue is under way and volunteers from both of our organizations will be working on the ground with the Forest Service professionals during the summer to help with the continued monitoring of water quality.

An initial public scoping (the Scoping Report) describing the project plan will be published by the Forest Service in late spring. Field work and planning will continue until the publication in March, 2014 of the "30-Day Comment Report," which will include an environmental assessment of the proposed action and alternatives to the proposed plan. Comments from the public, including our organizations, will be accepted by the Forest Service during this period. We will continue to work with the Forest Service professionals to limit the impact on the watershed while they work to accomplish their management goals of securing a healthy and diversified forest, which will support a wide variety of flora and fauna for the long term.

All of this great conservation work by the GLLT and this wonderful education program is made possible through the generous support of our members, the leadership of our able executive director, Tom Henderson, and dozens of dedicated volunteers. We should all be proud of this organization.



Notes from the Desk

by Tom Henderson,
Executive Director

Wonderment—that quality and active interaction that we most often associate with childhood. I do not know when I first found *Wonderment*, but perhaps through the observation of my own son, I can measure that first moment. He was born in winter and on his third day of life, I bundled him up and snuggled him against my chest in the carrier. I pulled on my largest winter coat so it could be wrapped around him, the bundle and the carrier, and still be zippered. I struggled into my snowshoes and we entered the woods of our place. For the ten minutes he remained awake, his head was tilted back with his eyes wide open, gazing straight up through the tree canopy to the blue sky that mirrored those two big blues that were filled with *Wonderment*. Did his *Wonderment* begin on that third day or was it later, when on a summer day at age 2 and ½ he stopped and stared. It was mid-morning and I noticed him staring at the corner of the barn. I could not see what had his motionless attention, so asked, “What are you looking at?” As he answered, I noticed the spider web stretched from the barn wall to the door that was recessed inside of its frame. He stared at the web and answered in a tone that suggested I had surprised him by my question: “I am waiting for a bug.”

For many minutes, I frantically searched for a bug to sacrifice by throwing it over his shoulder into the web—minutes that must have been an eternity for a toddler, yet there he stood waiting and watching—now that is *Wonderment*.

I am convinced that early childhood walks and the spider web were not the beginning of his *Wonderment*. It was the moment he was born. He was born, uncommonly as I was told, with eyes wide open. When awake in the hospital, his eyes were always open, scanning, observing and seeking. The nurses called him “the alert one.” I think he has taught me that *Wonderment* begins upon our first sensory interaction with the world around us. As the days and months pass, we naturally experience the joys of *Wonderment*, and it is a big part of how we learn about and connect to the world. His *Wonderment* with the spider web was the same *Wonderment* of his first moments, but now he had more experience to trust it and more knowledge to connect with the imminent possibilities that spider web could present.

Maturity does not have to diminish our *Wonderment* of the world and we fool ourselves to think that *Wonderment* is a childhood quality and experience. In December, while enjoying my Sunday morning coffee I noticed a bobcat hunting among the brush piles at the edge of my woods. I was quickly astonished by its abnormal height and then noticed the longish ear tufts. Could it be? A lynx? I wondered! The wildlife rehabilitation center is my neighbor. Could a patient have escaped? Two weeks later, I told Bridie McGreavy about my sighting and she informed me that lynx and bobcat can hybridize at the edges of the lynx range and that two years previous a hybrid had been found, no less than a single night’s journey over the mountain from my home. This was new information for me and I was filled with wonder. Could it be a hybrid? The snow conditions did not permit any registration of a track. I

went onto the Web and read all about the scientific reports on hybrids in our region—fascinating. I borrowed the GLLT remote sensing camera and placed it on a tree along the path the cat had taken. I have yet to capture it digitally, but have since discovered tracks too large to be bobcat indicating continued visits and the possibility I will capture it on camera. Until then, I remain in *Wonderment* of the chance existence and awed at the scientific theory for hybridization as a survival adaptation for the lynx species.

Join with the GLLT, this summer and reawaken your own sense of *Wonderment* and celebrate the *Wonderment* so freely expressed by all children. Roger Richmond’s presentation in July, “Nature in 3-D,” is a rare and unique opportunity to see the natural world through 3-D imagery. His photos will awe and inspire young and old alike. Children will delight in the feeling of being inside a bee hive or flower or the den of a mouse. Adults will be captivated as they find the joy of *Wonderment* resurging through the visual presentations before them and the joy and delight of the children around them. Our Annual Educational Meeting will feature guest speaker Florence Williams, an internationally renowned scientific journalist. Through her presentation, “Take Two Acres of Pine Forest and Call Me in the Morning,” Ms. Williams will share her outdoor experiences and scientific research and remind us of the value to the human spirit and well-being gained from time spent in nature. You can prepare for the benefits of these two experiences and retain the sense of *Wonderment* revived, by joining any of the docent-led walks throughout the season as they guide you through explorations of our natural world.

Meanwhile, for my part I will keep checking the camera, watching the woods and remaining ever mindful, with eyes wide open to the wonders of the world around me.



Roger Richmond

"Nature in 3-D"

(by Tom Henderson, Executive Director)

In July, Roger Richmond, award-winning photographer and UMA professor, will present a spectacular slide show—"Nature in 3-D." This unique photographic presentation is unmatched and is truly the most spectacular collection of nature photography I have ever experienced. Yes, experienced! Richmond's photos invite you into places like hives and flowers and drops of dew and put you into the lives of bees, spiders and hummingbirds, as only 3-dimensional presentations can do. This experience is especially delightful for the younger set and I urge you to bring your children, grandchildren and all their friends. But . . . believe



me, even if you don't have children, you will be wowed.

Plans are still being formalized for the time and date of this presentation. We urge you to monitor our Web site, www.gllt.org, or call the office at 207-925-1056 for updates and details.

The technology that makes this particular form of photography and its presentation available is no longer being manufactured. Eventually, this visual experience with nature will not be possible, as it is today. This may be a once in a lifetime opportunity—do not miss out.

PHOTO CREDIT: ROGER RICHMOND

Great Volunteer Opportunity

We currently have conservation easements on more than 25 properties protecting 1,000 acres. To verify that the terms of the easements are being upheld, we monitor all of them annually. The success of our land protection program has created a need for new volunteers and an opportunity for the right persons to engage in meaningful conservation work.

We are recruiting volunteers to adopt and monitor each of our conservation easements, which range in size from 1 to 251 acres and are located in Lovell, Stoneham and Stow. Volunteers must be capable of completing a 3-hour training program (mostly in the field) and can expect to spend a minimum of 4 hours per year per easement adopted.

We need your help if you

- Like to hike off trail in woods and fields
- Are proficient (in some cases) with a map and compass
- Can make a minimum 3-year commitment

FMI: Contact Tom Henderson at 207-925-1056.





Could this be your year to CONSERVE?

From 2006-2011, the GLLT assisted 13 families in preserving their special properties through the establishment of conservation easements, which increased local land preservation by 1,501 acres. During that period of time, the Congress provided special incentives, through the federal tax code to encourage landowners to voluntarily preserve their lands. Congress has reinstated those incentives for this year.

Private landowners who voluntarily donate a conservation easement on their property may qualify for this tax deduction if it allows for forestry or farming. The incentives are as follows:

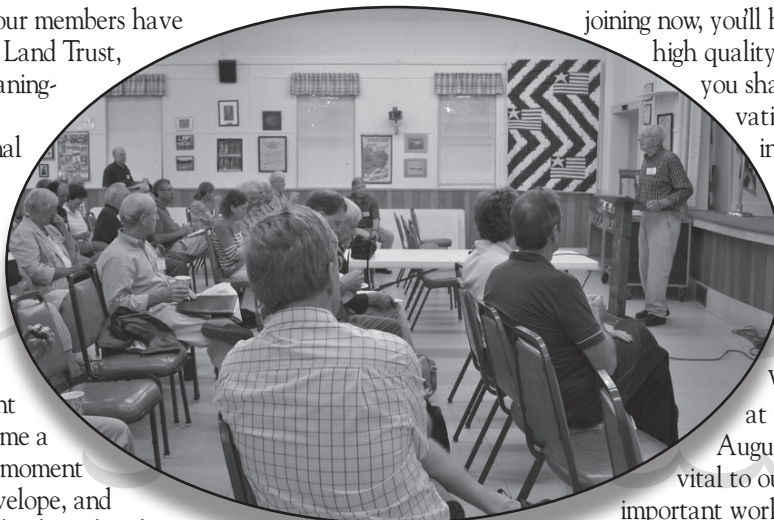
- Raises the maximum deduction a donor can take for donating a voluntary conservation easement from 30% of adjusted gross income (AGI) in any year to 50%;
- Allows farmers and ranchers to deduct up to 100% of AGI; and
- Extends the carry-forward period for a donor to take tax deductions for the fair value (as defined) of a donated and voluntary conservation easement from 5 to 15 years.

Landowners considering placing a conservation easement on their property are encouraged to speak with us early in 2013 to ensure completion of the transaction by the December 31, 2013 deadline.

Become a Member of the Greater Lovell Land Trust!

by Margaret Nomentana, Acting Membership Chair

For the past 27 years, our members have supported the Greater Lovell Land Trust, enabling us to do real and meaningful land conservation and to deliver high quality educational programs. If you share our mission, "to protect the ecosystems of the Kezar Lake and adjacent watersheds by promoting an appreciation of natural resources and responsible preservation, conservation, stewardship, development and public policy," please become a member of the GLLT. Take a moment to fill out our membership envelope, and send it back to us with your check enclosed. By



joining now, you'll help us deliver and sustain our high quality programming and show that you share our vision for land preservation and stewardship projects in the watersheds of Lovell, Stoneham, Stow and Sweden.

This year, members who join at the Premier level will receive a copy of *Breasts: A Natural and Unnatural History*, by Florence

Williams, our featured speaker at the GLLT annual meeting on

August 10th. Your membership is vital to our organization and all of the

important work that we do. We can't do it without you, so please join us now!

Guided Outdoor Programs

**Sunday, April 21st,
1 pm to 3 pm at
Heald-Bradley,
Flat Hill parking**

Earth Day invites the perfect time to get outside and notice the season as it unfolds and remember that every day on this green and blue planet of ours is one to celebrate. In this walk, docents will look for the earliest spring wildflowers pushing up through the leaf-covered forest floor. Activity level: Gentle with limited elevation change and relatively even terrain.

Thursday, July 11th, 9 am to Noon, Shell Pond, Shell Pond Road parking

As we circle around Shell Pond, we'll take time to stop and identify trees by their leaves, twigs and bark. If time allows, we'll make the short trip to Rattlesnake Gorge. Activity level: Moderate with some elevation gain and a limited amount of off-trail walking over relatively even terrain.

Wednesday, July 17th, 9 am to Noon, Amos Mountain, Gallie Spur parking

On this leisurely-paced, moderately difficult, 45 mile hike, join docents to ascend Amos Mountain. View and work with us to interpret the many cellar holes and stone walls along the way. From the summit, we'll descend through the forest as we search for some of the few remaining American Chestnut trees. Activity level: Moderate to active with an extended length and sections of steep terrain.

Thursday, July 18th, 10 am to Noon, Back Pond

The Back Pond Reserve may be a bit further afield, but the drive to the Five Kezars Watershed is worth it for the gentle and scenic trails and the wild woods of this remote corner of the world. This walk focuses on the natural history of the season, with special attention to late summer wildflowers. Activity level: Moderate with some uneven terrain and off-trail walking.

Thursday, July 25th, 10 am to Noon, Heald-Bradley, Slab City parking

This walk will feature an alphabet hike for the younger and older sets. As we traipse through the woods, we'll look for something in nature that begins with every letter of the alphabet. Can you find something that starts with the letter "Q"? We'll find out. Activity level: Gentle with limited elevation change and relatively even terrain.

Thursday, August 1st, 10 am to Noon, Private Property, Meet at Charlotte Hobbs Memorial Library parking

KLWA co-sponsorship

In this walk to follow the vernal pool ecology and conservation talk in the evening natural history series, we will lead an exploration of these vital and fascinating wetland habitats. Participants will learn about the animals who rely on vernal pools for all or part of their life cycle, as well as the requirements in the surrounding landscape that keep pools and their inhabitants healthy. We will use fun tools like microscopes, nets and trays to learn more about pools and the life therein. Families are encouraged to attend and rubber boots and insect repellent are recommended. Activity level: Moderate with some walking over uneven terrain.

Wednesday, August 7th, 9 am to 11 am, Kezar River Reserve

In this walk, beginner and experienced naturalists will team up to share techniques for expanding appreciation of the natural world and enhance powers of observation. The Kezar River Reserve provides the perfect place to start and extend an awareness of nature, with its gentle terrain, ease of access and varied environments. Activity level: Moderate with some steeply sloped terrain.

Thursday, August 8th, 9 am to 11 am, Perkey's Path at Heald-Bradley, Flat Hill parking

Ferns and lichens, while not closely related, have a similar strategy when it comes to reproduction. Both groups use spores, an asexual approach to fertilization in which the magic occurs only after leaving the host organism when the spore settles in just the right location. An investigation of the seemingly simple spore provides a window into the vast complexity of life on Earth, from spores to symbionts, seedbanks and beyond. Activity level: Gentle with limited elevation change and relatively even terrain.

Saturday, August 10th, 1 pm to 3 pm, Chip Stockford Reserve

The Chip Stockford Reserve offers a unique glimpse into the geological and cultural history of the region, with its exposed bedrock, foundations and stone walls. Plus, it is right around the corner from a great ice cream shop. So, join us for the annual meeting, stay for the walk and top of the day with a tasty treat. Activity level: Gentle with limited elevation change and relatively even terrain.

Sunday, August 11th at 8:30 pm, Star Gazing Celebration for the Perseid Meteor Shower

This is a week for star gazers, with our celebration of the Perseid Meteor Shower and our evening talk on astronomy followed by a star gazing expedition. In the Perseid celebration, docents and amateur astronomers will set up at a local destination (TBD—either the Lovell Athletic Field or the Basin Campground in Evans Notch) for a full and dark view of the night sky. The Perseid Meteor Shower is a spectacular display of the star dust associated with the Swift-Tuttle comet and at its peak on August 11th and 12th, offers an opportunity to see a shooting star once per minute. Participants should bring flashlights, warm clothes, bug repellent, telescopes (if available), lawn chairs, marshmallows and roasting sticks. Activity level: Gentle to moderate with limited walking, no elevation change, and even terrain in darkness.

Wednesday, August 14th, 10 am to Noon, Whiting Hill, Westways parking

From their earliest days floating in primordial seas, to their first emergence on land, to the astoundingly diverse terrain in which they are now found, plants have figured out how to survive in almost every known habitat on Earth. This walk will focus on the survival strategies of five different plants, as well as identify and enjoy others in bloom along the way. Activity level: Moderate with some steeply sloped terrain.

Thursday, August 15th, 9 am to 11 am, Sucker Brook, Sucker Brook outlet parking

KLWA co-sponsorship

On this walk, docents will lead participants through the woods to two special viewing areas where the lower end of Sucker Brook meets the Lower Bay. From these areas you can appreciate the beauty of the brook and the surrounding area. We'll look for beaver and moose sign, and for special late-blooming flowers adapted to this environment. This hike will cover 2 miles at a leisurely pace. Activity level: Moderate with some uneven terrain.

Thursday, August 22nd, 10 am to Noon, Wilson Wing Moose Pond Bog Preserve

Mushrooms have a mysterious ability to draw a woods wanderer's attention toward their colorful display. When mushrooms surface, they require us to attend to their beauty and, in some cases, their brilliant defenses. The walk will focus on mushrooms and forest ecology and not on their culinary uses (and dangers!). Activity level: Gentle with limited elevation change and relatively even terrain.

Thursday, August 29th, 10 am to Noon, Kezar River Reserve

The trails at the Kezar River Reserve wind through flat and sloping terrain, which has been shaped by the steady forces of nature since the last glacier receded from our landscape 10,000 years ago. This walk will focus on the unique geology and how this terrain provides habitat to animals that inhabit this area. Activity level: Moderate with some steeply sloped terrain.

Natural History

Evening Programs at Charlotte Hobbs Memorial Library

All evening programs occur on Wednesdays and begin at 7:30 pm

July 10th, Eyes Wide Open: Nature on your Doorstep with Moira Yip
Naturalist Annie Dillard, who found the most fascinating bits of nature in Tinker Creek, said, "The answer must be, I think, that beauty and grace are performed whether or not we will or sense them. The least we can do is try to be there." In this program, Moira Yip will share her adventures in being there in her Lovell backyard where she has observed a family of gray foxes den in her woodpile; beavers transform a wetland; the singular wonder of monarch butterfly metamorphosis; among other observations made with eyes wide open.

July 17th, Naturally Curious with Mary Holland (KLWA co-sponsor)
Naturally Curious, a book by renowned naturalist Mary Holland, is one of the best natural history books ever written, as it is organized by the seasons and provides rich insights about the life histories of New England's plants, animals and fungi. In this talk, Holland will share slides and stories based on her book and she will also display her collection of bones, scat, feathers and other treasures from the woods. The talk will be followed by a light reception and book signing.

July 24th, Monarchs, Milkweed, Mimicry and Migration with Don Bennett

The monarch butterfly is revered by naturalists for its beauty and fascinating ecology. In this talk, entomologist Don Bennett will discuss how the monarch's diet and life-cycle determines its distribution and predators. We will cover the different types of mimicry found in the animal kingdom and the butterflies that mimic monarchs. Finally, we'll investigate the migratory patterns of monarchs and the impact of climate of change.

July 31st, Vernal Pool Conservation with Aram Calhoun (KLWA co-sponsor)

Aram J.K. Calhoun is Professor of Wetlands Ecology, director of the Ecology & Environmental Sciences Program at the University of Maine, and a leading scientist of vernal pool ecology. In this talk, Aram will introduce key concepts in vernal pool conservation and regulation and how land trusts, municipalities and individuals can become involved in these efforts. Her research focuses on bringing together the concepts of conservation and economic development to enhance sustainable communities in Maine.

Aug 7th, Barred Owls with Bonny Boatman

The mnemonic translation of the Barred Owl's call asks all who hear it "Who cooks for you? Who cooks for you alllllll!" This call is often followed by a series of cackles, chirps and laughter that sound nothing like the hoots we might commonly associate with owls. In this talk, Bonny Boatman will describe the life history of the Barred Owl, so named for the striped pattern on its breast and one of just a few resident owls in Maine.

Aug 14th, Wonders of the Night Sky with Bob Kroin

Astronomer super-star Neil Degrasse Tyson says that the most astounding fact in the universe is that we are all made of star dust. We dwell in the universe and it, as well, dwells in us. This week, we are getting back to our roots, the stars, at the height of the Perseid meteor shower. In this slide talk, amateur astronomer Bob Kroin will show us gorgeous photographs and provide a non-technical introduction to what's up there: how big, how far, how and when it was born, how long it will live, how it will die, and how astronomers know these things about planets, stars, nebulae and galaxies.

Aug 21st, The Forest is More Than Its Trees with David Brown

David Brown, renowned naturalist and teacher, will present a celebration of wildlife of the forest. In this program, animal tracking techniques will be used to reveal the life that hides from us in the night or in foliage of our woodlands. A brief history of the dramatic changes in the New England landscape over the centuries and their effects on wildlife will be followed by slides of tracks and sign that you may use to discover some of this life for yourself. A video of woodland wildlife may also be included.



Family Programs at the Charlotte Hobbs Memorial Library

Friday, July 26th, 1 pm,
The Graceful
Lives of Great Blue Herons
with Bonny Boatman

Despite the impressive size of great blue herons, they only weigh five to six pounds! Like all birds, their bones are hollow, which reduces their weight and helps them in flight. Bonny Boatman will teach about these impressive birds in this family program. She will introduce the audience to the many adaptations that lend great blue herons their grace and skill as they silently stalk the water's edge of Maine aquatic ecosystems.

Friday, August 16th, 1 pm, Barred
Owls with Bonny Boatman

Hearing a Barred Owl in the woods might cause one to stop and wonder if monkeys have found their way to Maine, such is the varied and complex sounds they make. In this family program, Bonny Boatman will describe the life history of the Barred Owl, so named for the striped pattern on its breast and one of just a few resident owls in Maine.



PHOTO CREDIT: ALLABOUTBIRDS.COM

Self-Guided NATURE TRAIL

In addition to the Guided Walks, the GLLT also offers two Self-Guided Nature Walks with signs describing features along the trail. One is permanently located at the Wilson Wing Moose Pond Bog, where signs identify interesting things to observe as you walk along. The second Nature Walk is located at a different GLLT preserve each year and this year will be placed at the Ladies Delight Preserve from July 1 through Labor Day. You will find 15 to 20 plant label signs identifying common flowering plants, ferns or trees along the first 300 yards of the Ladies Delight Trail. Each plant label shows a picture of the plant, plus the key identifying characteristics you will observe. The trail is easily accessible over flat ground and you may continue your walk, climbing gradually to a viewpoint at the top of the hill.



Be Prepared

Directions to the GLLT properties are listed on our Web site at www.gllt.org. You'll also find brochures for the properties posted outside the office at 208 Main Street, Lovell.

Whether you are joining one of our guided walks or venturing off on your own, please wear appropriate clothing and good walking shoes. Be sure to bring water and bug repellent.

Due to the increased incidents of Lyme Disease in our area, we strongly encourage you to wear long pants.

Cancellation Policy: Please call 207.925.1056 if you have a question about cancellation of a walk due to weather. You may also contact us via e-mail at info@gllt.org.

GUIDELINES FOR WALKS

- An active walk is on developed and rough trails up and down hills
- A casual walk is on developed trails on mostly level terrain
- A senior walk is designed for those who prefer a relaxed experience on easy terrain
- A family walk is designed especially for families with school-age children
- Please note that pets are not invited on guided walks



Profiles in Volunteering

We are grateful to the many individuals who give their time to make the Greater Lovell Land Trust an effective community organization. The GLLT would like every member of our community to get to know these valued volunteers and to appreciate the expertise and dedication they've contributed to our efforts toward preserving and protecting our land and resources. Such is the case with Joyce White. For the past ten years, Joyce has served as a docent conducting guided walks, helped inventory the plant species on GLLT lands, and written various articles for this newsletter. Below, she shares what the GLLT means to her.

"A Maine native, I have always chosen to live in the parts of Maine that have more trees than people. A couple of years after I moved to Stoneham in 1997, I participated in some GLLT walks led by Kevin Harding. What a delight that was—but an embarrassment, too, to learn how much I didn't know, how much I had been missing in my rambles through the woods.

What I had acquired, though, from childhood on, in my walks through woods and fields, my exploration of brooks and berry patches, was a satisfying feeling of belong-

ing to the land, of peacefulness and a kind of quiet joy. I had even learned to recognize some trees, birds and wildflowers.

What I had been missing was a whole lot of detailed information—specifics about plants, animals and land use—so when Kevin invited me to join a docent class taught by naturalist David Brown, I grabbed the opportunity.

From that delicious smorgasbord of nature information offered by David and Kevin, I have to admit that only a small portion has lodged permanently in my memory. Enough did stick, however, to increase my delight in woods walking and to enable me to help awaken that interest and delight in some other people. And the more people who become enthusiastic about the natural world, the more people will be likely to want to protect what they value.

In my docent work, I built on my existing interest in edible and medicinal plants. Interested though I am in the flying and the four-leggeds, I gravitated toward learning, teaching and writing about plants because they mostly stay in one place, which makes examining and identifying them reasonably predictable.

Initially, my aim in training to become a docent was to learn more about nature and to help me to inspire the enthusiasm in others that Kevin and David had inspired in me. Through the ten years of involvement with the GLLT docent program, my knowledge of how the natural world works, the interrelatedness of everything, has expanded greatly. That knowledge informs my life, teaching and writing—and my grand-parenting. Another bonus is the friendships that have developed and the pleasure in woods walking and learning with people who are likewise interested.

I would like prospective docents to know that the world of nature opens up, expands dramatically with the docent program as we are exposed to the acquired knowledge of other docents and participants under the enthusiastic leadership of Bridie McGreavy. It is fun! And we aren't expected to be experts; we aren't expected to remember it all!"

Though Joyce has "retired" as a docent, you may still meet her on a walk and learn from the essays she occasionally contributes to the newsletter, including one about *Gathering Moss* on page 10.

Gathering Moss

BOOK REVIEW BY JOYCE WHITE

Whoever would have thought that a book about moss would be interesting enough to actually read? Not I. But when a nature-loving friend, Susan Winship, put the book in my hands and told me for the third time that I would like this book, I gave it a try.

The book, *Gathering Moss*, by Robin Wall Kimmerer, does, in fact describe a great variety of mosses as a scientist would, including their Latin names and distinguishing features. But that isn't what kept me reading. It's the way she describes mosses as a part of the interconnected mystery of all life that is such a delight.

She weaves her Native American heritage and her training as a scientist into the telling of the story of moss. In the indigenous way of knowing, she says, "we say that a thing cannot be understood until it is known by all four aspects of our being: mind, body, emotion and spirit." The scientific way of knowing engages only two, body and mind in the gathering of information and interpreting it through the mind.

I've not paid much attention to mosses except to be pleased that part of my lawn has grown a lovely mossy cover, which needs little mowing and is a soft, springy place to walk. Now, when I'm on a hilly trail, I note the surprising variety of mosses on granite outcroppings and fallen trees—different shades of green and different shapes, all intermingling, all as beautiful in their varied ways as a field of wildflowers. It simply required a shift in my perception of what is beautiful to recognize the beauty.

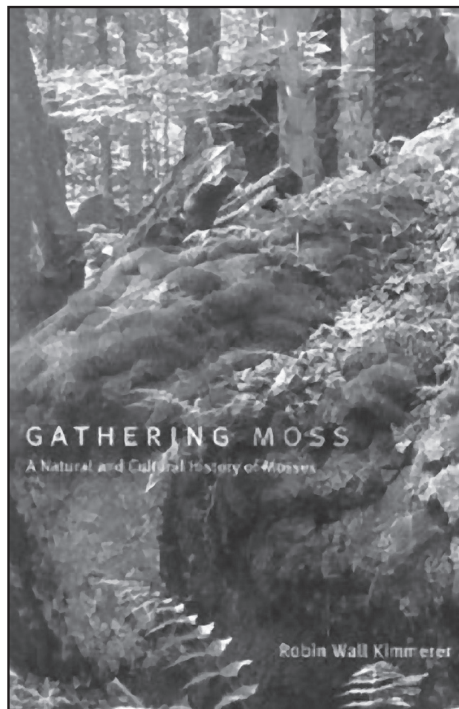
From an item in *The Week* magazine, I've learned that moss, although it lacks the aromatic flowers of flashier plants, does emit subtle, enticing scents that help it spread its seed. Botanists have generally thought that moss relies solely on wind and water to transport sperm from male plants to female. Now they know that female mosses give off a surprising array of scents that draw in organisms such as tiny mites and springtails, which act as pollinators.

Mosses have many uses, Kimmerer says, but perhaps because of their tough, indigestible cell walls, they are rarely eaten by insects, birds or mammals. One surprising exception is the bear. The indigestible fiber of mosses has been discovered in the anal

plug produced by hibernating bears. Apparently just before entering the winter den, bears may eat a large quantity of moss, which binds up their digestive system, preventing defecation during the long winter sleep. (A friend, Sara Wright, who has done extensive research on bears says: Depending on the location, bears use specific plants/bark/moss and other materials to create that plug.)

Soft and pliable mosses are woven into birds' nests of many species and are used to line nests to provide insulation and a cushion for fragile eggs. Flying squirrels, voles and chipmunks are among the many animals, including bears, who use moss for nesting material.

"It seems as if the entire forest is stitched together of threads of moss," says the author. She describes the ways many ferns are rooted in mosses. Moss mats often serve as nurseries for infant trees. A pine seed falling on a bed of moss finds itself safely nestled in a soft, moist bed. A specialized class of fungi, essential to forest function, also resides in the soil beneath the moss carpet. Trees host the fungi, feeding them the sugars of photosynthesis and in return the fungi extend their mycelium out into the soil to scavenge nutrients for the tree. All work together peaceably.



We use Sphagnum moss in our planting mediums and gardens for its ability to absorb and hold from 20 to 40 times its weight in water. "This rivals the performance of Pampers, making it the first disposable diaper," Kimmerer observes in her discussion of the custom of native people to keep babies clean and dry with Sphagnum moss. The acid astringency and mildly antiseptic properties even prevented diaper rash. Dry moss was also used as sanitary napkins and I remember reading somewhere else that it was used in wars past to pack wounds.

Our Native American ancestors believed that it is the responsibility of humans to respect and care for the land and all living, growing things in a way that honors life," the author comments. "When we steward the Earth for our children, we are living like Sphagnum."

This article was previously published in the Earth Notes column of *The Bridgton News*.

Kezar Lake Watershed Association

BY RAY SENECAL-PRESIDENT

Weather is the way that we start many conversations and written articles. As we prepare the KLWA and GLLT Spring newsletters, it is fitting to look outside to our watershed. While 2012 ice-out may have broken 80-year documented records (March 23-26th), we are back to more normal ice-out times (mid to late April) this year and snow on the ground. The KLWA has and will be collecting data in the future, but we are now becoming much more focused on the questions: "What does it show? What does it mean?"

In 2012, we analyzed the historical 40 years of water data and saw a trend toward increased acid conditions in the Upper Bay of Kezar. We recorded pH drops and acid spikes during heavy run-off last autumn, and found the same this spring during heavy snow melts and rain events. As a result, KLWA, with help from GLLT and others, will begin recording and analyzing longer term trends in several areas. We hope to begin addressing climate-change

trends by establishing a central library of information, then applying it to the many resources that we hold dear in our watershed.

The boat patrol program on Kezar Lake will be increased this year, thanks to the help of the Town of Lovell. Patrol Officer, Jerry Littlefield, will be active May to October monitoring waters and town beaches, working closely with rescue and fire departments, and helping with safety training. We plan to sponsor two boatsafety and fishing clinic/BBQ days this season and we hope to have dads/moms and children join us. Stay tuned for notices on these informative and fun days. We thank the Town of Lovell for supporting this effort.

We look forward to a busy 2013 season, working with GLLT in many upcoming education and environmental programs and addressing important water/land issues in partnership.



Our Kezar

Our Kezar—A photographic collection of the beauty and charm of the Kezar Lake region. Three local amateur photographers share their visual interpretations of the best this place has to offer, from loons to familiar cultural landmarks. The book can be pur-

chased through a link on the GLLT Web site: www.gllt.org. The GLLT will receive 10% of the sales of books purchased through its Web site. A copy of the book is available at the GLLT office for viewing.

Lovell Farmers' Market

SHOP LOCALLY AT THE LOVELL FARMERS' MARKET

Date: Wednesdays, beginning in May

Time: 9 am-1 pm

Place: next to the former Wicked Good Store



Have you considered NAMING THE GLLT IN YOUR ESTATE PLANS?

Everyone has the capacity to leave a legacy to the organizations they care most about. There are a number of simple ways you can make a lasting gift for local land conservation. The GLLT has established a Pooled Income Fund with the Maine Community

Foundation, which can be named as a beneficiary in your will, IRA or charitable trust. Please contact us for more information on this and other options available to provide a legacy for future generations.

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GLLT *Mission Statement*



“The mission of the Greater Lovell Land Trust is to protect the ecosystems of the Kezar Lake and adjacent watersheds by promoting an appreciation of natural resources and responsible preservation, conservation, stewardship, development and public policy.”

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