



ANDROSCOGGIN LAND TRUST

Spring 2018

Join Us for ALT 2018 Upcoming Events

June 2, Saturday	National Trails Day - Celebrate ALT Land Stewards, Sherwood Forest Conservation Area, Auburn 10:00 AM
June 23, Saturday	Androscoggin Land Trust Canoe & Kayak River Race , Lewiston and Auburn, 9:00 AM
July 28, Saturday	ARWC Source to Sea Trek Gulf Island Pond , 8:30 AM (hosted by the Androscoggin River Watershed Council)
July 29, Sunday	ARWC Source to Sea Trek Auburn/David Rancourt Preserve , 8:30 AM (hosted by the Androscoggin River Watershed Council)
August 2, Thursday	Paddle After Hours (Lewiston/Auburn) , part of ARWC Source to Sea Trek, 5:30 PM
August 11, Saturday	Androscoggin River Cleanup – Auburn: Little Andy Park, 10 AM
September 22, Sunday	GMOW - Fall Foliage Paddle at Riverlands State Park , Turner 10:00 AM
November 13, Tuesday	Annual Meeting - Hilton Auburn, 5:00 PM

Let's celebrate the warmer months and get outside! Please keep an eye on the website <https://androscogginlandtrust.org/calendar/> and our Facebook page for new additions and updates. If you have questions or would like more information, please call 207-782-2302 or email info@androscogginlandtrust.org. Happy trails this spring and summer!

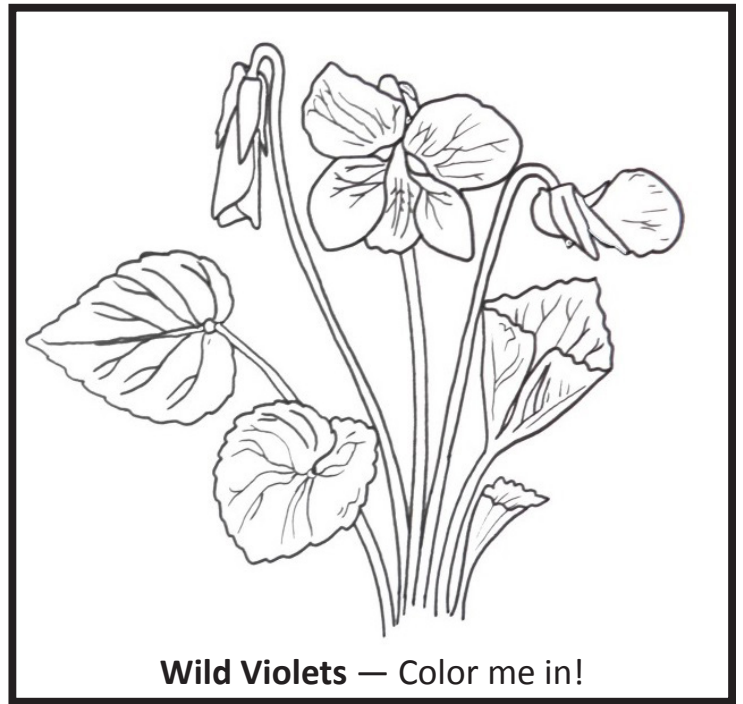
Kids Corner —

Wild Violets!

Get wild and jump into spring! Be on the lookout for **Wild Violets**, part of the “Viola” plant family, native to Maine and one of the earliest risers in the spring. Get out into the **wild** and look for: stretched out heart-shaped leaves, blue-violet (and sometimes yellow or white) color petals with an inner white area. Each flower has its own leaf-less stalk. You can find them in woods, thickets, stream banks, untreated lawns or garden



plant beds. They prefer part-shade, but can survive in full sun. Have a colorful and **wild** time searching for spring!



The Magic of Spring by Paula Curtis-Everett



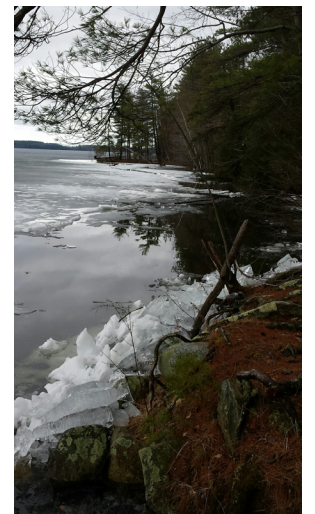
Open your senses. Spring is really an all-too-brief magical time. A walk in the woods under the canopy of yet-to-open birch, maple, oak and beech buds will explain. Pileated woodpeckers drumming to attract a mate will explain. Spring peepers and wood frogs will also explain the magic. As you walk on the last of the snow, now in sugar-like crystals under foot, and somewhat slippery but look for tracks to see who else has been here?

Quietly disappearing, the snow melts, patches of open ground appear, smelling pungent and pregnant of things to come. Soon bracken ferns, ostrich ferns and wood ferns will be pushing their fronds above ground in search of sun and warmth. The snow melting, running rivulets through the woods, flooding spring streams destined to dry before mid-July. The flood of water running into vernal pools where peepers, tree frogs, spotted salamanders and fairy shrimp will be having a reunion.

As the snow melts into spring streams, it awakens emerald green moss on granite rocks and skeletons of old fallen trees. From caves worn by rushing water, hang small icicles to the underside of each miniature cave sitting far from the reach of the sun's melting touch. Listen, listen to the music the stream sings as it rushes melted snow down, down toward the vernal pools, lakes, rivers and ocean.



The lake is a magical place still held in the grip of winter's ice. Ice determined to hold on the last grip of winter. The sun determined to bring spring bears down on the cold blue ice. Turning the lake's color from blue to steel gray and finally black as the ice melt becomes porous. The dance as the ice crystals begin as they pull free from each other. Slowly, slowly the ice crystals begin to move, in the direction the wind is pushing. If the wind increases the ice crystals move faster and faster to their final destination. If you are lucky and watch carefully day-after-day you might experience ice-out: the mystical magical moment on a lake. As the crystals move, their musical tinkling sounds like bells in the distance. As the wind pushes the crystals the ice begins to pile up on the shore - a slow, almost unperceivable movement you might miss unless you take time to slow down to the wind, water and crystals pace.





SAVE THE DATE! Saturday, June 23, 2018

- Race Start: 9:00 AM
- Start Location: Festival Plaza Boat Launch, Auburn
- **NEW this year:** Two additional courses! Boat rentals! Food & live music!
- Registrants 21+ can receive 15% off Great Falls Brewfest tickets which follows the race!

Please see our website and Facebook for more info!

Canoe or kayak this exciting race! Choose your adventure from 3 options:

1 Long Distance Paddle

- Mostly slow moving water paddle with a section of class I-III rapids, Auburn to Durham
- Distance: 7 miles

2 Twin City Boomerang Paddle **NEW!**

- Auburn to Lewiston & back upriver to Auburn (no rapids)
- Distance: 3 miles

3 Twin City Paddle **NEW!**

- Short, fun paddle (no rapids) Auburn to Lewiston
- Distance: 1.5 miles

River Race 2017 Recap

by Jim Pross

Last June, standing on the RiverWalk pedestrian bridge spanning Lewiston and Auburn, I looked down on almost 60 multi-colored canoes and kayaks assembled on the mighty Androscoggin River as I got ready to announce the start of the Androscoggin Land Trust's River Race. With the heavy morning rain having just subsided by the time the boats launched behind Auburn's Festival Plaza, everyone was anxious for the mass start. After a captivating rendition of the national anthem, sung by Alina Laliberte, I counted down, "three...two...one" through my bullhorn and officially started what has become one of the largest single day paddling event on the Androscoggin River.

For decades, the Androscoggin River itself suffered from its historic reputation as a highly polluted industrial route to the Atlantic Ocean. Today we celebrate the significant work that has been done to successfully clean up the river, as we introduce people to the river's vast recreational potential. Seeing a host of paddle-powered watercraft in the middle of the river in the heart of Lewiston/Auburn on a late June morning

"Paddling on Maine rivers like the Androscoggin is a great way to expand your comfort zone. Don't let the term 'race' deter you, most paddlers are out for a fun outdoor adventure and all efforts are respected. With June temperatures and safety crews on the river this is a fantastic course for all skill levels. Come join the ALT River Race and the next time you cross over the Androscoggin on I-95 you will think to yourself with a smile 'I paddled that!' " — Ben Randall, 1st Place Pro-Open Male 2017

"I really enjoy the race. It's an absolutely beautiful river - who wouldn't enjoy paddling that race course?!? The race is well organized, and the organizers and paddlers alike are all very friendly."

— Roberta McClain, 1st Place Solo Female 2017



provides affirmation that ALT and our many collaborators are succeeding in our mission on behalf of the river and its watershed.

This year as we prepare the details for the 3rd annual ALT River Race—set to take place on Saturday, June 23—we are reminded of the purpose of our conservation work at ALT. We invite all paddling enthusiasts, casual weekenders and serious racers alike, to join us in our task of changing the minds of all who think that they know the river. The imagery of a once foaming, steaming waterway must be replaced by new images of a hundred paddlers, enjoying the river for its scenic beauty and untapped recreational opportunities, as it winds its way from one old mill town to the next.

After putting in at the Auburn Public Boat Launch near Festival Plaza, the race will take paddlers past the iconic Lewiston canals and beyond the confluence of the Little Androscoggin River. From there, there are 3 different race leg options (see above). We hope that more families will join us this year with the new course options and look forward to June 23!

INTRODUCING: Conservation Assistant Julia Harper

ALT has happily welcomed Julia Harper to the position of ALT Conservation Assistant, now working closely with Executive Director Shelley Kruszewski in every aspect of ALT's land conservation mission—from stewardship to event planning and membership outreach and support. Julia's breadth of experience, strong organizational and people skills, and passionate commitment to the Lewiston-Auburn area and region will all be great assets to ALT in the years ahead.

Julia's interest in the environment was sparked by her early outdoor experiences, she recalls. Growing up in Lisbon, she and her brother hunted for salamanders and frogs in the irrigation ditches behind their house, one of those unique, magical habitats that offer endless discoveries for children. Family outings were often led by her father, who "led us off to hike in different places in the summer—both mountains in Maine and New Hampshire—and then to find a place to swim."

After graduating from St. Dominic's High School and earning a B.A. in sociology from the University of Maine, Julia assumed a series of roles linked to individual and community health and well-being. After staffing a Colorado outdoor adventure camp as part of Americorps NCCC, she worked at the Dempsey Center in several capacities, including launching the Dempsey Challenge's large-scale composting program. Julia's interest in nutrition as a central aspect of health led her to work with the REAL School on Mackworth Island, guiding students in the growing and preparing of their own food; she has worked for Valley View Farm in Auburn and South Auburn Organic Farm on an innovative meal kit/CSA (community supported agriculture) hybrid program; and even spent time in India learning farming techniques and principles. And some of you may know Julia from her previous role as taproom manager for Baxter Brewing!

Since 2014, Julia has worked as the coordinator of the Good Food Council of Lewiston-Auburn, supporting the work of this community-based organization whose aim is to create and support systemic improvements to the food system of the Lewiston-Auburn area. Julia's interest and experience in sustainable agriculture will greatly assist ALT's long-term efforts to support local farming and community garden initiatives in the region. A board member of Grow L+A, Julia is also member-owner in Lewiston's RAISE-Op Housing Cooperative and lives there with her husband, Craig, and their cats Maple and Blake.

"I've learned in just a short time that ALT's work caring for 5000 acres of conserved land is an enormous responsibility for a small organization," Julia remarks. "But at the same time, the opportunities are endless...not only for the land already conserved, but future projects as well. I have already learned about local trails that I never knew existed, and am excited to be part of spreading the word about ALT's important work and many opportunities to explore the outdoors."

Welcome, Julia!



Snapshots of the 2018 Spruce Mountain Sled-In organized by the Jay Recreation Committee at French Falls



© Sun Journal

*Sledding and snowmobile photos
courtesy of Sun Journal
credit Donna Perry*



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Sledding galore!
The hill and the
course for snow-
mobiles were in
constant use and
there was also
a fun snowshoe
race.

People enjoyed
snowshoeing on the
trails with a guided
tour along the river and
taking the Shamrock
Walk complete with a
pot of gold at the end!

How ALT and Maine's Land Trusts are Providing Public Access to the Outdoors

Maine's network of more than 75 land trusts has significantly increased public access to the outdoors for activities including hiking, hunting, fishing, snowmobiling, ATV riding, birdwatching, boating, and sightseeing. Based on a survey completed in 2017, Maine's land trust conserved lands offer the following outdoor recreational amenities:

Recreational Trails

- Hiking/Walking 1,260 miles
- Mountain Biking 275 miles
- Snowmobiling 570 miles
- ATV Riding 345 miles

Recreational Water Access

- Boat Launch Sites 203
 - o Coastal 62
 - o Freshwater 141
- Beaches/Swimming Areas 210

Land Open for Hunting

- More than 2.34 million acres
- More than 90% of all acres conserved by land trusts



David Rancourt Preserve, Lewiston



Jersey Bog, Buckfield

From a 2017 Maine Coast Heritage Trust (MCHT) survey which compiled results from 70 organizations in Maine.

ALT 2017 Award Recipients

Community Business Stewardship Award: **Evergreen Subaru**

Elliott Bates Stewardship Award: **Mark Johnson**

Androscoggin Partner Award: **Wes & Marilyn Ackley**

Bonnie Lounsbury Environmental Award: **Camille Parrish**

Special thank you to **Dennis & Cathy Knudsen of Ambrose Farm**



Winter Adventures 2018

This winter ALT held snowshoe events at David Rancourt Preserve in Lewiston, Mt. Apatite in Auburn (as part of Auburn Winter Fest), Androscoggin Riverlands State Park in Turner (as part of Great Maine Outdoor Weekend), and a special members only snowshoe at the Marden-Chittick Refuge in Greene. We loved seeing a great turnout of over 25 people at each event. Thank you to all of you who joined us and contributed to good company for winter outdoor adventure in beautiful places!



Montagnard Snowshoe Club members, Lewiston, ca. 1930

Walking Weekly with Friends: The Walkabouts

For the past eight years, a dedicated group of 17 women “of a certain age” (in their words!) have gathered each Tuesday for a walk or snowshoe along trails or backroads in our region—exploring Maine’s amazing natural beauty, fostering their health and wellbeing, and most importantly, delighting in the joys of friendship. Collectively known as the Walkabouts-Maine, these adventurous women are inspired by their common mission: “Bringing Together Amazing Women, Nourishing Mind, Body, and Soul.”

According to the group’s founder, Polly Robinson, the Walkabouts have explored numerous ALT-managed trails over the years, from Sherwood Forest and Barker Mill trails in Auburn to the David Rancourt Preserve and Garcelon Bog in Lewiston. French Falls in Jay has drawn the group farther north. They typically cover several miles, sometimes stopping in a clearing to practice a few standing yoga poses to stretch and relax, while

“The joy in exploring nature is magnified when I am with the Walkabouts. Shared wonder feels different from that which I experience when I am alone.”

— Linda Jackson-Washburn

“Little did I know that my reaching out would bring me into the nucleus of this interesting and loving group of phenomenal women. The path I now walk on is filled with laughter, song, great conversations and exciting adventures that often take some interesting U-turns.”

— Anita F. Poulin

building strength and balance. The pleasures of exercise, exploration, and conversation in the outdoors are usually followed by lunch in a locally owned restaurant, and the final treat of Maine-made ice cream.

With an interest not only in their own health, but that of the community as a whole, the group has also participated in and supported a number of local 5K fundraising walks on behalf of local organizations. After joining the Walkabouts on one of their weekly walks awhile back, ALT Executive Director Shelley Kruszewski became one of the group’s biggest fans. “The friendship, camaraderie and support that accompany their walks was amazing and inspiring,” Shelley enthuses. “So much so, that when it started to rain, no one even seemed to notice!”

Hats off to the Walkabouts!



Kneeling L-Louise Landry; kneeling R-Polly Robinson; L to R - Linda Cronkite, Linda Jackson-Washburn (black jacket), Sue Tymoczko (purple jacket), Anita Poulin, Debbie Hillman, Celia Treworgy, Marilyn Lucey, Bonnie Ross, and Carol Seward, Missing from photo are :Adriann Tucker, Jacquie Emond, Linda DeSantis, Maggie Pelletier, Mora Lepage, and Nancy Jutras. In memory, Susan Matthews.

Thank you very much to new Eagle Scout David Ballard and the Auburn Boy Scout Troop for building excellent new bridges in Auburn on the Barker Mill Trail and Sherwood Forest Trail!



Where We Work : David Rancourt Preserve

Less than a mile from the hustle and bustle of Main Street in Lewiston, you will find the outdoor gem of David Rancourt Preserve. Owned by ALT, this 14-acre preserve is part of the protected riverfront acreage in our region that is commonly known as the Androscoggin Greenway.

Purchased from the City of Lewiston in 2007 with Land for Maine's Future water access funds, the property was dedicated the following year in honor of Deputy Sheriff David Rancourt, who tragically lost his life while in service to his community. Deputy Rancourt served two tours of duty in Iraq and dedicated much of his life to public service. He was actively involved in the dive team in the community and often came to this location to conduct trainings.

Parking at the preserve is easy and the trailhead is well marked and accessible from the road. Entering a forested area with a natural path, the trail soon passes the Androscoggin River on the left with a small sandy beach, often utilized in the warmer weather as a place to gather and soak up some sun. From there, the trail soon splits, with one route following the shoreline and the other entering the mixed hardwood forest and climbing to beautiful vistas of the river and Lewiston farmland. It is difficult to stand there and not be in awe of the surrounding beauty, with eagles and other birds often seen from this outcrop.

From there, the trail loops around, meandering through a gently rolling forest and its many treasures along the way, before descending to the trailhead to complete the one-mile loop.

Walkers, snowshoers, and pets are all welcomed at David Rancourt. There is also a hand-carry boat launch a short distance from the entrance. Last year, with the help of generous funding support from Evergreen Subaru's "Share The Love" program, ALT volunteers and staff worked diligently to upgrade the property entrance, build a new bridge, add a new trail and improve existing ones. New directional signs will be installed this spring. This property continues to be well maintained & monitored by volunteer steward Mark Johnson, recipient of ALT's 2017 stewardship award.

ALT has held several annual events at David Rancourt. Our breakfast hike celebrates our wonderful land stewards for their invaluable help in caring for ALT's many properties, while a snowshoe event shows the unique beauty of the preserve in the winter months.

So throw your boots or snowshoes in the car and take a quick drive to this beautiful network of trails right in the heart of Lewiston. Breathe the fresh air, witness the special view of the river, listen to the birds and enjoy the beauty and peace of nature...all thanks to the care and hard work of ALT and our wonderful volunteers.

Directions to the property: The property is located directly across from 10 Tall Pines Drive, Lewiston, ME (just around the corner from Marden's and The Gym). You will see the kiosk and entrance to the trail on the river side of the road. There is space for a few cars to park near the entrance/kiosk but otherwise there is lots of street parking available.



Protect Local Lands with a Gift to ALT Your contributions and volunteer efforts are vital to our continuing work to protect important natural landscapes for future generations and to offer enriching outdoor experiences in these special places. You can make a donation online using a credit card at androscogginlandtrust.org/donate or mail a check (*payable to Androscoggin Land Trust*) to ALT, PO Box 3145, Auburn, ME 04210. **Thank you!**

Name _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____

I wish to make this gift:

☐ In Memory of _____ ☐ I am interested in volunteering

☐ In Honor of _____ ☐ I would like to discuss conserving or donating my land in _____

☐ Anonymously ☐ I would like information about planned giving. Inquiries are confidential.

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The Androscoggin Land Trust is a private, non-profit 501(c)(3) membership-supported organization dedicated to protecting, through land conservation and stewardship, the important natural areas, traditional landscapes, and outdoor experience in the Androscoggin River watershed. We currently conserve approximately 5,000 acres of land including over ten miles of riverfront along the Androscoggin River.

Board of Directors

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Shelley Kruszewski
Executive Director

Julia Harper
Conservation Assistant

Thank you to our amazing Corporate Partners!



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Ask us about our Volunteer Land Stewardship Program: Interested in becoming an ALT Land Steward, enjoying the outdoors while walking and monitoring one of our conserved properties? For info about this and other ALT volunteer opportunities, please contact us: (207) 782-2302 or info@androscogginlandtrust.org