



The Watershed Watch

The Newsletter of the Pemaquid Watershed Association • Summer 2013

Beachcombers' Rest Turns Ten



A decade ago, two Bristol residents and Pemaquid Watershed Association members had a wild idea. These two friends shared a passion for the ocean, beach environment, art, and teaching. They came up with the idea of having a nature center at Pemaquid Beach Park where they could merge science and creativity with marine education. On behalf of PWA, they proposed their idea to the Town of Bristol, which owns the Park, and a partnership was born. This year Beachcombers' Rest Nature Center (BRNC) at Pemaquid Beach Park celebrates its 10th year of educating all ages about Maine's seaside wonders, and Pemaquid Watershed Association thanks Joan Lyford and Diane Perry for their passion and initiative that brought Beachcombers' Rest into being.

BRNC is one of only three seaside nature centers along the 4,500 miles of Maine coastline and is the only one on a sandy beach. The Center is open annually during July and August to offer public education about intertidal and coastal habitats in Maine. Through displays and activities, youth and adult participants are encouraged to examine, enjoy and experience the wonders of Maine's seaside environment in new ways that combine science and nature with the arts. Outreach focus includes general near-shore marine ecology as well as the unique flora, fauna, history and geology of Pemaquid Beach. Each week, there is a Tuesday Touch Tank, a Friday workshop, and, new this year, a Thursday story hour. The touch tank is provided courtesy of the Gulf of Maine Foundation and Darling Marine Center and is sponsored by The Edward A. Myers Marine Conservation Fund.

PWA thanks the Town of Bristol and the Bristol Parks and Recreation Commission (BPRC) for the partnership that makes it possible for Beachcombers' Rest to reach thousands of people each year. PWA provides



Co-Founders of Beachcombers' Rest Nature Center, Joan Lyford and Diane Perry.

nature center staffing, coordinates the outreach programming, and provides funding for nature center operations, and the BPRC provides the space, facility maintenance, and park staff assistance. PWA also thanks Phil Averill and Russ Guibord, who spearheaded the design and construction inside the center.

Join us on the afternoon of Saturday, July 27, at Pemaquid Beach Park for cake and ice cream to celebrate a remarkable 10 years! 🦋



Beachcombers' Rest Nature Center provides hands-on activities, a weekly touch tank, and workshops for youth and adults. See the insert in this issue of The Watershed Watch for this summer's schedule of events at Beachcombers' Rest.

Executive Director's Corner

This past May I had the pleasure and privilege of visiting with PWA's oldest member, Mr. Ed Werler. Ed, a spry 99, has lived in his home on Duckpuddle Pond for 30 years. PWA member Phil Averill, whose service on the PWA Board overlapped with Ed's, joined me on this visit. The three of us chatted in Ed's living room, with its large windows framing a lovely view of the pond.

Ed shared his memories of being on the Board of PWA in the early 90's and the volunteering he did with land stewardship. Ed recalled that when he was on the Board, PWA was just getting started as a Land Trust. He remembers working on establishing the Balant Island conservation easement, which was the first easement held by PWA. He enjoyed walking the preserves, especially La Verna Preserve, and doing the monitoring before formal monitoring procedures were even in place. He has fond memories of the big old red oak trees at Osborn Finch Wildlife Sanctuary. Caring for the land has long been a passion for Ed. He was a fire watchman for the Forest Service in the lookout tower at Deasey Mountain before moving into his long career as a park ranger at Baxter State Park.



Right: Ed holds the aerial photograph of Osborn Finch Wildlife Sanctuary that he put together back in 1993 for PWA. He hand-drew the border of the preserve on the photo and labelled the photo at the bottom in calligraphy.

Ed put together framed aerial photographs of Osborn Finch Wildlife Sanctuary and La Verna Preserve, with preserve borders outlined. He hand scripted on them in a calligraphy that he had learned from an accountant he apprenticed with during the war who wrote only with a quill pen. These photos remain with PWA today.

Ed's volunteer service helped make PWA the successful organization it is today. I thank him, and I thank all of the people who have stepped up over these past 47 years of PWA's existence to do the work that needed to be done.

In Donna Minnis,
Executive Director

P.S. This issue of *The Watershed Watch* features several people who have played significant roles with PWA. I invite you to enjoy the volunteer spotlight on a person who played a huge part in launching PWA, Doris Balant (page 8). Page 1 showcases a major contribution of Joan Lyford and Diane Perry, and page 11 shares a special tribute to a recently departed man who touched many lives with his teachings about the environment, Dr. Bernice McAlice.

Left: Ed Werler and Phil Averill reminisced about their time together on the PWA Board of Directors in the 1990s.



Pemaquid Watershed Association

Mission:

To conserve the natural resources of the Pemaquid Peninsula through land and water stewardship and education.

Community Service Vision:

A protected yet accessible Pemaquid Peninsula where people and wildlife thrive in a pristine and nurturing environment.

Board of Directors

W. Gerould Clark III, President
Karen Filler, Vice-President
Bill Brewer, Treasurer
Jill Rice, Secretary
Mary Berger
Peggy Drake
Cyndy Fairbanks
Chuck Farrell
Carol Knapp
Steve Laurich
Peter Lawrence
Martha Naismith
Chris Roberts
Hylie West

Executive Director
Donna Minnis

Program Coordinator
Carolyn Shubert

"Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul."
-- John Muir (1838-1914)
essayist, conservationist

Wild on the Peninsula



PWA member Mike Horst (l) with his friend Joe and their day's catch from Biscay Pond and Pemaquid River. Photo by Kathleen Horst.



Fox family in New Harbor. Photo by Sherrie Tucker.



A view from Bass Rock Preserve in Round Pond. Photo by Terry Shumard.

PWA BUSINESS MEMBERS

Business Patrons \$100+/yr:

Bath Savings Institution
First Federal Savings
Gosnold Arms, Inc.
H. M. Payson & Co.
Hammond Lumber
Hanley Construction
Lake Pemaquid, Inc.
Lincoln County Publishing
Masters Machine Company
Mid-Coast Energy Systems
Salt Bay Framers
Sproul's Furniture
The First
Yellowfront Grocery

Business Stewards \$50/yr:

Alewives & Ales Bed & Breakfast
Cheney Insurance Agency
Consultox Limited
Damariscotta Bank & Trust Co.
Granite Hall Store
Lakehurst Inc.
Larson's Lunch Box
Mexicali Blues
Michael Alderson Restorations
Midcoast Yoga Shala
Mountainside MD Press
Newcastle Square Realty Associates
Newcastle Square Vacation Rentals
Oslo 3, Inc.
Roy E. Seibel, Jr. M.D
Savings Bank of Maine
Sullivan Tire
The Nature Conservancy
Yacht Tender, Inc.
Ye Olde Forte Cabins

EVENT SPONSORS

Rubber Ducky River Race — Yellowfront Grocery
Party on the Pier — The Contented Sole & Sullivan Tire
Annual Meeting — Rising Tide Community Market
Spring Puffin Cruise — Seacoast Energy Solutions, desserts compliments of Damariscotta River Grill
Fall Cruise for a Cause — H.M. Payson, catering compliments of King Eider's Pub
Volunteer Gala — Damariscotta Bank & Trust Co., catering compliments of Savory Maine

ADOPT-A-TRAIL SPONSORS

Bristol Recreational Trail — Bath Savings Institution
La Verna Preserve — Masters Machine Company

Bristol Mills Alewife Count

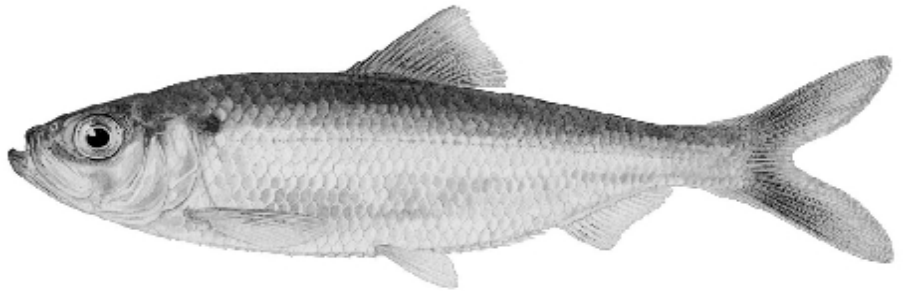
*By Slade Moore, Maine Coastal Program and the Gulf of Maine Council on the Marine Environment,
and Claire Enterline, Maine Department of Marine Resources*

Each spring, millions of alewives of reproductive age initiate a migration that starts in the open ocean and brings them to Maine's freshwater spawning grounds. After they breed in lakes, ponds, and other waters with little to no current, they head downstream and back to marine waters. This type of migration is termed "anadromous".

To reach spawning habitat, each individual alewife must survive a variety of perils, which can include predation, shifts in oceanic conditions, or being caught by a fishery targeting other species. By April or May, the survivors reach Maine's streams and rivers, at which point their numbers are concentrated into narrower and narrower stretches that often can require alewives to nearly exhaust themselves swimming up and over cascades and rapids. In addition to natural obstacles that hinder progress, dams and road crossings can completely block or at least slow the progress of alewives seeking to reach their spawning habitat.



Fish ladder at Bristol Mills dam.




Fishways have been built at dams to allow upstream alewife passage, but their effectiveness varies from site to site, and they often fail to allow passage of all species that need to migrate. Without an effective fishway, an alewife run cannot sustain itself if dams are located downstream of their spawning habitat, which is why many of Maine's alewife runs are either no longer active or comprise just a fraction of their former population size.

The types of benefits provided by strong, well-managed alewife runs are well documented and easy to observe. Anyone who has watched running alewives for a few hours knows that these fish provide food for not only marine predators, but also eagles, osprey, herons, gulls, mink, otter, and seals, not to mention gamefish like bass. In fact, it's been said of alewives that "Everything eats them", which is only a bit of an overstatement. Where alewife runs have been determined by management authorities to be healthy and where harvests are sustainably executed, alewives also can provide an important source of bait for lobstermen and local economic benefit.

Although many alewives can be observed in the Pemaquid River, the status of the Pemaquid alewife run is uncertain. In other words, there are a lot of fish, but not enough data exist to know how this run compares to others

with similar amounts of spawning habitat.

This year the Gulf of Maine Council on the Marine Environment, Maine Coastal Program, Department of Marine Resources, and the Town of Bristol worked together to implement a standardized protocol for counting the number of alewives that successfully pass over the Bristol Mills fishway. The counting methodology divides each day into three 4-hour blocks of time. In each of these time blocks, alewives are counted for a 30-minute period. Using these counts and other data, we can get information about the number of alewives reaching the upper portion of the Pemaquid River and how changes in water flow and modifications to the fishway can affect the number of alewives passing the fishway.

Our 2013 alewife count was a great success thanks to the many volunteers from the Pemaquid Watershed Association, Bristol town residents, and neighboring town residents who signed up to count alewives. Because an assessment of the alewife run requires evaluation of trends over several years of data, we are looking forward to continuing the count annually. Look for the summary of this year's count in the fall issue of *The Watershed Watch*. Thank you to all the volunteers whose commitment made this effort possible. We look forward to working together next year! 

MAG in Action

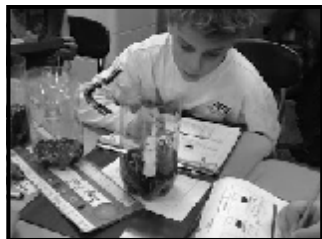


The Maine Apprentice Gardeners (MAG) Program, a collaboration between PWA and UMaine Extension that began in 2000, is thriving at local schools.

Above: Judy Cotton's Fourth Graders at Bristol Consolidated School with their raised bed garden.

Below: Scenes from Chris Coleman's Fourth Grade gardening class at Great Salt Bay School (GSBS). Master Gardeners, the GSBS Garden Coordinator, and the GSBS Garden Club assisted. PWA provides funding to both schools in part thanks to generous support from Old Bristol Garden Club.

FMI about the MAG curriculum, contact Liz Stanley, Horticulture Coordinator at Knox-Lincoln Extension at elizabeth.stanley@maine.edu.



GSBS photos by Chris Coleman.



Annual Financial Statement

TRANSPARENCY ACCOUNTABILITY FIDUCIARY RESPONSIBILITY		
PEMAQUID WATERSHED ASSOCIATION, INC.		
STATEMENT OF FINANCIAL POSITION		
FOR THE FISCAL YEAR ENDING MARCH 31	2012-13	2011-12
ASSETS		
Current Assets		
Checking & Savings	\$20,893	\$6,281
Receivables	\$520	\$80
Investments		
Unrestricted	\$100,883	\$89,202
Restricted	\$86,723	\$77,508
Fixed Assets		
Equipment	\$3,408	\$4,054
Land & Buildings	\$780,300	\$780,300
Total Assets	\$992,727	\$957,425
LIABILITIES		
Current Liabilities	\$13,638	\$13,254
Long-term Liabilities	\$0	\$0
Total Liabilities	\$13,638	\$13,254
NET ASSETS	\$979,089	\$944,171
<u>INCOME & EXPENSES</u>		
REVENUE		
Membership Dues	\$27,724	\$26,162
Annual Appeal/General Donations	\$30,623	\$25,653
Events/Merchandise	\$36,442	\$32,495
Programs	\$7,575	\$6,601
Net Restricted Grants	\$12,288	\$2,000
Total Revenue	\$114,652	\$92,911
EXPENSES		
Administration/Overhead	\$34,169	\$29,391
Events/Merchandise	\$9,080	\$9,932
Programs & Services	\$55,995	\$55,936
Depreciation	\$646	\$808
Total Expenses	\$99,890	\$96,067
Total Revenue(deficit) Over Expenses	\$14,762	(\$3,156)
NON-OPERATING INCOME		
Investment Income	\$20,156	\$587
Conservation Land Donation	\$0	\$0
Conservation Endowments	\$0	\$0
Net Increase In Assets	\$34,918	(\$2,569)
<i>Footnote: FY11-12 deficit was planned.</i>		

PWA Calendar

Monday, July 22, 6:30 p.m.: The Quality of the Pemaquid Watershed Ponds: An Overview, presented by PWA Executive Director Donna Minnis. At the Bremen Library, 204 Waldoboro Rd, which is 4.6 miles down Rte 32 from Waldoboro.

Tuesday, July 23, 6:00-7:00 p.m. at the Friends Meeting House, Damariscotta: Beef Up Your Buffer: When More is Better...and Why. Knox-Lincoln Soil & Water Conservation District is partnering with PWA on this workshop all about buffers. Whether you are building a "living fence" along your property or your aim is to improve water quality by reducing erosion and run-off along your waterfront, a buffer is what you need! Vegetated buffers absorb water and nutrients, trap excess soil, provide wildlife habitat, and mimic natural systems to create a dynamic landscape to enjoy in all seasons. \$5/participant. To register, contact KLSWCD at 596-2040 or info@knox-lincoln.org. The Midcoast Friends Meeting House is at 77 Belvedere Rd, just off Route 1.

Wednesday, July 24, 9:00 a.m.-2:30 p.m.: Non-Traditional Solutions to Gravel Road Problems. The workshop will begin with two sessions: Bill LaFlamme from the Maine Department of Environmental Protection will discuss why it is important to maintain gravel roads and how to evaluate a gravel road. David Rocque from the Maine Department of Agriculture, Conservation and Forestry will then

describe effective practices to repair roads. Lunch will be provided. After lunch, the class will visit two gravel road sites to practice what they have learned. Registration fee of \$15/participant (includes lunch). To register, contact KLSWCD at 596-2040 or info@knox-lincoln.org, or register online at www.knox-lincoln.org/gravel-road-wkshp-2013/. Held at the Midcoast Friends Meeting House at 77 Belvedere Rd, just off Route 1. Course is eligible for the following recertification credits: 4 contact hours in Land Use from the Maine State Planning Office for CEOs; 4 contact hours from Maine DEP for Certified Contractors. Co-organized by Knox-Lincoln Soil & Water Conservation District and PWA.

Friday, July 26, 7:00-10:00 a.m. Exploring the Rocky Intertidal Zone, led by Dr. Robert Staneck, Professor of Oceanography, Marine Biology and Marine Policy School of Marine Sciences University of Maine. The group will gather at the public "Kresge" parking area at 7:00 a.m. to embark on an intertidal exploration to see the transition between land and the marine realm. Participants will see that the rocky intertidal habitat is distinctly zoned and how different critters from barnacles to kelp deal with the stresses and the disturbances of life between the tides. Dr. Staneck will discuss what is native, what was natural, and how our world is changing due to introduced, non-native species, global warming and fishing pressure. At dead low tide (8:23

that morning), participants can stand at the ends of our kelp forest. Wear knee high boots or something that can get wet. Participants are advised that traversing the rocky shore will require agility. Space is limited to 12 participants. Pre-registration is required by contacting PWA by July 25.

August 5-Sept. 13: Kim Traina Art Exhibit "The Magic Hour...Midcoast Maine Reflections in Photography and Pastels" at PWA's office gallery weekdays from 9:30 a.m. to 4:30 p.m. Kim is donating 35% from exhibit sales to support PWA's mission.

Tuesday, August 6, 5:30-7:30 p.m., rain or shine: PWA Paradise Ponders Gathering, hosted by Roger and Joan Panek, Damariscotta. Potluck. RSVP to PWA by July 30.

Wednesday, August 7, 5:00-6:30 p.m., Pemaquid Beach: Restorative Yoga on the Beach with Susan Sproul. This will be a gentle vinyasa flow yoga session which is perfect for stress relief as well as excellent for strength, flexibility, and balance. Susan calls this form "in between yoga and a massage." Bring a towel and we will use the sand as our prop. Pre-register with PWA.

Friday, August 9, 4:30-5:30: Kim Traina Art Exhibit Reception at the PWA office suite. Enjoy wine and cheese while mingling and meeting the artist.

Late August: Autumn Bird Seed Sale.

"Healing with Nature" August Program

Session I: Wednesday, Aug. 7, 5:00-6:30 p.m.: Restorative Yoga on the Beach
Session II: Saturday, Aug. 10, 9:00-11:30 a.m.: Cultivating Mindfulness on the Trail
Session III*: Friday, Aug. 23, 10:30-noon: Exploring Maine Seaweeds: From Bay to Body
Session IV*: Friday, Aug. 30, 10:30-noon: Nature Journaling
(*listed on the Nature Center Schedule enclosed in this newsletter)



Saturday, August 10, 9:00-11:30 a.m.: Cultivating Mindfulness on the Trail. Enjoy a morning mindfulness hike on the La Verna Preserve. Leave the stresses of your life in the parking lot and take the path towards deeper connection with yourself and the natural world. Brief pauses for guided meditation along the trail will be interwoven with periods of silent mindful hiking. We will rest, explore, and meditate on the rocky shore before making our way back, eased and rejuvenated by a profound sense of our inter-connectedness. Dress comfortably and for the weather. Bring water and a nourishing snack. Pre-register with PWA.



Photo by Carey Kish.

Tuesday, August 13, 5:30-7:30 rain or shine: PWA Duckpuddle Ponders Gathering, hosted by Mark and Liz Ferrero in Nobleboro. Potluck. RSVP to PWA by August 6.

Sunday, August 18, 1:00-4:00 p.m.: PWA Family Fun Fest at Lakehurst Lodge. \$15/person; children 12 and under free. Bounce Castle, Fire Truck, Square Dancing Demonstration, Erica Brown Bluegrass Connection Trio. At Lakehurst Lodge in Damariscotta.

Tuesday, August 20, 5:30-7:00 p.m. rain or shine: PWA Biscay Ponders Gathering, hosted by Warren and Maryanne Appell. Potluck. RSVP to PWA by August 13.

Thursday, August 22, 7:00 p.m. rain or shine: PWA McCurdy Ponders Gathering, hosted by Theodora Landgren. Please bring a dessert to share. RSVP to PWA by August 15.

Sunday, Sept. 8, 5:00-7:00 p.m.: PWA's 8th Annual "Cruise for a Cause" with Hardy Boat Cruises will circumnavigate Damariscove Island located in the Gulf of Maine. The boat will pass close to Ram Island lighthouse, and nearby Fisherman's Island. Other islands on our route include Squirrel Island, Outer Heron and White Islands. Spectacular views of coastal homes, lighthouses, and wildlife abound. Special guest narration by former stewards of Damariscove. The route is subject to weather and may be modified at the discretion of the Captain. Tickets are \$35 each. Hors d'oeuvres provided by King Eider's and sponsorship provided by H.M. Payson & Co.

Sept. 16-Oct. 13: Chris Augusta Art Exhibit "A Floating World" at PWA's office gallery weekdays from 9:30 a.m. to 4:30 p.m. Chris is donating 40% of sales to support PWA's mission.

Friday, Sept. 20, 4:30-5:30 p.m.: Chris Augusta reception at the PWA office suite. Enjoy wine and cheese while mingling and meeting the artist.

Saturday, Sept. 21, 9:00 a.m.-noon: Coastal Cleanup at Pemaquid Point Lighthouse Park.

October 28-January 3: Virginia Forrest art exhibit "Monhegan and Beyond" at PWA's office gallery weekdays from 9:30 a.m. to 4:30 p.m. Virginia is donating 35% from exhibit sales to support PWA's mission.

Friday, Nov. 1, 4:30-5:30 p.m.: Virginia Forrest Exhibit Reception at the PWA office suite. Enjoy wine and cheese while mingling and meeting the artist.

December: Mid-winter Bird Seed Sale.

PWA FAMILY FUN FEST

Sunday, August 18

1-4 p.m.

At Lakehurst Lodge
Damariscotta

1-1:45 square dancing demo
2-4 bluegrass trio
&
ice cream sundaes
hands-on watershed model
kayak demo area
fire truck
water rescue inflatable boat
bounce castle
face painting
games
oyster cart
food vendors

\$15/person

children 12 and under free

Plan now to bring
your kids
and grandkids
and their friends!

**First Wednesdays
4 to 7 p.m.**

**Twin Villages ArtWalk
a self-guided walking/
driving tour of art venues
in Damariscotta and
Newcastle, including at the
Pemaquid Watershed
Association office gallery.
Look for the ArtWalk flag.**

Volunteer Spotlight

- Name: Doris Balant
- Age: 84
- Occupation: retired teacher
- How long have you volunteered with PWA? 28 years
- Programs you most often volunteer for? Board Member 1988-2003; Board Secretary 1988-91; Volunteer Executive Director 1991-95; worked with landowners on conservation easements and gifts; wrote grants; edited the PWA newsletter 1988-1996; led organization of the New Moon and Full Moon Balls (with Damariscotta River Association and Damariscotta Lake Watershed Association) in 1992, 1994, and 1995; Art Auction 1993, helped to develop Earthways (PWA's environmental education program) which organized teachers' workshops 1995-2005, led Coastweek activities, administered the camp scholarship program, helped launch Great Salt Bay School's (GSBS) annual Marine Unit; school gardening programs at Nobleboro, GSBS, Bristol, and Montessori School; developed the Maine Apprentice Gardener (MAG) Curriculum in cooperation with University of Maine Orono Extension. These days I remain active as a MAG volunteer at GSBS and Bristol Consolidated School.
- First PWA program you volunteered at & memories of that experience? I became Secretary of the Board in 1988, just when PWA became a Land Trust. So few members came out to vote on that cold winter day that we had to phone them to ask them to please come to the meeting, and we managed to just pass the resolution!
- How long have you lived in Newcastle? 30 years
- Favorite food? cheese
- Where did you grow up? In Germany and Pennsylvania
- Hobbies/interests? gardening, listening to classical music, reading
- Dream vacation? One last trip to see my German and Swiss families
- Favorite PWA memory? Just one? Maybe seeing PWA grow from about 100 members, with a mimeographed (yes!) newsletter and no office, to the vital organization it is now.
- What keeps you coming back each year to PWA as a member and volunteer? In my mind I always connect the woods and waters around my little cottage on Pemaquid Pond with the work that the PWA is doing to keep these natural treasures alive for everyone. 🦋



Doris Balant at Pemaquid Point. Doris was PWA's Volunteer of the Year in 1999 (along with Phil Averill) and again in 2005 (along with Jean McAlice).

New & Improved PWA Reference Library

Pemaquid Watershed Association now has a new and improved reference library. Over 100 books line the shelves in the PWA conference room. PWA members are welcome to browse or borrow any material of interest. The categories include insects, mammals, birds, wildflowers and plants, reptiles and amphibians, marine life, trees, wetlands, rivers, land trusts, the environment, and wildlife.

A few of the titles are:

- Exploring Nature with your Child
- Managing Our Wildlife Resources
- To Save a River
- Field Guide to Invasive Aquatic Plants

In addition, the library features an 11-volume vintage encyclopedia collection by H. W. Rickett of Wild Flowers of the United States, donated to PWA by Dick Harris of Damariscotta.

Come check it out! The library is accessible weekdays from 9 to 5. 🦋



Right: Office volunteer, Judy Groves, sorted the books in the PWA reference library and ordered them neatly in categories on the shelves so they are easy to find.



The Call of the Loon...Volunteer Today!

Can you spare some time to help PWA with any of the following events this year?

☐ PWA Family Fun Fest (Sunday, August 18, from 1:00 to 4:00 p.m. at Lakehurst Lodge in Damariscotta)

- | | | | |
|-------------------------|------------------------|------------------------------|------------------------|
| ☐ set up/take down | ☐ on-site hosts/guides | ☐ ticket takers | ☐ game organizer |
| ☐ bounce castle monitor | ☐ sundae server | ☐ bake sale bakers & sellers | ☐ general help/go-fers |

☐ Strong Person with Pickup: We need a strong-backed person with a truck to help with miscellaneous transporting needs when they come up. Is that you?

☐ Office volunteers on Monday afternoons and on Fridays both morning and afternoon.

☐ For Volunteer Gala on August 27: Two kitchen helpers and one name tag facilitator needed.

Heed the Call...To learn more about volunteer opportunities with Pemaquid Watershed Association, contact Carolyn Shubert, Program Coordinator, via email or in the PWA office (above Salt Bay Café in downtown Damariscotta) from 9 to 5 Tuesday through Thursday (coordinator@pemaquidwatershed.org and 563-2196).



It's each person doing what he or she can that makes the whole of PWA possible!

Left: Volunteer Vince Frazzetta comes in on Thursdays to prepare the weekly bank deposit.

Right: Volunteers Joan Gregoire, Michele Bartrug, and Les Frederick come in at short notice to help stuff mailings.



PWA Paddlers Calendar

The PWA Paddlers trips are designed to be easy to moderate in difficulty. All paddlers participating in PWA trips are responsible for their own safety, and each participant should determine in advance if conditions are suitable for their skill level. Participation is free and open to the public. Participants must provide their own kayak or canoe, wear a personal flotation device, and submit a standard release form prior to participation. Participants under 18 must be accompanied by an adult.

Trips are cancelled if raining. Whenever there is a picnic as part of the paddling trip, it is “bring your own”.

FMI, contact Peter Lawrence at (207) 563-7663, (207) 563-3104, or paddlers@pemaquidwatershed.org.

For Directions to Launch Sites and Restroom Info, see www.pemaquidwatershed.org/paddlers.html

7/20, 9:00 a.m. - Pemaquid Harbor Historic Paddle. Advisory: some ocean paddling. The PWA Paddlers will join the Old Bristol Historical Society (OBHS) in a narrated historical paddle from the put in at Pemaquid Falls down the tidal part of the Pemaquid River pass Fort William Henry to Little Beach at Fish Point where the paddle ends with a historical presentation. Transportation will be provided by OBHS back to the put in from Fish Point to pick up your vehicle. Optional lunch at The Contended Sole. Paddle with presentation = 3 hours.

7/27, 10:00 a.m.- Muscongus Sound, Bremen to Hog and Oar Islands. Advisory: ocean paddling. 3 hrs; optional lunch at Broad Cove Marine restaurant.

8/3, 9:00 a.m. - Hatchet Cove, Friendship. Advisory: ocean paddling. 3 hrs; optional lunch at the Narrows Tavern in Waldoboro.

8/10, 10:00 a.m. - Bradford Point, Friendship to Cranberry Island. Advisory: ocean paddling. 3 hrs with picnic lunch on the island.

8/17, 10:00 a.m. - Muscongus Sound, Waldoboro to Hungry Island. Advisory: ocean paddling. 3 hrs. Picnic lunch on Hungry Island.

8/24, 9:00 a.m. - Circumnavigation of Rutherford Island. Advisory: ocean paddling. 3 to 4 hrs; optional lunch at Coveside Restaurant, Christmas Cove.

8/31, 10:00 a.m. - Witch Island from Pemaquid Harbor. Advisory: ocean

paddling. 3 hrs, with hiking the Island's trails and picnic lunch.

9/7, 10:00 a.m. - Muscongus Sound, Bremen to Hog, Lounds, Indian and Thief Islands. Advisory: ocean paddling. 3 to 4 hrs with picnic lunch on Thief Island.

9/14, 10:00 a.m. - Fort Island from East Boothbay. Advisory: This paddle involves strong river tidal currents. 4 hrs with picnic lunch on the Island.

9/21, 10:00 a.m. - Tenants Harbor/Long Cove. Advisory: ocean paddling. ~2 hrs; optional lunch at a local restaurant.

9/28, 10:00 a.m. - Biscay Pond to Pemaquid Pond. ~2 hrs with a cookout at private home on the pond.

“ I was raised by a river
weaned upon the sky
And in the mirror of the waters,
I saw myself learn to cry
As the tears hit the surface,
I saw what had been done
I gave feet to my freedom
and I did run”

— “The River” lyrics
by Dan Fogelberg

Right: The arch keystone granite bridge over the Pemaquid River on Benner Road in Bristol is listed on the National Register of Historic Places.



Remembering Bernie

By Mary B. Berger, PWA Board Member

Dr. Bernie McAlice passed away on July 2. Bernie was a wonderful, brilliant, loving man whose smile would light up all those around him. I remember Bernie leading the Midcoast Stewards class of 2003 around the tidal pools near Pemaquid Point Lighthouse. Lying on my belly and searching into tidal pools was a great adult educational adventure due to Bernie's expertise. He was "The Smart Guy" who knew how to speak my language. Bernie was so special and did so much for Pemaquid Watershed Association and many others while professing to be retired. Bernie touched our intellect, hearts, and the soul of our beautiful Earth. We have lost a mid-coast hero. 🦋



Bernie McAlice was a long-time member of and active environmental education volunteer with the Pemaquid Watershed Association, including at Beachcombers' Rest Nature Center, the Great Salt Bay School Butterfly Program, and (above) the Maine Apprentice Gardeners Program.

Memorial & Tribute Gifts

March through June 2013

*In memory of Bill and Wilma Watkins,
from Mike and Jane Trefren*

*In memory of Lawrence Gerald "Jerry" Hill,
from Mike and Jane Trefren*

Wish List "Catalog"

Support PWA by "buying" an item from their wish list!

*Partial contributions
are welcome!*

Office/Equipment Needs:

- Desktop Computer — \$1,299.00
- Giftworks Premium Software, Second Site License with Volunteers Module — \$1,048.00

Other:

- 1000 Trail Markers — \$250.00
- 5 "No Wake — Do Not Disturb Loons" signs: \$50.00 each
(for placing at ecologically sensitive shoreline areas around Pemaquid-area Ponds)
- 3 "Entering the Watershed" signs: \$57.38 each
(24x30" aluminum roadside signs to educate the public about the location of the Pemaquid River watershed)

All you need to do is send a check in the amount of the item to PWA at PO Box 552, Damariscotta, ME 04543, and note in the check memo what you are "buying" for PWA.

Have you wanted to help PWA with their Wish List but just haven't had what they've been looking for?

Well, now fulfilling a PWA Wish is easier than ever! Instead of donating the actual item, you can now donate its value so PWA can acquire it! (Of course, we still gladly accept gently used items.)

Wish Grantors:

- 1 "No Wake—Do Not Disturb Loons" sign — Robert Moody & Tamara Stock
- 10 PWA Aprons — Peter & Judi Lawrence
- 300 PWA hiking medallions/magnets/pins — Anonymous Donor



NON-PROFIT
U.S. POSTAGE
PAID
PERMIT #11
NEWCASTLE ME

P.O. Box 552
Damariscotta, ME 04543
(207) 563-2196
info@pemaquidwatershed.org
www.pemaquidwatershed.org



*This year PWA celebrates 25 years
as a Land Trust (and 47 years as
a watershed organization).
Check the mailing label to see if your
support of this good work is current.*

Donate to PWA online!

Network for Good is an e-philanthropy portal that provides PWA the tool to accept online donations.

Visit
www.networkforgood.org
today, and tell a friend!

PWA receives 100% of your donation and pays no fees or costs. Donors receive records of contributions for tax purpose.



Contributions via Will/Trust
Please keep PWA in mind when working on your legacy planning ideas. Including PWA in a codicil to your will helps our organization and can help your estate planning process.

PWA Membership

I am / We are pleased to ☐ Join ☐ Renew at the following level:

- | | |
|---|--------|
| <input type="checkbox"/> Individual | \$25 |
| <input type="checkbox"/> Family | \$35 |
| <input type="checkbox"/> Steward | \$50 |
| <input type="checkbox"/> Patron | \$100 |
| <input type="checkbox"/> Benefactor | \$250 |
| <input type="checkbox"/> Sponsor | \$500 |
| <input type="checkbox"/> Conservation Partner | \$1000 |
| <input type="checkbox"/> Business Steward | \$50 |
| <input type="checkbox"/> Business Patron | \$100 |

Name _____

Primary Mailing Address

Primary Phone _____

Second Mailing Address

Second Phone _____

E-mail _____

- ☐ I am enclosing an additional donation of \$_____.
- ☐ I will send a gift of \$_____ from a Donor-Advised Fund.
- ☐ I will ask my employer to send a matching gift.
- ☐ Send me information about including a bequest to PWA in my will or trust.
- ☐ Contact me about volunteering.

Make check payable to "Pemaquid Watershed Association" and mail to PO Box 552, Damariscotta, ME 04543.