



# Tidings of the Turtle



*Captain Sandy's mark from the collections of the Maine Historical Society*

**Francis Small Heritage Trust Newsletter – December 2004**



## Local hikers enjoy Trust lands

Many individuals enjoy hiking on Sawyer Mountain, guiding themselves by the hiking maps found in the box at the trailhead on Route 117. Groups also hike, often led by a Trust member. Here are some recent group hikes:

- **Hollis Second Graders** On May 27, 2004, fifty-five 2nd graders from the Hollis Elementary School ventured on a nature hike atop Sawyer Mountain, exploring the beaver dam and lodge on their way. The photograph above shows a group of students walking across the beaver dam.

- **Limington Students** This fall, the third and fourth grade classes from the H.B. Emery School climbed to the top of Sawyer Mountain. Students picked up a lot of trash and scraped a lot of knees on the way down.

- **Community Hike** The Sacopee Healthy Communities Coalition hiked the Jagolinzer Preserve on November 14 as its last hike of the season. Like the FSHT land, SHCC hikes are open to anyone. Peter Zack (representing both SHCC and FSHT) and Dick Jarrett of FSHT led the group of 16 hikers on the loop path to Pease Brook and the Saco River.

## Our exciting new opportunity

The Trust has new opportunities to purchase parcels of land totaling 370 acres in the Sawyer Mountain Highlands, increasing our holdings in that area to 1405 acres. Negotiations are just beginning, but it is clear that we will need to raise a significant amount of money in the next few months to take advantage of this chance to expand our land holdings.

### Thanks to our friends:

We appreciate the help that so many of you have given in the past. For this new opportunity, while we will seek grants, we will again need to raise a large part of the money from our members and new friends. Please tell your friends! All will be rewarded by new places to enjoy and the knowledge that important wildlife habitat will be saved for the future.

## Poulin land donation

The Trust is very grateful to Muriel Poulin of Springvale for her generous donation of 19 acres of land in Limerick, between Clark's Bridge Road and the Little Ossipee River.

Dr. Poulin, a registered nurse, holds a doctorate in nursing education. She retired as professor emeritus from Boston University, where she was the director of graduate programs in nursing education.

She has traveled on all six continents, teaching, consulting, and vacationing. "I chose to retire to the four seasons of Maine," she says. A favorite vacation spot is a no-frills cabin in a Maine forest.

She has been on the Board of Directors of Visiting Nursing Services of York County for twelve years, four years as president; is a member of Caring Unlimited; is active in converting the former Nason Student Activity Center to a Springvale Community Center; volunteers as manager of "Books Revisited," a used-book store on Main Street in Sanford, sponsored by VNS of York County, with the proceeds going to home care and hospice programs. For the last six months she has been a member of the Goodall Hospital's CEO Search Committee, representing the public.



*Photo of Muriel Poulin by Scotty Hoar*

# The economic advantages of conservation

How can towns afford to encourage land conservation? The better question might be: How can they afford *not* to?

The Francis Small Heritage Trust, like other land trusts dedicated to conserving land, faces steep competition. There is a kind of development that frequently happens, called “sprawl,” which fragments the land and strains towns’ resources. This fragmentation has costs for both human populations and wildlife.

Studies done by the Audubon Society (“The Economic Arguments for Conservation”) and the Maine State Planning Office (“The Cost of Sprawl”) show that conserved land leads to financial benefits for both residents and municipalities.

We must be well informed about the impact of development and about the benefits of conserved land. Three compelling arguments can be made:

**1. Concentrating development in town centers and conserving large areas of outlying rural land can actually save taxpayers money.** Not only do individual landowners gain tax advantages by turning their land over for conservation, but all taxpayers can benefit. “The Cost of Sprawl” (p. 10) reports that spreading out “requires taxpayers to essentially ‘re-create’ a new infrastructure of roads, schools, and public safety services in rural areas,” with the result that property taxes rise.

Audubon (pp. 1–2) cites a study by the Greater Lovell Land Trust that showed that taxpayers pay less when land is put into conservation as opposed to being developed.

**2. Conserved land enhances the value of the surrounding area.** It generates tourism and land-based enterprises (recreation, such as hiking, cross-country skiing, bird-watching; hunting; fishing) that will sustain local businesses.

**3. Conserved land allows natural processes to occur that are healthy for the environment.** For example, wetlands act as filters that contribute to clean water, ultimately saving the taxpayer the cost of cleaning water; forests are warehouses of carbon dioxide; healthy ecosystems sustain populations of animals all along the food chain. But these healthy ecosystems require size to be effective, as these examples show:

♦ Wetlands protect wildlife from human intervention best when they are isolated. But with sprawl, increasing numbers of wetlands (75% in 1985) are now in sight of a public road. (Maine, p. 11)

♦ In order to thrive, many birds and animals need large areas of unbroken habitat. For instance, hermit thrushes are found where there is an unbroken area of more than 500 acres; a black-throated blue warbler needs 1000 acres; a bobcat has a range of 5760 acres; a black bear has a home range of 19,200 acres. (“Conserving Wildlife,” Audubon, Table 1)

## Sources

“The Economic Arguments for Conservation,” Maine Audubon, Falmouth, ME: 2000.

“The Cost of Sprawl,” Maine State Planning Office. Augusta, ME: May 1997.  
“Conserving Wildlife in Maine’s Developing Landscape,” Maine Audubon, Falmouth, ME : 2000.



*Christmas Fern drawing by Amber Carr*



## Our summer intern

The Trust was fortunate to have Desiree Sirois working with us for the summer of 2004 as an intern. During her internship, Desiree worked on two major grant applications, one of which resulted in a grant award from L. L. Bean in October. She attended seminars, outreach events, and board meetings; offered input to our activities; and helped with this newsletter, contributing articles on the economic advantages of conservation and on mosquitoes.

Desiree has always been engaged in environmental and conservation activities, including a fifth-grade year at the New Country School and a summer at conservation camp. She enjoys hiking, canoeing, camping, rock climbing, white-water rafting, and gardening. Desiree graduated from Massabesic High School, attended the University of New Hampshire, and is completing her BA degree at Elizabethtown College in Pennsylvania. She plans to go to law school and to study environmental law.

## Annual Meeting

At the Trust’s 13th Annual Meeting on October 24, Mark Hays, Outreach Coordinator for the Natural Resources Council of Maine, gave a presentation on “Global Warming in Maine: Warning Signs, Winning Solutions,” eliciting a range of questions and discussion.

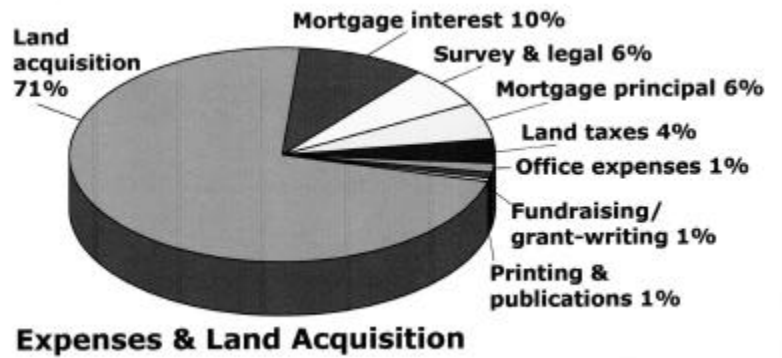
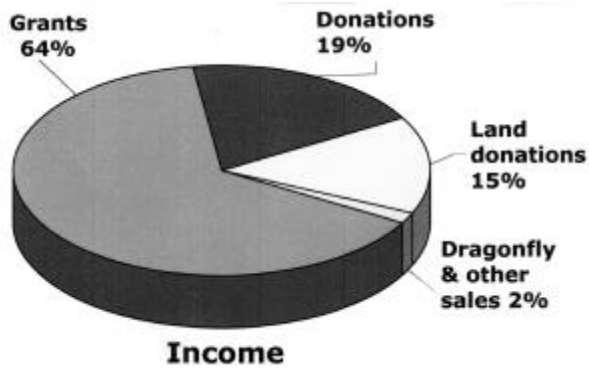
Officers of the Trust were elected, as follows: President, Marlene Livonia; 1st Vice President, Robert Savage; 2nd Vice President, David Fedrizzi; Treasurer, Richard Jarrett; and Secretary, Hilary Wallis. Other directors of the Trust are C. Scott Hoar, B. Dan Kidd, J. Lorraine Libby, Sherwood Libby, Peter Zack, and (newly elected) Jason Libby.

## Resources

Educate yourself and others. Some websites that provide more in-depth coverage are:

<a href="http://www.state.me.us/spo/pubs">www.state.me.us/spo/pubs</a>	The Cost of Sprawl and many other publications
<a href="http://www.beginningwithhabitat.org">www.beginningwithhabitat.org</a>	Beginning with Habitat and links to other sites and publications about the economics of conservation.
<a href="http://www.mainenaturalareas.org">www.mainenaturalareas.org</a>	Maine Natural Areas Program, provides information about natural communities and rare species.

# FSHT Financial Information: 2003 and 2004 to date



## Some thoughts on mosquitoes

A magnificent hike up Sawyer Mountain or a ramble through the Jagolinzer Preserve is a memorable experience. But mosquitoes and the threat of West Nile Virus can dampen your fun. August is the month when there is the greatest risk of West Nile Virus. Though the state of Maine has no confirmed human cases yet, all the other New England states have had at least one. Safeguard yourself by wearing protective clothing (long sleeves, long pants, and—if mosquitoes are thick—nets) and using insect repellent.

In the next panel is a recipe for a natural insect repellent perfected by Maine Guide Don Merchant and used with permission. The original recipe was given to him by another Maine Guide, the same as it was given to her.

Apply a dab sparingly behind each ear and on each wrist. Contact the Trust if you have trouble finding the ingredients.

### Insect Repellent:

- 4 oz. petroleum jelly (e.g., Vaseline)
- 2½ - 3 oz. pine-tar extract
- 1 oz. citronella oil
- 1 oz. pennyroyal oil \*
- ½ oz. camphor oil

Heat the ingredients in a double boiler and stir. Pour into a leak-proof container.

You may wish to try variations, for example, using olive oil or beeswax instead of petroleum jelly or trying other strong-smelling herbs.

Cautions: Avoid getting repellent near your eyes, mouth, and nose.

\* Pregnant women should not use pennyroyal (sometimes spelled pennyroll).



DRAGONFLIES are excellent controllers of mosquitoes. The Trust sells dragonfly nymphs in the spring.

## Conservation easements — an option

Donation of a conservation easement on your land is a method to ensure the future usage of your property in the way that you want as well as a way to give to the Francis Small Heritage Trust. A conservation easement is a legal agreement between a landowner and a conservation organization that permanently limits uses of the land to protect its natural features. There are a number of ways to set up an easement to suit your plans for your land and to give you tax advantages. Call or write to the Trust to request more information.



Please accept my donation of \_\_\_\_\_ to help protect the Sawyer Mountain Highlands as well as aid in other conservation activities of the Trust.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Please contact me next spring about purchasing dragonflies.

Contributions & memberships are tax-deductible under IRS code 501 (C)(3).  
Francis Small Heritage Trust, Inc. PO Box 414 Limerick, ME 04048  
(207) 637-3510 www.FSHT.org

### Answer to "What are they?"

#### Three American chestnut seed pods.

These rare American chestnut trees are found on Sawyer Mountain. They may have escaped the blight that destroyed these trees throughout the United States.

Other ways I can contribute:


- Erosion control (building water bars, etc.)
- Boundary maintenance, working with surveys, and walking lines.
- Identification of plants, wildlife, and other natural features
- Other: \_\_\_\_\_



# Get involved with the Francis Small Heritage Trust!

As you can see from the articles in this newsletter, you can be involved with the Trust in a number of ways – as individuals and with community groups:

- **Your financial contributions**  
See the donation coupon in this newsletter and the articles “Our Exciting New Opportunity” and “The Economic Advantages of Conservation.”
- **Your donation of land or easements**  
See “Poulin Land Donation,” “The Economic Advantages of Conservation,” and Conservation Easements — an Option.”
- **Your volunteer work**  
You could work helping with stewardship of the land such as maintaining boundaries, or you could use other skills and expertise. See one example in the article “Our Summer Intern.” Let us know what you can do by checking a box on the form on page three in this newsletter.
- **Your enjoyment of the land**  
See “Local Hikers Enjoy Trust Lands.” If you would like a free hiking map or a guided hike for your group, just ask.

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**WHAT  
ARE  
THEY?**



*Answer is on page 3*



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