This 5 mile trail running race will benefit Falmouth Land Trust to help preserve open space in Falmouth and ensure public access to our amazing network of trails. Visit www.falmouthlandtrust.org for more details.

Falmouth Community Park 19 Winn Road

Falmouth TRAIL RACE Sunday June 30, 2013 9 AM

Visit our website at www.falmouthlandtrust.org



Falmouth Land Trust is to permanently protect falmouth Land Trust is to field, forest, shoreline, and wildlife lands; to maintain the historical character and natural beauty of Falmouth; and to educate its citizens regarding the values of donation, stewardship, and enjoyment of protected lands.

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Meet Our Summer Rangers

This summer when you're out enjoying Falmouth's miles of trails don't be surprised if you bump into one our summer rangers.

Thanks to generous funding by Bangor Savings Bank, FLT is proud to have two exceptional individuals working on our trails and interacting with public on a daily basis. For seven weeks beginning the last week of June until the first week of August, college students Tim Follo and Maggie Parrish will be out on our properties building and maintaining trails

and leading bi weekly trail walks. Their mission is our mission; to educate the citizens about the values of donation, stewardship and enjoyment of protected land in Falmouth. In addition to their on site weekly work two days a week they will be working with Falmouth Community Programs leading walks for youth day campers as well as teaching middle school campers how to use GPS devices for the outdoor recreational activity geocaching.

Maggie Parrish, a rising junior at Colby College recently completed extensive botanical fieldwork in Montverde, Costa Rica. She's looking forward to returning home to Falmouth this summer to

work with kids and adults while helping maintain over 15 miles of FLT trails. "Having grown up in the countryside and woods of West Falmouth, helping with my family's organic garden, raising chickens, learning foraging techniques in fields, woods and bogs, I am looking forward to sharing a number of unique experiences and skills with others while fostering a greater appreciation for the natural beauty of our area".

Tim Follo just completed his freshman year at Yale and comes home to Falmouth looking forward to setting aside the books and getting back outside. "It is an honor to work with the Falmouth Land Trust this summer. As an avid runner, skier and hiker I am very familiar with many FLT projects and I personally benefited from the work that the organization has accomplished. I hope I can help ensure that the beautiful land that I got to enjoy throughout my high school career can continue to serve the community for years to come".

Each week the rangers will be stationed at one of our properties, working on trails and

a falmouth land trust newsletter to the community > spring 2013

interacting with the public who utilize these special places. There will be two guided walks on each property each week; one on Wednesday afternoon, the other on Friday morning. Please visit our website at www.falmouthlandtrust.org for the complete trail walk schedule or visit our Facebook page. Every Tuesday and Wednesday the rangers will travel to Falmouth Community

Programs summer day camps to lead 3rd to 5th graders on guided walks of McCrann/McLaughlin Preserve. For the 6th thru 8th graders excitement awaits as the rangers will use their expertise to teach campers how to use GPS devices and treasure hunt for cache and record their finds at www.geocaching.com. Once trained, campers can visit any number of our properties to find hidden cache. GPS training and geocaching

tutorials are great outdoor fun and available for all ages. Please contact us at info@falmouthlandtrust.org to learn more about this popular activity and sign up for your own free training course with our rangers.

We hope to see you out on the trails this summer. Please be on the lookout for our fantastic rangers and help spread the word that Falmouth open spaces are waiting for you. Get out and conserve, explore and enjoy!

Letter from the President: Jed Harris



Happy Summer to all. I'm happy to report that FLT is in excellent shape with a host of exciting projects and events. Your support makes these programs possible and I hope to see many of you over the coming months on FLT

properties. Looking at all of the great work FLT is doing in town, there are a few items that I'd like to highlight:

Summer Rangers

Thanks to the generous support of Bangor Savings Bank we have two excellent summer rangers that will be leading walks, stewarding properties, and teaching GPS skills to Falmouth Community Programs' campers. See the full article in this newsletter for more details.

Grants

Grants are a necessary component for the funding and success of FLT. In the past year we have applied for seven grants and received over \$15,000. Our grants have ranged from trail maintenance supplies to the Falmouth Education Foundation's funding for six GPS units that will be used by Community Programs this summer and available for future public use.

The much anticipated Second Edition of the town wide map of open space is back from the printers and we are thrilled to have a new supply to distribute. The map shows all of the town's open space and is a great resource when you're trying to plan your next outdoor adventure. Special thanks to the Town of Falmouth who shared the cost of producing the map and provided invaluable editing assistance. You can pick up a copy of the map at the FLT office in Town Hall or the Community Programs office.

Events

Continuing our community outreach we recently held a chainsaw certification course. Ten brave souls spent 8 hours in the classroom and field learning the art of chainsaw and tree felling safety. This crew will help ensure that FLT trails are quickly cleaned up after future storms. Looking ahead the inaugural Falmouth Flash 5 trail race will take place at Community Park on June 30th. We're expecting over 100 runners to come and participate in this great event. Please check our website or Facebook to keep abreast of future events; we're planning a large social event for the Fall- details forthcoming. Please let us know if your company would have an interest in being a sponsor for one of our upcoming events, it's a great way to gain community exposure.

In closing, a special thank you to our wonderful executive director Analiese Larson. Analiese has truly energized FLT and allowed us to accomplish so much. Finally, I leave you with a teaser. FLT is working with several community organizations on a very exciting acquisition that we hope to be able to share with you

Enjoy the summer!

Chainsaw Certification

Saturday, May 18th was a perfect spring day, perfect for ten Falmouth residents to pick up their chainsaws and head to a chainsaw certification course offered by the Falmouth Land Trust. The course was led by John Cullen, former women's soccer coach



at Bowdoin and a teacher for five years with the Certified Logging Program. John has been cooking and heating with wood since 1979 and was originally self-taught with a chainsaw. When he pursued formal chainsaw training over a decade ago, he was "amazed at how much there was to learn even after 20 years of experience as a wood cutter and part time logger." John is active with the Maine Organic Farmers and Gardeners Association (MOFGA) in the Low Impact Forestry Program.

The certification course covered: "Personal Protection Equipment (PPE). proper starting technique, proper

filing technique, reactive forces of the saw, bucking, compression and tension (how not to bind up your saw), trail maintenance, bore cut and open face notch, and tools of the trade." In the interests of safety, everyone brought their helmets with eye and ear protection, chainsaw chaps, and steel-toed boots.

After the students, including some FLT land stewards, enjoyed some complimentary coffee and donuts. John began with a brief history of Maine logging and the evolution of chainsaw technique. The majority of the morning session focused on safety measures and chainsaw maintenance. Students learned the proper technique for holding and handling their chainsaws. John explained how to direct trees so that they fall where one wants them to and taught proper stance and positioning so that if a saw kicks back it will not harm the person wielding it. Students also had a chance to take their saws apart and practice repositioning the bar (for even wear) and proper chain maintenance.





After a convivial bagged lunch, the group headed outside to a FLT property to put their new skills to work (carrying the chainsaws properly, of course). Everyone had a chance to fell a tree as part of planned land management. Students learned that "every tree has a plan": how to cut it, how to use a wedge, where to direct it to minimize damage, and how to determine a safety path (to get out of the way, if need be!).

John taught the group how to estimate the height of a tree using simple geometry – an important trick if you are curious to know where the top of the tree will land! The group also tackled some challenging situations, such as a partially toppled tree leaning on other trees. As this was a FLT event, the group focused on trail maintenance. remove obstacles but leave snags, standing dead trees, for wildlife. As participant Todd Rogow put it, "it was an excellent day overall. John was extremely knowledgeable and enthusiastic about teaching us how to safely use our chainsaws. We all thoroughly enjoyed learning how to do things properly and then getting to apply our newly acquired skills." Timber!

While out on the walkway, note the

unique plants growing here, including

the bog, easily identified by their dark bark

and irregular shape. Pitch pine bogs are a rare natural community type in Maine.

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cottongrass, pitcher plants, sundew, diversified leatherleaf, mountain holly, sheep laurel, Labrador tea, wild calla, and sphagnum moss. Pitch pine grow on the far side of BUSINESS COMMUNICATIONS



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Suckfish Bog Walkway by Bob Shafto

The newest addition to Falmouth's growing trail system is an elevated walkway that takes visitors into the peat bog located at the south end of the Suckfish Brook Conservation Area. An elevated platform at the end of the walkway gives the visitor extensive views of the bog and the unique plants and animals found there. The walkway is under construction now and will be finished by late June.

The walkway trail begins at the Westbrook-Falmouth town line near the end of Mast Road. Park along the roadside and walk up the woods road; the trailhead to the bog walk is 900 hundred feet ahead on the left. Bring binoculars and look for harriers, northern water thrushes, Nashville warblers, ravens, olivesided flycatchers, palm warblers and other birds common to this type of habitat. The many insects found in a bog are also interesting, but come prepared for unfriendly mosquitoes.

If you have yet to explore the northern end of this unique conservation property, permanently protected by an easement held by the Trust, be sure to do so. That portion of the property is accessed via Upland Way. The trails on both ends of this property provide endless enjoyment to nature lovers of all ages.

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Thanks to all our friends who gave generously during the past year to support the mission of FLT.

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