



# CURRENTS AND COMMUNITIES

## The NFCT Newsletter

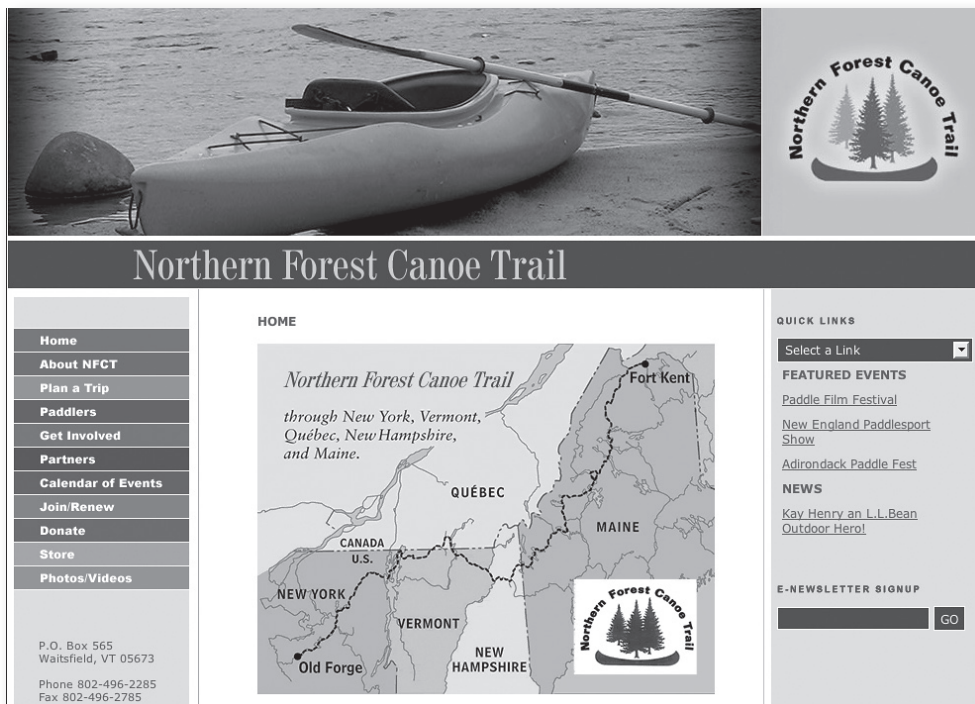
Spring/Summer 2008



An historic 740-mile waterway through New York, Vermont, Québec, New Hampshire and Maine

### NFCT Launches New Website

As paddlers and outdoorspeople, we know that a good tool can make all the difference. And as 21st century citizens, we also know that a good website is often the key multi-tool in our kit. Thanks to a grant from the Explore New York Matching Grant Program, NFCT is launching a new website in April 2008, with numerous new, sleek features.



- ◆ The Trip Planner is map-based and interactive, making it easier for you to build an itinerary, link to local services, add content, and more.
- ◆ A Photo Gallery gives you a place to upload photos and videos, sharing your experiences on the Trail.
- ◆ A revamped Get Involved section gives you the opportunity to sign up for trips online.
- ◆ A new Trail Updates page will keep you informed about changes along the Trail — a new access point, a bridge that didn't survive ice out, etc.
- ◆ A fresh Members Only section that will include both archive documents and new member discounts at various Trail businesses.
- ◆ A more user-friendly Online Store will feature all of our NFCT maps, books, and items, as well as some interesting new regional books.
- ◆ And more at [www.NorthernForestCanoeTrail.org](http://www.NorthernForestCanoeTrail.org).

### WHAT'S INSIDE

From the Executive Director .....	2
Online Auction .....	2
People Who Make It All Happen .....	3
Work Projects Along The Trail .....	4
Hot On The Trail .....	5
Events Calendar .....	5
Trail Connections .....	6
Check Out NFCT .....	7
Trip Tip .....	7
Our Supporters .....	8

**NORTHERN FOREST CANOE TRAIL MISSION:** To celebrate the rich human heritage and diverse natural environment of the Northern Forest by establishing and stewarding a water trail tracing historic Native American travel routes across New York, Vermont, Québec, New Hampshire, and Maine.

**OUR APPROACH:** In the context of partnering with local communities, honoring Native American culture, and conserving the human and natural heritage of the region, we will serve travelers and benefit neighboring communities by:

- Encouraging canoe/kayak travel and recreation
- Stimulating economic development by attracting a wide range of visitors to the region's communities
- Improving local access to regional waterways — rivers, streams and lakes
- Enabling travelers to experience the Northern Forest's full range of diverse landscapes, from working cities to towns to farms, forests and mountains
- Supporting community-based services and local arts, education and environmental programs that educate and inspire residents and visitors alike
- Enhancing quality of life by creating opportunities for people to reconnect with place

P.O. Box 565, Waitsfield, VT 05673  
**PHONE:** 802.496.2285  
**FAX:** 802.496.2785  
[info@NorthernForestCanoeTrail.org](mailto:info@NorthernForestCanoeTrail.org)  
[www.NorthernForestCanoeTrail.org](http://www.NorthernForestCanoeTrail.org)

## BOARD OF DIRECTORS

**Mary Sloat, President**  
Former New Hampshire Chair  
Connecticut River Joint Commissions  
Lancaster, New Hampshire

**Kay Henry, Founding President**  
Former President, Mad River Canoe  
Waitsfield, Vermont

**Jeffrey Liebel, Vice President**  
Partner, Counterpoint Consulting  
Williamsville, New York

**John Schweizer, Treasurer**  
President/CEO, Garmont NA  
Williston, Vermont

**Lisa Dyslin, Secretary**  
Avid Paddler and Former Educator  
Wilmington, New York

**Ron Canter, NFCT Founder**  
Cartographer, Federal Aviation Admin.  
North Potomac, Maryland

**Steve Gladstone**  
Director of Product Development  
Country Home Products  
Hinesburg, Vermont

**Will Plumley**  
Marketing Strategist  
Ethos Marketing and Design  
Windham, Maine

**Alan Stearns**  
Deputy Director, Bureau of Parks & Lands  
Maine Department of Conservation  
Augusta, Maine

**Ross Whaley**  
Former Chair, Adirondack Park Agency  
Ray Brook, New York

**John Willard**  
President, Birches Resort  
Rockwood, Maine

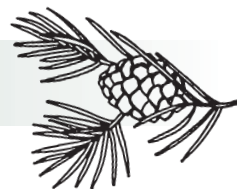
## STAFF

**Kate Williams, Executive Director**  
**Jen Lamphere, Trail Director**  
**Rob Center, Special Projects Consultant**  
**Sandy Tarburton, Membership Consultant**

**Northern Forest Canoe Trail**  
P.O. Box 565  
Waitsfield, VT 05673  
**Phone:** 802.496.2285  
**Fax:** 802.496.2785  
info@NorthernForestCanoeTrail.org  
www.NorthernForestCanoeTrail.org



# From the Executive Director



*Dear Members, Supporters and Friends,*



One of our favorite parts about this time of year, when ice out is just around the bend, is that we start getting calls from you as you plan your summer experiences. It's striking and truly heartwarming for us to hear about the envisioned trips — the trip of a lifetime for a 73-year old grandpa and 10-year old grandson, the long-awaited reunion of college buddies, or the first paddling experience for a young family. We hope the work we are doing in our three program areas helps make each of these trips a peak experience for paddlers — from trip planning to take out — and also an occasion for local communities to welcome new visitors.

In our *Waterway Stewardship Program*, we are expanding both our Waterway Work Trip offerings and our Intern programs, and we are launching our Adopter Program. In our *Rural Economic Development Program* we are continuing our local, grassroots work, and collaborating with regional partners to create the innovative Rural Destination Tourism Initiative as a way to build world class rural travel destinations in the region. And in our *Recreation, Arts, and Heritage Program* we are thrilled to launch our first youth program, the Northern Forest Explorers. With the goal of connecting rural youth to their backyard waterways, we will run three week-long trips for 5th-8th graders in the communities of Rangeley, Stratton/Eustis, and Jackman, Maine.

At the core of all that we do remains the power of connectivity — with you, with the communities and businesses along our route, and with many other state and regional partners whose experience, creativity, wisdom, and willingness to engage enables a broad network of us to undertake valuable work that exceeds any one of us alone. Thank you for being part of this team. We're looking forward to sharing a great season with you.

**Trail Fund:** As you'll see in this newsletter, we have lots happening on the Trail this summer! Donate to the Trail Fund to support this on-the-ground waterway work!

Warmly,

*Kate*

Kate Williams  
Executive Director

## NFCT's Annual Online Auction — Going Strong!

[www.TheCanoeTrailAuction.cmarket.com](http://www.TheCanoeTrailAuction.cmarket.com)

Thanks to our amazing bidders and donors — you! — our 3rd Annual Auction in 2007 was a resounding success. We raised more than \$15,000 on items ranging from coffee to canoes. Enormous thanks to all of you for being part of this fun and successful event!

In fact, it was so much fun, we're already thinking about next year. Mark your calendars:

**Auction 2008 will run from November 5 to December 5.**

Visit our pre-auction site, donate an item whenever you're ready, and limber up your bidding fingers!



**QUESTIONS?** [Kate@NorthernForestCanoeTrail.org](mailto:Kate@NorthernForestCanoeTrail.org)



# The People Who Make It All Happen



## Donor Profile: John Stookey

### John's Three Rules on the Trail:

- It is an adventure, not an athletic event
- No one needs to be a hero, and...
- It is OK to cheat — accordingly, he intends to run all rivers downstream.

John Stookey, 78, started down the Trail in the fall of 2007. Sometimes with friends and sometimes alone, he started at Old Forge and ended 25 miles west of Plattsburg on the Saranac River. He expects to take 2-3 years to reach Fort Kent, paddling whenever he has the opportunity.

John is the retired CEO of Quantum Chemical Corporation, and lives in the Berkshires in western Massachusetts with his wife Appy. They have run many rivers in New England and have spent vacations flying from Camp Keewaydin in Canada to run rivers in the Temagami area. John has led a 5-day, 85-mile canoe and camping expedition, covered by the New York Times and Sports Illustrated, which never left the city limits of New York, and another across northern Florida from the Atlantic to the Gulf up the St. John, through the Okefenokee Swamp and down the Suwanee. He is also an oarsman who has rowed a single scull up the inland waterway from Key West to the Georgia border.

John describes his reason for supporting NFCT like this: *"I believe that the organizers — in the tradition of Theodore Roosevelt — have provided access to these primitive routes of transportation and a challenge to those who might traverse them. They deserve our thanks for their vision, and our support to preserve it."*



John Stookey, sporting the jacket his son, Anson, made for him.

## Thank You 2007 Individual Donors

We offer our heartfelt gratitude to the donors who gave generously in support of our mission, our programs, and our day-to-day operations. Each of you makes a real difference, and we thank you!

### Champions (\$500+)

Anonymous  
Dr. Alan & Susan Bennett  
Beverly & Dudley Coates  
Dr. Russell J. Collett  
Collinsville Canoe & Kayak  
Stuart A. Fraser  
Mr. Peter & the Rev. Margaret Gunness  
Larson Gunness & Liana Cassar  
Kay Henry & Rob Center  
Josephine A. Lamprey Fund  
(New Hampshire Charitable Foundation - Piscataqua Region)  
Ed Amidon & Louise McCarren  
Lois H. McClure  
Bo Norris  
Larry Rocke  
John Schweizer  
John Hoyt Stookey

### Sponsors (\$250-\$499)

Peter Bergh & Janet Prince  
Lisa & Nick Dyslin  
Rick Fabrizio  
Joel Fleck  
Steve Gladstone  
Mr. Richard S. Griffith  
Susan Havranek  
Bob Henderson  
Nannette & Dale Krapf  
Judy & Gary Lamphere  
Kevin A. McCabe  
Miles McCredie  
Samuel L. Molinari  
David O'Leary & Lisa Cai  
Scott & Julianne Pearce  
Mary Sloat  
Ross Whaley  
Mrs. Martha A. Woodson

### Benefactor (\$100-\$249)

Kimberly Accorsi  
Anonymous  
Jeraldine E. Batchelder  
David A. Bateman, M.D.  
William & Thomas Blonkowski  
David M. Briggs  
Ron Canter  
Francis Carpenter  
John Cary & Patty Glidden  
Lucia Catalano  
Marjorie & Gilbert Center  
Camille Coates  
Peter T. Craig  
Mike Crane  
Dr. Jonathan & Louise Fairbank  
Susan Gilbert  
Todd A. Gilmour  
Stuart & Corriann Graves

Ms. Margaret Hawthorn  
Mr. Kelly E. Haza  
Michael Hieb  
Jonathan Ingham  
John Kerrick  
Larry Litchfield & Phyllis Coelho  
Brian Mapel  
Sue Martin  
William B. Mather, Jr.  
Jo-Anne & Dan McCoy  
Stewart & Stephanie McConaughy  
Mark McDade  
Allan & June McGroary  
David Mention  
Gregory T. Millert  
Richard A. Norton  
Ted Ondrick  
Michael Oppenheimer  
Henry W. Parker  
Mr. William L. Parker  
Henrietta Parsons  
Adam Pearsall  
Anne D. Peterson  
Arthur & Deborah Pierce  
Mike Prescott & Cookie Barker  
Peter A. Rafle  
David & Barbara Roberts  
Neal Rounseville  
Walter & Laura Ryan  
Edward Schmuls  
Bob & Barbara Schumacher  
David & Elvera Shappiro  
David Sheldon  
Harold & Carol Shippey  
Greg Shute  
Drew Simmons  
Clyde & Elizabeth Smith  
Stuart Sparling  
Susan & Tom Stepp  
George Stewart  
Curtis Stiles  
Daniel D. Sullivan  
Michael Sullivan  
Ken & Carolyn Thompson  
John Thompson  
Paul Traverse  
Ira Wagner  
Craig Watt  
Clayton C. Westland  
Charles F. West  
Alex & Jerelyn Wilson  
Akira & Satoko Yoshioka  
William A. Zinnikas

### Matching Gift Companies

Hewlett-Packard  
Merrill Lynch  
Wellpoint



Skip Gates in the woods at Grand Falls. NFCT photo.

## Landowner Profile: Skip Gates

### To Know and Love the North Woods

Skip and Kathy Gates, owners of a camp on the Dead River in Maine, partnered with NFCT to create a portage trail across their property so paddlers can get around Grand Falls. Skip shared some of their thoughts about the changes they've witnessed in the Northern Forest:

"Kathy's grandfather, William Philbrick, was in charge of the 1929 [Dead River] dam rebuild. He actually purchased the land around Grand Falls in the late 1930s. Our camp was built in 1934 by Wilke Clark, a former Red Sox pitcher, as a

fishing camp on the Dead. Philbrick assumed ownership of the camp when he purchased the property. Kathy's Dad, William L. Philbrick, and grandfather built the roads from both the Forks and Eustis into their property in the 1940s.

In the 1960s, when four-wheel drive vehicles became reliable, Grand Falls became a popular destination. It became "party central" and was not used well. Kathy and I purchased the property from her dad's estate in 1997 and installed gates on each end. We provided parking lots on both the Eustis and Forks access roads. After initial complaints, the "party element" moved and we began to see the serious fisherman and families again visiting Grand Falls.

We firmly believe that if "it ain't broke, don't fix it." We support the traditional uses of the north woods and fear for their loss. The times, however, are "a-changin'."

Our hope is that our children and their children will have the opportunity to know and love the north woods as we know it today."





# Work Projects Along the Trail

## Get Involved!

For more details or to register, visit our website, give us a call, or email [Jen@NorthernForestCanoeTrail.org](mailto:Jen@NorthernForestCanoeTrail.org).



**Waterway Work Trips** Roll up your sleeves and join a team of volunteers to do the good work of improving the Trail. All work and no play is, well, dull, so plan on having some fun, too! Supported by NFCT staff and interns.

- ▶ **July 18-20:** Franklin Falls Pond, New York: — We'll transport and plant saplings to revegetate overused areas of lakeside campsites. Two overnights, primitive camping, lake paddling.
- ▶ **July 25-27:** Missisquoi River, Vermont — We'll improve a paddler access and a campsite, and paddle the upper Missisquoi as we do so. Two overnights, primitive camping, river paddling.
- ▶ **August 1-3:** Upper Ammonoosuc River, New Hampshire — We'll improve a primitive campsite and paddler access in Groveton. We'll take breaks to run sections of the Upper Ammonoosuc and Connecticut rivers, but paddling is not necessary to access the work site. Two overnights, primitive camping, optional river paddling.
- ▶ **August 8-10:** Moosehead Lake, Maine — We'll build island campsites. Two overnights, primitive camping, lake paddling.

All work trips have a \$50 per person fee to cover food (we eat well!) and project expenses. Paddlers bring their own camping and paddling gear. (We'll help you connect with a local outfitter to arrange for any paddling or camping gear you need to rent.) More details and registration are on-line: [www.NorthernForestCanoeTrail.org](http://www.NorthernForestCanoeTrail.org)

## Adopt-A-Section

Now seeking Trail adopters! You help us with regular maintenance and cleanup along a stretch of the Trail, and we give you a valid excuse to skip weekend chores to go paddling. Adopters need their own paddling equipment and some basic hand tools. Find more info on our website or contact us to sign up.



Waterway Work Trip volunteers test out their newly built picnic table at the Baker Brook campsite on Moosehead Lake. Photo by Pat Kelly.

## State-by-State Stewardship News

### New York

- ▶ Plattsburgh kiosk has been delayed as federal funds were not released to fulfill the Lake Champlain Basin Program grants. New funding sources are being sought.

### Vermont/Québec

- ▶ New warning signs and temporary portage have been created for East Highgate dam remains on Missisquoi River. NFCT continues to work with State toward removal of this hazard. Thanks to landowners for providing a safe route around the dam remains.
- ▶ Northwoods Stewardship Center (NFCT's host organization in the Northeast Kingdom) is providing technical consultation to improve the Missisquoi River access below the Highgate Falls dam.

### New Hampshire

- ▶ Plans are underway to complete new paddler access, parking area, and primitive campsite on the bottom stretch of the Upper Ammonoosuc in Groveton. See Waterway Work Trips above — and join us!

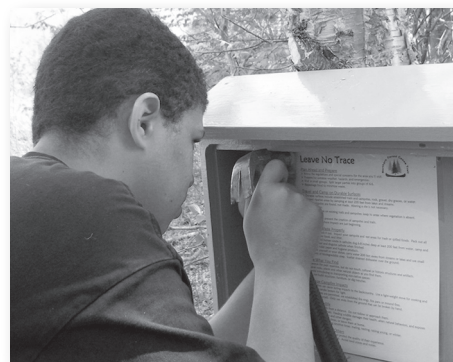
### Maine

- ▶ Flagstaff area volunteers provided text and photos for new kiosk to be installed at Route 27 boat launch for June 28-29 dedication during Flagstaff Family Fun Days.
- ▶ Campsites are being developed on Moosehead Lake's Sugar and Farm islands. Join the Waterway Work Trip in August to help with this project.

## National River Cleanup

### Kick-off Week: May 31-June 8

Join other paddlers to lend a hand cleaning up the waterways during kick-off week or at an event later in the season. Find a Trail cleanup event on our website, or contact us to organize your own cleanup party.



A student volunteer hangs Leave No Trace information at the Doe Campsite on the Missisquoi River. NFCT photo.

# Hot on the Trail!



## Five Interns and a Field Coordinator Join NFCT for Summer 2008

In response to the great work of our two internship trail-blazers last summer, we're engaging five interns to work on NFCT projects this year. Three Stewardship Interns will jump into dirt-and-rock projects along the Trail; a Youth Program Intern will head up our new youth paddling program, Northern Forest Explorers; and a Program Intern will join the team in our Waitsfield office to help keep the show running smoothly.

We're really excited to have one of last year's Stewardship Interns, Noah Pollock, return this summer as our first Field Coordinator. Prior to interning with us, Noah traveled much of the NFCT collecting data to gauge paddlers' economic impact in Trail communities. (Find a link to his intriguing study on our website.) Noah's extensive knowledge of the waterways and communities, as well as his background in trail work, will serve NFCT well as he coordinates the projects of the Stewardship Interns and Waterway Work Trip volunteers.

## NFCT Guidebook Writers Hit the Trail

Seven NFCT guidebook writers will be out in Trail communities this summer, exploring waterways, checking out local attractions, and making notes about available services. The NFCT guidebook will complement our 13-map set and our online Trip Planner with a wealth of on-the-ground information to answer and provide context for the questions many paddlers ask when considering an NFCT excursion: Which section of Trail would provide good paddling for young

children? Which map should I get if I want a wilderness experience with lots of moose? Where's the best fishing? In which section can we travel from inn to inn so we don't have to sleep in a tent? With photos, map snapshots, quick reference grids, and more, we hope the guidebook will help you discover and connect with new special places. The guidebook will be available for our 10th anniversary, in 2010. *You can help!* Send us photos from your time on the Trail and we'll consider them for inclusion in our guidebook. Submit photos in the photo section of our new website.

## NFCT Welcomes Two New Board Members

**Will Plumley** is a marketing strategist at Ethos Design and Marketing in Westbrook, Maine, and he's never too far from a riverbank: He is co-founder and chair of the Presumpscot River Watershed Coalition, co-founder and past president of Friends of the Presumpscot River, and a trustee of the Presumpscot Regional Land Trust. We've heard that he even paddles to work sometimes! He's been an NFCT member for 4 years, and brings great enthusiasm and smarts to our board.



Will Plumley

**Alan Stearns** is the Deputy Director of Maine's Bureau of Parks and Lands, a position to which he brings a wealth of experience from other positions in the state, as well as a law degree and a long history as a paddler. If you walk into Alan's office, expect to look at a lot of maps (a good thing, in our book), which he brings to life with his deep knowledge of and clear affection for Maine and New England.

## NFCT 2008 Event Calendar

Check our website for event details, updates, and additions



<b>March</b>	27	Paddle Film Festival. . . . .	Lake Placid, NY . . . . .	518-891-7450
<b>April</b>	4-6	New England Paddlesports Show . . . . .	Durham, NH . . . . .	888-587-6246
	tba	Paddle Film Festival. . . . .	Burlington, VT. . . . .	802-496-2285
<b>May</b>	10-11	Dartmouth Pow-Wow . . . . .	Hanover, NH . . . . .	603-646-3792
	12-15	River Management Society Symposium . . . . .	Portland, ME. . . . .	www.river-management.org
	16-18	Adirondack Paddlefest . . . . .	Old Forge, NY . . . . .	315-369-6672
	31-June 8	National River Cleanup Kickoff Week . . . . .	Across the Trail . . . . .	802-496-2285
	tba	Paddle Film Festival. . . . .	Portland, ME. . . . .	802-496-2285
<b>June</b>	6-8	Maine Canoe Symposium . . . . .	Bridgton, ME . . . . .	www.maine canoe symposium.org
	28	GREAT Connecticut River Paddlefest . . . . .	Groveton, NH . . . . .	603-636-9829
	28-29	Flagstaff Family Fun Days and Paddle Race . . . . .	Stratton, ME. . . . .	207-246-2122
<b>July</b>	18-20	NY Waterway Work Trip . . . . .	Franklin Falls Pond, NY. . . . .	802-496-2285
	25-27	VT Waterway Work Trip . . . . .	Missisquoi River, VT. . . . .	802-496-2285
<b>August</b>	1-3	NH Waterway Work Trip . . . . .	Upper Ammonoosuc River, NH . . . . .	802-496-2285
	8-10	ME Waterway Work Trip . . . . .	Moosehead Lake, ME. . . . .	802-496-2285

If you would like further information please call: 802.496.2285 or email: [info@NorthernForestCanoeTrail.org](mailto:info@NorthernForestCanoeTrail.org)





# Trail Connections

## New Backcountry Huts in Flagstaff Lake Region

Imagine spending the day exploring the coves and historic ruins of Flagstaff Lake, with only your lunch, camera, and a change of clothes in your drybag. In the afternoon, you beach on the eastern shore, take a swim, admire the jagged ridge of the Bigelow Range above the water, and walk up a trail to find dinner and a bed waiting in a cozy hut. This

experience is coming soon: Maine Huts & Trails (MHT) is beginning construction of their Flagstaff Hut this summer and hope to have it open for business by foliage season. (Okay, so maybe skip the swim and just admire Bigelow's fall colors.)

Earlier this year, MHT welcomed skiers and snowshoers at the new Poplar Stream Falls Hut eight miles south of Flagstaff Lake. Poplar Stream Falls is the first in a series of a dozen proposed backcountry huts that will be connected by a 180-mile recreation corridor from Bethel to Moosehead Lake. The huts will provide meals, lodging, and education along this new trail system, which is open to the public year-round for non-motorized travel.

To learn more about NFCT partner Maine Huts and Trails, visit [www.mainehuts.org](http://www.mainehuts.org)

## Paddlers Film Festival From French Polynesia to Lock 32

On March 27, 80 people gathered at the Lake Placid Center for the Arts to collectively forget about the snow still piled outside while sharing an evening of films about paddling. The four films screened at this Second Annual Northern Forest Paddlers Film Fest took viewers from French Polynesia to Texas, and from an epic Alaska-Argentina journey to a locally transformative water

### Northern Forest Paddlers Film Festival

A benefit for the Northern Forest Canoe Trail featuring films that highlight the paddling lifestyle

**feature films**

**A Dangerous Archipelago**  
AN OCEANS 8 SEA KAYAKING ADVENTURE  
28 mins

Jon Bouwermeister, he will take us to French Polynesia in "THE DANGEROUS ARCHIPELAGO" "The Tasmans, one of five French Polynesian archipelagos, are a 1,000-mile-long chain of coral reef atolls situated in the heart of the South Pacific. Known for black pearls and sharks and a reputation for being paradise on Earth, we kayaked among them for five weeks."

**OIL: WATER TELLS OF THE THRILLING ADVENTURES OF TWO FRIENDS AND WORLD-CLASS KAYAKERS WHO DROVE, PETROLEUM-FREE, OVER 21,000 MILES DOWN THE PAN-AMERICAN HIGHWAY IN A RETRO-FITTED BIO-DIESEL TRUCK. THE FILM CAPTURES THEIR PASSION FOR SUSTAINABLE LIVING PRACTICES AND THE HUMOR THEY MAINTAINED IN THE FACE OF MANY CHALLENGES ALONG THE WAY.**  
33 mins

**LOCK 32**  
5 mins

Holly, Sandy, and Sarah take on the world's toughest canoe race. 260 miles of non-stop canoeing in the sweltering Texas heat, the women will face alligator gar, battle dehydration and lack of sleep just to have the right to say that they have survived the Texas Water Safari. 45 mins

**LOCK 32**  
5 mins

Holly, Sandy, and Sarah take on the world's toughest canoe race. 260 miles of non-stop canoeing in the sweltering Texas heat, the women will face alligator gar, battle dehydration and lack of sleep just to have the right to say that they have survived the Texas Water Safari. 45 mins

**Thursday, March 27 from 6:30 - 9:30 at the Lake Placid Center for the Arts**

Advanced ticket price is \$10.00, \$8.00 for students and \$14.00 at the door. Tickets can be purchased in advance by calling Adirondack Lakes & Trails Outfitters @ 518-891-7450 or the Lake Placid Center for the Arts @ 518-523-2512 for more information on this event please call 518-891-7450

**sponsors**

[www.northernforestcanoe.org](http://www.northernforestcanoe.org)
[www.adirondackoutfitters.com](http://www.adirondackoutfitters.com)
[www.compassprintingplus.com](http://www.compassprintingplus.com)

park in New York. The films inspired with their different vistas and tenacious paddling, as well as with their stories of environmental and community possibility. NFCT extends enormous thanks to partner Adirondack Lakes and Trails Outfitters for sponsoring this event, and to all who attended, helping us raise funds in support of our programs. We're planning to take this event on the road, with film festivals in Burlington, VT and Portland, ME slated for this spring. Stay tuned...

## Museum Highlight

### Wild Center in Tupper Lake

Who doesn't love to watch river otters sliding, swimming, splashing and playing? Otter entertainment is just one of a hundred fun reasons to visit the Wild Center in Tupper Lake, NY. Inside and outside the state-of-the-art new natural history museum, you can explore all kinds of Adirondack habitats and find animals around every bend.

Tupper Lake is a gateway to the Northern Forest Canoe Trail — you can finish a meandering journey on the Raquette River with a take out at Tupper Lake — building in an extra afternoon or more, of course, for a meander through the Wild Center.

P.S. Until you can get there in person, the website is almost as much fun!



### Summer and Fall Hours

10 am - 6 pm, 7 days a week

45 Museum Drive, Tupper Lake, NY

518-359-7800

[www.wildcenter.org](http://www.wildcenter.org)

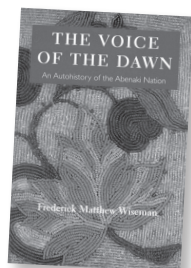


## Check Out NFCT

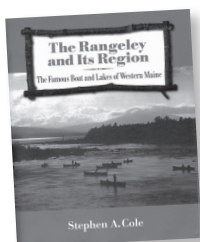
### New Items in the NFCT Store

We continue to find intriguing books by regional authors to augment your experience of the Northern Forest Canoe Trail. Check out these new titles in our online store:

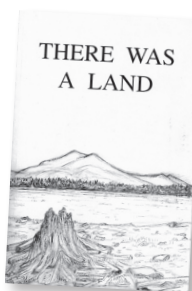
► *The Voice of the Dawn: An Autohistory of the Abenaki Nation* by Frederick Matthew Wiseman



► *The Rangeley and Its Region: The Famous Boat and Lakes of Western Maine* by Stephen A. Cole



► *There Was a Land 1845-1949: Memories of Flagstaff, Dead River, and Bigelow Plantations* by Former Residents and Friends of the Dead River Valley



► *Paddlers Guide to New England River Habitats* by Mass Audubon



**NFCT Crazy Creek Chair:** For lunch on a sandy beach, extra padding on your boat seat, and relaxing with a book in camp, these comfy chairs go everywhere. Their side tabs and carry handles make them especially useful for hauling maps, books, and extra layers between the shoreline and your tent.



## Trip Tip: Spring Paddling Safety

As the snow melts and the rivers beckon you for some long-awaited spring paddling, keep in mind that it will be a few months before most Northern Forest waterways are a pleasant swimming temperature. Immersing before then can have dire consequences: Cold shock and hypothermia happen very quickly in cold water and can be fatal. As the Coast Guard Cold Water Advisory notes, "Unless you are properly dressed, properly equipped and mentally prepared for sudden cold water immersion, your chance of surviving a capsizing or fall overboard is extremely poor. Plain and simple: cold water kills!"

### Be prepared to survive cold water when you go paddling this spring:

- Always wear your life jacket, don't just have it on board.
- Wear wool, polyester fleece, and

other synthetic fabrics that retain heat when wet — leave cotton clothing at home.

- Wear a wet suit or dry suit when the water and air are below 60°F or when you are traveling far from the shoreline.
- Paddle near shore.
- Paddle with others.
- Keep your body fueled with high-carbohydrate foods and plenty of water.
- Have a plan for what to do if someone falls in: how to get out of the water and into dry clothes quickly, how to contact help in case this is not possible, how to conserve energy and heat when waiting for help in cold water.

See the American Canoe Association website for life-saving information about cold water paddling: [www.americancanoe.org](http://www.americancanoe.org)

## New! Online Member Log-in

You don't have to log in to view Trail information on our new website, but when you renew, donate, make a purchase in the store, or sign up for a Waterway Work Trip, you will be prompted to log in. This will provide you the flexibility to update your profile and ensure that your membership and purchase histories are conveniently stored in one place. Members will receive instructions about how to log in. **Questions?** Contact Sandy@NorthernForestCanoeTrail.org or (802) 496-2285.

### Did You Know You Can...

- Make a tax-deductible donation of stock •
- Tap into your company's matching gift program •
- Consider a planned giving option •

### Contact Kate at 802-496-2285

You will receive an appeal letter from us soon, please respond with your gift!

## Membership Matters!

**PLEASE CIRCLE ONE:** JOIN RENEW GIFT

☐ \$500 Champion ☐ \$250 Sponsor ☐ \$100 Benefactor ☐ \$75 Patron ☐ \$50 Household ☐ \$35 Member

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

CREDIT CARD# \_\_\_\_\_ EXP. DATE \_\_\_\_\_

MAKE CHECKS PAYABLE TO: **Northern Forest Canoe Trail**

**Donations are tax deductible.**

**THIS MEMBERSHIP IS A GIFT FOR:**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_



# Thanks to our Supporters!

## Corporate Contributors

**Old Town**  
CANOES X KAYAKS

**WILDERNESS**  
SYSTEMS

**NECKY KAYAKS**

**Lincoln**  
CANOES & KAYAKS

**Dagger**

**Outdoor Retailer**

**Timberland**

**We-no-nah**  
CANOE

**perception**

**Eagle Creek**  
TRAVEL GEAR

**PEREGRINE**  
OUTFITTERS

**PRIMALOFT**  
Insulation Technology

**OCEAN KAYAK**

**MAD RIVER**  
CANOE

**CACHE LAKE**

**Kokatat**

**THE MOUNTAINEERS BOOKS**  
Outdoor Books by the Experts

**WERNER**  
PADDLES

**NRS**

**THULE**  
CAR RACK SYSTEMS

## Business Members

Please support the businesses who support the Trail. Connect with all our Business Members in the "Partners" section of our website.

**REI**  
www.rei.com

**KITTERY TRADING POST**

**L.L.Bean**

**Outdoor Sports Center**

Adirondack Exposure  
Adirondack Lakes and Trails Outfitters  
Arnold Trail Sports Center  
Allagash Guide Service  
Birches Resort & Wilderness Expeditions  
Canoe & Co.  
The Coach House  
Collinsville Canoe and Kayak  
Ecopelagicon  
Indian Hill Trading Post  
Kayak Shack  
The Last Resort  
L.L. Cote Sports Center  
Mac's Canoe Livery

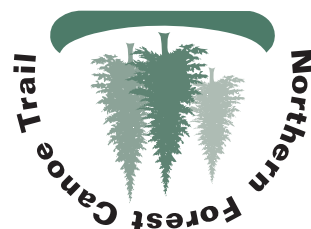
Mainstream Kayaks LLC  
Mountainman Outdoor Supply Company  
Nestor's Sporting Goods Inc  
North Cove Outfitters  
Northern Door Inn  
Northwoods Outfitters  
Outdoor ESCAPES New Hampshire  
Outdoor Gear Exchange  
Outdoor Recreational Supply  
Ramsey Outdoor Stores  
Raquette River Outfitters LLC  
St. Regis Canoe Outfitters  
Tranquillity Lodge  
White Wolf Inn

Paddling season is upon us! NFCT and partners would love to help you hit the Trail this summer, and here are a few options:

- 1) Join one of our Waterway Work Trips;
- 2) Use our Trip Planner to create your perfect afternoon, weekend, or expedition on the Trail;
- 3) Give us a call and we'll be happy to hear your hopes and offer our suggestions.

**Visit our New Website!**  
[www.NorthernForestCanoeTrail.org](http://www.NorthernForestCanoeTrail.org)

P.O. Box 565  
Waitsfield, VT 05673



NON-PROFIT ORG  
U. S. POSTAGE  
PAID  
PERMIT NO. 222  
BARRE VT