



CURRENTS AND COMMUNITIES



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

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NORTHERN FOREST CANOE TRAIL

MISSION: NFCT connects people to the Trail's natural environment, human heritage, and contemporary communities by stewarding, promoting, and providing access to canoe and kayak experiences along this route.

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

Our Tenth Anniversary

The Northern Forest Canoe Trail celebrates ten years in 2010! The waterways are ancient but NFCT is a youthful initiative that supports paddling adventures and their benefits for communities along our route.

In a single decade, NFCT completed an ambitious amount of work. We mapped 740 miles of Trail and camping, portage, and access sites; published 13 maps and 3 books; and made lasting partnerships with industry supporters, regional businesses, and individuals like you.

As we celebrate our 10th year, we have a new mission statement (see left), three established programs, and future goals that leverage the power of the Trail!

"Ten is such a stable age—psychologically, intellectually, socially. Nearly all tens are very happy, easy going, and balanced. A ten year old knows how to enjoy the simple things in life to the fullest."

The Ten Year Old at Home, Kimberly L. Keith

Waterway Stewardship

Caring for our Trail is job #1, and volunteers are key. We engage them through our adopter and work trip programs; kiosk, maintenance, and map committees; and various trail projects. Our Stewardship Intern Program fields a crew each summer to focus on major projects.



Jo-Anne & Sean McCoy on Forked Lake, New York modeling canoe-based celebratory behavior!

Contemplating It All

"From time to time I ask myself what is the pull of paddling in the Northern Forest. Why does it all come together so well, the strenuous outdoors, the grand scenery, the deep history, even the bugs and portages? It's hard to explain such gut level feelings. Of course the scenery is great, and it's an adventure just traveling in little cockleshells of boats. There's seeing the place through ancient eyes, and seeing it now with all its warts and glory. And there's something essentially American about wandering across land and water. We all come from wandering tribes, and we return for a time on a long canoe trip."

Trail Founder & Board Member Ron Canter

Community Economic Development

NFCT is a catalyst for sustainable tourism. We connect with Trail businesses to understand how tourist dollars influence local economies. Resulting products include our growing menu of vacation packages and itineraries, and our web-based Trip Planner tool. NFCT plays a lead role in the Northern Forest Tourism Network, collaborating to improve rural tourism across the region.

Connecting People and Place

NFCT has a unique power to connect people with the outdoors. Our Northern Forest Explorers Program takes 5th–8th graders overnight on the Trail. Our film festivals, speaking events, paddle show booths, and social media provide opportunities for paddlers and fans to share in the NFCT adventure.

The Northern Forest Canoe Trail is truly a *community trail*. We are proud to celebrate ten years, and we look forward to the decades ahead.



BOARD OF DIRECTORS

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From the Executive Director



Dear Members, Supporters and Friends,

In this newsletter, we are marking the 10th anniversary of our organization by both looking back and launching forward. The voices of the Trail's earliest contributors, and the introduction of our newest interns bookend the story of this first decade, and the updates on our three program areas—Waterway Stewardship, Community Economic Development, and Connecting People and Place—describe the work that will carry us forward into the next decades.

Late in 2009, the NFCT Board of Directors approved a strategic plan to serve as a map for our next five years. Creating it was a thoughtful and productive process, and the plan affirms our existing trajectory and puts a finer point on the mission, vision, and values that motivate us and the programs that define us. We look forward to delivering on this strategic plan with the energy and enthusiasm that have gotten us this far. And we—always—look forward to our ongoing and new connections with the landowners, members, volunteers, and partners who play an integral role in who we are and all that we do.

We hope you will be able to join us at our 10th Anniversary Celebration in Rangeley on July 24–25. See page 8 (and our website) for details. In the meantime, our best to you as the rivers flow again.



Kayak through paddler Gil Whitney, Kate, and canoe through paddler Donnie Mullen at AMC Maine Chapter gathering in Brunswick, Maine last May.

Warmly,

Kate

Kate Williams, Executive Director

NFCT Trail Fund

Member Offers \$15,000 Match!

Your dollars make stewardship projects happen. Donate today to support our on-the-Trail work.

The Many Voices of NFCT

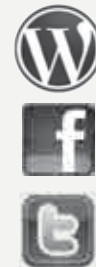
In this age of high-tech and homegrown, we're sharing our story in a variety of ways. Whatever your pleasure, follow us as we keep you informed and entertained about all things NFCT.

Online

- ▶ *Northern Forest Canoe Trail e-Bulletin*: (monthly)
- ▶ *Voices from the Northern Forest Canoe Trail* (nfct.wordpress.com)
- ▶ NFCT on Facebook (www.facebook.com/people/@/84067597700)
- ▶ NFCT on Twitter (twitter.com/NFCT)

In Print

- ▶ *Currents and Communities* (bi-annual newsletter)
- ▶ *The Northern Forest Canoe Trail* (guidebook)
- ▶ Magazines & Newspapers: NFCT is getting famous—send us your clippings!



Making It All Happen...

The Original Trail Blazers

NFCT's conception is credited to three pioneers: Ron Canter, Mike Krepner, and Randy Mardres.

As early as 1976, they began retracing old canoe routes in the Northern Forest

region. In 1989, they created the non-profit Native Trails, Inc. to "identify, document, and where appropriate, preserve pre-mechanized travel routes."

In the 1990s, Native Trails' efforts included exploring Mayan canoe routes along Mexico's Yucatan Peninsula, and opening the 130-mile Eastern Maine Canoe Trail. But the Northern Forest waterways and its Native American and European settler history continued to

pull on the trio. "To me NFCT always had more: A spirit or a soul. Very few trails rise to that level," Mardres shares.

By 1997, they named the Northern Forest Canoe Trail and had 700 miles hand-drawn on a map. Partnerships formed with the Appalachian Mountain Club and National Park Service to help promote and procure funding for the waterway, and by 1998, NFCT had its first published sectional map of the Rangeley, Maine area.

We are grateful for the adventurous spirit of these three paddlers, who researched old maps and historical references, guided their boats up overgrown streams, bushwhacked through ancient portages, and chose the watery path for all of us to experience.

Reflections from NFCT Founders

"We have always felt that this Trail could offer a diverse variety of canoe and kayak destinations attractive to both newcomers to the sport and paddling enthusiasts. Through outdoor experiences one can discover the rich natural resources and amazing human heritage of the Northern Forest region.

Only in our wildest dreams would we have imagined how many people and organizations would feel an affinity with this project and would help us achieve our goal of making the Northern Forest Canoe Trail a nationally significant recreation resource

in such a short period of time.

NFCT is a public resource that benefits both visitors and local residents. In the future, as the organization works to provide programs that further enhance the communities through which the Trail passes, we hope NFCT will be valued and sustained by the communities themselves as well as our increasingly plentiful partners and supporters. We are truly grateful for the support that has allowed NFCT to come so far, and we look forward to the organization's long term contributions to the region."

Kay Henry and Rob Center



Kay and Rob doing what they love best.

2000

◀ Kay Henry and Rob Center found nonprofit.

2001

◀ NFCT Board of Directors formed.

2002

◀ Secured federal appropriation and National Park Service assistance.

2003

◀ Host organizations coordinated volunteer committees that mapped 740-mile route.

2004

◀ Kate Williams hired as Executive Director.

◀ Published first four maps and dedicated two trailside kiosks at western and eastern ends of Trail.

2005

◀ Received American Canoe Association's "Recommended Water Trails" status and "Champion of Water Trails" award.

2006

◀ 13-map series fully published. Commemorated with four simultaneous events in each Trail state.

◀ Paddling Through Time published.

2007

◀ Summer intern program and waterway work trips debuted.

◀ Northeast Passage published.

2008

◀ Co-Founder Kay Henry selected as LL Bean Outdoor Hero.

◀ Northern Forest Explorers Program launched.

2009

◀ Awarded federal appropriation to expand Northern Forest Explorers Program.

2010

◀ Northern Forest Canoe Trail guidebook released.

◀ NFCT celebrates 10th anniversary!



Work Projects Along the Trail!



Join the NFCT Stewardship Community!

To register, and get more details about all volunteer opportunities, visit our online **Get Involved**, or contact Trail Director Walter Opuszynski at (802) 496-2285, Walter@NorthernForestCanoeTrail.org.

Waterway Work Trips

Our weekend outings are a healthy way to get involved. Camping is arranged near work sites, and time built in to paddle the Trail.



- July 9–11, Buttermilk Falls, New York: Remove a decaying log ladder and build a stone staircase.
- July 16–18, Franklin Falls, New York: Complete construction of a stone staircase began last field season.
- July 30–August 1, Highgate Falls, Vermont: Install a log ladder and do erosion control.
- August 6–8, Umbagog National Wildlife Refuge, New Hampshire:

Plant saplings and rehabilitate island campsites.

- August 13–15, Spencer Rips, Maine: Install two log ladders and do erosion control.

WWTs cost \$60 member / \$75 nonmember. Request a mail-in registration form or register online.

Thanks go to the Adirondack Watershed Alliance and to NFCT Trail Fund contributors who help support this program.

Adopt-A-Segment: Recruiting for New York & Vermont

NFCT's adopter program enables volunteers to maintain specific stretches of the Trail on their own schedule. NFCT provides training and support

with canoes and tools for use. There are 55 adoptable segments Trail wide, and this year we're focusing recruitment efforts on the western portion. Visit our online **Get Involved** to learn more about the program and to view a list of available segments.

A big "THANKS!" to our adopters: Steve Doxzon (Adirondack Lakes & Trails Outfitters), Ann Fleck and Rob Frenette (Raquette River Outfitters), Rockne Locey, the McCabe Family, Brian and Grace McDonnell (Mac's Canoe Livery), New York State Electric & Gas, Mike Prescott, Rob and Amy Scharges (Vermont Canoe), and Greg Schwarz (LL Bean).



State-by-State Stewardship News

NEW YORK

- We will collaborate with the Raquette River Blueway Corridor to continue work on the Buttermilk Falls and Deerland carries, as part of Raquette River Awareness Week July 31–August 8. We thank landowner and member Kim LaDuke for offering a campsite location along the Saranac River, which we will begin developing this season.

VERMONT

- We received a \$500 grant from the Vermont Recreation Trails Program for the purchase of tools for the adopter program in Vermont. River clean-ups are planned for the Missisquoi and Clyde rivers. The moldering privy at the Samuel Benton Campsite will be refined. Preliminary kiosk, river access, and campsite development is underway

along the Missisquoi River in Richford, and we will plan access work for the Silvio O. Conte National Wildlife Refuge Headquarters.

QUÉBEC

- Thanks to local financial and volunteer support, a kiosk is being developed for Mansonville. We hope to install the trailside display in Spring 2011.

NEW HAMPSHIRE

- Our Stewardship Intern Crew will clear strainers from the Ammonoosuc River.

MAINE

- We will layout a proposed reroute for the Demo Portage. We will also begin to layout and install a portage trail on Haley Pond in Rangeley. Watch our crew demonstrate bog bridge construction on July 24 at Rangeley Lakes Logging Museum Festival Days!

NFCT Trail Crew paddles to work.



Hot on the Trail!

Welcome NFCT Summer Interns

We've got an impressive crew hired to rock the Trail this summer. Seven interns will maintain campsites, portages, signage, and access points along our route, and lead five Waterway Work Trips. Field Coordinator Noah Pollock returns for his fourth summer to oversee the intern crew. Interns and their hometowns include Brianna Baker, Barre, Vt.; Samuel Brakeley (2009 NFCT Through Paddler), Marblehead, Mass.; Brendan Jackson, Delmar, N.Y.; Kevin Large, Bow, N.H.; Susan Molzon, Lincroft, N.J.; Erin Quigley, Lee, N.H.; and Allison Waring, Manorville, N.Y.

Thanks to the Adirondack Watershed Alliance and the Maine Outdoor Heritage Fund for supporting our internship program.



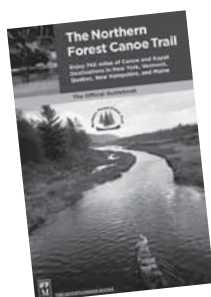
Volunteers are treated to tasty trailside meals.

Trail Maintainer BBQ

Tuesday, June 29, 2010

Join us for a season kick off of NFCT's Trail Maintainer Program at Mac's Canoe Livery in Lake Clear, New York. Learn more about the program; open to all. RSVP to NFCT Trail Director, Walter Opuszynski (802) 496-2285, Walter@NorthernForestCanoeTrail.org.

NFCT's new guidebook is a must for your library. Order a copy today!



Ryan & Catherine Thompson through paddled NFCT this spring and are hiking the 2,175 mile Appalachian Trail before year's end.

Aquatic Invasives: Don't take them with you!

Non-native aquatic invasives are changing the integrity of our water ecosystems by choking out naturally occurring species.

One way they can spread is by catching rides with those of us that enjoy paddling. Some aquatic invasives are microscopic, making it difficult to tell if they are attached to us and our paddling gear. All they need is a moist environment to survive, like clothing or a clump of mud on our shoes. You can help stop their spread by following these simple guidelines after paddling:

- Visually inspect your craft removing all mud and plant life.
- Eliminate water from all equipment by cleaning and drying.
- Wear quick dry footwear.

Visit our online **Plan and Prepare** for links to detailed state-by-state information.



740 Miles in One Day Challenge—Do It!

Saturday, July 24, 2010

Paddle a mile, 10 miles, or 20—your choice. We'll add yours to the total and cheer when we crest 740!

Why: NFCT represents a diverse geography. This event celebrates the Trail's vast richness and the paddlers who enjoy it.

Where: Anyplace on the NFCT! We are not trying to paddle every inch. We seek a compiled 740 miles paddled anywhere along our route.

How: Register on our website. If you report your mileage by 5 pm, Saturday, July 24, we'll announce the total at NFCT's 10th Anniversary Celebration in Rangeley, Maine. Have a splash logging those miles!

Questions: 802.496.2285;
www.NorthernForestCanoeTrail.org;
info@NorthernForestCanoeTrail.org

Did You Know You Can Give... gifts-in-kind, matching gifts, bequests, annuities, and gifts of stock all to support NFCT's mission?
Contact Kate at 802.496.2285

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 _____

Trail Connections

Community Economic Development

Beware. NFCT has some powerful, new energy aboard. We reconfigured a bit over the last year and now benefit from a team of part-time field staff who work closely with local partners to build



out our trip planning tool, and create unique vacation experiences along our Trail. Phoebe Backler, Noah Pollock, and Kerri Sands produced seven new itineraries and two new packages, and there are many more in the works! These “tourism products” serve to make it easier for visitors to plan their trips, and help businesses generate revenues, both of which are outcomes NFCT is committed to.

We’re sharing our sustainable tourism strategies, and learning from others, through our role as coordinator of the Northern Forest Tourism Network (NFTN). The network’s focus is to build connections among tourism practitioners across the Northern Forest region as a way to foster learning, and to better coordinate initiatives in such areas as training and product development. NFTN shares a bi-monthly e-newsletter and hosted a meeting in

Survey Says...

This year, two online surveys provided valuable feedback for NFCT. Through Paddlers reported on trail conditions and other paddler needs. Members and business partners in New Hampshire, Maine, and Vermont responded to an evaluation on NFCT’s economic impact in Trail communities. Thanks to all who completed a survey. Stay tuned for a summary of results in our next newsletter.

St. Johnsbury, Vermont last March. Geography can be the devil in so large a network, but the forty people who attended indicated with their presence and smart contributions that they are committed to the important work of building our collective capacity to deliver better tourism outcomes in a region that has what it takes to become a world class destination.

Our Youth Program Grows Up!



Sometimes life’s greatest lessons are just beneath the surface. A Northern Forest Explorer takes a peek.

From NFCT’s earliest days, we have been committed to leveraging the power of our Trail to connect people and place in meaningful ways. In 2008, we piloted our youth outdoors program—the Northern Forest Explorers Program—as a direct initiative to connect the rural youth along our route to their backyard waterways. We started small, running three week-long programs in western Maine that first summer, and four the next, with a focus on building a really

good model and telling a compelling story to help us roll the program out along the full length of our Trail. We are thrilled to announce that in 2010 we received a federal appropriation of \$300,000 through the Department of Justice to expand our Northern Forest Explorers Program along the entire route of the Northern Forest Canoe Trail during 2011–2013.

Youth 10–14 years old, from the Adirondacks to Northern Maine, will have the opportunity to join a Northern Forest Explorers week in or near their own community, and learn paddling and camping skills, leadership and teamwork skills, basic ecosystem studies, and Leave No Trace principles. Youth in rural communities have far fewer organized enrichment opportunities than their counterparts in urban and suburban settings. Our program collaborates with community schools and town recreation programs to provide a transformational opportunity available to all young people, regardless of their ability to pay.

Our program has already made a difference. One parent writes, “My daughter is very proud of her

accomplishment. She enjoyed the time spent with others away from school. I think she has a sense of ‘I can do anything.’” At a time when rural populations are declining, the development of place-based experiences that inspire young people to see their potential are enormously important. We are immensely grateful to the local partners and federal officials who recognize that our Northern Forest Explorers Program is a model worth investing in, and we look forward to collaborating with our community partners to grow a truly excellent multi-state program. Onward!



Nothing like a good portage to help one learn a bit about oneself as these young Explorers demonstrate.



Supporter News

DeLorme \$50 Rebate

NFCT has teamed up with DeLorme to offer members a \$50 rebate on the purchase of an Earthmate PN-40 GPS. Current members, go to NFCT's website and login to access your Members Only. There you can print your mail-in rebate form. Act soon—the offer is good until July 1, 2010.



Lisa Dyslin at Collinsville Canoe & Kayak this spring.

Free Canoe Plans

Our friends at NorthWest Canoe are doing a unique fundraiser for NFCT. Their "Partners in Paddling" promotion gives customers the choice to donate \$10



Mountainman's Will Crimmins gives Phil Moore his new Cayuga kayak.

to NFCT when requesting one of four free canoe building plans. Visit them at www.northwestcanoe.com.

Kayak Raffle Benefits NFCT

Congratulations to Phil Moore of Clifton, New York who won a brand new Cayuga kayak this spring thanks to Old Town Canoe and Kayak and Mountainman Outdoor Supply Company. The two NFCT supporters made possible a benefit raffle with proceeds going to the Trail, and as a great attraction for the Adirondack Paddlefest in Old Forge, New York.

Mug & Coffee Welcome

New members who joined at three paddlesport shows this spring were enticed by a special incentive. Wenonah Canoe and Current Designs donated baseball caps and thermal mugs, and Green Mountain Coffee donated fair-trade coffee packets creating a fancy package for NFCT to give away to donors who visited our booth.

NFCT Member Perks

This year, NFCT members receive member cards for the first time and get discounts at regional businesses. A sampling includes Newport Natural Foods and Swanton Motel in Vermont, and EMS Club Days held annually. Go to NFCT's website to see a list of current member benefits.



Chuck Hoffhine graciously represented NFCT at the Wooden Canoe Heritage Association table at Ohio's Paddlepalooza this spring.

Thanks to Our Business Members & Corporate Supporters

BUSINESS MEMBERS

Champion: \$10,000+

L.L.Bean

Member: \$1,000–\$2,499



Member: \$500–\$999



Member: \$250–\$499



Member: \$100–\$249

150 Main Street Lodging on the Androscoggin
Adirondack Exposure
Adirondack Lakes & Trails Outfitters
Adirondack Motel
Adventure Outfitters
Allagash Guide Service
Canoe & Co.
Collinsville Canoe & Kayak
Ecopelagicon Nature Store
Fiddleheads A Great North Woods Shoppe
Jay Peak Vacation Rentals
Mac's Canoe Livery
Maine Path & Paddle Guides

North Cove Outfitters
North Woods Rafting
Northern Door Inn
Northern Waters Outfitters
Outdoor ESCAPES New Hampshire
Outdoor Gear Exchange
Phineas Swann Bed & Breakfast Inn
Raquette River Outfitters
Skywoods Canoe Company
St. Michael's College Wilderness Program
St. Regis Canoe Outfitters
The Boat House
The Last Resort
Tranquility Lodge
White Wolf Inn

Thanks to all businesses who have made contributions beyond regular NFCT Business Member dues!

CORPORATE SUPPORTER

Champion: \$10,000+



Benefactor: \$5,000–\$9,999



Patron: \$2,500–\$4,999



Supporter: \$1,000–\$2,499



Member: \$500–\$999





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740 Miles in a Day Challenge See inside on page 5!



**Visit www.NorthernForestCanoeTrail.org
for complete schedule and to register
for Saturday's dinner.**

Lodging: Contact Rangely Lakes Chamber of Commerce,
800-MT-LAKES, www.rangelymaine.com

• "Valley Below Tour" on Flagstaff Lake
(fee; reservations required)

History Buffs

- Oquossoc to Rangely Lake (10 mi, enthusiasts paddle)
- Hunter Cove to Rangely Lake (4 mi, moderate paddle)
- Town Cove to Hatchery Brook (family outing)

Canoe & Kayak Outings Hosted by NFCT

NFCT Paddlers' Rendezvous

Sunday, July 25

NFCT 10th Anniversary Celebration, Saddleback Base Lodge
6 pm – 10 pm "Summer in Maine" dinner, NFCT
Commemorative Program, silent auction,
cash bar, live music by Phineas Gage, bonfire
and s'mores. Pre-registration required:
\$30 adult/\$10 child (12 & under)



NFCT Paddlers' Rendezvous, Haley Pond Park

Saturday, July 24

7:00 pm Hall of Fame Awards
Wood Chip Contest & Loggers
"burying of beans" and biscuit bake
11 am – 5 pm Museum open with special events including

Rangely Lakes Museum Festival Days

Friday, July 23

Join us in celebrating Northern Forest Canoe Trail's 10th
and the Rangely Lakes Region Logging Museum's 30th.

Paddlers' Rendezvous & Logging Festival

Rangely, Maine — July 23–25, 2010

NFCT 10th Anniversary Party!

Happenings