



# 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:** To connect 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



ABOVE: An interpretive display was dedicated last spring on Flagstaff Lake near Stratton, ME. RIGHT: Richford, VT is a key community Northern Forest Explorers paddled through last summer.

## NFCT Trail Towns

The Northern Forest Region is a world class destination for recreational travelers. With its breathtaking waterways wending through landscapes that range from the dramatic to the intimate, the region features unparalleled paddling. Add hiking, biking, foliage gazing, local dining, and more to the mix, and there is no comparison.

Building on the Northern Forest Canoe Trail's successful community economic development work, we are launching our Trail Town Initiative. NFCT Trail Towns are communities where we work with partners to fully realize their destination potential.

Our goal is to create a model that engages multiple local partners in the shared work of building thriving destination communities that tap the full potential of their recreational assets to generate economic benefits.

Errol, NH has a put-in right in town on the Androscoggin River.



This year we began work with four pilot Trail Towns:

- Old Forge, New York
- Richford, Vermont
- Errol, New Hampshire
- Stratton/Eustis, Maine

NFCT's role is to convene partners, identify opportunities and gaps, implement projects, and assist with promotion and marketing. Together, we will work to ensure that local signage, maps, recreation assets, and existing and new programs all sync up to create excellent experiences for visitors.

*continued on page 3*

## What is an NFCT Trail Town?

**NFCT Trail Towns** are trailside and gateway communities that leverage their recreational attractions for both economic and broader community well-being promoting active relationships between people and place. Our **Trail Town Initiative** is not a new program but a 2.0 version of the community-based program work we have implemented for several years as part of our mission.

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**Kevin Mack, Director of Partnerships & Marketing**

**Walter Opuszynski, Trail Director**

**Roger Poor, Youth Program Director**

**Sandy Tarburton, Membership &  
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# From the Executive Director



## Dear Members, Supporters, and Friends,



*"I pushed myself and mentally toughened myself for canoeing. It was an amazing experience and journey for myself. I tried to be an example for the others and tried to be the best I could be."* The wisdom of a 10-year-old participant in our Northern Forest Explorers Program last summer shines brightly in this quotation, and reminds me of the incredible power that comes from combining kids with the out-of-doors. Actually, that comes from combining any of us at any age with the out-of-doors. We are better for it, and the ripple effect is beyond what we can measure.

As this newsletter conveys, NFCT is focused in all of our program areas on the work of connecting paddlers, community members, trailside youth, agency partners, and more into the important work of tapping the Northern Forest Canoe Trail to make a difference in people's lives. As always, we know that this work is far bigger than the reach of our organization alone, so we are increasingly building our programs and initiatives around collaborative models that plan for the engagement of partners. It's challenging and energizing work, and we're grateful to so many of you for joining with us. You also make us better. Thank you.

Warmly,

*Kate Williams*

Kate Williams, Executive Director

## Four Maps Revised in 2012

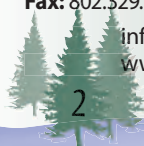
This year, we reprinted New York Map 3, Adirondack North Country (East); New Hampshire Map 7, Great North Woods; and Maine Map 8, Rangeley Lakes Region and Map 11, Moosehead/Penobscot Region.

We also post changes on our website under **Plan a Trip: Trail Updates**. Be sure to have the latest updates—or newest maps—before striking out on the Trail next year!



# Enormous Thanks to our 2012 Funders!

American Rivers • Elmina B. Sewall Foundation • Google Matching Gift Program • Howard P. Colhoun Family Foundation • Hugh & Elizabeth Montgomery Charitable Fund of the Maine Community Foundation • Innovations and Collaborations Grant from the Vermont Community Foundation • Lake Champlain Basin Program • Maine Community Foundation • Maine Outdoor Heritage Fund • Neil & Louise Tillotson Fund of the New Hampshire Charitable Foundation • Northern Border Regional Commission • REI • The Betterment Fund • The EnTrust Fund • US Department of Agriculture, Rural Business Enterprise Grant Program – NH & VT • US Department of Justice, Office of Juvenile Justice & Delinquency Prevention • Vermont Recreation Trails Program • Western Mountains Fund of the Maine Community Foundation



## Trail Towns... *continued from page 1*



We also recognize that once the Trail Town work gets underway, creative ideas will emerge that we couldn't have even anticipated. We can't wait!

We are grateful to the citizen, business and municipal partners who have rolled up their sleeves to help designate these Trail Towns. As well, we look forward to our ongoing work with other trail-wide communities to create great experiences for paddlers on the entire Northern Forest Canoe Trail!



Old Forge, NY is NFCT's eastern terminus and the starting point for Through Paddlers, like the Rough Water Gypsies

## Making It All Happen

### Volunteers Support Water Quality

This year we completed a 2-year signage project for the Lake Champlain Basin. With funding from the **Lake Champlain Basin Program**, we created and installed 40 signs that inform canoeists and kayakers how to prevent the spread of aquatic invasive species between water bodies.

Our thanks go to the volunteer work group who helped with text and design: **Ann Bove, Pat Conzemius, Chris Gill, Nicole Grohoski, Tim Hille, Meghan Johnstone, Beth Kennedy, Warren King, Meg Modley, Noah Pollock, Sarah Quaintance, Amy Sheldon, and Risa Shimoda.** Thanks also to **Landslide Natural Resource Planning** for guiding us through the process.



NFCT Project Coordinator Sam Brakeley and Missisquoi National Wildlife Manager Ken Sturm install new sign at Lois Landing.

Special recognition goes to Through Paddler & Intern Alum **Sam Brakeley** who was not only part of the volunteer group, but also joined us as Project Coordinator this fall and installed the signs throughout the basin.



Paddler entries in sign-in boxes like this one on North Hero Island provide valuable usage data as well as tracking paddler information in case of an emergency.

### Sign-in Boxes Help Monitor Trail

Thanks to a **Northern Border Regional Commission** grant, we installed 26 sign-in boxes along the Trail this year, creating an in-the-field method to help monitor trail usage and gather paddler feedback.

We thank volunteers **Bob Frederick, Tim Hille and James Marco** who devoted a compiled 124 hours to build 3 sign-in boxes a piece. Their work provided a double impact by being applied as a match towards the grant.

Thanks also go to Special Projects Intern **Adam Craten** who drove the length of the Trail mounting boxes last summer!

### Scout Completes Project

Last summer, Colebrook, New Hampshire's **Eric Hand** of Troop 220 built 3 sign-in boxes and a small privy for the Northern Forest Canoe Trail. The sign-in boxes will be placed at the Colebrook put-in, the Pontook Dam access, and on the Errol Kiosk. The project was part of Eric's pursuit of his Eagle Scout, the highest advancement ranking in Boy Scouting.

Eric led the project and had support from his friends Jesse Hutchinson and Jordan Kennett. Eric aspires to go to college, serve in the military, and eventually become a game warden. We appreciate his additions to the NFCT, and wish Eric luck with his future endeavors.



Eric Hand works towards his Eagle Scout by building sign-in boxes and a privy for the Trail.



# Stewardship News



During our 2012 field season, trail improvements were made in all 13 sections of the NFCT! We were only able to do this thanks to the generous support of our members, trail volunteers, the NFCT Trail Fund, and the supportive businesses and communities along our route. Enormous thanks to the **Lake Champlain Basin Program**, the **Maine Outdoor Heritage Fund**, the **Northern Border Regional Commission** and **REI**.



Five NFCT Waterway Work Trips and 150 volunteers provided critical trail work this year.

## NEW YORK

- **Raquette Falls:** With support from the New York State Department of Environmental Conservation, we replaced a 25-foot bridge and constructed a 20-foot long retainer wall making the carry safer and more user-friendly.
- **Saranac Lake:** Fall Project Coordinator Sam Brakeley worked with the village and volunteers to establish 2 well-designed put-ins on Lake Flower.
- **Cemetery Watch:** Thanks to this site's private landowner, we added a double chamber moldering privy, floating log ladder, 45 feet of bog bridging, an 8-step stone staircase and a fire ring. (Camping available to NFCT members only and by reservation only, see p. 6.)

## VERMONT/QUÉBEC

- Installed interpretive signs in **Swanton** and **East Charleston**.
- Installed 13 paddler-specific signs along **Lake Champlain** and the **Missisquoi River** to help prevent the spread of aquatic invasive species.
- **Mansonville:** Designed a kiosk to be installed in spring 2013.
- **Samuel Benton Campsite:** Installed a removable moldering privy.

## NEW HAMPSHIRE

- **Androscoggin River Trail:** Installed 48 feet of bog bridging, three 12-foot bridges, cleared 1 mile of trail corridor and blazed a ½ mile of corridor.
- Installed kiosks in **Colebrook** and **Stark**.

## MAINE

- **Long Falls Dam Carry:** Installed 80 feet of stone causeway, 32 feet of bog bridging, blazed and cleared a ½ mile of trail corridor and installed a sign-in box.
- **Holeb Carry:** Installed 462 feet of new bog bridging.
- **Moose River Bow Loop Trail:** Relocated one outhouse.
- **Indian Stream Carry:** Installed 1,000 feet of bog bridging.



Today's stewards come in all ages! These guys did volunteer work along the Androscoggin River last summer.



We welcome groups to help with trail projects. It's a great opportunity for team building! Photo by Ian Drew, EasternSlopes.com.

## Two Groups Lend a Hand

Our friends at **Eastern Slopes Magazine** called last spring looking for a staff project and we found a perfect fit on the New Hampshire and Maine border.

Working with the Umbagog National Wildlife Refuge, the group spent Memorial Weekend removing debris from Blake Island located in Umbagog Lake. The group toiled for hours clearing a site, which will be idyllic for camping next paddle season.

On the NFCT intern to-do list this summer was clearing an overgrown portage trail along the Androscoggin River just south of Pontook Dam in New Hampshire. When nearby Berlin's **Enriched Learning Center** contacted us looking for a project we said, "Meet us on the Andro!"

A group of the center's middle school students made a big impact on the path. Working together, we cleared a stretch of corridor that will provide an easier transition for paddlers, especially Through Paddlers who typically work their way upstream in this area.

## Field Season 2012 Supporters

- Adirondack Watershed Alliance
- Goodrich Lumber, Albany, VT
- Maine Bureau of Parks & Public Lands
- NextEra Energy Resources
- Village of Saranac Lake

*Thanks!*

View or no view?  
Samuel Benton  
Campsite's new  
outhouse facing the  
Connecticut River lets  
you decide!



# Hot On The Trail

## Brothers Paddle for Nature Deficit Disorder

Last summer, **Ben and Liam Malakoff** raised more than \$5,000 for our Northern Forest Explorers Program by paddling the 350-mile Maine section of the Northern Forest Canoe Trail.

The Virginia-based brother's expedition "Canoe for the Kids 2012" raised awareness for Nature Deficit Disorder, a term coined by Richard Louv in *Last Child in the Woods* (2005). Louv suggests that behavioral issues experienced by today's youth are due in part to spending less time in the outdoors. The Malakoff fundraiser spotlights Northern Forest Explorers as a successful program that gets trailside youth outside and experiencing their backyard, natural environments.

Thank you Ben and Liam, and to all who made donations!



An NFCT intern in 2009, Ben Malakoff (right) and brother Liam paddled the Maine section of the Trail in 17 days, raising awareness for why kids should "unplug" and get outside.



NFCT interns take a break on the Allagash Wilderness Waterway in between leading two work trips on the Indian Stream Carry.

## The Lure of Through Paddling

Most people take day or weekend trips on the NFCT, but an intrepid few paddle the entire 740 miles in one shot.

Last May, **Emily Johnson, Erik Pieh and Elspeth Ronnander** set out from Old Forge, New York in a 3-person Wenonah canoe. More people must have made the portages easier as they finished in "21 days, 3 hours, and 45 minutes"! Find a link to their online album on our website under **Paddlers: Paddler Blogs**.

In June, Appalachian Trail thru-hiker **Mark Fromm** traded his hiking boots for water booties and began his solo trip in a LiquidLogic kayak. He reached Fort Kent, Maine 43 days later and shares a comparison of the two long-distance trails on his blog at [www.markandpatsadventures.com](http://www.markandpatsadventures.com).

Through Paddler attempts mid-season were thwarted last summer due to low water levels, especially between Lake Champlain and the Androscoggin River. Our advice: If you are flexible with your launch date, we recommend monitoring the freshet and hitting the

Trail as the heavier spring waters begin to subside, allowing for better flow throughout the Trail.

Learn more about Through and Section paddling on our website under **Paddlers**.

## Thank You Field Interns

Five stewardship interns completed projects in thirteen locations along the Trail last summer. We appreciate their hard work and non-stop smiles!

Special Projects Intern **Adam Craten** helped the Stewardship Program in the office and field. Adam helped us gear up for the field season, built and installed sign-in boxes and outhouses, and joined the Roving Crew on work projects.

Our Roving Crew consisted of **Audrey Burns, Danny Drescher, Renzo Moyano and Katelyn Porter**. Working with volunteers and land partners, they led five Waterway Work Trips and did a variety of maintenance duties along the Trail. The crew was led by returning Field Coordinator **Noah Pollock**.

Enormous thanks to our interns and good luck to them in the future.

\$4,000+ Value



## Win a Trip to Patagonia

Renewing and new members who pay their 2012 dues will be entered into a drawing to win a FREE trip to Patagonia courtesy of VBT, a world leader in active vacations. This is a walking tour of Patagonia with a \$4,000 value.

### The trip for one to Patagonia includes:

- Roundtrip international airfare from New York City
- 7 nights in fine hotels and inns

- 13 meals—7 breakfasts, 4 lunches, 2 dinners
- Transfers, full vehicle support, and the service of two bilingual VBT Trip Leaders

Visit [www.NorthernForestCanoeTrail.org](http://www.NorthernForestCanoeTrail.org) for more details. Pay dues online or use the reverse side to mail-in your payment. Buena suerte!



# Trail Connections

## Local Youth Paddle the Trail

Last summer, our Northern Forest Explorers Program expanded its reach farther than ever before! More than 200 kids, ages 10-14, participated in week-long paddling trips on the Trail. From June through August, 16 trips serviced youth from 70 communities.

Many participants had never paddled before and now have a newfound connection with their hometown lakes and rivers. One trip created in collaboration with the **Vermont National Guard**, took 12 kids from active military families on the Clyde River; we hope to do more dedicated trips like this in the future.

Local outfitters manage logistics and are the true heroes for introducing their community's youth to paddling and camping. We thank

**Adventure Bound, Chain of Lakes Guide Service, Great Glen Trails Outdoor Center, Mac's Canoe Livery, Montgomery Adventures, NorthWoods Stewardship Center, Siskin Ecological Adventures and Shannon and Larry LeRoy.**

We also thank the University of Vermont's Watershed Alliance Outreach and Education Coordinator **Erin De Vries** for providing intern training on stream



Northern Forest Explorers spend 5 days paddling the Trail learning valuable outdoor and leadership skills.

monitoring, helping us teach kids how to take water samples and answer why water quality is so important.

Finally, we give high-fives to our NFCT interns **Sterling Alden, Caroline Canter and Brittney Heeren**. They spent 10 weeks living out of dry bags (and occasionally sleeping in car backseats), and inspired so many kids to enjoy the outdoors.

## Member Benefits

### Discounts Along the Trail

NFCT members, did you know you can take advantage of special deals while visiting the Trail? Show your membership card at these participating businesses, or go online to NFCT's **Member Center** to print coupons before your next trip. Discounts vary. Be sure to thank our partners for supporting the Trail!

#### Vermont

- Abbey Restaurant & Pub, *Enosburg Falls*
- Clyde River House, *East Charleston*
- Common Sense Bakery/Yellow Deli, *Island Pond*
- Flying Disc Cafe, *Enosburg Falls*
- Grey Gables Mansion Bed & Breakfast, *Richford*
- Kingdom Trails, *Burke*
- Newport Natural Foods & Montgomery Cafe, *Newport*
- Scampy's Country Store & Deli, *West Charleston*

- Simon the Tanner, *Island Pond*
- Swanton Motel, *Swanton*
- Ted's Market & Deli, *Island Pond*
- The Great Outdoors, *Enosburg Falls & Newport*

#### New Hampshire

- Gord's Corner Store, *Milan*
- L.L. Cote, *Errol*
- Milan Luncheonette & Variety, *Milan*
- Nansen Ski Club, *Milan*
- Northern Forest Heritage Park, *Berlin*
- Tea Bird's Cafe, *Berlin*



NFCT members get 10% off paddling gear, free coffee, and drinking water fill-up at Ecopelagicon in Rangeley, Maine.

#### Maine

- Ecopelagicon, *Rangeley*
- Salt Water Workshop, *Buxton*

### Members-Only Exclusive

New York's Adirondacks are a scenic place to paddle. Now, NFCT members have access to two private-landowner destinations they can paddle to in the Saranac Region. For details and how to reserve, login to NFCT's **Member Center**.

**Private Adirondack Cabin:** Paddle to a charming, recently renovated rental on a private island along the NFCT near the Village of Saranac Lake. (NFCT Map 2, Long Lake to Saranac River)

**Private campsite on Saranac River:** The newly built Cemetery Watch Campsite is free but by reservation only, from Mother's Day to Columbus Day. (NFCT Map 3, Saranac River to Lake Champlain)

## Pay Your Dues *and* Give a Gift Membership

**DID YOU KNOW THAT 31% OF CURRENT MEMBERS FIRST HEARD ABOUT THE NFCT THROUGH A FRIEND?**

Join a pal today and they too will be entered into a drawing to win a FREE trip to Patagonia (see reverse side for details).

### Your Membership

Please check one: ☐ \$35 Member ☐ \$50 Household ☐ Already Renewed

YOUR NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

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

### Gift Membership

Friend's Dues: ☐ \$35 Member ☐ \$50 Household

FRIEND'S NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

Send a complimentary gift? ☐ NFCT Map # \_\_\_\_ with \$35 ☐ NFCT Water Bottle with \$50

**Total Payment: \$ \_\_\_\_\_** Make checks payable to: **Northern Forest Canoe Trail.** Donations are tax deductible.

# Supporter News



## Happy 100th Anniversary L.L. Bean!

When you celebrate a century, you must be doing something right! L.L. Bean has been a major donor and NFCT business partner for many years. Their annual funding support allows us to continue to do the work of making the Trail a world-class destination. Our congrats to L.L. Bean for providing quality, time-tested gear that allows you to have a great time in the outdoors and on the Northern Forest Canoe Trail.

**L.L.Bean**



## Old Town Supports Canoe for the Kids 2012

Old Town Canoe donated a Penobscot 17 RX used by Ben and Liam Malakoff's 350-mile expedition fundraiser last summer in Maine. Old Town's generosity is an example of their commitment to NFCT since our founding in 2000. The canoe is available for future NFCT fundraising trips!

Contact us if interested.



## Youth Program Gets Support

We thank the following donors who provided funding for our Northern Forest Explorers Program:

- American Rivers
- Colden Canoe Company
- Eastern Mountain Sports
- Infant Jesus of Prague, Inc.
- Mountainman Outdoor Supply Company
- SmartWool
- Team Malakoff
- The North Face Explore Fund

## Film Fest Success Thanks to Partners



This year we partnered with Rapid Media's Reel Paddling Film Festival World Tour 2012 to provide 6 showings throughout the Northeast of the world's best paddling films.

More than 650 people attended these NFCT-signature events, and significant appreciation goes to our location partners who provide key fundraising, marketing and logistical support.

Our thanks to Adirondack Lakes & Trails Outfitters, Charles River Canoe & Kayak, Collinsville Canoe & Kayak, Maine Island Trail Association, Raquette River Outfitters and The Wild Center.



# Thanks to Our Business Partners & Corporate Supporters

### BUSINESS PARTNERS

Class V: \$1,000+

**L.L.Bean**

Class IV: \$500-\$999

Outdoor Sports Center

Class III: \$250-\$499



Member: \$100-\$249

Adirondack Lakes & Trails Outfitters  
Allagash Guide Service  
Attean Lake Lodge  
Canoe & Co.  
Collinsville Canoe & Kayak  
Cry of the Loon  
Outdoor Adventures

Ecopelagicon Nature Store  
Frisky Otter Tours  
Gord's Corner Store  
Kittery Trading Post  
L.L. Cote  
Mac's Canoe Livery  
Northern Door Inn  
Outdoor Leader  
Trainers of America

Rangeley Region Lake Cruises & Loon's Nest  
Raquette River Outfitters LLC  
St. Regis Canoe Outfitters  
The Jersey Paddler  
The Last Resort Cabins & Campground  
Tickner's Moose River Canoe Trips  
White Wolf Inn

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

### CORPORATE SUPPORTERS

Champion: \$10,000+



Patron: \$2,500-\$4,999

**Kōkakat**

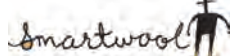
**We-no-nah**

**OutdoorRetailer**



**patagonia**

Supporter: \$1,000-\$2,499



Member: \$500-\$999



Member: \$250-\$499





P.O. Box 565  
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**Pay your 2012 dues by Dec. 31, 2012!**

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

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**Nearing Our Goal for 2012**  
We were named "Best East Coast Adventure" in 2012 by Outside Magazine. Your support made it happen!

Your end-of-year gift today to NFCT's Mission Fund can help us reach our goal of \$100,000. Donate by December 31, 2012. Give a gift of \$100 or more and receive NFCT notecards by photographer Stephen Gorman. **Donations can be made by phone, mail or online.**

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

**8th Annual Online Auction**  
The Northern Forest Canoe Trails  
[www.BiddingForGood.com/theCanoeTrailAuction](http://www.BiddingForGood.com/theCanoeTrailAuction)

**November 1 - December 5, 2012**

Bid on more than 450 items such as boats, paddle gear, clothing, dry bags and more. *Experience the Region* features trailside deals to make your next trip more memorable! Item donations always welcome.

Proceeds benefit NFCT programs.

**Sponsored By:**

**Happening Now**