



2014 Spring-Summer Newsletter

CURRENTS & COMMUNITIES



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

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



Welcome Karrie, Farewell Kate!



The Northern Forest Canoe Trail announces Karrie Thomas as executive director. Karrie takes the helm from Kate Williams who served the nonprofit for 10 years.

A native of New Hampshire, Karrie graduated from Colorado College, and

spent the last 15 years in California and Washington. Most recently, she worked for the Placer Land Trust managing communications, community relations, and fundraising, including running a \$10 million capital campaign.

In previous positions, Karrie performed daily operations for an alliance focused on sustainable agriculture, was an independent development consultant for farm-to-school projects, and did hands-on coordination for community-supported agriculture.

Karrie is a whitewater kayaker who, before managing teams in the nonprofit

sector, co-led private expeditions on rivers in Chile, India, Mexico, Nepal, Peru, and throughout North America.

Karrie's background in community connections, nonprofit fundraising and management, and paddling make her an excellent fit for the Northern Forest Canoe Trail!

Board President Warren Cook states, "The Northern Forest Canoe Trail has developed into a strong, internationally-recognized water trail. We are proud of what we have built and look forward to expanding our impact under Karrie's leadership. We will be forever grateful for the leadership and hard work that Kate Williams provided during her tenure."

NFCT is indebted to Kate for wholeheartedly raising awareness for the water trail and the Northern Forest region. Her accomplishments include publishing a 13-map series and guidebook; developing a Stewardship Program sought after for trail building advice; launching Northern Forest Explorers which connects trailside youth to their backyard waterways; and making NFCT a principal player in multiple collaborations in the Northeast.

Members and paddlers will miss Kate's charm, her presence at events, and her personal notes. Her exuberance for the Trail—whether before a film festival audience, on a paddling trip, or giving advice by email or phone—has inspired many people of all ages to connect with the Northern Forest Canoe Trail.

We wish Kate well as Director of Partnerships and New England Network for 1% for the Planet.

The Northern Forest Canoe Trail is privileged to have had Kate's leadership to set its foundation. We are energized and ready to have Karrie steer us through the next set of rapids!



Win a Rafting Trip on Maine's Rapid River

Join or renew your membership and be entered into a raffle for a Float Plane Ride and Rafting Trip for Two with ELC Outdoors. [See inside for details!](#)



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Sandy Tarburton, *Membership &
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Northern Forest Canoe Trail

P.O. Box 565, Waitsfield, VT 05673

Phone: 802.496.2285 Fax: 802.329.2239

info@NorthernForestCanoeTrail.org
www.NorthernForestCanoeTrail.org

From the Executive Director



Dear Members, Supporters, and Friends,



Where do you make your favorite memories? All of my best memories have been outside and, since I started paddling in college, many of them have been on the water which set the backdrop and triggered emotional ties to many awe-inspiring, life-affirming, and just plain happy moments for me.

I remember the thrilling view looking up from some of the deepest canyons in the world on back-to-back Colca Canyon and Cotahuasi River expeditions in Peru.

I remember the weekend in Maine when my husband kidnapped me for a sea kayaking trip and proposed on a tiny island beach in the middle of Eggemoggin Reach.

I remember a canoe trip in Vermont last summer across Molly's Pond with my four year old son where we spied a nesting loon, watched a kingfisher working the shore for a meal, and had a beautiful afternoon picnicking and swimming.

Today, the Northern Forest Canoe Trail fills me with inspiration for future adventures! I can't wait to meet you—the people who have helped create this treasure—and those that sustain the Trail to be the best place to make memories.

As I join the next leg of the NFCT journey, I want to hear from you! Please share your story about why you love the Trail and why you are part of this community. Mail a note or email me at karrie@northernforestcanoetrail.org.

If you have a chance, tell me your story in person by joining me at one of our upcoming Reel Paddling Film Festivals! (See page 8.)

Sincerely,

Karrie Thomas, Executive Director

Welcome to New Board Members



Ben Malakoff (Washington, DC) is a Communications Associate at Reingold, a communications and marketing firm. He is also completing a Masters at Georgetown University focused on social impact communications. In 2009, Ben was a Program Intern at the NFCT office, and in 2012, he and his brother paddled

the Maine section of the Trail, raising \$7,500 for NFCT's Youth Program.

Betsy Paine (Andover, NH) is an attorney working with the New Hampshire Circuit Court as a Domestic Violence Specialist. She recently chaired the board of New Futures, a New Hampshire nonprofit that focuses on the prevention of drug and alcohol abuse. A New Hampshire native, she has a strong commitment to the North Country and an interest in rural economic issues.

Marc Sherman (Burlington, VT) owns and operates Outdoor Gear Exchange and gearx.com, an outdoor recreation apparel and gear store. Marc is an avid paddler, outdoor enthusiast, and adventure traveler.



Lennox Foundation Gives Major Gift

The Northern Forest Canoe Trail is grateful for a \$100,000 grant from the Lennox Foundation. Funds will be used to support trail stewardship and youth programming. This substantial funding will help enhance the waterway and benefit paddlers of all ages.

**Thank You
Lennox Foundation!**



Thank You 2013 Donors

Our sincere gratitude goes to our donors who give generously in support of our mission and programs. We value and appreciate your donations!



INDIVIDUALS

\$25,000+

Warren & Brammie Cook

\$10,000–\$24,999

Stuart A. Fraser
John & Deanna Sammon
Jeffrey Sellon & Marilyn Burns

\$5,000–\$9,999

Pete Colhoun
Bo Norris

\$1,000–\$4,999

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Kay Henry & Rob Center
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Susan Sweeney Smith
Sandy Tarburton
Erik Townsend
Alfred Tyler
Allison Waring
Albert Weber
David Wilkie
Kate Williams
Patrick Wood

IN HONOR

Michael Bosworth in honor of Sean Bosworth
Elma Grimes in honor of Ian Smith
Charlotte Stetson in honor of Kate Williams

IN MEMORY

Carol S. Crichley in memory of Walter (Bud) Daub

MATCHING GIFTS

Goodrich Foundation
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Wyman Family Fund of the New Hampshire Charitable Foundation

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Wenonah Canoe
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Allagash Canoe Trips
Camping Carrefour Des Campeurs
Canoe & Co.
Cochran's Cabins
Jackson's Lodge
Kittery Trading Post
Marlboro College
Outdoor Program
Mountainman Outdoor Supply Company
Outdoor Sports Center
Placid Waters Kayaking
St. Williams on Long Point
The Jersey Paddler

Class IV

Collinsville Canoe & Kayak
Gord's Corner Store
L.L. Cote
Northern Door Inn
St. Regis Canoe Outfitters
The Last Resort Cabins & Campground

Class III

150 Main Street Lodging on the Androscoggin
Allagash Guide Service
Attean Lake Lodge
Bert's Boats
Blueberry Hill Inn & Café
Cedar Pond Campground
Charles River Canoe & Kayak
Clyde River Recreation
Cry of the Loon
Outdoor Adventures

Donnelly's Sunset Point
Ecopelagicon
Frisky Otter Tours
Hudson River Recreation
Hulbert Outdoor Center
Indian Hill Motel
Lakeside Camping
Little Gnesta
Mac's Canoe Livery
Montgomery Adventures
North Woods Rafting
Northeast Guide Service
Northern Comfort Motel
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Outdoor ESCAPES New Hampshire
Pelletier's Campground
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Raquette Lake Navigation Co.
Raquette River Outfitters
SaVoir Flare
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Tickner's Moose River Paddling Trails
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Tranquility Lodge
Vert Le Mont B&B
White Wolf Inn

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Butler Conservation Fund
Davis Conservation Foundation
Elmina B. Sewall Foundation
Lennox Foundation
Maine Community Foundation
Neil & Louise Tillotson Fund of the New Hampshire Charitable Trust
New Hampshire Charitable Foundation
Outdoor Foundation
Quimby Family Foundation
REI
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USDA Rural Business Enterprise Grant Program - NH
US Department of Justice
Vermont Community Foundation
Vermont Department of Forests, Parks & Recreation
Vermont River Conservancy

*Includes matching gifts



Stewardship Along the Trail



Volunteer Opportunities—Join Us!

We have many projects planned for this summer and welcome your involvement. Come paddle in scenic locations and help us maintain access, campsites, and carries. No experience required. For more information about trail projects, visit **Get Involved** at www.northernforestcanoetrail.org.



Waterway Work Trips

Spend a weekend doing gratifying trail work. Camping is arranged near work sites and time for paddling always built-in. Cost: \$60 member/\$75 non-member (covers meals). Register online or call (802) 496-2285.

- ▶ **July 4–6**, Missisquoi National Wildlife Refuge, VT
 - Build an aquatic invasive boat wash station, make improvements to a

campsite in Highgate, and help the refuge conduct user surveys.

- ▶ **July 11–13**, Upper Ammonoosuc River, NH
 - Upgrade camping and access by improving tread work, constructing a picnic table and log ladder, and installing a bin privy.
- ▶ **July 25–27**, Rangeley Lakes Regional Logging Museum, ME - Phase 1
 - Begin construction of a lean-to along the Gull Pond Stream Portage Trail. (And enjoy the annual logging festival and parade!)
- ▶ **Aug. 1–3**, Rangeley Lakes Regional Logging Museum, ME - Phase 2
 - Continue construction of a lean-to along the Gull Pond Stream Portage Trail.
- ▶ **Aug. 8–10**, Raquette River, NY
 - Install a timber-cribbed retaining wall to stabilize a bank at the Palmer Brook lean-to.

Trail Map Updates

Each season we add campsites and refine portage trails, but there is a delay in getting these changes printed on our maps. To compensate, we publish all map updates on our website under **Plan a Trip/Trail Updates**. NFCT recommends using a permanent marker to make updates directly on your map. You can also find the most recently revised maps for sale on our website.



Trail maintainer John Schweizer and helpers Ryan and Rosie Gladstone improve Vermont's Nulhegan River.

Adopt-A-Segment

We are looking for volunteers to care for sections of the NFCT. Adopters visit twice per paddling season and do general upkeep. Available segments:

Québec

- Lake Memphremagog: Perkins Landing to US/Canadian Border (NFCT Map 5).

Vermont

- Lake Memphremagog: US/Canadian Border to Newport (NFCT Map 6).



Interns paddling to Eagle Point Campsite on Lake Memphremagog. A beautiful commute in need of an adopter!

State-by-State Trail Projects

NEW YORK

- ▶ Developing warning signs for Permanent Rapids and Separator Rapids.
- ▶ Installing a kiosk in the Town of Saranac.
- ▶ Installing a campsite in Plattsburgh on the Saranac River.
- ▶ Replacing faded kiosk panels on Plattsburgh kiosk.

VERMONT

- ▶ Improving access and infrastructure to all NFCT campsites on the Missisquoi River.
- ▶ Developing access at Old Stone Dam on the Nulhegan River.
- ▶ Replacing the privy at the Maine Central Railroad Trestle Campsite on the Connecticut River.

NEW HAMPSHIRE

- ▶ Developing access in the Town of Stark.
- ▶ Improving all NFCT campsites on the Upper Ammonoosuc River.

MAINE

- ▶ Developing and improving bypass portage at Demo Bridge on the Moose River.
- ▶ Improving privy at Spencer Rips on the Moose River.



Hot On the Trail

Trail Maintainer Jamborees this May



Trail maintainers gather each spring to hone trail building skills and enjoy the destination's scenery.

NFCT Jamborees celebrate and educate our trail volunteers at the start of each paddling season. Each weekend focuses on trail maintenance training, and includes a group paddling trip, recognition ceremony, and eating good food.

This year's jamborees will be in Milan, NH on May 3-4, and in Saranac Lake, NY May 17-18.

If you are interested in becoming an NFCT Trail Maintainer, contact Trail Director Walter Opuszynski at walter@northernforestcanoetrail.org or (802) 496-2285 ext. 2.

Spectacle Pond Added to NFCT

Thanks to Lakeside Camping and the Vermont Department of Forest, Parks and Recreation, last summer we shaved off 1.5 miles of carry between Island Pond and the Nulhegan River in Vermont. Visit our website for details.

Clean-Drain-Dry: Don't Take Aquatic Invasives with You!

Help keep our rivers and lakes healthy and, in many cases, aquatic invasive-free by cleaning, draining, and drying your watercraft and accessories after every trip, and particularly when transitioning between water bodies during the same trip.

In 2014, NFCT continues its diligence to prevent the spread of aquatic invasive species by installing boat wash stations in strategic locations, educating paddlers, and participating in early detection efforts in our region.

Watch our how-to video *Clean Drain Dry for Paddlers* at www.northernforestcanoetrail.org or on YouTube. Share with friends and family, and make Clean-Drain-Dry a part of your watersports routine.



Regional Field Coordinator Noah Pollock sits atop an improved high water take-out at Permanent Rapids on the Saranac River.

Paddle Through History on the NFCT September 14-20, 2014

The Northern Forest Canoe Trail and Adirondack Exposure offer a classic, multi-day Adirondack paddling trip this year. This professionally guided tour will be based in Old Forge, NY with day trips on the Fulton Chain of Lakes and Raquette Lake. After paddling each day, participants will return to the Water's Edge Inn (comfortable bed and hot shower) for evening presentations and discussions about the history of the Trail and region.



Visit **Plan A Trip/NFCT Endorsed Trips** for a trip itinerary. For more information and to sign up, contact scott@adirondackexposure.com or call (315) 335-1681.



NFCT member Bernie Levy and friends at the Water's Edge Inn dock on a multi-day paddling trip last summer.

\$400+ Value



Win a Rafting Trip for Two in Maine

A guided rafting trip on Maine's Rapid River provides an exhilarating way to experience the Northern Forest Canoe Trail! Join or renew your membership anytime in 2014 and you will automatically be entered into our drawing for this FREE rafting trip.

Visit www.NorthernForestCanoeTrail.org for more details. Pay dues online or use the reverse side to mail-in your payment.

Trip for two includes:

- Float plane rides between Rangeley, ME and put-in and take-out
- Guided all-day rafting trip
- Riverside lunch

This trip is to be taken during the summer of 2015. Drawing and notification to winner will take place in January 2015.



Trail Connections

Register for Northern Forest Explorers

Ten paddling trips this summer will connect kids living in rural communities to the Northern Forest Canoe Trail and to the natural beauty of where they live. Participants spend five days camping and canoeing or kayaking, led by an NFCT Youth Program intern and an experienced local guide.

Kids learn leadership skills and about environmental and ecological relationships. Water quality samples provide an initiation into pH balance and aquatic microorganisms. Outdoor skills instruction, wildlife sightings, and kid-friendly outdoor games connect them with pride to the outdoor world and offer a healthy alternative for summer break.

Trip space is limited. Cost is based on a sliding scale. Ages: 10–14 years old. To register, contact Youth Program Director Roger Poor at (802) 496-2285 ext. 5 or roger@northernforestcanoetrail.org. For more information about the program, visit www.northernforestexplorers.org.

New York

- Old Forge & Long Lake, June 30–July 4
- Tupper Lake & Saranac Lake, July 7–11

Vermont

- West Charleston & Island Pond (Clyde River), July 7–11
- Newport (Clyde River Watershed), July 28–Aug. 1
- Richford & Enosburg (Missisquoi River), Aug. 4–8

New Hampshire

- Errol, Berlin & Dummer (Androscoggin/Umbagog), June 23–27
- Colebrook & Groveton (Connecticut River), July 21–25

Maine

- Fort Kent & Allagash (Allagash River), July 21–25
- Eustis & Stratton (Flagstaff Lake), July 28–Aug. 1
- Rockwood & Greenville (West Branch Penobscot), Aug. 4–8

Sign-Up for a Paddling Trip: Adults Welcome!

This summer we are pleased to offer four guided day trips on the Northern Forest Canoe Trail. Trips will be easy—good for novice paddlers—with durations of 4 to 6 hours on the water. An NFCT summer intern will accompany each trip.

Call contacts directly to reserve your spot, get trip details, and request gear needs. Specific site locations may vary according to wind and weather. Space is limited. Sign-up and have fun!

June 28, Androscoggin River, NH

Free. Bring your own canoe/kayak and paddling gear, or call for local



A happy ending after a 5-day trip last summer on New York's Tupper and Saranac lakes.

rental options. **Contact:** Jim Cochrane, (603) 733-7721.

July 12, Saranac River, NY

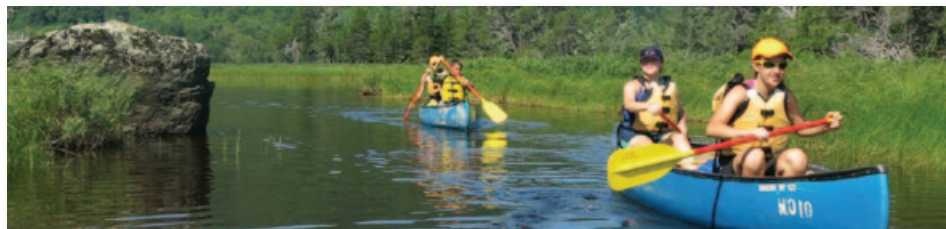
Cost: \$65 (\$10 will be donated to NFCT). Boat and paddling gear included in fee; price negotiable if you bring your own. **Contact:** Adirondack Lakes & Trails Outfitters, (800) 491-0414. www.adirondackoutfitters.com

July 12, Missisquoi River, VT

Free. Bring your own canoe/kayak and paddling gear, or call for local rental options. **Contact:** Russ Ford, (802) 777-9664.

August 12, Rangeley Lakes Area, ME

Cost: \$65 (\$10 will be donated to NFCT). Boat and paddling gear included in fee; price negotiable if you bring your own. **Contact:** Ecopelagicon, (207) 864-2771. www.ecopelagicon.com



These Northern Forest Explorers could tell you that this stream flows into Maine's Lobster Lake, so called because of its lobster claw appearance from the sky.

Pay Your Dues *and* Give a Gift Membership

Renew your membership by APRIL 30 and be entered into a drawing for a Half Gallon of Maple Syrup!

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.*

SEND TO: Northern Forest Canoe Trail, PO Box 565, Waitsfield, VT 05673



Supporter News

Ibex Produces NFCT Film



ibex
OUTDOOR CLOTHING

Thanks to Ibex Outdoor Clothing, maker of quality wool clothing, we have a promotional video that tells the story of the Trail and our work. Videographer Evan Kay joined an NFCT board retreat on the West Branch of the Penobscot River and used his talents to create an inspiring film. Watch the video at www.northernforestcanoetrail.org.

EORA Supports Youth Program



The Eastern Outdoor Reps Association, a not-for-profit that services sales representatives of outdoor human-powered gear, donated \$500 to our Northern Forest Explorers Program. The grant will provide financial aid to young participants this summer. Thanks EORA!

Shaw & Tenney Craft NFCT Paddle

Since 1858, Maine-based Shaw & Tenney has produced traditionally handcrafted wooden paddles and oars. This year they are creating a special NFCT paddle. Made from curly maple, a version of their best-selling Penobscot paddle will display the signature colors of NFCT's trail marker. Add one to your collection for paddling trips or as a piece of art. To order, visit www.shawandtenney.com.



SHAW & TENNEY
ORONO, MAINE



Last summer, NFCT interns created a stone staircase at the Enosburg Falls River Access Park which is newly conserved thanks to the Village of Enosburg Falls and the Vermont River Conservancy.

ACA & L.L. Bean Support Trails

Thanks to funds provided by L.L. Bean, we received an \$800 grant from the American Canoe Association's Club Fostered Stewardship Program. The funds will support trail work on Vermont's Missisquoi River this summer. Thanks ACA and L.L. Bean!



L.L.Bean

Thanks to Our Business Partners

Class V



Class IV



Class III



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Collinsville Canoe & Kayak
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Ecopelagion Nature Store
Frisky Otter Tours
Gord's Corner Store
L.L. Cote
Northern Door Inn
Rangeley Region Lake
Cruises & Kayaking
St. Regis Canoe Outfitters
The Last Resort Cabins
& Campground

Tickner's Moose River
Canoe Trips

Class I

150 Main Street Lodging
on the Androscoggin
Clyde River Recreation
Donnelly's Sunset Point
Hulbert Outdoor Center
Northeast Guide Service
Old Forge Hardware
Pelletier's Campground
Raquette Lake
Navigation Co.
SaVoir Flare
Town of Long Lake
Tranquillity Lodge

Trail Partner

Bert's Boats
Blueberry Hill Inn & Café
Canoe & Co.
Clyde River House
Clyde River Outfitters
Cochran's Cabins &
Kiawassa Lake B&B
Errol Motel
Flying Disc Café
Grey Gables Mansion
Bed & Breakfast
Hudson River Recreation
Kingdom Trails
Kittery Trading Post
Little Gnesta

Mac's Canoe Livery
Maine Huts & Trails
Maine Island Trail Association
Montgomery Adventures
Mount Washington Resort
Nansen Ski Club
Newport Natural
Market & Café
North Hero House
North Stratford Market
North Woods Rafting
Northern Comfort Motel
Northern Forest Heritage
Park
Rangeley Lakes Chamber
of Commerce

Raquette River Outfitters
Scampy's Country Store & Deli
Simon the Tanner
Skywoods Canoe Co.
St. William's on Long Point
Swanton Motel
Tea Birds Café & Restaurant
Ted's Market & Deli
The Abbey Restaurant
The Great Outdoors of
Vermont
The Jersey Paddler
Trailside Lodge
Vert Le Mont B&B
Village Deli & General Store
Yellow Deli

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(See page 4 for projects.)

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to your valuable support. Donate by May 31
our 740-mile route are maintained thanks
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April 2-18, 2014

3rd Annual NFCT Spring Freshet Auction
www.BiddingForGood.com/theCanoeTrailAuction



Thanks to our Film Fest partners:

Purchase tickets online at: www.NorthernForestCanoeTrail.org

Shows start at 7:00 pm unless otherwise noted.

May 1 University of Southern Maine, Portland, ME

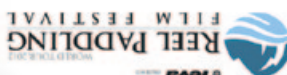
(7:30 pm start)

April 17 Outdoor Gear Exchange, Burlington, VT

April 16 Red River Theatres, Concord, NH

April 11 Lake Placid Center for the Arts, Lake Placid, NY

Rapid Media's Reel Paddling Film Festival World Tour 2014



The Northern Forest Canoe Trail Hosts:

Happening Now