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Newman Hill Trail Day

sponsored by
OLT and NEMBA



ORONO - June 30 was hot, but that didn't stop 10 people from the Orono Land Trust (OLT) and the New England Mountain Bike Association (NEMBA) from putting the finishing touches on a new trail at the Newman Hill Preserve. After weeks of scouting work, ambassadors from NEMBA and OLT agreed on a new route across the Hinds Conservation easement that is adjacent to the Preserve.

This was done as part of a larger effort to unify all the trails on Newman Hill, as well as unify the Newman Hill trails with those on the newly acquired Dorion Property, which also abuts the Preserve, and contains the other nimble peak- Bangor Hill. As part of a large mapping project of the two Hills, preexisting trails on the Preserve were newly recognized to cross sensitive

ground-nesting bird habitat. The OLT as part of its conservation mission needed to act accordingly by placing restrictions on some trails.

Many people realize that Newman Hill is a treasure in this region. For this far north, it has a unique diversified forest of hardwood and softwood. Ample red oak, white pine and maple are mixed in with cedar, spruce and hemlock. There is an abundance of birds and large mammals throughout the area. Anyone who has ever been there at dusk will understand this.

A small concerned coalition of people from OLT and NEMBA decided the best way to approach this trail dilemma was to have seasonal trail closures on two trails (see map) from May 1-July 31 to allow the birds to nest, raise and fledge their young without interference or threat from outside human intruders. And to make up for this potential loss of trails, a new trail was flagged and cut on the steep front face of Newman Hill. This solution unified almost everybody, as well as created a new challenge for the dedicated mountaineers and mountain bikers among us.

The June trail day was a success. Ten dedicated individuals poured sweat into getting the trail completely raked. Half of the party benched out new switchbacks over some of the steep ledge with the earth-moving hand tools NEMBA provided. The other half of the work party pounded nails after carrying rough milled cedar boards (the wood had been milled off the property) to a small stream crossing and mildly muddy area for a new bridge. No power tools or chain saws were used - a testament to the old ways some might say.

(Cont pg 2)

Tick Awareness

People and pets out on OLT trails can end up with some unwelcome guests on their skin. Ticks attach as we walk through grass and brush. The incidence of Lyme Disease in this part of Maine is increasing.

Reduce your risk of taking ticks home by wearing long sleeves and long pants. Tuck your shirt in, and pull your socks up over the pants legs. DEET can help deter ticks as well as mosquitoes. Products with up to 30% DEET are recommended for adults and children.

If you do find ticks, be aware that most tick bites don't cause any problems. However, people spending time outdoors do need to be vigilant. Ticks removed within 24 hours of attachment have a low risk of any disease transmission.

Therefore, the most important steps are daily tick checks and quick removal of any ticks. The ticks can be very small and people sometimes mistake them for freckles or scabs. Tweezers should be placed as far forward on the tick as possible and pulled back with a slow steady pressure. If part of the tick's head remains embedded it does not need to be removed. Clean the area with soap and water and apply antiseptic.

Infected deer ticks embedded for more than 36 hours, and engorged, need greater attention. These conditions could potentially transmit Lyme disease. Your health care provider might want to treat you preventatively. Children less than 8 are not treated in this way due to the potential side effects of the antibiotic used.

Anyone who experiences symptoms that might indicate Lyme should contact a health care provider promptly for evaluation. Symptoms could include unusual painless rash around the site of the bite a few days to weeks later, headache, fatigue, muscle aches, and joint—especially knee—pain. Symptoms could occur from a few days to a month or more after a bite. Seek medical care if you have these symptoms, even if you do not remember any tick bite.

The Maine state CDC has a helpful website on vector-borne diseases, with images of deer ticks in different stages of their life cycle, and lots of information about Lyme and other tick-borne diseases. <http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/lyme/lyme-faq.shtml>

(Newman Hill, continued from page 1) The stringers for the bridge were made from previously fallen cedar trees on the property and recycled cedar boards comprised the decking.

At the end of the day, the trail was walkable, hikable and rideable. The Newman Hill - Bangor Hill Preserve will continue to be an anchor in the larger Caribou Bog conservation area surrounding the hills. The area is slowly becoming a family and kid friendly, four season recreational area. Groomed ski trails in the winter, a flat abandoned rail road bed for families to use, and a network of narrow single track trails for hiking and biking - these are the Preserve's hallmark features to be enjoyed year round.

Kris Sornberger

Orono Festival Day

Thank you to all the people who stopped by the OLT booth on festival day. It truly was a festive day with sun shining and the wind manageable. So many people said they visited and enjoyed the trails. Many people volunteered to work on trail day. Young folks, like the one in the picture, built fairy houses.

photo and article by Gail White



Orono has New Signs!!

Residents of Orono were expressing their confusion as to how to find the numerous trails around our town. The Orono Land Trust (OLT) board voted to purchase hiking-biking signs and place them on preserves and street heads that lead to trails. OLT representatives talked with town representatives who quickly got on board with the idea. Research was done and signs were purchased. OLT used some of its stewardship funds for preserve trail signs and the town used their funds for signs on town spaces and streets. OLT stewards placed signs on preserves, while the town placed the signs on street posts. It was great team work and the new signs look wonderful. Citizens and visitors are now making their way to our trails.

article and photo by Gail White



The photo of Pat and Dave Thompson, who were overseeing the project, was taken by Michael Opitz

Piney Knoll Conservation Area Trail

The project to improve the center trail at PKCA, which has seen countless delays, was completed in August by Thornton Construction. Seventeen loads of rocks were required to fill the three water holes. Twelve loads of gravel were spread over the rocks to make a nice smooth dry trail.

Dave Thompson



Newman Hill - Bangor Hill

Trails Map

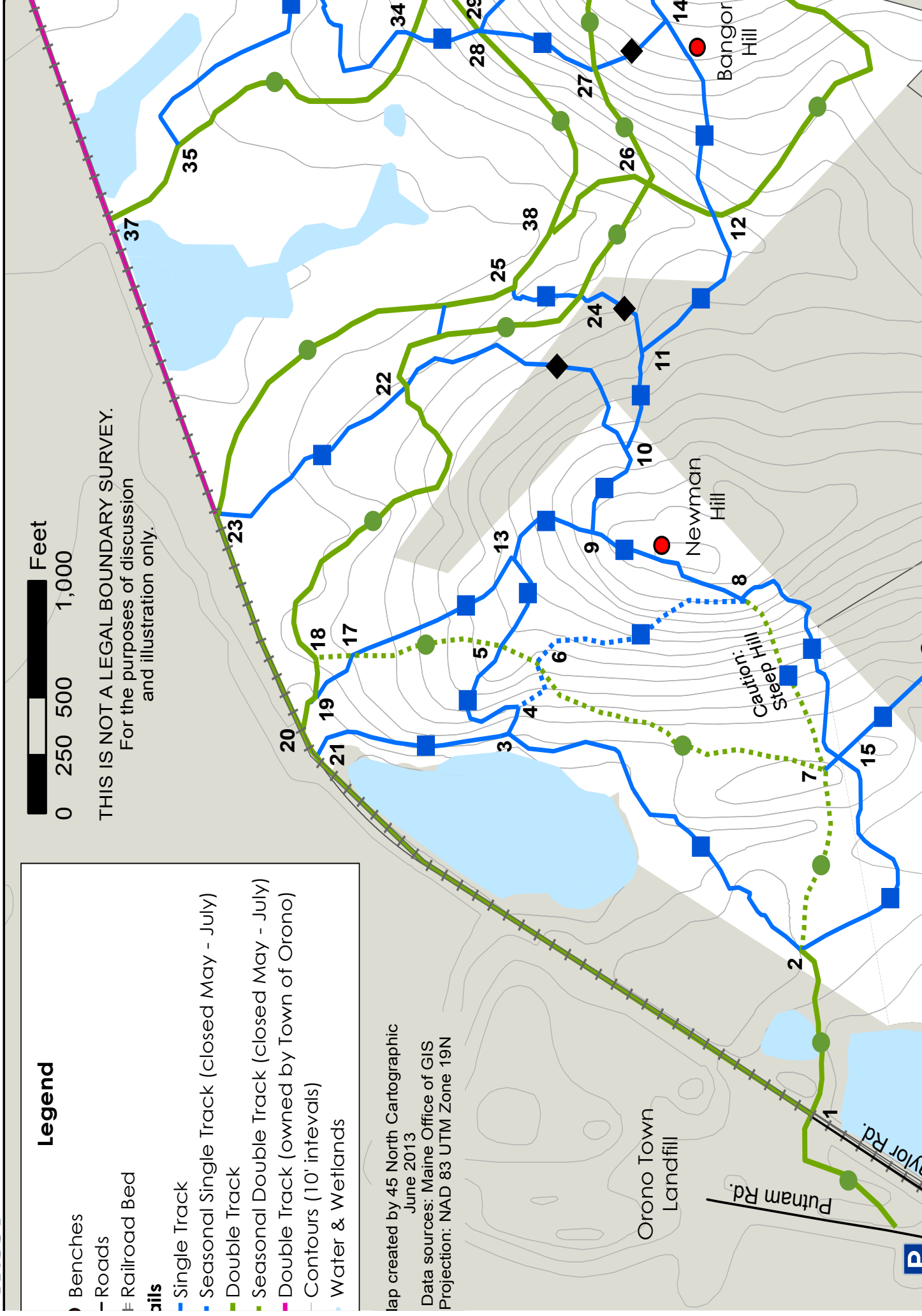
Legend

- Benchmarks
- Roads
- Railroad Bed
- Trails
 - Single Track
 - Seasonal Single Track (closed May - July)
 - Double Track
 - Seasonal Double Track (closed May - July)
 - Double Track (owned by Town of Orono)
- Contours (10' intervals)
- Water & Wetlands



THIS IS NOT A LEGAL BOUNDARY SURVEY.
For the purposes of discussion
and illustration only.

Map created by 45 North Cartographic
June 2013
Data sources: Maine Office of GIS
Projection: NAD 83 UTM Zone 19N





Fall Trail Day is coming!

Please save the morning of
Oct. 19th
to work with family, friends and
neighbors on our valuable trails.
More information will be provided via
email and the website.
Gail White, Trails Chair

Partridge Berry and Fall Leaves
picture by Jerry Longcore

Ski Trail Changes Behind Orono High School Enable Multi-Use Fun

Last year the Penobscot Valley Ski Club coach, Daniel Perkins, and assistants widened the outside loop of the Orono High School Cross Country/Ski trail to facilitate ski team practices and races. Both the OHS and the PVSC kids teams, as well as the general public, use these well-groomed trails for classic and skate skiing. Classic ski tracks make parallel tracks; skate skis make much wider, angular tracks. Last season signs were posted indicating some sections were to have One Way travel and/or were only for skiers. Many folks have loved the extra-wide surface and safety instructions; others have complained about the less natural appearance, lack of sign clarity and the directional limitations.

To make for improved multi-use fun while maintaining safety, this year the trails will have clearer signage. All skiers, walkers, and those who snowshoe can simultaneously enjoy the trails. The signs will show classic ski tracks and snowshoe tracks side by side with writing saying "Please Stay to Side of Tracks." We request that those who are walking, on snowshoes, skate skiing, (or who have 4 paws) please not walk on the classic tracks, thus keeping those parallel tracks smoothly grooved for ease of skiing. Skate ski tracks can tolerate the footprints of other types of

pedestrians. There will be some signs posted with words and pictures indicating that skiers are either to go one way or not enter while all others may enter and go either way. These signs are to maintain safety so that a less experienced skier is not at risk of getting walloped by another skier moving at full speed when they meet on a hill. Those who are not on skis may travel in either direction since they will be able to get out of harm's way. All signs will be removed at the end of the ski season.

Plans are in the works for small numerical signs posted at trail junctions to make it easier to know where you are. New more detailed maps are planned that will be available on site and on the web. In the future Daniel also hopes to erect a large map of the trails on a wooden sign. Stay tuned; we will inform you when this information becomes available. For now, we hope that the additional trail blazes, blue for the main loop and white for all the side trails, makes for easier use in all seasons.

Please feel free to offer feedback to Daniel at daniel.perkins@maine.edu and/or to the Orono Land Trust email address at OronoLandTrust@roadrunner.com and it will be passed along to me.

Enjoy the Woods!

Nancy Rampe, OLT steward for the OHS trails

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Calendar

October 2 and November 6, 2013 Monthly Board meeting

Please check for membership expiration date on your address label.

ORONO LAND TRUST MEMBERSHIP APPLICATION

Name: _____ Email: _____

Address: _____ Telephone _____

_____ \$10 Student Membership	_____ \$100-\$999 Supporting Membership*
_____ \$25 Individual Membership	_____ \$1000 Life Membership
_____ \$50 Family Membership	

*All but \$50 of your donation will go into a long-term fund for future land acquisitions and for stewardship of existing lands.

I'd like to make an additional \$ _____ donation to help protect green space in Orono.

Please send my newsletter by: _____ Email, _____ U.S. Postal Mail

I am interested in helping on one of the following committees:

- _____ **Finance** - formulates budgets, grant writing, fund-raising events.
- _____ **Lands** - The core committee, always on the lookout for new areas, monitors land-use changes.
- _____ **Stewardship and Trails** - Backbone of OLT, monitors properties, maintains trails for public use.
- _____ **Outreach** - Handles publicity, newsletter, brochures, website, events and programs of education and entertainment.
- _____ **Membership** - Encourages participation in OLT activities. collects dues, maintains database.
- _____ **Veazie Land Association** - Oversees Veazie Lands, easements, trails, etc.
- _____ **Caribou Bog** - Penjajawoc Corridor Project - Identifies properties in preservation area for acquisition or easements.
- _____ **Orono Bog Boardwalk** - Maintains Boardwalk, organizes programs, budget, fundraising.
- _____ I'd like to share these other interests and talents: