



2019

# Walks and Talks

## MAY

### SAT. MAY 11 BIRD WALK ★

8:00-10:00am 94 Pressey Village Road, Deer Isle

Join Bonnie Bochan for a morning walk on her bird-friendly landscaped property to welcome our returning Neotropical migrants. Orchard and Baltimore Orioles, Scarlet Tanagers and Rose-breasted Grosbeaks are regular spring migrants. 23 species of warblers observed on the property including spectacular Golden-winged Warbler.

### FRI. MAY 17-SUN. MAY 19 WINGS, WAVES & WOODS FESTIVAL

Come and enjoy various walks, trips, speakers and art on this much anticipated annual bird festival. Details, schedule and registration information can be found at [www.islandheritagetrust.org](http://www.islandheritagetrust.org).

### WED. MAY 29 TEN ESSENTIALS FOR SAFE HIKING

5:00pm IHT Barn Rain Date June 7

Bert Yankielun, research engineer, explorer, and igloo builder, will discuss, present and demonstrate the ten commonly available, essential items that every responsible hiker should carry for safety and convenience.

## JUNE

### THURS. JUNE 6 OYSTER AQUACULTURE ★

1:00pm Mariners Park

Learn about oyster aquaculture from Long Cove Sea Farm owner, Abby Barrows. See how oysters are cultivated and what about their biology makes them important for a healthy marine environment.

### SAT. JUNE 8 BIRD WALK WITH PAUL ★

7:30am-9:00am Scott's Landing Preserve

Join Paul Miller, IHT's Executive Director, for this regular monthly bird walk at Scott's Landing Preserve. All levels and ages of birders welcome. If you need a pair of binoculars, the Trust has some to lend, just let us know ahead of time.

### SAT. JUNE 15 ORIENTEERING FOR KIDS AND FAMILY ★

10:00am-1:00pm Mariners Memorial Park

Rain Date June 16

Join Bert Yankielun on a family fun adventure to learn map and compass navigation. Basic land navigation skills will be taught and then applied as you take a short route through the meadows of Mariners Memorial Park. No prior knowledge or skills required. If you have a compass, bring it along with your curiosity and enthusiasm. Some compasses available. Everyone welcome!

## ISLAND HERITAGE TRUST'S FAMILY AND CHILDREN'S TRACK

JULY AND AUGUST:

10:00am TUESDAYS AND SATURDAYS

**KIDS IN NATURE** field trips are designed specifically for children and accompanying adult(s) to explore IHT preserves and other Island locations with the help of IHT's Environmental Educator. Participants will sharpen their observations and naturalist skills while enjoying time in the outdoors. Come prepared to hike, get dirty and, maybe, wet. And don't forget your Passport to the Preserves, so you can collect more stamps! Unless otherwise noted, designed for children K-3rd grade; rain or shine. \$5:00 Suggested Donation.

★ Indicates programs that are also very kid friendly

### TUES. JUNE 18 MEDICINAL PLANT WALK

9:00-10:30am Scott's Landing Preserve

Come for a walk with local herbalist Brigid Doherty at Scott's Landing, and learn how plants are used to nourish health and heal common ailments. Brigid will explain how to identify, ethically harvest, and prepare medicinal plants. Different plants will be addressed every month, as they reach prime harvest time. Dandelion, plantain, yarrow, hawthorn, rose, valerian and hypericum are among the many plants that will be discovered through the season. All ages welcome. For more information: 348-2455. We will walk rain or shine.

### TUES. JUNE 18 PUFFIN & PELAGIC BOAT TRIP

1:00-6:00pm Depart Old Quarry Ocean Adventures

Enjoy a trip through the archipelago to remote Seal Island National Wildlife Refuge, a nesting site for thousands of pelagics: Atlantic Puffins, Arctic & Common Terns, Razorbills and Murres. We may also spot Gannets, Wilson's Storm Petrels, Shearwaters, seals, dolphins, and possibly whales en route. No landing, but ample opportunity for viewing and photographing. \$75 mem./\$85 non-mem. Reservations & prepayment required: 348-2455.

### THURS. JUNE 20 IF A STONE COULD TALK: POETRY WRITING WORKSHOP WITH ANN VAN BUREN

9:00am-12 noon Settlement Quarry Preserve

Rain Date June 21

Learn where nature meets history at Settlement Quarry and its trails. Be inspired by poems about the grandeur of American cities, many of which were built from Deer Isle stone. Delve into poems about pristine nature and the human touch. Use a variety of writing prompts to create your own poetry. Share your work with fellow writers. Everyone welcome to this collaborative, supportive experience. Meet at trail-head kiosk at 9AM sharp. Bring water, sturdy shoes, sunscreen, a notebook and pen. Workshop limit: 10. Donations welcome in support of IHT.

### SUN. JUNE 23 ISLAND CLEAN UP SEA KAYAKING TRIP

Join us for a full-day, sea kayak trip to IHT's Wreck and Round Islands. Walk the shore of both islands collecting litter. This free, guided trip will include boats and other paddling gear. No paddling experience necessary; we're happy to instruct as time permits. Plan to paddle for 8-10 miles; walk up to 2 miles. Want to clean up, but not paddle? A small motor boat will ferry up to 6 people. Space limited; please sign-up early: 348-2455.

### SAT. JUNE 29 TREE IDENTIFICATION

1:00PM MARINERS PARK RAIN DATE JUNE 30

Join Val Libby, retired professor of landscape history and horticulture at Temple University, and active Blue Hill volunteer, for a program on tree identification.



## JULY

### MON. JULY 1 YOUR INNER SONGBIRD: HIKE AND WRITE

9:00am-12 noon Scott's Landing Preserve Rain Date July 2

Join Poetic Medicine Practitioner, Tara Broderick for this half-day hike and writing workshop on the coastal trail at Scott's Landing. We will stop on the rocks to read and write poems inspired by the natural beauty around us. When combined with our own words, nature can often offer insight into our lives. Don't forget water, a hat and sunscreen along with your notebook for writing. No experience with poem-making is necessary.

### TUES. JULY 2 KIDS IN NATURE: TERRIFIC TREES AND SUPER SHRUBS

10:00am Shore Acres Preserve

Let's play leaf Bingo. Maples, oak and birch will just be the beginning. Which insects like which plants? Are there animal signs close by? There are discoveries to be made. Come join the fun!

### TUES. JULY 9 KIDS IN NATURE: LOW TIDE WONDER

10:00am Causeway Beach

Come explore the shore where the sea's treasures are revealed. Snails, clams and crabs may be hidden under mud or seaweed, until they are spotted by YOU! Discover what lives at the edge of the sea.

### WED. JULY 10 OLD MAPS: WAYS TO VISUALIZE, NAVIGATE, AND DOCUMENT YOUR COMMUNITY

4:30-5:30pm IHT Heritage House Barn

Join Bert Yankielun, research engineer, artist, and igloo builder, for a non-technical, slide-talk intended for those curious about the intersection of history, topography, cultural land use evolution, and general outdoor activities using maps. Bert will discuss free online, historical, digital maps: Google Earth, Global Positioning System (GPS) mapping, and Geographic Information Systems (GIS). Apply these resources to metal-detecting of historical artifacts. Ground Penetrating Radar (GPR) for locating grave sites also will be briefly described.

### THURS. JULY 11 ISLAND HERITAGE TRUST ANNUAL MEETING

5:00-7:00pm St. Brendan's Church

Members and Visitors Welcome! Wine and appetizers followed by business meeting. Guest speaker TBA.

### FRI. JULY 12 GEOLOGY WALK

9:30am Pine Hill Preserve

Enjoy a walk at Pine Hill on Little Deer Isle, with Roger Hooke, University of Maine geologist, and Paul Miller, IHT's Executive Director. Roger will unravel the geology of this site, while Paul will focus on the biology. The site is of great significance, particularly to botanists. The bedrock is peridotite with veinlets of serpentine, a form of igneous rock, consisting primarily of the minerals olivine and pyroxene. It is relatively rare to see peridotite at the surface, since it comes from Earth's mantle, a depth of over 30 km. It is the rock's unusual composition that allows distinctive plant communities to grow, making Pine Hill a very special place.

### SAT. JULY 13 BIRD WALK WITH PAUL ★

7:30-9:00am Scott's Landing Preserve

Join Paul Miller, IHT's Executive Director, for this regular monthly bird walk at Scott's Landing. All levels and ages of birders welcome. If you need a pair of binoculars, the Trust has some to lend; just let us know ahead of time.

### SAT. JULY 13 WILDFLOWER IDENTIFICATION PART 1 ★

1:00pm IHT Heritage House Barn

Join Val Libby for a wildflower identification workshop in which participants will learn how to use Newcomb's Wildflower Guide (bring a copy if you have one) to identify wildflowers hands-on. Part 2 of this workshop will be held on Friday, August 9, at Scott's Landing.

### SAT. JULY 13 KIDS IN NATURE: FOREST FORTS

10:00am Lily Pond Park, Quacco Rd. entrance

Come play in the woods, building and making discoveries along the way. Simple forts will be constructed with sticks, leaves and other materials supplied by the natural world. Most important ingredient? Children's imaginations – where the possibilities are endless!

### TUES. JULY 16 MEDICINAL PLANT WALK

9:00-10:30am Scott's Landing Preserve

See June 18 for details.



### TUES. JULY 16 KIDS IN NATURE: SCAVENGER HUNT

10:00am Crockett Cove Preserve

Nature treasures will be discovered as we search the forested paths of Crockett Cove Woods. We will look under uprooted trees, down holes in the ground and under rocks for things hidden from immediate view. Join the fun!

### WED. JULY 17 SWAN'S ISLAND BOAT TRIP

11:00am departure/4:00pm return Old Quarry Adventures Rain Date: July 18

Swan's Island is a beautiful, remote island off Bass Harbor, MDI, only 50 minutes by boat from Stonington. Once we arrive on the island we will walk to Burnt Coat Harbor Lighthouse, built in the late 1800s. A tour of the lighthouse and keeper's house will be followed by a picnic at Hockamock Head, with its stunning views. There will be an opportunity to hike one of many trails. Dress in layers; it can be colder on return trip. An optional brown bag lunch created by one of the locals will be available at additional cost. Inquire at sign-up. Group limited to 19. Reservations required: 348-2455. Cost: \$65 per person.

### THURS. JULY 18 PAINTING WORKSHOP

9:30am-12 noon Scott's Landing Preserve

Rain Date Fri. July 19

Join Paul Trowbridge for an outdoor painting workshop at Scott's Landing. Minimum of 4 students, max 12. Students need to bring their own materials. Any medium acceptable. Demo will be provided. Contact the artist for materials list: 359-8369.

## TRAILBUILDERS

Join some of your friends and Island Heritage Trust's Stewardship Director for volunteer work parties at our preserves every

**TUESDAY MORNING 9:00AM-12:00PM.**

We improve trails, build bog bridging, paint blazes, put up signs, and do other down-and-dirty tasks. Much of the work this year will be at our newest preserve, Church Lands, near Lily Pond, but the party is mobile and may shift to other locations often.

The best way to know where to go and what to bring is to ask us to add you to the TrailBuilders email group list. You'll get an email each week announcing the location, or cancelling if the weather is bad.

We have some fun in the mornings and everyone sleeps well that night!



## SAT. JULY 20 TENNIS PRESERVE HISTORY WALK

9:30am-11:30am Tennis Preserve

Ann Hooke has been at the heart of Tennis Preserve stewardship for 20 years. You cannot walk here with anyone better informed about the natural history and human stories embedded in this 100-acre preserve. A rare opportunity to spend the morning with a gifted and enthusiastic teacher in her favorite element.

## MON. JULY 22 MOTH BREAKFAST

6:00-8:00am 135 Sellers Rock Run

Join Marnie and Ken Crowell to celebrate National Moth Week. The Crowells will provide donuts or muffins. Guests are invited to bring their breakfast drink. Location: Crowells' home adjacent to Barred Island Preserve, 135 Sellers Rock Run. Follow Goose Cove Rd. 1.5 mi. to Sellers Rock Run and go 0.6 mi. to end.

## TUES. JULY 23 KIDS IN NATURE: LOW TIDE

10:00am Tennis Preserve

Come explore the rocky coast! Seaweed, periwinkles and mussels. Where are they hiding? Clams, barnacles and limpets! What else is there? Who lives where and WHY?



## TUES. JULY 23 PUFFIN & PELAGIC BOAT TRIP

1:00-6:00pm Depart Old Quarry Ocean Adventures

See June 18 for details.

## TUES. JULY 23 ISLAND KAYAKING AND MEDICINAL PLANT WALK

8:00am-4:00pm Old Quarry Ocean Adventures  
Spend a day kayaking and island hopping off the coast of Stonington with herbalist Brigid Doherty. Explore the delicate island ecosystems. Learn how to identify and use medicinal plants. Discuss island plant conservation and ethical foraging practices. Guided kayak to Russ or Green Island, with opportunity to swim in quarry. Meet at Old Quarry Adventures at 8:00 am to be outfitted with a kayak and gear. Group limited to 12. Tandem kayaks, gear and guide provided by OQA. Please bring bag lunch, towel and bathing suit. Cost: \$180 per person.

## SAT. JULY 27 ORIENTEERING FOR KIDS AND FAMILY ★

10:00am-1:00pm Mariners Memorial Park

Rain Date Sun. July 28

See June 15 for details.

## SAT. JULY 27 ANNUAL SHORE DINNER & BENEFIT AUCTION

4:00-8:00pm

Call IHT for ticket information: 348-2455. Support land conservation on the Island!

## TUES. JULY 30 KIDS IN NATURE: MARVELOUS MAPS. LET'S GO!

10:00am Lisa Tolman Wotton Preserve

Mini maps, artist maps, and realistic maps. We find our way through IHT's newest preserve using existing maps as we venture up hills, over streams and around boulders. There are discoveries to be made and we will creatively document land features and trails into our individual maps.



## AUG.

### THURS. AUG. 1 UNDERSTANDING THE NIGHT SKY ★

9:00pm Mariners Park

Rain Date: Aug. 2, 3 or 4

Join navigator, historian and retired professor Davida Kellogg for an orientation to the night sky with special attention to stars and other bodies used in celestial navigation. All ages welcome. Bring a

flashlight, warm clothes. We must have a clear sky, so may postpone to one of rain/cloud dates.

## SAT. AUG. 3 KIDS IN NATURE: INCREDIBLE INSECTS

10:00am Mariners Park

We will dive into the world of insects. Let's look for ants, spittle bugs, grasshoppers, bees, crickets, and maybe even a praying mantis! Bug boxes and magnifying lenses will open our eyes to amazing tools of insect survival.

## TUES. AUG. 6 BOAT TRIP TO EAGLE ISLAND

Arrive 11:30am/return 4:00pm Deer Isle Yacht Club

Rain Date Aug. 8

Half-day trip to beautiful Eagle Island in Penobscot Bay, on mail boat Katherine. Bobby Quinn, fifth generation of his family to live on Eagle, will be our guide. He will share the history of his family's 200-year tenure on the island, show us the farm house, other buildings, and the cemetery. His knowledge of bay lore and fishing history is extensive. Be prepared for a 20-minute walk up hill from the dock to the lighthouse. Bring your lunch, water, walking shoes and sunscreen. Be prepared for changeable weather. Lunch will be on the farmhouse or lighthouse lawn, or on the beach, prior to the tour. Fee: \$75, includes round-trip boat fare, gratuity to Bobby Quinn, contributions to Eagle Light Caretakers for lighthouse restoration, and to IHT. Limited to 20 people. Fresh water and restroom facilities available at farmhouse or at two outhouses. Limited, free parking available on Dunham Point Road lot, marked by day-parking sign. Short walk to dock.

## WED. AUG. MOSS WALK AND TALK

9:00-11:00am Shore Acres Preserve

Join naturalists Ken and Marnie Reed Crowell on the trails at Shore Acres Preserve to explore Deer Isle's rich moss flora. Learn how to recognize common species by sight and how use your smart phone camera as a tool for identification and reporting on iNaturalist.

## FRI. AUG. 9 WILDFLOWER IDENTIFICATION PART 2 ★

1:00pm Scott's Landing Preserve

Join Val Libby in the field at Scott's Landing for hands-on wildflower identification using Newcomb's Wildflower Guide. This is the follow-up to Part 1, July 13.

## SAT. AUG. 10 BIRD WALK WITH PAUL ★

7:30-9:00am Scott's Landing Preserve

Join Paul Miller, IHT's Executive Director, for this regular monthly bird walk at Scott's Landing Preserve. All levels and ages of birders welcome. If you need a pair of binoculars, the Trust has some to lend, just let us know ahead of time.

## WED. AUG. 14 SAFE, RESPONSIBLE AND SUSTAINABLE BACKCOUNTRY FIRE BUILDING

4:00pm IHT Barn and Yard

Bert Yankielun will discuss and demonstrate several techniques for safe, sustainable fire-building for camping and survival.

## TUES. AUG. 13 KIDS IN NATURE: TERRIFIC TREES AND SUPER SHRUBS

10:00am Shore Acres Preserve

See July 2 for details.

## WED. AUG. 14 SAFE, RESPONSIBLE AND SUSTAINABLE BACKCOUNTRY FIRE BUILDING

4:00pm IHT Barn and Yard

Bert Yankielun, will discuss, present and demonstrate several techniques for safe, responsible and sustainable backcountry fire

building techniques for camping and survival.

## FRI. AUG. 16 IF A STONE COULD TALK: POETRY WRITING WORKSHOP WITH ANN VAN BUREN

9:00am-12:00 noon Settlement Quarry Rain Date Aug. 17

See June 20 for details.

## TUES. AUG. 20 MEDICINAL PLANT WALK

9:00-10:30am Scott's Landing Preserve

See June 18th for details.

## WED. AUG. 21 SETTLEMENT QUARRY HISTORY TOUR

9:30-11:30am

Ann Hooke was the "midwife" for this first preserve of IHT. She knows this place – its geologic, human, cultural, and natural history – perhaps better than anyone else. Join her for an informal walk and discussion at this uber-scenic location.

## SAT. AUG. 24 ORIENTEERING FOR KIDS AND FAMILY ★

10:00-1:00pm Mariner's Park

Rain Date August 25.

See June 15 for details.

## FRI. AUG. 30 UNDERSTANDING THE NIGHT SKY ★

9:00pm Mariners Park Rain Date Aug. 31

Join navigator, historian and retired professor Davida Kellogg for an orientation to the night sky with special attention to stars and other bodies used in celestial navigation. All ages welcome. Bring a flashlight, warm clothes. Must have a clear sky, so rain/cloud date is August 31.

## SEPT.

### SEPT. 14 BIRD WALK WITH PAUL ★

7:30-9:00am Scott's Landing Preserve

Join Paul Miller, IHT's Executive Director, for this monthly bird walk at Scott's Landing. All levels and ages of birders welcome. If you need a pair of binoculars, the Trust has some to lend; just let us know ahead of time.

### TUES. SEPT. 17 MEDICINAL PLANT WALK

9:00-10:30am Scott's Landing Preserve

See June 18 for details.

### SAT. SEPT. 21 ORIENTEERING FOR KIDS AND FAMILY ★

10:00-1:00pm Mariners Park Rain Date September 21

See June 15 for details.



### Support Island Heritage Trust...

Island Heritage Trust is a community-based, member supported organization that ensures access to and conservation of the natural beauty and resources of Deer Isle.

If you love what the Trust is doing, have a favorite preserve you regularly visit, or enjoy our Walks & Talks, please consider becoming a Luna Society member by signing up to donate monthly. It is a simple and meaningful way to extend your investment in the Trust's work.

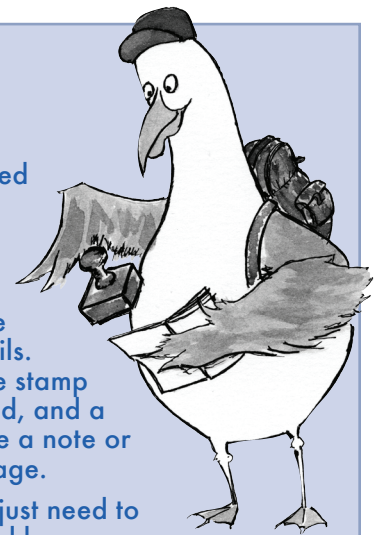
Visit [www.islandheritagetrust.org](http://www.islandheritagetrust.org), click on the "DONATE NOW" button and choose "Monthly."

## Letterboxing

Island Heritage Trust is excited to share our Passport to the Preserves program with a collection of letterboxes at 10 of the Island's preserves – a fun way to get the whole family out and hiking the trails. Letterboxes contain a unique stamp for each preserve, an ink pad, and a notebook for visitors to leave a note or to place their own stamp image.

To find our letterboxes, you just need to enjoy a walk on the trails and keep an eye out for the wooden letterbox and have your Passport ready to stamp! Passports are free and may be picked up at Island Heritage Trust's Heritage House in Sunset (next to the Historical Society).

*Bring your full passport to IHT to claim a prize and to enter a fall drawing.*



## SAT. SEPT. 21 MUSHROOM WALK ★

11:00am-1:00pm Shore Acres Preserve

David Porter, retired plant biologist with a specialty in mycology, will lead participants through Shore Acres to discover the rich variety of both edible and toxic mushrooms. A retired professor of plant biology at University of Georgia, Porter has offered programs through such organizations as Colloquy DownEast, Acadia National Park, and Maine Mycological Assoc.



**\$5.00 Suggested donations** are welcomed at Walks & Talks to support broadened environmental programming.

**Additional Walks & Talks** may be added. Check our website, Facebook, call, or visit our office for updated information.

Don't forget the **NATURE SHOP**, full of great wildlife guides, local maps, nature-inspired toys, and more!

For more information about programs, unless otherwise indicated, please call Island Heritage Trust at 348-2455; or email [iht@islandheritagetrust.org](mailto:iht@islandheritagetrust.org)



ISLAND  
HERITAGE TRUST

The Conservation Land Trust of Deer Isle and Stonington, Maine

Island Heritage Trust (Heritage House) & Nature Shop  
420 Sunset Road (15A)  
P.O. Box 42, Deer Isle, ME 04627;  
207-348-2455

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

Open Mon-Fri 8:00am-4:00pm year round; Nature Shop Only: Sat & Sun 10:00am-3:00pm July-August