

Oceanside Conservation Trust of Casco Bay

Volume 9 Edition 1, November 2012

ANNUAL MEETING *on Little Diamond Island*

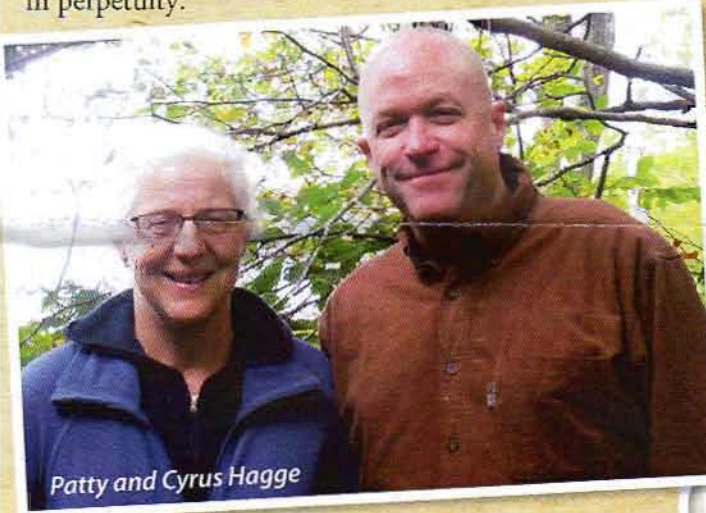
Oceanside Conservation Trust's thirtieth annual meeting was held at the Casino on Little Diamond Island. Following the business meeting, President Roger Berle recognized the generosity of Patti and Cyrus Hagge for their donation of two beautiful lots of island property. Roger presented the Hagges with a framed Lesley MacVane photograph of a particularly photogenic portion of the donated land. Members then walked or rode in golf carts to see first hand the donated land, now named Hagge Woods, that includes mature forest and hundreds of feet of pristine shoreline with a distant view of Falmouth. Their energetic foresight has preserved this land for us all to enjoy in perpetuity.



The Hacketts greet guests at their cottage.

The members and guests then returned through the oak forest to the front of the island where they separated into groups and began tours of three lovingly preserved cottages and gardens belonging to the Hackett, the Pringle, and the Zerner families. The owners graciously received each group. They spoke about the history of their homes and answered many questions.

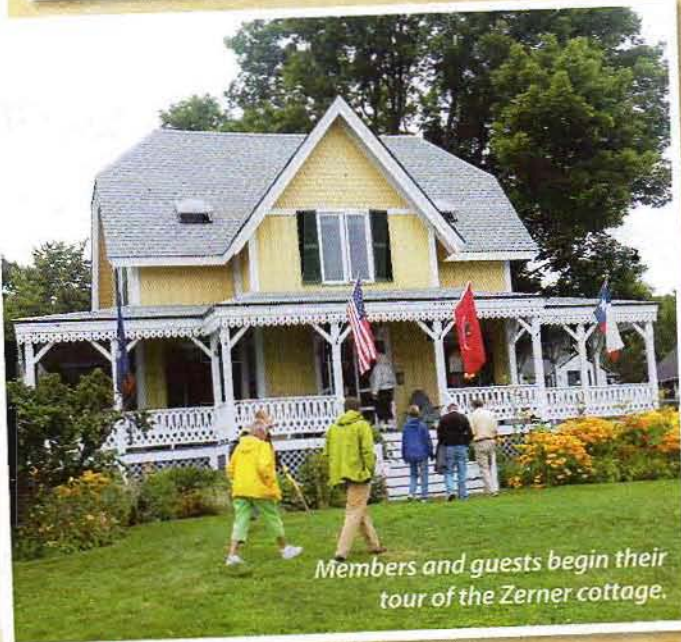
Members returned to the Casino for refreshments before departing on boats up and down the bay.



Patty and Cyrus Hagge



Former OCT President Stephanie Weaver was recognized at a recent board meeting for her years of hard work for Oceanside.



Members and guests begin their tour of the Zerner cottage.

Since 2004 this newsletter has published more than fifteen articles describing the efforts of islanders to control invasive plants and encouraging the planting of native species. This issue highlights the work on three islands to continue this effort. OCT's vision is to "become a leader in coordinating and facilitating land conservation efforts among individuals, island organizations, and land trusts in Casco Bay." The projects described in these articles demonstrate that we are fulfilling that goal.

INVADERS ON CLIFF ISLAND *A Successful Battle Plan* by Stevan Little

Although World War II saw successful efforts to thwart invading forces from grabbing a foothold on the islands and shoreline of Casco Bay, more recent efforts against invaders have not been quite as successful. However, on Cliff Island some progress has been made against invasive plants thanks to some dedicated and driven volunteers and the Cliff Island Corporation for Athletics, Conservation and Education (better and more easily known as ACE).

Cliff Islanders have been tackling the issue of invasive plants for about twenty years. We started with a small group of volunteers eradicating limited species. Our initial efforts were well-intentioned, and we made some progress over the years. In the past few years, ACE has built on the foundation laid long ago and developed a more structured program which has had measurable success on what is a "forever" project. When we realize that some of our natural beauty is being swallowed up by invaders from away, we know the long battle is worth fighting!

This year ACE was assisted by a \$3,000 grant from Casco Bay Island Development Association (CBIDA). We identified plants on Cliff Island that were particularly bothersome and ones we could actually tackle and hopefully conquer. While each island or community may face different types of plants, we defined invasives as "any non-native, alien plant that spreads on Cliff Island in a way that causes environmental harm." We identified the following target species:

Asiatic Bittersweet
Shrub Honeysuckle
Japanese Knotweed
Japanese Barberry
Multi flora Rose
Jimsomweed (aka Datura)
Purple Loosestrife
Norway Maple



Native plants garden

The battle plan calls for waging the war as a multi-faceted effort: educating the community about the problem, removing invasive plants from community property, working with property owners to identify invasive plants on their property, involving the island school students, holding volunteer work parties, and establishing invasive free gardens in public areas. During each summer since 2009, we have hired a knowledgeable college student to manage the various aspects of the program and, along with some younger assistants, do a lot of grunt work with shovels and picks.

Educating the public (along with convincing skeptics - imagine that, skeptics on islands in Maine!) is critical. Our latest program manager successfully interacted with the community by participating in group athletics and helping with

community projects. This led to conversations that started with "Who are you and why are you here?" This was just the foot in the door he needed to make his pitch about native plants and, more importantly, to remind people that some of these plants are a natural safe haven for Lyme disease-carrying deer ticks. Even serious skeptics take note of that serious health threat.

Involving the island school population (all four kids) had multiple benefits: science lessons, free labor, and instilling a sense of community service in our younger generation. Talk about a real bang for our buck! The school kids were great as were summer kids who pitched in on volunteer days.

We also worked with individual property owners to identify invasive plants on their property and suggested native replacement greenery. While it was never our intent to provide a landscaping service, in return for some volunteer hours we at times pulled some invasive plants from private lots.

We learned over time that our best volunteer efforts were in short blasts instead of asking people to give up a full day. Well-organized work parties no more than two hours in length were found to be more productive than longer ones.

- Continued on Page 6

CASCO BAY INVASIVE PLANT GROUP

by Erno Bonebakker

Casual conversations during a property tour can lead to new initiatives. During OCT's tour of the new Hagge property on Little Diamond in July, a conversation between OCT board member Erno Bonebakker and long time Cliff Island summer resident and invasive plant activist Carolyn Walker led to the creation of the Casco Bay Invasive Plant Group.

Much work has been done on Cliff Island over almost a twenty year period, yet little is known on other islands about the efforts, successes and challenges encountered by the Cliff Islanders. Quick checks with OCT's John Spencer, Eric Handley, and Bob Bittenbender on the ferry ride back to Portland resulted in creation of an e-mail list that now includes contacts for most of the Casco Bay islands between Portland and Eagle Island as well as the adjacent mainland towns.

CUSHINGS ISLAND INVASIVE PLANT REMOVAL HELPS

Monarch Butterflies in Migration by John Spencer

Cushings Island was one of the many places in the bay this fall to see monarchs in migration. I was extremely lucky to be on the southwestern end of the island (The Point) on Saturday, September 15. The sun was out in the afternoon. A strong wind from the northwest held up the butterflies from making the break across the ship channel to Portland Headlight. The monarchs were massing in large numbers, finding shelter out of the wind, and refueling on the goldenrod and asters. Scores were in the air all about me. Some goldenrod plants had ten to twenty butterflies on each. The walk to The Point at end of Cushings had been cleared of many invasive plants the previous fall. Native plants quickly reestablished themselves where invasive honeysuckle was removed. By September there were lush new stands of goldenrods and asters. On one Saturday of the Monarch migration, I was in a tunnel of butterflies for about a quarter mile. At any time ten to thirty butterflies darted about the cleared path. It was perfect timing.



The path clearing was one of a number of actions that qualified Cushings as a FireWise Community with the Maine Forest Service. With much appreciated help from staff with the Forest Service and the City of Portland, Cushings Islanders took steps as individuals and as a community to protect our island from the risk of fire. Clearing the

path to The Point showed how an island community could see multiple benefits coming from active land management. This clearing project helps the community manage fire risk, starts to address the many negatives that come along with invasive plants, lessens exposure to ticks and Lyme disease, gets more islanders invested in stewardship roles, demonstrates how quickly the land can respond to appropriate care, and, with this year's show of butterflies, gives me inspiration to carry on responsible conservation efforts in this unique part of the world.

While I will remember that day for the massed colors of the butterflies, goldenrods, and asters, it will also be a reminder of the value of conservation programming. The clearing on this path was a project of the Cushings Island Conservation Corporation and was done primarily to establish a fire lane along the back of the island. This was one of the several steps the island community took in response to heavy damage from a February 2010 storm in the island's spruce woods, a storm that damaged woodlots all along the coast of Maine.

(Photo taken by Cushings Island resident Shelby Schuck showing monarchs resting in an oak at The Point.)



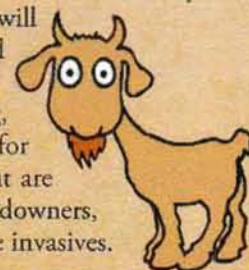
Boy soldier of the Invasive Plant Army resting with his weapon at the ready after a brisk skirmish with a resistant patch of Oriental Bittersweet on Stockman Island. The patch suffered significant attrition but remains a threat. Henry Bonney age 7 of London, England, is seen on the shore of Stockman Island after clipping bittersweet with his brother Charlie and Grandfather Erno Bonebakker.



Dale Doucette continues the fight with a more modern weapon on Little Diamond.

With a Google Groups site created by John Spencer, the members of the list have access to information about each area's problem invasives, contact information for other members, as well as links and documents helpful for invasive plant management. The site has thirty-four members and counting. Contact the group at ebonebak@gmail.com.

As the weather cools and folks spend more time at the computer and less in the field, we hope that there will be an increasing pace of exchange and discussion. Some ideas for next season include: an island workday/gathering, additional surveys of smaller islands for invasives, a troop of "plant scouts" that are available for surveys and advice to landowners, and experiments using goats to manage invasives.



LITTLE DIAMOND ISLAND'S PLAN FOR FIGHTING INVASIVE PLANTS

Tick Hotel, Kudzo of the North, McDonald's Value Meal

by Clint Blood

Invasive species on Little Diamond Island? Yes, LDI has all three in abundance as do many of the islands in Casco Bay. I am of course talking about berberis thunbergii, Celastrus scandens and Lonicera periclymenum, better known as Japanese barberry, bittersweet and honeysuckle.

Back up. Two years ago Dale Doucette came over to my cottage and talked about invasive species and how negatively they affect birds, butterflies and other plants. I went out and pulled my bittersweet and

had a couple of Japanese barberry plants removed from my property. Labor Day 2011 at our annual LDI meeting, I was appointed Roads and Rights of Way Chair. This traditionally is a thankless job. You have to contact the city and plead to have gravel brought over to the island to repair roads. Dale said I should contact Mr.

Bittenbender of Maine Audubon and board member of Oceanside Conservation Trust. He said he would give a talk on invasive species and specifically Norway maples, planted on LDI 100 years ago to mark property lines. Mr. Bittenbender gave his talk in June 2012 to about 20 people. He mentioned Japanese barberry, as well as bittersweet and honeysuckle, was a resting area or Tick Hotel for Lyme disease ticks. Being one of many residents on LDI who count ourselves as Lyme disease survivors, I saw these plants as a safety issue.

At our LDI association meeting on July 3, 2012, I displayed colored pictures as well as pieces of Japanese barberry and bittersweet. It was agreed that barberry should go. The following week I and another elderly islander spent one day cutting barberry on the roads and putting our haul on community property for all islanders to see until Heavy Island Pick-up in September 2012.

Next. I held a meeting of several islanders to get guidance concerning Norway maples. The previous Roads and Rights of Way Chair, the islander in charge of long range planning, a tree hugger, and the person who had the most direct contact with the city on many issues attended. Since the Norway maples were at their end of life and Portland was taking down 3-4 per year, we felt no further work was needed. But bittersweet, the Kudzo of the North, a term used by the tree hugger, became the focus. We decided to have a workday near the end of August so that all the bittersweet

could be picked up by HIP in September. But upon looking over the thickets of bittersweet, we realized it was an impossible task to manually cut and pull it all out. I then remembered the mower that the city had used to cut along the roads the previous fall. I emailed Troy Moon, the city island liaison person, and explained our situation. He immediately set up a date to meet. He brought over the director of HIP, as well as Mr. Mulkern, the mower operator. At that meeting Mr. Mulkern's island knowledge, concern for the environment, and his knowledge of the John Deere mower was quickly evident. As time went on, I have come to know Mr. Mulkern as a true

- continued on page 6



Bamboo & bittersweet - Bad



The Tick Hotel = Japanese barberry



Winterberry = beautiful bird food



Sumac & winterberry = native good guys and beautiful



Burning bush = beautiful but bad



Good viburnum

TICKS 101 *by Eric Handley*



Because deer ticks (Black-Legged Ticks) are the most common carriers of Lyme disease, as well as similar diseases like Anaplasmosis and Babesia, they are a serious threat to Casco Bay islanders who enjoy the outdoors. Plainly said, ticks require a blood meal before they can lay eggs. Attracted by CO₂ (such as human breath), ticks bite and inject the Lyme pathogen, leaving an unpleasant gratuity for their meal.

The Lyme disease pathogen is a virulent spirochete which is incubated in rodents, mice, chipmunks and shrews. Animals such as dogs, cats, and deer, as well as humans, provide a source of a blood meal for ticks that they need to lay eggs. Birds harbor ticks, but they also eat ticks.

Although ticks bite from March through October, the prime feeding time for the infected ticks is June through August. Ticks hang on plants and look like "moving freckles." They do not fly; they do not hop; they crawl. Ticks numb the site before biting, and the bite is a small, red bump. A bull's eye target shape or rash can form, but it's not uncommon to have no rash or bull's eye target.

A tick has to adhere to the bite site for 24 to 36 hours for pathogen transmission to occur. If a tick has adhered, remove it with fine-tipped tweezers by grabbing the tick's head close to the skin and gently pulling straight up. Wash hands with soap and clean the tick bite with an antiseptic. Don't burn or otherwise annoy the tick, as this will cause a higher rate of transmission. Dispose of ticks by grabbing them with scotch tape, so they won't escape.

Lyme disease symptoms are flu-like, with joint pain and swelling, muscle aches, fatigue, chills, fever and headache, and swollen lymph nodes. Symptoms can occur up to 30 days after bite. Many people have the symptoms over a number of years. Lyme Disease can reoccur, and it can be persistent if not chronic.

Contact your doctor as soon as you suspect Lyme disease and request a course of antibiotics like Doxycycline. Be aggressive; the sooner it's treated the better. The later the treatment and diagnosis the harder Lyme disease is to cure.

Protect your environment to control Lyme disease:

- ☐ Pets should be treated with topical tick repellants and vaccinated against Lyme disease.
- ☐ Don't feed any wildlife; attracting them near your home leads to problems.
- ☐ Every deer is likely to feed a thousand deer ticks in the course of a year. Consider supporting the management of deer populations. Keeping the deer populations down below 15 per square mile is recommended.
- ☐ Eliminating rodents is difficult, but attracting mice to outdoor boxes containing wicks that apply pesticides will kill the ticks on the mice. Use indoor mousetraps as well.
- ☐ Move woodpiles, which harbor rodents, away from your home.
- ☐ Birds can host deer ticks, and the debris from feeders can attract rodents.
- ☐ Keep the brush under trees cleared. Remove shrubby growth, especially invasives such as bittersweet, barberry and honeysuckle. Barberry is an invasive plant that is known to harbor deer ticks. Mice love the protection barberry provides from predators, so clear barberry to reduce mouse habitat.
- ☐ Keep a lawn border around your house and play areas, mowed to three inches high. Rake up debris and leaves.
- ☐ Widen paths through woods and shrubby areas. Trails should be cut and mowed to 8 feet wide by 8 feet tall.
- ☐ Pesticides are a last resort in controlling deer ticks. The risks of unintended consequences from pesticide use on the oceans and fisheries could be devastating.

Practice Precautions:

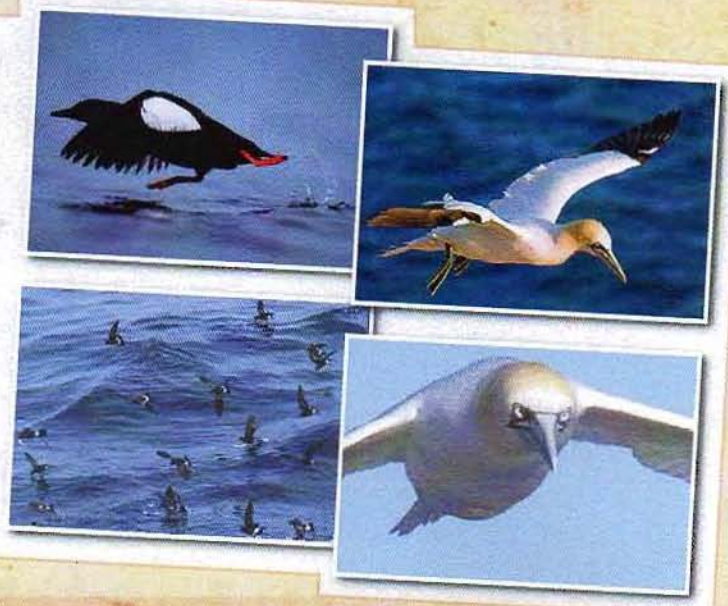
- ☐ Wear white or light-colored clothing and tuck socks into pant legs when outdoors in brushy and high grassy areas.
- ☐ Use EPA-approved insect repellant on exposed skin. Repellants containing DEET, Picaridin, IR3535 or Oil of Lemon Eucalyptus are best. Permethrin can be used to coat clothing but should never be used on skin.
- ☐ Do a close inspection after coming in from outside and again in a few hours.
- ☐ Shower using a washcloth. Ticks are hard to feel and see, so do a body inspection looking for small black pimples that move.
- ☐ Wash clothing worn outdoors.
- ☐ Winter cold does not kill ticks; check dogs and yourself all winter.

(information from the Lyme Tick Informational Forum held on Long Island)

WINTER BIRDING on Casco Bay

The third annual Winter Casco Bay Cruise will leave the Casco Bay Ferry Terminal on February 16, 2013 to explore the waters and skies of one of the most beautiful bays in Maine and for that matter in the world. This unique winter birding trip gives us the opportunity to see many species of birds that call Casco Bay their winter home. Many people never see Casco Bay in the winter; but by joining an expert group of guides, we will explore the birds and marine life, the sights and sounds, and the culture and history of this special bay.

RSVP: Email: conservationcollaborative@gmail.com
Phone: 699-2989



Little Diamond Island's Plan for Fighting Invasive Plants *Continued from page 5*

professional and an island treasure. I contacted Oceanside directors as well as property owners. They agreed to have Mr. Mulkern clear-cut the bittersweet and bamboo on their property and OCT's conserved land. Once people saw the results of the work, they wanted other areas cleared. Many islanders contacted the city to praise Mr. Mulkern's work. He became Employee of the Month for city employees, perhaps in part from the great job he did on Little Diamond.



Little Diamond pine tree saved by invasive bittersweet removal

The result. We have removed 95% of the Tick Hotel as well as about 80% of the bittersweet.

Little Diamond Island is safer, more beautiful, and more environmentally sustainable than it was when Mr. Bittenbender gave his talk June 2012.

Next year's goals:

- Bring in a nursery person to speak on replanting clear-cut areas with native plants. What works, where to buy etc.
- Apply Round-Up to bittersweet areas in accordance to Audubon suggestions.
- Fund native species program with CLYNK bottles. Proposed slogan: DRINK NATIVE; CLYNK your DRINK for LDI!
- Ask Mr. Mulkern to return to finish cutting the bittersweet.
- Promote the elimination of Norway maple saplings and small Norway trees.
- Work on eliminating honeysuckle, McDonald's Value Meal, so that birds will be able to build up their body fat for the long migrations ahead. Honeysuckle berries have very little nutritional value for birds.

Long range goal: Little Diamond Island will be an environmentally sustainable island for generations to come.

Invaders on Cliff Island *Continued from page 2*

On Cliff Island we have installed several new gardens in public areas - outside the US Post Office and the Stone Library are two prime examples. These gardens show off some beautiful native growth and were specifically designed to include only plants which our local deer population find distasteful.

Since this is a "forever" project, we needed a way to track and measure the effectiveness our efforts and ensure that each new invasive plant program manager

has the benefit of our past lessons learned. To this end, our latest program manager developed a tracking program using GOOGLE Earth. We now know the location of all invasive growth on Cliff Island, what was done at each location in 2012, and the recommendations for next year's efforts.

We are willing to share our lessons learned in detail. Please shoot me an e-mail at PSU301CO@myfairpoint.net - we'd be glad to help! Steve Little - President, ACE.



OCEANSIDE CONSERVATION TRUST OF CASCO BAY

P.O. BOX 10404 • PORTLAND, MAINE 04104

Time, Talent and Treasure...and Thanks

As a nonprofit organization Oceanside happily and gratefully relies on and prospers from the many gifts from our Casco Bay community. In turn we work to apply these resources and assets to implement our mission. The OCT Mission Statement appears in each issue of our newsletter, and it is on our minds and in our conversations at work *and* at play, on and around our Islands.

Oceanside has a *very, very* hardworking board of directors. During our four years spent on accreditation, the **Time** spent energetically and professionally on our appointed tasks has been incalculable. Among land trusts, we stand out in our dedication to effective *annual* monitoring of *all* our properties. Attendance at OCT meetings and events is exemplary and enthusiastic.

Our Board has expertise in all areas necessary to carry out our work effectively and responsibly. The range of **Talent** is immediately evident as we apply ourselves to our monthly meeting agenda items. We rarely find it necessary to access outside resources to address the challenges that come before us. Legal skills, environmental expertise, publication ability, web site management, financial acumen, land management experience: knowledge and advice in all of these areas and more is readily available from our board members.

When you read and respond to our fundraising pleas, you provide the **Treasure** every nonprofit requires to function and to act with foresight and vision. For the past half dozen years, we have implored you to double and then double again your annual giving. Fortunately many of you have honored these requests by increasing your generosity at three, four and five-figure levels, and we have been able to meet both short-term commitments and address longer-term goals. While our expenses have significantly increased due to our membership in our Collaboratives (PNLTC, for five years, and now SMCC) and our accreditation process, your giving has kept us financially solvent.

Oceanside is grateful to be able to play an important role in maintaining and enhancing the quality of life on our precious islands. We **Thank you**, our members for the funding you continue to provide and the trust in us which you annually – and sometimes more often! – demonstrate. Please continue your generous support of Oceanside Conservation Trust. Have a wonderful winter, warmed by thoughts and dreams of our island lives!

Roger Berle, President



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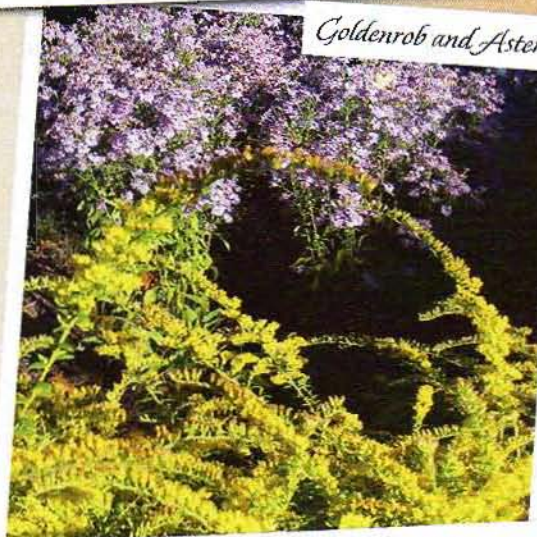
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Roger Berle, President

Red Admiral on Daisies



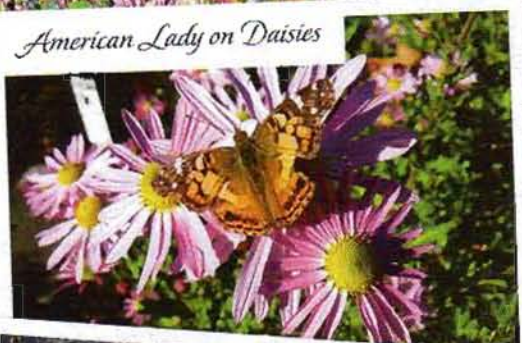
Goldenrob and Asters



Birds on Echinacea



American Lady on Daisies



Bayberry

OCEANSIDE CONSERVATION TRUST OF CASCO BAY

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Oceanside Conservation Trust of Casco Bay

PROPERTY	LOCATION	OWNER	DATE ACQUIRED	APPROXIMATE SIZE
Fowler's Beach	Town of Long Island	Long Island Civic Association	5/25/1987	6.38 acres
The Bluffs	Cliff Island, Portland	Robert & Josephine Belknap, Tenants in Common	12/26/1989	18 acres
Dave's Sanctuary	Peaks Island, Portland	OCT	5/14/1994	6.8 acres
College Island	Town of Long Island	OCT	9/7/1994	1 acre
Battery Steele	Peaks Island, Portland	Peaks Island Land Preserve	7/28/1995	14.3 acres
North Point	Cliff Island, Portland	Helen W. Kenefick	12/1997	9 acres
ACE Ballfield	Cliff Island, Portland	Cliff Island Corporation for Athletics & Conservation Education	1/31/2000	15.4 acres
Griffin's Cove	Cliff Island, Portland	Cliff Island Corporation for Athletics & Conservation Education	12/22/2000	.75 acres
Everett & Mildred D. Skillings Woods	Peaks Island, Portland	OCT	2001	2 acres
Wreck Cove	Town of Long Island	Town of Long Island	7/29/2004	11.3 acres
Echo Pond	Peaks Island, Portland	OCT	04/2005	.4 acres
Memorial Woods	Little Diamond Island	Little Diamond Island Association	09/2006	.5 acres
Hagge Woods	Little Diamond Island	OCT	2012	2.5 acres

In addition, OCT has a cooperative role in the protection of Cow Island, Stockman's Island, and Rose's Point, Chebeague Island.

MISSION STATEMENT

The mission of OCT is to facilitate the conservation of wild or undeveloped open space, scenic areas, and historic landmarks in the Casco Bay region and to foster low-impact and respectful access to these resources, as well as to enhance the cultural, economic, and civic well-being of residents and visitors. The Trust may acquire, hold, and transfer interests in land, including easements, in order to accomplish this mission and to assure that a diversity of ecosystems will be available to future generations. In addition, the Trust may hold charitable, cultural, and educational activities for the benefit of residents and visitors.

(Adopted 10/24/96)

VISION STATEMENT

While maintaining the highest standards of stewardship and land management, OCT will become a leader in coordinating and facilitating land conservation efforts among individuals, island organizations, and land trusts in Casco Bay.

Oceanside Conservation Trust of Casco Bay

P.O. BOX 10404 | PORTLAND, MAINE 04104

OceansideConservationTrust@gmail.com | Tel. 207-699-2989

www.oceansideconservationtrust.org

In order to support the work of Oceanside Trust, I/we are sending this contribution.

Membership Dues: \$20.00

Additional Gift: _____

Name(s): _____

Mailing Address: _____

Email: _____

Membership is renewable at any time before the OCT annual meeting. Please check the four-digit number directly following your name on the address label; the number indicates the year your most recent membership dues were received if applicable. Your contributions are tax deductible.

Thank You!

www.oceansideconservationtrust.org

Check out our new website!

Check out

*Since 1982, approximately 88 acres
on Casco Bay Islands have been
permanently protected.
Oceanside Conservation Trust
of Casco Bay welcomes
your support.*

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