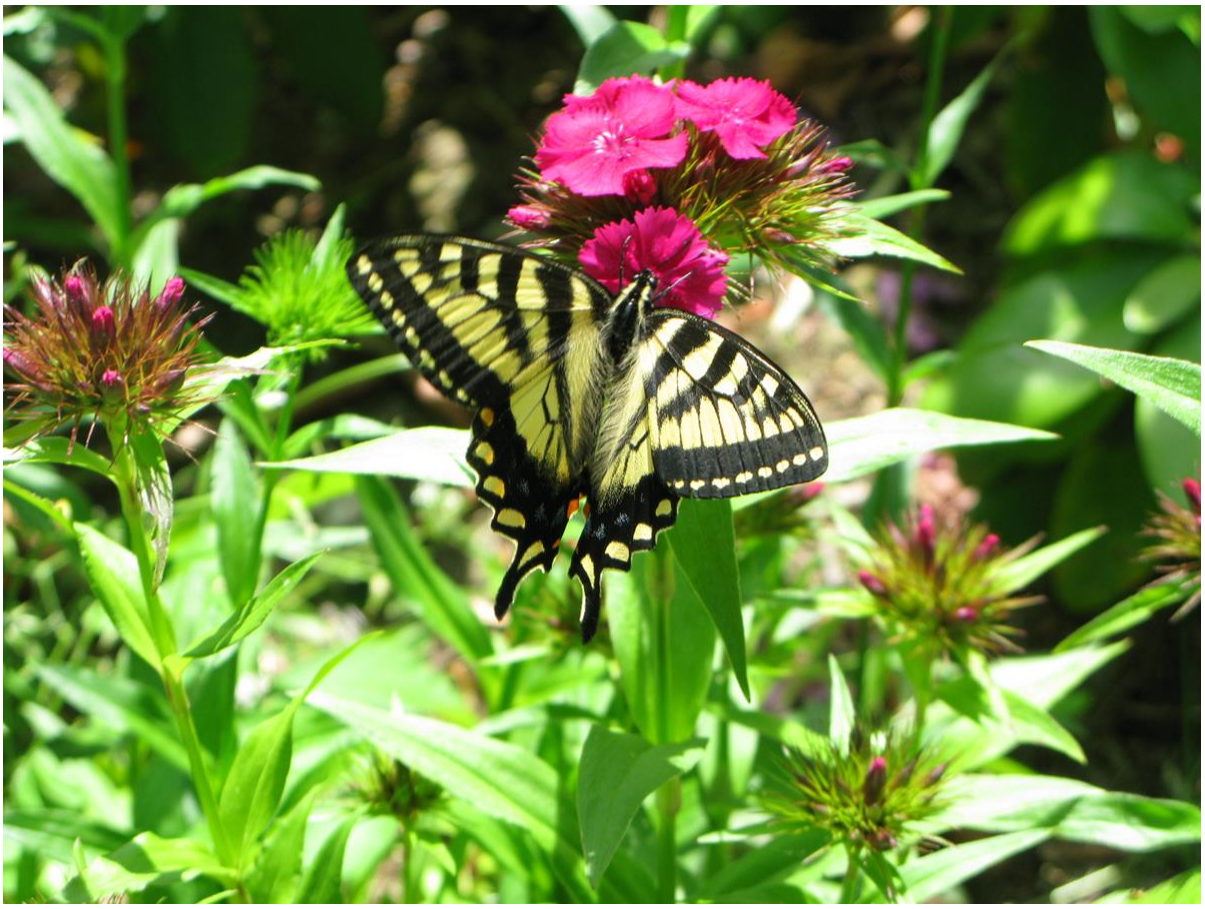
Having trouble reading this email? **View it in your browser.**

Downeast Lakes
LAND TRUST

August 17, 2016

Downeast Lakes Landings



Lounging and Loving the Last Days of Summer!

The mid-summer heat and sticky, nighttime air is beginning to cool off. After a very warm and dry summer, it's now the perfect time of year to enjoy the 55,000 acre Downeast Lakes Community Forest that surrounds the village of Grand Lake Stream. Whether picking blackberries on a morning stroll, lounging in an Adirondack chair with a good book, or paddling out on the lake, the last days of summer are a wonderful time to explore the Downeast Lakes region. Check out what's happening at the Downeast Lakes Land Trust!

DLLT Community Forests Renamed

The Downeast Lakes Land Trust is pleased to announce the renaming of the Farm Cove Community Forest and the West Grand Lake Community Forest. With the recent acquisition of the WGLCF adding an additional 21,780 acres of contiguous land, the two community forests will be combined and renamed the **"Downeast Lakes Community Forest."**

The newly-named Downeast Lakes Community Forest comprises more than 55,000 acres of land owned and managed by DLLT for wildlife habitat, public recreation, and sustainable forestry. DLLT will be updating all online media and physical signage on the property in the near future.

"This new title for DLLT's fee lands reflects the commitment of the Downeast Lakes Land Trust to the people and environment of the entire Downeast Lakes region," said DLLT Executive Director David Montague. "Our goal of community-based leadership and management of the forest for economic and environmental well-being remains unchanged."

Medicinal Plants in Grand Lake Stream

Often times, those little "weeds" in your dooryard get overlooked or shunned. Mowed over during the summer heat or furiously pulled out to make way for an impeccable lawn, many of these hardy plants actually provide numerous benefits to human health. When properly identified, there are endless ways to make use of these powerful plants.

On August 10th, Downeast Lakes Land Trust (DLLT) organized a "Medicinal Plants Walk & Workshop" with local herbalist, Amy Zipperer. Amy is a Registered Nurse and owner of Dogwood Herbs, selling locally crafted herbal products such as lip balm, cream, and salves. Leading several participants along the roadsides of Grand Lake Stream, Amy pointed out many species of wildflowers and other plants that can have incredible impacts on health. From yarrow and heal-all, to St. John's wort and wild chamomile, participants learned the background of each particular species and their various medicinal uses.

“It’s really amazing the great benefits that many of these plants contain,” said Zipperer.

Following the walk, participants went back in to the Grand Lake Stream School Building to learn how to process collected plants into useful medicinal products. After a brief discussion, all that was needed was a little heat and a lot of stirring and mixing to create a soothing skin salve for everyone to take home!

DLLT regularly hosts education programs that highlight the natural and cultural history of the Downeast Lakes region. Visit our website to discover what’s happening next!

"Summers End" Cookout!

With many people looking forward to the West Grand Lake Race, we apologize for the unfortunate cancellation due to poor weather last weekend. However, DLLT and Grand Lake Lodge are pleased to be hosting a **"Summers End" cookout tomorrow at 1 pm** at Grand Lake Lodge. There will be a short, Kids Paddle Race and plenty of food for everyone. All are welcome to come out and celebrate the end of summer on beautiful West Grand Lake!

Upcoming Programs and Events

August 18 (Tomorrow!) - The final "Serious Skills for Boys & Girls" of the summer heads out into the Downeast Lakes Community Forest to learn all about different wild edible plants. Meet at the GLS School Building at 9:30 am.

August 20 and 21 - DLLT will have a booth at the Machias Wild Blueberry Festival in Machias, ME. If you are heading to the festival, be sure to stop by and say hello!

August 26 - Book Series: "Postcards From Here" by Penny Guisinger - DLLT is pleased to welcome local author, Penny Guisinger, for a presentation on her new book, *Postcards From Here*. A collection of micro-essays, *Postcards From Here* has received wonderful reviews and captures rural life in Downeast Maine. The program will begin at 6:30 pm at the Grand Lake Stream School Building. For more information, please contact Downeast Lakes Land Trust at (207) 796 – 2100 or email cbrown@downeastlakes.org.

September 17 - Tower Hill Trail Hike - As part of the Great Maine Outdoor Weekend, DLLT is hosting a hike along the newly created "Tower Hill Trail." Visit the historic Grand Lake Stream fire tower and join DLLT Education and Outreach Manager Colin Brown for a hike through a beautiful stretch of the Downeast Lakes Community Forest. The hike is a little over 2 miles in length and participants should bring water and sturdy footwear. Meet at the Grand Lake Stream Dam Parking Lot at 9 am. For more information, please call DLLT at (207) 796 – 2100 or email cbrown@downeastlakes.org.

Forward this email to a friend. Did you receive this from a friend? Want to **Subscribe**?

Not interested anymore? **Unsubscribe Instantly**. Manage your **preferences**.

Copyright © Downeast Lakes Land Trust | View our **Privacy Policy**

4 Water St., Grand Lake Stream, ME 04668 (207)796-2100, **www.downeastlakes.org**, Email: **info@downeastlakes.org**

Powered By Pica eNews