



# MAINE WILDERNESS GUIDE



Quarterly Newsletter

Fall 2018

## Inside this issue:

- President's Message pg. 2
- Advocacy Report pg. 3
- Lani Love Profile pg. 4-5



- Website Updates pg. 6
- Guide Tip: Ice Safety pg. 7
- Membership Report pg. 7
- Treasurer's Report pg. 7
- Membership Form pg. 8
- Naturalist's Notebook pg. 8



## Sharing a Love of Wilderness A profile of Lani Love, Allagash Canoe Trips

By Andrea Lani  
Photos by Allagash Canoe Trips

**When Lani Love** met her husband, Chip, a third-generation wilderness guide, she had never been in a canoe. This year, she took her 90th trip down the Allagash.

Continued on page 4

## Maine Wilderness Guides Organization

126 Western Ave. #155  
Augusta, ME 04330  
207 670-8427  
[info@mwgo.org](mailto:info@mwgo.org)  
[www.mwgo.org](http://www.mwgo.org)

### Board of Directors

Nick Leadley, President  
Vice-president - vacant  
Mac Davis, Secretary  
Jon Wight, Treasurer  
Kevin Slater  
Cathy Johnson  
Lynn Zimmerman  
Beech Richards  
Bryan Courtois  
John Willard

### Advisory Board

John Banks  
Gordon Gillies  
Gil Gilpatrick  
Jon Lund  
Roger Merchant  
Sarah Medina  
Roger Milliken Jr.  
Ray "Bucky" Owen  
Ted Rodman  
Karen Tilberg

### Membership Coordinator

Annette Mclaggan

### Newsletter Coordinator

Andrea Lani

### MWGO Mission

Providing a unified voice for Maine's professional wilderness guides as they work to sustain a historic way of life and conserve and protect remote woods and waters for future generations.

## A Message from the President

As the end of 2018 approaches I'd like to briefly share with you all what has been an active year for Maine Wilderness Guides Organization.

On the advocacy front we have been actively involved in responses to the Land Use Planning Commission's proposed changes to the Adjacency Rules and weighing in on Central Maine Power's proposed NECEC power line over Kennebec Gorge. Please read more in the Advocacy Report and feel free to ask any questions.

This past year we bid farewell to three board members; past-president Bill Richards, longtime board member Greg Shute and Jeff McCabe. I'd like to personally thank all three for time and effort they contributed to Maine Wilderness Guides Organization.

In August the board welcomed Lynn Zimmerman to its ranks. A retired Pediatric Nurse Practitioner Lynn worked for the Portland Health Public department for over 30 years. Lynn has been leading trips for the Appalachian Mountain Club for more than 40 years. She has been on backpacking trips to the Gates of the Arctic, Alaska, the Canadian Rockies, the Dolomites in Italy, and New Zealand. Recently she led trips with outfitters to India and Bhutan. Lynn has completed both the Maine Master Gardener and Maine Master Naturalist Programs.

Following the final board meeting of 2017 we welcomed John Wight onboard as treasurer, a position that had been vacant for some time. John has been a great addition to the board in that role.

The position of vice-president remains empty despite several attempts to find a candidate for the post. If anyone knows of someone who might be interested please contact me ([nick@touchthewildphotos.com](mailto:nick@touchthewildphotos.com)).

In response to a poll of our members the MWGO board determined that the issue of medical training was a matter of concern to some of the membership. With the results of that poll in mind, the MWGO board adopted a plan to reimburse registered Maine guide members in good standing half the expense of a completed Wilderness First Aid course. One member completed a WFA course held in the spring. We welcome input on the matter as we head into 2019.

And please visit the recently revamped MWGO website and take advantage of the Find A Guide service.

Any input is certainly welcome as to what direction MWGO should take in the future that will be of benefit to the membership.

Sincerely,

Nick Leadley  
President



## Advocacy Report:

# Two Major Threats to Maine's North Woods

By Cathy Johnson

**Maine Wilderness Guides Organization** has been very busy this past year advocating for wilderness guiding interests in the North Woods. Two major proceedings are underway, and will continue in 2019.

### CMP Corridor

Central Maine Power (and its corporate parents, Avangrid and Spanish-owned Iberdrola) has proposed a 145-mile transmission line from Canada to Massachusetts.

Forty-five miles of the corridor would be a brand new gash through western Maine, crossing the Kennebec Gorge, the Appalachian Trail, 263 wetlands, 115 streams, and 12 inland waterfowl and wading bird habitat areas, and passing near Beattie Pond, a Class 6 remote pond. This is the largest block of temperate forest remaining in the entire world.

MWGO has intervened in opposition to this proposal before the Department of Environmental Protection (DEP). MWGO will submit both written and oral testimony and will participate in the hearings. We expect that the public hearings on this issue will take place this winter.

If you would like to participate in the hearings or have comments about the impacts this proposal will have on the environment or your guiding activities, please contact Nick Leadley, who is coordinating MWGO's intervention in this issue. You can also submit comments directly to DEP and the Land Use Planning Commission.

### LUPC Rules Revision

MWGO is also actively participating in the Land Use Planning Commission's initiative to revise rules guiding the location of development in the North Woods. LUPC has proposed to eliminate the requirement that new subdivisions and commercial development be within one road mile of existing, compatible development. Instead, LUPC proposes to allow development to sprawl 10 miles along public roads outside 42 "rural hubs" and two miles on either side of the road, allowing the creation of a 10-mile by 4-mile strip of development. LUPC also proposes to allow commercial and subdivision development on an unknown number of lakes scattered throughout the unorganized townships, and at trail heads and boat launches, harming wildlife habitat and the wilderness character of those areas.

Nick Leadley testified in opposition to the proposed rules at the June 20 public hearing. He also participated in a meeting with other guiding interests and LUPC staff to further explain MWGO's concerns. LUPC will revise their proposal and schedule a public hearing on the in the winter of 2019. MWGO will continue to actively participate in this process. If you would like to be involved, contact Nick Leadley.

### For More Information

Central Maine Power Transmission Line Proposal: [www.maine.gov/dep/land/projects/neccec/index.html](http://www.maine.gov/dep/land/projects/neccec/index.html)

Land Use Planning Commission Proposed Rules: [www.maine.gov/DACF/lupc/laws\\_rules/proposed\\_rules/rules.shtml](http://www.maine.gov/DACF/lupc/laws_rules/proposed_rules/rules.shtml)

Nick Leadley: [nick@touchthewildphotos.com](mailto:nick@touchthewildphotos.com)

Maine DEP [NECEC.DEP@maine.gov](mailto:NECEC.DEP@maine.gov)

LUPC [Bill.Hinkel@maine.gov](mailto:Bill.Hinkel@maine.gov)

## Guide Profile:

# Lani Love, Allagash Canoe Trips

continued from page 1

Chip's grandfather, Herb Cochrane, founded Allagash Canoe Trips in 1953. Chip's dad, Warren, and step-mom, Linda Koski, carried on the tradition, and so did Chip, who began apprenticing with his grandfather at age eleven. Lani started out her guiding career by "tagging along" on canoe trips with Chip in 1987, not expecting to join the family business. But she soon connected with the wilderness and realized that guiding was what she wanted to do.

It took about ten years of learning, and raising two small children along the way, before Lani got her guide license and began leading trips for the company. When their kids were young, she and Chip alternated leading trips, bringing their kids along on some. Around age ten, the kids became helpers, a role they continued through their college years.



"I'm really proud that I'm the first woman that guided for this company that's well over 60 years old," Lani says.

There were few women guides when Lani began, but she looked up to those she knew, including Polly Mahoney of Mahoosuc Guide Service and Chip's stepmother, Linda, who, though she didn't lead trips on her own, guided with Warren. She also admired any Maine Guide who actively lead trips in the wilderness.

The Cochrane family was supportive of Lani as she started out. "The great thing about this family," she says, "is they would treat you the same whether you are a man or a woman." They did try to scare her with horror stories, like the time Warren flew into a remote lake and hadn't brought matches, or the time Linda missed the outlet on the Penobscot.

"I'm immensely proud that I'm out there," Lani says. "I'm just trying to provide the best experience for people. A lot of guiding for multiple days isn't just about people's safety, it's about knowing how to encourage people to push on, or knowing when to back off. Helping people connect and be comfortable in the wilderness is 70% of guiding. It took me a solid five to six years before I felt truly comfortable out there. I was very lucky to be nurtured by this family and have them help me along the way."

True to their name, Allagash Canoe Trips primarily guides people down the Allagash, Maine's iconic river. The river is "truly an amazing place with over 100 miles of wilderness waterway," Lani says, adding, "It's good for people to see what a working forest is, how it operates, and how the partnership between the timber companies and the state protects the lands."

The company also leads trips on the St. Croix, Penobscot, and other rivers in Maine, as well as a few Canadian rivers. During the winter, Lani guides hut-to-hut backcountry ski trips for Maine Huts and Trails.

"Sometimes I feel I'm the luckiest person in the world, and sometimes I don't," Lani says. She never feels unlucky on the river, but the transition between trips can be challenging. Chip and Lani own the company, are the guides, do the marketing, change the oil in the vans, and do the grocery shopping.



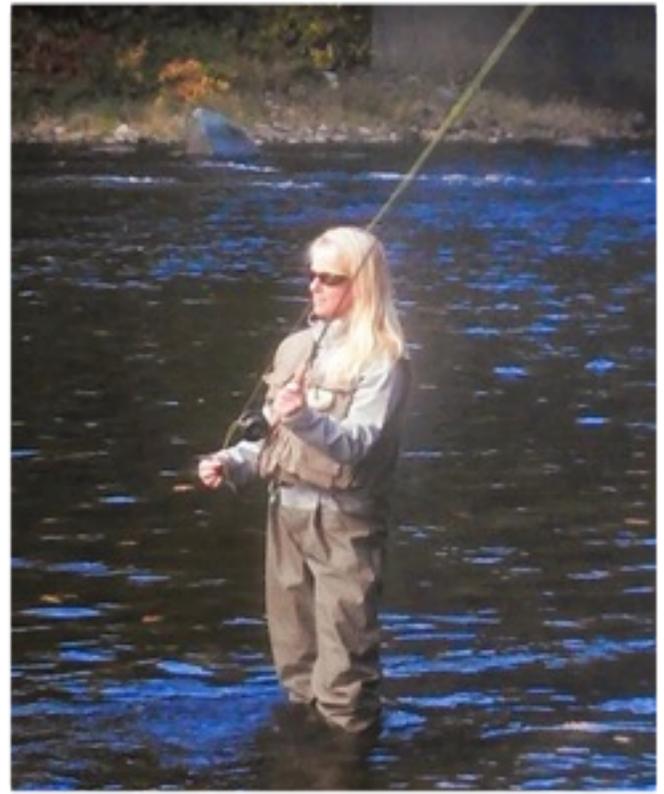
“When it’s just two of you, you have to wear all the hats and it can get a little trying at times,” she says. “But I take such pride in the fact that we are the oldest continuously running guided canoe service. When there are frustrating days, I think about how proud and amazed Herb would be if he could see that in 2018 the vision he had in 1947 is still going strong.”

A lot has changed about Allagash Canoe Trips since the 1950s, when Herb Cochrane began taking boys on six-week-long trips. “Each generation brought something really special,” Lani says. “Chip’s father modernized the trips a bit and also branched out, leading trips up in Canada. Chip’s stepmom brought in more healthy food.” While the original weeks-long trips necessitated canned food, Linda whittled trips down to 10 days and introduced fresh, organic food. When Chip and Lani took over the business in 2000, they further modernized the menu and equipment and shortened trips to seven days, while still holding onto tradition.

Today clients eat fresh, organic, farm-to-table meals, cooked over an open fire, including bread baked in a reflector oven every evening. They paddle plastic canoes, rather than wood-and-canvas boats, but use wooden paddles, and everyone learns to use a setting pole for navigating shallow water. Nylon tents have replaced canvas, but food and gear are packed into wooden boxes Herb built in the 1950s.

“We offer truly organic, off-the-grid vacations, where there’s no store, there’s no phone, there are few other people, there’s a sense of remoteness and truly getting away from it all,” Lani says. “The first day you can tell people are still reaching for their phone. By day two you can already see they are detaching themselves. By day three you can see the transformation; they’re so appreciative of where they are and what they’re doing. For me it’s so fulfilling to see people realize that they can thrive in the outdoors and also disconnect from the chaotic lifestyles that we’re all living and truly connect with their families in lots of ways—beautiful animals and scenery and paddling, but also adversity lends itself to bringing people together. You learn you’re much tougher than you thought. A lot of our clients are sedentary people, with nine-to-five inside jobs; for them to be outdoors for this amount of time is truly special.”

Clients include retirees, families with young kids, and multi-generational groups. Often people who paddled the river as a child want to return to relive that experience with their children. “What we offer is something that grandfathers can bring sons and sons can bring their children, so all three generations can go out and do it together,” Lani says. Canoeing allows people of different ages and physical abilities to get outside together.



“It offers a nice leveling field,” Lani says, “so that everyone can get out and push themselves, but if anyone needs to take a break because they are older or younger, they can.”

After thirty years on the river, Lani still stops and appreciates every moose she comes across. “It’s so special out there,” she says. “Not only for me, but also seeing other people realize how special it is. People say how does it not get old? You go to the office every day. How does that not get old? I’m going out in the wilderness. No trip is the same. The people aren’t the same. The water’s not the same, the weather’s not. There are a few constants—the scenery, the trees—but nothing else is the same. No two trips will ever be identical.”

Lani loves to share the wilderness experience with people who truly appreciate it. “At the beginning of the season I can’t wait [to get on the river],” she says, “and near the end of the season I’m starting to feel a little melancholy that it’s nearing the end. It can be a little overwhelming, 24-7 work, but you come off a trip and you have people who truly from the bottom of their hearts feel that was the best week they could have spent. I call it the opposite of Disney. Disney is a really external experience; it comes at you. Our trips are internal, nothing really comes at you; it’s all reflective of where you are. Both have their own merits, but I feel happy I’m doing this.”

# MWGO Website Updates

by Bryan Courtois

**We recently overhauled** the Maine Wilderness Guides Organization website to make it more accessible from smart phones, tablets, and other devices. We also updated some of the content to make it more useful to our members and the public. Below is an overview of some of those changes.

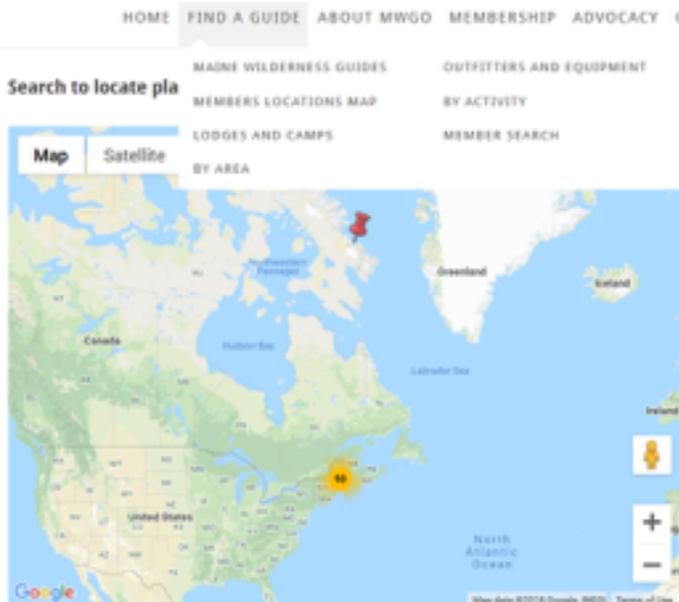
## Find a Guide Section

The Find a Guide section allows people to look up guide services by area, type of activity, and other criteria, and is one of your benefits as a member of MWGO. Please take a look at your listing to make sure the information is current. If you do not have a listing and would like one please send a request to me at [info@mwgo.org](mailto:info@mwgo.org) and I will send you the questionnaire and instructions.

## Find a Guide Interactive Map

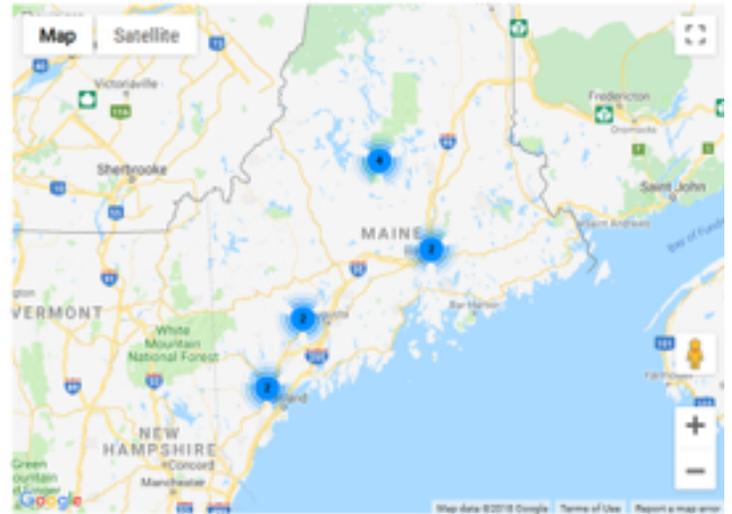
We've added an interactive map to the Find a Guide section, which covers not only Maine but anywhere on the planet. (If you do trips to other planets we can include those too; there is a separate form to fill out for that one.) An MWGO member can have a marker placed for each region where they conduct trips, and multiple markers can appear in regions where several guides operate.

To check it out, go to [www.mwgo.org](http://www.mwgo.org), select Find a Guide, and click on "Find A Guide Interactive Map."



You will notice that there is one marker on Baffin Island and a cluster of 10 on Maine. As you zoom in on Maine you will see more balloons showing the numbers of markers (guides) in a particular location.

Search to locate places near you.



Zooming in to the area southwest of Baxter State Park and northeast of Moosehead, you see several guiding companies that do trips on the West Branch of the Penobscot. Clicking on one of the company names takes you to their website. These are just examples I've added to show you the potential, based on guides I'm familiar with.

To have markers placed on the map for your trips, please send me a description of the location, ideally a Lat/Lon in degrees decimal format (e.g., 45.91582N -69.54772W). I can also convert from other formats or estimate the location from a very detailed description.

## Member Log-In

People often ask me about member log in. There is very limited and mostly outdated information in the members-only section, such as details about some of the pro deals that we have/had and meeting minutes. If you want to poke around in the members-only area please email me at [info@mwgo.org](mailto:info@mwgo.org) for instructions.

The intent of the website is to distribute information and be a resource for members. If there are things that you would like changed or added to the site please feel free to let me know.

## Guide Tip: Ice — How Thick is Safe?

by Kevin Slater

**Color is a good indicator** of ice strength. Black ice (which is clear but looks black because the water underneath is dark) is the strongest due to a low air content. Gray ice, which is slush that has been saturated and refrozen, has a more air and is weaker than black ice. White ice, formed from snow that melts and refreezes or rain-saturated snow that's refrozen, has the most air trapped inside of it and is the weakest.

The following minimum guidelines apply to new (black) ice. Increase the thickness for white or gray ice.

- 2" — Not recommended; the ice will hold you, but flexes under weight
- 4" — Okay for ice fishing or other activities on foot
- 5 - 7" — Okay for snowmobile or ATV
- 8 - 12" — Okay for a car or small pickup truck
- 12" - 15" — Okay for full-sized pickup truck

One significant change I've noticed in the last 30 years of winter guiding in Maine is the percentage of freeze/thaw (white or gray) ice has significantly increased due to our more frequent and longer-lasting thaws. The black ice at the bottom is typically only 1-4" thick. The highest percentage, in terms of thickness, is now primarily gray or white.

The fastest way I've found to measure ice thickness is with a cordless drill with 12-16 volt battery and a 5/8" -3/4" wood auger bit about 16" long. The greater the diameter of the drill bit, the easier it will be to see the ice color profile in the hole. Use a bit that is self-tapping (with a threaded point) and fluted, which will pull the ice out of the hole as you drill. It takes about 30 seconds to drill through a foot of ice. Once the hole is drilled, hook the end of a tape measure under the bottom edge of the ice to get an accurate measurement of thickness.



For a more extensive article on ice formation, safety, and rescue, see the Summer 2009 issue of *Maine Wilderness Guide*.



### Membership Report

Professional (annual)	44
Professional (family)	2
Professional (life)	18
Pro Camp	2
Camp	1
Supporter	6
Supporter (family)	1
Supporter (life)	11
Business	1
Honorary (life)	5

Annette Mclaggan,  
Membership Coordinator

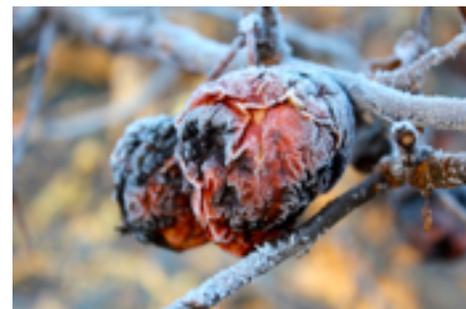


### Treasurer's Report

MWGO's balance as of 8/31/18:

PayPal	\$ 362.59
Ed account	\$1,750.24
Check account	\$19,050.24
Total	\$21,163.34

John L. Wight, Treasurer



## Membership Form

Cut out and send in envelope with check made out to  
Maine Wilderness Guides Organization to:

MWGO Membership  
126 Western Ave. #155  
Augusta, Me 04330

or join/renew online at [www.mwgo.org](http://www.mwgo.org)

- New Membership  
 Renewal

- Registered Maine Guide..... (Annual) \$50.00  
 Registered Maine Guide.....(Life) \$500.00

Guide classifications:

- Master  Recreation  Hunting  Fishing  
 Rafting  Sea Kayaking  Tidewater

- Sporting Camp Owner/Outfitter.....(Annual) \$100.00  
 Sporting Camp Owner/Outfitter.....(Life) \$500.00

- Corporate Sponsor.....(Annual) \$200.00  
 Corporate Sponsor.....(Life) \$1000.00  
*Supporter of MWGO's mission and goals.*

- Friends of MWGO.....(Annual) \$35.00  
 Friends of MWGO.....(Life) \$250.00  
*Supporter of MWGO's mission and goals.*

Member Name

Guide's License Number

Business Name

Address

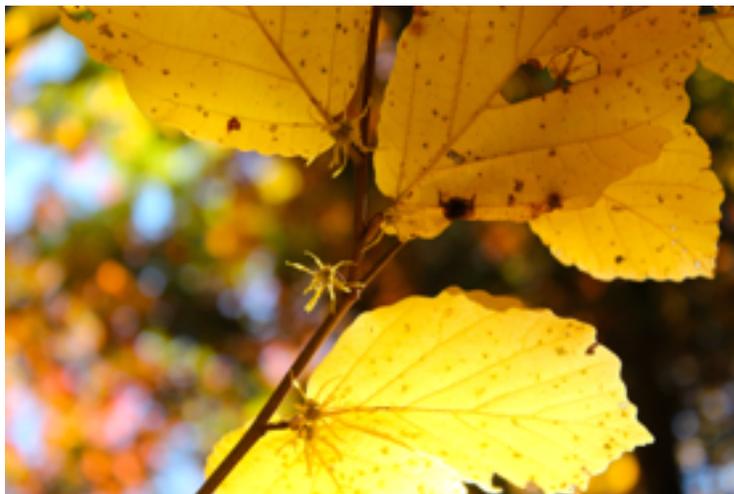
City State Zip

Email

Telephone

Member benefits include professional development workshops, MWGO patch and decal, MWGO website marketing opportunities, annual meeting, and pro deals.

## Naturalist's Notebook



### American Witch-Hazel

*Hamamelis virginiana*

This time of year, we're used to seeing plants completing their life cycle. Leaves turn yellow and fall to the ground. Pods dry and release seeds for next year. Annuals die back to the ground. But one forest shrub waits until late autumn to open its flower blossoms—the witch-hazel.

Witch-hazel is a shade-tolerant understory shrub that inhabits forest edges and stream banks in most of Maine, excluding for the far north. Often it grows in clusters of individuals 10-12 feet tall, though sometimes it reaches heights of around 25 feet (Maine's champion is 32 feet tall). It has smooth, gray-brown bark, which may get scaly on older stems, and its leaves have asymmetrical bases and wavy-toothed margins.

The witch-hazel's spidery yellow flowers appear from October into December and are pollinated by several species of winter-active sawfly moths of the Noctuidae family. Seeds from the previous year appear at the same time as the flowers. The woody capsules split and forcefully eject four shiny brown seeds which land several yards from the parent shrub.

Extracts from the witch-hazel's leaves and bark have long been used to treat skin conditions and can still be found in the drugstore.

When you're in the woods this fall, keep your eyes open for this unusual late-blooming shrub. A glimpse of these last flowers of the year will help warm you through the long winter ahead.