

Maine Wilderness Guides Org.

An Association of Registered Maine Guides



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MWGO Welcomes Three New Board Members

At the January Annual Meeting, the Board voted to add three new members to the board. Sean McCormick, Jaclyn Stratton, and Nancy Zane are the newest members of the MWGO Board, bringing a diversity of experience and interests to the Board as we take on the Priority Action Areas for 2021 through the recently formed and rejuvenated committees. Please join us in welcoming them and enjoy getting to know a little bit about each of them through their bios provided below.

Sean McCormick

Owner operator of Blue Heron Guide Service for 28 years, Sean guides fly fishermen for trout and salmon on the middle Kennebec River with his drift boat. He enjoys spending time with clients and sharing all that we have to offer here in Maine. Many of his clients have become good friends and have been with him every season since he started guiding. He always learns new things while out on the river, be it from his clients or from nature.



Jaclyn Stratton

Jackie Stratton started her canoe guiding business Waterways Guiding in 2020. Jackie has worked within the Land Trust community for the last 8 years, with a focus on stewardship and community outreach. With a degree in Natural Resource Management and Watershed Science and a Maine Master Naturalist certification, Jackie is committed to a life of conservation and nature education. Being a young queer-friendly woman, Jackie is especially interested in making the outdoors more accessible and inclusive. An avid whitewater canoeist, she looks forward to a lifetime of guiding on Maine's waterways and is excited to join forces with the Maine Wilderness Guides Organization.



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Short Bytes:

MWGO Remembers George Smith

The Maine Wilderness Guides Organization was saddened to hear of the passing of legendary author, columnist, sportsman, and advocate for the Maine outdoors George Smith. Through his time as a columnist and as the Executive Director of the Sportsman's Alliance of Maine for 18 years, George's passion for the people and the outdoors of Maine was certain. Friends are asked to honor George by spending time outdoors or supporting the important conservation efforts of the Kennebec Land Trust, P.O. Box 261, Winthrop, ME 04364.

Maine Office of Tourism Launches "Look Out for ME" Initiative



With the Covid-19 pandemic inspiring more people than ever before to explore the mountains, forests, and coastlines of Maine, the Maine Office of Tourism recently launched its "Look Out for ME" initiative to help educate and encourage tourists and residents of Maine to enjoy the outdoors responsibly. The initiative offers and asks

partners to utilize a toolkit ([available here](#)) to help promote the messages of the initiative: "Take care of the land. Take care of yourself. Help preserve tomorrow today." MWGO will be sharing these messages through our social media over the coming days and weeks and encourages business owners to do the same so that we can help encourage everyone to do their part to protect Maine's natural resources for generations to come.

Tips from the Pros: Wool socks aren't just for feet!

You could buy a fancy neoprene sleeve for your favorite water bottle, but you probably already have everything needed to insulate your water bottle. Fold an old wool sock with the upper portion to the inside of the foot and slip over your water bottle. Although less convenient for drinking on the go, slide the bottle in upside down to keep the threads from freezing up. Photo credit: Reid Anderson



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Nancy Zane

Nancy is the founder and visionary of North Star Adventures. She brings 25 years experience in cultivating outdoor leaders. As a former college educator, avid outdoor enthusiast, and medical professional she creates a physical and emotional safe place for clients to explore the outdoors and expand personal comfort zones. Prior to founding North Star Adventures she oversaw leadership development programs, developed and taught Adventure Education courses, and taught national certifications at Unity College.



Field Tested Recipe: Oatcakes

In preparation for Maine Maple Sunday, here's a breakfast recipe that goes great with local Maine-made maple syrup!

- 1 cup rolled oats
- 1/4 cup flour
- 1 cup heavy cream
- 1/4 teaspoon salt
- 1 egg
- 1/2 teaspoon baking powder
- 1 table spoon honey, molasses, or maple syrup

The night before, combine all ingredients and refrigerate (or store in a cooler) overnight. The next morning, scoop out dollops of the oat mixture into a well-greased, oiled, or buttered skillet and cook as you would pancakes. As the mixture warms up flatten the dollops out to be about 1/2" thick. Serve with butter and syrup, jam, and/or fruit of your choice!

Upcoming Events and Dates

- Feb 28-Jun 13: [Maine Recreational Guide Course](#) by North Star Adventures, Unity, ME. Module format, register by module or for the full course consisting of two days, four evenings, and one canoeing weekend. Contact Nancy Zane: (207) 956-0045 or NorthStarAdventures1@gmail.com.
- Mar 15: Rescheduled Public Hearing for [Kennebec River Management Plan](#). If you are unable to attend the hearing, please take a minute now to [submit your comments](#) in support of strengthening DMR's proposal by recommending removal of all four dams.

MWGO Professional Members are eligible for a \$50 reimbursement (\$25 for Supporting Members) for WFA, WAFA, WFR, WEMT or Recertification Courses.

Invasive of the Month: Common Reed

This non-native, invasive, perennial grass grows very tall in open wetlands, swales, and roadside ditches. The fluffy seed heads persist through the winter. It is especially damaging in salt marshes and freshwater marshes. It displaces native plant species such as wild rice, cattails, and native orchids. The common reed, *Phragmites australis*, arrived from Europe most likely in the ballast water of ships. The native reed, *Phragmites americanus*, is infrequent in Maine, only reaches 6 feet in height and grows in small, diffused stands. Invasive plants out-compete native species, negatively impact animal habitat, and directly threaten Maine's natural landscape. Photo credit: Tomas Dundzila



From the Field



The beauty of nature and a physical science lesson, all in one photo! Tiny ice crystals reflect and refract light to create a sun pillar, a halo, two sun dogs, and even upper-tangent arcs as the sun rises behind a small island on Moose Pond in Bridgton.

Photo Credit: [Eric Storm Photo](#)

Do you have an article, recipe, tip, event, or photo to share in the next eNews?
Send your submission to: newsletter@mwgo.org!

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