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What's Up, Doc? Summer 2000

Maine Department of Conservation

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What's Up, DOC?

A NEWSLETTER FOR DEPARTMENT OF CONSERVATION EMPLOYEES

Summer 2000

A message from the Commissioner

Will Rogers said, "To succeed, you must know what you are doing, like what you are doing, and believe in what you are doing."

That's a pretty good recipe--I would add you need to plan for what you are doing.

Setting personal goals is important to help us focus on our personal objective and develop the benchmarks that show we're making progress.

Many years ago a boss I had passed on his recipe for goal setting on an index card. I found it very useful in my life and thought I'd share the recipe with you.

Continued on Page 2

LIBRARY USE ONLY

It's Easy to Start an ATV Club

ATV Program Coordinator Brian Bronson and a production crew from WGME-TV hit the trails this spring to tape a public service announcement about spring ATV riding. The purpose of the PSA is to inform ATV riders the rules of the road and the need to start a club.

The thirty second spot features Brian and colleague Tim Russell, and aired this spring.

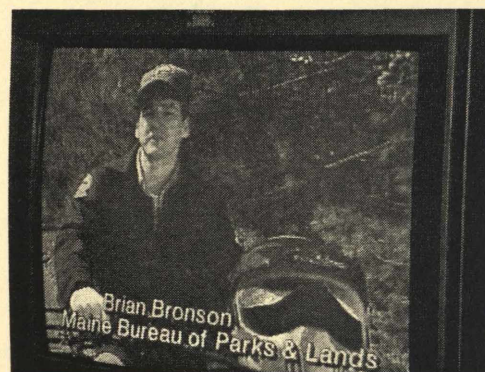
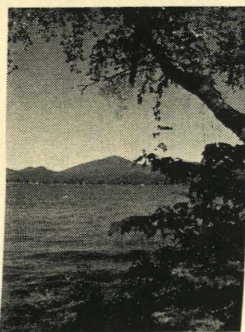


Photo by Gale Ross

Brian Bronson, supervisor of the ATV Off-Road Vehicle Program, informs television viewers the Do's and Don'ts of ATV riding during the taping of the public service announcement.

"You need to get landowner permission before riding," remarked Brian.

To accompany the PSA, a brochure outlining the steps to create an ATV club was developed and Brian has plenty of copies for distribution.



Mount Blue State Park

The Community Forestry Program

awarded

\$4.1 million

in financial assistance to

117 Maine

communities last year.

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Commissioner's Column

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It's pretty straight forward--but it does work. Sometimes you face an opportunity that doesn't complete one of your goals but moves you appreciably toward it. That's probably an opportunity you should accept.

Another time you might face an opportunity that sounds good, maybe has significantly more money, but doesn't really match many of the top 10 cards. That may be an opportunity you should pass up. It may be this process that gives you the courage to say no to what looks like, on the surface, a perfectly good opportunity or accept something that isn't perfectly clear that would benefit you.

Good luck!

Personal Goal Setting

- Commissioner Lovaglio

1. Set 10 minutes aside each day for 2 weeks. During that period create a laundry list of all the things you'd like to do or enjoy. Keep adding to it--don't analyze the list--just keep making it. Put down all things--even the most crazy that come to mind.
2. At the end of 2 weeks review the list. Delete those that you really don't care about or appear to be low priority.
3. Put the remainder on 3 x 5 cards--one thought per card.
4. Put cards in order of priority and set them aside for two weeks.
5. Review cards and reorder if you feel like it.
6. Keep the top 10-15 at most and discard others.
7. Review opportunities against goals on cards when they occur.
8. Review every 6 months--no sooner.
 - a. Re-prioritize
 - b. Delete those that don't sit well
 - c. Add new ones
 - d. Go to step 4

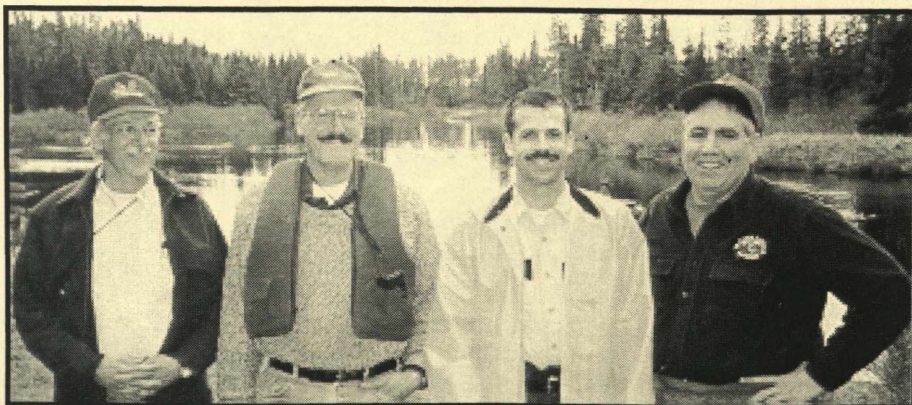


Photo by Ron Lovaglio

L-R: Fred Todd, Del Ramey, Steve Wipperman, Commissioner Lovaglio
DOC employees stop at Flaws Bogan Campsite during their St. John River trip this spring.

Calendar of Events

June

June 13 - 16
Maine State Park Lifeguard Academy
China Lake Conference Center

June 15
LURC Commission Meeting
Lakeview Restaurant, St. Agatha

June 19, 7:15 pm-9:15 pm
Public Hearing: Bureau of Parks and Lands Integrated Resources Plan
University of Maine ITV system

June 27, 6:30 pm - 9:30 pm
Public Hearing: Bureau of Parks and Lands Integrated Resources Plan
Bangor Motor Inn, Hogan Road, Bangor

June 28, 1pm - 4:30 pm and 6:00 pm
LURC Public Hearing, Bureau of Parks and Lands Boat Launch permit request
Bangor Motor Inn, Hogan Road, Bangor

June 29, 8:00 am
LURC Public Hearing, Bureau of Parks and Lands Boat Launch permit request
Bangor Motor Inn, Hogan Road, Bangor

June 29, 6:00 pm
LURC Public Hearing, Bureau of Parks and Lands Boat Launch permit request
Northeastland Hotel, Presque Isle

July

July 12, 9am - 12pm
DOC Safety Committee meeting, Bolton Hill

July 20
LURC Commission Meeting
Rangeley Inn, Rangeley

August

August 9, 9am - 12pm
DOC Safety Committee meeting, Eagle Island

August 17
LURC Commission Meeting
Sky Lodge Conference Center, Jackman

August 25
Campground Reservations Office closes for the season

Forest Fire Awareness Week

- Jim Downie

Media outlets throughout Maine did their part to raise the level of awareness to wildland fires during Forest Fire Awareness Week, which was proclaimed by Governor King, April 16-22.

Once again, Rangers, along with Smokey Bear visited with ill children in hospitals in Bangor and Portland. Several Rangers were interviewed by TV and newspaper reporters. Forest Fire Awareness week began five years ago, and this year was adopted by all the member states and provinces within the Northeastern Forest Fire Protection Commission.

2000 Parks Season



Photo by Gale Ross

Last year Governor King and students officially opened Maine State Parks at a press conference held at Wolfe's Neck Woods State Park.

The 2000 Maine State Park Season was celebrated on Thursday, May 25 at Bradbury Mountain State Park in Pownal.

This marks the 3rd year Governor King and Park Staff gathered to announce the start of the summer Parks season. Park Manager Mick Rogers and Park Ranger Gary Best hosted the event that attracted media coverage from TV and newspaper reporters throughout Maine.

The Battle of the Birds: Chickadee Plates Take a Bite out of the Loons



Since the introduction of the free, chickadee plate last July, the Bureau of Parks and Lands has seen a 20% average drop in revenue from the Conservation Loon license plates.

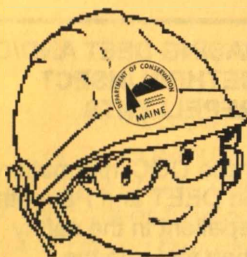
For the second year in a row, the Department of Conservation and Department of Inland Fisheries and Wildlife will mail a letter to Maine motorists who purchase loon plates to thank them for their support. The letter will explain where the money is being spent and encourage folks to ask Park staff about the repairs at

any Maine state park or state historic site. As a bonus, a pass for one, day-use visit to any state park, state historic site or the Maine Wildlife Park in Gray is included.

Parks and Lands Northern Regional Director Tim Hall reports the finishing touches are taking place on brand new shower facilities at Maine's first state park, Aroostook State Park in Presque Isle. This Loon Fund project not only modernizes the park's campground with flush toilets and warm showers, it also adds a special feature new to the state park system.

A kitchen shelter, complete with a wood-burning cookstove, sink, counter space, and picnic tables, will join the shower building to provide modern and comfortable amenities for park visitors.

The kitchen shelter concept is borrowed from Canadian camping parks, and was added to the development plans at the suggestion of local citizens and park supporters.



Safety is No Accident, It's a Behavior

Department of Conservation Labor Management Health & Safety
Spring/Summer 2000 Volume 3 Number 1

Vehicle Seats and Your Back

DOC Health & Safety Committee Members

Sandra Cleaves
Labor
Peggy Dwyer
LURC
Jim Downie
Maine Forest Service
Deb Everett
ACE
Rick Henion
Maine Forest Service
Ginger Jordan-Hillier
Safety Officer
John Hinkley
Labor
John Leavitt
Labor
Craig Neil
Maine Geological Survey
Debra Phillips
Personnel Manager
Mick Rogers
Parks & Lands
Dan Skillin
Labor
Pete Smith
Parks & Lands
John S. Williams
Bureau Director

Almost 200 DOC employees attended Back School last winter. Five additional sessions are being scheduled for June to train up to 100 employees including many seasonal workers.

Long vehicle trips and accompanying back discomfort was a frequent topic of discussion at Back School. Health South has provided us with the following guidelines to reduce back discomfort:

- ✓ Sitting places far greater stress on the discs in your lower back than either standing or lying down.
- ✓ There are 3 natural curves in your spine and it is important to maintain and support these curves.
- ✓ When sitting, the curve in your lower back is the most important one to support. This area should curve in a little.
- ✓ Stop and get out of your vehicle in a safe place every 1- 2 hours and more frequently if you have a back injury.

Check your seating position in your vehicle:

- ✓ Maintain an upright position.
- ✓ Knees should be lower or even with hips.
- ✓ Your foot should reach the gas pedal without stretching.
- ✓ Adjust your rearview mirror to a position that allows you to maintain good posture when looking in your rearview mirror.
- ✓ Occasionally alternate seat position to decrease press on discs; tilt it back slightly for a while, then bring it upright.
- ✓ Position a small rolled towel at waist level to provide lumbar support.

If you implement the guidelines above, drive long hours for work and continue to experience back discomfort, you should contact your supervisor and Deb Phillips to discuss the value of an individual vehicle ergonomic assessment.

Did you Know?

OSHA has recently Issued a Hazard Information Bulletin {HIB} and Fact sheet for Lyme Disease.

The link to this information is found on their home page at :

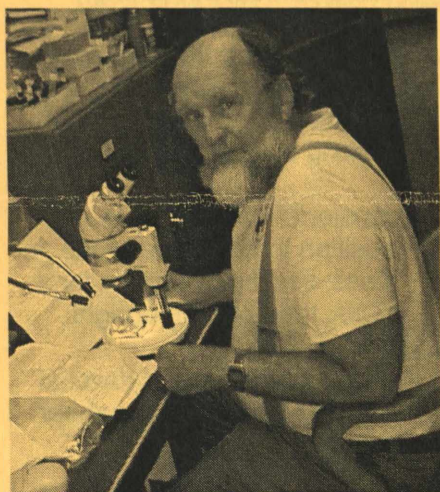
www.osha.gov

For more information contact:
ginger.jordan-hillier@state.me.us
287-4904

(Continued on back)

THANK YOU...

Dick Dearborn provides assistance to the Safety Committee on Lyme Disease issues. His information and knowledge was instrumental in the development of DOC Lyme Disease policy and development of the State Lyme Disease policy. Dick has worked as a Survey Entomologist for the DOC since 1966. He conducts forest insect identification for the department and provides tick identification services for the department, members of the public and the medical community. Dick is a valued member of the Maine Lyme Disease Task Force where his knowledge of ticks has significantly contributed to information provided in the Maine Bureau of Health Lyme Disease Prevention Bulletin.



Dick Dearborn
Maine Forest Service
Entomologist

Dick Bradbury is a Forest Entomologist who provides assistance to the Safety Committee with Browntail Moth issues. He has been instrumental in the development of the DOC Browntail Moth policy and the annually updated health alert. He worked part-time for the department during his student years, and has been with DOC full-time since 1977. He currently leads the Browntail Moth Suppression Project, assists municipalities with spray projects for the management of Browntail Moth and coordinates annual surveys to locate high Browntail Moth populations. Dick is considered one of Maine's most knowledgeable resources on the Browntail Moth.



Dick Bradbury
Maine Forest Service
Entomologist

Spring Safety Bugs ... Bugs ... Bugs ...

Deer ticks which may carry Lyme disease are active. If you work in Lyme Disease high to moderate exposure areas, remember to wear long clothing, tuck pant legs into socks and do tick checks at the end of each day. If the tick that attaches itself to you is a deer tick and a carrier of Lyme disease it takes up to 36 hours to transmit the disease. So-o-o if you remove ticks at the end of each day they will not have enough time to transmit the disease. Tick kits have been purchased and are being distributed in agency first aid kits. The Department will provide the Lyme disease vaccine and over the counter DEET or Permethrin products to interested eligible employees. Comprehensive information is available in the DOC Interim Policy. The 2000 Interim Lyme Disease Policy was mailed to management points in May.

The Browntail Moth became active in May. Good news! Infested areas have decreased. The Browntail Moth is expected to be a concern in the Freeport to Boothbay coastal areas only. Avoid unnecessary outside activity in infested areas of hardwood trees and shrubs, especially when leaves are missing and weather conditions are windy and dry. If outside activity is necessary, wear long clothing and gloves. Dust masks and Tyvek jumpsuits will prevent the infiltration of brown tail moth hairs. After possible exposure, take a cool shower and change your clothing. For comprehensive information look for the DOC Browntail Moth Policy and Alert which was mailed to Management Points in April.

PURCHASING DEET AND/OR PERMETHRIN INSECT REPELLENTS

Look for the DOC information sheet on DEET and Permethrin insect repellent in the safety information folder in the Commissioner Common file. The Interim Lyme Disease policy authorizes bureaus to purchase insect repellents.

All employees who can log onto the Novell network have access to this file:

Dcnhqfs4\DATA\Commissioner\
Common\safety information.lwp

If you cannot access this file find someone who can and have them send you a copy.

The safety information folder contains a growing number of files on safety issues of department-wide interest.

Bugs that fly into your car and become stuck to the condenser and radiator can cause your car to overheat. If you do a lot of highway driving, check the radiator and condenser regularly, being sure to keep both areas clear of bugs and other road debris.

*Helpful hint from the
Maine Turnpike News.*

Legislature 2000

- Dawn Gallagher

The past five months proved to be quite hectic at the legislature. Renovations at the capitol caused legislative committees to relocate to six locations scattered throughout the Augusta area. Although this was the "short" session of the two-year legislative cycle, the legislature dealt with many controversial and substantive issues.

This was the second session of the legislative two-year cycle. (During the first year, the legislature approved the regular two-year budget and dealt with more than 3,000 bills!) This year, the legislature approved the supplemental budget for July 2000 - June 2001, and considered more than 400 bills. The **Department** tracked or testified on over 50 bills. Each bureau had several key bills of interest, and with a lot of hard work and team work, we fared fairly well. The **Department** also passed a 10-year Government Evaluation Act Review with much praise and little recommended changes.

The supplemental budget for the **Department** will pay for several reclassifications of existing positions and extending the season for some seasonal positions. It also allows the **Maine Forest Service** to add several inventory crew positions (paid for by the federal (government)), and allocates approximately \$370,000 from the general fund for safety and electrical improvements at several park and forest service facilities.

Other laws passed this session include a wide range of bills:
1) Permitting **Parks and Lands** to allocate some of the land managed by the bureau into Ecoreserves to maintain natural conditions;

- 2) Changing the name of our natural resources bureau to **Geology and Natural Areas**, to more accurately reflect its roles and duties;
- 3) Extending the time until October 2001, for municipalities to notify the state that they want to ban personal water craft on their ponds and lakes;
- 4) Banning the word "squaw" as a name for public places;
- 5) Selling Pineland but retaining recreational access and activities on surrounding lands; and
- 6) Studying barriers to access recreational lands.

Perhaps as important as the bills that passed, are the bills that did not pass. The legislature used an incremental approach to legislation. Bills that radically changed the way we do business did not fare as well as those bringing moderate changes. A bill that would have armed forest rangers and a bill that would have required them (and other agency staff) to have probable cause and a search warrant, or

expressed landowner permission, before entering private land did not pass. Major changes to game warden authority were also voted down. The legislature basically decided to keep enforcement at the same level as it has been.

The legislature also voted against a bill that would require the **Maine Forest Service** to approve clear-cuts and to establish a 10-year approach to timber harvesting. Instead, the question will appear as a referendum issue on this November's ballot.

This summer the Department will be busy developing the budget for July 2001 through June 2002 and bills we want to submit through the governor's office for the next legislative session beginning in January 2001. Always planning ahead.

Eagle Island featured on HGTV

- Sheila McDonald

Admiral Peary's summer home on Eagle Island was featured on the nationally syndicated program, "Homes of Our Heritage" on Home and Garden TV April 30.

This segment in the "Homes of Our Heritage" series featured homes of six trailblazers in our nation's history. The production crew came to the island last summer and interviewed **Park Manager Jeanie Dorrington**, **Historic Site Specialist Sheila McDonald** and **Ed Stafford** (Admiral Peary's grandson).

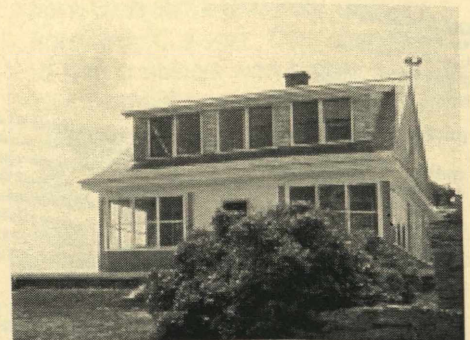


Photo by Susan Benson

The focal point of Eagle Island state Historic Site is Admiral Peary's summer home.

Promotions and Awards

Tom Driscoll Heads up the Information Services Division

General Services Bureau Director Will Harris announced in March that Tom Driscoll has accepted the position of IS Manager. Tom has been in acting capacity in the position since Dick Arbour retired last September.

"Tom has done a terrific job, brings much knowledge and enthusiasm to the position. I hope you will all give Tom your support and join me in wishing him the best of luck in his new position."

Jerry Parsons Receives the Bronze Smokey Award

Forest Ranger Jerry Parson was awarded a Bronze Smokey Award in June at the Northeast Forest Fire Supervisor's meetings in Delaware. Jerry attended the meeting with Fire Control Supervisor Tom Parent.

For more than 25 years, Jerry has dedicated a great deal of energy to educating youth about the dangers of fires and importance of fire prevention. He has been instrumental in developing the Honorary Forest Ranger Program, a joint effort with Operation Lift Off and the Forest Service.

The Forest Protection Division recognized Jerry's contributions and nominated him for this prestigious award back in November of last year. According to Juanita Stanton of the US Forest Service, Jerry is the only person to receive the award, east of the Mississippi. The award may be given annually, by the USDA Forest Service, National Association of State Foresters, and the Advertising Council. Jerry is only the second Maine Forest Service Ranger to receive this award.

DOC Employees Do Great Work!

LORING JOB CORPS CENTER
RR # 1 Box 1727 Limestone, Maine 04750
Telephone: 207-328-4212
Toll: 1-888-216-2034



April 18, 2000

Frank Appleby
Park Manager
Aroostook State Park
87 Park Road
Presque Isle, ME 04769

Dear Fritz:

On behalf of the students and staff of the Loring Job Corps Center, we would like to express our deep appreciation for the time and effort you took from your busy schedule to assist us at our inaugural Industry Council meeting on April 5th. We trust that you enjoyed the opportunity to meet with area industry representatives, students and staff. Although the focus panel for Rec Works was only for a short time period, we are hoping that it was enough time for you to develop an interest and willingness to continue to assist us to improve our Outdoor Recreational program. We consider your professional background and practical experience a valuable resource in providing guidance and direction. If you have any questions for Troy, or if you would like to meet with him and our students, you may contact him at Ext. 7548.

Please feel free to contact us if you would like to come to the Center to visit classes or have a Center wide tour. Our next full Industry Council meeting is scheduled for June 21st at 11:45 a.m.

Again thank you for coming. We appreciate your interest and willingness to participate.

Sincerely,

Eunice F. Johnson
Eunice F. Johnson
Center Director

Reg
Reginald R. Reed
Business & Community Liaison

John S. Williams, Director
Land Use Regulation Commission
State of Maine
Department of Conservation
22 State House Station
Augusta, Maine 04333-0222
Dear Mr. Williams
It is not often today that you find someone interested, pleasant, and helpful, least of all at a government agency. Karen and I found Marcia Spencer-Famous to be just that person. I actually found the application process and dealing with Ms. Spencer-Famous to be pleasant and a really learning experience, even fun. We found her helpful and with out preformed opinions about our project. Her letters were concise well written business correspondence that enabled us to move through the application process successfully. Marcia is a truly fine representative of your Agency and a person you can be most proud to have in your employee.
Thank you, + Sincerely
Joseph + Karen Antell

Department of Conservation Employee News

DOC Anniversaries

25 Years:

Ron Cyr
Harry Doughty
Jim Lord
Levi Walton

20 Years:

Frank Appleby
Bill Carpenter
Mike Ricci
Steve Spencer
Gail Tunstead
Tom Whitworth

15 Years:

Kim Allen
Richard Cole
Bill Galbraith
John Leavitt
Arnold Martin
John O'Jala
Peter Pelletier
Todd Weeks

10 Years:

Carl Michaud
Bob Irvine
Kurt Shoener
Robert Southard

New Employees

LURC

Lester Kenway is the new Investigator at LURC's Greenville Office. Lester joins LURC after many years as the Trails Supervisor at Baxter State Park. Lester brings to us extensive experience in trail design, construction and maintenance, erosion and sedimentation control, and working cooperatively with landowners and volunteer organizations. He also has an intimate knowledge of much of the back country of Piscataquis County, where he will be working.

David Rodrigues is the Compliance Investigator in our Rangeley Office. David's work experience includes having been a land manager for several large Nature Conservancy preserves in Rhode Island, or director of properties for Audubon, a forest

ranger for a large Boy Scout reservation, and a wetlands biologist/natural resource specialist for the Rhode Island DEP.

Maine Forest Service

We are pleased to announce that **John Anastasio** has accepted our offer to come to work for the Maine Forest Service as our new senior planner. John's work will focus primarily on federal grant tracking and budget projects in preparation for the upcoming federal audits. John comes to the forest service with an extensive background in grants management and fiscal tracking. He has worked at DEP and most recently the ACE Service Center.

Dan Jacobs has accepted MFS's offer of the Island Falls Forester I position. Dan is a resident of Houlton. He has a M.S. from Pennsylvania State University, a B.S. from Utah State University, and a A.S. from Unity College. Dan comes to us with a diverse work history that will greatly assist him in his new position. Dan has worked for the USDA Forest Service in the Rocky Mountain Region, International Paper as a forester in the Clayton Lake Unit, and most recently for the Houlton Band of Maliseet Indians. Dan brings experience working with DEP 319 grants and a variety of cost share programs. Dan's education and experience will be an asset in Aroostook county.

Please welcome our new employees to DOC!

Fire Season 2000

The Maine Forest Service reports that wet weather has been the major reason why the fire occurrence and acreage lost to wildfires is down considerably this year.

Through May 7, 128 wildland fires have been reported, resulting in 224 acres burned. This compares to 287 fires and 733 acres for the same time period last year. Debris burning and arson once again are the leading causes.



Send in your story idea for the next issue of "What's Up, DOC?"

Maine Department of Conservation
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Augusta, ME 04333-0022
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Submit story ideas to:
Susan Benson, Editor
susan.benson@state.me.us
(207) 287-4909

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