

# Watershed Observer



NEWSLETTER OF THE AMERICAN CHESTNUT LAND TRUST

VOLUME 14 NO. 2, SPRING 2000

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## CALENDAR

- JUNE 3 — CANOE TRIP (FILLED)
- JULY 16 — CANOE TRIP (FILLED)
- SEPTEMBER 9 — CANOE TRIP
- OCTOBER 14 — CHILI COOK-OFF, AUCTION AND DANCE
- NOVEMBER 11 — ANNUAL MEETING

## ACLT Volunteers Have the Spirit!

As the Volunteer Coordinator for ACLT, I have the responsibility of recruiting volunteers for many projects and for keeping track of the number of volunteers and the hours donated. Over the past year, I have worked on formalizing the existing volunteer program by developing a recruitment plan, creating time sheets to record hours donated, and writing job descriptions and a volunteer handbook for new volunteers, to answer some of the general questions about volunteering with ACLT.

*It did not take me long to learn that volunteers for the American Chestnut Land Trust really know how to roll up their sleeves and pitch in to get the job done! In the past year, over 170 volunteers have contributed 3,444 hours to the organization's efforts to help preserve and protect natural and cultural resources in Calvert County. This figure equates to well over one year of 8-hour days!*

To highlight the important work accomplished by our volunteers, and express appreciation for the many hours of dedicated service, I thought it would be a good idea to showcase several facets of our volunteer program, and the very special people who make it all happen. However, to describe each and every project and individual volunteer involved would be a monumental task, and one that would take up much more space than available in this one newsletter. To that end, I would like to begin writing a "volunteer spotlight" column, and highlight a few volunteers/projects in each future edition of the newsletter. ACLT volunteers are very special and I want you to know it! See the first installment on page 3.

—Fran Stump



Hungry girl scouts from Troop 3037 lead the way at the Earth Day picnic. The girls, under the leadership of Leader Heather Weems, cleared trails of winter debris.

Photo by Carl Fleischhauer



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Editors: Ellen and David Farr

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# From the Vice President's Desk ...

Since my retirement from active military duty five years ago, I have had the opportunity to work with and observe many non-profit organizations across America. The most successful of these had one attribute in common: a very strong volunteer component. There seems to be a direct correlation between the level of volunteer activity and the health and vibrancy of these organizations. This is one of the basic tenets of the community based conservation approach being used by local communities across the land to preserve especially valued natural resources and cultural identities. Not surprisingly, volunteerism is a great strength of ACLT as well.

Volunteers have been the heart of ACLT since its inception and as ACLT has grown and evolved, they are even more important today. With almost 3000 acres under active management and preservation and acquisition efforts continuing, there is plenty of work to be done! Here's how we hope to meet the challenge. First we added two staff over the past year. Fran Stump assumed duties as our Administrative Assistant and, importantly, Volunteer Coordinator; Dan Sampson is knee deep in his Land Manager role. Dan, along with Peg, serves as the "eyes" of ACLT by closely monitoring the land and the organization to keep abreast of what needs to be done. Fran is then informed of those needs and activates ACLT's extensive volunteer network to match volunteer skills and availability with the job to done. Fran talks more about her role elsewhere in this newsletter. In this and future newsletters, we will introduce you to the work of some of the volunteers in Fran's network.

It is particularly appropriate to spotlight our volunteers on the heels of another very successful Earth Day. This is probably our most visible volunteer effort of the year and extremely productive. Not only does a lot of debris get picked up, it serves to develop a great sense of community as private citizens and state and county agencies work together for the common good. There are, however, many less visible volunteer efforts that are equally important in achieving the mission of ACLT. We are blessed with a membership possessed of a broad range of personal and professional skills they are willing to share with ACLT. Equipment operators, electricians, carpenters, security experts, surveyors, painters, roofers, artists, plumbers are just a few of the skilled volunteers that help ACLT function and keep expenses down. Add those to the efforts of volunteers who do our mailings, accounting, grass mowing, bridge construction, barn building , and membership activities, and you begin to get an idea of the volunteer opportunities that exist within ACLT. The work done by our volunteers is an integral part of the day-to-day operations of ACLT and any success achieved is a direct result of their generosity.

To all our volunteers, many thanks for all you do for ACLT. You make ACLT a fun and vibrant organization! For those of you who would like to get more involved in ACLT activities, call Fran. She'd love to hear from you!

—Jim Greene, Vice President

# Spotlight on Volunteers

Ginny Murphy and Chris Rosenlund were recently asked to describe their volunteer efforts with ACLT and provide some personal information so that all ACLT members can get to know a little more about them. In their own words, here is what they share with us:

## **Spotlight on Ginny Murphy ACLT Membership Coordinator**

"I have been a volunteer for approximately four years. Actually, I was interested in outside work, but June Whitson was 'retiring' at the time, and someone was needed to take her place as Membership Coordinator. Since this work involved using a computer, my initial response was a firm NO!!, but with lots of encouragement and offers of help from Peg and June (and arm twisting from my brother Jim!) I decided to give it a try...and here I am four years later, still learning new things every day, and freezing up the computer only once a week instead of five times a day!

"I do also get the opportunity to do the outside work I had asked for! During the growing season, my husband and I help out with mowing the trails. I, like MANY others, also help with the various events throughout the year, whether it be Earth Day clean-up or staffing one of the booths at community events such as Patuxent River Appreciation Days, etc.

"I have spent the majority of my life involved in a variety of volunteer activities and enjoy my work tremendously. As for my work with ACLT, I believe deeply in its mission of preservation and I have had a special love for this area since my

parents built our cabin at Scientists' Cliffs in 1948. As Membership Coordinator, I feel I can at least help in some small way in getting people involved to help with our endeavors. I have met some wonderful and dedicated people along the way. I've also learned a lot from (and laughed a lot with!) our office staff. The office truly is a lively, interesting, and fun place to work! The rewards are many. With so many men and women working full time jobs today, organizations are in desperate need of volunteers and it is very rewarding and satisfying to me to know that I can be of some help. Also, I can say that I benefit physically from pushing that mower and mentally from the challenges I face every time I sit down in front of that computer! AND, there was also former Land Management Committee Chair Leslie Starr's Chocolate Chip Cookie Award to look forward to for those who put in the most hours behind the mower."

When asked about her personal life, here is what Ginny shared with us:

"I am married to Pat Murphy, who is retired from the Navy, working as Defense Contractor and who is also an ACLT volunteer. We have three sons—Sean (age 29), Kevin (age 26), and Matthew (age 17). I received my B.S. degree from St. Joseph's College in Emmitsburg, Maryland and completed a Dietetic Internship at Duke University Medical Center. I worked as a Therapeutic Dietitian until Sean was born and then became a full-time Mom and volunteer and dietitian for my family!"

"My hobbies include gardening (but don't look at my garden in August!!), kayaking, traveling (which we hope to do more of when our youngest son leaves for college next year), and walking. I work as a volunteer for our church, and am on the Parent's Council at St. Mary's Ryken High School. I also coach the spelling bee team at Our Lady Star of the Sea School in Solomons. Here in the community of Scientists' Cliffs, I keep the calendar for activities at Chestnut Cabin and am presently co-chairing with Ken Romney (also another ACLT volunteer) a reunion this summer for all former J.C.D.'s (kids who spent their summers here in the Cliffs from the 1940s to the present.)"

## **Spotlight on Chris Rosenlund**

"I volunteer for ACLT to help out with a cause that I truly believe will protect a valuable natural resource for the foreseeable future. The lands that ACLT manages are in my backyard; I live off Dares Beach Road and I believe that getting involved is the best way to ensure these lands are preserved and managed.

"I am a member of the ACLT hunting program and every time I have entered ACLT properties to hunt, hike, or help with marking boundaries, etc. my appreciation for the land grows. As a 'land steward,' as Peg calls us, I spend plenty of time in the woods all year 'round and get to observe a lot of wildlife. I had a wonderful experience last Fall when I heard the sound of deer approaching and saw three deer about 25 yards away. One of the three was a large

buck with a big rack. It was a very short look—more like a quick glimpse, I will always remember how majestic he was and how lucky I was to see him on the ground and up close.

“Another of the benefits with the ACLT hunting program is getting to meet and know the other hunt club members, who I consider to be sportsmen of the highest caliber. The friendships and experiences from hunting last a lifetime and the ACLT hunting program is a very positive program.

“My volunteer activities for ACLT have included barn raising, trash pick up, painting, showing the ACLT flag at community events, running errands, boundary marking and sign posting, contacting members, organizing group events, and many other as-needed chores.

“I have been hunting for about 20 years and have hunted in Pennsylvania, California, Guam, Montana, and Maryland. I believe the hunting lands and program managed by ACLT is one of the best I have participated in. I also believe that our efforts as hunters and volunteers for ACLT will help to preserve these resources for a very long time.”

Chris lives with his wife, Dawn, and son, Justin, only 1 1/2 miles from Double Oak Farm. He is one of the first to be called when help is needed and is quick to respond. Chris completely organized the massive Earth Day project at Double Oak this year with computer-generated maps of trash dumps and automobiles and called every Double Oak Hunt Club member to arrange, time, tools, trucks, and manpower. Chris has been in-

volved with ACLT as a volunteer since 1997. Chris has also served as President of the Bayside Forest Chesapeake Heights on the Bay Community Association from 1998 to 2000. Chris works as a Special Agent in the Counterintelligence Dept. of the Naval Criminal Investigative Service.

hours organizing efforts of the Hunt Club, helping with our Earth Day event, and providing/organizing work crews for the maintenance on various properties.

- ACLT has 7 major committees whose members contributed almost 400 hours for the year.
- Volunteers involved in outreach events such as Gardenfest, Patuxent River Appreciation Days, and the Annual Chili Cook-Off and Auction donated over 1,000 hours to help share ACLT’s message with the community.

—Fran Stump

## Some Very Impressive 1999 Volunteer Statistics

- Paul Berry, our Treasurer, contributed over 265 hours during the year, writing checks, balancing our accounts, and keeping a close eye on income and expenditures.
- Ginny Murphy, our Membership Coordinator, contributed over 200 hours managing the membership database, sending renewal reminders, sending contribution acknowledgements, and corresponding with members, old and new.
- Land Management volunteers, including those donating time to Warrior’s Rest, spent almost 800 hours improving our trails, collecting and analyzing water samples from Parkers Creek, and improving several of the structures on our lands. Our Hunt Clubs alone donated in excess of 300 hours toward these efforts.
- Angelo Cimini, the President of our Double Oak Hunt Club; Leon Myers, Vice President; Steve Howerton, Secretary/Treasurer; Chris Rosenlund, Earth Day Coordinator; and John Lewis, Member-at-large, each contributed close to 100

## Hours for Dollars

Some employers have formal programs in place to recognize the community volunteer efforts of their employees. These employee volunteer programs provide an excellent means to recognize the contributions of individual employees and reinforces the employer’s commitment to support communities in which they have a presence. Employee volunteer programs are often designed to contribute a monetary gift to your volunteer organization based on your individual volunteer hours. ACLT recently received a donation from Nationwide Insurance to recognize volunteer hours contributed by one of their employees. Please check with your employer today to find out if they have an “Employee Volunteer” program in place.



## Friends of the Earth

Members of the three clubs who hunt on lands managed by the ACLT provided the major cleanup force for Earth Day 2000. The men and women from the Double Oak, Southern Maryland, and Grass Roots clubs removed thousands of pounds of debris from Warrior's Rest and several roadside ravines north of Parkers Creek.

*Top left:* Shawn Koehler and Kenny Thompson, with Butch Clower standing by, prepare to hand two bags up to the crew in the dumpster on Double Oak Road.

*Middle:* John Lewis and Leon Myers receive the remains of a bicycle from three hunters unloading one of the trucks.

*Bottom:* Photographer Carl Fleischhauer managed to round about half of the hunters for this picture: in the dumpster, Robert (Woody) Woodland and Leon Myers; on the ground: Ron Bailey, Angelo Cimini, John Bain, John Lewis, Lenny Mathesius, Sr., Lenny Mathesius, Jr., Pete Trott, Steve Stanford, Curt Drumm, Kenny Thompson, and Ken Romney.



# AROUND ACLT ...

## New Web Name and Address for ACLT

ACLT now has its own registered "domain" name on the Internet (ACLTweb.org). The ACLT Web site with an up-to-date calendar of events, information about the organization, photographs of past events, and this newsletter and the last two issues can be found at: <<http://ACLTweb.org>>. The Spring 2000 newsletter page has a special photograph of a turtle. New maps and more material on the natural and cultural history of the properties owned or managed by ACLT will be added in the near future.

## Silent Auction Items Needed

It's not too early to start getting those creative juices flowing for the annual ACLT Chili Cook Off and Silent Auction. In this issue, you will find an Auction Donor Form. Be creative. Offer your best gifts and talents or items that truly get bidder's attention. Here are some items that have been offered at past ACLT Silent Auctions:



ONE WEEK AT A BEACHFRONT HOME IN REHOBOTH BEACH, DE. — A CASE OF EXQUISITE CHAMPAGNES (EACH RATING OVER 90 ON THE WINE SPECTATOR LIST). — ELEGANT DINNER FOR FOUR IN WASHINGTON, DC. — A SAILBOAT RIDE UP THE PATUXENT AND GOURMET LUNCH ABOARD. — CHAMPAGNE AND OBOE CONCERT. — ORIGINAL PAINTINGS OF THE PARKERS CREEK.



See photos from last year's Chili Cook Off and Silent Auction on the ACLT Web site.

## Membership News

Members are our strength.

ACLT welcomes the following new members who have joined since January 2000:

Ms. Laurie Kauffman & Mr. Hal Rogoff  
Mr. Donald Denton  
Mr. & Mrs. Charles Davis  
Mr. & Mrs. John Menassa  
Ms. Wendy Morrison  
Mr. & Mrs. Ron Dufresne  
Mr. Robert Griffin  
Mr. & Mrs. Austin Platt  
Ms. Elsie Schryver  
Mr. Kenneth Thompson  
Mr. & Mrs. J.A. Klapper

### Reached Sustaining Membership:

Mr. & Mrs. Jeremy Stone

## Call for Volunteers...

The land trust is in need of individuals to help with: Trail Maintenance Projects.

Help maintain the trails on our properties. Many volunteers are needed to assist with mowing, trail clearing/upkeep, structural maintenance and boundary marking.

Time commitments vary according to the selected project- if you could donate 1-4 hours per month over the summer months, this would really help!

*If you have some extra time and would like to volunteer, please contact Fran Stump, ACLT Volunteer Coordinator, at 410-586-1570 or [franaclt@chesapeake.net](mailto:franaclt@chesapeake.net). Thanks!*



## ACLT Receives Major Grants

ACLT has been awarded a grant from the Conservation Technology Support Program (CTSP) for a sophisticated Geographic Information System. We will receive a high-end computer, printer, and a variety of software packages that will enable 3-D representation and spatial analysis critical for conservation projects as well as continued preparation of maps.

In addition, ACLT has received a grant from the U.S. Bank Charitable Trust for \$25,000 for staff salaries and a Janice Hollmann Grant for \$2,292 to be used for staff support of our Volunteer Coordinator.

## Ecosystem Management: CBP and a little ACLT

One of the more commonly heard terms in conservation circles these days is ecosystem management, a loosely defined term pertaining to humans' need or ability to manipulate the natural environment to a desired state. While ecosystem management could be used to describe the conversion of the land along Route 2/4 to strip malls and housing developments (an ecosystem favorable to suburban humans and species able to thrive in a human-dominated landscape), the term is usually reserved for more environmentally benign purposes. Here are some of the more tractable definitions taken from professionals in this field:

"The careful and skillful use of ecological, economic, social, and managerial principles in maintaining ecosystems to produce, restore, or sustain ecosystem integrity and desired conditions, uses, products, values, and services over the long term."

"To restore, and maintain the health, sustainability, and biological diversity of ecosystems while supporting sustainable economies and communities."

"Integrating scientific knowledge of ecological relationships within a complex sociopolitical and values framework toward the general goal of protecting ecosystems integrity over the long term."

The important point to note about these definitions is that ecosystem management encompasses three basic elements: 1. an ecological perspective (the ecosystem itself comprising the living and non-living features of the environment), 2. a socioeconomic perspective (the people who live in or interact with the ecosystem), and 3. an institutional perspective (the laws and regulations that relate to a given ecosystem).

An ecosystem management case study of interest to all living in Calvert County is the Chesapeake Bay Program (CBT), established 1983 to address the declining environmental health of the Bay. CBT is a multilevel partnership of Federal (nine agencies including the Environmental Protection Agency and the National Oceanic and Atmospheric Administration), State (Maryland, Virginia, Pennsylvania, and the District of Columbia), county, and local governments, and non-governmental organizations including commercial, citizen, and advocacy groups. Their purpose was to restore the living resources of the Bay: "The primary goal of the new manage-

ment agreement is to improve water quality sufficiently in order to sustain the living resources of the Chesapeake Bay and its tidal tributaries and to maintain that water quality into the future." This goal was to be approached via ecosystem management.

According to most reports, the Project has been a great success and its architecture has been considered a national and international model for estuarine research and restoration programs. Some specific examples of Program successes include:

- Through 1998, completion of fish passage projects opened a total of 645 miles of Bay tributaries to migratory fish such as shad allowing them to reach historical freshwater spawning grounds.
- Rivers emptying into the Bay have experienced a 40% reduction in phosphorus and a leveling off of nitrogen loads since the mid-80s. Excess phosphorus and nitrogen compounds cause eutrophication, a process by which algal growth is stimulated and frequently results in the depletion of dissolved oxygen.
- Industries reduced toxic releases to the Bay by 67% between 1988 and 1997.
- The Bay Program's Scientific and Technical Advisory Committee has launched Chesapeake Futures—a team of experts looking at issues related to the Bay's possible health in the year 2030.

Given the complexity of the bay ecosystem, increasing population in the Chesapeake watershed, and the masses of toxins and nutrients stored in the Bay's sediments, these developments should be viewed in a very positive light.

One of the many benefits of the Chesapeake Bay Program has been the creation of enormous amounts of useful data. These data sets represent a rare congruence of managerial needs and scientific analysis essential to an integrated and effective policy making proc-

ess. Note: Many of the databases are available to the public at <<http://www.chesapeakebay.net/data/index.htm>>. For example, one of the original 1983 Program goals was to study the population of the blue crab. To that end, datasets detailing yearly crab populations were developed alongside datasets of commercial harvests, sea-grass beds, pollutants, and areas and times of low concentrations of dissolved oxygen; all features capable of causing fluctuations in the crab population. Two important points to note are that since the data is shared, decision-making cannot be commandeered by those with possession of data. Secondly, the data are regularly updated, allowing managers to quantitatively assess their success or lack thereof in meeting predetermined management goals.

What does the future hold for ecosystem management? Aside from the Chesapeake Bay program, ecosystem management has been espoused by Federal agencies including the Environmental Protection Agency, Forest Service, Bureau of Land Management, National Park Service, Fish and Wildlife Service, the Biological Resources Division of the Geological Survey, State entities such as Maryland's Department of Natural Resources, as well as by private organizations such as The Nature Conservancy. In fact, the ACLT uses the principles of ecosystem management in its forestry management plans, deer harvest program, and weed control management, and a proposed integrated management plan for the northern properties. The concept of ecosystem management has proven a

powerful method with which to address the increasingly complex and pressing issues faced by environmental managers and policy makers, and is likely to remain the hallmark of environmental policy well into the 21<sup>st</sup> century.

Some additional information: The web address for the CBP is <<http://www.chesapeakebay.net/>>. For further reading on the topic, an excellent article titled The Report of the Ecological Society of America Committee on the Scientific Basis for Ecosystem Management is available at <<http://esa.sdsc.edu/execsum.htm>>. The National Park Service's take on ecosystem management is found at <<http://everglades.fiu.edu/library/npscocomgmt.html>>, and a case study for the Great Lakes is available at <<http://www.great-lakes.net/envt/air-land/ecomanag.html>>.

—Dan Sampson

Need more information about ticks and Lyme Disease? The June 2000 issue of *Consumer Reports* includes a review of insect repellents. Efficacy against both mosquitoes and ticks and preventive measures are discussed.

Several Web sites have information on ticks and Lyme Disease. Leslie Starr's article mentioned <[www.lymenet.org](http://www.lymenet.org)>. The U.S. Department of Health the Human Services' Centers for Disease Control and Prevention Web site has an article on the life cycle of the deer tick and its relationship to mice and deer: <[www.cdc.gov/ncidod/dvbid/Lymehistory.htm](http://www.cdc.gov/ncidod/dvbid/Lymehistory.htm)>. The State of Maryland's Department of Health and Mental Hygiene Web site (search for "Lyme") has information of local interest: <[www.dhmh.state.md.us/index.html](http://www.dhmh.state.md.us/index.html)>. Additionally, the "New York On-line Access to Health" Web site <[www.noah.cuny.edu/lyme/lyme.html](http://www.noah.cuny.edu/lyme/lyme.html)> is a good resource.

—Editors

## Lyme Disease – Don't Take Chances!

With the approach of summer you are probably already seeing warnings about Lyme Disease from many sources. If you don't have time to read another article on the subject, please read this much: the tick does not need to be embedded as long as was previously believed before infecting you; up to 50% of lyme patients never get the characteristic bull's-eye rash; most people don't test positive for the disease until 8-10 weeks after their tick bite (some never); and many doctors will not prescribe antibiotics without positive test results even if it is likely that the patient has contracted lyme. If you have been bitten by a deer tick, have subsequent flu-like symptoms (or any other of about 200 symptoms), and your doctor does not put you on antibiotics, *find another doctor!*

Last June 7, my husband and I spent six hours walking the newly-protected Goldstein property and listing the birds we saw and heard. It was a very successful day from that perspective: we observed 264 individual birds representing 42 species, including 36 Wood Thrushes. Unfortunately it was also a very tiring day, and for whatever reason, I neglected to perform my usual rigorous tick-check. The next day I found a deer tick embedded behind my right knee. The area around it was slightly inflamed but not otherwise noteworthy. I never had a rash. Ten days later I began to feel ill with mild flu-like symptoms. I immediately thought of lyme, and, when I was no better by the next week, went to see a doctor in Prince Frederick. I told him about my tick bite, and although

he agreed to do blood work for a lyme test, he said that I had the summer flu that was going around and refused to put me on antibiotics. When the test result was negative, I put it out of my mind, although I never really felt well and wondered why I was so tired all of the time. Six weeks after that I was suddenly incapacitated by high fevers and aches and pains. This time I saw a doctor in Baltimore, who ran all sorts of tests. Again I tested negative, and he said I had a virus. Two weeks after that, feeling no better, I was tested again and finally tested positive for lyme. At that point the doctor looked in his reference manual and prescribed doxycycline for three weeks. I thought I was on the road to recovery.

Partway through this course of medication I happened to read an article about Lyme Disease in the Irvine Natural Science Center's newsletter which mentioned that their web site includes links for more information on the disease. I found the Lyme Disease Network ([www.lymenet.org](http://www.lymenet.org)) and read the treatment protocol by Dr. Burrescano of East Hampton who specializes in the disease. I learned that for someone who had lyme as long as I had before treatment began, three weeks of antibiotics would probably not be enough to kill all the bacteria and if I stopped medication too soon I might have much worse complications later. Common complications from lyme include meningitis, carditis, and arthritis. When I told this to my Baltimore doctor, he dismissed it as "alternative medicine" and said if I wasn't well in three weeks then something else was wrong. I consulted with

the people at Lymenet and found another doctor in my area who was willing to treat lyme aggressively.

*Borrelia burgdorferi* (*Bb*), the bacterium which causes Lyme Disease, is very good at survival. For starters, there are 300 strains of the bacterium, and different strains respond differently to treatment and may cause different symptoms. *B. burgdorferi* disseminates quickly in the body and can be found within the central nervous system as soon as twelve hours after entering the bloodstream. It has long periods of dormancy during which it is not susceptible to antibiotics. It is intracellular, meaning that it can invade human cells and hide there to trick the immune system. The bacterium can also mutate into an L-form, which it has no cell walls and cannot be killed by cell-wall antibiotics. There are many antibiotics which are effective in treating this disease, but the longer the period of incubation before treatment, the longer the course of antibiotics will need to be. A combination of antibiotics is often used to reach bacteria in different parts of the body and in different stages. Even people who are put on antibiotics soon after exposure may not be cured if the dosage is not appropriate for their body size.

In late February I drove to northwestern Pennsylvania to see a doctor who specializes in Lyme Disease and is participating in a research project that is working on a new and more reliable lyme test, not only to diagnose the onset of the disease but also to verify recovery. According to conventional medicine, by that time I should have recovered from the infection and was merely suffering from "Post-Lyme Syndrome." I had

blood drawn and sent to the research lab, and was later informed that, despite more than six months of antibiotics, I still had spirochetes in my blood cells and also evidence of bacteria in the form of L-bodies. As of this writing, May 1, 2000, I have had Lyme Disease for nearly eleven months, been on antibiotics for over eight months, and continue to be fatigued and have low-grade fevers every day. Mercifully, I have been spared any of the more serious symptoms and have been able to avoid missing work, although my lack of adequate rest is probably contributing to my lack of recovery.

I used to think that if I contracted Lyme Disease, it would be easily cured by antibiotics. Now I know better. It can be cured, but not always easily. And since not everyone has a knowledgeable doctor, everyone must be a well-informed patient.

—Leslie Starr

### Planned Giving: Where There's a Will There's a Way

Churches and other charitable organizations that have been in existence for decades and even centuries, have developed elaborate systems of planned giving to help members look beyond the Sunday collection or annual appeals. A recent conversation with a pastor in D.C. revealed that his church's endowment for physical and land management had grown to almost one million dollars, although the fund had been in existence for less than five years. Most of the funds came from bequests, as remembrances for the future from parishioners, many of whom moved away prior to their death. They wanted

to insure that the parish would have ongoing resources to continue its mission to serve future generations.

ACLT has a different mission, but one that is also important for future generations. We are committed to preserving and managing the natural and cultural resources of Calvert County. We have learned from experience that this requires planning and the hands-on work of volunteers and staff, plus equipment, supplies, office expenses, etc., when you have the responsibility for over 2,500 acres. ACLT has also established an endowment fund with the goal of raising one million for future land management. Initially funded by a gift from several members, it has been supplemented by the ACLT board from unrestricted reserves generated by other gifts, the sale of transfer development rights, and designated member contributions.

Now we come back to the Washington, D.C. church's experience that its endowment funds came mainly from bequests. When Mary and I recently updated our wills, we both included a charitable bequest to ACLT. While there are other techniques for insuring that ACLT has the ongoing resources to continue its mission [see Ewing Miller's article on Charitable Remainder Trusts in the ACLT Newsletter 14(1) p. 8 and on the ACLT Web site], we urge you to seriously consider including ACLT in your will. It is simple enough, just ask your lawyer.

—Ralph Dwan  
Co-Chair, Administration & Fundraising Committee

# Come Join Us!

Detach and Mail to: The American Chestnut Land Trust, Inc., P.O. Box 204, Port Republic, MD 20676

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ I (we) learned about ACLT from \_\_\_\_\_

Land Saver - \$35.00       Land Protector - \$60.00       Land Conservator - \$150.00

Habitat Protector - \$500.00       Trustee of Land - \$1000.00       Sustaining (Lifetime) - \$2500.00

Corporate - \$150.00

Youth Gift Memberships - *To encourage youth involvement with the environment, memberships will be given to eligible youth in the community. Contact ACLT office for further information.*

The American Chestnut Land Trust is a 501 (c) (3) charitable organization. A copy of the current ACLT financial statement is available on request. Requests should be directed to the American Chestnut Land Trust, Inc, P.O. Box 204, Port Republic, MD 20676 or call (410) 586-1570. For the cost of copies and postage, documents and information submitted under the Business Regulation Article of the Annotated Code of Maryland are available from the Secretary of State.

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