



MAINE CHAPTER

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Appalachian Mountain Club
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WILDERNESS MATTERS

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A TRIBUTE TO BOB CUMMINGS, Spiritual Advisor and Champion of Conservation

By Bryan Wentzell, AMC Maine Policy and Program Director

The state of Maine recently lost a true champion of conservation and trails in the passing of Bob Cummings. We at the AMC lost a great volunteer, conservation advocate, trail maintainer, newsletter editor and spiritual advisor. More on that last one in a moment.

My original intent in writing this was to highlight the pivotal role Bob played in taking back 400,000 acres of public lands, which now make up part of the Maine Public Reserved Lands system. He also played a major part in the protection of Bigelow Mountain, which was threatened by development. While hugely important, these stories are well documented in the media, and I encourage you to read his obituary which goes into more detail.

I recently described Bob as the "conscience" of the AMC, but "spiritual advisor" may be the better title. Bob was a lifelong outdoorsman and lover of nature, and he understood the AMC's continuing effort to both protect natural resources while also helping people experience them.

When AMC began the Maine Woods Initiative, Bob was a strong supporter, but also a vocal advocate on the Executive Committee for ensuring that any facility development was appropriate to the landscape. He wanted to ensure that wild places would be preserved, especially in relation to the Appalachian Trail corridor.



Bob at AMC Maine Chapter meeting, Camp Kieve, 2007

While I personally shared many of Bob's opinions, he never shied from asking the tough questions, and challenged us leave wild places for the next generation of outdoor adventurers. More than a decade later, with 70,000 acres of conserved lands, including 25,000 acres of ecological reserves in the heart of the Hundred Mile Wilderness, I hope we've done right by his spiritual advice.

Obituary for Bob Cummings, *Portland Press Herald*, January 23, 2016:
www.amcmaine.org/maine-environmental-reporter-bob-cummings-dies

Lots of Confusion: How Maine Gave Away Public Lands—
And Got Them Back, Bob Cummings, *Appalachia*, Winter 1986-87:
www.amcmaine.org/maine-gave-away-public-lands/



Left: Tony Barrett, Bob Cummings, Lester Kenway, MATC Honorary Life Membership award, Bates College, April 2015. Right: Bob on the Canal Walk in Bath, February 2010



Tale of a Trail: The Third Mountain Adopters

By Cindy Caverly, Judy O'Neal, Kristina Sullivan and Jeanine Libby



Kristina Sullivan and Jeanine Libby, Third Mountain Trail adopters, stripping bark for bridge railing during October work weekend.

Third Mountain is part of AMC's Maine Woods Initiative (MWI) property near Gorman Chairback Lodge. The trail provides an enjoyable and moderately challenging hike, crossing rocky streams, bog bridging, rock staircases, and switchbacks. The 1.4 mile section of blue-blazed trail leading to the intersection with the white-blazed Appalachian Trail is maintained through the Maine Chapter's Adopt-A-Trail program. Since being adopted, the trail has been maintained primarily by five adopters: Judy O'Neal, Dale Temm, Kristina Sullivan, Jeanine Libby, and Cindy Caverly.

As with all trails, Third Mountain requires annual maintenance to assure the trail corridor remains well-marked, well-drained, and free from blow-downs and brush, while encroaching as little as possible on the surrounding wilderness. There are many reasons outdoor enthusiasts volunteer to build and maintain trails. Those reasons can be as diverse as the maintainers themselves, but some common themes emerge.

Giving Back to the Trails

Judy says, "My main reason for adopting a trail is wanting to give back. I have hiked thousands of miles of beautiful trails and realize they do not maintain themselves. Many, many hours of work are needed each year in routine maintenance, rebuilding, or restoring trails after serious storms. I am thankful this work is being done and want to be part of the community that

SPRING CALENDAR: OUTINGS | EVENTS | MEETINGS | EDUCATION

A note about the listings: The listings below—presented in date order by category—include only those posted online prior to the submission deadline for this issue of *Wilderness Matters*. For the most complete and accurate information and up-to-date listings—and so you don't miss spontaneous outings—please periodically check out the calendar online at www.amcmaine.org/calendar.

For general questions or comments regarding these calendar listings, contact Peter Roderick, Outings Co-Chair and Master of the Calendar Listings, outings@amcmaine.org or (207) 293-2704. *Note: Please be courteous when contacting trip leaders by doing so before 9:00 PM unless otherwise specified, please and thanks.*

Next Deadline for Wilderness Matters (Summer Issue) is June 1, 2016.

Wilderness Matters is your chapter newsletter. Everyone is welcome and encouraged to contribute, be it stories, news, opinions, photos, or whatnot. We want to hear from you! Please send submissions to newsletter@amcmaine.org. *Submission guidelines: Articles, opinions, stories and such are limited to 400-500 words maximum (word counts greater than that will be edited or may not be accepted). Photos should be reduced in size to 1024 x 768 pixels or thereabouts and include a photo title and any other identifying info plus proper photo credit. Thank you!*

MEETINGS/INSTRUCTION

Thursday, May 12: Regular bi-monthly Executive Committee meeting

All members are welcome to attend to find out what we are planning. Contact a committee member for building access instructions if you have not attended before. Meeting at 6:30 PM at LL Bean facility in Brunswick. Leader: Doug Chamberlin, 978-761-3815, 6-9pm, chair@amcmaine.org

Thursday, July 14: Regular bi-monthly Executive Committee meeting
DITTO ABOVE NOTICE.

Wilderness Matters

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Maine Woods Initiative Office

Dan Rinard, MWI Operations & Facilities Manager, drinard@outdoors.org, (207) 695-3085

Office: 15 Moosehead Lake Rd., PO Box 310, Greenville ME 04441

Thursday, April 7: Potluck and Presentation - Sea Kayaking on the Maine Island Trail, Brunswick ME Maine Island Trail Association membership manager Erin Quigley, also a Registered Maine Sea Kayak Guide for Portland Paddle, will share everything you need to know on getting out on the Maine Island Trail this summer. *COMPLETE INFORMATION ON THIS PRESENTATION IS FOUND ON PAGE XX OF THIS NEWSLETTER.*

Thursday, April 14: Restoration of Migratory Fish in the Penobscot River with Joseph Zydlewski, Holden ME Learn about our current state of knowledge about how to restore migratory fish to the Penobscot River with Joe Zydlewski, a fisheries scientist and a professor with the USGS and the University of Maine. *COMPLETE INFORMATION ON THIS PRESENTATION IS FOUND ON PAGE XX OF THIS NEWSLETTER.*

Thursday, May 5: Potluck and Presentation - Copenhagen to Berlin: A solo sustainability cycling tour, Brunswick ME Alicia Heyburn rented a bicycle in Copenhagen last summer and cycled solo to Berlin learning about local foods, the shared economy, traveling slowly, self-acceptance and the benefits of significant government investment in long term sustainability solutions. *COMPLETE INFORMATION ON THIS PRESENTATION IS FOUND ON PAGE XX OF THIS NEWSLETTER.*

May date TBA: "My 2500-mile solo paddle to Guatemala to raise funds for Safe Passages" with grandmother Deb Walters, Bangor ME Deb Walters decided to retire early and live simply, freeing up time and resources to follow her passion, to give back. In July 2014, Deb began a journey that would combine her passion for the children and families at Safe Passage with her passion for long distance paddling, by kayaking from her home in Maine to their home in Guatemala. *MORE INFORMATION ON THIS PRESENTATION IS FOUND ON PAGE XX OF THIS NEWSLETTER. FINAL DETAILS TBA. CHECK CALENDAR AT WWW.AMCMMAINE.ORG/CALENDAR FOR UPDATES.*



AMC Maine Chapter Now Has a Site on Meet Up

Joining Meet Up is a quick way to browse upcoming activities, meet other outdoor enthusiasts, and check out who is already planning to attend the activity. The Meet Up site enables the members to ask questions, give feedback and get the latest information about the activity in a simple-to-use format.

Our first site is associated with the Portland area, but the hikes and activities are not limited to any geographic area. Signing up is very easy. Just go to <http://www.meetup.com/Appalachian-Mountain-ClubMaine-Chapter>, answer a few questions and you are on your way.

Meet Up is also accessible from your mobile device. We already have over 200 members and a few more join each day. It's a great way to meet other people and have some fun!

HIKING/WALKS

Wednesday, April 6: Back Cove Wednesday Walk (Young Members)

Join us for an evening walk around Back Cove in Portland, Maine. This is a 3.5-mile loop walk with scenic views of the Cove and Portland skyline. Ample parking is available at the Preble St Extension parking lot. We will be walking the loop clockwise and will depart from the left side of the Lot at 5:30pm. RSVP not required but appreciated. Leader: Denise Fredette, 207-939-3670, after 5PM, deniserae77@gmail.com.

Friday, April 8: Cathance River Preserve Hike We'll walk along of the Cathance River, past quiet sections and roaring sections where the water tumbles over the rocks. The birds should be singing and the flowers starting to come up. Mid-morning hike with lunch along the river. 3-4 hours. Leaders: Michelle Moody, Stan Moody, 207-406-5221, meamc@micstan.us.

Sunday, April 10: Eastman Mountain (Young Members) Hike Eastman Mountain, one of the 52 with a view in NH, which has views from its ledgy summit. Start on Baldface Circle Trail, then hike Slippery Brook trail up to summit of Eastman Mountain. 8.6 miles round-trip, about 2650 feet elevation gain. Leader: Sarah Keats, 207-756-4226, slkski@gmail.com.

Wednesday, May 4: Pleasant Mountain Midweek Hike We will hike the Southwest Trail to open ledges, and maybe go all the way to the fire tower. Views are fantastic from the ledges. Elevation gain about 1600'. Steady grade up, some descent and climb back to fire tower. Steady pace. Geared for the over 50 crowd but anyone welcome. Leaders: Michelle Moody, Stan Moody, 207-406-5221, meamc@micstan.us.

Wednesday, May 11: Eastern Prom Wednesday Walk & Dinner (Young Members) Meet at start of the walkway in front of East End Beach on Eastern Promenade in Portland, Maine. Walk is fairly flat with great views of Casco Bay and nearby Islands. R/T distance about 2 miles. Walk to Flatbread Co. on Commercial St. for something to eat/drink and then walk back to starting point. RSVP not required but appreciated. Leader: Denise Fredette, 207-939-3670, after 5PM, deniserae77@gmail.com.

Friday-Sunday, May 20-22: Mizpah Hut Weekend – Inter-chapter Young Members Stay at the Mizpah Spring Hut in the White Mountains of NH and have fun hiking with Young Members from all over the Northeast. Hut location offers great access to Southern Presidentials, with intermediate to more advanced hiking. You can go on a led group hike, hike on your own or with new friends, explore around the hut, and enjoy what the hut has to offer. Hut is 2.6 miles from trailhead. Bunkrooms and restrooms inside hut. Potluck group dinner Saturday night. Sign-up sheet will be available to confirmed participants. Hut is self-service now, carry in, carry out all trash, huts not heated, bring sleeping bag. Full kitchen use is available for cooking, refrigeration and food storage. Reserve spot by calling AMC reservation line before April 29, 2016 at 603-466-2727. Use AMC Maine Chapter Group # 317416. Reservations received after this date will be on a space available basis. **Make your reservation now, space is limited.** Email leader to let me know you are coming. Leader: Denise Fredette, 207-939-3670, after 5PM, deniserae77@gmail.com.

Saturday, May 21: Moonlight Walk An evening walk along shore where Winslow Homer lived and painted on Prouts Neck, Scarborough. Leader: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com.

Saturday, June 4: Penobscot and Sargent mountains, Acadia National Park - Young Members Experience the beauty of one of the country's top-rated National Parks. Hike 8.4 miles (1300' elevation gain) out and back, on Penobscot Mountain Trail and Sargent Mountain South Ridge trail. Both Penobscot (1,194') and Sargent (1,373') mountains have breathtaking open ridge views and 360-degree views at the summit. Moderate difficulty, hike at moderate pace. Optional after-hike popover snack at historic Jordan Pond House. Hike led by Maine Chapter Young Members, but young at heart are also welcome. Leader: Marielle Postava-Davignon, marielle.pd@gmail.com, Frank Brooks, thenextb@aol.com.

Saturday, June 11: Alpine Garden Hike Our annual hike to the Alpine Garden. Carpool up Mt. Washington Auto Road and hike down Huntington Ravine Trail to Alpine Garden Trail. During hike on Alpine Garden Trail to Lion Head Trail, we'll see Alpine plants like Diapensia, Alpine Azalea and Lapland Rosebay. Hike is 2.4 miles R/T, easy to. Post-hike, we'll drive to top of Mt. Washington and explore. Leader: Peg Nation, 207-583-2720, mjnation11@earthlink.net.

Monday, June 20: Young Members Summer Social Potluck and Full Moon Walk Join us at beautiful Gilsland Farm in Falmouth for an evening of fun. Whether you are a long standing AMC member, new to the group, or just want to meet new people, this is event is for you. Bring a potluck item to share and BYOB. After potluck, we'll walk around property as sun sets and moon rises. Potluck 6-7:30, walk 7:30-9. RSVP not required, but encouraged. Feel free to come and go, as your schedule allows. Raffle door prize. Leader: Kim Sanders, kimberlyansanders@gmail.com.

Sunday-Wednesday, June 19-22: White Mountain Step-Into-Summer Hut-to-Hut Hike Great way to transition into summer. Three days of hiking across major peaks of Presidential Range, much of it above treeline. Enjoy combination of active outdoor experience with comforts of prepared meals and a bunk at the huts. Experience the solitude of the mountains and an adventure with like-minded folks. Meet evening of Sunday, June 19 at Pinkham Notch for dinner, last minute details, and overnight stay at Joe Dodge Lodge. Monday: Shuttle to the trail head and hike up to Madison Hut. Tuesday: Hike above tree line, scamper over to Lakes of the Clouds Hut for second and final night. Last day: Summit Mt. Washington, weather and energy permitting, then circle back to Pinkham Notch. Avg daily distance: 6 miles. Avg pack wt: 20 lbs. Meals and lodging provided at huts. Max participants = 6. Level of physical challenge: 5-8 hours daily hiking on varied terrain, including some steep ups/downs, strenuous. FMI, contact Leader: Emily Davis, 207-542-2824, emilyjfdavis@gmail.com.

Friday-Sunday, July 15-17: Fourth Annual Inter-chapter Young Members Rangeley Camping Weekend Summer fun and FREE camping at Rangeley Lake State Park. Maine Young Members group is hosting our Fourth Annual Inter-Chapter Maine camping weekend. Meet folks from all over New England. Plenty of hiking trails and mountains in area, including many 4k's. Join us on a hike led by one of our volunteer leaders or go off on your own day adventure. Group site on the lake, so you can cool off with a swim or bring a canoe or kayak for paddling (canoes available to rent) and relax by fire at night. Potluck dinner Sat night. Leader: Sarah Keats, 207-756-4226, slkski@gmail.com.

TRAIL WORK

Saturday, April 9: Gott Pasture Trail Maintenance We'll concentrate on brushing and pruning along with basic water control on the trails of this Kennebec Land Trust property. Lunch on the lake shore. Work will cease no later than 2 PM. Back to parking area easily by 3 PM. Leader: Jeff Pengel, 207-446-8290, before 8pm, trails@amcmaine.org.

Saturday, April 23: Mt. Cutler Trail Maintenance Relatively easy, less than 5-mile hike, about 700 feet of elevation gain, with nice views at summit ledges. We'll concentrate on brushing and pruning on the north side trails and top of ridge. Other trails may be worked if time, energy and insects permit. Work will cease no later than 2 PM. Back to parking area easily by 3 PM. The land owner, Dan Hestor, will also be along. Leader: Jeff Pengel, 207-446-8290, before 8pm, trails@amcmaine.org.

Saturday, May 14: Rumford White Cap Trail Maintenance This annual event with Mahoosuc Land Trust will focus on basic maintenance of the best route there and back. Brushing, water bar maintenance and perhaps some cairn rebuilding. Spectacular hike with around 2 miles of open ledge, impressive glacial features, hanging bogs of carnivorous plants and alpine vegetation characteristic of a much higher elevation. Leader: Jeff Pengel, 207-446-8290, before 8pm, trails@amcmaine.org.

Saturday, May 21: Bald Mtn. & Speckled Mtn. Trail Maintenance Focus is on pruning and blowdown removal on this moderately strenuous hike. Trail system has excellent views from several vistas. Lunch with a view and back at the cars no later than 3 PM. Leader: Jeff Pengel, 207-446-8290, before 8pm, trails@amcmaine.org.

Friday-Monday, May 27-30: Trail Work - Little Lyford Pond Lodge and Cabins Volunteer to help open trails for the summer hiking season in the Maine Woods Initiative property. We berth in the bunkhouse and enjoy off time exploring the area including Gulf Hagas, a beautiful and wild river gorge and Indian Mountain including Laurie's Ledge, which provides views north to Katahdin on clear days. Moose sightings are optional but not infrequent. Black fly sightings are frequent but not optional. This trip fills quickly, so call AMC reservations now to avoid disappointment. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

Monday-Thursday, July 11- 14: Trail Work-Gorman Chairback Lodge and Cabins Trail work trip to the Maine Woods Initiative—100-Mile Wilderness area. Lodging at Gorman Chairback Lodge and Cabins. Under the direction of Steve Tatko, Land Manager, we will pull a couple of slips out of the AMC job jar and go to work. Lodge is located on beautiful Long Pond and near to the Appalachian Trail, the Hermitage and Gulf Hagas. When we are not working we can visit all three and more. Work, hike, paddle, swim or just relax after a day of trail work in support of the AMC mission. Delicious meals and beautiful lodge a big bonus. Contact leader FMI. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

AMC Maine Chapter - 2016 MWI Trails Update

The 2016 trails season will continue with the expansion of existing hiking, cross-country skiing, snowshoe, and backcountry ski trail networks on AMC land. Additionally, AMC crews working under contract with local landowners will continue with expansion of non-motorized trails in the Moosehead Lake Region as a whole.

More on the Gorman Loop, Shaw Mountain, Trout Pond, Fourth and Third Roach Portage trails, Contract Trail Crew work in Moosehead Lake Region, Ski Trail Hardening/New Trail construction, and Growing Trail Networks: Opportunities and Challenges in the 2016 MWI Trails Update online at: <http://www.amcmaine.org/2016-mwi-trails-update>.

Find us on 

<http://www.facebook.com/MaineAMC/>

Tale of a Trail - continued from page 1

insures our trails remain accessible and safe." Cindy adds, "I only started hiking about five years ago, but was immediately appreciative of trails that are well maintained. It is sometimes easy to forget that bridges don't build themselves and rock staircases weren't put there by some force of nature. One of the main reasons I became involved with AMC was a sense of wanting to give back to an activity that I was beginning to love so much. When the opportunity presented itself to become a Third Mountain Trail adopter, I jumped at it."

Learning New Skills

Jeanine remembers becoming "officially" trained as a trail maintainer, "Peter Roderick met Kristina, Cindy and I on an early June morning at Gorman Chairback Lodge and went through the classroom training with us. Then we moved on to hands on training on the trail. We all learned so much that day and we looked forward to returning on our next trail maintenance trip." Judy continues, "As a maintainer, I have learned not just about taking care of trails, but more about nature, how and why water flows in certain areas, what types of trees and shrubs encroach on the trails, how animals make use of our trails, and which flora thrive around cleared areas and which do not." Cindy adds, "Last fall we had the opportunity to work with a professional trail crew on Columbus Day weekend. They were replacing a bridge near the start of the trail. The trail crew was great and we had hands-on training stripping bark from logs, putting stringers in place with log lifters and moving rocks. We got a real sense of how much work goes into a seemingly "small" bridge.

Camaraderie

Judy likes the camaraderie. "I especially enjoy the comradery of a work crew. When people work together, and work hard to achieve a goal, they develop a common sense of accomplishment and appreciate each other's efforts. They bond. These bonds often extend far beyond one work trip, helping sustain long-term working and social relationships." Jeanine reflects, "The Third Mountain Trail has brought me closer to Gorman Chairback Lodge, a place that is very dear to me. But most of all, the trail has bloomed my friendship with some wonderful people like Cindy, Kristina, Judy, Peter, and many more!"

Kristina sums up the group's feelings about adopting the Third Mountain Trail, "It is rewarding to have a good day's work on the trail and know that you are leaving it better than you found it. The best part is knowing that other people will have the pleasure of hiking a trail that we, as volunteers, have helped improve and maintain. At the end of the day, we walk away with a sense of pride with a job well done."

If you are interested in adopting a trail, want to give back, learn new skills, and meet great people, contact trails@amcmaine.org. The Maine Appalachian Trail Club (MATC) and many local land trusts are also in need of volunteers to maintain their trails.

MWI Committee Recognizes Good Work of Chuck James



Peter Roderick of the MWI Committee presents Chuck James with a certificate of appreciation.

A group of Maine Chapter volunteers who had originally planned to help with the annual Wilderness Dog Sled Race in Greenville (which was cancelled this year due to unsafe conditions and lack of snow) visited Eric Stirling's West Branch Pond Camps recently.

While there, Chuck James, former manager

of AMC's Little Lyford Lodge and Cabins in the Maine Wilderness Initiative area east of Greenville, was presented with a certificate of appreciation by the Maine Chapter MWI Committee. James was manager of Little Lyford for nearly 10 years after a career that included time as a ranger at Baxter State Park and a police officer in Millinocket. Chuck is now working part-time at West Branch Pond Camps while enjoying semi-retirement.

Meetings & Education Spring Presentation Schedule for the Bangor Region

Restoration of Migratory Fish in the Penobscot River with Joseph Zydlewski

Come learn about our current state of knowledge about how to restore migratory fish to the Penobscot River. Joe Zydlewski is a fisheries scientist and a professor with the USGS and the

University of Maine. His work focuses on the study of fish movements and migrations, particularly those of diadromous fish such as Atlantic salmon, American shad, alewife and sea lamprey. Joe has developed a research program that has contributed to understanding how dams and their removal influence fish communities and river ecology.

While you're at Fields Pond Audubon Center you can visit the salmon fry they are hosting there for release to the Kenduskeag River.

Thursday, April 14, 6:00 PM, Fields Pond Audubon Center, 216 Fields Pond Rd, Holden.



"My 2500-mile solo paddle to Guatemala" with grandmother Deb Walters

After over 30 years as a cognitive scientist, administrator and then as university vice-president at Unity College, Deb Walters decided to retire early and live simply, freeing up time and resources to follow her passion, to give back.

In her leadership role with the Rotary Club, Deb learned about Safe Passage, an organization that assists the children of the families who live in the Guatemala City garbage dump community.

After volunteering there she was asked to join the Safe Passage Board of Directors, and served as President from 2009-2012. She now travels regularly to the garbage dump community and leads service groups.

In July 2014, Deb began a journey that would combine her passion for the children and families at Safe Passage with her passion for long distance paddling, by kayaking from her home in Maine to their home in Guatemala. The goal was to raise awareness and funds for education for the children at Safe Passage.

For this expedition, Deb paddled alone more than 2,500 miles over the course of a year and a half. She had to stop in the middle of her journey to undergo emergency surgery and rehabilitation. Determined as ever, she resumed her voyage and finally it in February 2016.

Along the route Deb stopped and shared the stories of the grit and perseverance of the children and families living in the Guatemala City garbage dump community.

Deborah Walters lives in Troy, Maine with her husband. She has two children and four grandchildren.

Date, time and location TBA, but most likely May or June in Bangor. Please check the AMC Maine Chapter calendar at www.amcmaine.org for final details.

Honoring Fallen Heroes of Maine through The Summit Project *By Lisa Pengel*

The Summit Project (TSP) welcomes groups of any size and any affiliation who want to carry the memorial stones and memories of our fallen in order to honor and sustain their memories. If you represent a group, have an idea for a Team Event, we want to know it. Get involved today. We would like to invite you to be part of TSP, and we thank you for honoring our heroes through this living memorial.

The Summit Project, a nationally recognized, Maine based, 501(c)3 service organization, is a living memorial that pays tribute to the fallen service members from Maine who have died in the line of duty since September 11, 2001. We have fundamentally changed the way we honor our post 9/11 fallen heroes from Maine. The mission of The Summit Project is to honor our state's newest war casualties and the faithful spirit of all Mainers.

TSP inspires service, strengthens communities and changes lives. It has reinforced the values that all Mainers hold dear – we look after one another, we remember one another, we make sacrifices for one another, we are faithful to each other and we lift each other to higher places, both literally and figuratively.

Mainers are veterans. Veterans comprise nearly 15 percent of our state's population ranking among the very highest veteran populations of any state in America. Put another way, nearly 1 in 7 Maine adults is a veteran. Maine's patriotism and commitment to service in our Armed Forces is nothing short of extraordinary. We must match with equal devotion, our commitment to them. They served us, we must now serve them by remembering them and taking care of our living veterans. I hope this memorial can help tell the stories of a generation of brave Maine veterans who did not return home but whose service and sacrifice must never be forgotten. This is a story of our generation of Maine service members — a story that needs to be told. TSP gives us an opportunity to say to our veterans you did your job. You served with honor. You made us proud. We are connected to you and continue to learn from your example. We are inspired by you because we took the time to learn about you. We do not forget you.

FMI, and to get involved, visit: www.thesummitproject.org.

I had the honor of hiking with two fallen soldier's stones recently. On 1/8/16 I summited Mt. Megunticook in Maine, and on 1/17/16 I summited Mt. Hight in NH, with several friends. I carried the stones of Army Spc. Beau Beaulieu and Army Sgt. Roukey. I read the information the families provided about their soldiers on TSP website, and talked about these young men during my hikes. I encourage everyone to get involved in

keeping the memories alive of those who have sacrificed everything for our nation. After completing the hikes, the final step is writing up a report to share with the families. Here are excerpts from what I wrote:

Army Spc. Beau Beaulieu, aged 20, from Lisbon, was assigned to the 27th Main Support Battalion, 1st Cavalry Division, Fort Hood, TX. He was killed May 24, 2004 during a mortar attack on Camp Cooke in Taji, Iraq. Beau's wife Christina has posted information about him on the TSP website. Christina, I am so sorry for the loss of your husband. Also to Beau's parents and family members, my sincere condolences. From what you have written about him Christina, you two were truly in love. You wrote that Beau was the nicest guy you would ever meet in your life. He also joined the army to follow in his father's and grandfather's footsteps. Beau wanted to make a difference. He had a heart of gold. I want you to know that he will never be forgotten, and I spoke of him and all the things you wrote about him during my hikes.

Army Sgt. Roukey, aged 33, from Westbrook, was assigned to Detachment 1, 3rd Battalion, 304th Regiment, 98th Division, Army Reserve, Lewiston, Maine. He was killed April 26, 2004, by a large explosion while performing site security in Baghdad. The video I watched on TSP website, was done very nicely by Larry's sister, Dottie. I could picture Larry as I listened to her speak about his newly found passion for hiking, which he took up to get back into shape and improve his health. I love the way Dottie retrieved the stone for TSP from their childhood home in Portland, Maine (a bit on the sneaky side!). And what a brother Larry was, to hike with Dottie up to the summit of Mt. Washington for her very first hike! Larry was the 3rd generation of army men in his family, he made them all proud, and I know that our nation is grateful for his service. I would like to say to Larry's family that I am truly sorry for your loss.

Winter hiking in the high peaks of the White Mountains can be quite precarious, and as we hiked to the summit of Mt. Hight, we commented on the challenge of this hike, but how it must have paled in comparison to the challenges facing Beau and Larry during their time in Iraq. Once at the summit of Hight, I read information that Beau and Larry's family had posted on TSP site. We all chatted about them and their sacrifices. We saw 6 other hikers throughout our decent, and spoke to each of them about the soldiers. Keeping their memory alive is so important to the families and the nation. We must never forget them, and all soldiers serving and that have served. It was a glorious day to be up high, with friends, and making new friends with Beau and Larry, who have now travelled with us for many miles.



AMC's 140th Annual Summit

The 140th annual summit of the AMC was held in Norwood, MA on January 30, 2016. The Maine Chapter chair, Doug Chamberlin, led a group of members from Maine who attended the business meeting, many committee meetings and the various workshops offered to the 400 members who attended.

At the closing business meeting, two Maine Chapter members, Peter Roderick and Peg Nation, were recognized for their contributions. Maine Chapter members, Rol Fessenden, Elizabeth Ehrenfeld and John Mullins were elected AMC Board members. Rol will be the incoming Board Chair.



Trail Work and Volunteering in the Maine Woods

By Dave McCarthy

Since 2003, the Appalachian Mountain Club has been acquiring land in the Maine Wilderness east of Greenville, Maine. With the recent acquisition of the Baker Mountain tracts, the holding now includes over 70,000 acres with three sporting camps. Two camps, Gorman Chairback and Little Lyford, are welcoming guests. The third camp, Medawisla, is under reconstruction and will reopen in early 2017.

Volunteers have played a major role in building and maintaining trails connecting the camps and providing hiking, biking, and paddling opportunities for guests. There are many ways for volunteers to join the team.

First, there are four annual AMC-wide work sessions that attract volunteers from near and far. These trips are led by Maine Chapter leaders in collaboration with the Maine Woods staff. While trail work remains the core of these efforts, the volunteer crews work many tasks. Past crews have set up gardens that supply the lodges with vegetables, marked boundaries around the AMC property, chinked cabins, processed fire wood, built retaining walls, cleared trails, cut and installed bog bridging, created campsites, and a host of other efforts.

To join, search "trail work" on the AMC calendar for Maine. The trips are scheduled for Memorial Day weekend, the week after the fourth of July, and Columbus Day Weekend. Volunteers stay at the camps at a reduced rate.

Second, the Appalachian Mountain Club Adopt-A-Trail Program gives individuals and groups the opportunity to take responsibility for a section of trail. Trail Adopters are expected to assure the trail is brushed out and open; well-marked; and well-drained. More extensive trail repairs (e.g. stone work, large blow downs) are referred to the MWI staff for correction. This generally entails three trips a year.

AMC provides training for Adopters at their Camp Dodge facility or by Maine trainers. When working on the trails, volunteers are able to stay at the lodges by prior arrangement.

To learn more about the adopt-a-trail program for the Maine Woods, go to www.outdoors.org/conservation/trails/volunteer/adopt/index.cfm or contact the Maine Woods area leader, Peter Roderick, at roderick1027@fairpoint.net.

A third way that Maine Chapter volunteers have been called on to make the Maine Woods Initiative a success are ad hoc trips in response to Maine Woods Staff requests. For example, in the week before the opening of the Gorman Chairback lodge and cabins, 21 volunteers answered the call to help with final preparations. Tasks range from setting up the kitchen to bringing in firewood for the lodge boiler to assembling furniture to bringing in food supplies. The chapter responds to many other requests, some urgent, to help at the lodges.

If you wish to be on the list for these ad hoc events, contact David McCarthy at drmccarthy@aol.com or Peter Roderick.

Maine Chapter Adoption of the Laurie's Ledge Trail



The Executive Committee of the Maine Chapter decided during their September 2015 planning retreat to lead by example and adopt a trail in the Maine Woods. The ExCom adopted the Laurie's Ledge Trail. The view from Laurie's Ledge is a just reward for trail maintainers!

In April, David McCarthy, the lead for the ExCom adoption will attend the AMC Trail Maintenance Skills Session and schedule the first trail work trip.

The first trip will assure that the popular trail is cleared for safe passage, that drains are free of debris to allow proper drainage, and that areas in need of more substantive maintenance and improvement are identified for future trips.

Contact David McCarthy drmccarthy@aol.com for further information.

Sea Kayaking on the Maine Island Trail

A Meetings and Education Presentation in Brunswick on Thursday, April 7



Have you wondered what the Maine Island Trail is or how you can enjoy it? Join us to meet Maine Island Trail Association membership manager Erin Quigley, also a Registered Maine Sea Kayak Guide for Portland Paddle, as she shares everything you need to know to get out on the Maine Island Trail this summer.

The coastal islands of Maine are some of the world's most beautiful sea kayaking destinations, and over 200 of them are on the Trail. Erin will talk about the history of the Trail, MITA's unique partnerships with a variety of landowners, short Trail trips near Brunswick that are appropriate for all skill levels, and how to prepare to paddle safely among Maine's wild islands. She'll also discuss ways to get more involved in MITA's yearly island clean-ups, as well as the Monitor Skipper and Island Adopter programs.

Presentation begins at 7 PM. An optional potluck dinner will start at 6 PM (please bring a dish to share and help us be green by bringing your own cup, plates and silverware).

This event will be held on Thursday, April 7 at the Curtis Memorial Library, Morrell Meeting Room, 23 Pleasant Street, Brunswick. FMI, contact Michelle Moody at meamc@micstan.us or Meetings and Education Chair, Lisa Pengel at education@amcmaine.org.



Professional trail crew at work last Columbus Day weekend in MWI. Photo by Cindy Caverly.

Maine's Hiking Trails Need Your Help, and Just a Little of Your Time Will Make a Big Difference

By Jeff Pengel

We suspect that virtually all readers either hike or have hiked in Maine. In Maine, the Appalachian Mountain Club has been one of the major sources of expertise and effort in building and maintaining trails. This issue is a kind of call to arms. Maine's trails need your help. Those trails you travelled will not remain there without a great deal of effort mainly by volunteers.

This Wilderness Matters has articles on some of the many ways that the AMC and the Maine Chapter lead these trail work efforts. In addition to the areas addressed in the articles, Maine Chapter members are active leaders in land trusts and other trail stewardship organizations such as the Maine Appalachian Trail Club and the Maine Island Trail.

Traditionally the AMC has provided a great number of the personnel to maintain and build trails. We have seen those numbers drop over time.



Working hard on Third Mountain.
Photo by Robert Hopkinson.

We have some 5,000 Maine Chapter members, yet last year saw less than 20 volunteers outside of MWI on trail work trips. We suspect some of you are already actively working with other organizations. These include Baxter State Park, Acadia National Park, MATC, the Appalachian Trail conservancy, the Maine Conservation Corps, and many local land trusts. Thank you and please continue to do so.

The Maine Chapter of AMC Trails Committee organizes and conducts

trail work trips on non-motorized trails in the state. Eligible trails are those that exist on permanently conserved lands and that allow public access. The focus of the Trails Committee is on properties with limited resources. As in all years, the trail committee plans include trail maintenance on State lands, the AT, several land trust properties and some privately held but publicly accessible trails.



Trail crew working on Third Mountain.
Photo by Robert Hopkinson.

If you are not already helping with trail maintenance, we ask for only a little of your time. Just one out of every ten members spending part of one weekend day helping out with trail work would turn the tide.

- Check the websites of the organizations listed above.
- Find your local land trust and lend a hand at the following link www.mltn.org/search.php.
- AMC organized trail work trips can be found on line by searching "trail work" at www.amcmaine.org/calendar/. Some of the early trips are listed in this issue.

Thanks to all whose efforts allow us to enjoy the great outdoors in Maine. See you out there.

Copenhagen to Berlin: A solo sustainability cycling tour

A Meetings and Education Presentation in Brunswick on Thursday, May 5



Join us as Alicia Heyburn explains how she rented a bicycle in Copenhagen last summer and cycled solo to Berlin learning about local foods, the shared economy, traveling slowly, self-acceptance and the benefits of significant government investment in long term sustainability solutions.

If you've wondered what it's like to be alone, but not lonely, the type of people you'll meet CouchSurfing, why bike touring is massively popular, the

accommodations in a former concentration camp, or simply how to experience all your favorite things in one spectacular journey, join Alicia to hear about her journey.

Alicia lives in Brunswick, is a Community Spoke for the Bicycle Coalition of Maine, a Registered Maine Guide, and works in areas of connectivity: connecting communities to their natural resources, connecting watersheds for migratory fish, and connecting transportation routes for bicyclists and pedestrians.

Presentation begins at 7 PM. An optional potluck dinner will start at 6 PM (please bring a dish to share and help us be green by bringing your own cup, plates and silverware).

This event will be held on Thursday, May 5 at the Curtis Memorial Library, Morrell Meeting Room, 23 Pleasant Street, Brunswick. FMI, contact Michelle Moody at mamc@micstan.us or Meetings and Education Chair, Lisa Pengel at education@amcmaine.org.

Blowdowns on the Trail

By Jeff Pengel

While in hiking in spring you come across a spruce tree that has fallen across the trail. What is your reaction?

- Blowdowns are a part of the hiking experience. I go around them.
- Someone should get on the ball and remove the blowdown.
- I remove the blowdown.

Walk around it. This is absolutely the worst possible thing you can do! We've all been drilled to stay on the trails in alpine areas due to the fragile vegetation. While those plants are some of the hardiest and most durable on the planet designed to withstand high winds, rime ice and temperature extremes, they are still not designed to withstand even a few footfalls.

However, the non woody plants outside of the alpine zone are actually considerably more fragile. A single footfall on a growing sprout will typically end that year's growth and potentially kill the plant. Rare plants do grow in these non-alpine areas and non-botanists would be hard pressed to identify many of them. Please stay on the trail especially, outside of the alpine zone.

Grumble that someone should clear it. It turns out that virtually all of the trails in Maine are maintained by volunteers. The few paid trail crews spend most of their time on trail building or reconstruction of severely damaged trails. Maintenance, even major blowdowns, is completed almost exclusively by unpaid volunteers.

Remove it from the trail. Excellent choice. Thank you! But what if it is too big to drag? You don't carry a saw? You can buy an adequate folding pruning saw from any hardware store and many mass merchants for about \$20. I personally prefer a \$12 saw with sheath that was purchased online. It weighs less than 8 ounces. I carry it year round. Once I used it after a hike on Mt Blue in Weld when an 8" tree fell across the road completely blocking my car's exit.

Are there too many blowdowns or they are too big? Something is better than nothing. Clear enough of the blowdown to at least keep the tread established and protect the resource from degradation. If each hiking party cleared only 2 or 3 blowdowns, even partially, the impact would be enormous. And for there and back hikes, the back is much easier.

Now I am certainly not condoning indiscriminate sawing, but common sense should indicate a blowdown across the trail needs to be removed. Usually I can accomplish that with only a few carefully selected cuts.

Download a free trail maintainers handbook at www.outdoors.org.

Young Members Section

Our focus is to get young folks in their 20's and 30's and the young-at-heart involved in outdoor recreation, raise awareness of conservation and sustainability and have fun!

Young Members Sure Know How To Have Fun! *By Denise Fredette*

It was a pretty wild winter for the AMC Young Members.

Our first winter hike of the season to Pleasant Mountain in Bridgton, Maine last December felt more like spring with a balmy breeze and nearby sleepy porcupine we spotted resting in a tree under the sun during our ascent. However, winter did finally make its appearance and we had a ton of fun in the outdoors.

The Maine Chapter YM's got together with other chapters for a New Year's Hut weekend at Zealand Falls Hut and an inter-chapter weekend at Joe Dodge Lodge in Pinkham Notch, NH. Both of these weekends were a blast getting to meet and hike with folks from near and far.

There were hikes to Mt. Hale, Moriah, Liberty and Flume, as well as an awesome cross-country ski event at Great Glen Outdoor Center in NH that drew about 20 participants.

We look forward to continuing the momentum into spring and summer, as we hope to offer more beginner and advanced hikes, social events, paddling, hut, camping, and backpacking experiences. Join us!



Mt. Moriah hike as part of inter-chapter YM Weekend at Joe Dodge Lodge, Jan 2016

To be added to our Events mailing list,
email: amcyoungmembers@amcmaine.org
Join our group on Facebook:
[amcmaineyoungmembers](https://www.facebook.com/amcmaineyoungmembers)



▲ One of the two ski groups taking a break from skiing at Great Glen Outdoor Center, NH, Jan 2016

► Enjoying the views on Pleasant Mtn. during the spring-like beginner winter hike, Dec 2015



AMC Leadership Training for 20s & 30s

September 16-18, 2016 – Harriman Outdoor Center, NY

Want to brush up on your outdoor leadership skills? Want to connect with other outdoor enthusiasts in their 20s & 30s? Take the first step to become a trip leader! AMC is organizing its first-ever Leadership Training designed for 20s & 30s and it is sure to be a great time. Participants will have a chance to network with other AMC Young Members (YM) from across the region and learn important leadership skills that will set them on the path to becoming trip leaders for local AMC Chapters.

Registration will be open July 1, 2016 – August 31, 2016. | Questions? Email shatch@outdoors.org



A Chilly But Successful Great Maine Outdoor Weekend

By Kaitlyn Bernard and Michelle Moody

The Great Maine Outdoor Weekend embarked on its 9th series of events over President's Day weekend in the very small window between some fresh snow and spring like temperatures.

Over February 12-14, more than 6,000 Mainers ventured out to one or more of the 100+ events hosted by over 90 different organizations happening all over the state to celebrate the biannual Great Maine Outdoor Weekend. Despite cold temperatures, event organizers reported good participation across the board, and this winter series stacks up with previous years.

AMC leaders, Michelle and Stan, were joined by Caroline, a staff member from the Brunswick Topsham Land Trust, and a group of hardy folks to enjoy a crisp morning hike at the Cathance River Preserve in Topsham as part of the Great Maine Outdoor Weekend.

Friday was cold but not as brutal as what was to come for weather. The hike took us through snow covered trees to the river where there was still open water where it rushes over rocks, forming ice sculptures along the edges. We also enjoyed the icicles hanging off the rocks and some pancake ice in an eddy of the river. Along the way, we watched for snowshoe hare and deer tracks, as well as the straight tracks made by foxes. It was a magical winter landscape that everyone enjoyed. We even had nice sunshine to warm us along with a cup of hot chocolate at the CREA Center at the end of our hike. It turned out to be a great day to be outside.

The Appalachian Mountain Club serves as the coordinator for the Great Maine Outdoor Weekend and works with a planning team that includes L.L. Bean, WinterKids, Maine Coast Heritage Trust, Mesh Marketing, No Umbrella Media, and the Bicycle Coalition of Maine.

Mark your calendars for the next Great Maine Outdoor Weekend happening September 16-18, 2016! More info: www.greatmaineoutdoorweekend.org.

