



MAINE CHAPTER

YOUR CONNECTION TO THE OUTDOORS

Maine Chapter
Appalachian Mountain Club
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WILDERNESS MATTERS

VOLUME XXXIX • NUMBER 3 • SUMMER 2014

AMC's Club-wide Fall Gathering is October 17-19, 2014 in Maine and you're invited!

Gear up now for great AMC fun this October in Maine when AMCers from all chapters will gather for three days of fun and exciting outdoor activities and socializing, all along the Maine coast! Grab your friends and make plans now for October 17-19 in Jefferson, Maine, near the waterfront village of Damariscotta.

Fall Gathering is a traditional AMC club-wide event for AMCers, their families and guests of all ages and this year attendees will be able to enjoy all that Maine has to offer. Members from all 12 AMC chapters will be there, making Fall Gathering the ideal opportunity to meet fellow AMCers from throughout the Club.

This year's big three-day event is set at a picture-perfect Maine summer camp, beautiful Camp Wavus on Damariscotta Lake in Jefferson, Maine. Camp Wavus has new facilities, including a 200-seat dining hall with a state-of-the-art kitchen and cabins, all set on a gorgeous wooded campus with miles of pristine waterfront. Fall Gathering activities will include hiking, biking, and exploring the Maine coast.

The Maine coast is only a short hop away from camp and will be the focus of many Fall Gathering activities, including hikes in Acadia National Park and mountain summits with ocean vistas. Hike a 5-mile



Photo by Carey Kish

A chance to hike the Maine coast!

See calendar listings for Fall Gathering activities

loop to the (1300 ft.) summit of Ragged Mountain in Rockport by the ocean for scenic views of the picturesque port town of Camden and the Atlantic Ocean, plus inland views of towering forests. Or take an easy loop hike in Camden Hills State Park to a mountaintop wood and stone shelter for lunch and conversation overlooking the ocean. If it's chilly, we'll build a fire and roast marshmallows!

Perhaps you'd rather do an exciting bike ride along the Maine coast with new views around each bend in the road? There's plenty of ocean water to see here. One ride goes to Pemaquid Point Lighthouse

and old Fort William Henry, while another loop goes to Christmas Cove, a picturesque spot where Captain John Smith dropped anchor in 1614.

Plus we've planned plenty of Fall Gathering day trips to iconic Maine sites including waterfront villages, operating lighthouses, and coastal museums:

- Damariscotta or Boothbay Harbor (picturesque Maine waterfront villages with absolutely fresh seafood restaurants),
- Maine Maritime Museum on the Kennebec River in Bath (an historic shipyard with original 19th century buildings and an active waterfront),
- the Coastal Maine Botanical Gardens in Boothbay (with a mile of sparkling waterfront and massive ledges),
- Tour the Oxbow Brewery in Newcastle (one of *bon appetit*'s ten great farmhouse breweries),
- Farnsworth Art Museum in Rockland (nation's largest collections of Wyeth family paintings),
- Maine Lighthouse Museum in Rockland (nation's largest collection of lighthouse and Coast Guard artifact),
- Owls Head Transportation Museum in Owls Head (including a navy blue 1955 Ford

- continued on page 5

Vacation in the MWI Just Before Fall Gathering

The AMC Maine Wilderness Lodges are offering deeply discounted rates to attendees of Fall Gathering 2014 for the days just prior to the October event that include accommodations and full-service meals. This is your chance to experience the lodges and cabins that everyone has been talking about, and at a reduced rate.

Choose from cabins with facilities, rustic cabins or bunkhouses all sited around new or remodeled log lodges, each with a library/sitting room, dining room, and hot showers. Each lodge property has lakefront or lake access and is surrounded by maintained trails to excellent mountaintop vistas. Hike a hill, paddle on a lake or sit on a porch. Hot showers and full family-style meals included. Or take advantage of an optional free guided trip to observe an AMC low-impact logging operation with Steve Tatko, AMC Land and Recreation Supervisor.

Dates: Oct 14, 15 or 16, the three nights immediately preceding Fall Gathering

Location: Little Lyford Lodge and Cabins and Gorman Chairback Lodge and Cabins are about 45 minutes from Greenville, ME, deep in the heart of AMC's 67,000 wooded acres

Accommodations and Costs:

Little Lyford Lodge and Cabins

- Cabin: \$ 85
- Bunkhouse: \$ 58

Gorman Chairback Lodge and Cabins:

- Deluxe Cabin: \$112
- Cabin: \$ 95
- Bunkhouse: \$ 73



Fine Print: Rates are per person per night valid for 1 to 3 nights, Oct 14, 15 or 16. Cabin rates are double occupancy and taxed at 8%. Hot showers and full family-style meals included. Deluxe cabins at GCB have private baths. To make a pre-FG reservation, FG2014 attendees can call AMC reservations (603-466-2727) any time and reserve whatever space is still available. To get these rates please mention Group #246008.

SUMMER 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 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* (Autumn Issue) is September 1, 2014.

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 & EDUCATION

Executive Committee Meetings, LL Bean in Brunswick. Maine Chapter Executive Committee meets every odd month (January, March, May, July, September, and November) on the second Thursday to discuss chapter business. Chapter members are welcome to attend. Contact: chair@amcmaine.org or excom@amcmaine.org. Next ExCom meetings are September 11 and November 13.

Wilderness Matters

is the newsletter of the Maine Chapter of the Appalachian Mountain Club. Opinions expressed herein do not necessarily reflect the policies or views of the AMC or its Maine Chapter. Not responsible for errors or omissions, except to acknowledge them in a subsequent issue. Copyright 2014 - Maine Chapter of the Appalachian Mountain Club.

Address corrections: Send to AMC Member Services, 5 Joy Street, Boston, MA 02108 | (800) 372-1758 | amcmembership@outdoors.org

Newsletter submissions and photographs: Send to Carey Kish, Editor, at newsletter@amcmaine.org | (207) 838-9669

Maine Chapter Executive Committee

Chair: Roger David, chair@amcmaine.org, (207) 737-2737
 Vice Chair (Acting): John Mullens, vicechair@amcmaine.org, (207) 361-1210
 Secretary: Mary Riendeau, secretary@amcmaine.org, (207) 247-6123
 Treasurer: Cindy Caverly, treasurer@amcmaine.org, (207) 465-9097
 At Large & Nominating: Paul Hahn, atlarge@amcmaine.org, (207) 222-2837
 At Large: Dave McCarthy, atlarge@amcmaine.org, (207) 363-2791
 Conservation: Leeann Reid, conservation@amcmaine.org, (207) 752-7644
 Meetings & Education co-chair: Fran Leyman, education@amcmaine.org, (207) 838-9660
 Meetings & Education co-chair: Gerry Sawyer, education@amcmaine.org, (207) 234-2425
 Membership & PR: Kathy Baillargeon, membership@amcmaine.org, (207) 240-3784
 Maine Woods Initiative: John Mullens, mwi@amcmaine.org, (207) 361-1210
 Newsletter Editor: Carey Kish, newsletter@amcmaine.org, (207) 838-9669
 Outings: Peter Roderick, outings@amcmaine.org, (207) 293-2704
 Past Chair: Larry Dyer, past_chair@amcmaine.org, (207) 655-9097
 Trails: Jeff Pengel, trails@amcmaine.org, (207) 446-8290
 E-communications: Tim Flight, web@amcmaine.org, (207) 650-6809
 Young Members co-chair: Kim Sanders, youngmembers@amcmaine.org, (207) 712-0862
 Young Members co-chair: Sarah Keats, youngmembers@amcmaine.org, (207) 756-4226

Other Contacts

Regional Director: Sam Jamke, other@amcmaine.org, (603) 472-2536
 Newsletter Designer: Lauren Mier, brightredbicycledesign.com, laurenmier@gmail.com
 E-newsletter Distribution: Laura Flight, enews@amcmaine.org
 Chapter Youth Program: Jeanne Christie, youth@amcmaine.org, (207) 310-8708

Maine Policy Office

Bryan Wentzell, Maine Policy Manager, bwentzell@outdoors.org, (207) 899-0150
 Kaitlin Bernard, Maine Policy Associate, kbernard@outdoors.org, (207) 899-0150
 Office: 30 Exchange St., Portland ME 04101.

Maine Woods Initiative

Dan Rinard, MWI Operations & Facilities Manager, drinard@outdoors.org, (207) 695-3085
 Office: 15 Moosehead Lake Rd., PO Box 310, Greenville ME 04441

Wednesday, September 17: Meet "Triple Crowner" Tom Jamrog, Curtis Memorial Library, Brunswick, ME. 6:00PM for optional potluck (bring food item to share, utensils and plate), followed by a talk/slideshow by Tom at 7PM. Tom has hiked all 3 of the long trails in the US, earning the title of "Triple Crowner." He completed the most difficult of these hikes, the Continental Divide Trail, last year at the age of 66. Focus will be on how we can all continue to hike into our mature years. Leader: Fran Leyman, 838-9660, fleyman@comcast.net.



HIKING

Saturday, July 12: Biddeford Pool Moonlight Walk. Leader: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com.

Saturday, July 19: Mt. High (4,675') and Carter Dome (4,832'). 10.2-mile hike at moderate pace. Great views. No dogs please. Register by 7/16. Leaders: Debby Kantor, 207-854-3431, dlkantor@aol.com; Lorraine Hussey, 207-619-9444, RNLhussey@maine.rr.com.

Saturday, July 26: Franconia Ridge Hike. 8.8 mile hike. Beautiful ridge walk over Little Haystack (4459'), Mt. Lincoln (5089') and Mount Lafayette (5260'). Moderately paced. Total elevation gain 3,800'. Must be in good physical condition and comfortable hiking 4K peaks. Leaders: Richard Morse, 207-752-0703, richardmorse3@gmail.com; Wayne Newton, 207-897-3072, hikerfig@myfairpoint.net.

Monday, July 28: Five Finger Point and Rattlesnake Peak. Leader's favorite hike on Squam Lake. Swim possible. Explore points, inlets, and beaches on loop trail. Climb Rattlesnake. Great views. 650' gain. 4.5 mi rt. Leader: Jane Gibbons, 207-647-3987, patnjane@yahoo.com.

Saturday, August 2: Burnt Meadow (1575') and Stone Mountain (1624'). 4.7-mile intermediate hike with views from steep open ledges and summits. No dogs please. Register by 7/30. Leaders: Debby Kantor, 207-854-3431, dlkantor@aol.com; Lorraine Hussey, 207-619-9444, RNLhussey@maine.rr.com.

Sunday, August 10: Moonlight Walk, Prouts Neck, Scarborough. Leader: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com.

Monday, August 11: Caribou Mtn. (2850') Hike. Climb Caribou Mtn., loop via Caribou and Mud Brook Trails. One of a series of trips to wilderness areas in New England, led by Peter Hope, to celebrate the 50th anniversary of the Wilderness Act. Joint outing w/ Sierra Club. Excellent views. 7 mi RT. 2400' gain. Leader: Jane Gibbons, 207-647-3987, patnjane@yahoo.com.

Thursday, August 14: Mount Agamenticus, York. 6 miles, 400' elevation gain on/around prominent hill in York County. Leader: Jane Gibbons, 207-647-3987, patnjane@yahoo.com.

Friday, August 22: Mt. Jefferson. Up Caps and down Castle and Link. 2850' gain, 6.6 miles, difficult hike. Will accommodate slower hikers who are strong and have lots of endurance. Leader can provide modest, low cost overnight arrangements. Recent 4000'er experience a must. Leader: Carla Dow 603-205-5410.

Saturday, August 23: Mt. Adams. Via Airline, return Valley Way. 9 miles, slow to moderate pace, 3200' gain, difficult. Hikers who are slow, but steady and strong, with recent 4000' experience are welcome. Leader can arrange low cost overnight accommodations. Leader: Carla Dow 603-205-5410.

Sunday, August 31: Wild River to Rim Junction. One of a series of trips to wilderness areas in New England led by NH leader Peter Hope. Joint outing w/ Sierra Club. Good views. Total distance >5 mi, >900' gain. Leader: Jane Gibbons, 207-647-3987, patnjane@yahoo.com.

Tuesday, September 9: Moonlight Walk, Pine Point Beach, Scarborough to OOB Pier. Leader: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com.

Saturday, September 13: Mt. Pierce (4310') and Mizpah Springs Hut. Via Crawford Path, Webster Cliff and Mizpah Cut-off Trails. 6.6-mile loop, moderate. Scheduled for the date of the raising of Flags on the 48, in memory of those fallen on 9/11/2001. No dogs please. Register by 9/10. Leaders: Debby Kantor, 207-854-3431, dlkantor@aol.com; Lorraine Hussey, 207-619-9444, RNLhussey@maine.rr.com.

Saturday, October 18: Hike Ragged Mountain in Rockport/Fall Gathering Hike. Hike to Summit of Ragged Mountain(1300 ft.), 5-mile loop on Georges Highland Trail (plus 1.5 mile road walk on Route 17). Trip is being offered in conjunction with AMC's Fall Gathering. Carpool from Camp Wavus on Damariscotta Lake to trailhead. Leader: Denise Anderson, 207-316-2381, dmanderson62@gmail.com.

Saturday, October 18: Leader's choice hikes in Acadia National Park as part of Fall Gathering Weekend. YM Leaders will offer several hike options from easier to more challenging. Possibilities include Pemetic Mtn., 1,500-foot Cadillac Mountain, the Jordan Pond Nature Trail, the Wonderland Trail, and The Beehive. Opportunity to explore Acadia on own before heading back to FG for dinner. All ages welcome. Leaders: Sarah Keats, 207-756-4226, slkski@gmail.com; Denise Fredette, 207-939-3670, deniserae77@gmail.com.

TRAIL WORK

Monday-Thursday, July 7- 10: Gorman Chairback Lodge and Cabins

Maine Woods Initiative/100-Mile Wilderness area. Lodging at Gorman Chairback Lodge and Cabins. Work under direction of Steve Tatko, Land Manager. GCLC is located on ong Pond and near to the AT, the Hermitage and Gulf Hagas. When not working we can visit all three. Come work, hike, paddle, swim or just relax after a day of trail work in support of the AMC mission. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

Saturday, July 12: Burnt Meadow Mountains, Brownfield, ME. Side hill work and rock work on Twin Brook Trail. Check with Keith Chapman for time and meeting place. Leaders: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net; Keith Chapman, 207-799-5212.

Saturday, July 26: Pleasant Mtn., Bridgton, ME. Popular hiking mountain near Bridgton. Contact Keith Chapman for meeting time and place. Leaders: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net; Keith Chapman, 207-799-5212.

Friday, October 10 – Monday October 13: Boundary Work @ Little Lyford Lodge and Cabins, MWI, ME. FMI, contact leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

Friday, October 10 – Monday October 13: Trail Work -Gorman Chairback Lodge and Cabins, MWI. Leaders: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net; Keith Chapman, 207-799-5212.

BIKING

Tuesday, July 8: Bike from Kittery Nubble Light. 25 miles from Kittery to lighthouse and back. Slow pace, many stops planned. Bring lunch and bathing suit. Leader: Carla Dow, 603-205-5410.

Wednesday, August 6: Four parks in one ride. Ride just 40 miles and visit Sears Island, Fort Point State Park, Sandy Point Beach Park, Fort Knox and Penobscot Narrows Bridge and Observatory. Moderate Pace. Road bikes. Helmets required. Swimming options. Leader: Judy O'Neal, judyoneal@fairpoint.net.

Wednesday, August 13: Verona Island Ride. Ride from Waldo to Hancock County across Penobscot Narrows Bridge. Partially on Route 1, mostly on back roads. Optional visit to observatory. Road bikes recommended. Moderate pace. 25 miles. Helmets required. Leader: Judy O'Neal, judyoneal@fairpoint.net.

Friday, August 29: Ride Belfast Harbor, Head of the Tide, North Searsport. Ride begins and ends on the Belfast waterfront. 30 miles. Hilly. Urban ride, partially on Route 1, mostly on back roads. Road bikes. Moderate pace. Helmets required. Leader: Judy O'Neal, judyoneal@fairpoint.net.

Saturday, October 18: Ride Islesboro - Fall Gathering. 20-minute ferry ride from Lincolnville to the island. 28-mile ride from the ferry landing to the northern tip and back. Moderate pace, stops to enjoy scenery. Helmets required. Road bikes recommended. Group size limited. Leader: Judy Oneal, judyoneal@fairpoint.net.

Sunday, October 19: Ride the Rock-Bound Maine Coast - Fall Gathering. Loop ride from Damariscotta to Pemaquid Point and Round Pond. Gently rolling, several gradual hills, one very steep hill. 40 miles, moderate pace. Option for shorter ride. Helmets required. Road bikes recommended. Group size limited. Leader: Judy Oneal, judyoneal@fairpoint.net.

PADDLING

Friday-Sunday, July 11-13: Sea Kayak Camping, Muscongus Bay, Black Island. Beautiful remote island with two campsites. Possible day trips on Sat/Sun to Jones Garden, Harbor, Marsh, Cranberry. Directions for put in on Friday July 11 will be sent to participants. Must be confident in open water/longer crossings. Decked boat, 14.5' minimum, skirt, pfd, dunk bag, wet suit/drysuit/appropriate immersion gear, self/assisted rescue skills. \$45.00 includes 2 dinners, 2 breakfasts, bring lunches/snacks/beverages. Leader: Al Mandell, mandell.ah@pg.com 207-966-1224 (until 10 pm).

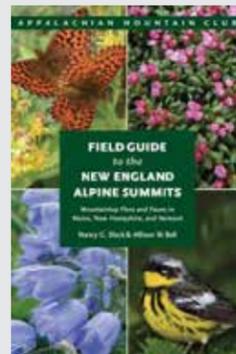
Saturday, July 26: Androscoggin River paddle near Lewiston. Put in at downtown Auburn, explore base of the falls and backwaters of the old mill. Then paddle downstream through the class 1+ rapids to takeout above the I-95 bridge. About 4 hours. Canoes and kayaks suitable. If weather conditions are not good, we'll go Sunday, 7/27. Leaders: Jim Tierney, 207-795-7855, run437@hotmail.com; Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

Saturday, August 2: Androscoggin River paddle near Brunswick. From the Water St. boat launch in Brunswick, paddle out with tide, lunch on an island, return on incoming tide. About 5 hours. If weather conditions are not good, we'll go Sunday, 8/3. Trip difficulty: moderate. Leader: Carolyn Welch (207)725-8178. cwelch6789@gmail.com.

NEW BOOK!

Field Guide to the New England Alpine Summits: Mountaintop Flora and Fauna in Maine, New Hampshire, and Vermont, 3rd ed.

By Nancy G. Slack and Allison W. Bell
(Paperback, March 2014, \$19.95)



This updated field guide takes you on a naturalist tour through the major alpine areas of northern New England. This fascinating ecosystem is a splendid world of delicate flowers, hardy shrubs and trees, and remarkable creatures that survive in the harsh climate of New England's highest mountain ranges, including Mt. Washington and nearby Alpine Garden, Mt. Lafayette and the Franconia Range, Mt. Mansfield, and Katahdin. With 350 full-color photographs, this practical guide helps you identify the plants, birds, and mammals of these unique natural areas—and

gives you advice on what you can do to protect them. You'll also find a section on the alpine zone's phenology (recurring phenomena such as blossoming) that offers a detailed look at climate change and its potential impact on this fragile environment.

Inside You'll Find:

- 350 full-color photos of mountain species
- Chart of flowering times for key species
- Hiker's guide to ecological zones leading to alpine summits
- Coverage of the alpine ecosystems of the White Mountains, Green Mountains, and Maine's Baxter State Park
- Descriptions of natural communities, geology, and weather
- A section on climate change's impact on the alpine zone

Praise

"[A] definitive and necessary resource for both experts and novices. . . . stunningly illustrated, informative, and powerfully evocative of some of the most intriguing and inspiring terrain in North America."— Mike Jones, PhD, and Liz Willey, PhD, editors, *Eastern Alpine Guide*

About the Authors

Dr. Nancy Slack is a plant ecologist, alpine researcher, and Adirondack 46er. Allison Bell is a naturalist, designer, and photographer in Northampton, Massachusetts. Slack and Bell also coauthored *Adirondack Alpine Summits: An Ecological Field Guide* (2007).

Ordering Information for AMC Books

AMC Books are available nationwide through booksellers and outdoor retailers. Members and the general public may order directly from AMC at outdoors.org/amcstore or by calling 800-262-4455 (members receive a 20% discount).

NOTICE

2014 Chapter Annual Meeting

The 2014 annual meeting for the Maine Chapter will be held during the Fall Gathering, October 17-19 at Camp Wavus on Damariscotta Lake in Jefferson, Maine. The primary business of the chapter annual meeting is to nominate and elect the slate of officers and Executive Committee members for 2015 and recognize volunteers.

The annual meeting is usually held the first weekend in November, and for the past two years the event has been held at a Portland restaurant. Prior to that, annual meetings were weekend affairs at a summer camp facility featuring outdoor activities during the days and speakers at night.

This year, however, the Chapter is planning and hosting Fall Gathering for all AMC chapters just two weeks before the traditional annual meeting date. Recognizing that it is a bit much to ask chapter members to attend two major events within two weeks, the Executive Committee voted to hold this year's annual meeting as part of Fall Gathering. This solution was also crafted about 12 years ago when the Maine Chapter last hosted Fall Gathering.

The compromise means that the annual meeting agenda will be pared down to essentials to be efficient and not interfere with major Fall Gathering activities. The business portion of the annual meeting itself will be less than one hour. Maine Chapter members can be assured that they will get the best of both Fall Gathering and the Chapter annual meeting by coming to Fall Gathering.

So join us for Fall Gathering in October and attend the Chapter annual meeting, all at the same time!

Saturday, October 18: Fall Gathering - Sea Kayaking on Muscongus Bay. Day paddle, intermediate ability, decked boat, skirt, pfd, comfort in open water. Rental boats available. Leader: Al Mandell, mandell.ah@pg.com 207-966-1224 (until 10 pm).

OVERNIGHT TRIPS

Friday-Sunday, August 1-3: Bigelow Range, Western Maine. 2 nights, 3 days. Approx. 7 miles each day. Initial 3000-foot elevation gain. Use AT and Bigelow Range Trail. Group dinners. Individual breakfast and lunch. Limited to 8. Leader: Denise Anderson, 207-316-2381, dmanderson62@gmail.com.

Saturday-Sunday, August 16-17: Mahoosuc Notch Backpack. Camp at Speck Pond Campsite. Section of trail includes some of the most demanding miles of AT in Maine. Experienced, well-conditioned hikers only please. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

WORKSHOPS

Tuesdays, July 22, 29, August 5: LL Bean Navigation Certification Course. Learn map and compass skills the first night. During the second informative session, learn everything you need to know about GPS. Bring your GPS or borrow one of ours (limited supply). Practice programming and navigating, how to enter a waypoint and use your GPS to find it. During the third and final session, learn how to use these two valuable tools together followed by a final exam to gauge comprehension. Instructor: L.L.Bean/David Kepler. Tuesdays for three weeks starting July 22. 6:30 to 8:30pm. This is a FREE workshop but registration is required, space limited. Leader: Denise Fredette, deniserae77@gmail.com.

Friday-Sunday, Sometime in September: Leadership Training Weekend. DATES ARE TENTATIVE. This weekend workshop teaches skills common to leading all kinds of AMC trips. For active participants, prospective, new and experienced leaders. Course location, dates and costs will be confirmed soon. Check www.amcmaine.org/calendar for more complete details when they become available.

YOUNG MEMBERS

Friday-Sunday, July 11-13: YM Inter-Chapter Camping Weekend. Summer fun and camping at Rangeley Lake State Park on the second annual Inter-Chapter Maine camping weekend. Meet members from all over New England. Plenty of hiking trails and mountains in area, many over 4,000 feet. Hike on Saturday night, bring favorite dish to share. \$10 reserves your spot, covers cost of camping for 2 nights. Deposit refundable until June 27. Camping cost depends on number of participants, should only about \$5 more per person, or with enough campers, the \$10 deposit will cover camping completely. Leaders: Denise Fredette, 207-939-3670, deniserae77@gmail.com; Kim Sanders, kimberlyannsanders@gmail.com.

Sunday, August 17: Hike Middle Sister Mountain. Albany, NH. 7 miles RT, moderate pace, 2100' elevation gain, optional short loop to Champney Falls, awesome views. Leaders: Denise Fredette, 207-939-3670, deniserae77@gmail.com; Carolyn Arcand, 207-807-1480.

Thursday, August 21: Old Orchard Beach Social. We'll be on the left of the pier (if facing the water, look for signs!) with a blanket, frisbee, volleyball and beverages. Bring something to eat, energy, and your bathing suit and towel. 6-10 pm. Fireworks at 9:45. Come/leave whenever. Children and well-behaved dogs welcome. Rain will move social inside, be announced on Facebook page. Leader: Denise Fredette, 207-939-3670, deniserae77@gmail.com.

Friday-Monday, August 29-September 1: Adirondack High Peaks Weekend. Camping at a group site for 3 nights at the Wilderness campground at Heart Lake. Access to trails to hike Mount Marcy (highest peak in NY) and Algonquin 2nd highest). Within driving distance of numerous other high peaks. Hike with group or on your own. Close to Lake Placid, may check out for dinner one night. To officially register, a \$28 per person deposit is required for the three nights of camping. Deposit refundable until August 15. Covers cost of camping. Carpooling encouraged. Leader: Sarah Keats, 207-756-4226, slkski@gmail.com.

FALL GATHERING

Saturday, October 18: Fall Gathering Family-focused Activities. There will be Family Focused Activities during the AMC Annual Fall Gathering this at Camp Wavus on Damariscotta Lake in Maine. Activities on-site and off will be offered for families with children of all ages. There will be scavenger hunts, nature walks/paddles, arts and crafts, and discoveries, in addition to an off-site hike at Camden Hills. Registration begins the first part of July. More details will be posted as the event draws closer, so check out the Fall Gathering page on the

calendar at www.amcmaine.org/calendar FMI. Leader: Kim Sanders, kimberlyannsanders@gmail.com.

Saturday, October 18: Hike Ragged Mountain in Rockport/Fall Gathering Hike. Hike to Summit of Ragged Mountain(1300 ft.), 5-mile loop on Georges Highland Trail (plus 1.5 mile road walk on Route 17). Trip is being offered in conjunction with AMC's Fall Gathering. Carpool from Camp Wavus on Damariscotta Lake to trailhead. Leader: Denise Anderson, 207-316-2381, dmanderson62@gmail.com.

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NEW BOOK!

AMC's Best Backpacking in New England: A Guide to 37 of the Best Multiday Trips from Maine to Connecticut, 2nd ed.

By Matt Heid (Paperback, April 2014, \$19.95)



The outdoor experts at the AMC share their knowledge and the tradition of New England backpacking in this new edition of *AMC's Best Backpacking in New England*. Whether looking for an introductory overnight trek or a more challenging multiday excursion, backpackers of all levels will find hikes suited to their interests and abilities. Appealing to visitors and residents of New England, this guide includes fully updated trail descriptions and new topographic maps. Turn-by-turn directions, topographic trail maps, a region-specific planning guide, photos, and GPS waypoints for trailheads and

points of interest make this guide an essential resource. New trips in this edition include the New England National Scenic Trail, Carrigain Notch-Mount Carrigain Loop, and Grafton Loop Trail. This expert guide to low-cost adventure will have hikers exploring some of the wildest, least-traveled trails New England has to offer.

Inside You'll Find:

- 37 of the best backpacking trips in ME, NH, VT, MA, RI and CT
- Expert, easy-to-use guide to low-cost adventure
- Tips on backpacking gear and safety
- Fully updated with current trail conditions and rerouting
- GPS waypoints for trailheads
- New topographic maps to help plan
- At-a-Glance Planner for quick trip planning

Praise

"A great collection of overnight and weekend trips for all levels of experience and ability. Detailed descriptions of campsites, water sources, and side trips take the guesswork out of trip planning while remaining highly readable."—Philip Werner, adventure writer, SectionHiker.com

About the Author

Matt Heid is a former senior editor of *AMC Outdoors* and a regular contributor to the magazine. He leads trips and teaches classes in outdoor photography, natural history, and navigation.

Ordering Information for AMC Books

AMC Books are available nationwide through booksellers and outdoor retailers.

Members and the general public may order directly from AMC at outdoors.org/amcstore or by calling 800-262-4455 (members receive a 20% discount).

Fall Gathering - continued from page 1

Thunderbird), and

- Visit Reny's Department store, "A Maine Adventure" (and uniquely Maine shopping experience).

Fall Gathering also offers a chance to get up close and personal with AMC President John Judge via an open forum where he will welcome



Photo by Carey Kish

Fall beauty on Cadillac Mountain, Acadia National Park

all questions on all things AMC. And a contra dance featuring the Maine band Sea Slugs will follow Saturday evening's dinner.

Make this your chance to visit Maine! Plan now to register for AMC's Fall Gathering, October 17-19, in Maine at Camp Wavus, the gorgeous summer camp with full access to recreation possibilities via the nearby ocean shorefront, waterfront villages, mountains and lakes.

Registration starts July 1 via the Maine Chapter website at www.amcmaine.org under "AMC Fall Gathering 2014." Your registration will include lodging for Friday and Saturday night (cabins or bring-your-own tenting), Friday night's dinner, three meals on Saturday, and breakfast and lunch on Sunday. For more information, visit www.amcmaine.org or email lwdamc@maine.rr.com.

Please note: Additional outings will be added and a full outings and activity list will be finalized nearer to the actual Fall Gathering date. Optional Pre-Fall Gathering lodging packages and activities are already open for registration at AMC's MWI facilities at Little Lyford Lodge and Cabins and Gorman Chairback Lodge and Cabins. See detailed information in the companion article.

Lichen presentation at AMC volunteer naturalist weekend



Jeff and I just returned from our 2nd volunteer naturalist weekend of training and networking with like-minded AMC volunteers, an event held annually at Cold River Campground, Evans Notch, NH.

We gave a 2-hour lichen presentation which included structure and vocabulary, economic uses and fun facts, photos, actual lichen samples and identification. We had about 25 participants for this presentation, and two hours was not nearly enough time to discuss everything. We also did a one-hour lichen nature walk later in the weekend.

The presentation began with a review of some vocabulary and their definitions that the participants would need to learn in order to properly identify lichens, including: Apothecia, soredia, isidia, mycobiont, photobiont, podetia, and rhizines.

Next, we talked about the three common structures of lichens: crustose, fruticose, foliose. Also the two types of reproduction: sexual and asexual. Finally, the substrates that lichens are found on: soil, tree, rock. With a good understanding of the vocabulary, the structure types, and the substrates, you can begin to identify lichens using a dichotomous key.

The "famous" story of Freddy fungus and Alice algae taking a "lichen" to each other and forming a symbiotic relationship brought a good laugh from the participants as usual.

We also spent time discussing economic uses and fun facts about lichens, including the historical uses of lichens as dyes, as perfumes, as medicines, and Native American paints. Fun facts included animals that use lichens and what they do with them, if humans can eat lichens and how to cook them, and lichens used for bio-monitoring.

We received great feedback from the participants and are already looking forward to sharing this lichen presentation with another group that may be interested. FMI, please email Lisa Pengel at lisainmaine3@yahoo.com.

Legislative Update from the AMC Maine Policy Office

"Legislative Season" is always busy, and this one certainly did not disappoint. Maine's 126th Legislature adjourned on May 1 after a full day's work dedicated to making final decisions on the 48 bills Governor LePage vetoed during the last few days of the session. Policy makers were only able to overturn 15 of LePage's 48 vetoes, but fortunately each of the bills AMC followed though the session ended up with positive results.

Our main priority this session was protecting the state from pressure from the mining industry to develop weak regulations for metallic mineral mining. AMC followed this issue through the entire process – from the initial presentation of the draft rules by the Maine Dept. of Environmental Protection all the way to the final votes in the chambers of the state house. Hundreds of Maine citizens testified against the weak rules developed by the DEP, and after several revisions and public meetings between the DEP and Maine Board of Environmental Protection, the BEP ultimately approved weak rules and passed them over to the Legislature for final enactment. The weak rules passed by the BEP specifically put Maine's water at risk by allowing unlimited discharge within the "mining area," allowing mining activity on Maine's public land, and didn't include adequate financial protections to ensure that any accidents could be managed.

The rules were rejected by the Environment & Natural Resources Committee, which put together and passed a resolve (LD 1772) that required the DEP to rewrite the rules by June 2016. The full Legislature passed this resolve, representing a huge victory for our advocacy efforts around the mining rules. LD 1772 was ultimately vetoed by Governor LePage and did not get enough votes to override the veto, but because the current mining law (passed in 2012) specifically requires legislative approval for new rules to be adopted, the weak rules are off the table for now. We anticipate the mining issue to come back into play in future legislative sessions.

AMC also advocated against a bill introduced by Governor LePage designed to increase timber harvesting on the state's public lands managed by the Maine Bureau of Parks & Lands. The bill would have increased harvesting levels and reallocated the revenue from timber

harvesting on the state's public reserved lands to support an unrelated energy efficiency effort. Currently, the Maine BPL is entirely self-funded and uses its budget to support land management, timber harvesting, wildlife habitat protection and recreation programs on public lands.

Fortunately, this bill did not pass and funding for BPL was protected.

Finally, AMC helped successfully pass a bill to improve Maine's Outcome Based Forestry program. The OBF program was initially intended to serve as an experimental effort to study the effectiveness of alternative forest management schemes to the state's Forest Practices Act. The OBF program was amended several times since its adoption in 2001 and has shifted from an experiment to an alternative forestry policy scheme. The new bill will increase transparency and provide more opportunities for public input in the OBF program.

AMC worked with many partners across the state during this session, including Maine Audubon, Natural Resources Council of Maine, Trout Unlimited, The Nature Conservancy, Maine Conservation Alliance and the Environmental Priorities Coalition. Thank you to all of our members who took action to support our advocacy efforts in the Maine State Legislature. We look forward to working with you again during the next session, which will convene in December 2014.

—Kaitlyn Bernard, Maine Policy Associate



Chapter Members Step Up to ExCom Responsibilities

Paul Hahn, Chair of the Maine Chapter's Nominating Committee, announced four Maine Chapter members have been voted in to fill vacancies on the Chapter's Executive Committee until the Chapter's next annual meeting in October 2014. All four expect to be on the slate then for election to continue their duties in the following year.

Here are brief introductions to these new volunteers:



New Trails Chair,
Jeff Pengel

Jeff Pengel, Chair of Trails Committee.

Jeff comes to the Maine Chapter with trail maintenance experience on the Buckeye Trail in Ohio, as an MCC crew leader, a WMNF trail maintainer, and as an MATC volunteer during the construction of the Grafton Loop Trail.

Jeff accepted the nomination as Maine Chapter Trails Chair because of his long involvement in trails projects and his view of the importance of trails. "Whether you're hiking as a peak-bagger, wanderer, athlete, or naturalist, the common denominator for all is the trail. The trail is the initial contact point for nearly all land-based self-powered travel. And a properly constructed and maintained trail provides the environment protection from the user."

The Maine Chapter has a history of trail building and maintenance through the work of many dedicated volunteers. Jeff is hoping to encourage the continuation and growth of that good work.

Jeff has training as a botanist and geologist. A former (urban) high school science teacher and outdoor educator, his current employment is in IT and retail. His past outdoor activities have included telemark skiing, white water canoeing and kayaking, caving, rock climbing and road biking. He currently focuses on cross country skiing, both skate and classic styles, and day hiking. Jeff lives in Durham, Maine with his wife Lisa. They are both AMC volunteer naturalists and Maine Master Naturalists.



New Membership and PR
Chair, Kathy Baillargeon

Kathy Baillargeon, Chair of Membership/Public Relations. Some of Kathy's greatest loves are hiking, backpacking, road biking—anything that gets her outdoors. She has completed all 4,000 footers in New Hampshire (summer and winter) and will complete the New England 4,000-footer list this year. She has done many long day hikes including the Presidential Traverse (fall, summer and winter), Pemi Loop, Rim-to-Rim in the Grand Canyon, and the Bigelow Range Traverse. Kathy has backpacked in Zion and the canyons of Escalante in Utah, where she bushwhacked through thorn bushes and water. She will be doing the bike race up Mt. Washington in August.

For 8 years Kathy has been the Volunteer Supervisor with Androscoggin Home Care & Hospice. She believes it is important to give back and that AMC is a wonderful organization to give back to. She is happy to be the Membership/PR Chair and feels it is a good match for her skills.

In the next 6 months, Kathy will spend a lot of time learning her role and finding creative ways to increase membership and support for members. Her goal is to create a small committee of interested outdoor enthusiasts who have an interest in growing our Maine Chapter and helping this

organization that does so much for those of us who enjoy the outdoors. If you would like to work with Kathy toward that goal, please email her at membership@amcmaine.org.



New Conservation Chair, Leeann Reid

Leeann Reid, Chair of Conservation Committee. Leeann is a recent graduate of Unity College with a major in Parks, Recreation and Ecotourism, and a minor in Wildlife. She feels very fortunate to spend her days outside building handicap accessible trails throughout New England. These trails provide individuals access to the natural world—access that may have otherwise seemed impossible. She feels most comfortable when outdoors, which is just one of the

many reasons why her job is so awesome. Her favorite activities are camping, fishing, snowboarding, and skiing.

Leeann wants to volunteer with the Maine Chapter as Conservation Chair because it gives her an opportunity and an outlet to make a difference. She hopes to create a series of potential forums, such as one that might focus on conservation easements and the importance of creating forever connected wildlife corridors throughout the state of Maine. Leeann is very happy to volunteer with the AMC and looks forward to the next six months and beyond.



New Executive Committee
Member at Large, Dave McCarthy

Dave McCarthy, Member-At-Large.

Dave got started with AMC as a trail work volunteer in the Maine Wilderness Initiative as he sought out his next gig after retiring from the Portsmouth Naval Shipyard. It turns out that being a trail work volunteer with Peter Roderick is like the Hotel California: "you can check in any time you want, but you can never leave." He's been volunteering in the Maine Woods and elsewhere ever since. Volunteering opened doors to many other new outdoor experiences including winter camping, bike trips, skiing camp-to-camp in Baxter and MWI, ocean kayaking/island camping,

and traipsing through parts of Maine that he didn't even know existed. In addition to AMC activities, Dave is a cycling advocate and Bike Pedestrian Safety educator with the Bicycle Coalition of Maine, a trail steward at Mount Agamenticus, and a certified sawyer with the Maine Appalachian Trail Club.

As an Executive Committee Member-at-Large, Dave is like a utility infielder, taking on any activities needed to help move the Maine Chapter forward. His focus continues to be AMC's Maine Wilderness Initiative, working to increase the Chapter's involvement in this AMC jewel while maintaining its Maine heritage. The major expansion of the AMC presence there, especially related to rebuilding and expanding Medawisla and the trails and campsites that go with it, offer great opportunities for the Chapter and our members.

If you too would like to volunteer with the Chapter's Executive Committee or if you know someone who would be good at that, please contact Paul Hahn, Executive Committee Member-At-Large and Chair of the Chapter's Nominating Committee at atlarge@amcmaine.org.

Traipsing the MWI with a Purpose

While many folks celebrate Memorial Day weekend with picnics, parades and remembrances, a small group of loyal AMC members trekked to the Maine Woods and AMC's MWI property to inspect and clear trails for the upcoming hiking season.

In addition to their own informal remembrances of past military service, the group focused on volunteer efforts to make local hiking and skiing trails accessible and safe for the public. Winter winds and storms take a tremendous toll on trees and many block walking access when they fall on trails.

Housed in the bunkhouse at Little Lyford Lodge and Cabins, the group took advantage of all the camp's rustic comforts available to guests and volunteers alike. Fabulous and seemingly unlimited food was a big attraction and a major motivation for working hard the next day. Peggy, head cook at LLLC for the summer and fall season, uses many of her own recipes coupled with her creative spirit to concoct an unforgettable array of foods at every meal.

During the days, the volunteers split into small work groups to patrol all the trails in the LLLC area and remove blowdowns, clear drainages, trench water bars and lop encroaching vegetation, all in an effort to make the trails more stable and safe. Along the way, volunteers encountered lovely trails, secluded campsites, and gorgeous ponds some had never seen. Gulf Hagas, the Pearl Ponds, Grassy Pond, Horseshoe Pond and Indian Mountain are now on many personal lists of places to further explore.

Finished with their trail work each day mid-to-late afternoon, volunteers had time to explore on their own, read, do a group hike to Gulf Hagas, continue conversations from the morning, read on the porch or snatch a cookie before dinner. Early morning risers were treated to moose sightings and night owls found deep conversation with newly found friends. Volunteer group leader Peter Roderick, there for his 11th year, said, "This was an outstanding group. I think we cleared nearly every trail possible and didn't lose a single volunteer!"

Participants included Liz Brown from the Connecticut Chapter; Doug and Patti Kneale from the Southeastern Mass Chapter; and Lisa and Jeff Pengel, Kristen Grant, Rose Rodrigue, Peter Roderick, Roger David and John Mullens from the Maine Chapter. —John Mullens



Trail volunteers all cleaned up. Photo by Peter Roderick.

The Maine Woods Initiative

Taking a Fresh Look at Some of AMC's Finest Work

Maine Woods Initiative – What Is It?

The Maine Woods Initiative is the Appalachian Mountain Club's strategy for land conservation in the 100-Mile Wilderness region.

The Initiative is an innovative approach to conservation that combines outdoor recreation, resource protection, sustainable forestry and community partnerships.

The strategy represents the most significant investment in conservation and recreation in the AMC's 130-year history.

The Initiative seeks to address the ecological and economic needs of the Maine Woods region by supporting local forest products jobs and traditional recreation, creating new multi-day recreational experiences for visitors, and attracting new nature-based tourism to the region.

Maine Woods Initiative – Where Is It?



Source: AMC Maine Woods Initiative Website

Maine Woods Initiative – What's New?

- 2014 has been a great year so far for MWI, with record numbers staying in the lodges over the winter, thanks in part to a wonderful article in the December issue of Down East Magazine
- For the third year in a row we are restoring native brook trout habitat by removing bad culverts and re-building old road bridges that block trout migration upstream.
- We are working with local communities and businesses on multiple fronts – building new hiking trails around Piscataquis County to grow nature-based tourism opportunities, partnering with local communities and landowners to host an upcoming "Untamed New England 100-Mile Wilderness Adventure Race" with teams and media from around the world, partnering to promote Maine Woods tourism through Maine Woods Discovery (www.mainewooddiscovery.com), and reaching hundreds of local kids with outdoor and environmental education programs through our Piscataquis Schools Program.
- We continue our long-term sustainable forestry program, employing local contractors and supplying timber to local mills. We are also protecting 20,000 acres of forest reserve area where no timber



Little Lyford Lodge & Cabins, AMC's MWI Property. Photo by Carey Kish

harvesting will take place and non-motorized recreation is allowed.

- Thanks to the Maine Chapter as well as the Worcester Chapter we now have 7 wonderful backcountry campsites open to the public, one of which includes the Phoenix Shelter on Trout Pond. These are accessible mainly by canoe or kayak and are a wonderful way to experience the quiet and solitude of the Maine Woods.
- The planning and permitting for Medawisla reconstruction is gaining momentum, and some work on the site will begin this coming summer.

Source: Bryan Wentzell, AMC Maine Policy Director

Maine Woods Initiative – Experience it for yourself!

A Singular Opportunity

Rarely is one lucky enough to stumble upon an opportunity to be a part of something critically important, vast and enduring. AMC's Maine Woods Initiative provides each of us with just such an opportunity.

As a past member of AMC's Board of Directors and a past Chair of AMC's Maine Chapter, I have been fortunate and privileged to have worked with so many incredible volunteers and staff over the last decade in helping to transform the MWI Vision into reality. Yet, there is still much to accomplish.

As a fellow AMC member and Maine resident, I enthusiastically encourage you to learn more about this wonderful project and to experience first hand, either as a guest or Chapter volunteer, the indescribable beauty of the landscape, the hospitality of one of the Club's remote Maine Lodges, the joy of a tranquil evening paddle or a quiet stay at a backcountry campsite.

It will be a delightful experience you will not soon forget.

—John R. Dolloff, AMC Maine Chapter MWI Committee

AMC'S FALL GATHERING 2014
 Hosted by the Maine Chapter
 October 17-19, 2014
 Camp Wavus, Damariscotta Lake, Jefferson, Maine



HIKING • PADDLING • BICYCLING • NATURE WALKS

Gear up for some great AMC fun this October when AMCers from all Chapters will gather for three days of exciting outdoor activities and socializing along the Maine coast! Grab your friends and make plans now to join us in Jefferson, Maine, near the waterfront town of Damariscotta.

Events for all ages including families, groups, and singles.

Come enjoy this club-wide event hosted by the Maine Chapter!

REGISTER BY OCTOBER 1, 2014.
 Lodging/Tenting options and Day Rate available, including meals, activities, and registration fee.
 For more information or to register, visit amcmaine.org/fall.

Go Paperless—Wilderness Matters

Do you prefer to receive this newsletter electronically, sent directly to your e-mail inbox? Register through AMC's Member Center at www.outdoors.org. If you have difficulty, please call the AMC Membership Department at 1-800-372-1758 (M-F, 9-5 PM EST) or e-mail amcmembership@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!

Becoming a Peak Bagger

Before I joined the AMC I didn't know what a "peak bagger" was. After joining I attended camping trips and hikes with people in their 20's and 30's from all over New England. They told me about lists of mountains in New Hampshire and New England—all above 4,000 feet—that they hoped to hike so they could become members of the 4,000-Footer Club. They were "peak baggers."

Hikers who reach and return from all summits on the list on foot are eligible to become members of the 4,000-Footer Club. This club is an all-volunteer organization formed in 1957 to encourage hikers to visit some of the lesser travelled mountains in New England and reduce the impact of more heavily hiked trails like those in the Presidential and Franconia ranges in New Hampshire.

I haven't been hiking that long by many standards; at least not with such focus on the pursuit of summits to complete "the list." But I jumped into hiking the high peaks of New England and never looked back. I've gotten mixed reviews on my choice of hobbies. Some of my friends and family think I'm a little crazy for choosing to wake up before dawn and drive for more than two hours so that I can walk up and down mountains all day. Even more critical feedback was given when I started doing it in winter.

At some point many hikers—particularly peak baggers—are asked the



NH 48 finish on Mt. Isolation March 8, 2014; from left to right: Frank Brooks, Denise Fredette, Sarah Keats, Dan Heon, Colleen Craig.

question, "Why do you do it?" I think the question of why we hike and why we go after peaks that are on certain lists may differ from person to person. For me, hiking the higher peaks is a physical challenge that simultaneously connects me spiritually with the physical environment. There is a great sense of accomplishment in summiting a new and potentially difficult mountain and sharing that experience with others. This is a feeling that is likely unique to the hiking community.

Peak bagging appeals to me because it gives me a tangible goal to strive for. It's like a hobby of collecting things, except that instead of rocks or baseball cards, we collect the experience of summiting mountains. It's the bragging rights to say I accomplished this thing.

I finished hiking all 48 of the 4,000-foot peaks in NH on March 8, 2014. I climbed mountains I never would have considered visiting had it not been for this list. My last two mountains were Owl's Head and Isolation, neither known to be the easiest treks, yet both were priceless experiences. My passion for hiking and checking those peaks off my lists has given me more than the physical challenges. It has given me breathtaking vistas, forged lifelong friendships, given me a great appreciation for the stewards who maintain these trail systems, and some wonderful and lasting memories.—Denise Fredette

Calling All Young Members to the AMC Fall Gathering this October!



Together at the end of a fun weekend at Mizpah Hut with Young Members from all over New England (this is only 1/2 the group!)

We are working hard to have a strong Young Member presence at the Fall Gathering this year and we need your help!

Over the past couple of years, there have been an increasing number of Inter-chapter Young Member events happening all over New England. At each event, the core group continues to expand and new people arrive. Recently we had a blast at Mizpah Hut! Sarah Keats, leader from Maine, and Jamie Gillon, co-leader from New Hampshire, coordinated this event and more than 20 people were there from Maine, New Hampshire, Massachusetts, Rhode Island, and New York.

We expect there to be a core group at the Fall Gathering and we want you to become part of it. There will be a trip to Acadia National Park plus other offerings to Camden Hills, biking and paddling. There will be square dancing and a campfire for evening entertainment.

Young Members with families are encouraged to attend too. Check out the Maine Chapter website for more details. Please email youngmembers@amcmaine.org FMI or to let us know you are coming! —Kim Sanders



Young Members on day hike from Mizpah Spring Hut to the Presidential Range peaks of Pierce, Eisenhower and Monroe. Photo by Sarah Keats.



Young Members on Crawford Path near Mt. Eisenhower. Photo by Kim Sanders.

To be added to our Events mailing list, email: amcyoungmembers@amcmaine.org

Join our group on Facebook: [amcmaineyoungmembers](https://www.facebook.com/amcmaineyoungmembers)