



MAINE CHAPTER

YOUR CONNECTION TO THE OUTDOORS

Maine Chapter
Appalachian Mountain Club
PO Box 1534
Portland, Maine 04104

NON-PROFIT
U.S. POSTAGE
PAID
PORTLAND, ME
PERMIT NO. 454

WILDERNESS MATTERS

VOLUME XXXX • NUMBER 2 • SPRING 2015

Appalachian Mountain Club Protects 4,311 Acres in Maine with Baker Mountain Purchase

Scenic and ecologically significant lands on and around Baker Mountain in the 100-Mile Wilderness region near Greenville are now permanently protected following purchases by the AMC in late January, with assistance from The Nature Conservancy (TNC).

The purchases by the nation's oldest conservation and recreation organization conserve the second highest peak in Maine between Bigelow Mountain and Katahdin, as well as the headwaters of the West Branch of the Pleasant River, a vibrant wild brook trout fishery. The property lies within an unfragmented roadless area of mature hardwood and softwood forest, which also includes the preferred habitat of the rare Bicknell's thrush.

"Baker Mountain was surrounded by conservation lands, but the Baker Mountain tract itself was not protected. It was 'the hole in the doughnut,' and with this purchase, AMC and its conservation partner, TNC, have ensured that this ecologically significant land will be protected," said AMC Senior Vice President Walter Graff.

The land will be managed for a variety of uses, including recreation, habitat protection, and sustainable forestry. AMC will be providing pedestrian access to the land.

AMC purchased two adjacent parcels abutting its Katahdin Iron Works property: 3,111 acres from the



Photo by Noah Kleiner

Prentiss & Carlisle Group and Plum Creek Timber Co., and a separate parcel comprising 1,200 acres from Plum Creek. TNC was a key partner in the acquisition, Graff noted. TNC holds a "forever wild"

conservation easement on the first parcel covering about three-quarters of Baker Mountain, including its 3,521-foot summit, to ensure permanent protection of the land's ecological values, he said.

- continued on page 5

Peg Nation Honored by AMC



Maine Chapter member Margaret (Peg) Nation was honored by the Appalachian Mountain Club at its Annual Summit January 24, 2015. Peg was one of only five volunteers to receive the Volunteer Leadership Award recognizing all she has contributed to the Club over the last 30 years. Calling her a "quintessential essential AMC volunteer," the award recognized her 30-year membership and volunteerism activities for two chapters and the Club itself. Peg has been a Chapter Chair, Vice Chair, Conservation Chair, Membership Chair, At-Large member, Information Volunteer, Pinkham backcountry specialist, volunteer naturalist, hike leader, nature trail developer, and editor of the Maine Mountain Guide.

Peg's began her AMC activities on the Executive Committee of the newly-formed Washington, D.C. Chapter as Membership Chair, then Vice-Chair, then three years as D.C. Chapter Chair. In those positions, she worked on the hot issues of the day: controlling the pollution in Chesapeake Bay and working with the National Park Service to maintain trails at Great Falls National Park and the Chesapeake and Ohio towpath. She was instrumental in planning a Club-wide Fall Gathering on the Eastern Shore (complete with a Maryland crab feast).

When she moved north from D.C., Peg joined the Maine Chapter and quickly became involved with our chapter. She has been on the Maine Chapter's Executive Committee as At-Large member followed by three years as Chapter Conservation Chair and Co-Chair, and Chair of the Chapter committee responsible for updating the 2005 version of the Maine Mountain Guide.

With the Club, Peg is an Alpine Steward and Volunteer Naturalist in Mount Washington's Alpine Garden just below the summit. She has lead spring weekend programs that offer alpine flower lovers the opportunity to examine the tiny plants, moss, and lichens under the tutelage of an alpine flower expert—Peg.

She continues to be a Volunteer Naturalist at the AMC lodges and a staple at the Family Camps at Gorman Chairback Lodge where she volunteers the whole week helping families and kids appreciate the finer points of the natural world.

The Maine Chapter is so very lucky to claim Peg Nation as a Maine Chapter volunteer and we enthusiastically endorse the Club's recognition of all she has accomplished. So if you are on one of Peg's hikes or happen upon her in the woods or volunteering at an AMC facility, please thank her for all she has done and congratulate her on this award.

For those who retain their personal copies of Wilderness Matters over the years, a more complete biography of Peg's AMC accomplishments is found in the January 2013 edition's profile of Peg Nation.

WINTER 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 Kathy Baillargeon, Outings Chair, 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, 2015.

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/CELEBRATION

Tuesday, April 14: Harness the power of Sun at AMC's Solar Social!
Harness the power of Sun at AMC's Solar Social! Tuesday, April 14, 2015 * 7:00 PM FREE and open to the public! Curtis Memorial Library, Pleasant St., Brunswick, ME. Doors open at 6:15 PM. The Appalachian Mtn Club, Maine Chapter, is hosting an open forum about solar possibilities here in Maine. Vaughan Woodruff, solar educator and owner of the nationally recognized Maine based solar company Insource Renewables, will be here to break down the nuts and bolts of solar energy. Benjamin Holt, a Unity College graduate with a Bachelor of Science in Sustainable Energy, Design, and Technology will also be with us to join the discussion! Investing in solar is like investing in

your own personal energy security, while contributing to Maine's own energy security, and energy independence. This Solar Social will give homeowners an opportunity to connect with great Maine folks working towards the future of a more sustainable Maine. Leader: Lisa Pengel, 207-212-6464, Before 8PM, amcmainemeetings@gmail.com. SEE FULL DESCRIPTION OF THIS PROGRAM ON P. 6 OF THIS NEWSLETTER.

Wednesday, April 22: Maine Outdoor Film Festival: Earth Day Screening What are you doing for Earth Day? Please join us for an exciting night of nature-minded films. Maine Audubon and the Maine Chapter of the AMC present an Earth Day screening of the Maine Outdoor Film Festival MOFF "Selects Tour" at Gilsland Farm Audubon Center on Wednesday April 22. Doors and cash bar open at 6:00, films start promptly at 7. Tickets are \$5 for members (of either AMC or MA) and \$8 for nonmembers. We expect this event to sell out, so advanced registration is encouraged to ensure your seat. Check www.maineaudubon.org for more details, Leader: Kim Sanders, kimberlyannanders@gmail.com, Registrar: Beth Pauls, 207-781-2330, 9-5. SEE FULL DESCRIPTION OF THIS PROGRAM ON P. 5 OF THIS NEWSLETTER.

Tuesday, April 28: Winter Adventures in Baxter/Happenings on AMC Maine Lands Peter Roderick, AMC Maine Chapter leader, volunteer and adventurer will talk about some winter adventures he has enjoyed in Baxter State Park and perhaps one that was not so enjoyable. He has summited on Baxter Peak and Hamlin Peak the two tallest points on Katahdin from several different trails in all seasons but prefers winter hiking and backpacking there. Will be interesting and might even inspire you to venture into the park sometime soon. Later in the evening, Peter will recount some highlights of his 11 years of volunteering in the Maine Woods Initiative area east of Greenville and near portions of the 100 Mile Wilderness Section of the Appalachian Trail. He will be joined by several staff members of the Appalachian Mountain Club's MWI team including newly hired trails crew supervisor, Rob Hopkinson, land manager, Steve Tatko and Bryan Wentzell, policy director for Maine. Plans for future trails in the MWI area will be outlined. An update on the progress to the rebuild of Medawisla Lodge and Cabins will also be given along with any late-breaking news regarding AMC activities in Maine. AMC has created an area of learning as well as a world-class lodge system on their land near the 100 mile wilderness, the last really wild stretch of the Appalachian Trail before Katahdin. They actively involve the children of the area as well as guests from the world. Their lodges are showpieces of environmental friendliness and culinary excellence. Partnership with surrounding and inholding landowners complete a multiuse timberland where one can fish, hike, bike, canoe, camp, ski and visit areas like The Hermitage, Gulf Hagas and Katahdin Ironworks. Join AMC and Maine Audubon on Tuesday, April 28 at Fields Pond Audubon Center, 216 Fields Pond Road, Holden, ME. Potluck at 6, meeting at 7. Free and open to the public. Leader: Gerald Sawyer, 207-234-2425, Before 9PM, gerry.sawyer@gmail.com SEE FULL DESCRIPTION OF THIS PROGRAM ON P. 4 OF THIS NEWSLETTER.

Saturday, May 2: Advanced Wilderness First Aid (AWFA) Advanced Wilderness First Aid (AWFA) course is being offered to those who have gone through Basic Wilderness First Aid (WFA) and are looking to broaden their skills. AWFA goes into greater depth than the Basic Wilderness First Aid (WFA) on the basic first aid subjects. The course emphasizes leadership skills and presents new skills such as litter packaging and traction splinting. This course is two full days, and will be taught at Falmouth Fire/EMS in Falmouth, Maine by Stonehearth Outdoor Learning Opportunities (SOLO). Contact Kim to register. Contact Peter for more information regarding AWFA. Maine Chapter Member: \$131.00; AMC Member: \$164.00; Non-Member: \$205.00; CPR (optional): Add \$35.00. Registrar: Kim Sanders, 207-712-0862, Before 9PM, kimberlyannanders@gmail.com, Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net

Saturday, May 2: WFA (Wilderness First Aid) Basic Wilderness First Aid (WFA) skills are needed when you are more than one hour from medical care, and this training goes beyond standard Red Cross first aid. Learn to assess & treat injuries in outdoor situations. This course is two full days, and will be taught at Maine Audubon in Falmouth, Maine by Stonehearth Outdoor Learning Opportunities (SOLO). The fees cover instruction and materials, and do not include lodging or meals. The class includes patient assessment, immediate life threats, disabling injuries, hypothermia & other environmental hazards, fractures, sprains and more. Maine Chapter Member: \$119.00 AMC Member: \$149.00 Non-Member: \$186.00 CPR (optional): Add \$35.00, Registrar: Registrar: Kim Sanders, 207-712-0862, Before 9PM, kimberlyannanders@gmail.com

Thursday, May 7: Maine Chapter Trip Leader's Meeting This is a meeting for AMC Maine Chapter leaders and those interested in becoming leaders. We will be serving pizza and discussing upcoming events. This is also a great time for those interested in leading to meet leaders and sign on to co-lead hikes. All leaders have a chance to work with experienced leaders before leading on their own. The night will include pulling the calendars out to plan some great adventures for the summer months. Time: 6:00-8:00pm Freeport Community Library. Leader: Katherine Baillargeon, 207-240-3784, kbhappytrails@gmail.com

Thursday, May 14: May ExCom Meeting Maine Chapter Executive Committee meets every odd month (January, March, May, July, September, and November) on the second Thursday. Important conservation topics, outdoor and educational activities, finances, and other items are discussed. Open to all. Meetings held at the LL Bean Manufacturing Facility in Brunswick from 6:30-8:30pm. Contact leader for directions. Leader: Roger David, Chapter Chair, 207-737-9870, Before 9PM, Rd04342@gmail.com

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 2015 - 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 Doug Chamberlin, Acting Editor, at newsletter@amcmaine.org | (978) 761-3815

Maine Chapter Executive Committee

Chair: Roger David, chair@amcmaine.org, (207) 737-9870

Vice Chair: Doug Chamberlin, vice@amcmaine.org, (978) 761-3815

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: Lisa Pengel, education@amcmaine.org, (207) 212-6464

Meetings & Education co-chair: Gerry Sawyer, education@amcmaine.org, (207) 234-2425

Membership & PR: Kristen Grant, membership@amcmaine.org

Maine Woods Initiative: Paul Hahn, mwi@amcmaine.org, (207) 222-2837

Newsletter Editor: Carey Kish, newsletter@amcmaine.org, (207) 838-9669

Outings: Kathy Baillargeon, outings@amcmaine.org, (207) 240-4784

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: Denise Fredette, youngmembers@amcmaine.org, (207) 939-3670

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 Program Associate, kbernard@outdoors.org, (207) 899-0150

Office: 30 Exchange St., Portland ME 04101.

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

Tuesday, May 19: Endangered Canyons of Utah - with Harvey Halpern
Come hear and see a great presentation by Harvey Halpern. Harvey has been professionally photographing wilderness since 1978. The emphasis of his work has been the endangered canyons of Utah. He has visited some truly remote areas, some of which have not been seen for over 600 years. Tuesday, May 19. 7 PM. Doors open at 6:15. Curtis Memorial Library, Pleasant Street, Brunswick, Maine. FREE and open to the public. FMI email Lisa Pengel at education@amcmaine.org SEE FULL DESCRIPTION OF THIS PROGRAM ON THIS PAGE.

Tuesday, May 19: Intro to Backpacking Workshop Are you a day hiker who would like to do a backpack but feel like you need more information before you begin? Learn the basics of backpacking- proper gear, food needs, and training -from an experienced backpacker at this evening workshop. There will be a follow-up 2 day backpack in the White Mountains on July 4th weekend where you can test what you have learned. Leader: Ray Cooper, 207-929-2726, Before 9PM, rcooper207@roadrunner.com.

Saturday, June 6: Late Spring Fling and Celebration! Come to celebrate and learn more about the AMC! Meet other folks interested in the outdoors, an executive from AMC, and this year's Most Prestigious Volunteer Award recipient ~ Peter Roderick, a long standing Maine Chapters volunteer. All Maine Chapter members, families, and others are invited to attend a celebration of Peter, his service, and his award on Saturday, June 6th from 11 to 3pm. The event is a potluck at beautiful Maine Audubon. Situated along the Presumpscot River estuary just five minutes from Portland, Maine Audubon's headquarters features a modern environmental center and a 65-acre sanctuary with more than two miles of trails winding along a pond and through woods, meadow, orchard and salt marsh. Please join us to celebrate recreating in the outdoors and giving back! Leader: Kim Sanders, kimberlyannsanders@gmail.com SEE FULL DESCRIPTION OF THIS PROGRAM ON P. 7 OF THIS NEWSLETTER.

Saturday, June 13: Intro to Map and Compass The AMC Maine Chapter is holding a basic map and compass training which can also be a refresher for those needing that. We will have a morning classroom session covering all aspects of using a map and compass and if time permits, a very introductory lesson on GPS. Following the classroom session, we will adjourn to the outside practical session putting to use the things learned in the classroom. The location is TBD. Class size will be limited. Contact leader for more information. Leader: Roger David, 207-737-9870, Before 9PM, Rd04342@gmail.com

Saturday, June 13: Sea Kayaking Self-Rescue Workshop Have you ever thought what will happen when your kayak tips over? Well, we'll show you everything you need to know about self and assisted rescue for kayakers. We'll go over the T-rescue, cowboy rescue, and paddle float rescues on the sandy safe beach at Range Pond in Poland, ME. We'll even practice rolling for those souls who are interested in learning. Leaders Al Mandell and Peter Roderick are long time sea kayakers who had their fair share of spills so they'll guide you through how to "know what to do when it happens". Any questions email Al or Peter at mandell.ah@pg.com or roderick1027@fairpoint.net

HIKING/BIKING

Saturday, April 18: Pleasant Mountain, Bridgton, 2600 FT 5.8 mile hike via SW Ridge Trail. 1656 elevation gain. Leaders: Lorraine Hussey, 207-619-9444, rnlhussey@maine.rr.com before 9 PM, Debby Kantor, 207-854-3431, before 9pm, dlkantor@aol.com.

Sunday, April 26: All about Vernal Pools Vernal pools are unique wetlands found in forests in the spring. By fall they are generally dry. But following the first warm rain of spring vernal pools come alive with frogs, amphibians, and other wildlife. Join Maine Master Naturalist Jeanne Christie in an exploration of several vernal pools located close together. The half-day will include a presentation on vernal pools and a leisurely hike - and a bit of bushwhacking too - explore and understand the ecology and annual cycle of these unique wetlands. Leaders: Jeanne Christie, 207-310-8708, Before 9PM, jeanne.christie@aswm.org, Lawrence De Hof, 207-310-8952, Before 9PM, ldehof@access4less.net

Sunday, April 26: Burnt Meadow Mountain (Young Members) We will be doing a loop hike of Burnt Meadow Mountain. Approx. 3.3 miles rt and about 1,145 ft elevation gain.. Steeper ascent on North Peak Trail with nice views along the way, more gradual descent via Twin Brook Trail. Nice open summit, Leader: Denise Fredette, 207-939-3670, after 5PM, deniserae77@gmail.com.

Saturday, May 2: Streaked Mtn. Madness Ride Join me for a 48-mile bike ride that some call the "Streaked Mountain Madness Ride". Part of the ride includes a climb over Streaked Mountain Rd. which is just under 4 miles long. The ride will start in Auburn and will go through Turner, Buckfield, over Streaked Mtn. Road, South Paris and Hebron. The ride will finish along Lake Auburn on Lake Shore Drive. There are a couple of convenient stores along the way to fill up on water, Gatorade, food, etc. We will have about a 14-15 mph pace, and you will need to be able to do this pace. We will take time for food breaks, flat tires, etc. You need to be an experienced cyclist who is able to complete 50-miles. This is not a supported ride, so you will be expected to carry your own items for fixing flats and your own food/water. I have done this ride before and it is lots of fun and includes beautiful country riding, farms, mountain views, a beautiful lake, challenging hill climbs and awesome down hills. This will be a group ride and no one will be left behind. We will take our own pace climbing hills and will wait at the top. Everyone should have at least one spare tube and cartridges or a mini pump as well as money for the store and some form of ID. I will bring 2 tubes and 2 cartridges and an inflator adapter for the CO2 cartridges if



Endangered Canyons of Utah

Come hear and see a great presentation by Harvey Halpern, whose work has been published in many books and journals.

The natural world around us, especially the realm of true wilderness, has the beauty and power to astound and move all of us. In an increasingly mechanized and alienating artificial environment in which we spend so much of our time, any glimpse of the natural world acts as a soothing breath of fresh air. Harvey's aim as a photographer is to impart a sense that there is a world of true wilderness that is out there, waiting to be experienced.

Harvey has been professionally photographing wilderness since 1978. Though he has photographed many wilderness landscapes throughout North America, the emphasis of his work has been the canyons of Southern Utah. By focusing for so long and hard on one region, he has been able to get into some truly remote areas. Some of his photographs are of areas that no one on foot has seen for over 600 years. Being in a truly wild landscape is at the core of what Harvey is trying to impart. At the same time, Harvey delights in challenging the viewer's perspective on size, color, and perspective itself.

Tuesday, May 19, 2015 7pm at Curtis Memorial Library, 23 Pleasant Street, Brunswick.

Doors open at 6:15 PM FMI and driving directions, go to: www.amcmaine.org, meetings and education, or contact Lisa Pengel at education@amcmaine.org

anyone needs to use it. The ride is dependent on weather. The ride will not happen if it rains. Leader: Katherine Baillargeon, 207-240-3784, kbhappytrails@gmail.com

Tuesday, May 5: Moonlight Walk 5 mile walk on Prouts Neck, Scarborough along the shoreline where Winslow Homer lived and painted. Views include Pine Point, Old Orchard Beach and Homer's studio, Leader: Lorraine Hussey, 207-619-9444, rnlhussey@maine.rr.com before 9 PM.

Saturday, May 9: Pleasant Mt, Denmark ME approx., 4 miles RT enjoy spring flowers, great views of the Presidentials and of the lakes surrounding Pleasant Mt, moderate pace, Leader: Jo Anne Diller, 207-647-2117, before 9PM, jsdiller@roadrunner.com.

Sunday, May 17: Bog Ecology: An Exploration of Great Saco Heath Saco Heath is a domed bog, the southernmost in Maine. It is also the only known site where Atlantic white cedar occurs in a domed bog ecosystem north of the pocosins - another specialized wetland type - in the Carolinas. Join Main Master Naturalist Jeanne Christie in an exploration of this unique ecosystem. Participants will take a leisurely hike out onto the heath to learn about how a bog is formed and examine the plants and wildlife that have adapted to living in the nutrient poor environment near Saco. Leaders: Jeanne Christie, 207-310-8708, Before 9PM, jeanne.christie@aswm.org, Lawrence De Hof, 207-310-8952, Before 9PM, ldehof@access4less.net.

Tuesday, June 2: Moonlight Walk 5 mile beach walk in Scarborough, Maine from Pine Point to Old Orchard Beach Pier. Leader: Lorraine Hussey, 207-619-9444, rnlhussey@maine.rr.com before 9 PM.

Saturday, June 13: Wetlands and Waterfalls of Acadia Acadia National Park contains numerous wetlands and waterfalls, especially in the spring. Join Maine Master Naturalist Jeanne Christie on a circuit hike up and over Dorr Mountain to the summit of Cadillac Mountain and back via Cadillac brook will provide the opportunity to explore several wetland and stream environments and allow participants to study how wetlands form and streams reshape the landscape. Leaders: Jeanne Christie, 207-310-8708, Before 9PM, jeanne.christie@aswm.org, Lawrence De Hof, 207-310-8952, Before 9PM, ldehof@access4less.net.

Sunday, June 14: Seep Wetlands of Donnell Pond Preserve Wetlands aren't just in flat areas, they are also found on hillsides where the groundwater provides a regular water source. Seep wetlands, a pond filled with dragonflies, spectacular views and maybe even a swim on a sandy beach will be part of this adventure. Join Maine Master Naturalist Jeanne Christie in a search for unusual wetlands on a circuit hike to Caribou Mountain. Leaders: Jeanne Christie, 207-310-8708, Before 9PM, jeanne.christie@aswm.org, Lawrence De Hof, 207-310-8952, Before 9PM, ldehof@access4less.net.

TRAIL WORK

Friday-Sunday, May 22-25: Trail Work - Little Lyford Pond Camps

Volunteer for trail work at Little Lyford Pond Lodge and Cabins. Help open trails for the summer hiking season. Join other volunteers from Maine Chapter and beyond as we patrol hiking trails in the area in preparation for another busy summer in the Maine Woods Initiative. 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. Before 9PM, roderick1027@fairpoint.net.

Monday, July 6 –Thursday, July 9: Trail Work -Gorman Chairback Lodge and Cabins-July 7- 10, 2015 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. Gorman Chairback Lodge and Cabins 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 in this northern Maine woods paradise. Come work, hike, paddle, swim or just relax after a day of trail work in support of the AMC mission. Did I mention the delicious meals and beautiful lodge? Contact leader for further information. Leader: Peter Roderick, 207-293-2704, before 9PM, roderick1027@fairpoint.net.

Friday, October 9 – Monday October 12: Boundary Work -Little Lyford Lodge and Cabins-MWI Maine With dozens of miles of property lines, the AMC in Maine has lots of boundary marking to maintain. Join us for this unusual and fun activity. Bring your old work clothes (there is paint involved) and try something new. Help us maintain the boundary lines that define AMC property in the northern Maine woods. Stay at historic Little Lyford Pond Lodge and Cabins and experience the best of the old and the new. Comfortable bunkhouse, newly renovated lodge, fabulous meals and unbeatable hospitality. Oh and by the way, few biting insects and peak foliage season. To learn more contact leader. Leader: Peter Roderick, 207-293-2704, before 9PM, roderick1027@fairpoint.net.

Friday, October 9 – Monday October 12: Trail Work -Gorman Chairback Lodge and Cabins-Oct 9-12, 2015 So many trails, so few volunteers. Join us in the 100 Mile Wilderness as we help build and maintain hiking trails near the MWI lodges. We may continue work on the Henderson Brook Trail which connects Gorman Chairback Lodge with the Appalachian Trail. Join others in the effort to complete the "hardening" process on this beautiful trail that follows Henderson Brook as it descends to the Pleasant River. We stay in the comfortable bunkhouse, eat very well in the lodge and enjoy downtime admiring the peak foliage and exploring the woods and waters nearby. . Leaders: Peter Roderick, 207-293-2704, before 9PM, roderick1027@fairpoint.net, Keith Chapman, 207-799-5212, before 9 PM.

Winter Adventures in Baxter/ Happenings on AMC lands

Join AMC and Maine Audubon to welcome Peter Roderick, recently honored AMC Maine Chapter leader, volunteer and adventurer who will talk about some winter adventures he has enjoyed in Baxter State Park and perhaps one that was not so enjoyable. He has summited on Baxter Peak and Hamlin Peak the two tallest points on Katahdin from several different trails in all seasons but prefers winter hiking and backpacking there. Will be interesting and might even inspire you to venture into the park sometime soon.



Later in the evening, Peter will recount some highlights of his 11 years of volunteering in the Maine Woods Initiative (MWI) area east of Greenville and near portions of the 100 Mile Wilderness Section of the Appalachian Trail. He will be joined by several staff members of AMC's MWI team including newly hired trails crew supervisor, Rob Hopkinson, land manager, Steve Tatko and Bryan Wentzell, policy director for Maine. Plans for future trails in the MWI area will be outlined. An update on the progress to the rebuild of Medawisla Lodge and Cabins will also be given along with any late-breaking news regarding AMC activities in Maine.

AMC has created an area of learning as well as a world-class lodge system on their land near the 100 mile wilderness, the last really wild stretch of the Appalachian Trail before Katahdin. They actively involve the children of the area as well as guests from the world. Their lodges are showpieces of environmental friendliness and culinary excellence. Partnership with surrounding and inholding landowners complete a multiuse timberland where one can fish, hike, bike, canoe, camp, ski and visit areas like The Hermitage, Gulf Hagas and Katahdin Ironworks.

Tuesday, April 28, potluck at 6pm, meeting at 7pm at Fields Pond Audubon Center, 216 Fields Pond Road, Holden. Free and open to the public.

NEW BOOK! AMC's Best Day Hikes Along the Maine Coast



Appalachian Mountain Club Books is pleased to announce the release of *AMC's Best Day Hikes Along the Maine Coast: Four-Season Guide to 50 of the Best Trails From the Maine Beaches to Down East*.

This new guide from the editor of AMC's popular *Maine Mountain Guide* lets hikers explore the full length of the rugged coast of Maine. Between the century-old stands of white pine in Vaughan Woods Memorial State Park near Portland, and

the oceanfront cliffs and maritime forests of Quoddy Head State Park—the easternmost point in the US—readers will find 50 of the best hikes in the state that can be completed in less than a day.

Acadia National Park is here, including the iconic Isle au Haut, as are multiple hikes in the York County, Casco Bay, Midcoast, and Downeast regions. Beginner hikers and seasoned trekkers alike will discover trails that will satisfy their longing for classic views of the rocky coast of Maine. For short outdoor excursions along the coast of the Pine Tree State, this guide will prove invaluable.

Inside You'll Find:

- 50 of the best coastal day hikes in Maine, carefully selected by the editor of AMC's *Maine Mountain Guide*
- At-a-Glance Trip Planner to help hikers find the perfect trip, including family- and dog-friendly hikes, and wintertime trip options
- Detailed maps, trail descriptions, difficulty ratings, distances, elevation gain and estimated times
- Directions to trailheads and GPS coordinates for parking areas
- Trip planning, safety tips, and Leave No Trace information

Praise

"*AMC's Best Day Hikes Along the Maine Coast* is enthusiastically written, thoroughly researched, and a pleasure to read. Carey Kish does a terrific job selecting and describing A-list trips and offers excellent advice on hiking safely and responsibly. Carey's insightful expertise combined with intriguing bits of local knowledge make this book a must-read for any coastal hiker." —Steve Spencer, Stewardship Director, Damariscotta River Association

About the Author

Carey Michael Kish has been exploring the hiking trails along the coast and in the mountains of Maine for more than four decades. Carey is a freelance outdoors and travel writer and photographer, editor of AMC's *Maine Mountain Guide*, and writes a regular hiking and camping column for the *Portland Press Herald/Maine Sunday Telegram*. His writing and images have also appeared in a variety of online and print publications, including *AMC Outdoors* magazine. A Registered Maine Guide and Wilderness First Responder, Carey has thru-hiked the Appalachian Trail and completed more than two dozen other long-distance backpacking treks in the US, Canada, and Europe. He lives in Southwest Harbor, Maine.

Ordering Information for AMC Books

AMC Books are available nationwide through booksellers and outdoor retailers, and can be ordered directly from AMC at outdoors.org/amcstore or by calling 800-262-4455. (AMC members receive a 20% discount.) **The e-book versions are available online through Amazon, iBooks, and Barnes & Noble.**

Maine Chapter to Host Wilderness First Aid (WFA) and Advanced WFA

Have you been hiking with friends and family and wondered what you would do in an emergency situation when you are miles from the road? What would you do if your friend sprained an ankle or worse broke a leg and couldn't walk out? What if you were with someone who cut themselves and you needed to stop the bleeding? All Maine Chapter leaders are certified in basic wilderness first aid and some have taken the advanced training - you can too!

The Maine Chapter is hosting a Wilderness First Aid (WFA) and Advanced Wilderness First Aid training May 2-3 in Falmouth. This course will be taught by experienced outdoor wilderness medicine instructors from SOLO. If you are interested or have questions, please contact Kim Sanders at: kimberlyannanders@gmail.com.

Baker Mt - continued from page 1

The second is permanently protected by the Moosehead Regional Conservation Easement, held by the Forest Society of Maine.

"Conserving Baker Mountain for future generations is a tremendous accomplishment, not just for its strategic location, surrounded by conserved lands, but also for what this project represents," said Michael Tetreault, director of TNC in Maine. "It supports the Appalachian Mountain Club's efforts to provide a unique backcountry recreation experience, while conserving an important ecological gem in Baker Mountain, within a mosaic of working forest lands."

Land acquisition, establishment of a stewardship endowment fund, and related costs totaled about \$2.4 million, according to Graff.

The Baker Mountain acquisition was made possible in large part by the generosity of Steven C. Leuthold and his family. The Leutholds have a strong interest in protecting wilderness. After touring the area extensively, the family was committed to seeing this project through to completion. AMC and TNC are grateful to the Leuthold family and for the generosity of a small group of loyal AMC donors who helped protect Baker Mountain.

AMC also used proceeds from the sale of verified carbon emission offset credits from its ecological reserve lands as an important funding source for this land acquisition effort. By encouraging natural forest growth on its 10,000-acre ecological reserve, AMC is preserving stored carbon in the forest while realizing an additional revenue stream through the sale of these Climate Action Reserve-registered credits. "We're excited to be able to help reduce atmospheric carbon while at the same time using these revenues to directly support land conservation," Graff said.

The Baker Mountain purchases are the latest milestones in AMC's Maine Woods Initiative, a plan for land conservation in the 100-Mile Wilderness region that addresses regional ecological and economic needs through outdoor recreation, resource protection, sustainable forestry, and community partnerships.

The transactions bring AMC's conservation and recreation land holdings in the 100-Mile Wilderness region to some 70,000 acres.

Reconnecting with the Swiss Alps

Join AMC and Maine Audubon to hear about and see pictures of this interesting trip. Karen Herold, her husband, and her sister hiked the Haute Route from Chamonix, France, to Zermatt, Switzerland, in July, 2013. Among many reasons to do this beautiful hike was the chance to reconnect with the Swiss geography and relatives Karen's family knew growing up with their Swiss father. Long ago Karen was an attorney, and now she's involved in a variety of environmental causes. She always has her next adventure germinating.

This is a spectacular and demanding hike: a strenuous high-level traverse in the French and Swiss Alps, walking from Chamonix in France to Zermatt in Switzerland.

The route traverses below the summits of ten out of the twelve of the highest peaks in the Alps, and crosses several high passes. The highest pass is at 2964m (9,800ft).

Thursday, May 7, 2015 at 6:30pm at Fields Pond Audubon Center, 216 Fields Pond Road, Holden. Free and open to the public

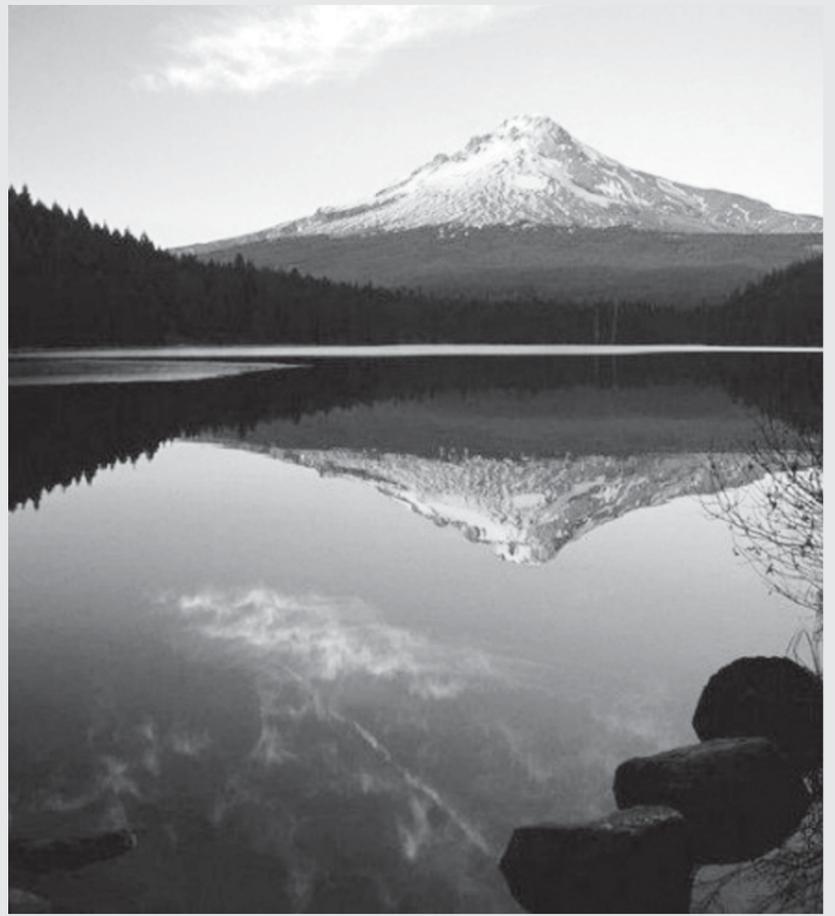


Come to AMC's August Camp 2015 in Oregon's Central Cascade Mountains

Studded with volcanic peaks, mountain lakes, wildflower meadows, old lava flows and miles of hiking trails, Oregon's Central Cascades is the place to be. Base camp is near Santiam Pass (elevation 4,800') where the Pacific Crest Trail crosses Route 20. Major hiking destinations include the Deschutes and Willamette national forests and the Three Sisters, Mount Washington and Mount Jefferson wilderness areas.

August Camp is a full-service tent village that accommodates 64 campers each week and offers multiple hikes each day for all levels of ability. Delicious meals and trail lunches are provided and great camaraderie and nightly campfires make for a memorable experience. Round trip transportation between August Camp and the Portland (Oregon) International Airport and to and from daily activities is provided.

Camp runs from July 18 through August 15. Plan your one or two week adventure now and be part of one of the AMC's oldest traditions. More info: www.augustcamp.org. Contact: Sam Jamke, samjamke@gmail.com.



Earth Day Film Festival

This Earth Day, longtime conservation partners AMC and Maine Audubon will again join forces to offer a special Earth Day edition of the Maine Outdoor Film Festival. This partnership began in 2013 with a viewing of the climate solutions movie, *Carbon Nation*, which placed emphasis on economic reasons to change our carbon emissions. Last year, they first teamed up with the Maine Outdoor Film Festival to present films that highlight Maine's abundant outdoor recreation and adventure, with a special emphasis on conservation for this partnership event. Maine-made documentary films featuring snowboarding the Knife's Edge and whitewater paddling reminded the audience that these activities are dependent on historic weather conditions, some of which are in jeopardy due to climate change. The primary purpose is to entertain while also suggesting that the outdoor activities that we hold dear to our hearts must be protected.

Wednesday, April 22, 2015 at Maine Audubon located at 20 Gilsland Farm Road, Falmouth. Doors and cash bar open at 6:00, films start promptly at 7. Tickets are \$5 for members (of either AMC or MA) and \$8 for nonmembers. We expect this event to sell out, so advanced registration is encouraged to ensure your seat. Check www.audubon.org for more details. Registrar: Beth Pauls, 207-781-2330, 9-5

For more information visit www.outdoors.org or www.maineaudubon.org



Harness the power of Sun at AMC's Solar Social!

The AMC Maine Chapter is hosting an open forum about solar possibilities here in Maine. Vaughan Woodruff, solar educator and owner of the nationally recognized Maine based solar company Insource Renewables, will be here to break down the nuts and bolts of solar energy. Benjamin Holt, a Unity College graduate with a Bachelor of Science in Sustainable Energy, Design, and Technology will also be with us to join the discussion!

Investing in solar is like investing in your own personal energy security, while contributing to Maine's own energy independence. This Solar Social will give homeowners an opportunity to connect with great Maine folks working towards the future of a more sustainable Maine.

Lisa Pengel, AMC Maine Chapter, Meetings & Education co-chair, recently interviewed Vaughan Woodruff, to prepare for their upcoming presentation:



Photos by Insource Renewables

L: Have you installed home and business solar systems before?

V: Yes. We install solar electric and solar heating systems on residences and businesses across Maine. Our clients include young families, retirees, municipalities, federal agencies, commercial growers, and other small business.

L: How many years of experience does your company have?

V: I started the business in 2008 while living in Montana. I moved back home to Maine in 2010 and brought the business with me. In recent

years we have added key employees with extensive experience, as well. Our collective in-house experience accounts for nearly 1000 solar projects.

L: Do you have all of the necessary licensing or certifications in Maine?

V: We have two master electricians on staff, one of whom is a nationally certified PV Installation Professional through NABCEP. Three of our staff members hold EPA certificates for handling refrigerants, which is critical to the heat pump division of our company. I am a certified NABCEP Solar Heating Installer and two other members of our staff have held solar heating certifications or licenses in Maine that no longer exist.

L: How can a homeowner tell if they have enough sun for the solar resource?

V: The easiest thing to do is to have a professional look at the roof. We have tools that allow us in minutes to determine the shading at the site throughout the year. Those folks with an Android phone can buy a Solar Shading app that can approximate the shading, as well. To assess the impacts of shading often requires a trip to the roof, so be careful!

L: How do you determine where the system will need to be located on or around the home?



V: The location of a solar array is a balance between performance and aesthetics. We evaluate any impacts of shading using solar assessment tools and consider how we connect the array to the rest of the system. The orientation of the building is also important, as there may be some homes where mounting a system

on a wall or on a ground-mounted foundation may be the most preferable option. Some people like the look of solar; others would rather conceal it in a conspicuous area. Most decisions are ultimately driven by cost, which is a big factor in narrowing down one's options.

L: What type of options will the owner have in selecting a system? (stand-alone system or connected to a electricity grid for example)

V: As you indicate, one big decision is whether to install a grid-tied system, one with batteries, or one that is a combination of both. Tying

to the grid creates a great deal of versatility and reduces the installation and operating costs significantly. We have many folks inquire about including a battery backup, and we often encourage them to invest in a generator if their main concern is infrequent power outages. Batteries only make sense if the system is in a remote location or the owner has an independent streak and is willing to pay a bit of a premium.

Another option that folks don't always consider is a solar water heating system. For a home with 3 or more people or with a boiler that is highly inefficient, a solar water heating system may be a better choice – or may simply be a strong complement to a solar electric system. Since solar heating systems take up a smaller footprint on the roof, they can increase a home's solar capacity.

Potential solar owners often consider installing a mini-split heat pump to offset fossil fuel use and then use solar electricity to generate the power needed to run the unit.

Other options include installing a ground mounted array or a dual axis trackers that follow the sun throughout the day.

A rather unique option is to utilize virtual net metering, which allows the production of a system to be applied to up to 10 accounts on the utility. If someone has a camp that has great solar exposure, they could put the system there and apply the energy to the bill at their house as long as it is on the same utility. Solar farms are a complex version of this type of arrangement.

L: How does the owner decide how much electricity they want to produce?

V: The sales process for solar is really an educational process for both us and the client. We learn about the client's priorities and current energy use in order

to recommend a good solution, and we often answer a lot of questions about solar technology and its suitability for our clients. Ultimately, system sizing comes down to three factors – the amount of energy being used, the amount of available space for installing a system, and budget.

L: What is the biggest incentive for a homeowner to go solar?

V: The incentive to make the move really depends upon the priorities of the client. A recurring theme with our clientele is the desire to make their energy bills more predictable. We have a number of clients who are retired - or who will be retiring - and are concerned about fluctuation in energy prices when dealing with fixed retirement funds. We also have a good portion of our clientele who are passionate about climate change and other environmental issues and see the installation of a system as a tangible way to put their values into action. Solar has reached a point where individuals can choose it because it makes sound economic sense, has proven to be an engine for job growth, addresses energy security, or is a clean and responsible choice for our environment. All of these are critical incentives for Maine's future.

Tuesday, April 14, 2015 at 7pm at Curtis Memorial Library, 23 Pleasant St., Brunswick, ME Doors open at 6:15 FREE and open to the public!

AMC website link: <http://www.amcmaine.org/calendar/#80606>

Directions to Curtis Memorial library:

<http://www.curtislibrary.com/about-us/directions/>



Welcome New Maine Land Staff!!

By Steve Talko, Maine Woods Initiative Land manager

It is with great pleasure that I would like to welcome Rob Hopkinson and Dave McAndrew to the MWI team here in Greenville! They have come to fully round out our roster here in the Land Department and bring us up to full strength.

Rob Hopkinson will be serving as the new Trails Supervisor for the Moosehead region and will be bringing with him all of his great past trails experience. Rob comes to us from the SCA AmeriCorps program in Western Mass where he oversaw a sizeable trail program working on a variety of conservation lands and projects. Prior to his time with the SCA Rob served with the National Park Service trails program and even did a few stints as a carpenter at a research stations throughout Antarctica! We are excited to have Rob on board to head up our newly expanding trails program here in the Moosehead Region.

Dave McAndrew, a veritable jack of all trades, has signed on to serve as our Land Department Technician. Dave brings an extensive background in ground and operations management having most recently worked as the Grounds Supervisor at Cheshire Academy in Cheshire CT. Prior to that Dave has a broad range of experience in high-level arborist work and equipment and systems maintenance. We are really excited he has decided to follow his passion for the outdoors and join the team here in Greenville!

It has been a long time in the making but we are so excited to have found some great additions to the AMC team!

Peter Roderick Receives AMC's "Most Prestigious Volunteer Award"

Longtime Maine Chapter volunteer Peter Roderick was awarded a high honor from the Appalachian Mountain Club during its Annual Summit January 24, 2015. At the event's evening reception, Senior Vice President Walter Graff announced Peter as recipient of the Distinguished Service Award, the Appalachian Mountain Club's "most prestigious volunteer award." The award recognizes AMC volunteers who have "contributed outstanding efforts to the mission of the Club for a sustained period of time, and at the very highest levels. This award highlights long term commitment to enhancing and sustaining the integrity of the Club's conservation, education and recreation values, with a special acknowledgement that the recipients have developed a complete understanding of the values and goals of the entire organization."

All Maine Chapter members and others are invited to attend a celebration of Peter, his service, and his award on Saturday, June 6th from 11 to 3pm. The event will include an AMC Executive presenting the award to Peter and recounting his good works in earning the recognition, a potluck lunch for all, and an opportunity for guests to congratulate Peter in person. In accepting the award, we expect Peter will recount many of his more colorful AMC adventures over the years. The celebration will be held at Maine Audubon's Gilsland Farm facility, 20 Gilsland Farm Road, Falmouth, 04105. Look for further details on the Maine Chapter's website under activity listings.

Roderick is widely known for his long and varied service to the Maine Chapter and to the Club. Since becoming an AMC member in 1997, Peter has held a number of Club and Chapter leadership positions. Peter



has been a Maine Chapter trip leader since 1998, Chair of the Chapter Trails Committee, Chapter Chair, Chair of the Inter-Chapter Trails Committee, Chair of the Maine Chapter's Maine Wilderness Initiative (MWI) Committee, and Regional Leader for AMC's Maine Woods Adopt-A-Trail Program.

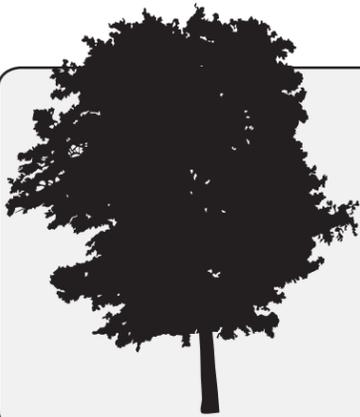
Through all of Peter's Chapter and Club-wide roles, two important accomplishments stand out. It's not that he has unbounded energy to give to the Club and the Chapter, he does; it's not that he volunteers for whatever needs to be done, he does that as well.

What is most important and will last beyond Peter's years in the Club are the number of AMC and non-AMC hikers Peter has converted to trail volunteers and the number of people Peter has introduced to the MWI. Peter's infectious attitude toward volunteers and his approach to trail maintenance have sold hikers on the concept of volunteer trail work as partial repayment of the many days of enjoyment they derive from those trails. And Peter is a high-quality and persistent cheerleader for the MWI, introducing scores of folks from all states to the current joys of the MWI and its

continued promise for future generations.

Indeed, Peter is "Mr. AMC," setting a great example for how each of us can and should get out and give back to the outdoors and to the organization we love.

For those who retain their personal copies of Wilderness Matters over the years, a more complete biography of Peter's AMC accomplishments is found in the Summer 2013 edition's profile of Peter Roderick.



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.

Join the Mountain Birdwatch Survey



Do you enjoy hiking? Are you a birder- or would you like to learn more about bird identification to support a conservation effort? Mountain Birdwatch is a long-term monitoring program for Bicknell's Thrush and other high-elevation forest birds. We're looking for beginner to experienced birdwatchers who are strong hikers to conduct a survey in the Adirondacks, Catskills, Green and White Mountains, or Maine. Hike a scenic mountain trail, enjoy the sunrise, and count birds for conservation!

To learn more about Mountain Birdwatch, visit

<http://vtcostudies.org/projects/mountains/mountain-birdwatch/>.

Want to know what you'd do as a volunteer? Check out our volunteer resources here: <http://vtcostudies.org/projects/mountains/mountain-birdwatch/participate/>.

When you're ready to select a route to survey in 2015, here's a list of routes that need volunteers this season: <http://vtcostudies.org/projects/mountains/mountain-birdwatch/available-routes/>.

Please contact Mountain Birdwatch director Judith Scarl (jscarl@vtcostudies.org) if you'd like to learn more about this exciting program!



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!

Hiking - Prepare for the Possibilities *by Denise Fredette*

Hiking mountains is an inherently risky pastime. Most of us understand this, and for some of us, the potential challenge is another reason we do it. Weather can change rapidly, terrain can be rugged, and the trail can sometimes be obscured by snow, overgrowth, or faded blazes. The kind of hiking many of us do requires planning and good judgment to mitigate the risks, but, even for the most experienced hikers among us, there will always be risk.

I consider myself a careful hiker. I carry emergency supplies, safety and contingency gear. In the winter I carry even more, and the leaders always carry extra gear, just in case. It's common for people passing an AMC group by on the trail to ask if we are planning on camping out, even when we are just on a day hike. We chuckle a little at this comment, but the answer is that we are planning for the possibilities. We watch the weather right up until the morning of a hike, trying to predict the unpredictable weather of the mountains in the Northeast. Even still, I have hiked when the weather report called for clear skies all day, yet we were hit with heavy rain and hail on an afternoon descent in August. We have a responsibility to ourselves and the people we are hiking with, to prepare for all of the possibilities.

As a leader, I am required to screen potential hike participants. Some may feel that the AMC has too many requirements to hike mountains, and we ask too many questions of participants. However, AMC hikes are group



Mt. Adams, January 2014

experiences. A participant's level of experience, knowledge, and readiness for the particular hike impacts their experience as well as the other hikers' safety and enjoyment. It is also important information for the leaders to know in order to ensure each hike is a good fit for each hiker.

This past winter there were several incidents in the White Mountain where highly experienced hikers ran into trouble. In one group, a woman lost consciousness near Lake of the Clouds Hut by Mt. Monroe. Her hiking companions called 911, secured her in a sleeping bag, and dragged her in it down the trail to awaiting emergency responders who were able to give her medical care. They were prepared and also knew that they needed to keep moving and get their friend to safety. A week or two later, another woman was not so lucky and perished near the same area during a solo hike, succumbing to extremely high winds and subzero temperatures.

I personally developed frostbite this past winter. I was so vigilant about making sure all of my skin was covered on my face and hands, that I wasn't thinking about my shirt that came untucked and rode up with the movement of my pack in subzero wind chill.

Hiking has risks, but we can lessen the risks by using good judgment, knowing when to turn back or save the mountain for another day, bringing safety gear and enough layers, knowing how to use the gear that we carry, getting the most up-to-date weather reports for the area we are hiking in, and watching each other's backs.

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

Are the trails and charms of the White Mountains calling out to you? Join us at **Cold River Camp!**



Offering guests an authentic New England hiking camp experience since 1919. Private rustic cabins, comfortable lodge, delicious family-style breakfasts and dinners, and trail lunches. Hike, swim, paddle, bike, or simply relax. Daily-led hikes.



- UP TO TWO CHILDREN UNDER 12 FREE per paying adult weeks of June 27-July 4 & July 4-11
- Resident yoga instructor week of July 25-Aug. 1 complementing the regular camp program

In the beautiful Cold River Valley on the NH/ME border; about a 3-hour drive from the Boston area.

Reservations and information: amccoldrivercamp.org



an Appalachian Mountain Club facility