

Wilderness

Maine Chapter
Appalachian Mountain Club
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Matters

Maine Chapter, Appalachian Mountain Club

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Here's how AMC would protect our northern forest's conservation and economic future

*By Carrie Walia, Chapter Chair,
Bryan Wentzell,
Maine Policy Manager*

Northern Maine possesses many unique qualities, so it's no wonder that its changing character has caused many to turn their attention to the north (or south, depending on where you live). The north woods are home to the last and largest intact temperate mixed forest east of the

Mississippi River, estimated to be 12 million acres in size.

Before we delve into discussing a new and innovative initiative called "Keeping Maine's Forest" which is meant to preserve much of the north wood's conservation and economic future, we'll provide you with some background, just in case you are new to town or need a refresher.

Over the past 15 years traditional paper

companies have, for the most part, sold their lands to forestland investors. In the last 7 years alone more than 6 million acres of Maine forestland have changed hands. For most new owners the forests are no longer a source of fiber for their own mill, but an investment expected to produce a financial return. This shift has, in some cases produced a shift in forest management practices, and has increased pressure on the land for development.

When the land began to change hands, many conservation groups began to take notice. The AMC has long been involved in north woods conservation, but it was in 2003 when it first purchased land as part of the Maine Woods Initiative - the 37,000-acre Katahdin Iron Works tract and Little Lyford Pond Camps.

Since then the AMC's Maine Woods Initiative added on the 29,000-acre Roach Ponds tract, Gorman Chairback Lodge and Medawisla Lodge, and has constructed more than 40 miles of new trails to develop a unique backcountry recreational experience.

AMC is just one example of public and private groups working to maintain the forest for conservation, recreation access and sustainable timber harvesting. Since 1998, over two million acres of forest land have been permanently conserved either through fee purchase (about 20% of conserved lands) or the acquisition of working forest conservation easements (about 80% of conserved lands). Conservation organizations such as the Forest Society of Maine, the



Continued on page 2

Keeping Maine's Forests

Continued from page 1

Nature Conservancy and the Downeast Lakes Land Trust have found that many new timberland owners are eager to take advantage of the opportunity to sell working forest easements as part of their overall business strategies, as it is a win-win solution enabling them to achieve their financial objectives while meeting public expectations.

The next chapter in conservation strategy for the north woods has begun to unfold. Bryan Wentzell, AMC's Maine Policy Manager will provide us with a front row seat into the new "Keeping Maine's Forests," an initiative intended to create a new, more robust federal, state and private partnership to conserve Maine's forests statewide and enhance their economic, ecological, recreational and habitat values.

Carrie: How did the "Keeping Maine's Forests" Initiative start and why was it necessary at this time?

Bryan: It really started in part with a report entitled "Keeping Maine's Forests" released last year (<http://www.crsf.umaine.edu/publications>). Then last summer the Secretary of Interior Ken Salazar visited Maine and heard about what a unique resource Maine's north woods is. He challenged the state to bring together conserva-

tion interests, landowners and others to figure out a way to "keep Maine forests as forests." Such a group, including AMC, came together to try to find common ground on how best to conserve Maine's forests.

Carrie: What are the primary goals and tools of the Initiative?

Bryan:

- Landscape-scale conservation
- Maintaining the most diverse, robust and economically beneficial forest products industry possible;
- Contributing to meeting Maine's energy needs by reducing our dependence on fossil fuels and high energy costs;
- Protecting biodiversity and preserving select special places;
- Enhancing public access for the full spectrum of existing recreational uses; and
- Addressing carbon storage and facilitating the adaptation of forest systems to a changing climate.

The Keeping Maine's Forests Initiative is putting together a proposal that would go to Secretary of Interior Salazar and Secretary of Agriculture Vilsak with recommendations as to how their agencies could work more effectively with the state, private landowners and conservation groups to ensure the values of these forests that we care about are there for us in the future.

Three main tools are being looked at:

- Conservation easements
- Public and private land purchase of lands with key resources
- Landowner assistance for providing public values

Carrie: Why does the AMC, and the participating partners, support the Initiative?

Bryan: Many of us felt like we need to think more creatively about conservation in Maine's north woods. Funding for conservation is getting harder to come by, but there is still a lot of land that deserves conservation of some sort, whether for recreation access, ecological protection or sustainable timber production. This initiative presents the opportunity to work cooperatively with other large landowners and forest products interests, the State of Maine, and other conservation groups, and to potentially make better use of federal resources to achieve broader conservation goals.

Carrie: What are some of the possible benefits of the Initiative that will benefit Maine and U.S. residents?

Bryan: Additional landscape-scale conservation of Maine's north woods, security for local economies through recreation access and timber supply, protection of important ecological and recreational resources, improved habitat management for wildlife species.

Carrie: How is this Initiative different than past Maine national park or forest proposals?

Bryan: This proposal focuses on multiple strategies to achieve conservation, with more focus on state and private cooperative efforts than just federal ownership.

Carrie: How can AMC members learn more?

Bryan: Please feel free to contact me directly (bwentzell@outdoors.org, or 899-0150). You can read more at this website:

<http://www.maine.gov/doc/mfs/mfs/gmf/index.htm>. We'll also keep you, our members, updated as this effort makes progress in meeting its goals.



Above: the stream that connects to Long Pond. **Front page:** Views of Long Pond and Elephant Mtn from Third Mountain, both in the 100 mile Wilderness. The photographs were taken by Wendy Pollock on the Maine chapter trip to Gorman Chairback camps in March.

Save the Date!

The Annual Meeting of the
Maine Chapter will be

Oct. 1-3, 2010

**Camp Kieve
in Nobleboro**

Look for more information in the next
edition of *Wilderness Matters*.

It's time to get outside! Summer 2010 outings begin

By Jeff Aceto, Outings Chair

Welcome to Summer 2010! As the weather has surely been summer-like, the Outings Committee has been busy planning activities through mid-summer and there's going to be a lot of outings to choose from.

We've put together a number of terrific outings, which are organized into series in a non-progressive manner so members can select trips that meet their ability and schedule. There's much more to do beside hiking and I hope our members take advantage of the varied activities that our awesome leaders are offering. This summer's series include:

Hiking and Backpacking Series: The description for this series simply states all abilities and all terrain, and our leaders have responded with just that! There are more than 22 hikes and backpack trips scheduled through July 15 and at least one event every weekend (with the exception of July 4). Break out your boots and pack and get ready to hit the trails with the Maine Chapter.

Biking Series: Veteran leader Denise Courtmanche continues to organize weekly road bike rides in the Portland area. These trips include a habitual Tuesday night ride, weekend rides, and typically social moments for food and drink at ride's end.

Sea Kayaking Series: We built interest in sea kayaking last year with one leader and 6 trips in 5 weeks. This year brings more leaders, more trips, and an expanded schedule through the summer. You only need be an experienced paddler, not experienced in the ocean, to come join us for the incredible scenery of the Maine coast.

Flat water Paddling Series: The Chapter continues to build interest in flatwater paddling in lakes, ponds, and rivers. Look for a variety of trips throughout Maine.

MWI Series: The MWI (Maine Woods Initiative) series will consist of selected hikes and paddles in the Brownville and Greenville area, with the intention of showcasing this unique area. We have organized these trips with Bryan Wentzell, Maine Policy Manager, to give members a special educational and outings experience.

Workshops: We have a number of workshops scheduled through the year that offer timely opportunities for learning and sharing information. Rookies and veterans alike will appreciate the terrific workshop instruction we have planned including intro to hiking (Step By Step), backpacking, and sea kayak rescues. Please look forward to a land navigation workshop in Fall 2010 and our hugely popular winter hiking workshop in December 2010.

There's really something for everyone in these series. There are simple walks in the woods, such as the Phippsburg Land Trust Hike on May 15 with Bob Cummings, Brenda Cummings, and Peter Roderick. Want a hiking challenge? Go pound Goose Eye with new leaders Dave Littig and Jason Toner on July 17. Veteran leader Denise Courtmanche continues to roll along with her biking series; she has at least 14 bike rides planned through July 1!

Ready to get some salt in your face? Join Michelle and Stan Moody on July 7 to sea kayak the Basin in Phippsburg. Kit Pfeiffer will show you the incredible beauty of the MWI area on Big Moose Mountain on June 26.

We are so fortunate to have naturalist Peg Nation lead outings that are much more than just hikes: join her on one of her three outings this summer to appreciate nature in a new way. If you like what you see in our schedule, please thank our leaders. The Maine Chapter continues to thrive through this strong group of volunteers and they deserve the highest credit for their hard work and service.

Please check out the trip listings in this issue of the *Wilderness Matters* and understand that this list was intended to be complete through July 15. Stay tuned for the summer issue of *Wilderness Matters* which will have more series trips listed through the end of September. On the subject of trip listings, it's worth noting that the most up-to-date information can be found on the web 24/7 at our trip calendar at www.amcmaine.org/calendar.

While our leaders typically plan months in advance, there are often additional trips that are added after *Wilderness Matters* deadlines, so I suggest checking the on-line calendar once a week. Another great way to get updated information is to sign up for monthly updates of Maine Chapter events at the AMC Member Center at www.outdoors.org. I urge our members to take advantage of these great on-line tools so you won't miss a moment of the fun our leaders create.

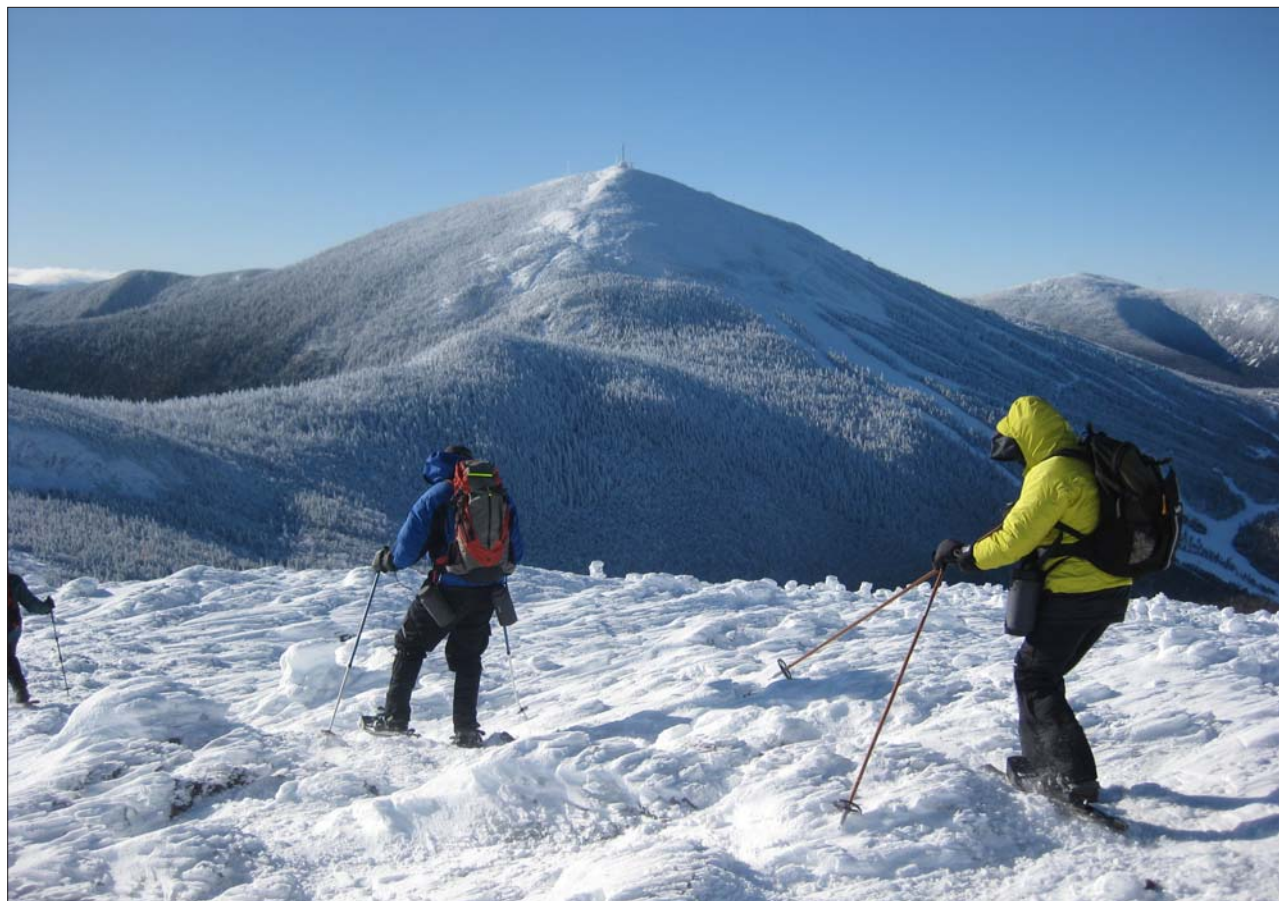
So, come join us this summer and enjoy the Maine outdoors to its fullest! Please contact me with any suggestions or improvements you may have and I hope you join us on an outing soon. See you outside!

MEETINGS

Thu., May 13. Maine Chapter Executive Committee Meeting. Come voice your opinion on the direction of the Maine Chapter on important conservation topics, outdoor outing activities, & more. Open to all Maine Chapter members. The meetings are held in the upstairs meeting room of the Freeport McDonald's from 6:30pm-8:30pm. L Carrie Walia (chair@amcmaine.org).

EDUCATION

Thu., May 6. Paddling the Northern Forest Canoe Trail. Looking for a great paddling adventure? The Northern Forest Canoe Trail traverses the roof of the Adirondacks and the Northern Forest following traditional Native American travel routes across 740 miles of inland water from New York through Vermont, Québec, New Hampshire and Maine. On Thursday 5/6, AMC's Maine Chapter presents Kate Williams, NFCT Executive Director, for a virtual journey along this diverse and enchanting route. She will give an overview of the water trail, show slides of special places along the trail and share her favorite ideas for day-tripping, week-long adventures and through-paddling the entire route. Special guests that evening will be Mainers Donnie Mullen and Gil Whitney. In 2000, Donnie was the first to through-paddle the route in a canoe; in 2009, Gil was the first to do so in a kayak. Together, they will tell interesting stories and share useful perspectives,



Maine Chapter hikers descend from the summit of Burnt Mountain on January 9, 2010. Sugarloaf Mountain is in the center, and North Crocker is on the right. Jeff Aceto photo.

Continued on page 4

Enjoy Maine outdoors this summer

providing ample time for your questions. NFCT maps and the newly released (March 2010) NFCT Official Guidebook will be available for sale and signature. This program will be in the Morrell Room of the Curtis Memorial Library, 23 Pleasant Street, Brunswick. A potluck dinner begins at 6:00pm, followed by Kate Wilson's presentation at 7:00pm. Bring a potluck item and your own dinnerware (plate, utensils, etc.). Drinks will be provided. This talk is free and open to the public. Details at amcmaine.org/calendar, or email education@amcmaine.org. L John Mullens (361-1210, education@amcmaine.org).

Tue., Jun. 29. International Appalachian Trail Talk.

Dick Anderson will talk about the International Appalachian Trail (IAT) that extends along the spine of the Appalachian Mountains north of Mount Katahdin 1900 miles to the northern tip of Newfoundland and Labrador. The trail currently has more than 40 official tent platforms, lean-tos, and cabins along the way for hiker use. The IAT has many interesting facets including three unique sections where hikers can rest their feet while continuing to make progress on the trail. One section requires travel on a bus or train, while two other sections utilize ferry transport to get from one section of the trail to the next. Dick Anderson, a founder and president of the IAT and also president of the Maine Chapter of the IAT, will talk about creating the trail, highlight attractions along the trail for hikers, and show slides of trail shelters. Starts at 7 pm and is sponsored jointly by Maine Audubon and the Maine Chapter of AMC. Held at Gilsland Farm, Maine Audubon headquarters in Falmouth, ME, 5 minutes north of Portland. Program is free and open to the public; free parking is plentiful. L John Mullens (361-1210, education@amcmaine.org).

WORKSHOPS

Thu., May 13. Lost Person Scenario Training,

Scarborough. Suppose you're leading a group in the outdoors, and suddenly a member of your party is missing. You try to call for help, but there's no cell phone signal. What should you do now? AMC Maine Chapter leaders and other interested persons are urged to attend the Lost Person Scenario Training to be held on Thursday, 5/13. This class is intended for outdoor trip leaders, scout leaders, guides, outing club advisors, and anyone else who will be leading groups in the backcountry. Topics will include pre-trip planning, conducting hasty searches, caring for the rest of the group, coordinating with authorities, conducting a formal search and an overview of lost person behavior. Class material is drawn from local and national experts in search and rescue as well as lost person behavior. Information on how various types of outdoor recreationists statistically react when lost will also be discussed. Pre-registration is required as space is limited. There will be a course fee of \$20 (\$10 for MWGO members or AMC Maine Chapter leaders). Deadline for signup is 5/1/10. To register, please contact Bryan Courtois at 282-3977 or email bryancourtois@myfairpoint.net. This class will be taught by Bryan Courtois: a Registered Maine Guide, a board member for the Maine Wilderness Guides Organization, a member of the York County Emergency Response Rescue Team, a Maine Association for Search and Rescue certified Ground

Searcher, a Scoutmaster of Troop 310 in Saco, an AMC trip leader and past instructor, and a senior instructor and course director for the AMC's Mountain Leadership School. The class will be held in the Penobscot River Room of the Cabela's store at 100 Cabelas Boulevard in Scarborough, ME. This location is at the intersection of Payne Road, Haigis Parkway, and exit 42 of the Maine Turnpike. The class will start at 6:30pm and end at approximately 8:00pm. L Bryan Courtois (282-3977, bryancourtois@myfairpoint.net).

Thur., Jun. 3. Backpacking Workshop. Learn what you'll need to bring to safely hike for multiple consecutive days, without having to return to the parking lot at the end of the day! Information on backpacks, gear, clothing, stoves, food, water, trip planning, and a variety of outdoor trips will be presented. This workshop is designed for experienced hikers ready to move into overnights on the trail, or backpackers looking for new ideas. Workshop will be held at South Portland Library, 482 Broadway, South Portland, ME. Please contact Ls to sign up. L Laura Flight, 215-5306 (before 9:00pm), Lew Dow 890-8512 (before 9:00pm).

Sun., Jun. 6. Sea Kayak Rescue Workshop. Get ready for the coming paddling season by brushing up on your kayak safety skills! Whether a rookie paddler or experienced sea tourer, there's something for all kayakers in this workshop. A professional instructor from Lincoln Canoe and Kayak in Freeport will demonstrate and coach both guided and independent practice of wet exits, self rescue, braces, and paired rescues. This material is great stuff-to-know-and-own-before-you-go for the Maine Chapter's Summer 2010 sea kayaking trips. The workshop will run from 1 pm to 4 pm at Highland Lake in Westbrook and has a fee of \$10 for AMC members, \$20 for non-members. Contact the leader for more information and to participate. Please contact Ls to sign up. L Jeff Aceto, 650-5674, acetojt@suscom-maine.net.

Wed., Jun. 23. Hiking, Step-by-Step: An Introduction. Did you join AMC because you were interested in hiking but have not hiked since or hiked only a little? Do you have a friend or family member you would like to introduce to hiking? Have you heard the phrase "get out more" but don't know how to accomplish that? Let us help! Experienced Maine Chapter AMC Ls Peg and Joleen love to talk about everything hiking, gear, and eating-related. Workshop will progress from easy and short hikes to strenuous long hikes, and everything in between. All that is needed is to put one foot in front of the other and have the right gear for the right hike. Workshop is free to members and non-members and is held at the South Portland Library, 482 Broadway, from 6:00-8:00pm. L Joleen Rice (892-2685 6:30-9:00pm, jrice@verrilldana.com), L Peg Nation, R Joleen Rice (892-2685 6:30-9:00pm, jrice@verrilldana.com).

TRAILS

Fri., May 28-31. Trail Work Weekend at Little Lyford Lodge and Cabins. Join the seventh annual volunteer trail work season hosted by Maine Chapter trails committee. Stay at Little Lyford Lodge and Cabins, and enjoy excellent accommodations, dining, and the satisfaction of giving back to the club as a trail worker. Opportunities to explore the area either alone or with a group during non-work hours. Contact Peter for further details. L Peter

Roderick (293-2704 before 9:00p.m., roderick1027@fairpoint.net).

Sat., Jun. 5. Trail Work: Stone Mountain - Brownfield, ME. Join us in celebrating National Trails Day. We'll be starting work on a new trail on Stone Mountain in Brownfield. Contact Keith for details. L Keith Chapman (799-5212 before 9:00p.m., pproctor@maine.rr.com), L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org).

Sat., Jun. 19. Trail Work: Bald and Speckled Mountains - Sumner/Peru. Seasonal visit to clear trail and drainages. Relocated section will be blazed and officially put into use. Nice hike to an under-utilized area. L Peter Roderick (293-2704 before 9:00p.m., roderick1027@fairpoint.net), L Keith Chapman (799-5212 before 9:00p.m., pproctor@maine.rr.com).

Fri., Jul. 2-5. Trail Work Weekend at Little Lyford Lodge and Cabins. Come celebrate July 4th at Little Lyford Lodge and Cabins as a volunteer trail worker. We'll work in conjunction with an AMC trail crew on existing trails or trails under construction. Ample leisure time to explore the area, which includes Gulf Hags, a spectacular nearby river gorge. Contact Peter for details. L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org).

Sat., Jul. 3. Trail Work: Burnt Meadow Mountain - Brownfield. Work on new trail continues with side hill and rock step work scheduled. Contact Keith for details. L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (799-5212 before 9:00p.m., trails@amcmaine.org).

Sat., Jul. 17. Trail Work: AT - Stratton. Trail work on the AT in the Bigelow District. Routine maintenance, plus bog bridging. AMC-Maine Chapter is the maintainer for this 3-mile section of the AT, under the auspices of Maine Appalachian Trail Club. Two paychecks for one trip! L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org).

Sat., Jul. 17. Trail Work: Stone Mountain - Brownfield. Join us as we continue work on a new trail on Stone Mountain. Worth the effort just for the stories you can tell 20 years from now - or sooner. Contact Keith for details. L Keith Chapman (799-5212 before 9:00p.m., trails@amcmaine.org), L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org).

Continued next page.

Michelle Moody to lead AMC outings

Michelle Moody has become a trip leader for the Maine Chapter. Michelle is a very active member, indoors and out, who routinely attends Meetings and Education and Conservation events and led a number of hiking trips this past

winter. She also is a member and trip leader with MOAC and a member and active maintainer with MATC. Michelle brings a focus of midweek day trips and leading "walks in the woods" for our senior members and folks who are interested in lower-impact outings. You can join her, and often husband Stan, on several hiking and paddling trips this summer; please check the trip listings to sign up.



Sat., Jul. 31. Trail Work: Pleasant Mountain – Bridgton. Treadway improvement, including some rock work. For all you folks who use this very popular trail system, here is an opportunity to give back! It is just as convenient to get here for trail work as it is for hiking, so please join us. L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (799-5212 before 9:00p.m., trails@amcmaine.org).

Sat., Aug. 14. Trail Work: Rumford Whitecap Mountain. Trail work with the Mahoosuc Land Trust, plus a blueberry picking option. Join us for a day of trail work, and bring a container to fill with blueberries (should be ready to pick in mid-August). L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (799-5212 before 9:00p.m., trails@amcmaine.org).

Sat., Aug. 28. Trail Work: Rattlesnake Mountain - Raymond. Survey trip to access discontinued trails for possible reopening. Opportunity to learn how trails are evaluated and planned prior to actual construction or rehab. Call Keith for details. L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (799-5212 before 9:00p.m., trails@amcmaine.org).

YOUNG MEMBERS

Sat., May 22. Young Members: Mount Jackson Hike. Join AMC Young Members for a day hike up Mount Jackson. At 4052', Mount Jackson is a moderately difficult hike in the southern Presidential range, with spectacular views from the summit. We'll travel a total distance of 6.1 miles and make a loop using the Webster-Jackson and Webster Cliff trails. Total elevation gain is approximately 2200'. Following the hike, we may stop for food and refreshments somewhere in the area. Contact Carolyn Arcand for details or to RSVP. Trip limited to eight hikers. L Carolyn Arcand (Co-Leader) (carolynarcand@yahoo.com), L Carrie Walia (Leader).

BIKING

Tue., May 4. Eastern Trail Bike Ride - South Portland. Early season ride - We will meet at Wainwright Fields in South Portland and ride the Eastern Trail to Bug Light. L Denise Courtmanche (725-6285, decacct@suscom-maine.net).

Sun., May 9. Leader's Choice Bike Ride - Portland area. Leader's choice: early season ride. L Denise Courtmanche (725-6285, decacct@suscom-maine.net).

Tue., May 11. Prouts Neck/Higgins Beach Bike Ride, Scarborough. Join us for one of our traditional routes: we will meet at the Catholic Church on Black Point Road and ride out to Prouts Neck and Higgins Beach. The mileage is about 12 miles and mostly flat and the views are spectacular!! L Denise Courtmanche (725-6285, decacct@suscom-maine.net).

Tue., May 18. Camp Ellis Bike Ride, Scarborough. Join us at Pine Point Co-op in Scarborough and ride to Camp Ellis. This is a 15 mile ride round trip and is mostly flat. L Andy Chabot (725-6285, chab31@maine.rr.com).

Sun., May 23. Popham Beach Bike Ride, Phippsburg. Let's ride to Popham Beach from West Bath. The ride is between 29 and 32 miles and does have rolling hills. L Denise Courtmanche (725-6285, decacct@suscom-maine.net).

Tue., May 25. Lake Auburn Bike Ride, Auburn. Lets meet in Auburn and ride with Jim around Lake

Auburn and see the apple blossoms. L Denise Courtmanche (725-6285, decacct@suscom-maine.net).

Tue., Jun. 1. Goose Rocks Beach Bike Ride, Biddeford. We will meet at the University of New England in Biddeford off Route 9, and ride to Biddeford Pool, Fortunes Rock and Goose Rock Beach. This could be made into a 10-mile ride and an 18-mile ride for those who wish to smell the roses. L Denise Courtmanche (725-6285, decacct@suscom-maine.net).

Sun., Jun. 6. Ogunquit Bike Ride. We should have all our legs in shape by now, so lets head for Ogunquit and an ocean ride. Call for meeting time and place. Ride will be about 30 miles. L Denise Courtmanche (725-6285, decacct@suscom-maine.net).

Tue., Jun. 8. Country to the Sea Bike Ride, Scarborough. Join us for a 20-mile loop from the Country to the Sea. Come and experience biking the new Eastern Trail Bridge on the Dunstan River in the Scarborough Marsh. L Denise Courtmanche (725-6285, decacct@suscom-maine.net).

Sun., Jun. 13. Kennebunkport Bike Ride. Let's continue up the coast to Kennebunk and Kennebunkport and ride 30 miles and enjoy the beach along the way. L Denise Courtmanche (725-6285, decacct@suscom-maine.net).

Tue., Jun. 15. Two Lights Bike Ride, Cape Elizabeth. We will visit Two Lights in Cape Elizabeth but we will leave from Scarborough and take the long road! L Denise Courtmanche (725-6285, decacct@suscom-maine.net).

Tue., Jun. 22. Wolfe's Neck Bike Ride, Freeport, Maine. Lets meet in Brunswick and take a ride to Wolf's Neck Park. This is a 22 mile ride. L Denise Courtmanche (725-6285, decacct@suscom-maine.net).

Sun., Jun. 27. Leader's Choice Bike Ride, Portland area. Leader's choice bike ride! Contact the leader to participate. L Denise Courtmanche (725-6285, decacct@suscom-maine.net).

Tue., Jun. 29. Leader's Choice Bike Ride, Portland area. Leader's choice bike ride! Contact the leader to participate. L Denise Courtmanche (725-6285, decacct@suscom-maine.net).

FLAT WATER PADDLING

Sun., Jul. 11. Bike/Paddle Kennebec River Between Solon and Bingham. Ride the rail-trail from Solon to Bingham, returning via Kennebec River in your canoe or kayak. Necessary logistics alone are worth the trip. Carspotting and other details would challenge most Ls - but not ours! See how they do it, and have a fun time riding and paddling along the Kennebec. L Peter Roderick (293-2704 before 9:00pm, roderick1027@fairpoint.net), L Jeff Aceto (650-5674 before 9:00pm, acetojt@suscom-maine.net).

SEA KAYAKING

Sun., Jun. 13. Easy Sea Kayak Outing, Brunswick, West Bath. Easy start-of-season sea kayak outing on New Meadows River, Casco Bay (4-5 hours). Paddle downriver while watching ospreys and eagles return with the tide. Lovely rocky shoreline. Kayak and wetsuit rentals available. Limited to 12 boats. L Michelle Moody (319-7355 before 9:00pm, meamc@micstan.us), L Peter Roderick (293-2704 before 9:00pm, roderick1027@myfairpoint.net), CL Stan Moody.

Wed., Jun. 23. Sea Kayaking, Portland Harbor. Join us for an early evening 5-mile trek in Portland



Eagle Island, August 2009. Photo by Jeff Aceto.

Harbor around Little Diamond Island, including a stop to tour historic Fort Gorges. This three-story stone fort is largely preserved since its construction in 1860, and includes upper and lower gun decks, circular staircases, and a two-ton parrot gun. Bring appropriate walking shoes and a flashlight or headlamp. Meet at 5:30pm. Trek is weather- and tide-dependent, and may be modified for conditions by L. L Jeff Aceto (650-5674, outings@amcmaine.org).

Wed., Jul. 7. Midweek Sea Kayak Outing, Phippsburg. Sea kayaking outing from Basin in Phippsburg to Winnegance Bay in the New Meadows River. Watch ospreys as you paddle out of a protected bay to more open water. Lunch on an island, or along the coast. Plan on 3-4 hours on the water. Hiking available after. Great outing for 50+ crowd but open to all. L Michelle Moody (319-7355 before 9:00pm, meamc@micstan.us), CL Stan Moody.

Fri., Jul. 9. Midweek Cathance River Paddle, Bowdoinham. This river feeds into Merrymeeting Bay and is big enough to bring your sea kayaks. We'll go in with the tide and out with the tide for an easier paddle. Lunch on the river. Bird watching. Plan on a 4-5-hour trip. Limited to 10 boats. Start in Bowdoinham. Great for 50+ crowd, but open to all. L Michelle Moody (319-7355 before 9:00pm, meamc@micstan.us), CL Stan Moody.

Tue., Jul. 13. Sea Kayaking: Mere Point, Brunswick, Brunswick. Join us for an early evening 6-mile trek in Casco Bay from Mere Point to Upper Goose Island and back, including great birding and a stop at Paul's Marina for ice cream. Meet at 5:30pm. Trek is weather- and tides-dependent, and may be modified for conditions by L. L Jeff Aceto (650-5674, outings@amcmaine.org).

Wed., Jul. 21. Sea Kayaking, Bailey Island, Harpswell. Join us for an early evening 7-mile trek from Bailey Island to Eagle Island and back, home of Admiral Robert Peary, the arctic explorer. Come see a true Maine working harbor and one of the best sunsets on the coast. Meet at 5:30pm. Trek is weather- and tide-dependent and may be modified for conditions by L. L Jeff Aceto (650-5674, outings@amcmaine.org).

MWI OUTINGS

Mon., May 31. Laurie's Ledge at Indian Mountain - MWI area. Laurie's Ledge on Indian Mountain is

Continued next page.

Join AMC on water and land adventures this summer

a nice beginner mountain hike with some steady climbing but no really difficult sections. Three-mile hike with 900' elevation gain. There are great views of the area mountains including White Cap and maybe Katahdin - bring your camera! Come see why AMC wanted to save the MWI area! Located next to Little Lyford Pond Camps. L Michelle Moody (319-7355 before 10:00pm, meamc@micstan.us), CL John Mullens (361-1210 before 9:00pm, js.mullens@maine.rr.com).

Sat., Jun. 26. Big Moose Mountain - MWI area. Come join us for a special hike to Big Moose Mountain (elev. 3,196 ft) in the Maine Woods Initiative (MWI) area. This is a moderate hike with a roundtrip distance of 6.6 miles and approx. 2000 feet of elevation gain. This mtn. was home to the first established fire tower in the state! The summit has tremendous views of the Moosehead region, Kathadin, and Bigelow Range. A large platform area at the summit makes for a great lunch spot to take in the views. L Kit Pfeiffer (446-9768, kit_pfeiffer@yahoo.com), CL Jason Toner (649-2449, jandstoner@roadrunner.com).

Sat., Jul. 24. Lake Onowa Paddle - MWI area. Addition to our weekend of hikes. Enjoy an afternoon paddle on Lake Onowa after the Borestone Mountain hike. We'll have great views of where we hiked that morning, along with Baren Mountain, a train trestle, and loons. Plan on about three hours on the water. Come join us for a special paddle in the MWI area. L Michelle Moody (319-7355 before 10:00pm, meamc@micstan.us), CL Stanley Moody.

Sat., Jul. 24. Borestone Mountain Sanctuary - Elliottsville, MWI area. Join us for an invigorating hike up to enjoy 360-degree views from two peaks. 1100' elevation gain. Some steep sections,

stone steps, rungs in rock. Contact L about free camping opportunities in the area. This is a Maine Audubon Sanctuary. A fee is collected at the visitor's center. Come join us for a special hike in the MWI area. L Michelle Moody (319-7355 before 10:00pm, meamc@micstan.us), CL Stanley Moody.

Sun., Jul. 25. Little Wilson Falls on the AT - MWI Area. Lovely three-mile RT walk through the woods to the AT and the falls. Some elevation gain. Swimming opportunities at lower falls at parking area. Combine with 7/24 outing for a full weekend. Contact Leader for free camping opportunities. Come join us to experience the MWI area. L Michelle Moody (319-7355 before 10:00pm, meamc@micstan.us), CL Stanley Moody.

Fri. to Mon., Sep. 24-27. Lily Bay Camping Weekend - MWI Area. Lily Bay State Park camping in group area. Hiking, biking, kayaking. Leaders encouraged to join us. Activities will be based on leaders available and interest of the group. Multiple opportunities in the MWI area. L Michelle Moody (319-7355 before 10:00pm, meamc@micstan.us) CL Stanley Moody.

NATURE OUTINGS

Sat., Jun. 12. Alpine Garden. Experience the flowers and plants of Alpine Garden. We'll carpool up Mt. Washington Auto Road to Cow Pasture parking area and down to the Alpine Garden. Limited to 10. L Peg Nation (583-2720 before 9:00pm, mjnation11@earthlink.net).

Sat., Jul. 17. Angel Falls. Hike to scenic Angel Falls, one of the highest waterfalls in Maine. We'll visit Coos Canyon on the way. Both are located near Rangeley, ME. L Peg Nation (583-2720 before

9:00pm, mjnation11@earthlink.net).

Sat., Aug. 14. Monhegan Island. Join us for a day trip to Monhegan Island. We'll hike along the cliffs, through Cathedral Woods, and take Hardy Boat from New Harbor, ME. Limited to 12. L Peg Nation (583-2720 before 9:00pm, mjnation11@earthlink.net), CL Alix Pratt (233-9249 before 9:00pm, alix.pratt@gmail.com).

HIKING AND WALKS

Sat., May 8. New England 100 Highest: NE Cannonball. NE Cannonball (3769') is a New England 100 Highest Peak located along the Kinsman Ridge Trail. Join David on his mentor hike with Peter in the co-lead for this five-mile, 2000' elevation gain hike in the Kinsman Range. We will be hiking along the Lonesome Lake Trail to the Kinsman Ridge Trail, and then to the unmarked summit of NE Cannonball with limited views. L David Littig (318-9181, dlittig@hotmail.com), CL Peter Roderick (293-2704 before 9:00pm, roderick1027@fairpoint.net).

Sat., May 8. Mount Agamenticus Beginner Hike, York. Beginner's hike with some elevation gain in southern Maine (York). Coastal views. Good location to get feel of some elevation gain without working too hard. Great for beginners, families, and new members ready to test their skill/interest in hiking with mixed terrain (up and down, rocky, gravelly, roots, etc.). L Michelle Moody (319-7355 before 10:00pm, meamc@micstan.us), CL John Mullens (361-1210 before 9:00pm, js.mullens@att.net), CL Stan Moody.

Sat., May 15. Pond of Safety, Randolph, NH. Four Soldiers & Underhill Paths along with Pasture and Carlton Notch Trails over Crescent Ridge in the



Winter ends: This Sabbathday Pond Shelter photo shows a group that participated in the final AMC Maine Chapter Winter Series trip of winter 2009/2010, including Jason Toner, Sarah Toner, Jeff Brown, Jim Barker, Rob Jenkins, Robin Jenkins, John Mullens, Carla Dow and Peter Roderick. The trip began during the final hours of winter and finished on the first full day of spring. See story next page. Photo by Peter Roderick.

Randolph area. Discover recently constructed trails commemorating Revolutionary War soldiers (unjustly accused of desertion who sought refuge at the Pond of Safety) and Miriam Underhill, a woman mountaineer. Good views of Northern Presidentials. Moderate pace, 9 miles with 1800' elevation gain. L Jane Gibbons (207 647-3987, patnjane@wildblue.net), CL Peter Hope (603-863-6456 7-9 p.m).

Sat., May 15. Hike/Walk, Phippsburg Land Trust.

Easy hike/walk using Center Pond Preserve Loop and nearby Sprague Pond Preserve trail. Guided tour by Bob Cummings, longtime environmental advocate and the co-editor of *Wilderness Matters*, the Maine Chapter newsletter. L Peter Roderick (293-2704 before 9:00pm, roderick1027@fairpoint.net), L Bob Cummings (drummor@gmail.com), L Brenda Cummings (443-5993 before 9:00pm, kennebec1@gmail.com).

Sat., May 22. Baldpate Grafton Notch. Enjoy spring and great views. Starting from the Old Speck parking lot in Grafton Notch State Park, hike to the east peak of Baldpate and return. RT distance of 7.6 miles at a moderate pace. L Bill Brooke (207 549 5100 evenings, Bill@mesoft.org), CL Lew Dow (lwsdow@yahoo.com).

Thu., May 27. Full Moon Beach Walk, Scarborough.

Full moon beach walk, Pine Point, Scarborough, ME. L Lorraine Hussey (799-7494 before 9:00pm, randlhussey@zwi.net).

Sat., Jun. 5. NE 100 Highest: Scar Ridge. Tired of those easygoing trails? Want a challenge Then join David and Peter on a bushwhack to Scar Ridge West Peak (3774'), a NE 100 Highest Peak. Located in the White Mountains of New Hampshire, south of the Kancamagus Highway. We'll be using map and compass to find our way and will be encouraging everyone to take a turn leading the way as we progress through gnarly thickets what many consider the toughest bushwhack on the NE 100 Highest list. Distance is about 7 miles with around 2700' elevation gain. L David Littig (318-9181, dlittig@hotmail.com), CL Peter Broderick

(coolbrod@zwi.net).

Wed., Jun. 9. Sugarloaf Mountain, Stratford, NH. A no-nonsense hike; we'll climb to the bare rock summit in the Nash Stream/Mount Percy area. Total distance is 4.2 miles with a 2200' elevation gain. Part of the trail is an old road leading to the remains of a fire warden's cabin and the site of a former fire tower. The summit has sweeping views of the Nash Stream Valley and surroundings north of Groveton, NH. Possible car pooling from western Maine. Contact L. L Jane Gibbons (647-3987, patnjane@wildblue.net), L Peter Hope (603-863-6456, 7:00-9:00pm)

Sat., Jun. 12. W Side Grafton Loop, Speck Mountain, Sunday River Whitecap. Hike the west side of Grafton loop trail over Speck and Sunday River Whitecap, 16.5 miles. L Lew Dow (890-8512 before 9:00pm, lwsdow@yahoo.com)

Sun., Jun. 13. Hills, Lakes, and Ocean Views, Camden. Moderate hike on a varied loop in the north end of Camden Hills State Park. 6.5-mile loop takes us up to Bald Rock Mountain (1200') and over to Cameron Mountain (800') via Sky Blue Trail. Views of the Penobscot Bay and inland lakes and hills. Wildflowers should be abundant, maybe even some ladyslippers! Bring lunch to enjoy atop Cameron Mountain and watch for hawks and turkey vultures. L Roger David (737-2737 before 9:00pm, rogerdavid@earthlink.net), CL Kit Pfeiffer (446-9768 before 9:00pm, kit_pfeiffer@yahoo.com).

Thu., Jun. 17. Pleasant Mountain Hike, Bridgton. Beginner hike, Pleasant Mountain via Ledges Trail, 3.6 miles, 1500' elevation gain. Good views. Bridgton, ME. L Lorraine Hussey (799-7494 before 9:00pm, randlhussey@zwi.net), L Roger David (737-2737 before 9:00pm, rogerdavid@earthlink.net).

Sat., Jun. 19. Hedgehog Mountain, NH. This 4.8-mile loop is off the Kancamagus Highway. The elevation gain is 1450' and mostly gradual with a few short steep sections. We'll take an easy-to-moderate pace and stop to enjoy the three overlooks with

great views. L Mary Riendeau (247-6123 before 9:00pm, maryriendeau@securespeed.us), L Carrie Walia.

Sat., Jun. 19. North Moat Mountain and Middle Moat Mountain. North Moat Mountain (3201') and Middle Moat Mountain (2270') via Moat Mountain and Red Ridge Trails. Hike 10-mile loop over North Moat with an optional stop at Middle Moat on the way down (adding 2 additional miles, if time permits). Scenic cascades at Diana's Bath and excellent views from both summits. L Debby Kantor (854-3431 before 9:00pm, dlkantor@aol.com), CL Tom Pettingill (781-2219).

Thu., Jun. 24. Mount Tremont, Carrigain and Moat Regions. Mid-week hike to Mount Tremont and Owls Cliff with fine views from both. Trail climbs moderately most of the time with a couple of steep rough sections. Pace will be leisurely/moderate as we enjoy these infrequently climbed peaks. L David Littig (318-9181, dlittig@hotmail.com).

Fri., Jun. 25. Weeks/Waumbek Circuit, Pliny Range. Hike York Pond, Kilkenny Ridge, and Starr King Trails. 14 miles, 3800' elevation gain. Challenging, moderate pace. Great views. Five summits: North Weeks, Middle Weeks, South Weeks, Waumbek and Starr King mountains. Expect swampy areas, stream crossings, and wet ascents. Save Monday, 6/28, in case of rain on Friday. CL will accompany his well trained lab, Baxter. Pace will be leisurely/moderate during one of the longest days of the year. Car shuttle necessary. L Jane Gibbons (207 647-3987, patnjane@wildblue.net), CL James Radmore (357-4184 before 9:30pm, jradmore@zwi.net).

Sat., Jun. 26. South Baldface. Hang on as we explore the Slippery Brook Trail in Evans Notch on our way to the beautiful open summit of South Baldface. 8.4-mile loop over moderate grades at relaxed pace. L Debby Kantor (854-3431 before 9:00pm, dlkantor@aol.com), L George Brown (585-2259 before 9:00pm, gwbrown@tds.net).

Wed., Jun. 30. 300' Cascades and Three Ponds, Shelburne, NH. If Millbrook Road is open, the hike will be shortened by 2.2 miles. We will proceed up Austin Brook Trail, then take a left on the Dryad Falls Trail to visit cascades falling 300'. We will pass Dream Lake, Moss Pond and Gentian Pond on the Mahoosuc Trail. Expect some boggy areas and stream crossings. We descend on the Austin Brook Trail 1200' for 2.4 or 3.5 miles. 7.5 or 9.7 total miles with 1850' or 2100' elevation gain. Moderate pace. Near Shelburne, New Hampshire. L Jane Gibbons (647-3987, patnjane@wildblue.net), L Herb Kingsbury (439-6449 7:00-9:00pm).

Sat., Jul. 10. Redington Mountain, Carrabassett Valley. In search of hikers with a sense of adventure! Redington Mountain is the only 4000-footer in Maine that does not have a formal trail to the summit. Join us for an old-fashioned Maine bushwhack with RT of 7 miles, and a total vertical climb of 1500'. We won't need map and compass as the trail follows old logging roads and previous trails, but who knows what we'll find at the summit? Perhaps rare and unique views of the Crockers, Chain of Ponds Snow, and Boundary Mountains. Few hikers ever reach this summit - join us and you'll learn why. You'll need to be fit enough to hike all day (moderately-paced), have the courage to go off the beaten path, and be ready to accept the challenge of being led into the

Winter Hiking Series 2009 – 2010 was huge success

By Jeff Aceto, Outings Chair

The Maine Chapter had huge success with its Winter Hiking Series '09-'10! The Series kicked off with a Winter Hiking Workshop in December 2009 attended by over 75 folks and then held trips from December to March, with many weekends having multiple trips.

The Beginner trips emphasized education and developing experience, and were gently progressive from walks in the woods to 3,000 foot summits. The Advanced trips were planned to challenge experienced hikers on day-long trips to summits above 4,000 feet including Washington, Katahdin, Madison, and the Carters.

The final tally was 29 trips including 18 Beginner and 11 Advanced, with a total attendance of over 260 folks! This is the third year the Maine Chapter has had an organized winter series, building from 7 trips and 22 trips in previous years, respectively.

Our goal is to provide opportunities for 3 season hikers to turn into 4 season hikers and I believe we are surely meeting that need. Please check out the photos from the winter series in this newsletter to see both incredible scenery and our members at play in winter conditions.

This season's success is surely due to the efforts of Maine's solid corps of 30 winter leaders and special recognition is due to Spencer Meyer and Peter Broderick for organizing this series. On behalf of the Chapter, I want to thank both our leaders and participants for continuing to build enthusiasm for winter hiking.

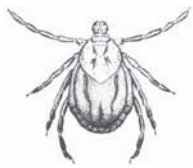
Let's look forward to another winter hiking series for 2010-2011!

Continued next page.

Talking about ticks: It's time

By Laura Flight

Spring is certainly in the air (and very early this year); the grass is greening up, trees are budding, and before we know it annoying black things will be buzzing about our heads. But there are some other spring creatures that outdoor enthusiasts should also be on the look-out for- TICKS! Unlike our friends the black fly, mosquito, and no-see-um, these external parasites do not cloud around our head, whine in our ears, or induce pain when they bite. Ticks are much more subtle and sneaky than that, and since certain kinds can transmit serious disease, we need to be extra wary. I am not a tick expert, but I do spend a lot of time outdoors and have had the unfortunate experience of playing host to these eight-legged arachnids (yes, they are in the spider family) on a variety of occasions. Below is some general knowledge and some things to consider.



Dog or Wood Tick

The two common types of ticks in Maine are the wood (or dog tick) and the deer tick. Wood ticks are brown in color and about the size of a pencil eraser, or a bit larger. These ticks are found all across the state except perhaps in the very

northern parts of Maine. In Maine, these are not known to carry disease, although in the western U.S. they are known to transmit Rocky Mountain spotted fever.

Deer ticks, on the other hand, are much smaller- about the size of a flake of black pepper. These ticks are primarily found in southern Maine, but I have encountered them as far north as Bethel, and they seem to be making their way north. Unfortunately, these nearly invisible creatures carry the infamous and feared Lyme Disease. Most people who are infected break-out in a circular rash at the infection site- this is your first clue and you must seek medical attention pronto! However, you can have Lyme Disease and not have a rash- other signs include flu-like symptoms such as aches and malaise. If you have these unexplained symptoms, you should also seek immediate medical attention. In either case, the quicker anti-biotics are administered, the less likely you will be to have long-term and potentially life-long disabilities such as chronic joint pain, partial facial nerve paralysis, and neurologic changes- this disease is not to be underestimated! So, even if you are on a 5-day backpacking trip, or a multi-day adventure of any sort, it is best to not delay until the next road crossing, but get out ASAP!



Deer Tick

Prevention of course is the key. If you are in a known tick area, barriers are the best technique- wear pants and pull socks up over your pant legs, wear long-sleeve shirts. Bug repellents also advertise they will repel ticks (effectiveness not known). The most important tip is after every day outside, check yourself and your outdoor companions for ticks. Ticks are especially fond of warm areas such as arm pits, groin, behind the ears, and hair lines; be sure and check

everywhere... And don't forget about your pets in all of this. They are susceptible to Lyme Disease as well. And another thing to consider is Fido and Garfield bringing ticks into the house, that can then make their way onto other human family members.

So what to do if you find an attached tick? Do NOT hold a hot needle up to it; this will only make the tick want to go the other direction- further in to you! Instead, get your best pair of tweezers (all hikers should carry a pair in their first aid kit), clamp onto the tick as close to the point of attachment as possible, and GENTLY and steadily pull. Eventually (this could take several minutes) the tick will tire and surrender its jaw-hold of you. Another technique, although I have not tried it myself, makes intuitive sense. Because ticks, when attached to a host, have their jaws fully counter-sunk, they breath through their rear; the part that is sticking out of you.

Blueberry Mountain hike offered

unknown. Be forewarned - this trip will be "anything can happen" day! L Jeff Aceto (650-5674, outings@amcmaine.org), L George Brown (585-2259, gwbrown@tds.net).

Thu., Jul. 15. Hike Blueberry Mountain, Fryeburg.

Beginner hike on Blueberry Mountain (1781'), Evans Notch, ME. 3.4 miles, 1500' elevation gain, via Stone House and White Cairn Trails. Great views. L Lorraine Hussey (799-7494 before 9:00pm, randlhussey@zwi.net), L Roger David (737-2737 before 9:00pm, rogerdavid@earthlink.net).

Sat., Jul. 17. NE 100 Highest: Goose Eye Mountain.

NE 100 Highest, Goose Eye Mountain (3870') has magnificent views in all directions. Join David and Jason on this loop hike, 7.6 miles over two open Peaks (Goose Eye and Mount Carlo) with excellent views from both. This is a strenuous hike with some steep spots and we will hike at a moderate pace but take plenty of time for views and photos. L David Littig (318-9181, dlittig@hotmail.com), CL Jason Toner (jandstoner@roadrunner.com).

Sat., Jul. 24. Mount Carrigain.

Mount Carrigain (4680') via Signal Ridge Trail. 10 miles at a moderate pace with magnificent views from Signal Ridge and summit observation tower. Tom Pettingill (781-2219) and Debby Kantor (854-3431, dlkantor@aol.com) after 7/10. L Debby Kantor (854-3431 before 9:00pm, dlkantor@aol.com), CL Tom Pettingill (781-2219).

Sat., Aug. 21. Shelburne Moriah and Mount Moriah.

Hike a loop of Shelburne Moriah and Mount Moriah from Wild River using Shelburne Trail, Kenduskeag Trail, Carter-Moriah Trail, and Moriah Brook Trail. 14.5 miles at a moderate pace. L Lew Dow (890-8512 before 9:00pm, lwsdow@yahoo.com).

BACKPACKING AND CAMPING

Sat., Jun. 26-27. Beginner Backpack - Gentian Pond.

Open to all backpackers. Enjoy a social 3.2-mile hike to scenic Gentian Pond. Day two, hike 5.3 miles, passing by two mountain ponds. L Lew Dow (890-8512 no calls after 9:00pm, lwsdow@yahoo.com), L Laura Flight (215-5306 no

A game warden swears by putting a big glob of Vaseline on the tick, which will eventually induce suffocation. But like I said, I have never road tested this latter option.

Now that you have a tick in your tweezers (or perhaps in a wad of petroleum jelly), you have a couple of options. If at home, you could flush it down the toilet, but there isn't much revenge in that. If in the backcountry, I personally recommend a very firm squeeze with my Leatherman pliers. However, despite the flattened appearance, ticks are tough critters and this isn't always enough. So I follow that with a bit of flame as final good riddance (be careful where you do this, especially in the backcountry of course). Next item of business is to thoroughly clean and disinfect the bite site, and watch for any redness or signs of infection in the next couple of days.

For more information in ticks in Maine, visit: <http://pmo.umext.maine.edu/factsht/Ticks.htm>.

Images in this article are NOT TO SCALE!



Backpackers Suzanne Knabe, Dana Humphrey and Laura Flight (l to r) strike a pose after reaching the summit of Sugarloaf the hard way; after 21 miles on the AT in two days. Jeff Aceto photo.

calls after 9:00pm, flyrodflight@systemfolder.com).

Sat., Jul. 10-11. Bemis Mountain Backpack.

One-day hike on the AT over two Bemis peaks. 4.6 miles. Stay at lean-to. Two-day hike over three remaining peaks and out the Bemis Stream Trail, 8.8 miles. L Lew Dow (890-8512 before 9:00pm, lwsdow@yahoo.com), CL Sarah & Jason Toner (jandstoner@roadrunner.com).

Sat., Jul. 31-Aug. 1. Speck Pond Backpack.

Pack into Speck pond, set up camp, and then spend rest of day fishing, swimming, or climbing to the tower on the summit of Old Speck Mountain, depending on group interest. 7.4 miles RT w/1700' elevation gain. Slow-to-moderate pace. Moderate terrain. L Lew Dow (890-8512 before 9:00pm, lwsdow@yahoo.com), CL Jennie Warner (229-1368 before 9:00pm).

Maine Leader George Brown cited for AMC Volunteer Leadership

By Laura Flight

At the January AMC Annual Meeting in Danvers, Massachusetts, renowned Maine Chapter trip leader George Brown received an AMC 'Volunteer Leadership Award.'

The purpose of the award is, "To further recognize AMC's outstanding volunteer leaders who demonstrate the desire to share their time and expertise in the pursuit of AMC's recreation, conservation, and education mission...." The award "will recognize... volunteers who unselfishly contribute even more than just hours in the field or time on club wide committees, and who are instrumental in creating and holding vibrant activities with a passion for education, conservation and recreation ethics..."

George has more than exemplified these pursuits and qualities both at the AMC level through his volunteer work at Pinkham Notch and trail work in the Royce-Baldface area, as well as with the Maine Chapter through leading hiking trips and additional trail work activities. There are likely endless other contributions George has made through the years. George is a very deserving recipient of this award and received numerous accolades from co-volunteers and friends. Here is some testimony:

"George seems to be the first to come to mind when thinking of competent, capable, personal and talented volunteers.... I can think of no other AMC Volunteer that better exemplifies solid leadership in the volunteer community than George Brown.... It is a real honor to have such

a dedicated volunteer that cares so much for the AMC and shares that with others in the Club. George is an outstanding leader in the volunteer community and a great friend." *Alex DeLucia, AMC North Country Trails Volunteer Programs Supervisor*

"George Brown is the "gold standard" by which all volunteer leaders should strive to emulate. He is an outstanding leader with a high degree of knowledge, skills, and motivation to organize and lead trips.... He has a contagious enthusiasm for helping others to get outside and makes the extra effort to ensure that everyone has fun in a safe manner." *Jeff Aceto, Maine Chapter Outings Committee Chair*

"His good nature, positive attitude, and appreciation for trails is contagious, and he is always willing to connect people with appropriate trips for their ability levels. George does all of this without any fan-fare and recognition, in his humble, unassuming ways." *Laura Flight, Past Chair Maine Chapter AMC*

"He is a thoroughly dedicated volunteer for AMC, the kind who puts others' needs before his. As a hike leader, he is kind, funny, and quietly watching out for everyone's safety and enjoyment, without their really knowing it. I really appreciate that style and have learned much from George about how to do it." *Kit Pfeiffer, Maine Chapter trip leader*

Also cited at the annual meeting was Peter Roderick of Rome, chair of the Maine Chapter Trail Maintenance Committee

Graduate from day hiking to overnights at Backpack Workshop, June 3

Are you an avid day hiker who has always dreamed of linking your trail-filled days together into a multiple-day journey? To see the stars at night from a remote campsite? To listen to a babbling stream lull you to sleep? To awake to chirping birds?

On Thursday June 3, the Maine Chapter will be hosting an evening workshop on backpacking at the South Portland Public Library. Learn what you need to bring to safely hike multiple days in a row without returning to the parking lot at the end of the day! Information on backpacks, gear, clothing, stoves, food, water, hygiene, trip planning, and a variety of outdoor hints will be presented.

This workshop is designed for experienced hikers ready to move into overnights on the trail or backpackers looking for new ideas.

This workshop will be an excellent "things-you-need-to-know-before-you-go" for anyone who wants to pursue backpacking.

For more information, or to sign up, please contact Laura Flight at flyrodflight@systemfolder.com or 242-5445 or Lew Dow at hwsdow@yahoo.com or 890-8512.

Busy bike season begins with potluck

By Denise Courtemanche

Bikers Get Ready, Set, Go!! The season to ride is here!! Are we ready?! My bike is tuned up and ready to ride!

I will be hosting a potluck on Saturday, April 24th in Brunswick at 5 pm. Please let me know if you will be attending.

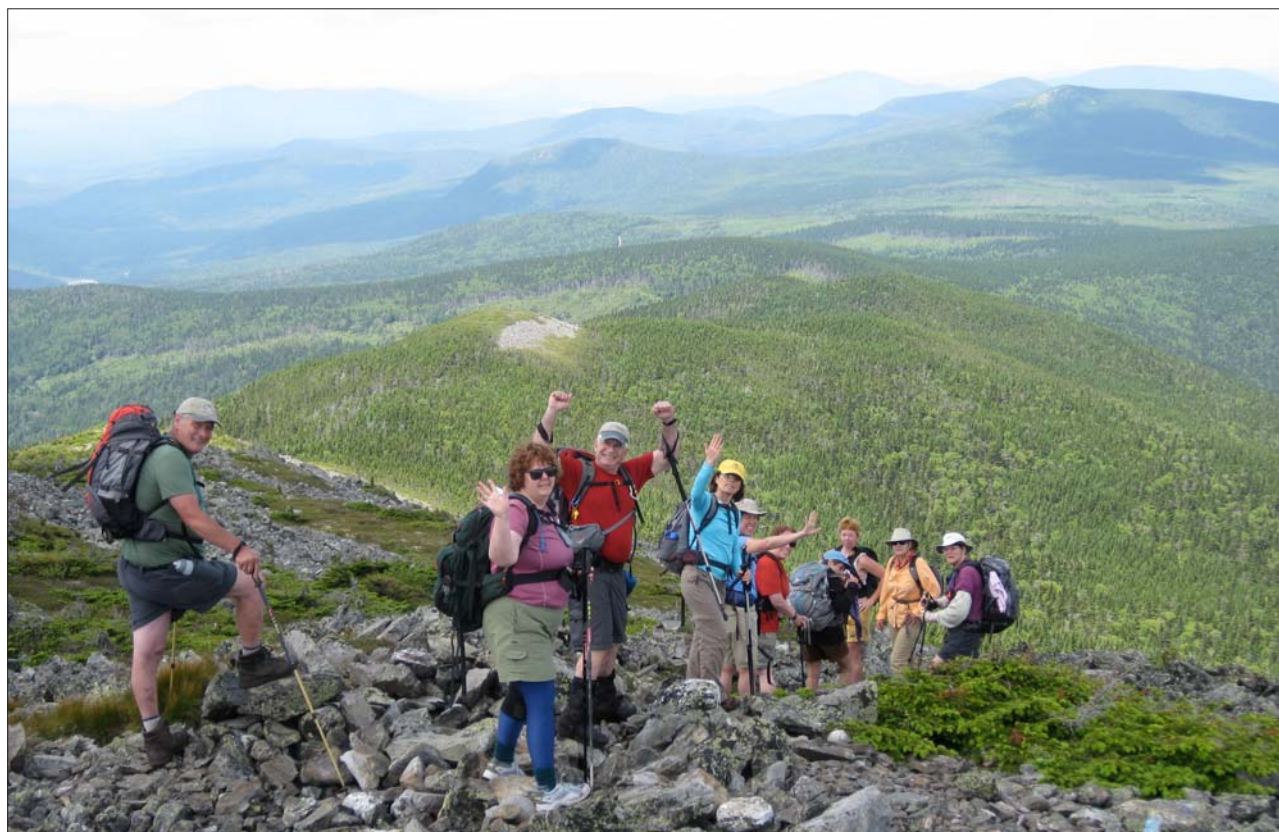
If the weather is nice, we can meet at 2:00 pm and go for a ride before we eat. This will be a great opportunity to meet new people and old friends.

We have talked about offering "Smell the Roses" rides on Thursdays this season twice a month. We are still working out the details. These rides will be about 10 miles and mostly flat roads. Some people have asked to have rides during the day also. If we can find leaders, it will be a go.

Please see the schedule on page 4 for bike rides for May and June. Please remember to bring your helmet, reflective clothing, a blinking red light and water. The easier it is to see you, the safer the ride will be! The meet time will be 5:45 pm in order to be ready to ride at 6:00 pm.

We will eat someplace after the ride or have a potluck meeting place. If you haven't already sent me your e-mail address for short notice rides, please do.

For the rides that are listed, please call for directions to the meeting place. I am now working in the Old Port and would like to ride after work during the week. Anyone interested in joining me for unscheduled rides, please let me know. My number is 725-6285 or e-mail decacct@suscom-maine.net.



George Brown in action: George Brown watches as his group waves farewell to the summit of Mount Abraham on July 11, 2009. Jeff Aceto photo.

Adventures in mountains in winter with teenagers

By Jeanne Christie

We didn't know what we were in for when we said yes. For the past two years my husband Larry De Hof and I have been leaders for one of the early hikes in the Maine Chapter's beginner winter hiking series. It's drawn so many people that we've had to recruit additional leaders for hikes. Only this year there would be an additional twist. Someone had called planning to bring 15 or 20 hikers from a high school outing club, and not just for this hike. They

hiked. They sang. They sang while hiking.

At Pleasant Mountain our hike included a baby. Apparently as part of wellness class at the high school every student must take home a 'baby' for a weekend. It looks like a child's baby doll, but weighs as much as a real baby and it has a computer chip that tells it when to cry for food or a diaper change and lets the teacher know whether the baby was cared for by the student. At Pleasant Mountain one of our hikers had to bring the baby along because no

one would agree to babysit. He carried 'Jack' in a snuggle sack, changing diapers and feeding it as needed throughout the five hour hike. We thought for a while that the cold had wiped out the batteries until the student leaned over to adjust his snowshoe. The baby started to cry. Apparently 'Jack' didn't like hanging upside down.

At Camden Hills the trails were well used and snow shoes weren't needed. There were nearly enough Yaktraks, STABILicers and MICROspikes to go around. On the way down the teens learned the art of the controlled slide and were flying

down the trail toward the bottom. We negotiated an agreement that they wouldn't slide entirely out of sight. They didn't and we even had to send them on an extra bushwhack near the trailhead because they weren't quite ready for the hike to end.

Burnt Mountain was a chance to travel above treeline and get a real sense of the wilderness in winter. The early spring had softened the deep snow so that postholing nearly waist-deep occurred in some places even with snowshoes. We didn't make it to the top. After four hours we all agreed it was time to turn around. But spirits were good even with multiple equipment failures and a few other minor problems. One young man assured me as we neared the end of the hike struggling thigh deep in the snow and monitoring his asthma that he *was* having a good time. Our teen hikers had changed a lot from the group that huddled tense and worried about being out in the cold



at Bradbury State Park that first day in December.

We had the privilege of hiking this year with an outstanding group of young people. Lessons learned included that good winter gear is too expensive for many families, that the difference between the strongest and slowest hiker is far greater on teen hikes than on most adult AMC hikes, that establishing traditions like hot chocolate on the summit can raise tired spirits and that teenagers can be resilient and enthusiastic about trying new outdoor experiences.

The Maine Chapter CYP got underway this year. It is a small program now with a handful of other members working to meet the qualifications. But this program has enormous potential to encourage minors to get outside and learn about the

Continued next page.

Above left: At the beginning of the Pleasant Mountain hike. Above: Heading into the Camden Hills. Below: A snowshoe chorus line on Burnt Mountain. Jeanne Christie photos. See next page for more.



wanted to hike all winter and Larry and I were the only Maine leaders who had completed all the requirements to become Chapter Youth Program (CYP) leaders. If we didn't say yes, they wouldn't be able to winter hike. So instead of more leaders, we had to add more hikes.

We had a blast! We lead four hikes for the Hall-Dale High School Outing Club, once a month from December to March. We met with the Outing Club at Bradbury Mountain, Pleasant Mountain, Camden Hills and Burnt Mountain. I think we may have learned more than we taught. But I can't be sure. I can be sure that working with minors is a lot different than working with adults and that's a good thing.

In December Maine Chapter Outings Committee Chair Jeff Aceto gave the Hall Dale Outing Club a colorful presentation about the in and outs of winter hiking. Twenty plus kids and parents crowded on sofas and chairs and even the staircase of Outing Club Leader Deb Large's house to hear Jeff discuss gear, clothing and cold weather travel techniques. He provided a little extra incentive by tossing chocolates in the general direction of whoever gave the correct answer. Everyone had a good time and we all ended the evening with a greater appreciation for the need to plan carefully for winter travel on foot.

During the first hike at Bradbury Mountain there was an opportunity to get a sense of the group. They arrived in a giant piano tuning truck. We learned that Deb Large was the school music teacher and her husband Gordon tuned pianos. Most of the outing club members were in the chorus. They



Teens outdoors in a Maine winter

continued from page 10

outdoors. I hope others will get interested. Teens 2 Trails, a Maine organization dedicated to getting teenagers outside, has set a goal to get an outing club organized in every high school in the state of Maine. This is a good thing and the Chapters of the Appalachian Mountain Club can help make it happen. Larry Dyer is the Chapter Youth Program Committee Chair for the Maine Chapter.

The Appalachian Mountain Club Chapter Youth Programs are conducted by individual chapters to serve youth from 6-18 years who are participating in Outing Clubs, YMCS, Boy Scouts, Girl Scouts and other similar programs. These youth agencies are matched with the Chapter's qualified AMC leaders who share their knowledge and encourage minors to get outside and learn about the outdoors. It's a partnership. The sponsoring agency provides chaperones and handles logistics and the AMC leaders provide outdoor expertise.



From the top, clockwise: With “baby” Jack (far left) on Pleasant Mountain. Lunch on Pleasant Mountain. The last two photos are from the Camden Hills. Photos by Jeanne Christie.

Wilderness Matters

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Tell EPA how much ozone impacts our high mountains

Ground-level ozone, a component of smog, is a serious summertime air pollutant that reaches unhealthy levels as a result of fossil fuel combustion and warm temperatures.

This kind of air pollution threatens human health and damages forests and plants. A study of hikers on New Hampshire's Mount Washington, co-led by AMC showed that ozone can reduce lung function in healthy individuals.

This study, in conjunction with AMC's air-quality monitoring, emphasizes that ozone specifically impacts mountain environments, where concentrations can be as high as in urban areas.

The U.S. Environmental Protection Agency (EPA) is now revisiting the national ozone standard it finalized in 2008, recognizing that the scientific evidence should have led to more protective levels.

The agency is seeking public comment on the levels under consideration and it is important, for the health of hikers and mountain ecosystems, that the more protective levels are adopted. Please support EPA in setting strong air-quality standards to protect our air, health, and the environment!

What you can do: Email a letter of support! Send a letter to the EPA, urging them to adopt stronger air quality standards.

AMC's climate, energy, & air quality team reports that greenhouse gases and other air pollutants threaten the health of the plants and animals throughout the Appalachian region. Some air pollution also can seriously affect hiker health and the outdoor experience causing hazy vistas and labored breathing even in mountainous regions where one may not expect to see smog and soot.

For more information, see the Conservation Action Network portion of the AMC website, *www.outdoors.org*.

Reader supports Maine Woods National Park

For most of my life, I have enjoyed the "wilds," which are left, and the wildlife that inhabit them. My soul is refreshed in seeing Gray Jays, Spruce Grouse and others in the North Woods, not to mention the larger mammals that live in that habitat. As a member of the AMC, and other eco-groups, I think that they should be on the cutting-edge of protecting what is left of the "naturals." It is already too late for most places. But, public opinion is what drives many decisions. Sometimes, David wins against Goliath.

Many people have been convinced that the massive development in the Maine North Woods (aka Plum Creek) will bring an economic boom to the area. As a former Judge, real estate broker and son of a very successful recreational land developer, I know that those people have been deceived. Most jobs will be imported. Those that call on local talent will be short-lived. The wealthy who buy the land and spend a few weeks in their mac-mansions will bring in their goods and supplies from elsewhere. That's how it's always been and that's what will happen again. What will be left is a ruined Maine North Woods and a local economy that is no better off than before.

I remain a believer that the best use of the land, for Maine's economy, recreation and protection is that the area become a national park.

If not a national park, could the land, its wildlife, and the economy of the region be relatively safe in the form of a national forest? Public opinion, the determination of Plum Creek and politics are what will determine the future. I only hope that the people of Maine will see beyond their noses.

Sincerely,

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