

Wilderness

Maine Chapter
Appalachian Mountain Club
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Matters

Maine Chapter, Appalachian Mountain Club

Volume XXXVI ♦ Number 2 ♦ Early Spring 2011

As winter wanes our outings committee looks forward to a busy spring and summer

By Jeff Aceto, Outings Chair

Winter is fading, summer is coming, and the outdoors is calling! It's a great time to take stock of Maine Chapter outings for 2011, so here's a brief update from the Outings Committee:

Winter Series 2010-2011: Finishing Strong

Wow! While the final numbers aren't complete yet, the 2010-2011 Winter Series has been another success with a fourth year of growth. Maine Chapter leaders led more than 30 trips including beginner hiking, advanced hiking, cross country skiing, walks, and the very popular winter hiking workshop (over 65 attendees). The Series has generated numerous positive comments, terrific winter experiences for our members, and even some nice publicity in the Portland Press Herald. Special recognition is due to our dedicated leaders for their efforts in the difficult "Fourth Season" to organize and lead our winter trips.

Summer Series 2011

If you think winter was fun, the excitement is building for a great summer of outings with the Maine Chapter. Expect a broad range of trips similar to last year including hiking, backpacking, flat water and ocean paddling, biking, nature outings, walks, young members, and workshops. Our general goal will be to have activities available every weekend from May to September, with an emphasis on trips of all abilities and ages. The Outings Committee will be organizing the Summer 2011 Series soon, so start checking the trip calendar in April to plan your summer outings with the Maine Chapter.

Call For Leaders

The Outings Committee is always looking for outdoor recreation-minded folks to join our ranks. It doesn't matter if you have experience or not, our training and mentoring programs will have you

leading a group with confidence. The Maine Chapter leader experience is rewarding, educational, and most importantly, fun. Please contact me at outings@amcmaine.org for more information.

Wilderness Matters Schedule Change

The Executive Committee has decided to publish the *Wilderness Matters* newsletter four times this year. This is an important change to the Outings Committee as it will affect how we announce our trips.

Previously, when there were 6 issues, we were able to plan trips out 2-3 months and get a complete schedule published in the *WM*. The new schedule makes it more difficult in that trips would need to be planned 3-4 months out to make it in print, and consequently we will begin to rely on the trip listing system and the calendar on www.amcmaine.org for full information on our trips.

The trip listings in this issue of *Wilderness Matters* include trips which were listed as of March 5, 2011. New trips and events are added frequently, so please remember that the most current outings information can always be found on the Internet via our calendar at www.amcmaine.org/calendar.

Upcoming Dates to Remember:

March 29, 2011: Meetings and Education Potluck and Presentation, *Backpacking in the Middle of Lake Superior*. Our good friend Carey Kish will tell the tale of his annual voyage to find good hiking and beer, not necessarily in that order. Curtis Memorial Library, Brunswick. Potluck at 6 pm, presentation at 7 pm. Contact John Mullens at education@amcmaine.org for more information.

April 30 to May 1, 2011: Advanced Wilderness First Aid, Pine Point Fire Station, Scarborough. Joleen Rice 207-892-2685 or jrice@verrilldana.com.

Sat., May 7. Map and Compass Workshop, Freeport. Come join us for a workshop offering fundamentals of map reading, identification of symbols, contour lines, terrain features, compass use, and triangulation. Once learned, these skills will enable participants to feel more confident with backcountry travel. After a morning classroom session, participants will put newfound skills to the test with an afternoon outdoor session.

As always, thank you for participating in our outings and please contact me with any suggestions or improvements. The Outings Committee is looking forward to an awesome summer and I hope you join us on a trip soon. See you outside!

Susan Sharkey, Jenny Werner, and Lew Dow take in the scenery along the AT in the Mahoosucs region on a Maine Chapter backpacking trip. Jeff Aceto photo.



Trip leaders plan busy spring, summer in outdoor Maine

General Information

The trip listings below include only trips posted prior to the submission deadline for this issue of Wilderness Matters. For the most complete and accurate trip listings, please periodically check out the Maine Chapter Calendar at <http://www.amcmaine.org/calendar>. For general questions or comments regarding trip listings, please contact Jeff Aceto, Outings Chair, 650-5674, outings@amcmaine.org.

Meetings

Thu., May. 12. Maine Chapter Executive Committee Meeting, Freeport. 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 in upstairs meeting room of Freeport McDonald's from 6:30-8:30pm. L Carrie Walia (chair@amcmaine.org).

Education

Thu., Mar. 31. Land-Based Windpower in Maine, Holden. Is it possible to develop land-based wind power as a renewable energy source for Maine, while protecting the state's ecological health, natural heritage, and scenic beauty? Where does AMC stand on wind power, and how does it make decisions? Is the trade-off between energy independence and natural vistas a real one? What are the facts about the possibilities and pitfalls of land-based wind power? Join us to hear a panel of speakers representing environmental groups, and the wind industry discussing land-based wind power in Maine and its potential contribution to energy production; its ecological, scenic, and recreational effects; and its relative costs and incentives. The panel is David Publicover, AMC's senior staff scientist and wind power expert; Ted Koffman, Maine Audubon's new executive director; a representative from First Wind, a developer of Maine wind farms; and moderator Maine State Representative Bob Duchesne, Chair of the legislature's Natural Resources Committee. Forum will be structured to be informative, balanced, and fair, and to help members identify important issues, their relationships, and their trade-offs. Co-sponsored by AMC Maine Chapter and Maine Audubon and held from 7-8:30pm, Maine Audubon's Fields Pond Center at 216 Fields Pond Road, Holden, ME (about 15 minutes south of Bangor). Free and open to the public. L John Mullens (361-1210, education@amcmaine.org).

Wed., Apr. 6. To Mt. Kanchenjunga in India: Trekking with Jamling Norgay, Brunswick. Madelyn Given was invited by Jamling Tenzing Norgay to accompany him to the remote east base camp of India's Mt. Kanchenjunga, the

third highest mountain in the world. Jamling was the head guide of the IMAX Everest Expedition and son of Tenzing Norgay, who summited Everest with Hillary. Madelyn Given through-hiked the Appalachian Trail for the first time after retiring as an elementary school teacher, then went on to run a marathon on each of the seven continents, and climb a high-altitude mountain on each continent. Given will talk about trekking to Kanchenjunga with Jamling, camping on the Zemu Glacier, visiting monasteries, and eating in the homes of the Lepcha people in Nepal. On April 6th, Madelyn will present a slideshow and talk to the Maine chapter about these adventures. Her talk will be held in the Morrell Room of Curtis Memorial Library at 23 Pleasant Street in Brunswick, Maine. A potluck dinner begins at 6 pm, followed by the presentation at 7 pm. Bring a potluck item to share and your own dinnerware (plate, utensils, etc.). Drinks will be available. Free and open to the public, so invite a friend. L John Mullens (361-1210, education@amcmaine.org).

Thu., May. 5. Hiking with Joy: Trail Games and Activities for Families, Brunswick. One of the greatest joys of introducing your children to nature can be family hikes. From informal walks through the town park to a more adventurous walk in the White Mountains, having a bag of tricks will make the outing more meaningful for your children and more special for you. Joy Norkin is a teacher, a Registered Maine Guide, and a leader in the AMC Youth Opportunities and Teen Wilderness Adventure

Programs. She knows her kids, she knows her activities, and she can teach us how to master her favorite puzzles and games, and how to know which activity is right for the moment. Whether you are starting a growing family or grand-parenting energetic young ones, this approach will work for you. Get ready for summer family activities with this single fun session. On Thursday May 5th, Joy will describe and demonstrate these trail games and activities. Come to the Morrell Room of Curtis Memorial Library at 23 Pleasant Street in Brunswick, Maine. A potluck dinner begins at 6 pm, followed by Joy's presentation at 7 pm. Bring a potluck item to share and your own dinnerware (plate, utensils, etc.). Drinks will be available. Free and open to the public, so invite a friend. L John Mullens (361-1210, education@amcmaine.org).

Workshops

Sat., Apr. 30-May 1. Advanced Wilderness First Aid (AWFA), Scarborough. This two day course goes into greater depth than Wilderness First Aid (WFA) and builds on the basic WFA subjects. AWFA also has greater emphasis on leadership skills which are needed when you are more than an hour from medical care, and 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 the Pine Point Fire Station in Scarborough, Maine by Stonehearth Outdoor Learning Opportunities (SOLO). The fees cover instruction and materials, and do not



Little Bigelow summit -- back row, from left: Ian Johnson, Dana Humphrey, Matt Collelo. Middle row: Andrew Gilbert, Monty Kallock, Max Beauregard. Front row: Sandy Conley, Andy Pellett, Gary Hunt. Laura Flight Photo.

include lodging or meals. The class includes patient assessment, immediate life threats, disabling injuries, hypothermia & other environmental hazards, plus fractures, sprains and more. CPR is not included in this course. Please note that this is the advanced course and requires a current Wilderness First Aid certification to enroll (which is a 2 year). The course costs \$20 for Maine chapter leaders, \$35 for Maine chapter members, \$60 for AMC members, and \$100 for all others. This course often sells out quickly. To register or for additional information call or e-mail Joleen Rice, 892-2685. L Joleen Rice (jrice@verrilldana.com), CL Brian Strothmann.

Sat., May 7. Map and Compass Workshop, Freeport. Come join us for a workshop offering fundamentals of map reading, identification of symbols, contour lines, terrain features, compass use, and triangulation. Once learned, these skills will enable participants to feel more confident with backcountry travel. After a morning classroom session, participants will put newfound skills to the test with an afternoon outdoor session. Go home with much more confidence in your ability to use a map and compass when it really counts! This event is free and open to the public. To register or for additional information, call or e-mail Roger David, (737-2933, rogerdavid@earthlink.net).

Sat., May. 21. Sea Kayak Rescue Workshop, Windham. Get ready for the upcoming paddling season by brushing up on your kayak safety

skills! Whether a rookie paddler or experienced sea tourer, there's something for everyone in this workshop. Professional instructors 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-before-you-go for the Maine Chapter's Summer 2011 sea kayaking trips. The workshop will run from 9:00 am to 12:00 pm at Highland Lake in Windham, and costs \$10/members, \$20/non-members. Contact L Jeff Aceto (650-5674, outings@amcmaine.org).

Backpacking Workshop. Workshop with 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 (207) 215-5306 or Lew Dow at lwsdow@yahoo.com or (207) 890-8512. The date and location of this event have not been confirmed. It will be a weekday evening during the end of May or beginning of June in the Portland area. Please check the calendar page on the Maine Chapter website <http://www.amcmaine.org/calendar/> for updated information.

Trails

Fri., May 27-30. Trail Work Weekend at Little Lyford Lodge and Cabins. Trail work at premier AMC lodge in Maine woods. Help maintain trails and enjoy leisure time hiking, paddling, fly fishing or just taking it easy. Give back, get dirty and feel good. L Peter Roderick (293-2704 before 9 pm, roderick1027@fairpoint.net).

Fri., Jul. 1-4. Trail Work Weekend at Little Lyford Lodge and Cabins. Get out, get dirty, give back. Visit one of AMC's premier Maine lodges. Great experience maintaining trails combined with chance to enjoy hiking, paddling, moose watching, fly fishing, or just taking it easy when work day is finished. Comfortable accommodations and great food. L Peter Roderick (293-2704 before 9 pm, roderick1027@fairpoint.net).

Fri., Oct. 7-10. Trail Work Weekend at Gorman Chairback Lodge and Cabins. Volunteer trail work at AMC's newest full-service facility. See what all the excitement is about! We'll stay in the newly-constructed bunkhouse and work on trail and boundary maintenance assignments as required. Not to be missed! L Peter Roderick (293-2704 before 9 pm, roderick1027@fairpoint.net).

Biking

Tue., May. 3. Road Biking - Old Orchard Beach.

Early season ride, flat - no hills in the Old Orchard area. We start from Pine Point, bike to Old Orchard, Ocean Park, and more if time permits. Riding about 15 miles at a comfortable pace set by the group. L Denise Courtemanche (725-6285, decacct@comcast.net).

Tue., May. 10. Road Biking - Prouts Neck,

Scarborough. 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 Courtemanche (725-6285, decacct@comcast.net).

Sun., May. 15. Road Biking - York, York. If your legs are ready, come ride in the York area for about 29 miles, where it's mostly flat and a few hills here and there. Contact leader for more information. L Denise Courtemanche (725-6285, decacct@comcast.net).

Tue., May. 17. Road Biking - Eastern Trail,

South Portland. Meet at the Wainwright Fields in South Portland and ride the Eastern Trail to Bug Light and Fort Williams, if we have enough time. Approximately 15 miles. L Denise Courtemanche (725-6285, decacct@comcast.net).

Tue., May. 24. Road Biking - Goose Rocks

Beach, Biddeford. 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



Maine Chapter cross country skiers show good form passing through the Pineland Center during a nordic trip on January 22. Jeff Aceto Photo.

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Biking, hiking, backpacking adventures await members

Continued from page 3

wish to smell the roses. L Denise Courtemanche (725-6285, decacct@comcast.net).

Sun., May. 29. Road Biking - Ogunquit,

Ogunquit. If your legs are in shape by now, let's head for Ogunquit and an ocean ride. Call for meeting time and place. Ride will be about 30 miles. L Denise Courtemanche (725-6285, decacct@comcast.net).

Tue., May. 31. Road Biking - Country to the

Sea, 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 Courtemanche (725-6285, decacct@comcast.net).

Sun., Jun. 5. Road Biking - Kennebunkport,

Let's ride 30 miles up the coast to Kennebunk and Kennebunkport and enjoy the beach along the way. L Denise Courtemanche (725-6285, decacct@comcast.net).

Tue., Jun. 7. Road Biking - Two Lights, Cape

Elizabeth. Come visit Two Lights in Cape Elizabeth, but we will leave from Scarborough and take the long road! L Denise Courtemanche (725-6285, decacct@comcast.net).

Tue., Jun. 14. Road Biking - Wolf's Neck,

Freeport. Lets take a trip to Brunswick and ride to Wolf's Neck Park. This is a 22-mile ride. L Denise Courtemanche (725-6285, decacct@comcast.net).

Tue., Jun. 21. Road Biking - Auburn, Maine.

Could this be the week we ride in Auburn with Jim as our leader? Come find out! L Denise Courtemanche (725-6285, decacct@comcast.net).

Sun., Jun. 26. Road Biking - Cape Porpoise,

Cape Porpoise. Come join us for a nice ride along the ocean from Kennebunk to Cape Porpoise! L Denise Courtemanche (725-6285, decacct@comcast.net).

Tue., Jun. 28. Road Biking - Freeport, Let's

meet in Yarmouth High School and ride to Freeport for chocolate! L Denise Courtemanche (725-6285, decacct@comcast.net).

Nature Outings

Sun., Jun. 19. Alpine Garden, Mount Washington.

Experience the flowers and plants of the Alpine Garden. We'll carpool up the Auto Road to the Cow Pasture area and hike down to the Alpine Garden. Limited to 10. L Peg Nation (583-2720 before 9 pm, mjnation11@earthlink.net), CL Alix Pratt (233-9249 before 9 pm, alix.pratt@gmail.com).

Walking

Fri., Apr. 1. First Friday Walk. 4-mile walk on

Green Belt Trails, Cape Elizabeth, ME. L Lorraine Hussey (799-7494 before 9 pm, randlhussey@gwi.net).

Hiking

Fri., Apr. 29. Pleasant Mountain, Denmark.

Take a moderately paced hike, look for spring wildflowers and enjoy the views. approximately 4.5 miles. L JoAnne Diller (647-2117 before 9 pm, jsdiller@roadrunner.com), CL Lorraine Hussey.

Sat., Jun. 25. Boott Spur Crest, Mount Washing-

ton Climb steeply halfway up Washington via Tuckerman, Boott Spur Link, down Boott Spur trails. 5.6 miles with 2700' elevation gain. Views. Hikers should be prepared for possible lingering snow and ice. Includes very steep climb over open rocks. Challenging hike at slower, careful pace. L Jane Gibbons (207 647-3987, patnjane@wildblue.net), L Deb Burke (603-617-8838 7-9 pm, djb11453@hotmail.com).

Sun., Jun. 26. 3 Waterfall Challenges, Randolph,

NH. Includes Pehoamauk-Ice Gulch Loop, Mossy Glen and Cold Brook Falls. Slippery, muddy with strenuous rock scrambling. Rain before/during postpones. (1) Pehoamauk-Ice Gulch Loop is a 6 mile hike into difficult gulch. See Fairy Spring, Pehomauk Falls. Located north of Randolph, this hike has an easy start and finish with several minor stream crossings to a mile loop section of challenging rock scrambling, mud, and stream crossing. Possible

ice in shady areas. (2) 1 mile loop into Mossy Glen via Burnbrae Path and Mossy Glen Trails from Durant Road. (3) 1.4 mile loop into Cold Brook Falls via Old Amphibrach and Rail Trail from Appalachia. Pace will be leisurely with care for safety. L Jane Gibbons (207 647-3987, patnjane@wildblue.net), L Peter Hope (603-863-6456 7 to 9 pm., phope@worldpath.net).

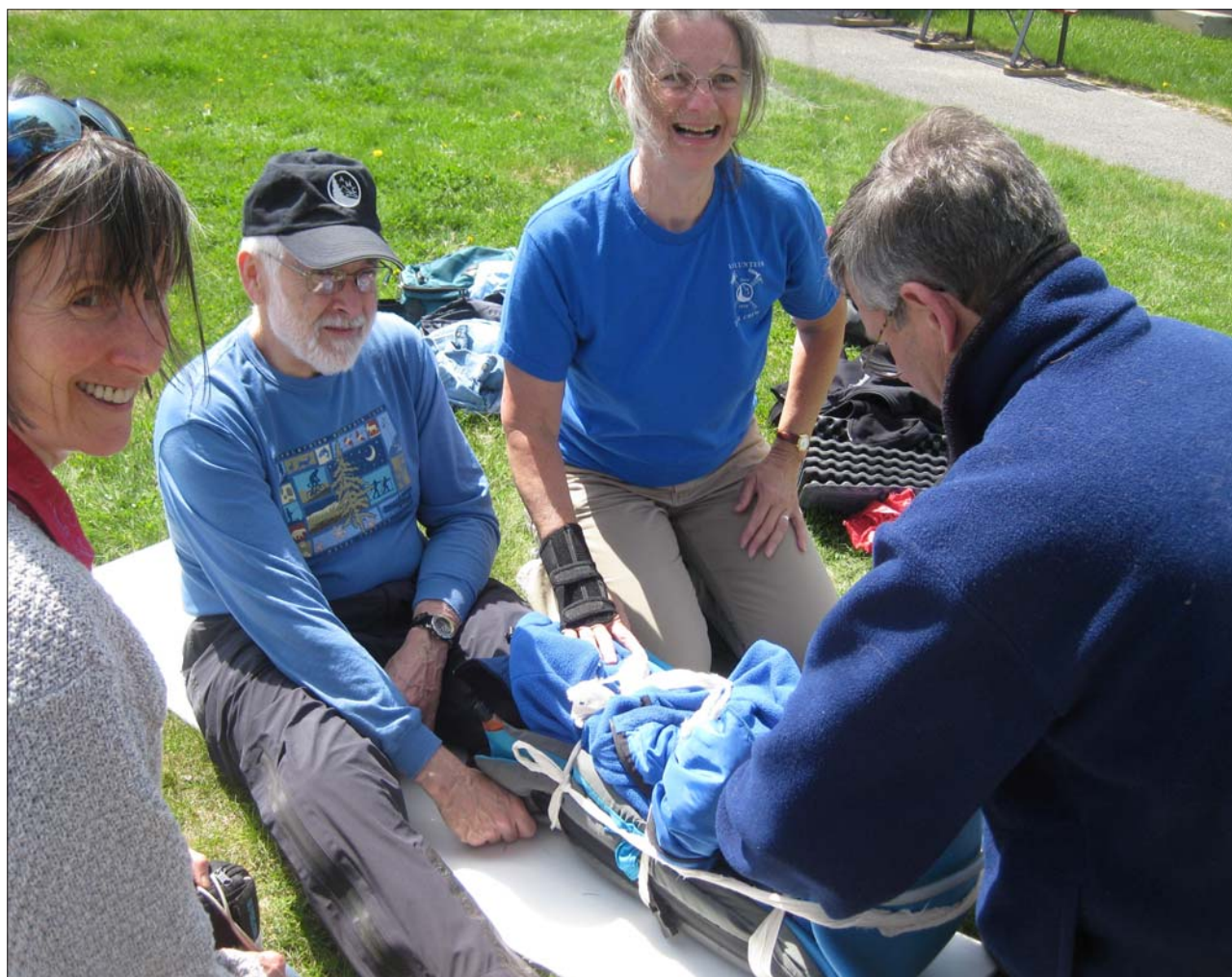
Backpacking, Camping, and Weekends

Fri., May 20-22. Hiking/Biking Weekend

Acadia National Park, Bar Harbor. Hit the trails of Acadia for two days of hiking &/or Mt. biking. Arrive Friday depart Sunday. Lodging at downtown Bar Harbor hotel. \$110/double, \$170/single(queen bed), \$190/single king bed. Private bath, refrigerator, phone and WiFi. Meals in restaurants. Bring snacks for happy hour Friday and Saturday. L Don Parker (642-4198 after 7 pm, donp04085@gmail.com), L Ginette Beadoin (ginette4000@yahoo.com), R Don Parker (642-4198 after 7 pm, donp04085@gmail.com).

Sat., Jun. 18-19. Beginner Backpack - Gentian

Pond, Gorham, NH. 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 Lewis Dow (890-8512, lwsdow@yahoo.com), L Wayne Newton (897-3072 no calls after 9 pm).



Maine members (l to r) Jeanne Christie, Peter Roderick, Janet Roderick, and Larry DeHof practice splinting (and smiling) at Advanced Wilderness First Aid. To learn these valuable skills, sign up for the AWFA workshop on April 30 and May 1. Jeff Aceto Photo

Meetings offer tales of fascinating outdoor adventures

Three-Time Thru-Hiker Tells True Stories

Date: March 24

AMC Maine member Wayne Newton will present a talk highlighting stories and lessons gleaned from his three thru-hikes of the Appalachian Trail, including his most recent hike completed during the 2010 season. If you think an AT thru-hike might be in your future, or if you are considering thru-hiking or section hiking any long-distance trail, you owe it to yourself to hear what Wayne has to say. This is an excellent opportunity to hear firsthand from a seasoned, no-nonsense thru-hiker who minces no words about what it takes to complete the journey. Hear Wayne's wonderful storytelling in his famous inimitable laconic dry humor, his now-expanded collection of true AT tales, and simply enjoy the vicarious experience of long-distance hiking from the comfort of a chair in a warm room.

Wayne will also bring his extensive photo library collection of thru-hikes featuring people, views, and flowers he encountered on his journeys. Wayne will explicitly ask for audience questions, so think ahead about what you want to learn. Program will be held in the meeting room of the Curtis Memorial Library at 23 Pleasant Street in Brunswick, Maine. Parking is available in the library lot off Union Street. Potluck dinner will begin at 6 pm followed by presentation at 7 pm. Attendees encouraged to bring a potluck item and their own dinnerware (plate, utensils, etc.). Drinks will be provided and plasticware will be available. Free and open to the public.

Backpacking in the Middle of Lake Superior

Date: March 29

Isle Royale National Park is a unique international biosphere reserve; 98 percent of it is designated wilderness, and it's surrounded by water and accessible only by boat or float plane. Intrepid adventurer Carey Kish found his way to the island and tackled the 42-mile Greenstone Ridge Trail, a wilderness footpath traversing the length of the island. Along the way, he experienced a glorious week-long hike that included the best of this beautiful setting in Lake Superior, from ridgetop views to pretty lakes to delicious thimbleberries.

On March 29th, Carey will present a slideshow and talk to the Maine chapter about these adventures, also sneaking in a few words and photos on his additional visit to western national parks that should be on everyone's to-do list. Carey's talk is held in the Morrell Room of Curtis Memorial Library at 23 Pleasant Street in Brunswick, Maine. Potluck dinner begins at 6 pm, followed by presentation at 7 pm. Bring potluck item and own dinnerware (plate, utensils, etc.). Drinks available. Free and open to the public. For more info, email education@amcmaine.org.

Land-Based Windpower in Maine

Date: March 31

Is it possible to develop land-based wind power as a renewable energy source for Maine, while protecting the state's ecological health, natural heritage, and scenic beauty? Where does AMC stand on wind power, and how does it make decisions? Is the trade-off between energy independence and natural vistas a real one? What are the facts about the possibilities and pitfalls of land-based wind power? Join us to hear a panel of speakers representing environmental groups, and the wind industry discussing land-based wind power in Maine and its potential contribution to energy production; its ecological, scenic, and recreational effects; and its relative costs and incentives.

The panel is David Publicover, AMC's senior staff scientist and wind power expert; Ted Koffman, Maine Audubon's new executive director; a representative from First Wind, a developer of Maine wind farms; and moderator Maine State Representative Bob Duchesne, Chair of the legislature's Natural Resources Committee. Forum will be structured to be informative, balanced, and fair, and to help members identify important issues, their relationships, and their trade-offs. Co-sponsored by AMC Maine Chapter and Maine Audubon and held from 7-8:30pm, Maine Audubon's Fields Pond Center at 216 Fields Pond Road, Holden, ME (about 15 minutes south of Bangor). Free and open to the public. For more info, email education@amcmaine.org.



To Mt. Kanchenjunga in India: Trekking with Jamling Norgay

Date: April 6th

Maine AMC member Madelyn Given will talk to the chapter on Wednesday, April 6th, about her experiences at the invitation of Jamling Tenzing Norgay: trekking to Mt. Kanchenjunga in Sikkim, India, visiting monasteries, and eating in the homes of the Lepcha people along the way.

Why would Jamling Tenzing Norgay, a world-known sherpa mountain climber, invite someone from Maine to accompany him to the remote east base camp of Mt. Kanchenjunga, the third highest mountain in the world?

Jamling, as you may remember, was the head guide of David Brashear's 1996 IMAX Everest Expedition that was on the mountain during the climbing disaster that year when Rob Hall, Scott Fischer, and ten others died during a blizzard at the top. Jamling is also the son of Tenzing Norgay, who summited Everest with Edmund Hillary. Jamling wrote *Touching My Father's Soul* about his experiences guiding and the sometimes troubling relationships between wealthy climbers and their sherpas. He continues to be a sherpa guide.

Mt. Kanchenjunga is in Sikkim, an Indian state bordering Nepal, Tibet, and Bhutan. Despite its height and obvious interest to elite mountain climbers, Mt. Kanchenjunga is not often climbed because of its remote location and difficult access. Those who do attempt the top are known to stop a few feet short of the summit in deference to the local Lepcha people for whom the mountaintop is sacred. The Lepcha are the aboriginal inhabitants of Sikkim.

Madelyn Given, an AMC member from Poland, Maine, who received and accepted Jamling's invitation in 2010 is not just another Mainer. Madelyn was a Lewiston elementary school teacher who retired in 2000. She thought retirement was a good time to solo thru-hike the Appalachian Trail. Not content with that accomplishment, Madelyn began training for marathons. She was the first Maine woman and the 13th woman in the world to run a marathon on each of the seven continents. Along the way, she became the first person in the world to run their first-ever marathon in Antarctica. She also climbed a high-altitude mountain on each of the continents including Mt. Kilimanjaro in Africa, Aconcagua in South America, and Denali in North America. So in 2010, Madelyn was primed to join Jamling's expedition. Definitely not just a typical Maine grandmother.

Madelyn will present a slideshow and talk to the Maine chapter about these adventures. Her talk will be held in the Morrell Room of Curtis Memorial Library at 23 Pleasant Street in Brunswick, Maine. A potluck dinner begins at 6 pm, followed by Madelyn's presentation at 7 pm. Bring a potluck item to share and your own dinnerware (plate, utensils, etc.). Drinks will be available.

Madelyn's talk is free and open to the public, so invite a friend. For more information, please email Education Chair John Mullens at education@amcmaine.org

Hiking with Joy: Trail Games and Activities for Families

One of the greatest joys of introducing your children to nature can be family hikes. From informal walks through the town park to a more adventurous hike in the White Mountains, having a bag of tricks will make the outing more meaningful for your children and more special for you.

On Thursday May 5, the Maine Chapter will welcome Joy Norkin to describe and demonstrate a variety of trail games and activities that will make your outdoor activities more fun.

Joy is a teacher, a Registered Maine Guide, and a leader in the AMC Youth Opportunities and Teen Wilderness Adventure Programs. She knows her kids, she knows her activities, and she can teach us how to master her favorite puzzles and games and how to know which activity is right for the moment.

Not only are Joy's games and activities appropriate for families with kids, they are also terrific for hikers of all ages. Some activities are mental games played while walking the trail, some are great for rest breaks, while others are ideal as ice breakers in a large group.

Nearly all of Joy's activities have nature themes and can be used for outdoor education. So whether you are hiking with a growing family, grandparenting energetic young ones, or trekking in a group, her approach will work for you. Get ready for summer outdoor and family activities with this single fun session.

So on Thursday May 5 come to the Morrell Room of Curtis Memorial Library at 23 Pleasant Street in Brunswick, Maine. A potluck dinner begins at 6 pm, followed by Joy's presentation at 7 pm.

Bring a potluck item to share and your own dinnerware (plate, utensils, etc.). Drinks will be available. Free and open to the public, so invite a friend. For more info, check the AMC Maine website at www.amcmaine.org/calendar/ or email Education Chair John Mullens at education@amcmaine.org.

Founded in 1876, the Appalachian Mountain Club is America's oldest conservation and recreation organization. With more than 100,000 members, advocates, and supporters in the Northeast and beyond, the nonprofit AMC promotes the protection, enjoyment, and understanding of the mountains, forests, waters, and trails of the Appalachian region.

The AMC supports natural resource conservation while encouraging responsible recreation, based on the philosophy that successful, long-term conservation depends upon first-hand enjoyment of the natural environment.



Kids, above, enjoying the rocks on Carrigan, below, resting at the Mizpah hut



Hardshell or Softshell? Laura tells all

By Laura Flight

No, this is not a discourse on which type of lobster to have for your post-hike meal, and Maine's most popular crustacean was not consulted for this article.

It's about what type of fabric to wear on the trail, when to wear it, and general advantages and disadvantages of both. I am not a gear pro, but based on my experiences and a bit of research, here is what I can share with you.

The basic considerations of outdoor clothing involve conditions you will be wearing them in, breathability, versatility, packability, and of course how big of a hole it will leave in your wallet.

What you wear is ultimately dictated by personal preference. If you are in the market for some new outdoor clothing or unhappy with your current system, here are some things to consider.

First, some definitions.

Hardshell. The fabric weave of a hardshell is tight in order to prevent the outdoor elements from seeping inside to you. This fabric is either laminated with a breathable membrane (a popular example being Gore-Tex), or sprayed with a waterproof microporous coating to give it some breathability. The finish of a hardshell will feel stiff and dense, and be mostly waterproof and windproof.

Softshell. The fabric weave of a softshell has more stretch to allow for more breathability from the inside (you) to the outside. This is to allow the heat and moisture you generate from physical activity to escape and not accumulate on you, making you clammy and cold. The finish of a softshell will feel flexible and soft, and be water-resistant and somewhat windproof.

Remember water-resistant and waterproof are not synonyms; water-resistant means a moderate amount of water will be repelled for a moderate amount of time. Waterproof means water will not transfer through the medium no matter the degree or duration of wetness.

Conditions

Hardshells are the rugged layers you generally don when it is raining, snowing, blowing a gale, or all of the above. These outer layers will keep precipitation and wind at bay, or at least from penetrating through to your inner layers.

Softshells have DWR (durable waterproof coating) and although they will not keep you dry in a downpour, they work just fine in light snow or drizzle, as well as a stiff breeze. Softshells will soak through with time, and a harsh, cold wind will find its way through.

- **Advantage:** Hardshells will ward off the harsh elements better than softshells.

Breathability

Hardshells are designed to breathe, but they are much better at keeping the elements out, than releasing your moisture generated from within. Many hardshells come with physical features such as pit-zips, vented pockets, and adjustable arm cuffs to give you some control in managing breathability. But

overall, unless it is raining cats and dogs or blowing a gale you might generate more condensation from within than can be let out.

Softshells overall are about three times as breathable as hardshells and are therefore great for winter outdoor activities requiring any level of exertion. If you are one of those that starts to sweat right out of the parking lot, the triple level of breathability may be your next best friend. Even if you are not, a simple base layer or two underneath provides the thermal foundation you need. Up on a windy summit on a cold day, you might want a bit more protection.

- **Warning:** Not all hardshell or softshell materials are created equal! For a detailed review of popular fabrics, check out the following link: <http://www.verber.com/mark/outdoors/gear/breathability.pdf>

Versatility

Hardshells are generally bomb-proof against wind, rain, and snow. Hardshells are also more likely to be used on terrain where weather is a greater factor, such as above treeline or in open areas. So if the forecast or route calls for these conditions, it's comforting to know you have a hardshell in your pack. These conditions are generally the exception rather than the rule.

Softshells can be worn during favorable conditions (when nothing is falling from the sky) as well as slightly unfavorable conditions (a light snow or drizzle). Overall, a softshell can be worn more often than not. Softshells by virtue of their nature also have some built-in insulation.

- **Advantage:** Softshells can be used in a broader range of conditions than hardshells, although both are effective for layering.

Packability and Other Considerations

Hardshells weigh less and compress more than their softshell counterparts as far as toting and fitting them in your pack. Hardshells are stiffer when extending or reaching. Hardshells also make that incessant "wsh-wsh-wsh-wshing" noise when the fabric brushes against itself as you stride down the trail.

Softshells are bulkier and heavier than hardshells when it comes to pack weight and space. Softshells are more flexible to give you a full range of motion, and they don't generate a metronome output when moving down the trail.

- **Advantage:** Tie. Both hardshells are less of a burden in your pack, but softshells are flexible and quiet.

Price

Like anything, there is the low-end and the high-end, as well as all prices in between, and you get what you pay for. The softshell market is vibrant so competition among companies is healthy. Prices with hardshells are very comparable.

- **Advantage:** Depends; hardshells are generally more expensive than softshells, but tend to last longer which can justify their investment.

So, hardshell or softshell? I have always preferred the taste of a softshell lobster myself; no excessive cracking devices needed and they tend to be sweeter.

But for outdoor clothing? Softshells win the breathability and versatility contests hands down, but hardshells out-perform softshells when the going gets tough.

Hardshells have a slight edge in the weight and packability competition, but not in the "nature at peace category" considering you can hear them coming from a mile away.

And price is anybody's game. To me a simple tally provides somewhat skewed results. Considering that the majority of conditions are more appropriate for softshells, they may be a better bang for your buck.

But don't bury your hardshell in some pile of not-often-used gear; you might want it when the sky opens up or the wind is gusting- that hardshell can be great protection over that nice softshell you have been hiking in all day.

Backpacking Workshop planned in late spring

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?

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 (207) 215-5306 or Lew Dow at lwsdow@yahoo.com or (207) 890-8512.

The date and location of this event have not been confirmed. It will be a weekday evening during the end of May or beginning of June in the Portland area. Please check the calendar page on the Maine Chapter website <http://www.amcmaine.org/calendar/> for updated information.



“Rescue” scene from last year’s workshop

Sea Kayak Rescue Workshop May 21 Windham

Shhhhh! Let’s share the biggest secret in the sea kayaking world: it’s really hard to roll a kayak over! It’s common for avid paddlers to go an entire season without getting their heads wet (unless the water is precipitation, of course).

There are many challenges in sea kayaking, however, and the potential for an unwanted flipping is always there: would you be ready for that unlikely moment when it does arrive?

Come join us at the Sea Kayak Rescue Workshop to learn the safety skills necessary to get you out of the water and back paddling again. Professional instructors will be present to demonstrate and coach the basic skills of wet exits, self rescue, braces, and paired rescues.

Participants will have the opportunity for guided and independent practice to help develop instinctive responses for both paddlers in the water (a.k.a. swimmers) and paddlers assisting in boats. The most effective training puts you in realistic situations and that means everyone will be getting wet, in the cold water, several times! This workshop will focus on basic one and two boat rescue situations and does not include Eskimo rolling or advanced techniques.

Whether a rookie paddler or experienced sea tourer, there’s something for everyone in this workshop. This material is great stuff-to-know-before-you-go for the Maine Chapter’s Summer 2011 sea kayaking trips.

The workshop will run from 9:00 am to 12:00 pm at Highland Lake in Windham on May 21, and costs \$10/members, \$20/non-members. For more information and to participate, contact Jeff Aceto at 207-650-5674 or outings@amcmaine.org.

A New Trail Sign at Bald-Speckled Mountains -- Last spring 7 members of the Maine Chapter met for trail work on Bald-Speckled Mountains. The trail had been relocated and needed blazing, a short loop trail needed to be cut, and a new trail sign installed. Many of us were there to help a healing trail adopter, John Wiley, who earlier in the year had to have surgery on his foot and would have to wait 9 months before going on the trails again. The views were spectacular and we all enjoyed a wonderful day in the woods.

Douglas Ofiara photos

Current Volunteer Opportunities: Get More Involved With Your Chapter!

- ❖ Conservation chair
- ❖ Newsletter editor
- ❖ Membership chair
- ❖ Trip leaders
- ❖ Members to support the activity of the following committees: Meetings & Education, Membership, Maine Woods Initiative, Outings, Trails, Young Members and more!

If you would like to learn more about these volunteer opportunities, please reach out to

Paul Hahn,

Nominating Committee chair, at
nominating@amcmaine.org or (207) 222-2837.



Denise reminds us that biking season is almost here!

By Denise Courtemanche

Believe it or not! We have less than six weeks before my bike will be on the road. I see several people riding everyday in the Portland area. It is a little cold for me to ride in this weather. I like the heater in my car.

I hope everyone has been enjoying the winter season and have been able to enjoy the many outdoor activities.

The biking season will begin with a potluck at my house in Brunswick on Saturday, April 30th at 5 pm. Please bring a dish to share. If the weather is good, meet at 2 pm and we will do a 10 to 15 mile ride around Brunswick.

The regular biking season will begin on Tuesday, May 3rd. Our meeting time will be 5:45 pm in order to be ready to ride at 6 pm. We will begin the season with rides that are flat and around 10 miles in length. As the season progresses and the day light increases, so will the length of the rides along with adding a few hills along the way.

We will continue to schedule two Sunday rides each month. These rides will be 20 to 50 miles long and will be at a faster pace. I am always looking for new places to ride, so suggestions are always welcomed.

Remember to always bring your helmet, reflective vest, water and a snack to eat and change for an ice cream on occasion.

I look forward to revisiting the regulars and hope to see some new faces. Please check out the schedule in the newsletter or on line. I will continue to send out weekly e-mail notices as reminders. If you would like to add you name to the list, please let me know.

AMC Bike Schedule

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 call for meeting place.

If it rains, we will ride on Wednesday

Send me your e-mail address and get on the list for short notice rides! For the trips below, leader: Denise Courtemanche, decacct@comcast.com or 725-6285.

Tuesday, May 3rd: Early season ride, flat – no hills in the Old Orchard area. We start from Pine Point, bike to Old Orchard, Ocean Park and more if time permits. Riding about 15 miles at a comfortable pace set by the group.

Tuesday, May 10th: 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!!

Sunday, May 15th: If our legs are ready, I would like to begin riding in the York area about 29 miles but mostly flat and a few hills here and there. Call for times.

Tuesday, May 17th: We will meet at the Wainwright Fields in South Portland and ride the Eastern Trail to Bug Light and Fort Williams if we have enough time. Approximately 15 miles.

Tuesday, May 24th: 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.

Sunday, May 29th: 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.

Tuesday, May 31st: 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.

Sunday, June 5th: Let's continue up the coast to Kennebunk and Kennebunk Port and ride 30 miles and enjoy the beach along the way.

Tuesday, June 7th: We will visit Two Lights in Cape Elizabeth but we will leave from Scarborough and take the long road!

Tuesday, June 14th: Lets take a trip to Brunswick and ride to Wolf's Neck Park. This is a 22-mile ride.

Tuesday, June 21st: This could be the week we ride in Auburn with Jim as our leader.

Sunday, June 26th: How about a nice ride along the ocean in from Kennebunk to Cape Porpoise

Tuesday, June 28th: Lets meet in Yarmouth High School and ride to Freeport for chocolate.



Visibility is low, but morale is high as a Maine Chapter trip reaches the summit of Burnt Mountain on January 8. Jeff Aceto photo.

New trail kiosk installed at Burnt Meadow Mountain

By Douglas D. Ofiara

Last December was the culmination of a trail kiosk project for the Burnt Meadow Mountain trail system in Brownfield.

The initial design came from kiosks on the Imp Trail in the White Mountain National Forest using a single post. Construction of the kiosk began in the Spring by Douglas Ofiara and Keith Chapman visiting a Home Depot and selecting the lumber needed, and most important having the large pieces sawed there. A neighbor helped on the smaller pieces.

At each step of construction during the spring, summer and fall, the wood received at least 2 coats of oil based paint, the edges getting more to penetrate all cracks and depressions.

All edges were then epoxied to provide a seal along with an edge strip. Cedar shingles were nailed on the roof and then treated with a waterproofing sealer. Once finished it was loaded into Keith's car, and transported up to the Burnt Meadow Mountain parking lot. I think I logged in over 60 hours on this project.

We had dug a site for the kiosk earlier in the week, and Dan Hester and Richard York met us that Saturday morning. In about two hours it was up and stabilized with a bag of crushed rock, all signage was positioned and attached, along with a new laminated trail map.




All of us were thrilled this project was completed and that visitors could now see the trail system we have developed there, along with information from the Maine Forest Service, and signage reminding all to always respect private landowners and their land; who make all this possible.

We have a new weather-proof box to contain simple maps and a trip log book that will be attached to the kiosk in Winter or Spring. When this is up we ask for everyone to fill out the log book so we can get some idea of usage, popularity, destination, and where visitors come from. This information will help us in future communications with cooperating landowners and new landowners we will approach to expand the trail system. Just this year we have two new landowners excited about this project and willing to help out and allow the trail to cross their property. We hope many will get out and visit the new trail system.



Maine Chapter AMC Order Form




Poly Shirts

| | | | | | | |
|--------------------|---|--------------|---------------|--------------|----------------|----------------|
| <u>Long Sleeve</u> | | <u>Small</u> | <u>Medium</u> | <u>Large</u> | <u>X-Large</u> | |
| Medium Blue |  | not avail. | not avail. | not avail. | _____ | Unisex sizing |
| Forest Green |  | _____ | _____ | _____ | _____ | Unisex sizing |
| Light Blue |  | _____ | _____ | not avail. | not avail. | Women's sizing |

Total # of shirts= _____

X \$20= _____

Shipping and handling (up to 3 shirts) + \$5.10= _____



| | | | | | | |
|---------------------|---|--------------|---------------|--------------|----------------|----------------|
| <u>Short Sleeve</u> | | <u>Small</u> | <u>Medium</u> | <u>Large</u> | <u>X-Large</u> | |
| Medium Blue |  | not avail. | not avail. | not avail. | not avail. | Unisex sizing |
| Forest Green |  | _____ | _____ | _____ | _____ | Unisex sizing |
| Light Blue |  | _____ | _____ | _____ | not avail. | Women's sizing |

Total # of shirts= _____

X \$17= _____

Shipping and handling (up to 3 shirts) + \$5.10= _____

Cotton Shirts

| | | | | | |
|---------------------|--|--------------|---------------|--------------|-----------------|
| <u>Short sleeve</u> | | <u>Small</u> | <u>Medium</u> | <u>Large</u> | <u>X- Large</u> |
| Eggplant |  | _____ | _____ | _____ | _____ |
| Serene Green |  | _____ | _____ | _____ | not avail. |

Total # of shirts= _____

X \$15= _____

Shipping and handling (up to 3 shirts) + \$5.10= _____

Zipper Pulls

With Maine Chapter logo

Note quantity to order _____

x \$4= _____

Shipping and handling (up to 3 pulls) + \$1.00= _____

Contact information

Name _____
 Address _____

 Town/City _____
 State _____
 ZIP _____
 Phone _____
 E-mail _____

Total Cost=

Call or e-mail Deborah with any questions
debfl@fairpoint.net
 207-293-2225

Make check payable to:
 AMC- Maine Chapter

Send to:
 Deborah Flight
 P.O Box 268
 Mount Vernon, Maine 04352

Information needed about Maine's small but beautiful mountains

"I'm searching for updated information on many trails," reports Carey Kish, editor of the planned new edition of the Maine Mountain Guide.

Special needs include:

- **Aroostook County:** Number Nine Mtn., Hedgehog Mtn., Round Mtn. Horseshoe Mtn., Priestly Mtn., Mt. Chase.
- **Greater Moosehead Lake Region:** Green Mtn., Little Russell Mtn., Number Four Mtn., Soubunge Mtn., Little Spencer Mtn.
- **100-Mile Wilderness:** Little Wilson Falls
- **East of the Penobscot:** Rider Bluff, Blackcap Mtn., Eagle Bluff, Woodchuck Hill, Big and Little Chick Hills, Lead Mtn., Peaked Mtn. (Washington County), Passadumkeag Mtn., Pocomoonshine Mtn.
- **Camden Hills:** Mt. Harris, Mt. Waldo
- **Southwestern Maine/Pleasant Mountain:** Rattlesnake Mtn., Ossipee Hill, Mt. Cutler, Burnt Meadow Mtn., Peary Mtn.
- **Oxford Hills/Evans Notch:** Streaked Mtn., Singepole Ridge, Crocker Hill, Bear Mtn., Bald and Speckled Mountains, Mt. Zircon, Mt. Tire'm
- **Weld Region:** Bald Mtn., Sugarloaf Mtn., Bull Rock
- **Rangeley/Stratton Region:** East Kennebago Mtn., West Kennebago Mtn., Snow Mtn., Kibby Mtn.
- **Kennebec Valley:** Monument Hill, Chase Hill, Coburn Mtn., Sally Mtn., Boundary Bald Mtn.

Carey Kish, Editor, *AMC Maine Mountain Guide*, 838-9669, maineoutdoors@aol.com

I'm also looking to identify the maintainer, be it an organization or individual, for all trails.

A project of this magnitude is only possible with the support, assistance and guidance of many people. A high quality product—a new guide with the most accurate up-to-date information as possible—is the desired end product.

Get Wilderness Matters electronically

Would you prefer to save the Chapter some funds and save a couple of trees? If so, you can opt to receive your Maine Chapter newsletter in PDF. If you prefer to only receive an electronic copy sent to your e-mail inbox for each issue, you can select this preference through AMC's Member Center (<http://www.outdoors.org/membership/member-center.cfm>).

For complete instructions, please refer to the guide posted on the Maine Chapter website at: <http://www.amcmaine.org/wp-content/uploads/Member-Center-Guide.pdf>. If you have problems, e-mail: AMCinformation@outdoors.org or call 1-800-372-1758 Monday-Friday, 9-5 Eastern time.

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 AMC, or its MAINE Chapter.

Send all address corrections to: AMC
5 Joy Street
Boston, MA 02108

Send newsletter submissions to: Bob Cummings
616 Main Road
Phippsburg, ME
443-2925
drummore@gmail.com

Chapter Executive Committee

Chair: Carrie Walia, 221 Birch Ave., Stoneham, 04231, 928-2277, cell: 890-8824, chair@amcmaine.org.

Vice-Chair: Larry Dyer, 10m Homestead Rd, Casco, ME 04015, 655-9097, vice@amcmaine.org.

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Secretary: Diane Edwards, 273 State St, Portland, 04101, 775-0224, secretary@amcmaine.org.

Treasurer: Denise Courtemanche, 9 Bailey Lane, Brunswick, 04011, 725-6285, treasurer@amcmaine.org.

At Large: Paul Hahn, 11 Pioneer Circle, Gorham, 04038, home: 222-2837, cell: 400-9515. Scott Dyer, 568 Union Hill Rd, Stow, 04037, 233-5758. Both can be reached from atlarge@amcmaine.org.

Outings: Jeff Aceto, 24 Connecticut Street, #1, Old Town, ME 04468, 650-5674 outings@amcmaine.org.

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Membership: Vacant

Trails: Keith Chapman, 175 Evans Street, South Portland, 04106, 799-5212. Sarah Knowles, 29 Pleasant St. Apt. 5, Gardiner, ME 04345, (309) 255-7286. Both can be reached from trails@amcmaine.org.

Newsletter: Bob Cummings, 616 Main Road, Phippsburg, 04562, 443-2925. Brenda Cummings, 64 Pearl Street, Bath, 04530, 443-5993. Both can be reached from newsletter@amcmaine.org.

Meetings & Education: John Mullens, 41 Bayberry Lane, Cape Neddick, 03902, 361-1210, education@amcmaine.org.

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Maine Woods Initiative: Peter Roderick, 1027 Watson Pond Road, Rome, 04963, 293-2704. Scott Dyer, 568 Union Hill Rd, Stow, 04037, 233-5758. Both can be reached at mwi@amcmaine.org.

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Maine Chapter Website

www.amcmaine.org

Two new leaders join the ranks of Maine Chapter



Above: Roger David presents new leader Sarah Toner with her coveted Maine Chapter Leader patch after a successful mentor hike on Bald Mountain in February. Sarah is a physical therapist who lives in Fairfield with her husband Jason (also a leader) and their 'kayakin' dog'. Look for Sarah to be active in both summer and winter hiking and backpacking. Welcome, Sarah!

Below: Joe Gagne on joining the ranks of the Maine leaders. Joe is a supervisor with UPS during the week, but his passion is leading and sharing knowledge on hiking on the weekends. As shown in this picture, he especially focuses on trips above treeline on 4k footers or bigger. Come join Joe on a hike this summer!



Join Spring Fling at the Delaware Water Gap!

Join your AMC friends for AMC's third annual Spring Fling at the Mohican Outdoor Center. Hike on the scenic trails in the Delaware Water Gap, bike on the park's roads and trails, visit the Lakota Wolf Preserve, paddle Catfish Pond, enjoy S'mores around a campfire. Bring your favorite musical instrument. This will be a chance for our chapters to come together to relax and have fun - no meetings, no business agenda. Register early (603-466-2727) April 29 - May 1. Location: Mohican, New Jersey, Delaware Watergap, NJ AMC Reservations 603-466-2727 (best time to call: 9:00am-5:00pm Mon-Sat) amclodging@outdoors.org. Leader: Henry Schreiber, hfschreiber@pobox.com.