



WILDERNESS MATTERS

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

NON-PROFIT
U.S. POSTAGE
PAID
BRUNSWICK, ME
PERMIT NO. 65

Maine Chapter, Appalachian Mountain Club

Volume XXXVII • Number 3 • Summer 2012

On Chapter Trail Work and Stewardship

With the hiking season beginning for many, our trails will be explored by many visitors, equating to a lot of tramping and compaction. Our trails need everyone's help, from occasionally kicking aside small branches and debris and removing small rotted logs and branches that fall from high winds to teaming up with one of the Maine Chapter trail work days.

Throughout the summer and fall, the Chapter has many trail work days where volunteers can learn what it takes to keep our trails maintained and to fix trouble spots. In total we maintain 40 miles of Maine trails. Maybe we're lucky if we service 15 miles in a season. So what happens when we don't get to all of the trails?

At a recent Trail Work Clinic with the US Forest Service at the WMNF, I found out what this means. There are more trails in the WMNF than trail crews—US Forest Service Crew, AMC Pro Crew, Randolph Mtn. Club, AMC Teen Trail volunteers, and the small army of trail adopters and volunteers—can service, i.e. perform a Level 1 Basic Maintenance (brush cutting, raking, and water bar cleaning). As a result the US Forest Service plans to decommission



▲ Trail work puts a smile on every face.

▼ Many hands make light work!



several trails in the WMNF. These trails will not receive any maintenance and over time will become overgrown. Here in Maine, we have neglected trails as well, and some have become bushwhack experiences.

Learning about caring for a trail will affect you and the experience may change how you hike. Soil compaction, erosion, and tree and brush growth are forces and natural processes that require periodic attention. Without attention trails deteriorate, erode at accelerated rates, and make hiking more challenging and visually less appealing. Volunteering on trail work days will introduce you to the skills to perform basic maintenance on our trails in a safe manner, and introduce you to a group of individuals that care deeply about trails as if they are a living, breathing organism. So please show your support by joining us on the trails this season, learn some new skills, and meet new friends while you give back.

Please check the Outings Listings in this newsletter and at www.amcmaine.org online for lots of great Trail Work opportunities!

—Submitted by Douglas Ofiara,
Maine Chapter Trails Committee

Maine Forest Ecology and Tree Identification: “Talk and Walk” Learning Opportunity



Carey Kish, licensed Maine forester, avid hiker, and member of the Maine Chapter's Executive Committee, will present a two-part “talk and walk” series on forest ecology and tree identification open to chapter members and the public.

Thursday, July 19: Identification of Forest Trees and Forest Ecology Overview, Freeport Community Library, 10 Library Drive, Freeport, ME. Forest Ecology and

Tree Identification: Talking About Trees. This is the first portion of a two-part “Talk and Walk” series. More than 90% of Maine is covered with trees, making our state the most heavily forested in all of the U.S. Comprising this grand forest landscape are more than 60 major species of trees, from the pines, spruces and cedars to the maples, oaks and aspens, and many more in-between. How many of these leafy forest friends can you identify? A lot more for sure after this session! Join Carey Kish for a presentation on Maine's bounty of trees and how to identify them in summertime. Kish will discuss the parts of a tree and how trees function, take a look at annual rings and tree growth, and then review the common softwood and hardwood trees found in the Maine woods and mountains. He will also

- continued on page 5

Inside:

- ✿ Lots of trips and activities, meetings and events to get you out there and enjoying summer in Maine! **p.2-5**
- ✿ Homegrown Veggies at Gorman Chairback Lodge **p.6**
- ✿ Celebrate the 75th Anniversary of the Completion of the AT! **p.6**
- ✿ Ecological Recovery Sept. Talk **p.7**
- ✿ Maine Chapter Annual Meeting **p.7**
- ✿ New Trip Leaders & a New Trip **p.8**
- ✿ AMC Books Announces New Titles, **p.8**
- ✿ Spring Birding Weekend at Gorman Chairback, **p.9**
- ✿ Member Profile, Nancy Booth **p.10**
- ✿ WANTED! Old Maine Chapter AMC Documents and Photos, **p.11**

OUTINGS/EVENTS/ MEETINGS/EDUCATION

The listings below—presented in date order by category—include only those posted prior to the submission deadline for this issue of Wilderness Matters. **For the most complete and accurate listings—and so you don't miss spontaneous outings—please periodically check out the Calendar online at www.amcmaine.org.** For general questions or comments regarding these listings, contact Jeff Aceto, Outings Chair, 207-650-5674, outings@amcmaine.org.

Next Deadline, Wilderness Matters, Autumn Issue: September 1 (for publication October 1). Wilderness Matters is your chapter newsletter. Everyone is welcome and encouraged to contribute, be it stories, news, opinions, photos, or whatnot. We want to hear from you! Send submissions to newsletter@amcmaine.org. Thank you!

MEETINGS

Thursday, July 12: Maine Chapter Executive Committee Meeting. Freeport, ME. Upstairs meeting room, Freeport McDonald's, 6:30-8:30pm. Open to all. Subsequent ExCom meeting is Thurs., Sept. 13. Leader: Larry Dyer chair@amcmaine.org.

Saturday, November 3: AMC Maine Chapter Annual Meeting, Portland, ME. DiMillo's Floating Restaurant. Social hour, dinner, business meeting, program: John Judge, new AMC president. Cost \$35. Please register by September 11. Complete details and registration information online at www.amcmaine.org.

EDUCATION

Thursday, July 19: Forest Ecology and Tree Identification: Talking About Trees. Freeport Community Library, 10 Library Drive, Freeport, ME. Please see full article on this potluck and program on p. 1 of this newsletter. FMI: John Mullens, (207) 361-1210, education@amcmaine.org.

Saturday, July 21: Forest Ecology and Tree Identification: Walking About Trees. This walk in the Kish & Leyman Woodlot is a "hands-on" follow-up to the Forest Ecology and Tree Identification program listed above. Please see full article on this program on p. 1 of this newsletter. FMI: John Mullens, (207) 361-1210, education@amcmaine.org. Leader: Carey Kish, (207) 838-9669, maineoutdoors@aol.com.

Wednesday, September 19: Ecological Recovery in Coastal Maine, Curtis Memorial Library, Brunswick, ME. Professor John Lichter, the Samuel S. Butcher Associate Professor in the Natural Sciences at Bowdoin College, will speak on understanding how continued ecological recovery of wildlife in Maine's rivers, estuaries, and coastal marine ecosystems could stimulate economic activity in coastal Maine. Please see full article on this program on p. 7 of this newsletter. FMI: John Mullens, (207) 361-1210, education@amcmaine.org.

TRAILS

Monday–Thursday, July 9–12: Trail Work @ Gorman Chairback Lodge and Cabins, ME. Mid-week trip replaces annual July 4th trip. Great opportunity to visit Maine Woods Initiative area during summer season while giving back to the club. Variety of recreational opportunities available during non-work hours, including moose spotting. Come join the fun. Leader: Peter Roderick, (207) 293-2704 (before 9pm), roderick1027@fairpoint.net.

Saturday, July 14: Trail Work @ Rumford Whitecap Mtn., Andover, ME. Join Maine Chapter and Mahoosuc Land Trust to work on new trail from Rumford Whitecap to nearby Black Mtn. Leaders: Keith Chapman (207) 799-5212 (before 9pm);

Richard York (207) 893-1828 (before 9pm).

Saturday, July 28: Trail Work @ Ledges Trail, Pleasant Mtn., Bridgton, ME. Volunteer trail work with the Maine Chapter and Loon Echo Land Trust on popular Ledges Trail. Work will involve some erosion control. Leaders: Keith Chapman (207) 799-5212 (before 9pm).

Saturday, August 11: Trail Work @ Stone Mtn., Brownfield, ME. Help with trail reconnaissance on Stone Mtn. and raking and debris removal on the Stone Mt. Trail. Leaders: Keith Chapman (207) 799-5212 (before 9pm); Richard York (207) 893-1828 (before 9pm).

Saturday, August 25: Trail Work @ Waterford Historic Trail. Volunteer trail work on a historic trail in Waterford where several mills once stood. Work will involve small tree removal, raking and brush cutting. Bring small saws, clippers and loppers. Leaders: Keith Chapman (207) 799-5212 (before 9pm); Richard York (207) 893-1828 (before 9pm).

Saturday, September 8: Trail Work @ Waterford Historic Trail. Same as August 25 description above. Leaders: Keith Chapman (207) 799-5212 (before 9pm); Douglas Ofiara (207) 885-9183 (before 9pm), trails@amcmaine.org.

YOUNG MEMBERS

Saturday, June 23: Abraham and Spaulding, Kingfield, ME. Mt. Abraham has one of the best views of the mountains in Maine, with an exposed top consisting of the second largest alpine zone in that state. We plan to hike Fire Warden's trail up Mt. Abraham, then over to Spaulding. RT distance is 15.2 miles. Join us for this beautiful yet challenging hike! Leaders: Sarah Keats, (207) 756-4226, slkski@gmail.com; Kim Sanders, kimberlyannsanders@gmail.com.

Saturday, June 23: Fryeburg Bike Trip, Fryeburg, ME. 16-mile bike ride through Fryeburg up Rte. 113. Great views of farms and mountains. Leisurely pace. Late morning start to allow for travel. 2 hours. Rain date, Sunday June 24. Leader: Carrie Walia, (207) 756-4226, carrie.amcme@yahoo.com.

Monday, June 25: Kick Off the Summer Potluck, Cape Elizabeth, ME. Meet people in their 20s and 30s interested in the outdoors! Chance to eat good food, enjoy beautiful scenery, and get to know new people. Fun events are planned for this summer, including a Family Hike, and this is a good opportunity to meet participants beforehand! We will provide beverages and grilling food; please bring a side dish to share. Playground, field, old forts, lighthouse, and beach are a few of the attractions at Fort Williams. Rain date: Wed. June 27. Check our FB page by 2PM on Monday day of trip. Leader: Kim Sanders, kimberlyannsanders@gmail.com.

Saturday, July 14: Mt. Tecumseh, WMNF, NH. Hike 4,003' Mt. Tecumseh via Mt. Tecumseh Trail out of the Waterville Valley Ski Area. Moderate pace covering total of 5 miles with 2,200 feet elevation gain. Leaders: Sarah Keats, (207) 756-4226, slkski@gmail.com; Frank Brooks, thenextb@aol.com.

Sunday, July 22: Bike Trip, Portland, ME. Ride on the roads in Southern Maine, near Portland to OOB (route planning underway!). Leisurely pace 15-20 miles. Leaders: Carrie Walia; Coleen Brooks, neellocgiarc@gmail.com.

FLATWATER PADDLING

Friday, June 30: Brunswick Pedal and Paddle Outing, Brunswick, ME. Joint venture with Brunswick-Topsham Land Trust biking along and then paddling down the Androscoggin River in Brunswick. We'll drop off boats then spot cars at take out. We'll head back to our kayaks on our bikes by way of Androscoggin River Bike Path. After securing our bikes, we'll paddle down the river to take out while enjoying the flow as the tide goes out and explore the islands in the channel (including Cow Island which is protected by BTLT) while

watching for eagles and ospreys. If timing works, we'll enjoy lunch on the water near the island. Leader: Michelle Moody, (207) 319-7355 (before 9pm), meamc@micstan.us.

SEA KAYAKING

Thursday, July 12: Midweek Sea Kayak to Malaga Island, Phippsburg, ME. Go with the tide paddle from the Basin in Phippsburg to Malaga Island in the New Meadows River. Launch from rocky beach in the Basin (TNC property). Must be able to help carry kayak to water's edge over rocks. Paddle out of the Basin is very scenic. Will flow out with the tide and down river to the island. Hike and lunch on island, then paddle around island for a taste of more open water at mouth of New Meadows River. Sea worthy kayak required and full gear, and moderate experience with open water kayaking. Leader: Michelle Moody, (207) 319-7355 (before 9pm), meamc@micstan.us.

Wednesday, July 18: Cundy's Harbor, ME. Midweek Sea Kayak outing for experienced paddlers. Meet in morning at mid-tide to get on water and explore Quahog Bay and Ridley Cove in Cundy's Harbor area. May also go into New Meadows River. Start from Bethel Point Rd. Paid parking. How far out we venture will be dependent on conditions including weather and tides. Full gear required including spray skirt and wet suit if needed. Knowledge of self and assisted rescue needed. Please email leader with details of your equipment and level of experience. Leader: Michelle Moody, (207) 319-7355 (before 9pm), meamc@micstan.us.

Saturday, July 28: Jewell Island, Harpswell, ME. All-day 14-16 mile trek in Casco Bay to Jewell Island. Route will wind through several islands in Casco Bay and include magnificent views, historic sites, forts, and ocean wildlife. Likely include an hour hiking tour of Jewell Island. Participants should be capable of paddling for several hours in any weather condition. Trek is weather and tides-dependent, and may be modified for conditions by leader. Minimum 14' kayak required. Leader: Jeff Aceto, (207) 650-5674, outings@amcmaine.org.

ROAD BIKING

Sunday, June 24: Popham Beach Bike Ride. Meet in Bath and ride to Popham Beach - 32 miles. Leader: Denise Courtemanche, (207) 841-4366, decacct@comcast.net.

Tuesday, June 26: Kennebunkport Bike Ride. Time for wild roses and riding in Kennebunkport. Meet at Federal Jacks parking lot and then ride along the ocean for either 10-12 or 18 miles - amazing scenery. Dinner at Federal Jacks for those who wish. Leader: Denise Courtemanche, (207) 841-4366, decacct@comcast.net.

Friday, June 29: Brunswick Bike and Hike Outing. A biking and hiking sojourn in Brunswick and a joint venture with Brunswick-Topsham Land Trust. Bike from Crystal Spring Farm (BTLT property) to Bunganuc Road, then hike to Maquoit Bay on land also protected by BTLT. Morning departure with picnic lunch on the bay. May also hike the trails at the farm upon our return. Bike helmets required. Leader: Michelle Moody, (207) 319-7355 (before 9pm), meamc@micstan.us.

Tuesday, July 3: Goose Rocks Bike Ride. Meet at University of New England in Biddeford off Route 9 and ride to Biddeford Pool and Goose Rocks Beach. Leader: Denise Courtemanche, (207) 841-4366, decacct@comcast.net.

Wednesday, July 4: Lighthouse Bike Ride. Meet in South Portland at Wainwright Field and ride to Scarborough and back, checking out Portland Head and Two Lights as we go. 30 mile ride. Leader: Denise Courtemanche, (207) 841-4366, decacct@comcast.net.

Tuesday, July 10: Pleasant Point Bike Ride. Meet in Brunswick

and ride to Pleasant Point in Topsham. Leader: Denise Courtemanche, (207) 841-4366, decacct@comcast.net.

Tuesday, July 17: Lake Auburn Bike Ride & Potluck. Meet in Auburn for Jim's famous ride around Lake Auburn! About 15 miles. Pot luck following the ride at Jim's house. Leader: Jim Tierney, run437@hotmail.com.

Sunday, July 22: Kennebunkport Bike Ride. Meet in Kennebunk and ride to Kennebunkport along the beach. Leader: Denise Courtemanche, (207) 841-4366, decacct@comcast.net.

Tuesday, July 24: Scarborough Bike Ride & Potluck. Meet in Scarborough and Joyce will take us for a ride. Potluck following the ride. If it rains, potluck will still be held beginning at 6 pm. Ride is about 15 miles. Leader: Joyce Donald, j1donald@yahoo.com.

Sunday, July 29: North Yarmouth Bike Ride. Ride through beautiful North Yarmouth and enjoy the rolling countryside along the way. Ride is about 30 miles. Leader: Denise Courtemanche, (207) 841-4366, decacct@comcast.net.

Tuesday, July 31: Leader's Choice Bike Ride. Andy will take you on a back roads ride through the countryside of Biddeford and Saco. Leader: Andy Chabot, chab31@maine.rr.com.

Tuesday, August 7: Audubon Bike Ride. Meet in Yarmouth and do the Audubon ride, about 15 miles to Gilsland Farm to see June LaCombe's sculptures. Leader: Denise Courtemanche, (207) 841-4366, decacct@comcast.net.

Sunday, August 12: Bowdoinham Bike Ride. Meet in Brunswick and ride to Bowdoinham. About 25 miles. Leader: Denise Courtemanche, (207) 841-4366, decacct@comcast.net.

Tuesday, August 14: Cathance River Bike Ride. Meet in Topsham for a 15 mile ride up to the Cathance River and back. Dine at the Seadog Brewery after ride. Leader: Denise Courtemanche, (207) 841-4366, decacct@comcast.net.

Tuesday, August 21: Cousin's Island Bike Ride. Meet in Yarmouth and enjoy the views riding to Cousin's Island. Leader: Denise Courtemanche, (207) 841-4366, decacct@comcast.net.

Sunday, August 26: Pemaquid Point Bike Ride. Meet in Damariscotta and ride to Pemaquid Point, a 40 mile ride. Leader: Denise Courtemanche, (207) 841-4366, decacct@comcast.net.

Tuesday, August 28: Leader's Choice Bike Ride. Leader: Denise Courtemanche, (207) 841-4366, decacct@comcast.net.

Sunday, September 2: Leader's Choice Bike Ride. Leader: Denise Courtemanche, (207) 841-4366, decacct@comcast.net.

MOUNTAIN BIKING

Saturday, June 30: Sugarloaf Outdoor Center—Narrow Gauge. Mountain biking in the Carrabassett Valley and Sugarloaf region. Up to intermediate level skill required. Leader's choice for route and mileage. Contact for details. Leaders: Jason Toner, (207) 319-649-2448, jandstoner@maine.rr.com; Sarah Toner, (207) 649-2449.

Saturday, July 28: Rangeley Lakes Trail Center. Mountain bike at Rangeley Lakes Trail Center. Leader's choice for route and mileage. Up to intermediate skill required. Contact for details. Leaders: Jason Toner, (207) 319-649-2448, jandstoner@maine.rr.com; Sarah Toner, (207) 649-2449.

Saturday, August 25: Maine Huts and Trails. Mountain bike in Carrabassett Valley region. Leader's choice for route and mileage. Up to intermediate skill required. Contact for details. Leaders: Jason Toner, (207) 319-649-2448, jandstoner@maine.rr.com; Sarah Toner, (207) 649-2449.

HIKING

Sunday, July 1: Three Waterfall Challenges. Pehoamuck-Ice Gulch Loop, Mossy Glen and Cold Brook Falls. Muddy, slippery, with strenuous rock scrambling. Rain before/

during postpones. (1) Pehoamauk-Ice Gulch Loop is 6 miles into difficult gulch. See Fairy Springs and Pehoamauk falls. Located north of Randolph, this hike has an easy start and finish with several minor stream crossing 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 Brunbrae 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 with be leisurely with care for safety. Challenging. Leaders: Jane Gibbons, (207) 647-3987, patnjane@wildblue.net; Peter Hope (603) 863-6456.

Saturday, July 7: Mt. Zircon. Looking for an easy hike that still has some challenges? Try this easy to moderate hike of 5.6 miles RT. Pass by the old "Zircon Water Bottling Co." on the way to a downed fire tower. Nice views from open top. 1,640' elevation gain at a relaxed pace. 2/3rds of hike is on gentle slope with last portion being steeper. Dog friendly hike, so if you have well-mannered 4-legged hiking partners, contact leader for more info. Easy to Moderate. Leaders: Roger David, (207) 737-2737 (before 9pm), rd04342@gmail.com; Ray Cooper, (207) 929-2726, rcooper207@yahoo.com.

Tuesday, July 10: Mt. Cutler. Ledges, views of Saco Valley, the White Mtns. Some bouldering and steep sections. 832' gain, 2.8 miles, via Barnes and Saco Ridge Trails. Explore this summit in Hiram, ME. Varied terrain with pine groves, old wells, ravine, areas of rugged boulders, overhanging and open ledges, ledges, views to south of Saco River valley, ridge walking, views to northwest of Presidentials. Descend via Saco Ridge Trail which includes a newly cut section and section on a snowmobile trail. Moderate. Leader: Jane Gibbons, (207) 647-3987, patnjane@wildblue.net.

Saturday, July 18: South Moat Mtn. Enjoy views from South Moat (2,772'), continuing to Middle Moat (2,760') with group consensus. Moderate. Leaders: Debby Kantor, (207) 854-3431 (before 9pm), dlkantor@aol.com; Lorraine Hussey (207) 619-9444 (before 9pm), rnlhussey@maine.rr.com.

Saturday, August 4: Cutler Bold Coast. Come explore beautiful Cutler Bold Coast. Hike the Fairy Head Loop linking Coastal and Inland trails. 9.2 miles roundtrip with 3.8 of those miles along the oceanfront! Spend the day soaking up the sunshine and sea spray, cliff top walking, rock hopping, bird watching, and hoping to spot a seal, porpoise, or whale! Easy to Moderate. Leader: Jeff Aceto, (207) 650-5674, outings@amcmaine.org.

Saturday, August 11: Mt. Caribou in Evans Notch. 7-mile loop hike at a moderate pace over moderate grades with beautiful views in all directions from open summit. Moderate. Leaders: Debby Kantor, (207) 854-3431 (before 9pm), dlkantor@aol.com; Lorraine Hussey (207) 619-9444 (before 9pm), rnlhussey@maine.rr.com.

Saturday, August 18: 75th AT Completion Celebration Hike near Spaulding Mtn. Hike to where the last section of the 2,180-mile Appalachian Trail was completed 75 years ago! See full article on this outing on p. 6 of this newsletter. Leaders: Laura Flight, (207) 215-5306, flyrodflight@systemfolder.com; Peter Roderick, (207) 293-2704 (before 9pm), roderick1027@fairpoint.net.

BACKPACKING, CAMPING, AND WEEKENDS

Saturday to Sunday, June 23 to 24: Beginner Backpack in Camden Hills State Park. You've done some hiking and now want to take the next step to a backpack overnight. This is the trip for you. Hike about 2 miles along easy trail to the ski shelter. Then drop gear and continue for short hike, depending on the group. Back at shelter we'll make dinner so here's your chance to try out that new stove, recipe, or cookware. In morning after breakfast, hike back to cars, drop

gear, then take another short hike, depending on the group. Leader will have full info on equipment needed. Space limited due to shelter size. Cost is \$7 per person, includes entrance to park. Easy to Moderate. Leaders: Roger David, Taru Soilikki, (207) 236-0110 (before 9pm), hikingloon@yahoo.com.

Friday to Sunday, July 20 to 22: Weekend Camping for Monson Summer Fest and Trail Town Designation. Spend weekend in Monson area and join the fun of local Summer Fest. Celebrate Monson becoming a designated Appalachian Trail Community. Free tent camping available at our camp in Elliottsville (8 miles from Monson) starting Friday night. Lean-to for 2 available for first to sign up. We are off the grid. Saturday morning, head to Monson for ceremonies and then enjoy Summer Fest. Bring kayaks if you want to paddle Lake Hebron or just enjoy the Summer Fest activities: BBQ Swap Meat, cheer on the triathletes or the wacky entries in the Anything Floats race. Sunday morning, take a hike, probably to Little Wilson Falls. Paddle on Lake Onawa after if time allows. Contact leader FMI including other lodging options if you don't wish to camp out. Camping space limited. Leader: Michelle Moody, (207) 319-7355 (best time to call: before 9pm), meamc@micstan.us.

Saturday to Sunday, July 21 to 22: Backpack the Saddleback Mountain Range. Backpack from Route 4 to Barnjum Rd. with stay at Poplar Ridge shelter. Ridge walk includes Saddleback, Saddleback Jr. and The Horn. Contact leaders for details. Strenuous. Leaders: Peter Roderick, (207) 293-2704 (before 9pm), roderick1027@fairpoint.net; Scott Dyer (207) 233-5758 (before 9pm), mwi@amcmaine.org.

Friday to Sunday, August 3 to 5: Beal Island Camping Weekend, Georgetown, ME. Joint venture with Kennebec Estuary Land Trust for 2 nights camping on Beal Island located on the tidal portion of the Sasanoa River. Enjoy group potluck dinner on Friday and optional lobster dinner Saturday. Paddle to Beal Island Friday afternoon to set up camp. Saturday will be paddling and exploring the Sasanoa and Back rivers with stops at several islands while watching for eagles, ospreys and endangered sturgeon. Kayaking experience required and longer kayaks preferred due to possible wind and currents. We will also observe the strong currents of Lower Hells Gate from safety of the shoreline on Beal Island. Nice trail to explore the island. Sunday, we'll haul our gear back and then explore Robin Hood Cove before heading home. Group size limited, so email or call now to book a spot. Leader: Michelle Moody, (207) 319-7355 (before 9pm), meamc@micstan.us.

Wednesday to Friday, August 22 to 24: Backpack in Downeast Maine. Donnell Pond. Moderate backpack over three peaks with camping on beautiful remote sandy beaches. Fantastic views of Acadia and Schoodic area. For backpackers with some experience, tent required. Leader hikes with dogs. Moderate. Leaders: Judy O'Neal, judyoneal@fairpoint.net; Roger David.

Tuesday to Friday, September 4 to 7: Midweek Stay at Little Lyford 50+ Group. Little Lyford Lodge, Greenville. Join 50+ group from Maine's Midcoast area (Thursday Hikers) on an outing to Little Lyford for 3 nights and 4 days of fun. Hiking, paddling and fishing available. Two cabins available and a couple bunk spots in bunkhouse. Cabins are \$285.69 per person and bunkhouse is \$191.61 including all meals and taxes. Gate fee is \$10 for those under 70. Spend days exploring trails around Little Lyford including Gulf Hags, Laurie's Ledge and maybe Number 3 Mtn. Easy hikes around camp as well as canoes for paddling on ponds. Call today to hold your spot. Leader: Michelle Moody, (207) 319-7355 (before 9pm), meamc@micstan.us.

Thursday to Sunday, September 13-16: Maine Chapter Weekend at Cold River Camp. Multiple trips over several days, varying difficulty. Leader: Michelle Moody, (207) 319-7355 (before 9pm), meamc@micstan.us.

WALKS

Wednesday, July 18: Prouts Neck Evening Shore Walk. Evening shore walk on Prouts Neck in Scarborough. Great ocean views and sunset! Easy. Leader: Lorraine Hussey (207) 619-9444 (before 9pm), rnlhussey@maine.rr.com.

Friday, August 31: Biddeford Pool Full Moon Shore Walk. Full moon shore walk in Biddeford Pool and East Point Sanctuary in Biddeford. Easy. Leader: Lorraine Hussey (207) 619-9444 (before 9pm), rnlhussey@maine.rr.com.

Maine Chapter Weekend at Cold River Camp in Evans Notch

It's never too early to plan for the end of summer outings, so please don't forget that the Maine Chapter is holding a special weekend event based at the AMC Cold River Camp facility in Evans Notch on September 13—16. Since we are not holding the annual meeting over a weekend this year, this is your opportunity to get out on multiple outings over one weekend with fellow AMC members. Be sure to check out the calendar listings that include biking, paddling and hiking during this special weekend event. Hikes will cover the gamut from a mostly flat trail to small mountains to 4000 footers. Be sure to keep checking the calendar as more outings may be added as the time draws near. We're still keeping Sunday open and may add another paddle if there is interest. This is a wonderful time to be out in nature as the days are less hot, the bugs are gone and the leaves may start showing their color. Camping is available in the area for those who haven't made reservations at AMC Cold River Camp. We are accepting folks for the waitlist for a cabin. Or feel free to just come for the day and join one of the outings. Be sure to call soon to reserve your spot. FMI: Michelle Moody, 207-319-7355, meamc@micstan.us.

Talk and Walk

- continued from page 1

provide an overview of the ecology of the Maine forest, from soils to sunlight to succession and lots more, thereby relating the individual trees to the working system of the forest as a whole. It promises to be a fun and fascinating evening getting to know the Maine woods a little more intimately, so the next time you go hiking you can impress your friends with a few simple facts and figures about the green trees all about you on the trail! The program begins at 7pm on Thursday, July 19, at the Freeport Community Library. Join us for a potluck dinner at 6pm (optional), with the program at 7pm. Bring a potluck item to share and your own dinnerware (plate, utensils etc.). Drinks will be available. Complete details in calendar listings at www.amcmaine.org. FMI, email Education Chair John Mullens at education@amcmaine.org.

Saturday July 21: A Walk in the Woods to Identify and Understand Forest Trees, Kish & Leyman Woodlot, Bowdoin, ME. This second portion of a two-part "Talk and Walk" series is a "hands-on" follow-up to the Forest Ecology and Tree Identification program intended to reinforce learning from the Thursday evening program. This will be a fun and easy walk in the forest where we'll identify as many of the species of Maine trees as we can find. Join Carey Kish and his wife Fran for a 2-mile round-trip hike over meandering trails through this lovely patch of forest. We'll stop frequently to identify as a group a whole host of trees. Carey has made friends with at least two dozen species of hardwoods and softwoods, so we'll have plenty of good practice! Kish will also dig a soil pit to take a closer look at what comprises the forest floor, and take a core sampling of a tree so we can count tree rings and determine the tree's age. And as we walk, we'll look closely and discuss the forest around us, its history as evidenced by stone walls and old stumps, and talk about the many processes going on—many unnoticed—in the living forest. This Saturday field trip requires advance registration and attendance at the Thursday evening program. Bring a daypack with appropriate clothes for the weather, bug dope, and lunch and water. 10am to 1pm. Registration details at www.amcmaine.org in calendar listings.

Wilderness Matters

is the newsletter of the Maine Chapter of the Appalachian Mountain Club. Opinions expressed herein do not necessarily reflect the policies or views of the AMC or its Maine Chapter.

Send all address corrections to: AMC, 5 Joy Street, Boston, MA 02108, 800-372-1758, amcmembership@outdoors.org

Send newsletter submissions and photographs to: newsletter@amcmaine.org

Maine Chapter Executive Committee

Chair: Larry Dyer, chair@amcmaine.org, (207) 655-9097

Conservation: Karen Herold, conservation@amcmaine.org, (207) 829-6146

Outings: Jeff Aceto, outings@amcmaine.org, (207) 650-5674

Outings: Michelle Moody (co-chair), outings@amcmaine.org, 207-319-7355

Meetings & Education: John Mullens, education@amcmaine.org, (207) 361-1210

Membership: VACANT

Maine Woods Initiative: Peter Roderick, mwi@amcmaine.org, (207) 293-2704

Maine Woods Initiative & At Large: Scott Dyer, mwi@amcmaine.org, (207) 233-5758

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

Nominating & At Large: Paul Hahn, nominating@amcmaine.org, (207) 222-2837

Past Chair: Carrie Walia, past_chair@amcmaine.org, (207) 928-2277

Secretary: Mary Riendeau, secretary@amcmaine.org, (207) 247-6123

Treasurer: Denise Courtemanche, treasurer@amcmaine.org, (207) 725-6285

Trails: Douglas Ofiara, trails@amcmaine.org, (207) 885-9183

Trails: Richard York, trails@amcmaine.org

Vice Chair: Roger David, vice@amcmaine.org, (207) 737-2737

Webmaster: Tim Flight, web@amcmaine.org, (207) 650-6809

Young Members: Kim Sanders, youngmembers@amcmaine.org, (207) 712-0862

Other Contacts

Regional Director: Sam Jamke, other@amcmaine.org, (603) 472-2538

Newsletter Designer: Lauren A. Mier, [brightredbicycledesign](http://brightredbicycledesign.com)

Maine Policy Office

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

Lindsay Bourgoine, Maine Policy Associate, lbougoine@outdoors.org

Maine Woods Initiative Office

Gary Dethlefsen, MWI Operations Manager, gdethlefsen@outdoors.org, (207) 280-0224; Office: 15 Moosehead Lake Rd., PO Box 310, Greenville ME 04441



Get Ready for **HOMEGROWN VEGGIES** at Gorman Chairback Lodge

When summer guests drive into Gorman Chairback Lodge, an almost hundred-foot wall of nodding sunflowers will greet them. When they stop to admire (who could resist?), they will be tempted to stroll beyond, through the raised bed and berm gardens that will provide fresh organic fruits, vegetables, and herbs for their meals at the lodge. These extensive new gardens—24 raised beds and over 200 running feet of berm gardens—are the brainchild of the lodge’s maintenance technician, Rich McCaffery, and AMC’s Operations Manager for the Maine Wilderness Lodges, Gary Dethlefsen. Through the winter they planned the gardens, and this spring Rich began building the beds and berms and planting the perennial raspberries, rhubarb, and asparagus. Over two long weekends in May and early June, sixteen Maine Chapter volunteers and several lodge staff members completed the final soil and site preparation and planted vegetable, herb, and ornamental gardens. As a result, hosta leaves now soften paths and parking areas, and over fifty vegetable varieties and an abundance of herbs and edible flowers will soon be ripe for the picking. The cooks at Gorman Chairback can’t wait to work their magic to transform the harvests into the delectable creations their guests will enjoy for months to come. Now there’s a reason to go back again. And again. And again. The gardening weekends were just two of many diverse volunteer opportunities in the Maine Woods Initiative area available this summer and fall. The work is fun, the rewards are great and, yes, there is free time to enjoy the Maine Woods. Consider pitching in yourself. Look for opportunities in this issue of *Wilderness Matters* and on the calendar on the chapter web site at www.amcmaine.org.

—Submitted by Judy Oneal



Celebrate the 75th Anniversary of the Completion of the Appalachian Trail



Ahhhh, the Appalachian Trail! That fabled footpath that winds its way from Georgia all the way to the great State of Maine. 2,180 miles of mountains, trees, streams, skies, and more. Ever wondered where the last section of trail was finally completed during its construction? You guessed it- right here in our own “The Way Life Should Be” state. The last two-mile stretch was completed by a Civilian Conservation Corps (CCC) crew on August 14, 1937, seventy-five years ago this coming August. That’s certainly something to celebrate! And that is just what the Maine Appalachian Trail Club (MATC) plans to do on Saturday, August 18.

This 75th anniversary celebration of the trail’s completion will feature hikes to a plaque at the location where the last segment of trail was finished high on Spaulding Mtn. just south of Sugarloaf. Multiple hikes will be offered, at varying levels of difficulty. There will be an 8-mile all-day hike from Lone Mountain to the top of Sugarloaf that will transit the last two miles of completed trail going past the plaque. This hike involves a bus shuttle and chairlift down Sugarloaf in the afternoon. There will also be a shorter 4-mile hike to the plaque assisted by the chairlift ride up Sugarloaf. The day will finish with a BBQ and more celebration at a local venue.

FMI on these events, please contact Tony Barrett at barretttony@comcast.net. To join one of the hikes, please contact Laura Flight at enews@amcmaine.org or Peter Roderick at mwi@amcmaine.org.

Ecological Recovery in Coastal Maine to be Topic of September Talk



John Lichter of Bowdoin College will talk about the future outlook for Maine's coastal marine ecology.

Maine's rivers, estuaries, and coastal marine ecosystems historically supported prodigious abundances of wildlife. Alewives and blueback herring emigrated out of our river systems by the millions, and were exploited for food by near-shore groundfish populations such as Atlantic cod and haddock, as well as by people. However, over the past three centuries, human activities have resulted in the collapse of these anadromous prey species, in turn decimating the near-shore groundfishery.

Bowdoin Professor John Lichter, the Samuel S. Butcher Associate Professor in the Natural Sciences, has begun a long-term study on this issue. Together with other researchers from Bowdoin and Bates Colleges, and the University of Southern Maine, Lichter's goal is to understand how continued ecological recovery could stimulate economic activity in coastal Maine. The Kennebec River and estuary, including Merrymeeting Bay, serve as their primary research system, although they make across-river comparisons with the Penobscot and St. Croix Rivers to understand how socioeconomic forces influence ecological recovery.

On Wednesday, September 19, Dr. Lichter will talk about this research and prospects for the future ecological recovery when he addresses the AMC Maine Chapter and the public at the Curtis Memorial Library in Brunswick. Join us for a potluck dinner at 6pm and Dr. John Lichter at 7pm. Bring a potluck item to share and your own dinnerware (plate, utensils etc.). Drinks will be available. See driving directions at www.amcmaine.org under meetings and education committee. This program was postponed from January 2012 for a family emergency. For more information email Chair John Mullens at education@amcmaine.org

AMC Maine Chapter 2012 Annual Meeting

This year's annual meeting will be held at DiMillo's Floating Restaurant on Commercial St. in Portland on Saturday, November 3rd. It is our hope that this format – a one-evening affair – will allow more members to attend.

- Agenda:**
- 5 PM Social hour (cash bar)
 - 6 PM Dinner
 - 7 PM Business meeting
 - 8 PM Featured Speaker: John Judge, new AMC president

We are excited to have John Judge, the new AMC president, as our guest speaker. As you might imagine, we don't get the president to be our speaker very often.

The meal will consist of a caprese salad, lobster bisque, a choice of one of the following: farfalle with lemon asparagus and mascarpone, baked stuffed chicken breast, apple and sausage stuffed pork chop with sage butter, or broiled haddock. Finish the meal with a piece of sour cream chocolate cake. Cost is \$35 per person, which covers the meal, gratuity and tax. Parking is free.

It is important to register early as space is limited. All who register by September 11th will have his or her name entered into a drawing for a free night's stay at a quality hotel in Portland, compliments of an anonymous donor.

To register: Go to www.amcmaine.org/2012-annual-meeting, where a link to the registration form can be found (3rd paragraph down). Please fill out the form and mail in as indicated. Online registration and payment is coming soon...

FMI, contact Larry Dyer at 207-655-9097 or chair@amcmaine.org. We hope to see you at this year's annual meeting!



Maine Chapter Welcomes Two New Trip Leaders!



Carey Kish is an accomplished adventurer, Maine Guide, and columnist on all things outdoors and comes to Outings ranks with a prior life leading MOAC trips. He routinely travels overseas to experience 1) exotic hiking terrain and 2) beers of world, though not necessarily in that order. Carey and his wife, Fran, are regulars at Maine Chapter events and Carey also serves the Chapter on the ExCom as the Newsletter Chair.



Taru Soilikki (pronounced 'True') is a very experienced long distance hiker with a resume that includes the AT, IAT, PCT, CDT, and other trails. Take the opportunity to get outdoors with Taru in all four seasons, as she loves hiking, backpacking, cross country skiing, and winter hiking. Congrats, Taru!

New Adventure Travel Trip Announced

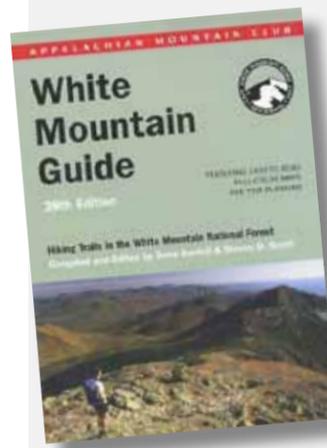
At the recent AMC Adventure Travel Committee meeting, the following adventure trips were added to the schedule for 2013:

- Backcountry Skiing in Yellowstone, Jan 24–Feb 2
- Hiking New Zealand, Feb 9–25
- Skiing New Mexico, Feb 9–19
- St. John, USVI, Feb 10–19 or Feb 14–21 or March 16–24
- Trekking Patagonia, Feb 23 – March 4
- Death Valley and the Red Rocks, Nevada, April 19 – 28
- Morocco Trek, May 4 – 19
- Hiking the Superior Hiking Trail, Minnesota, Sept 20 – 29
- Biking Provence, Oct 11 – 19

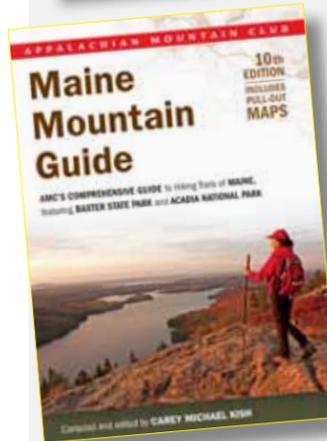
For complete details on all these adventure travel trips plus more, visit: www.outdoors.org/adventuretravel



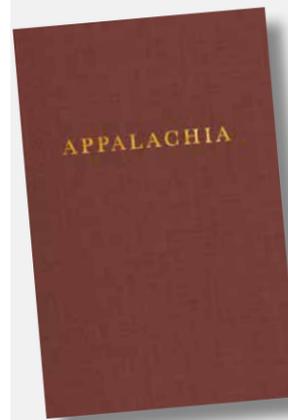
AMC Books Announces New Titles



The White Mountain Guide provides comprehensive coverage of the hiking trails in the White Mountain National Forest. This completely updated and revised edition features detailed descriptions for more than 500 trails, six pull-out, topographic maps with trail segment mileage, recommended hikes, and camping and safety information. The White Mountain Trail Map Kit, which includes waterproof versions of all four White Mountain Guide maps can be purchased at 25% off individual map prices. Also check out the updates to the White Mountain Guide Online at www.wmgonline.org.



The thoroughly revised and updated 10th edition of the Maine Mountain Guide features 200 new trails, expanded coverage of Baxter State Park and Acadia National Park, and five new in-text maps. The trip-planning and safety information and the accompanying full-color, GPS-rendered maps with trail segment mileage make it easy to start your next adventure.



Appalachia fans will be thrilled to know about the new Appalachia Cumulative Index 1946-2010, where you can find every article published in Appalachia about your favorite trail, or learn more about the last 64 years of mountaineering history.

AMC Books are available wherever books are sold, or order directly from AMC at www.outdoors.org/amcstore or by calling 800-262-4455.

Maine Chapter Summer Series 2012

Welcome to Summer Series 2012! It's the prime time for outdoor recreation and there's no excuse for not getting out on a trip with the Maine Chapter. Our leaders have put together a schedule with an amazing variety, so there's something for everyone this summer! There are hikes, walks, paddles, social events, road bike rides, mountain bike rides, AT celebration trips and events, and a couple of combination trips for those who enjoy doing it all in one day. Our very active Young Members leaders have put together some great events and there are many, many backpack and weekend getaway trips. In all, we have over 45 Outings trips and events from mid-June to Labor Day, so please check the calendar. Special thanks to our leaders for their service. Chapter members may contact Jeff Aceto, Outings Chair with any comments at outings@amcmaine.org. Hope you'll join us on an outing soon. See you outdoors!



Spring Birding Weekend at Gorman Chairback

Since my boyhood days running through the woods of central Massachusetts, calling to my friends with various chirps and whistles, I have always had an interest in birdsongs. Of course this interest has waxed and waned over the many years between then and now, but it hasn't ever vanished. I am still envious of the biologist I once worked with on a national wildlife refuge in Rhode Island who would point off in various directions and spout out names of birds that I would later have to look up in my guidebooks.

So, when I happened to notice a Facebook post by my friend Shannon Leroy, which read something like, "We still have a few spots left in our Spring Birding Weekend at Gorman Chairback Lodge..." I was intrigued. I hadn't been up to the AMC Maine Woods property in quite a few years, and I was itching to visit the Gorman-Chairback Lodge. After a few emails to persuade my wife that this was the getaway we had promised each other for Christmas, and a phone call to convince my parents that their two grandsons missed them, I went online and made the reservation. After a bit of dickering with the reservations office, our trip was booked.

We arrived at Gorman Chairback Lodge about an hour before dinner on Friday evening, got a quick tour and unpacked. Dinner was fantastic. We were seated with a family from Massachusetts whose daughter had just finished college in Wisconsin and their son had just finished landing a nice 16" brook trout. The rest of the room was filled with a group of Canadians who were having a great time. My high school French did not help me much that night.

After dinner Shannon gave a short presentation on the birds we would be looking for, or rather, listening for: all kinds of warblers, a Northern Parula, grosbeaks, vireos, sparrows, kinglets and Boreal Chickadees, to name a few. After one last chocolate chip cookie, we headed off to our cabin, lit a fire in the woodstove, and fell asleep listening to the bachelor loons awaiting the arrival of their mates.

On Saturday morning at 6am, we headed out for a pre-breakfast walk around camp. Shannon had us bushwhacking after "Butter-butts," her nick-name for Yellow-rumped Warblers, vireos, and what we thought might be a Rose-breasted Grosbeak (turned out to be a Robin with a great voice). We did spot quite a few different birds in the brush along the water's edge. After a great breakfast of pancakes, sausage, fruit, juice and coffee at 8am, lunch was packed for us, and we headed back out to explore other areas of the AMCs Maine Woods (I hesitate to use the term "wilderness", but that's a topic for another article!).

Shannon loaded our little group into her Ford Explorer and we headed out towards Henderson Bog, with a few stops along the way when Shannon would hear a new bird song. We ate our



Maine AMC birding group at Henderson Brook (photo by Shannon Leroy)

picnic lunch on the bridge over the outlet of one of the Little Lyford Ponds in the brilliant sunshine. In all, we spotted about 25 different species of birds during the day, culminating in a visit to a heron rookery. We also saw moose, deer and foxes.

We returned to the Lodge mid-afternoon and were left to do as we pleased. I was regretting not having brought my fly fishing gear, but took a refreshing dip in the lake, found a cold beverage, and settled into a chair in the shade to continue reading Jim Babb's "Fly-Fishing Fool," while my wife went for a trail run. We dined that night on BBQ chicken, corn and a delicious chickpea dish, with fresh baked apple tartlets for dessert. After another birding presentation and a few beverages, we went off to bed. It was warm enough to sleep with the cabin windows open.

We opted to sleep in and skip the early morning birding hike, but made sure we were up in time for breakfast, a mushroom spinach frittata, potatoes, and blueberry muffins. Rather than spend the morning driving and bird-watching, my wife and I decided to hike up to Gulf Hagas, a spectacular sight, and one I had not seen before. We ate our lunch at Billings Falls and hiked out.

Our first stay at Gorman Chairback will not be our last. The staff was fantastic and the accommodations were superb. Many thanks to Shannon Leroy and the "croo" for a great weekend.

—Submitted by Scott Olsen



Rose-breasted Grosbeak

HELP WANTED!

The Maine Chapter is looking for volunteers to help in a variety of ways. There is something for everyone, including:

- Maintaining trails
- Becoming a trip leader
- Serving on one of the chapter's committees
- Staffing an AMC table at an event
- Helping with office work

Other ideas would be welcome. Volunteers are the lifeblood of the AMC. Please consider helping out the Maine Chapter and have fun at the same time! See the Maine Chapter web site for more information:

www.amcmaine.org/volunteer. And keep checking back, as we're always adding new opportunities.

Maine Chapter Member Profiles

This is the second in a series of articles intended to remind us of the legacy of the Maine Chapter and of the many early AMC members whose accomplishments built the Chapter. This article is based on an interview and other personal interactions.

Nancy Booth Member No. 8151

Growing up on 50 acres outside of Burlington, Vermont, Nancy Booth learned to love her freedom in the out-of-doors. As an adult in Colorado, then Massachusetts, and finally Maine, living and hiking in the outdoors became her go-to pastime. In 1958 she joined AMC as a life member when she realized that the people she liked to be with were all AMC members. Joining the AMC "...seems perfectly obvious for anyone who loves the mountains." In her 54 years of AMC membership, Nancy still eagerly awaits her copy of Appalachia, where she reads the accident section first. "Doesn't everyone?"

Nancy balanced her career as a teacher and later principal with outdoor activities on weekends and summers. She led quite a few AMC trips and participated in many others, including hiking, camping, x-c skiing, whitewater canoeing, and trail work.

For an AMC hiking trip in the Canadian Rockies, she remembers the chapter traveling from Montreal to Banff in a private train car fitted with a little galley kitchen where they prepared group meals.

One of Nancy's water-borne adventures is recorded in an unsigned article in a 1972 issue of Maine AMC News (that preceded the current Wilderness Matters newsletter):

"Anyone tried canoe surfing??? Those who went to Pemaquid with Nancy Booth did just that. What started as a leisurely paddle up the Pemaquid, turned into a frantic "paddle-for-your-life" type adventure. As the canoes skimmed the waves like expensive surf boards, the paddles were found to be much too short to reach the water. The adventure too soon over, the canoeists settled into a restful, relaxed pace for a quiet paddle through the marshes. It isn't often that you can combine the tranquility of gliding through the marshes with the high adventure of a windy lake crossing. Nice combination, Nancy."

"Of course, it's the infamous trips you remember best," Booth said recently. She can't recall how many times she has summited Katahdin, but on one memorable AMC winter trip to BSP, she and a friend rose early on the final day to climb to Knife Edge to see the sunrise. They achieved their goal and all was well on the edge until they realized the rest of the group was leaving the bunkhouse in 30 minutes to catch the Boston-bound bus. Deciding to make a quick descent, they glissaded down three long stretches of snow, bypassing the longer and slower trail. Nancy was amazed that her first attempt at glissading went so smoothly. That is, until the third stretch when her boots caught a rock and she cartwheeled onto her bottom for the remainder of the slide. Wet and late, but unhurt, they made the bus but were admonished by the trip leader.

Booth's most unforgettable mountain climb happened 40 years ago following an AMC excursion to Zermatt, Switzerland. After ten days hiking the surrounding hills of this quaint mountain town, Nancy decided to stay on and climb the Matterhorn, perhaps Switzerland's most iconic and rugged peak. Despite passing a rigorous climbing test required by the Swiss mountain guide service, Nancy spent a sleepless night wondering if this was too dangerous. Nancy and a guide set off the following morning in the dark, with the guide setting a blistering pace. Responding to her pleas for a more reasonable



pace, the guide would only say, "I am ze boss, you stay with me." Further along, Nancy overheard the guide muttering "kaput, kaput". Knowing he was complaining about her, Nancy kicked it into high gear and the guide had to follow her! After celebrating together at the top and chatting exuberantly on the descent, Nancy finally got the courage to ask the guide why he had been hiking so fast at the beginning. In his broken English, he replied, "if you were going to collapse, I wanted it to be at the bottom so you didn't waste my whole day." Far from a ruined day, that remarkable accomplishment is still a treasured memory for Nancy.

Booth's activities have slowed somewhat with advancing age, but she still loves to get outdoors. The hut system in the Whites is "remarkable," says Booth, "and the new Maine lodges are marvelous." Booth was last an AMC guest at Gorman Chairback Lodge in October with her friend and hiking companion Carolyn Landau, where after hiking during the day, she entertained lodge guests at dinner with her vitality and stories of the early AMC. Asked how she now navigates the sometimes uneven footpath from lodge to lakeside cabin in the dark, Booth said nonchalantly, "oh, I use a flashlight."

Now on the eve of her 90th birthday, Nancy continues to show her AMC spirit. She lives on her own with a dog and heats primarily with wood. "Life is still meaningful," she says. "As long as nature is around me I know I can make it." The message of the mountains, she believes, still comes through loud and clear: "If you can't go through it, go around. If you can't go around, go under. If you can't go under, go over. Just go." She may not summit many more mountains, but Nancy Booth has plenty of high-adventure memories to keep her busy.

—Submitted by John Mullens



Opinion: Paint, Weed, Prune, and Vote

The past two years of action by Maine's legislature and governor should have all of us who care about Maine's landscape thinking hard about whether our representatives are taking us where we wish Maine's environment to go.

We pay attention to the assets we want to preserve. We paint our houses, weed our gardens, and prune our apple trees. The greater landscape needs our attention too if we are to preserve what we love.

In a democracy, the citizens decide what laws to live under. Through our representatives, we choose what laws will control development, protect wildlife habitat, ensure air and water quality, and more. Whom we pick to lead us determines which laws get enacted, and whether we have effective agencies enforcing the laws.

We all owe it to our treasured Maine landscape to decide whether the leaders now in place have enacted laws that will protect what we love about Maine.

In the past two years the legislature and the governor have made major changes to the Land Use Regulation Commission, loosened the rules to encourage open pit mining, reduced the buffer zone and eased development permits in waterfowl habitat, limited the ability of citizens and organizations to appeal agency decisions, begun consideration of building an East-West highway through the heart of Maine's rural landscape, merged the Department of Conservation and the Department of Agriculture in order to look at Maine land through the lens of consumption, eliminated the State Planning Office, and made many other changes to environmental laws. The legislature approved a bond for Land for Maine's Future, but the governor sent the bond to the November elections without his approval, and the amount won't buy much: \$5 million.

Because the governor and the legislature have made significant

changes to Maine's environmental protections, it's an important moment for each of us to check whether our own representatives have acted in our name as we would wish.

If our representatives showed courage and leadership, and voted as we think best, we should praise them by phone, email, or letter to the editor for doing this often-thankless work for us.

If we don't agree with what our representatives did, we should work hard to elect different representatives this fall. No act we take will have more impact on our Maine landscape than electing representatives who lead us where we want to go.

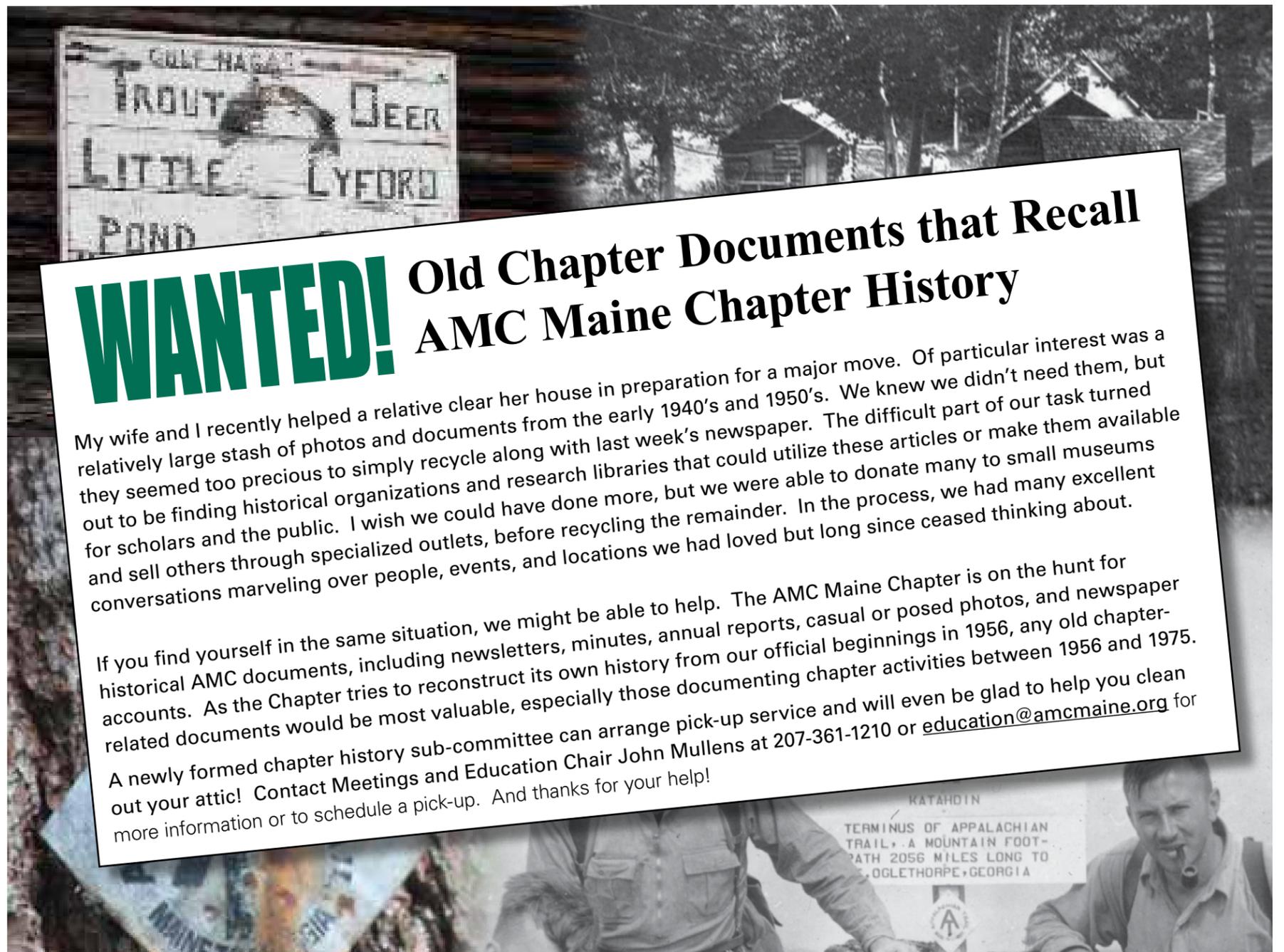
Each of our representatives was an important player this past year. Every vote was critical on several bills that greatly affect the land we love. Every representative felt pressure to weaken environmental protections. A few were leaders in resisting these rollbacks. We should find out whether our own representatives were leaders or followers, and how they voted.

Several organizations track the legislature and the governor in order to inform citizens what their leaders have done. Maine Conservation Voters, the Environmental Priorities Coalition, the Natural Resources Defense Council, Maine Audubon, the Conservation Law Foundation and others will gladly help any of us find out what our own representatives did. We should check their websites, call them up, and use their services.

We get the laws we want only if we elect leaders who reflect our values. If we care about Maine's landscape, we must elect leaders who do what we want for the land.

Paint, weed, prune ... and find out what your representatives did. Thank them audibly, or use the November elections to get legislators who do represent your views.

—Submitted by Karen Herold,
Volunteer Maine Chapter Conservation Chair



WANTED! Old Chapter Documents that Recall AMC Maine Chapter History

My wife and I recently helped a relative clear her house in preparation for a major move. Of particular interest was a relatively large stash of photos and documents from the early 1940's and 1950's. We knew we didn't need them, but they seemed too precious to simply recycle along with last week's newspaper. The difficult part of our task turned out to be finding historical organizations and research libraries that could utilize these articles or make them available for scholars and the public. I wish we could have done more, but we were able to donate many to small museums and sell others through specialized outlets, before recycling the remainder. In the process, we had many excellent conversations marveling over people, events, and locations we had loved but long since ceased thinking about.

If you find yourself in the same situation, we might be able to help. The AMC Maine Chapter is on the hunt for historical AMC documents, including newsletters, minutes, annual reports, casual or posed photos, and newspaper accounts. As the Chapter tries to reconstruct its own history from our official beginnings in 1956, any old chapter-related documents would be most valuable, especially those documenting chapter activities between 1956 and 1975.

A newly formed chapter history sub-committee can arrange pick-up service and will even be glad to help you clean out your attic! Contact Meetings and Education Chair John Mullens at 207-361-1210 or education@amcmaine.org for more information or to schedule a pick-up. And thanks for your help!

Out and About..

Recent Trips and Workshops



Join us!
See listings inside..

All photos
by Jeff Aceto

- 1 A Maine Chapter sea kayak trip travels home into the sunset - come join us for a paddle this summer!
- 2 Professional guide Gerry White briefs attendees at the beginning of the Sea Kayak Rescue Workshop on June 2
- 3 Maine members Carla Dow, Sarah Keats, and Kim Sanders observe a sea kayak rescue demonstration
- 4 Debbie Peale shows great form as she helps her husband, Rob, back into his boat during rescue training
- 5 Professional guides from Lincoln Canoe and Kayak demonstrate kayak recovery techniques at the Maine Chapter workshop on June 2
- 6 Kim Sanders shows off her boat-car combination prior to the Sea Kayak Rescue Workshop
- 7 Maine members Wes, Roger, Robin, Steve and Taru strike a pose after a May hike in Camden Hills State Park



Go Paperless- Wilderness Matters

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

AMC Maine on Facebook!



The AMC Maine Chapter now has its own Facebook page. Please "Like" us to share trip photos, trail conditions, tips, and news. Our page will also offer updates on what's happening in Maine environmental issues, in case there is something you can do to help protect the landscapes and waters we all cherish. Find the page by searching for "AMC Maine."