



MAINE CHAPTER

YOUR CONNECTION TO THE OUTDOORS

Maine Chapter
Appalachian Mountain Club
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WILDERNESS MATTERS

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The World Needs More People Like Dan Hester

By Kathleen Redmond-Miller



The 4 miles of trails on Mt. Cutler in Hiram are almost entirely on privately owned lands, the bulk of which have been owned since 2007 by conservation-minded Dan Hester, who formed the Mt. Cutler Preservation Trust. Visitors enjoy access to these trails by permission of the various landowners. Kathleen Redmond-Miller photo.

This spring I had the great pleasure of crossing paths with Dan Hester. It was on an AMC trail work trip to Mt. Cutler that my husband, Paul, and I signed up for this past April. When that Saturday morning rolled around, it was one of those wet and cold spring mornings where staying in a warm bed would have been a nice alternative. Luckily, as we had done many times before, we set the alarm, poured the coffee, loaded the car, and hit the road for another AMC adventure.

At the trailhead, we learned that the gentleman in the plaid shirt with the walking stick was Dan Hester, the landowner, there to personally thank the AMC volunteers who had come out to clear the trail. Dan explained how he had worked for years piecing together the property so that Mt. Cutler would be available for public use after he's gone. He

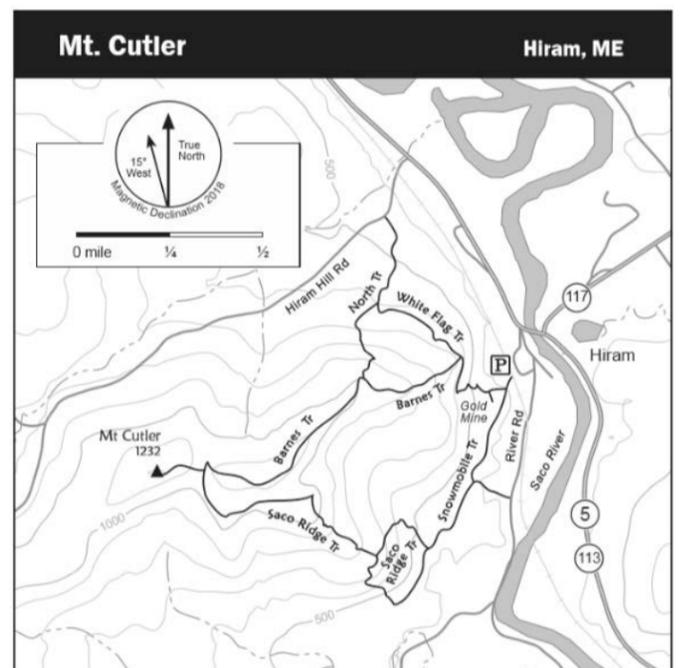
was also excited to share that he'd received preliminary approval for a Land and Water Conservation Fund grant that would make the public use project possible (see LWCF article by Kaitlyn Bernard on p. 7). Late breaking news: On June 22, ownership of Dan's Mt. Cutler property officially transferred to the town of Hiram property and is now preserved.

As Dan thanked us, all I could say was, "we're here to thank you Dan Hester!" Paul and I shared with him how grateful we were for his making this treasure of a place available for public use and that we have memories of hiking Mt. Cutler with our oldest son in a baby backpack (he's now 25). Dan and all the volunteers

hit it off from the start, and talked property pins and boundary lines, and it was clear that Dan knew every inch of this property inside and out. We had so many questions about the mountain, the properties, and some of its more unique features (like the gold mine), and here we had "The Guy" with the answers.

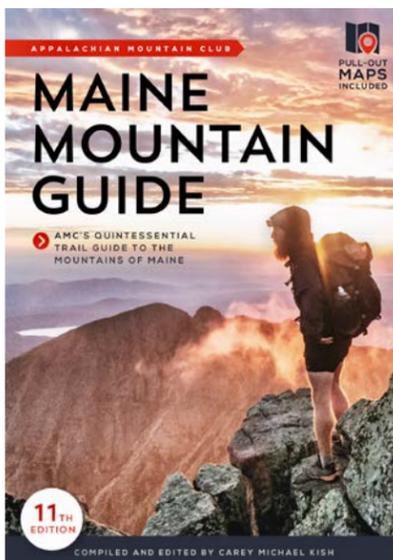
As we continued with the task at hand, clearing trail and hauling brush, all I could think about was Dan Hester and how fortunate we were to have met this unique and wonderful person in this special place. I knew that Paul and I, and all the volunteers present on that chilly Saturday, came away with so much more than expected, as is often the case when working in the outdoors.

As we were hiking back to the trailhead, on a long gentle decent through a lovely hardwood forest, mostly in silence after a solid day's work, Jeff Pengel, the Maine Chapter's Trails Committee Chair, said, clearly thinking the same thing as me, "yeah, the world needs more people like Dan Hester." I smiled and laughed, "amen to that, brother."



Mt. Cutler trail map as it will appear in the new 11th edition of the AMC Maine Mountain Guide. Cartography by AMC's Larry Garland.

NEW! The 11th Edition of the Venerable AMC Maine Mountain Guide Hits the Stores (and Online) this July



The AMC Maine Mountain Guide is the only comprehensive hiking guide to the mountain trails of Maine and the hiker's bible since 1961. The latest edition, available at retail stores and online this July, has been completely revised, updated and expanded.

More than 175 new trails on 50 "new" mountains have been added, thereby increasing the already wide variety of hiking possibilities available for every interest and ability level. In all, 625 trails are described on 300 mountains, a hiking bounty totaling close to 1,500 mi. and ranging from easy woodland walks to moderate hill climbs to strenuous mountain traverses.

Full-color topographic sheet maps highlighting seven popular hiking destinations as well as 22 topographic, in-text maps complement the hike

descriptions. Hiking enthusiasts will find the guide and maps to be an ever helpful and trusted companion, leading to many days of outdoor pleasure and healthful exercise on the trails through the scenic woods and mountains of Maine from Acadia to Aroostook, the White Mountains to Washington County.

Carey Kish, the Maine Mountain Guide's author/editor, will be speaking on Maine's incredible bounty of hiking covered by the guide at numerous locations around Maine this summer and fall.

Check the AMC Maine Chapter calendar at www.amcmaine.org for details on dates, times and locations.

Watch for a full review of the huge new Maine Mountain Guide in the autumn issue of *Wilderness Matters*.



Volunteer at AMC's Maine Wilderness Lodges

By the MWI Committee

The AMC and its Maine Chapter mission statement provides for the protection of the outdoors and opportunities to enjoy it. The Club, with its 75,000 acres in Maine known as the Maine Woods Initiative (MWI), provides 130 miles for hiking and 92 miles for skiing, all centered around the Club's three lodges and cabins. These trails need the help of Maine Chapter members to keep them in the condition needed for the enjoyment of all.

"Is trail work right for me?" "Am I strong enough to clear trails and do what needs to be done?" These are common questions from people new to trail work, wondering if they would be capable of performing necessary trail work tasks. Many people want to give back to trails in exchange for all the miles they've hiked over the years but aren't confident about their skills. If this sounds like you, read on and rest assured.

The AMC Maine Chapter trail work in the MWI and at the AMC Maine lodges is done in groups. Each group has a leader who helps first time volunteers and returning volunteers each contribute appropriately to their level of skill and experience. Second, each group is assigned a portion of trail that all group members can access and accomplish. Over the weekend, all volunteers, especially new ones, grow in their skill level and confidence and accomplish tasks that are interesting, covering either new ground or old favorite trails. Finally, trail volunteers are good companions for the weekend almost uniformly fun, interesting, positive, and cheerful. Experienced trail workers look forward to meeting new volunteers, renewing trail work friendships, and continuing conversations. In short, whatever your skill or experience, there is a trail work assignment just right for you with great people at your side.



Volunteer to help out at AMC's MWI lands in the 100-Mile Wilderness and get to enjoy some real pretty scenes, like this one just a stone's throw from Medawisla Lodge, over Second Roach Pond to far off Katahdin. Carey Kish photo.

From Monday, July 9 to Thursday, July 12, we will do our part in keeping the extensive network of trails around Gorman Chairback Lodge and Cabins ready for AMC members and guests to enjoy. The lodge is located on beautiful Long Pond near the Appalachian Trail, the Hermitage and Gulf Hags. When we're not working, we can visit all three sites and more in this northern Maine woods paradise. Come work, hike, paddle, swim or just relax after a day of trail work. We will always enjoy delicious meals at the beautiful lodge. Contact David McCarthy at drmccarthy@aol.com FMI.

On Columbus Day weekend, October 5-8, join us for a trail work trip at the newly rebuilt Medawisla Lodge and Cabins. With hundreds of miles of property lines and trails, the AMC in Maine has many volunteer work opportunities. Come experience the hospitality of the newest AMC lodge, mark boundaries around the 75,000-acre property and help maintain and improve trails in the area. Contact Peter Roderick at: roderick1027@fairpoint.net FMI. You can always search the Maine Chapter website for trail work opportunities or email Paul Hahn, chair of the Chapter's MWI Committee, at mwi@amcmaine.org. Please reach out and get ready to give back. You are needed! Thank you.



Find us on 

<http://www.facebook.com/MaineAMC/>

Wilderness Matters

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Address corrections: Send to AMC Member Services, 10 City Square, Boston, MA 02129 | (617) 523-0655 | amcmembership@outdoors.org

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

Deadline for submissions to Wilderness Matters (Autumn Issue) is Sept 1, 2018.

Submission info: Wilderness Matters is your chapter newsletter. Everyone is welcome and encouraged to contribute, be it stories, news, opinions, photos, or whatnot. We want to hear from you! Please email submissions to newsletter@amcmaine.org. Submission guidelines: Articles, opinions, stories and should be limited to 400-500 words maximum (word counts greater than that may be edited or may not be accepted) in an attached Word or similar document that is clearly labeled. Images should be reduced in size to 1024 x 768 pixels or thereabouts and include a photo title, captions and any other identifying info plus proper photo credit. Use of Dropbox to send images would be great too. Thank you!

Maine Chapter Executive Committee

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AMC Headquarters 10 City Square, Boston, MA 02129, (617) 523-0655

News and Notes from the AMC Maine Chapter Chair

By Kathleen Redmond-Miller

Big Thanks to Our Friends at L.L. Bean

I'd like to extend a sincere thanks to L.L. Bean for everything they do in partnership with the AMC, but specifically to the good folks at their Brunswick manufacturing facility for all that you've done for the Maine Chapter. Thanks not only for letting the Chapter's Executive Committee meet in your conference room with secure Wi-Fi so we could video conference with our up-Maine members, but mostly for your kindness and consideration. It's one of the many things that makes L.L. Bean a great Maine company, and we want you to know how much we appreciate everything you've done for Maine Chapter's ExCom over the years.

Since January 2018, the ExCom has been meeting in AMC's Maine Conservation Policy Office in its new location in the Fort Andross Mill in Brunswick. It's a great spot overlooking the Androscoggin River and we've enjoyed the wonderful opportunity to include the Conservation Policy folks in our discussions, who add another dimension to our planning and decision making.

Executive Committee Goings-On

If you want to drop in on a Maine Chapter ExCom meeting, please do. All meetings are open to AMC members and we love seeing new faces. We typically meet the second Thursday of the odd numbered months at 6 PM at the AMC Conservation Policy Office at the Fort Andross Mill in Brunswick. The meetings provide an opportunity for committee chairs to report on their activities, coordinate among committees, and make decisions that affect the chapter.

For a sampling of the type of business we do at the ExCom meetings, I'm happy to report that at our May 12 meeting, the Nominating Committee recommended Chris Franklin of Cumberland as our new At-Large ExCom member. We extend Chris a warm welcome and can't wait to get him integrated into all of the fun stuff we've got going on. Also, Jeff Pengel, our Trails Committee Chair and Master Naturalist-in-training, recommended that the Chapter purchase a set of 30 field guides to be given to the AMC Maine Lodges for use by their guests. Since educating people about the outdoors is part of AMC's mission, I'm pleased to report the ExCom voted to approve the purchase. Thanks Jeff for your thoughtful recommendations, not to mention your leadership as Trails Chair. The books are most definitely gifts that will continue to give for many years to come.

Jeff also reported a successful trail work trip to Mt. Cutler in Hiram, which was attended by the landowner, Dan Hester, who shared some wonderful stories about growing up with Mt. Cutler and the Saco River as his playground.

The ExCom also finalized the planning for the 2018 AMC Maine Chapter Annual Meeting so please "SAVE THE DATE" for November 10. To be held at the Clarion Hotel in Portland, it's sure to be an event worth attending. We have secured an outstanding speaker for the event who came very highly recommended by some of the ExCom members who heard him

at the 2018 Annual Summit. On the Outings Committee front, Bill Brooke reported the Maine Chapter has 28 trips planned and listed on the activities page at www.outdoors.org, including 12 hiking trips, 5 instructional workshops, 4 paddling, 4 backpacking, 2 biking, and 1 multiday/multisport trip (the Bike and Boat Weekend). Bill also reported that over 30 people attended the Wilderness First Aid training offered in April, and 10 attended the beginner backpacking training in May, both held at the Gilsland Farm Audubon Center in Falmouth.

2018 AMC Spring Retreat

One of the many fun things you get to do when you become Chair of an AMC Chapter, is attend AMC's Spring Retreat, a gathering of all chairs and vice chairs of the 12 AMC Chapters (plus the AMC directors and many of the full-time AMC staff). This year the Spring Retreat was at the Mohican Outdoor Center in Blairstown, New Jersey.

I have to admit it was a long drive, but fortunately I had excellent company, Vice Chair Cindy Caverly, who kindly offered to drive, and John Mullens, Northeast Regional Director, who joined us on the return trip. There was lots of quality conversation time that we don't often get, so we talked AMC nearly the whole way. Since Maine was still very much in the throes of mud season, the drive south was a welcome entry into springtime, complete with budding leaves, green grass, flowers, and nighttime peepers.

John Judge, AMC Executive Director, joined us Friday evening to discuss AMC goals, successes, and opportunities for improvement. Successes included reaching over 100,000 members this year (amazing news!), while the Maine Chapter now has over 6,500 members. Also, the AMC has been doing great work getting kids outdoors and offering a wide array of outdoor activities in all four seasons. Challenges and opportunities include making diversity, equity, and inclusion (DEI) more of a priority in programs and activities.

John also asked us to start thinking about goals for where we want to be as an organization in 2026 when the Club turns 150 years old. The Club will soon develop a new set of goals entitled AMC150, so if any Maine Chapter members want to weigh in on this topic, please contact me (chair@amcmaine.org).

Cindy and I attended meetings and discussed a wide variety of topics. We also met lots of good people from other Chapters, had a very fun opportunity to try slacklining, and gathered around the campfire for beverages and conversation. The highlight for me was an AMC-led hike along a nice section of the AT through Delaware Water Gap with several members of the leadership from other AMC Chapters. It was lovely, but the sign reading 885.7 miles to Katahdin reminded me again that there's no place like home in the Great State of Maine.

Mt. Chase Lodge Stay and Katahdin Woods and Waters National Monument September 4-7, 2018

Join Maine AMCs for 3 nights/4 days at a great location and experience a traditional Maine lodge. Mt. Chase Lodge is on Upper Shin Pond and makes a terrific jumping off spot to visit Maine's Katahdin Woods and Waters National Monument. Enjoy excellent cuisine and fine waterfront accommodations. Cabins and lodge rooms available. Breakfast and dinner is included in our group rate.

Days will be spent as you wish or join us on a group outing. In the Monument, you can hike, bike or paddle. Baxter State Park's northern entrance is just a short drive away. And there are also plenty of lakes to paddle and nearby hills to climb. Go for a swim off the dock after your day's outing or use one of the canoes or kayaks for a paddle on Upper Shin Pond. Listen to loons calling and relax at the water's edge.

Contact Michelle and Stan Moody for info and to register: 207-406-5221, meamc@micstan.us.



SUMMER CALENDAR: OUTINGS | EVENTS | MEETINGS

A note about the listings: The listings below—presented in date order by category—include only those posted online prior to the submission deadline for this issue of *Wilderness Matters*. For the most complete and accurate information and up-to-date listings—and so you don't miss spontaneous outings—please periodically check out the calendar online at www.amcmaine.org/calendar.

For general questions or comments regarding these calendar listings, please contact Bill Brooke, Outings Chair and Master of the Calendar Listings, outings@amcmaine.org or (207) 549-5100.

Note: Please be courteous when contacting trip leaders by doing so before 9:00 PM unless otherwise specified. Thanks!

BACKPACKING & CAMPING

July 20-22: Rangeley Lake State Park, Rangeley, ME.

www.amcmaine.org/calendar/#106454. Join us for weekend of summer fun and camping with folks from all over New England. There are plenty of hiking trails and mountains in the Rangeley area, including many 4k's such as Mt. Abraham, the Crockers and Saddleback, Mt. Abraham (one of my favorite mountains in Maine, with the state's second largest alpine zone). Join us on a hike led by one of our volunteer leaders or go off on your own day adventure. We have a group site on the lake, so you can cool off with a swim or bring a canoe or kayak and go paddling (canoes also available for rent) and relax by the fire at night. Potluck dinner Sat. night; bring your favorite dish to share. A \$10 deposit per person for camping is required in order to officially register for this event (refundable up to July 7, nonrefundable after that date). Leader: Sarah Keats, 207-245-2563, slkski@gmail.com.

July 27-30: Backpack International Appalachian Trail through Katahdin Woods and Waters National Monument, ME.

www.amcmaine.org/calendar/#105264. Hike the IAT from Mile 12 on Katahdin Loop Rd. to Grand Lake Rd. (30 miles) through KWWNM, over two mountains and along the East Branch of the Penobscot River. Trip suitable for experienced hikers and backpackers with appropriate gear. Avg. 10 miles hiking per day. First come, first served lean-tos at planned camping stops, but participants must be prepared to tent. Experience this remote and scenic backcountry area with veteran Maine Chapter leaders. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net; Co-Leader: Cindy Caverly, cindycaverly@gmail.com.

July 27-29: Katahdin Woods and Waters National Monument, International Appalachian Trail Backpack, ME. www.amcmaine.org/calendar/#104965.

AMC-led, two-night monumental backpack along IAT through Maine's new national monument. We'll hike south along the shore of the East Branch of the Penobscot River, cross over Deasey Mountain and ford Wassataquoik Stream before exiting on the KWW Monument's Loop Rd. 3 days hiking/2 nights lean-to camping or tenting. Trip limited to 7 hikers. Trip geared toward beginner/intermediate backpackers, but all levels are welcome. Registration required. More info available following registration. Trip Difficulty: Moderate. Leader: Stephen Brezinski, 207-353-9854, sbrez1@comcast.net.

Sept 4-7: Mt. Chase, ME. www.amcmaine.org/calendar/#103138. 3 nights and 4 days at a great location and traditional Maine lodge. Mt. Chase Lodge is on Upper Shin Pond, a great jumping off spot to visit Maine's KWWNM.

Enjoy excellent cuisine and waterfront accommodations. Both cabins and lodge rooms available. Breakfast and dinner included in group rate. Spend days as you wish or join us on a group outing. In Monument, hike, bike or paddle. Baxter State Park's northern entrance is close by, and there are plenty of lakes to paddle and nearby hills to climb. Swim off the dock after your day's outing or use one of the canoes or kayaks for a paddle. Contact leader for booking info and rates. Let us know if you want to share a room. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

HIKING

Sat, Jul 7: Hike Saddleback and The Horn, Rangeley, ME.

www.amcmaine.org/calendar/#104512. Need 4,000 footers in Maine? We'll hike Saddleback and the Horn via the old Saddleback ski area and the AT. Moderate to strenuous 6.8-mile RT hike with approx. 3,500 ft. elev. gain. Hike steeply up ski slopes amid beautiful wildflowers.

Once on the AT, enjoy stunning views of the area mountain ranges and Rangeley Lake. Great way to bag two 4,000 footers in one day. Leader: Cindy Caverly, 207-530-2446, cindycaverly@gmail.com.

Thu, Jul 26: Donnabeth Lippman Park, Windham, ME.

www.amcmaine.org/calendar/#106499. A hike at night watching the full moon rise while listening and looking for the sights and sounds of the night is planned. Woods, a pond, boardwalk and more are part of the journey. Leader: Jeanne Christie, 207-310-8708, jeanne.christie@aswm.org.

Sun, Jul 29: Freeport, ME. www.amcmaine.org/calendar/#106497.

Spend morning exploring the rocky coast of Casco Bay, walk through woods and search for signs of wildlife at Wolfe's Neck State. We'll look for osprey, survey local geology and examine the forest floor on this easy 3-mile hike. Leader: Jeanne Christie, 207-310-8708, jeanne.christie@aswm.org.

Sun, Aug 5: Turner, ME. www.amcmaine.org/calendar/#106513.

Explore the lovely wooded trails at this lesser known and newest Maine state park. Enjoy views of the Androscoggin River and find a nice spot for lunch. We'll chat about how parks like this were helped with funding from the Land and Water Conservation Fund. Bring bathing suit along for possible swim in the river from boat launch post-hike. Plan on at least 3-4 hours of hiking. Email leader to get a detailed description of the hike. Please include brief info about yourself, hiking experience, phone contact. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

Sun, Aug 19: Evans Notch, ME. www.amcmaine.org/calendar/#106502.

Relatively short (although steep and rocky at times) hike up Blueberry Mtn. Trail to the summit gains 1750' elev., but is made worth it by lots of ripe blueberries and excellent ridgeline views of Evans Notch region. Loop hike includes side trip to beautiful swimming hole (bring your swimsuit) near end. Hike is 4.5 miles total. Leader: Sarah Hunter, raisinghunters@gmail.com.

WALKING

Fri, Jul 27: Biddeford, ME. www.amcmaine.org/calendar/#106425

Evening walk along the shoreline at Biddeford Pool to watch the full moon rise over Wood Island Lighthouse. Leader: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com.

Sun, Aug 26: Scarborough, ME. www.amcmaine.org/calendar/#106426.

Evening walk on Prout's Neck shoreline, where Winslow Homer lived and painted, to watch the full moon rise over the Atlantic Ocean. Leader: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com.

INSTRUCTION

Sat, Aug 25: AMC Leader Training Workshop, Maine Audubon, Falmouth, ME. www.amcmaine.org/calendar/#104539.

Join experienced Maine AMC leaders and AMC leadership trainers for one-day workshop to develop and practice leadership skills necessary to plan and lead safe and enjoyable chapter activities. Workshop for new and prospective leaders with no prior AMC leader experience and for experienced leaders looking to improve their skills. Workshop format is a combination of presentations, discussion, and interactive sessions on outdoor leadership including: leader decision making, group management strategies, accident scene management, and trip planning. Whether you're an experienced leader looking to make your trips run more smoothly, or are interested in becoming a leader, this workshop will offer the needed skills and confidence. Successful participants will meet AMC's requirement for chapter trip leader training. Leader: Bill Brooke, 207-549-5100, outings@amcmaine.org.

MEETINGS

Thurs, July 12: Maine Chapter Executive Committee, AMC's

Maine Policy Office, 14 Maine St., Suite 126, Brunswick, ME.

www.amcmaine.org/calendar/#104727. Meetings of the ExCom are open to all AMC members. Leader: Kathleen Redmond-Miller, 207-400-2529, chair@amcmaine.org.

Thu, Sep 13: AMC's Maine Policy Office, 14 Maine St., Suite 126,

Brunswick, ME. www.amcmaine.org/calendar/#104729. Leader:

Kathleen Redmond-Miller, 207-400-2529, chair@amcmaine.org.

PADDLING

Sat, Jul 28: Sea Kayaking, Androscoggin River, Brunswick, ME. www.amcmaine.org/calendar/#104529.

From Water St. boat launch in Brunswick, we'll paddle out with the tide, have lunch on an island, and return on incoming tide. About 5 hours. Watch for ospreys and eagles. After-paddle option to gather on veranda at the Seadog for refreshments. If

the downstream river flow is heavy, we'll go to another nearby location. If conditions are unfavorable, we'll go Sunday, 7/29. Trip difficulty: moderate. Leader: Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

Fri, Aug 17: Stonington, ME. www.amcmaine.org/calendar/#106017. Sea kayaking trip with one-night stays on Big Baker Island and Pond Island. Experienced campers and sea kayakers and hopefully mostly experienced sea kayak campers welcome. Group reservation made at Old Quarry Campground for night of Aug. 16 to allow early start to trip. Must have full-on sea kayak, spray skirt, paddle float, compass and other gear required for safe travel on the ocean. Training in group rescue and comfort with immersion in water in case of capsiz. Campsites primitive with earthen tent pads. Contact leader FMI. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

Sat, Aug 18: Brunswick, ME. www.amcmaine.org/calendar/#104528. From the Sawyer Park boat launch in Brunswick, we'll paddle out with the tide, have lunch on an island, and return on incoming tide. About 5 hours. Watch for ospreys and eagles. After paddle option to gather on veranda at the Seadog in Topsham for refreshments. If the conditions are unfavorable, we'll go on Sunday August 19. Trip difficulty: moderate. Leader: Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

SOCIAL EVENTS

Sun, Jul 15: Social at Orono Brewing, 26 State St., Bangor, ME. www.amcmaine.org/calendar/#106531. Join AMC Maine Chapter at Orono Brewing in Bangor for a brew while learning about upcoming chapter events, exploring opportunities for volunteering, and meeting Maine Chapter members. AMC members, prospective members and non-members are welcome. Please RSVP, but if you find yourself free that night, just come by. Leader: Bill Brooke, 207-549-5100, outings@amcmaine.org.

TRAIL WORK

July 9-12: T7 R9, ME. www.amcmaine.org/calendar/#104508. Trail work trip to the AMC's MWI land in the 100-Mile Wilderness. Lodging at Gorman Chairback Lodge and Cabins. Under the direction of Jarod Coyne, Trails Supervisor, and his staff, we'll pull a couple of slips out of the AMC job jar and go to work. Gorman Chairback is on beautiful Long Pond and near to the AT, the Hermitage and Gulf Hagas. When not working, we can visit all three and more in this northern Maine woods paradise. Work, hike, paddle, swim or just relax after a day of trail work in support of the AMC mission. Did I mention the delicious meals and beautiful lodge? Contact leader FMI. Leader: David McCarthy, 207-363-2791, drmccarthy@aol.com.

Sat, Jul 28: Brooklin, ME. www.amcmaine.org/calendar/#106449. Event co-sponsored by Maine Coast Heritage Trust. We'll shuttle volunteers to Babson Island and Bear Island on Eggemoggin Reach via 19-foot skiff. Work includes expanding and clearing hiking corridors on these two well-protected, easily- accessed, heavily-used, and wild feeling islands. Leader: Jeff Pengel, trails@amcmaine.org.

Oct 5-8: Bowdoin College Grant East, ME. www.amcmaine.org/calendar/#104510. With hundreds of miles of property lines and trails, the AMC in Maine has lots of volunteer work opportunities. Staying in bunkhouse at new Medawisla Lodge and Cabins. Experience the new facilities and work on the nearby trails. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

VOLUNTEER OPPORTUNITIES

Help Wanted with AMC Presentations in Brunswick and Bangor. <http://www.amcmaine.org/calendar/#103308>. Have you often wondered how you could help the AMC Maine Chapter, but not sure what you might be able to do? Do you enjoy coming to the presentations that AMC offers in Brunswick or Bangor? Would you be willing to get involved with helping to keep them going? We're looking for volunteers to take over these duties. I'd be happy to explain what is entailed in doing the job. The work can easily be shared if there are several volunteers. Contact: Michelle Moody, 207-406-5221, meamc@micstan.us.

Become an AMC Trip Leader! www.amcmaine.org/calendar/#103364. Become a leader for hiking, backpacking, biking (road and mountain), paddling, winter hikes, and/or socials, or write articles for the Maine Chapter's Wilderness Matters newsletter. You can start the process of becoming a leader anytime of the year and you choose how little or how much you want to get involved. AMC offers leadership training and Wilderness First Aid certification to active leaders. The Young Members (YM) focus is to get young people in their 20's and 30's, and the young at heart, involved in AMC activities through socialization, recreation, and conservation. We're hoping to increase young membership in the AMC and to ensure that the Maine Chapter remains strong and active well into the future. The YM Members Committee plans workshops, trips, and events geared towards specific interests, while also working with other AMC committees and outing clubs on Maine's college campuses. Leaders: Denise Fredette, 207-939-3670, deniserae77@gmail.com; Sarah Keats, slkski@gmail.com.



BE A KID AGAIN!

Come to AMC's Fall Gathering in northeast Connecticut for fun, friendship, and adventure.



On the shores of Black Pond, Camp Woodstock offers heated cabins, unheated yurts, and a campsite with parking close by. The surrounding hills and dales offer the perfect setting for hiking, biking, and paddling activities led by experienced local leaders. Camp activities include informative talks, archery, arts and crafts, and a rock climbing wall. Tour nearby wineries, antique shops, and historic landmarks. A live band will perform on Saturday.

Come and enjoy this beautiful, autumn getaway. You'll be glad you did!

Registration opens July 1. Register at outdoors.org/fallgathering.

AMC Trip Leader Mountain Bike Excursion to Katahdin Woods and Waters National Monument

By Sarah Hunter



Mountain bikers enjoying the trails at KWWNM: Eliza Baker-Wacks, Kaitlyn Bernard, Natalie Skovran, Emily Davis, Jeanine Libby. Sarah Hunter photo.

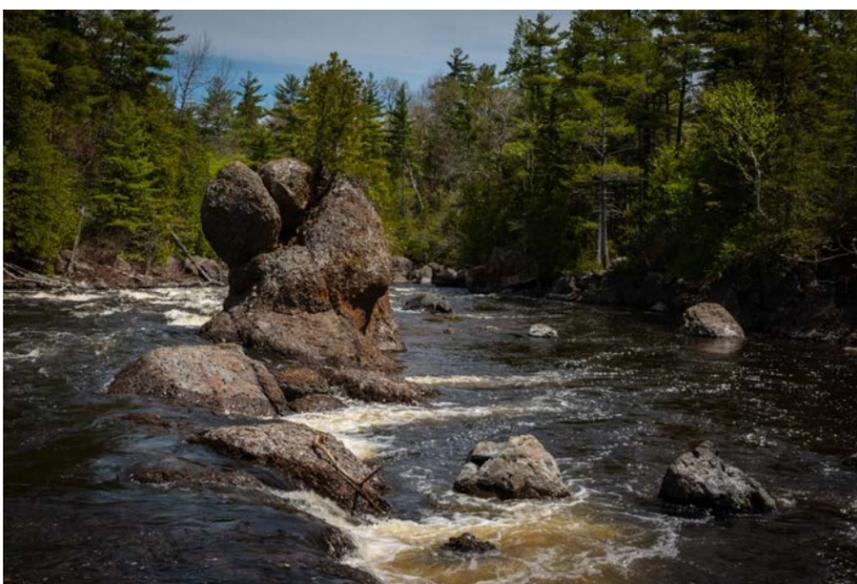
In mid-May, a group of AMC trip leaders visited the KWWNM, some for the first time, to explore and learn about the recreational opportunities it holds. When I pulled into the parking lot at the Matagamon Gate with my two friends and fellow AMC trip leaders Sarah Keats and Frank Brooks, we were greeted by a gang of bandits cloaked in bright bicycle attire. One generous member of our group, Jeanine Libby, had brought bandanas for all of us. Our friends had already donned their new accessories, covering their faces to protect their ears, noses, and mouths from the dreaded black flies. Most wore sunglasses, too, concealing with the bandanas the only area of their faces that would otherwise be left exposed. It was a pretty rugged look. I gratefully accepted my protection from the nasty bugs and joined them.

Most of us already knew one another, but some were new to the group, so after brief introductions (made comical by our disguises), we were off. The plan was to put in several hours of exploration and hopefully make it

This portion of the IAT follows an old tote road, so any mountain bike and level of experience will do. We soon met up with the East Branch of the Penobscot River and were never far from it for the rest of the day. We encountered three scenic pitches along this stretch of river. Haskell Pitch is just steps from the path and boasts the notable Haskell Rock, a strikingly photogenic and fascinating geological feature. A gentle breeze allowed us to stop here for an extended photo shoot. When the bugs came out, we moved on and soon reached a fork in the trail. We pulled out our hot off-the-press KWWNM map and opted to take a left to continue following the river (and the IAT).

This section of the trail felt older and a bit wilder. Rather than gravel beneath our wheels, we were rolling on a soft forest floor padded with pine needles, which led us to two more dramatic views of the river, Pond Pitch and Grand Pitch. We reached both vistas on foot, leaving our bikes on the trail and traveling a short distance on portage trails. At Grand Pitch, several of us looked longingly at the trail ahead, but we decided to save it for another day, as the Fiddlehead Festival was calling. We retraced our route back to the cars and drove into Patten in time to check out the festival and buy fresh fiddleheads.

Special thanks to Lindsay and Mike Downing, owners of Mount Chase Lodge, for hosting our group and feeding us so well. Check the Maine AMC calendar of events (www.amcmaine.org) for opportunities to join us in KWWNM. FMI on the Monument, visit www.friendsofkw.org.



The unusual Haskell Rock on the East Branch of the Penobscot River. Bill Brooke photo.

to the Fiddlehead Festival in the neighboring town of Patten before the end of the day. We started down Messer Pond Rd. towards Haskell Gate, following the International Appalachian Trail (IAT). Our group sported a collection of bikes from hardtail and full-suspension to much-loved 20+-year-old relics, short on shocks and long on miles.



Sarah Hunter and Emily Davis enjoy riding on Messer Pond Rd. Bill Brooke photo.

The Clock is Ticking: Help Celebrate and Protect the Land and Water Conservation Fund

By Kaitlyn Bernard



In virtually every corner of our country, you'll find the positive impact of the Land & Water Conservation Fund (LWCF). Created 50 years ago, LWCF has continuously enjoyed broad bipartisan support and doesn't cost taxpayers a dime. The program is funded entirely by royalties from offshore oil and gas leases, an effort to balance this use of our natural resources with their protection.

In our region, LWCF has helped create recreational opportunities

ranging from small neighborhood parks and playgrounds to funding nearly two-thirds of the Appalachian Trail and supporting the continuing development of the New England National Scenic Trail.

In December 2015, after briefly allowing the LWCF to expire, Congress reauthorized the Land and Water Conservation Fund for three years. Now the clock is ticking down once more, with just a few months to go until LWCF expires again in September 2018.

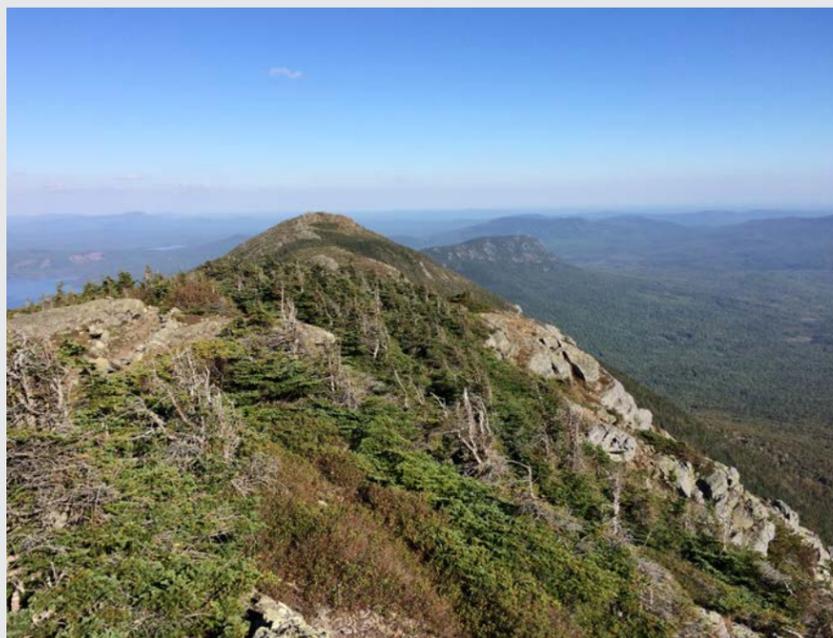
As a leader within the nationwide LWCF Coalition, AMC is calling on our elected officials to permanently reauthorize LWCF and provide full and permanent funding.

AMC staff have met numerous times with our Maine congressional delegation to thank them for their consistent support and attention to this issue, but there is more we can do.

Call to Action: Visit AMC's LWCF landing page at www.outdoors.org/conservation/land-water/land-water-conservation-fund to find additional

resources: An easy to use form to contact your members of Congress about the importance of LWCF.

1. An interactive map and downloadable spreadsheet of all the LWCF funded places in Maine.
2. A sample trailhead talk and other resources to help you organize a trip highlighting one of these places. Don't hesitate to reach out to Kaitlyn Bernard, AMC Maine Policy Manager, if you have any questions or want to get more involved. Find Kaitlyn is at kbernard@outdoors.org or (207) 808-4424.



Many wild and beautiful places around Maine have benefitted from the LWCF, like the Bigelow Range pictured here. Carey Kish photo.

Fall Hiking Week 2018: September 28 - October 5

The AMC 2018 Fall Hiking Week will be held at Woodward's Resort, Lincoln, NH (www.woodwardsresort.com) from Fri, Sept 28 to Fri, Oct 5. Join us for the weekend, a few days, or for the full week. There are several guided hikes each day from easy to challenging. Last year we offered 38 hikes over the week, all led by AMC volunteer leaders.

All meals are included, as well as afternoon tea and cookies, and pre-dinner social hour snacks and appetizers. Social hour is a time for all FHW participants to socialize, review the day's events, and hear about the evening program and the next day's plans.

Resort amenities include an outdoor pool, an indoor heated pool, jacuzzi, and free Wi-Fi. Evening entertainment is provided daily.

Registration deadline is August 31. For registration information, a tentative hike schedule when it becomes available, and any other information, please visit our website www.fallhikingweek.org.



Young Members Section

Our focus is to get young folks in their 20's and 30's and the young-at-heart involved in outdoor recreation, raise awareness of conservation and sustainability and have fun!

Volunteers: The Heart of the AMC *By Denise Fredette*



YM leaders near the end of a 3-day Pemi Loop backpack trip, all smiles from left to right: Nick Montecalvo, Denise Fredette, Marielle Postava-Davignon, Sarah Keats, Frank Brooks.

When I think of the Appalachian Mountain Club, one of the things that strikes me the most is the people. Specifically, the volunteers. There is so much heart that goes into this club. I've been a volunteer with the AMC for about five years, a drop in the bucket compared to many others who have been leading people in the outdoors for many years. Why

do we do it? We don't get paid and it's time consuming. There's a lot of responsibility, yet the rewards of volunteering are more than worth it.

I became an AMC volunteer because I saw an opportunity to connect with others over common interests and introduce them to this community of outdoor adventurers and conservation-minded folks. I started out as a socials host, organizing monthly happy hour events around Portland. I worked on becoming a trip leader, which requires one to get certified in Wilderness First Aid, and acted as co-leader on three AMC trips. I then organized a mentored hike, planning, organizing, screening and leading the participants on a hike of my choosing. At the end of this process, my mentor recommended me as a leader.

I enjoy taking people out on hikes. If the hike is new to them, I can discover things anew through their eyes. A sense of camaraderie develops among participants on these trips, and connections are made. The group may start out unfamiliar to each other, hesitant even, and end with friendships formed and more plans being made.

Training is another incentive for becoming a leader, and much of the training is reimbursable and covered by scholarships. I've attended trainings provided by several other chapters, including Mountain Leadership School, Advanced Winter Wilderness, Backpacking, Above Treeline Winter Travel, Navigation, and Wilderness First Aid among others. These trainings are value-added not only for hike leaders, but for confidence building, resume

enhancement, and increased awareness of how to stay safe and competent in the outdoors. Most of the cost is covered by the Maine Chapter because the value these classes add to a leader's skill set is so great.

I'm excited to get younger people involved in the AMC as well. That is why the Young Members 20's and 30's group exists and why it is so important. To ensure the continuation of the AMC well into the future, we need younger folks to step up and become volunteers.

Whether it's as a trip leader, socials host, helping with workshops or sitting on the Executive Committee, getting involved is key.

I found a family when I joined the AMC, and I want to give back. This organization is run largely by volunteers and that is why we're able to offer so many activities and opportunities. We're always looking for more volunteers to help in many different capacities large and small. If you would like to join our family and become an AMC volunteer, contact a Leader today and find out how you can get involved.



Denise Fredette and Nick Montecalvo lead a fun hike to the Crockers and Redington as part of the 5th Annual YM Inter-chapter Camping Weekend in Rangeley, ME, July 2017.



AMC 20s & 30s Leadership Training and Trail Stewardship Weekend
September 21-23, 2018
AMC Corman Harriman Outdoor Center, NY

Want to brush up on your outdoor leadership skills and connect with other outdoor enthusiasts in their 20s & 30s? Take the first step to become a trip leader for your local AMC Chapter! AMC is hosting a Leadership Training designed for 20s & 30s and it is sure to be a great time. Participants will have a chance to network with other AMC Young Members (YM) from across the region and learn important leadership skills that will set them on the path to becoming trip leaders for local AMC Chapters.

AMC is also offering a separate 20s & 30s Trail Stewardship programs at the Corman Harriman Outdoor Center that weekend. If you're interested in learning trail work skills and networking with other 20s & 30s, this weekend is for you! Registration will be open June 15, 2018 - September 7, 2018 or until filled. To register, call AMC Reservations at 603-466-2727.

Questions? Email Marielle - marielle.pd@gmail.com

Why Volunteer for the AMC Maine Chapter? *By Kristen Grant*



AMC Maine Chapter volunteers, aka the "bug net gang," enjoy some time well spent in the Maine woods doing some much needed and very satisfying trail work. Kristen Grant photo.

It's the Friday before Memorial Day and I am sitting alone on the deck of Medawisla Lodge drinking in the sunshine and the solitude. It's early in the season and seems like my daughter and I are the only guests in the place.

We are in the Maine Wilderness for a long weekend, combining a trail work weekend with a survey and clean up on the trail we adopted nearby. It takes so long to get here that every time I go through the preparations I wonder if it's worth it. I have a rich, full life and many obligations. An elderly Dad, who doesn't like it when I'm more than a few miles away, a stressful job, three big mutt dogs, a challenging class schedule, and taxes still not done (I filed for an extension).

This morning I realize once again that all the preparation is worth it. The woods are alive with the spring calls of the birds and I don't hear a car,

truck or motorcycle anywhere, just the bird, the wind, and the quiet talk of the lodge crew preparing breakfast. The peace and quiet provide a much-needed respite from all the sound and fury of the outside world.

I started volunteering for the AMC Maine Chapter a few years ago because I loved my adopted state so much that I wanted to do anything possible to help preserve and protect it. I am most happy when out in the woods covered in mud (and perhaps a few black fly bites), but I also volunteer as the Membership and Communications Chair. As busy as I am, the hours I donate to the Maine Chapter are worth it, as I feel like I'm having some kind of a positive impact in this crazy world when so much seems beyond our control.

AMC Maine is always looking for people to join our trail crews, for a few days or even a few hours (there are still openings for the July and October trail work trips; check www.amcmaine.org for details and availability). If you've never gone on a trail work trip before, feel free to reach out to the leader for what is expected. You don't have to be an expert bridge builder or in peak physical condition to participate. Some trips are easier than others and all include a great deal of fun and camaraderie.

As important as trail work is, we also need volunteers to serve on the Executive Committee and/or assist us with Meetings and Education programs, which are important avenues for engaging and educating the public about AMC Maine and our many adventures in the great outdoors.

The important thing to consider about volunteering for AMC Maine is that we're a team of people ready and eager to help you make the contribution you would like to make. Please contact us at nominating@amcmaine.org. There's no time like the present to make a difference. Thank you.