



WILDERNESS MATTERS

Maine Chapter
Appalachian Mountain Club
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Maine Chapter, Appalachian Mountain Club

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AMCs Fall Gathering 2014 is in Maine!

Join us for a weekend of great memories Oct 17-19 at Camp Wavus in Jefferson, ME

The Fall Gathering is an AMC club-wide event of outdoor activities along with social hours and meals and many other opportunities for good fun. This year's big three-day event is being hosted by your very own Maine Chapter at beautiful Camp Wavus on Damariscotta Lake in Jefferson.

Members from all 12 AMC chapters will be in attendance, making the Fall Gathering a wonderful opportunity to meet fellow AMC members from throughout the club. The weekend is intended for AMCs and guests of all ages and will introduce out-of-state visitors to all that Maine has to offer.

Camp Wavus has new facilities, including a 200-seat dining hall with a state-of-the-art kitchen and cabins accommodating small and large groups, all set on a gorgeous wooded campus with miles of pristine waterfront. The Maine coast is only a short drive away and will be the focus of the Fall Gathering.

A wide variety of activities are being planned, so do check the chapter calendar for updates. Meetings scheduled to date for the weekend include the chapters committee, conservation, OLDC, membership, adventure travel and an open forum with President John Judge. There will be a yoga class offered both Saturday and Sunday morning. Saturday evening's dinner will be followed by a square dance (the band *Sea Slugs* will provide the calling and music).

Registration forms will be available soon. Your registration will include lodging for Friday and Saturday night (cabins or bring-your-own tenting), Friday night's dinner, three meals on Saturday and breakfast and lunch on Sunday. It will also include any trips being offered, plus yoga and the square dance.

Fall Gathering 2014 Activities

From the Friday evening opening meal to Sunday's closing, guided activities will include hikes, bike rides, paddles, and Maine-centric sightseeing.

Maine has plenty of hiking options and we will offer hikes of various degrees of difficulty and length.

Try hiking to mountain summits with ocean vistas. Possible hiking destinations include Camden Hills State Park and Acadia National Park. Further north, great day hikes include Burnt Mountain and Little Bigelow.

Biking along the Maine coast is always exciting with new views around each bend in the road. Plenty of ocean water to see here. A 15-mile ride goes from Damariscotta to Pemaquid Point Lighthouse, Fort William Henry, and the Colonial Pemaquid Restoration. A 19 to 27-mile loop, with optional side trips, goes to Christmas Cove, a picturesque spot where Captain John Smith dropped anchor in 1614.

Depending on the weather, paddling trips will include both canoe outings and sea kayaking trips for beginners and advanced paddlers. All-day and partial-day canoe trips will paddle



Photo by Carey Kish

the hidden gems of Damariscotta Lake with its many fingers ripe for exploration. All-day sea kayak excursions will feature natural-history tours within Muscongus Bay and on the Damariscotta River.

Join us for day trips to iconic Maine sites including waterfront vistas, lighthouses, and museums, perfect to introduce out-of-state

visitors to all that Maine has to offer. Possible sightseeing trips include the Maine Maritime Museum on the Kennebec River in Bath, the Coastal Maine Botanical Gardens in Boothbay, a tour of Oxbow Brewery in Newcastle, the Farnsworth Art Museum in Rockland, the Project Puffin Audubon Center in Rockland, the Maine Lighthouse Museum in Rockland, the

- continued on page 5



Volunteers wanted for AMC Fall Gathering!

What is the Fall Gathering, you ask? It is an AMC club-wide event that brings members of all Chapters together to celebrate AMC's mission and its members' love of protecting and recreating in the great outdoors. But first and foremost, this event is FUN! This is also our chance to show the rest of AMC that the Maine Chapter and Maine's natural heritage is something to be proud of!

But as with any activity, this event cannot run itself—in order to pull off this fun weekend, **we need volunteers!** Several volunteers are already hard at work planning this event, and they need your help.

Come help us wave the AMC Maine Chapter flag so we can make this Fall Gathering an event to remember for years to come! *If you'd like to get involved or have questions about volunteer opportunities, please contact the Fall Gathering Committee Chair, Larry Dyer at lddamc@maine.rr.com.*

Visit the Maine Chapter website at www.amcmaine.org to see what Fall Gathering activities are already planned, such as morning yoga, mountain and coastal hikes, and square dancing after dinner accompanied and called by the *Sea Slugs*.

There are also several committee meetings scheduled for Saturday morning, as well as an Open Forum with President John Judge on Saturday afternoon, which are great opportunities to learn more about AMC volunteer committees and their involvement with the Club as a whole.

Please volunteer with us to help make Fall Gathering 2014 an event to remember!

SPRING CALENDAR: OUTINGS | EVENTS | MEETING | EDUCATION

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

For general questions or comments regarding these listings, contact Peter Roderick, Outings Chair and Master of the Calendar Listings, outings@amcmaine.org or (207) 293-2704. Note: Please be courteous when contacting trip leaders by doing so before 9:00 PM unless otherwise specified, please and thanks.

Next Deadline for Wilderness Matters (Summer Issue) is June 1, 2014.

Wilderness Matters is your chapter newsletter. Everyone is welcome and encouraged to contribute, be it stories, news, opinions, photos, or whatnot. We want to hear from you! Please send submissions to newsletter@amcmaine.org. Submission guidelines: Articles, opinions, stories and such are limited to 400-500 words maximum (word counts greater than that will be edited or may not be accepted). Photos should be reduced in size to 1024 x 768 pixels or thereabouts and include a photo title and any other identifying info plus proper photo credit. Thank you!

MEETINGS & EDUCATION

Executive Committee Meetings, Freeport McDonald's. Maine Chapter Executive Committee meets every odd month (January, March, May, July, September, and November) on the second Thursday to discuss chapter business. Chapter members are welcome to attend. Contact: chair@amcmaine.org or excom@amcmaine.org. Next ExCom meetings are May 8 and July 10.

Tuesday, April 8: Canine Hiking Buddies & Bangor-Area Treks with Aislinn Sarnacki, outdoors reporter for the Bangor Daily News. 6:30 PM Tuesday April 8th at the Bangor Public Library 145 Harlow Street, Bangor, Maine 04401. Leader: Gerald Sawyer, 207-234-2425, gerry.sawyer@gmail.com. SEE FULL ARTICLE ON THIS PROGRAM ON PAGE 6.

Thursday, April 17: The Volunteer Lighthouse Keepers of Seguin with AMC members Mary Hillery and husband Greg Guckenburg. Curtis Memorial Library, 23 Pleasant Street, Brunswick. Optional potluck at 6 PM (please bring a food item to share and a plate and utensils), followed by the presentation at 7 PM. FMI, contact Fran Leyman, co-chair meetings and education, education@amc.maine.org. SEE FULL ARTICLE ON THIS PROGRAM ON PAGE 3.

Thursday, May 8: Minnesota to Maine by Canoe with modern day voyageurs Aaron Bauman and Sarah Mattox. 7 PM in the River Driver Room of the Seadog Restaurant, 26 Front St., Bangor. Leader: Gerald Sawyer, 207-234-2425, gerry.sawyer@gmail.com. SEE FULL ARTICLE ON THIS PROGRAM ON PAGE 5.

Thursday, May 15: Get Ready For Summer Fun! with the outdoor gear experts from L.L. Bean. Join us Thursday, May 15 at 7 PM at the L.L. Bean Flagship Store in Downtown Freeport, downstairs next to Coffee by Design (Note: No potluck this time) FMI, contact Fran Leyman at education@amcmaine.org. SEE FULL ARTICLE ON THIS PROGRAM ON PAGE 7.

Wednesday, May 21: Four Women Hiking Newfoundland's Long Traverse with Beth Smith. Wednesday, May 21 at 7 PM at the Bangor Public Library, 145 Harlow Street, Bangor. Leader: Gerald Sawyer, 207-234-2425, gerry.sawyer@gmail.com. SEE FULL ARTICLE ON THIS PROGRAM ON PAGE 4.

Tuesday, June 17: Explore AMC's Other Camps This Summer with Mary McCann-Baker and Amy Grover. Curtis Memorial Library, 23 Pleasant Street, Brunswick. Optional potluck at 6 PM (please bring a food item to share and a plate and utensils), followed by the presentation at 7 PM. FMI, contact Fran Leyman at education@amcmaine.org. SEE FULL ARTICLE ON THIS PROGRAM ON PAGE 7.

HIKING

Thursday, April 10: Bradbury Mountain State Park. 4 miles. Leaders: JoAnne Diller, 207-647-2117, jsdiller@roadrunner.com; Lorraine Hussey, 207-619-9444, RNLhussey@maine.rr.com.

Tuesday, April 15: Early evening walk to watch the full moon rise over the ocean. Leader: Lorraine Hussey, 207-619-9444, RNLhussey@maine.rr.com.

Saturday, April 19: Pleasant Mountain (2006 feet). 6-mile hike via SW Ridge Trail. Register by 4/16. Leaders: Lorraine Hussey 207-619-9444, RNLhussey@maine.rr.com; Debbie Kantor, 207-854-3431.

Saturday, May 3: Morse Mountain/Seawall Beach Conservation Area. 4-mile walk. Group size limited. No dogs allowed. Great birding. Leaders: Lorraine Hussey, 207-619-9444, RNLhussey@maine.rr.com; Debbie Kantor, 207-854-3431.

Saturday, May 3: Pleasant Mountain Hike - Young Members. Hike via Ledges Trail. Moderate, 3.6 miles. Rain date May 4. Leader: Denise Fredette, 207-939-3670, deniserae77@gmail.com.

Thursday, May 8: Pleasant Mountain. 4 miles, great views. Leaders: JoAnne Diller 207-647-2117, jsdiller@roadrunner.com; Lorraine Hussey, 207-619-9444, RNLhussey@maine.rr.com.

Tuesday, May 20: Cliff Walk, Prouts Neck, Scarborough. 4-mile walk along shore where Winslow Homer lived and painted. Leader: Lorraine Hussey 207-619-9444, RNLhussey@maine.rr.com.

TRAIL WORK

Saturday, April 19: Pleasant Mountain. Joint trip with Loon Echo Land Trust. Contact Keith Chapman for meeting time and place. Leaders: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net; Keith Chapman, 207-799-5212.

Saturday, May 3: Burnt Meadow Mountains, Brownfield. Work on Twin Brook Trail. Contact Keith Chapman for time and meeting place. Leaders: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net; Keith Chapman, 207-799-5212.

Saturday, May 17: Rumford Whitecap Mountain, Andover. Joint Maine Chapter trip with Mahoosuc Land Trust. Contact Keith Chapman for time and meeting place. Leaders: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net; Keith Chapman, 207-799-5212.

Friday, May 23 to Monday, May 26: Little Lyford Pond Camps. Volunteer to help open trails for the summer hiking season. Bunkhouse accommodations. Free time to explore area. Trip fills quickly so call AMC reservations now to avoid disappointment. Leader: Peter Roderick, 207-293-2704. roderick1027@fairpoint.net.

Wilderness Matters



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Maine Woods Initiative Office

Dan Rinard, MWI Operations & Facilities Manager, drinard@outdoors.org, (207) 695-3085

Office: 15 Moosehead Lake Rd., PO Box 310, Greenville ME 04441

Saturday, June 21: Bald Mountain/Speckled Mountain, Peru. Contact Keith Chapman for time and meeting place. Leaders: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net; Keith Chapman, 207-799-5212.

Monday, July 7 to Thursday, July 10: Gorman Chairback Lodge and Cabins. Lodging at Gorman Chairback Lodge and Cabins. Trail work under the direction of Steve Tatko, Land Manager. Free time to explore and relax too. Contact leader FMI. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

Saturday, July 12: Burnt Meadow Mountains, Brownfield. Contact Keith Chapman for time and meeting place. Leaders: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net; Keith Chapman, 207-799-5212.

Saturday, July 26: Pleasant Mountain, Bridgton. Contact Keith Chapman for meeting time and place. Leaders: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net; Keith Chapman, 207-799-5212.

Friday, October 10 to Monday October 13: Little Lyford Lodge and Cabins. Boundary line maintenance. Stay at historic Little Lyford Pond Lodge and Cabins. To learn more contact leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

Friday, October 10 – Monday October 13: Trail Work -Gorman Chairback Lodge and Cabins. Join us in the 100-Mile Wilderness to help build/maintain hiking trails near MWI lodges. Stay in comfortable bunkhouse, eat well in lodge, enjoy downtime and peak foliage. Leaders: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net; Keith Chapman, 207-799-5212.

WORKSHOPS

Saturday, April 12: Bike Repair Clinic. Get ready for cycling season with this day-long, hands-on clinic covering basic and advanced bike maintenance topics and more. Bring bike, tools, riding gear and clothing, brown bag lunch, and potluck dish to. Afternoon ride if roads are clear. Limited to 10 people. Appropriate for road, mountain, hybrid bikes. Contact Judy Oneal to register. Leaders: Judy Oneal, judyoneal@fairpoint.net; Al Mandell, mandell.ah@pg.com; Lisa Graves, lisagraves221@gmail.com.

Saturday, April 26: Basic Wilderness First Aid. Course is two full days at Maine Audubon in Falmouth. Instructed by staff from Stonehearth Outdoor Learning Opportunities (SOLO). Fees cover instruction and materials, but not lodging or meals. CPR is an additional option and fee. Course cost: \$100 for Maine Chapter members, \$120 for AMC (non-Maine chapter) members, \$165 for all others. Fills quickly, register early. FMI or to register, contact Kim Sanders, 207-712-0862, youngmembers@amcmaine.org.

Friday, May 30- June 1: Sea Kayak Workshop. Knubble Bay Camp, Georgetown Island. Learn basics of sea kayak day & overnight tripping. \$100/person, including Sat. lobster dinner, 2 breakfasts. Bring lunches/snacks/beverages. Decked boat 14.5' min., skirt, wet suit/dry suit/immersion gear recommended. Rentals available from local outfitter. Leader: Al Mandell, mandell.ah@pg.com, 207-966-1224.

Saturday, June 21: Self and Assisted Kayak Rescue Course. Fun day of learning the basics of wet exits, self-rescue, assisted rescue with a partner and much more. Morning learning session, afternoon for more learning and/or paddle outing. Email registrar with boat info including length, gear normally carried and experience level. Leaders: Michelle Moody, 207-319-7355; meamc@micstan.us; Al Mandell, 607-316-5773, mandell.ah@pg.com; Stan Moody, 207-319-7355.

SOCIAL

Wednesday, April 16: Happy Hour - Young Members. Happy Hour at Kon. Meet in lounge 5:30pm. Leader: Denise Fredette, 207-939-3670, deniserae77@gmail.com.

Thursday, May 1: New Members Social. Brian Boru, Portland. Reserved space upstairs starting at 6 pm. Leader: Denise Fredette, 207-939-3670, deniserae77@gmail.com.



AMC snowshoers at Greater Lovell Land Trust's Heald and Bradley Pond Preserve on Feb 12. L to R: Lorraine Hussey, JoAnne Diller, Nancy Walsh, Susan Wiswell, Sandy Bell, and Debby Kantor. Photo by Georgann Dickey.

Meet Seguin Island's Volunteer Lighthouse Keepers

A Meetings & Education Evening Presentation in Brunswick on April 17



Mary Hillery and Greg Guckenbug decided to become lighthouse keepers because they love the ocean so much, always vacation on islands and had looked out at Seguin from Reid and Popham since their children were very young. Upon retirement, they had the idea to apply as keepers. They started out ocean lovers and ended up lighthouse lovers...

During their presentation the couple will share their unique experiences as 2013 Lighthouse Keepers on Seguin Island off the coast of Maine. The couple will talk about the history of the lighthouse and its many interesting details, including the preservation of the buildings and lens; discuss the varied flora and fauna of the island and the hiking trails found on the 64 acres of Seguin, and share the thrills and hard work of being volunteer lighthouse keepers and just what it takes to become a lighthouse keeper. There will be time for questions and answers from the audience.

FMI on Seguin and its lighthouse, visit www.seguinisland.org or find Friends of Seguin Island on Facebook.

This event will be held at the Curtis Memorial Library, 23 Pleasant St., Brunswick, ME on April 17. Optional potluck at 6:00 pm; please bring a food item to share and a plate and utensils (soft drinks available for a small donation). Presentation follows at 7 pm. The talk is free and open to the public. FMI go to: www.amcmaine.org/calendar or contact Fran Leyman at education@amc.maine.org.



Mt. Rainier from Van Trump Park, Mt. Rainier National Park.

Enjoy the Washington Cascades at AMC's August Camp

Experience the spectacular Mt. Rainier National Park and Mount St. Helens with AMC's August Camp from July 19 to Aug. 16, 2014. Come for one or two weeks, starting any Saturday. It's a full-service summer camp for grown-ups, with hikes at all levels every day! Complete details at www.augustcamp.org. Questions? Contact Sam Jamke, 603-472-2536 (before 8 pm) or regionaldirectornh@amc-nh.org.

Sled Dogging on the AMC's Maine Woods Initiative Lands

It just wouldn't be a winter in northern Maine without the 100-mile Wilderness Sled Dog Race. And, according to race organizer Amy Dugan, it wouldn't be a Wilderness Sled Dog Race without the MWI and the help of volunteers from AMC's Maine Chapter. Here's why.

Every year on the first weekend of February when the snow is deep and the ice is frozen, sled dog mushers from all over New England and Canada gather in Greenville, Maine to test their mettle in the frozen MWI wilderness. This year was no exception.

Starting in Greenville, mushers and their teams of 12 dogs followed a winding snow-blown trail through the MWI to AMC's Medawisla sporting camp outside of Kokadjo. Taking a two-hour mandatory rest stop at the closed camp, the mushers cared for their dogs and then themselves, recovering from 5 hours of non-stop racing and preparing for a similar length run back to Greenville. This year the winning team took more than 9 hours to complete the 100-mile course, coming in after dark. The final team to finish arrived just before midnight. It was an impressive athletic performance for the 10 teams with about 120 four-footed athletes giving their all.

Where do the volunteers come in, you ask? Volunteers (vols) had their own athletic event at the race's start. It took five or six vols with each team to grab the dogsled towline behind each pair of dogs, thus helping to hold the teams back until their official start time. At their start time, vols continued to hold on while running alongside the eager dogs, thereby controlling them and guiding them to the start line.

Volunteer Bob Pratt explains: "Running alongside excited dogs while you're bent over holding on to a jerking line at about knee height and keeping your balance in the snow is a far more strenuous workout than I ever get in the gym! Even with six volunteers trying to control each



Above: Volunteers hold the line as a team comes in at the half-way rest stop.



Left: AMC volunteers from ME, MA and NH join together for a successful and fun weekend.

team, there is no question that the dogs had more power."

About five hours into the race, the teams ran into Medawisla and volunteers led them to their resting spot in a big open field. This time the energy balance was a little more equal as the dogs had been giving their all for 50 miles while the volunteers were refreshed. Helping the mushers care for their teams provided volunteers many chances to be with the dogs, soothe them, and share encouraging words.

It was also a good chance to talk with the mushers, and vols soon found some favorites. Sixteen-year-old musher Bailey Cross Vitello had earlier completed the nearly 1,000 mile Iditarod Race in Alaska. Musher and recent Canadian war vet Gino Roussel of New Brunswick said that caring for his dogs helps him get through PTSD. He uses his sled dogs to work with Iraq and Afghanistan vets to control their PTSD. But perhaps the vol's favorite musher was Sally Manikian from NH, an AMC Backcountry Resource Conservation Manager who in her "spare time" raises and trains her own kennel of sled dogs. This was her first 100-mile race and she looked to be having a good time, even though it was nearly dusk as

she and her team headed out of the rest area.

While Sally and the other mushers still had 50 miles to go when they left Medawisla, the volunteers were done for the day but not done in. Their long day was tiring, yes, but also energizing. Conversation was rampant at dinner, marveling at the dogs and the mushers, and vowing to return to help another year.

And if it's up to race organizer Amy Dugan, Maine Chapter volunteers will again be part of the 100-mile race. In an email to the volunteers, Amy said, "It could never happen without you and we really appreciate what you do! Many thanks and we hope to see you all next year!" —**John Mullens**



Four Women, Two Tents, and a Week of Rain, Wind and Fog: Hiking the Long Traverse, Gros Morne National Park, Newfoundland

A Meetings & Education Program in Bangor on May 21

Beth Smith is an adventure traveler and self-sufficient backcountry backpacker, who more often is found in a canoe or kayak in the wild.

In September 2013, Beth and three companions set out to hike the Long Traverse, a backpacker's dream hike in the 446,080-acre Gros Morne National Park in Newfoundland.

Gros Morne is a land of high water-soaked tundra, formidable mountain ranges, winding fiords, 1000-foot cliffs and waterfalls, expansive coastal views, and frequent and intense rain and fog. Above the tree line, where harsh, icy winds have scoured the glacier-carved landscape, you'll bask in the wonder of color, sculpted rock and tenacious vegetation, thick *tuckamor* wound around knolls of heather and partridge berries, peat bogs and bare-bone granite.

Map-and-compass skills are a must, since there is only an occasional cairn to suggest a trail along this 20+ mile route, and there are meandering caribou paths that tempt you away from your plotted course.

Along the way the group tested their mettle in constant inclement weather, honed their map and compass skills along miles of trail-less terrain, and shared the hilarity of melding the wills of four alpha women, all the while avoiding the companionship of the local bear population and an unwanted helicopter rescue.

Meeting details: Wednesday May 21, Bangor Public Library, 145 Harlow St., Bangor. Program starts at 7:00 pm.



Beth Smith and her companions in Newfoundland.



On the Long Traverse, Gros Morne NP

Fall Gathering - continued from page 1

Owls Head Transportation Museum in Owls Head and a visit to Reny's, "A Maine Adventure" and a uniquely Maine shopping experience.

Please note: As of early March, nearly seven months before the Fall Gathering, few activities have been firmly scheduled. The ones listed here are real possibilities, but only examples of ones we'll try to post. A full outings and activity list won't be finalized until nearer to the actual Fall Gathering date.



Photo by Carey Kish

Pre-Fall Gathering 2014, A Few Details

Come early and stay up to three nights in the AMC Maine Wilderness Lodges at deeply discounted rates. Choose from cabins with facilities, rustic cabins, or bunkhouses, all sited close to a log lodge, a Maine wilderness lake, and inviting hiking trails. Hike a hill or river gorge, paddle a lake or pond, or sit on a porch and watch the sunset. Full family-style meals included.

Dates are Oct 14, 15, or 16 (the three nights immediately preceding Fall Gathering)

Location: Little Lyford Lodge and Cabins and Gorman Chairback Lodge and Cabins. Each is about 45 minutes from Greenville in the heart of AMC's 67,000 wilderness acres.

Accommodations and cost for Little Lyford Lodge and Cabins is \$85 for cabins, \$58 for the bunkhouse; at Gorman Chairback Lodge and Cabins it is \$112 for a deluxe cabin, \$95 for a cabin and \$73 for the bunkhouse.

Fine Print: Per night rates above are valid for 1 to 3 nights, Oct 14, 15 or 16, and will be taxed at 8%. Cabin rates are double occupancy. Deluxe cabins at Gorman Chairback have private bath. Guests can call AMC reservations (603-466-2727) any time and reserve whatever space is still available. To get these rates, mention Group #246008.

Post-Fall Gathering 2014, Lots More to See and Do

As long as you're in Maine, why not extend your stay and take the opportunity to explore our unique recreational, cultural and historic opportunities up and down the coast or up north in the famed Maine North Woods. The Maine Office of Tourism has all the information you need at www.visitmaine.com.

Remember: Details about Fall Gathering as they are determined will be posted on the Maine Chapter website at www.amcmaine.org/fall. Check back often for updates on volunteers needed, registration and lodging info, and activity details. And most importantly: Be sure to "Save the Date" on your calendar, Oct 17-19, 2014, for the big AMC Fall Gathering. Thanks!

Mountain Birdwatch Needs Volunteers



Do you enjoy hiking? Are you a birder or would you like to learn more about bird identification to support a conservation effort? Mountain Birdwatch is a long-term monitoring program for Bicknell's Thrush and other high-elevation forest birds. We're looking for beginner to experienced birdwatchers who are strong hikers to conduct

a survey in the Adirondacks, Catskills, Green and White Mountains or Maine. Hike a scenic mountain trail, enjoy the sunrise, and count birds for conservation! FMI, visit www.vtecostudies.org/MBW or contact Judith Scarl at jscarl@vtecostudies.org.



Photo by Dale Temm

Sled-building Workshop a Success

On February 22, ten AMCers met in Stockton Springs to build and test out some simple, multi-use sleds. Dale Temm demonstrated several options for the sleds and then guided each participant through the process of rigging and fitting a molded plastic sled for use with snowshoes or skis. We tested out the sleds on nearby Sears Island with 100% success. We all made it out and back, with sleds and gear, and had a grand time in the process. The event was quite popular, and we hope to repeat it next year for those who could not attend. —*Judy Oneal*

2,200-mile Canoe Trek Leads Minnesota Couple to New Home in Belfast, Maine

A Meetings & Education Evening Program in Bangor on May 8



Sarah and Aaron on the lake.

Aaron Bauman and Sarah Mattox are modern day voyageurs who have settled in Mid-coast Maine partly because it is close to the mouth of the Penobscot River. Getting there took them several months, brought them over rocky rivers and great lakes, through the end of a hurricane, past quiet forests and bustling cities, and allowed them to meet many kind and interesting people on the way.

The couple met in 2002 in Ely, Minnesota, when both were working as Outward Bound instructors. Last summer, they decided to move to Maine, away from Outward Bound and closer to Sarah's family.



The couple on the road.

They packed their food and gear into a canoe they called the MC and followed the water along the northern edges of the Great Lakes, across New York state, along the Northern Forest Canoe Trail, through Chesuncook Lake and down the Penobscot River to Belfast, Maine, a mere 2,200 miles. Their adventures along the journey make up a marvelous story.

Meeting details: Thursday May 8, River Driver Room of the Seadog Restaurant, 26 Front St., Bangor. Program starts at 7 pm.

The Disappearance of Monarch Butterflies Explained

We in Maine always enjoy the spectacle of monarch butterflies in our gardens. If we have milkweed growing, we can see the monarchs lay eggs on it which then hatch into caterpillars. Each caterpillar forms a chrysalis from which a butterfly will hatch. It will then wend its way north for a new egg laying and a new generation.

Finally, after 4 or 5 such cycles, the last generation, reminded by less daylight, floats south to the mountains of Mexico where it will stay all winter. Perhaps you have noticed fewer and fewer monarchs. This winter in Mexico, monarch populations hit the lowest point in more than 20 years.

Why are we witnessing this decline in monarchs? A major factor is that milkweed is declining. Milkweed has always been ubiquitous, growing along the grass strips that line our highways and intermingled with corn and soybean plants in farmers' fields. But that was before the advent of genetically modified corn and soybean seeds!

Modified genetically to survive the herbicide Roundup, farmers can now spray their crops with Roundup, saving themselves hours of tilling. Milkweed plants could and did survive tilling but not Roundup (glyphosate). The high price of corn and soybeans and the growth in ethanol production encourages farmers to plant more corn crops than ever. In 2007, Congress passed the Clean Energy Act, frequently referred to as the "ethanol mandate." This causes farmers to grow more and more corn, which is then converted to ethanol to fuel our cars.

Another factor that decreases milkweed growth is increased development, the use of woodlands and other landscapes to build



Monarch butterflies are disappearing at an alarming rate. Photo from Wikipedia.

malls, houses and roadways. And road crews are more and more energetic, using herbicides along highways. Another factor that works against monarchs is small-scale illegal logging destroying the forests in Mexico, where they overwinter. Extreme weather, including storms, droughts and hotter or colder than normal temperatures, also plays a part in habitat and insect destruction.

The bottom line is that monarch butterflies are declining and will no doubt continue to do so. It is such a call for alarm that it was mentioned at a February summit between the leaders of Mexico, the United States and Canada. It would be wonderful if they established a "milkweed corridor" through the three countries. But while we wait and

hope for this to happen, what can we as individuals do?

We personally need to encourage butterflies to our yards. We need to cut down on lawn production and grow more nectar-producing flowers along with some milkweed plants. Each garden should have three species of milkweed: *Asclepias tuberosa*, *A. syriaca*, and *A. incarnata*. Good nectar plants include Purple Coneflower, Joe Pye Weed, Salvia, Mexican sunflower, zinnia and dahlias.

An easy way to accomplish this is to go to www.MonarchWatch.org and order a Monarch Waystation Seed Kit, which contains seeds of the plants you need. Or go to your local garden shop in the Spring and buy the plants that you need for growing your Monarch Waystation. There are many other websites on the internet that will help you to plant your monarch garden and will teach you more about monarchs. —Alix Pratt

Letter to the Editor: Different Ways of Thinking About Wilderness

Hi Scott, nice to hear you speaking to the issue of wilderness ("*Is Wilderness in the Eye of the Beholder?*" by Scott Olsen, *Wilderness Matters*, Winter 2014). It harkens me back to the day when I was trying to make a case for putting the traffic on Route 302 through the Whites underground to save what was for me something that should have been defined as wilderness. Needless to say mine was a voice in the wilderness. A smile comes when I think of the response at the time. "It costs too much".

I have come to think of wilderness in two ways: A place where no governmental or non governmental organization will feel obliged to rescue me if I do something stupid. And secondly, as space that is fast disappearing as those of us who have volunteered to preserve it find reasons to turn our backs on it.

Cynical? Yeah, I guess you could say that.

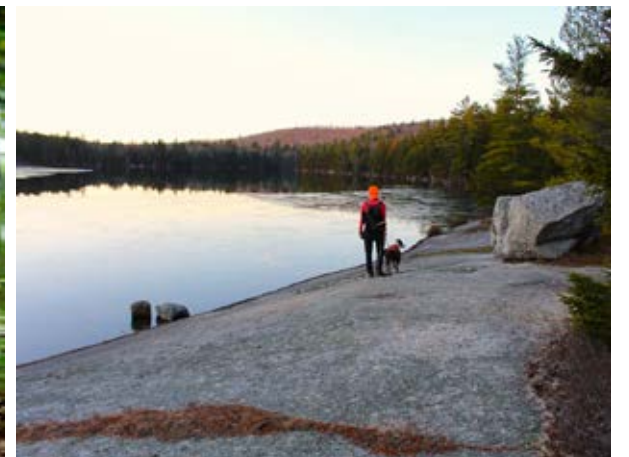
The good news, as you point out, is that we here in Maine continue to call our newsletter *Wilderness Matters* and we continue to read the words therein on a parchment that we can touch.

—Jim Tierney, Auburn



Canine Hiking Buddies & Bangor-Area Treks with Aislinn Sarnacki

*A Meetings & Education Evening Program
on April 8 in Bangor*



Left, Aislinn Sarnacki and Oreo. Right, Aislinn and Oreo on the trail at Partridge Pond in Amherst.

Originally from Winterport, Aislinn Sarnacki is an outdoor reporter for the Bangor Daily News with a beat in recreation and wildlife. Her weekly hiking column and video series, "1-Minute Hikes," and dog column, "Let the Dog Out," run online and in print.

Aislinn graduated from the University of Maine at Orono, where she studied journalism. In 2012, she was presented the Bob Drake Young Writers Award from the Maine Press Association. Primarily a writer, Sarnacki also finds herself engaging in photography and videography as she explores the Maine outdoors for the BDN. Visit her blog "Act Out With Aislinn" at actoutwithaislinn.bangordailynews.com.

Aislinn will cover two subjects. Hiking with dogs and trails of the greater Bangor area is the first. When it comes to dogs, topics of discussion will be trail etiquette and gear to pack for your canine hiking buddy, as well as what problems can arise on the trail and how you might handle them.

Next, through videos, photos and maps, Aislinn will suggest trails for all skill levels that are located within an hour of Bangor, including some wheel-chair accessible wilderness trails. To end the presentation, she'll talk about local groups that offer outdoor-related workshops, outings and resources.

Meeting details: Tuesday April 8 at the Bangor Public Library, 145 Harlow St., Bangor. Program starts at 6:30 pm. The talk is free and open to the public.

Get Ready for Summer with Help from the Experts at L.L. Bean



A Meetings & Education Evening Program at the L.L. Bean Flagship Store in Freeport on May 15

Want some help getting fitted with the right pack or boots or tent? Help choosing a kayak perhaps? Then you'll want to join us on Thursday, May 15 at 7:00 pm at the L.L. Bean Flagship Store (downstairs next to Coffee By Design) in Freeport.

The experienced staff at L.L. Bean will show you all the newest gear for spring hiking and kayaking. Outdoor equipment experts Chris Mills and David Kepler will share their tips for choosing and preparing your gear for safe and fun outdoor adventures. Each presentation will be about a half-hour and there will be plenty of time for Q & A.

Meeting details: Thursday, May 15, L.L. Bean Flagship Store, Freeport. Program starts at 7:00 pm. FMI, contact Fran Leyman at education@amcmaine.org or check calendar or meetings at www.amcmaine.org.



Maine Chapter group above treeline descending Burnt Mountain with view of Sugarloaf beyond on Feb 1. Photo by Jeff Aceto.



Summit shot for beginner hike Burnt Mountain in Carrabassett Valley on Feb 1. Photo by Jeff Aceto

The Skinny on AMC's Knubble Bay and Cold River Volunteer-Managed Camps

A Meetings & Education Evening Program on June 17 (location TBD)

Join Mary McCann-Baker and Amy Grover for their narrated slide shows on the AMC's Volunteer Managed Facilities at Knubble Bay Camp and Cold River Camp. These two ladies are hard-working volunteers with a great enthusiasm for the places they help manage. Cold River Camp is right on the border of Maine and NH in an area where folks can hike and paddle in either state. Beal Island is a campsite only, while Knubble Bay is a camp that houses up to 15 people. Both are in Georgetown on the Kennebec River.

Amy: From the 1919 AMC Cold River Camp Prospectus: "Our invitation...does your soul cry out for a peaceful valley? Do your eyes crave for the beauty of rugged granite hills? Are you longing for clear air, filtered through spruce and pine? Are you thirsting for pure water, cold as the heart of a mountain? Do you desire nature's wild fruits, with the morning dew upon them, sweet cream, delicious butter, and fresh vegetables in season? Then come where appetite grows with what it feeds upon."

Nearly 100 years later, these sentiments about AMC Cold River Camp still ring true. We invite you to come learn about our peaceful valley, our rugged mountains with their cooling pools, our welcoming camp community. Cold River Camp is waiting for you...just a few steps across the Cold River Dam from Maine into New Hampshire.

Mary: Did you know that AMC has two great options for tidewater cabin camping or tenting and paddling that you can rent for yourself, a family or large group right in the mid-coast



Beautiful Knubble Bay scene.

area? Knubble Bay Camp is on the water next to Robinhood Marina in Georgetown, Maine. It is a modern post and beam cabin that is off the grid but fully equipped to accommodate a couple or up to fifteen people. A short nautical mile's paddle from the launch at KBC is 64-acre Beal Island, on the Maine Island Trail. A perimeter hiking trail, two beachside cooking tables and outhouse provide basic amenities yet allow a rustic island camping experience. Both facilities are managed and maintained by an AMC volunteer committee. The committee also offers paddling weekends with meals and instruction or informally guided paddles in the area. Come learn more about what AMC's tidal gems have to offer.



Evening at Cold River Camp.

Mary McCann-Baker is a two-term former chair of the Knubble Bay Camp and Beal Island AMC committee. She has been involved with KBC/BI for 15 years and currently serves as part time volunteer caretaker in the summer months. She is an avid paddler, registered Maine Guide and LL Bean Outdoor Discovery School instructor.

Meeting details: Tuesday, June 17 at 7:00 pm at the Curtis Memorial Library, 23 Pleasant Street, Brunswick. Optional potluck at 6 PM (please bring a food item to share and a plate and utensils), followed by the presentation at 7 PM. Any questions, please contact Fran Leyman, M&E chair, at education@amcmaine.org.

Young Members Go Big for Cross-Country Skiing

Cross-country skiing has been one of my passions since I was a child, whether it was making fresh tracks in the snow on the lake at our family camp in the Adirondacks, skiing into the Adirondack Great Camp Santanoni, or skate skiing as fast as I could during races.

Cross-country skiing is one of the best workouts and works every muscle in your body; even the ones you never knew existed. It gets you out into the majestic snow-covered paradise where you may even get a chance to catch deer bounding across the trail. I thought it was important to share this so that you might take advantage of what x-c skiing has to offer.

I was excited to see the Young Members group show so much interest in cross country skiing this year! I offered two very well-attended cross-country skiing trips at the beginning of the winter with the help of Jeanne Christie and Larry DeHoff. We've had over 20 people interested in our trips so far this winter, from all over New England. On our first ski trip at Pineland Farms on January 5, we held a beginner classic ski lesson in the morning, along with a skate ski group. Represented were skiers from Maine, Massachusetts, and New Hampshire. The two groups met for lunch at the café, and then most of us skied in the afternoon.

We had another cross-country ski trip at Harris Farm on January 26; a full trip. It was a cold day but a lot of fun for our beginner skiers on the



more level and easier terrain, where they were able to hone their skiing skills and gain more confidence.

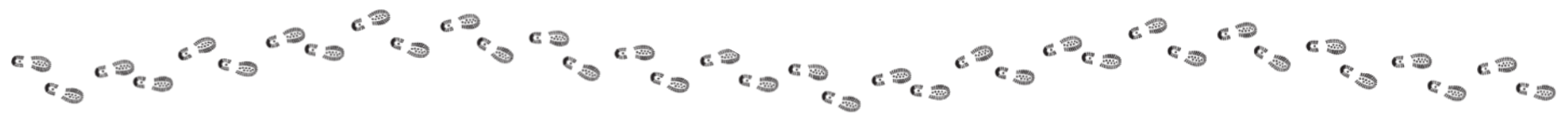
I've wanted to get participants out skate skiing and so held a beginner lesson on March 23. Skate skiing brings another element to the sport where the skis are all about gliding combined with speed skating on skis. It brings an added challenge that's well worth mastering the technique. It is recommended that you feel comfortable on skis before attempting to learn skate skiing.

Another great way to experience the outdoors on skis includes backcountry skiing. Al Mandell held a backcountry skiing workshop at Allspeed in

Portland on January 7. Participants learned about the gear needed for backcountry skiing, trip planning and avalanche danger awareness.

The Young Members are planning their 3rd annual Tuckerman Ravine trip on April 6 along with a skiing component led by Al Mandell. Kim Sanders is leading the hiking component of the trip, which will bring hikers up to the bowl of Tuckerman's to watch the spring skiers and some of the skiers from Al's group.

Thank you to all who have helped make our cross-country skiing trips a success: Jeanne and Larry for leading with me, Al for his expertise and knowledge of backcountry skiing, and Aaron Fox and Margaret Curtis for helping with the skiing trips as well. —Sarah Keats



A Young Member's Conversation with AT Thru-Hikers at the End of the Trail

At Baxter State Park over the Columbus Day weekend I had an opportunity to meet several Appalachian Trail thru-hikers and learn how different they are from other hikers. They're a unique group of people, determined to hike the 2,180-mile Appalachian Trail, a challenging hike with much self-discovery and immense pride upon completing it.

I spent my one night at the Appalachian Trail Lodge in Millinocket. Three thru-hikers there invited me for a walk to the gas station for supplies, and I accepted their offer so I could learn more about backpacking from them.

We were very different hikers. They mostly talked amongst themselves about their experiences along the AT, places that I had only heard about.

Most of the conversation revolved around the solo guy comparing his experiences with the hiking couple. He was the one-upper variety of people, constantly comparing notes about how his achievements were better than others. One remark was, "hey, what was the longest day hike you did? About 30 miles? Yeah, I did 40 miles in 25 hours. I don't know why I did it, but I just kept pushing and when I finally reached the hut, I was all hallucinating and stuff." Hiking the AT is an incredible achievement for them, but one-upper's do have a way of belittling other people's accomplishments.

At the gas station, the lady hiker was excited to buy some simple earrings. She told me on the walk back that she was looking forward



Chris Higgins on summit of Katahdin

to making a home-cooked meal. She was enjoying the simple little things in life that normally are overlooked, but after months on the trail, was able to recognize those little things.

They were curious about me when I told them I was peak-bagging. They didn't know what peak-bagging was and I explained that I was working on a set list of mountains and my goal was to accomplish this list. The couple was impressed with this idea. The one-upper was curious, but not impressed. His response was "You bag peaks? I bag trails. Now that I'm done with this trail, I'm going to work on another trail that runs from Minnesota through Wisconsin, Michigan, Indiana and Ohio, and it's 4,400 miles long." He seemed nonchalant about having accomplished the AT; maybe his elation has already passed.

Back at the bunkhouse, the other posed a simple question with a difficult answer: "Tomorrow, I have to ask myself a big question: what now?" That one question struck me as the most potent experience of my entire trip. He had his life ahead of him but nothing planned. My few dealings with the AT hikers showed me that they tend to focus on finishing the trail. After the AT, they return to reality, some with future plans, most without. For him, he achieved his goal that took him months to accomplish, and now reality was setting in. I didn't see him the next day, but I like to think that his first decision was how to get home. —Christopher Higgins

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 Club-Wide Fall Gathering

OCTOBER 17-19, 2014

Camp Wavus, Jefferson, ME

Participants and Volunteers Wanted! See page 1.