



MAINE CHAPTER

YOUR CONNECTION TO THE OUTDOORS

Maine Chapter
Appalachian Mountain Club
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WILDERNESS MATTERS

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AMCs Fall Gathering in Maine Deemed “An Unqualified Success!”

By John Mullens

“An unqualified success!” was how Roger David, Maine Chapter Chair, described the recent AMC Fall Gathering. “Our out-of-state visitors enjoyed themselves, participated in Chapter-led outings, saw a lot of Maine’s outdoor and coastal gems, and made new friends with AMC members from other chapters. I heard kudos from every chapter about the facilities, the activities, and the welcoming face of Maine Chapter members. And Maine Chapter volunteers organized it all!”

Held at Camp Wavus in Jefferson over the October 17-19 weekend, Fall Gathering brought together over 140 AMCs for two days of hikes, bike rides, paddles, and other outdoor excursions. Hiking trips to mountains with an ocean view were popular, as were bike rides along the scenic Maine coast, and a ferry trip plus bike excursion to Islesboro. AMCs also enjoyed a salt-water kayak paddle, trips to the Maine Coastal Botanical Gardens and Maine-centric museums, and visits to local natural areas.

AMC Senior Vice President Walter Graff led the kudos. “I just want to tell all of you how impressed I was with Fall Gathering. It was impossible not to see how much hard work and creativity went into



Photo by Doug Chamberlin

the meeting. I was so glad I could at least make the open forum and dinner. I was so proud of all of you and the AMC. I heard nothing but rave reviews, and I’m sure everyone will want the meeting to return to Maine! I have a feeling I may have to move across the border so I can claim Maine citizenship. So thank you, thank you, thank you. You’re the best.”

Another typical reaction was that of Mohawk-

Hudson Chapter member Amy MacDonald. “Congratulations to the Maine Chapter for a job well done on the fall gathering. We truly enjoyed ourselves. Your chapter members were happy, helpful, friendly people. The outings went well, the food good, weather cooperated, evening activities entertaining, and the company was great. How could it have been any better?”

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Awards Presented at Maine Chapter Annual Meeting



Top left: Peter Roderick, “Mr. AMC” (center); John Mullens (left); Roger David (right).

Lower left: Jeanne Christie (left), Roger David (right)

Top middle and right: Scenes from the Maine Chapter annual meeting during Fall Gathering in October.

The annual meeting of the AMC Maine Chapter was held at Camp Wavus in Jefferson on October 18 as part of the AMC Fall Gathering.

A new slate of officers and executive committee (Excom) members were elected and the Appie of the Year award was presented to John Mullens for 2014. This is the second time John has been presented with this award.

In the past, John was the chair of the Meetings and Education committee of the Maine Chapter, and recruited presenters to offer their unique perspectives on travel, gear, conservation, history and other relevant subjects. He developed an outstanding program that offered a variety of excellent presentations. Most of the meetings drew capacity crowds composed of both AMC members and non-members.

More recently, John volunteered to serve as Vice-Chair for the year to fill that vacant position while we searched for a volunteer to assume that important position going forward. Fortunately, Doug Chamberlin stepped up and was elected to serve as our vice-chair for 2015.

In the interim, John stepped in as vice-chair pro tem and supported the Maine Chapter in a manner that was beyond expected commitment and dedication to the job. Because of his willingness to take on this assignment on short notice and in addition to his responsibilities as Chair of the Maine Woods Initiative Committee including as a member of a task force that worked with the AMC Board of Directors he is the obvious choice for Appie of the Year. Working with Chair, Roger David and the executive committee, he kept the chapter moving forward and helped it to achieve many goals it might otherwise not reached at this time. Thank you, John.

Jeanne Christie and Peter Roderick were recognized for their involvement with the Maine Chapter as they stepped down as Chapter Youth Program chair and Outings committee chair, respectively. Both have served the Maine Chapter in various leadership capacities for a number of years.

WINTER CALENDAR: OUTINGS | EVENTS | MEETINGS | 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 calendar listings, contact Kathy Baillargeon, Outings Chair, 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* (Winter Issue) is March 1, 2015.

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

Tuesday, January 13: Rich Cromwell presents: Hiking, Biking, Rowing in Southeast Asia Event will be held at Curtis Memorial Library, 23 Pleasant Street, Brunswick on Tuesday, January 13, 2015. Free and open to the public. FMI visit www.amcmaine.org/calendar; for driving directions go to www.amcmaine.org/meetingsandeducation; or contact Lisa Pengel, co-chair of meetings and education at education@amcmaine.org. PLEASE SEE FULL DESCRIPTION OF THIS PROGRAM ON P. 7 OF THIS NEWSLETTER.

Tuesday, February 3: Behind the scenes on the Appalachian Trail with the ATCs Claire Polfus Event will be held at Curtis Memorial Library, 23 Pleasant Street, Brunswick on Tuesday, February 3. Free and open to

the public. FMI visit www.amcmaine.org/calendar; for driving directions go to www.amcmaine.org/meetingsandeducation; or contact Lisa Pengel at education@amcmaine.org. PLEASE SEE FULL DESCRIPTION OF THIS PROGRAM ON P. 3 OF THIS NEWSLETTER.

Tuesday, March 3: Hiking the Grande Traversée des Alpes with Tulle Frazer and Rob Bryan Event will be held at Curtis Memorial Library, 23 Pleasant Street, Brunswick, Maine on Tuesday, March 3, 2015. Free and open to the public. FMI visit www.amcmaine.org/calendar; for driving directions go to www.amcmaine.org/meetingsandeducation; or contact Lisa Pengel at education@amcmaine.org. PLEASE SEE FULL DESCRIPTION OF THIS PROGRAM ON P. 5 OF THIS NEWSLETTER.

HIKING/SKIING/SNOWSHOEING

Thursday, January 1: Sawyer Mountain (1,180 feet), Limington. 3.6-mile hike on rough woods road. Elevation gain 600 feet with interesting views. Start the New Year off right. Leader: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com.

Thursday, January 1: Speckled Mountain (2,906 feet), Evans Notch. 9 miles with 2,306 feet elevation gain. Challenging beginner hike on very moderate trail at an easy pace. Snowshoes and traction devices required. Leader: Lewis Dow, lwsdow@yahoo.com.

Saturday, January 3: Beginner Winter Snowshoe Hike, Bradbury Mountain State Park. Total distance three miles. Great views from summit of Bradbury Mountain. This is an opportunity to learn and apply winter hiking techniques. Leader: Jeanne Christie, 207-310-8708, jeanne.christie@aswm.org.

Saturday, January 3: Pineland Farms Beginner and Intermediate/Advanced Cross-Country Ski Trip (Young Members). We plan to have a beginner ski group in the morning and an intermediate/advanced ski group in the afternoon. You can rent skis if needed from Pineland Farms, a great ski area close to Portland with rolling hills and some easier areas for beginners. We'll pick trails that work well for the group. Leader: Sarah Keats, 207-756-4226, slkski@gmail.com.

Sunday, January 4: Hike South Moat Mountain (Young Members). Moderate climb, hiking at a pace of about 1.5 mph, adjusted depending on overall group preference. Elevation gain is 2,200 feet, roundtrip 5.4 miles. Summit views are outstanding (on the "52 with a view" list). Some winter hiking experience and full winter gear is required. Leaders: Denise Fredette, 207-939-3670, deniserae77@gmail.com; Carolyn Arcand, 207-807-1480, carolynarcand@gmail.com.

Monday, January 5: Potluck, Basic Winter Skills, and Full Moon Snowshoe (Young Members). Join us for an evening of fun, recreation and winter skills building. Arrive at 6:00 p.m. with potluck item and any winter items you're looking to pass on (someone else might want it). Everything left over will be donated to charity. There will be gear there to check out, too. Social hour, gear exchange and eating until 7 p.m., then a short winter skills discussion designed to address basic skills like layering, staying hydrated, signs of hypothermia and gear. Folks will be available to answer more advanced and technical questions. At 8 p.m. we will put on snowshoes and explore the trails at beautiful Gilsland Farm. Event wraps up around 9:30 p.m. Registration not required, but helpful in determining numbers. Might be snowshoes available for use; contact leader. Leader: Kim Sanders, 207-712-0862, kimberlyannanders@gmail.com.

Saturday, January 10: Cranberry Peak Snowshoe Trek, Stratton. Experienced winter hikers with full winter gear needed for fun day in Maine woods. With car spot we'll hike from trailhead near Stratton to Cranberry Peak and on to Cranberry Pond and junction with AT, then head south on AT to ME 27. Trip length = 8 miles. Incredible views of Bigelows, beautiful woods walk especially between the peak and the pond. Leaders: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net; Katherine Baillargeon, 207-240-3784, kbhappytrails@gmail.com.

Sunday, January 11: Beginner Winter Snowshoe Hike on Burnt Meadow Mountain. Distance 3.3 miles, elevation gain 1,000 feet, some steep sections, leisurely pace, great views from the summit. If we hike up Stone Mountain too it will add another 1.5 miles and 500 feet elevation gain. Hike is geared for beginners, but anyone is welcome. Some time to be spent practicing winter hiking techniques. Leader: Jeanne Christie, 207-310-8708, jeanne.christie@aswm.org.

Saturday, January 17: Little Bigelow Mountain, Bigelow Preserve. Experience winter hiking on one of Maine's most revered mountain ranges! Ascend Little Bigelow (casually referred to in oxymoron-speak as "Little Big") via the AT. The 3.5 miles to summit gains 1,750 feet, includes some open ledges. Total hike is 7 miles. Open ledges afford great views without risk of full summit exposure. Experience moderately steep terrain in winter in a low-risk setting. Great for beginner/intermediate winter hikers but all welcome. Snowshoes with cleats, crampons, or heavy-duty traction system (such as Kahtoola MICROspikes) may be required depending on conditions. Leaders: Denise Fredette/Laura Flight, 207-215-5306, flyrodflight@systemfolder.com.

Wilderness Matters



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Address corrections: Send to AMC Member Services, 5 Joy Street, Boston, MA 02108 | (800) 372-1758 | amcmembership@outdoors.org

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

Maine Chapter Executive Committee

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

Vice Chair: Doug Chamberlin, vicechair@amcmaine.org, (978) 761-3815

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

Treasurer: Cindy Caverly, treasurer@amcmaine.org, (207) 465-9097

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

At Large: Dave McCarthy, atlarge@amcmaine.org, (207) 363-2791

Conservation: Leeann Reid, conservation@amcmaine.org, (207) 752-7644

Meetings & Education co-chair: Lisa Pengel, education@amcmaine.org, (207) 212-6464

Meetings & Education co-chair: Gerry Sawyer, education@amcmaine.org, (207) 234-2425

Membership & PR: Kristen Grant, membership@amcmaine.org

Maine Woods Initiative: Paul Hahn, mwi@amcmaine.org, (207) 222-2837

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

Outings: Kathy Baillargeon, outings@amcmaine.org, (207) 240-4784

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

Trails: Jeff Pengel, trails@amcmaine.org, (207) 446-8290

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

Young Members co-chair: Denise Fredette, youngmembers@amcmaine.org, (207) 939-3670

Young Members co-chair: Sarah Keats, youngmembers@amcmaine.org, (207) 756-4226

Other Contacts

Regional Director: Sam Jamke, other@amcmaine.org, (603) 472-2536

Newsletter Designer: Lauren Mier, brightredbicycledesign.com, laurenmier@gmail.com

E-newsletter Distribution: Laura Flight, enews@amcmaine.org

Chapter Youth Program: Jeanne Christie, youth@amcmaine.org, (207) 310-8708

Maine Policy Office

Bryan Wentzell, Maine Policy Manager, bwentzell@outdoors.org, (207) 899-0150

Kaitlin Bernard, Maine Program Associate, kbernard@outdoors.org, (207) 899-0150

Office: 30 Exchange St., Portland ME 04101.

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, January 17: Maine Chapter annual MLK weekend trip to a hut in the Whites. This year we'll be staying at Zealand Falls Hut January 17-19. On Saturday we'll snowshoe/ski 6.3 miles on roads and trails to hut. On Sunday climb a 4,000-footer, take an easy snowshoe, x-c ski, or just lounge around the hut. Bring wine and cheese to share in evenings. Monday hike back out. \$115 covers 2 nights lodging, 2 dinners, 2 breakfasts, and 1 lunch. Limited space so reserve early. Leader: Roger David, 207-737-9870, rd04342@gmail.com.

Saturday, January 17: Mt. Chocorua (3,475' feet), NH. 7.6 miles, 2,500 feet of elevation gain. Beautiful trail, waterfall where you may see ice climbers, and great views. Pace will be moderate. Full winter gear required. Great hike to test your winter skills. Starting in the parking lot on Kancamagus Highway. Range is not outstanding for its elevation but is very rugged and has excellent views of the surrounding lakes, mountains, and forests. Mount Chocorua's bare summit can be seen from almost every direction and can be identified from many points throughout central New Hampshire and western Maine. Limit 10. Leader: Katherine Baillargeon, 207-240-3784, kbhappytrails@gmail.com.

Sunday, January 18: X-C Skiing - Maine Huts & Trails System, Carrabassett Valley. 16 miles (more or less) skiing on Maine Huts & Trails system, including stops at Poplar Stream and Stratton Brook huts. Good workout for advanced beginner or intermediate or above skiers. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

Saturday, January 24: Backcountry Skiing Workshop, Pinkham Notch NH. Want to learn how to backcountry ski and learn about avalanches and trip planning? Acadia Mountain Guides in conjunction with the AMC is offering this free introduction to backcountry skiing, including how to be an efficient at ski touring, how to trip plan, read an avalanche forecast, use an avalanche beacon, and ski tour safely in avalanche terrain. Join us at Pinkham Notch Visitors Center on Sat, Jan 24 at 8:00 am for an all-day workshop with both classroom and field sessions. AT, split board, telemark gear required. Bring own lunch, snacks, water and come ready to learn all about backcountry skiing from the top guide service in the area. Leader: Al Mandell, 607-316-5773, mandell.ah@pg.com.

Saturday, January 24: Carter Dome (4,832 feet) NH - Advanced Winter Hiking. About 10 miles with 3500 feet elevation gain at moderate pace, full winter gear required. Leader: Lew Dow, lwsdow@yahoo.com.

Sunday, January 25: Beginner Winter Snowshoe on Pleasant Mountain, Bridgton. Distance around 5 miles, 1,900 feet elevation gain. Geared for beginning snowshoers. Everyone welcome. Great views of White Mountains, including Mount Washington. Leaders: Jeanne Christie, 207-310-8708, jeanne.christie@aswm.org; Larry DeHof, 207-310-8952.

Saturday, January 31: Carter Notch Hut, White Mountain NH. 7.6 mile hike via 19 Mile Brook Trail. Elevation gain 1,800 feet. Please register by 1/28/15. Leaders: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com; Debby Kantor, 207-854-3431, dlkantor@aol.com.

Saturday, January 31: Mt. Madison (5,367 feet), Presidential Range NH. 8.4 mile hike with 4,100 feet elevation gain from US 2 in Gorham. Advanced winter hike, full winter gear required, moderate pace. If the weather is not right to summit, we'll go as far as Madison Hut. Beautiful hike with great views including Mt. Washington. Great chance to bag a winter peak if you have a list. Limit 10. Leader: Katherine Baillargeon, 207-240-3784, kbhappytrails@gmail.com.

Tuesday, February 3: Outdoors with Kids in Maine: Winter Wonderland, Falmouth. Bring your young family to celebrate the Snow Moon with a talk and a walk at beautiful Gilsland Farm in Falmouth. We'll spend first part of evening inside learning about where snow comes from and how it helps animals, then head outside to explore Gilsland Farm by moonlight. Then we'll head back inside for snacks, hot beverages and closing circle. Please come prepared for all members of your family to walk the trails, including traction devices for boots and flashlights/headlamps (which hopefully we won't need). Space is limited. Registration is required. This is part of co-branded series with Maine Audubon: Outdoors with Kids in Maine. For children ages 2-7. Start 6:00 p.m., ends 7:00 p.m. Leader: Kim Sanders, 207-712-0862, kimberlyannsanders@gmail.com.

Saturday, February 7: Hike in Camden Hills (Young Members). Hike Mount Megunticook and Mount Battie. Elevation gain approx. 950 feet, round-trip 4.6 miles, pace around 1.5 mph, beautiful views of the seaside community and surrounding areas. Winter gear required. Leader: Denise Fredette, 207-939-3670, deniserae77@gmail.com.

Saturday, February 7: Mt. Eastman- Beginner Winter Hike. Eastman in 2,939 feet on the "52 with a view" list. 8.6 miles at moderate pace, 2650 feet elevation gain. Challenging beginner hike. Full winter gear, snowshoes and ice traction requires. Leader: Lew Dow, lwsdow@yahoo.com.

Saturday, February 7: Mt. Washington (6,288 feet) - Advanced Winter Hike. 9.2 miles with 3,800 feet elevation gain. Full winter gear required and winter hiking experience a must. A challenging peak, but an incredible adventure. If weather is not right to summit, we'll hike to Lake of the Clouds Hut. If the weather is right, and the group is up for it, we may add Monroe, an additional 0.6 miles. Leader will make final

Claire Polfus of the Appalachian Trail Conservancy shares a behind the scenes at the A.T. in Maine

A Meetings & Education Program on Tuesday, February 3 in Brunswick

Maine's section of the Appalachian Trail is the most rugged and remote of the 2,185-mile trail and it is also many hikers' favorite. Take a look behind the scenes at the ecology, management and challenges of the A.T. in Maine. For Claire Polfus, the Conservation Resources Manager for the Appalachian Trail Conservancy in Farmington, ME, her work covers everything to do with A.T. in Maine, from natural resource management to project planning to community outreach. In her spare time she heads right back to the mountains on foot, bike or ski preferably with friends and dogs in tow. The ATCs mission is to preserve and manage the Appalachian Trail, ensuring that its vast natural beauty and priceless cultural heritage can be shared and enjoyed today, tomorrow, and years to come.



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Tuesday, February 3, 2015 at 7:00 p.m., Curtis Memorial Library, 23 Pleasant St., Brunswick. Free and open to the public. FMI: www.amcmaine.org/meetingsandeducation. Contact: Lisa Pengel, education@amcmaine.org.



decision based on group. Great opportunity to bag a winter peak if you are working on a list. Leader: Katherine Baillargeon, 207-240-3784, kbhappytrails@gmail.com.

Sunday, February 8: Harris Farm Cross Country Ski, Dayton (Young Members). Dayton location is close enough for those coming from nearby states as well. Plenty of beginner trails with rolling hills and flat areas to work on technique. Ski rentals available. Leaders: Sarah Keats, 207-756-4226, slkski@gmail.com; Jeanne Christie, 207-310-8708, jeanne.christie@aswm.org.

Saturday, February 14: Baldpate West Peak and East Peak, Grafton Notch. Hike to the West Peak (3,662 feet) and East Peak (3,780 feet) of Baldpate via the AT from the Old Speck parking lot in Grafton Notch. Elevation gain 2,300 feet and 8 miles round trip at moderate pace. Suitable for experienced intermediate/advanced winter hikers. Full winter gear required including winter boots with crampons and snowshoes with crampons. Leader: Bill Brooke, 207-549-5100, bill@mesoft.org.

Sat-Sun, February 14-15: Beginner Winter Backpack Camping. Are you new to backpacking? New to winter camping? Join us for an easy snowshoe to a shelter to spend the night. Enjoy a meal around a campfire and sleep overlooking the ocean. Hike out in the morning possibly via a longer route. Contact leader for full details and equipment requirements. Trip is part of Great Maine Outdoor Weekend. Leader: Roger David, 207-737-9870, rd04342@gmail.com.

Mon-Fri, February 16-20: Claybrook Lodge Ski Trip. Join us for a week of great cross country skiing on the Maine Huts and Trails system of well-maintained trails. We'll have the opportunity (weather permitting) to visit each of the 4 huts without the burden of large backpacks. Enjoy the luxury of skiing with just a small daypack while

enjoying the magnificent trails and scenery in the Bigelow area. Our accommodations will be in shared twin or triple rooms at the Claybrook Mountain Lodge in Highland Plantation. Lodge is owned by Greg, a certified EMT and Maine Guide, and his wife Pat. Pat is a fantastic cook who will spoil us with her homemade bread, muffins, cookies and multi course meals. Made to order breakfast, trail lunches and dinner are included in the trip fee. All meals from supper on Feb 16 (day of arrival) through and including lunch on Feb 20 (day of departure). We'll eat our trail lunches at one of the MHT huts whenever possible, so we can purchase hot food items as well. Claybrook Lodge has twin and triple rooms located on 2 levels; with a shared bath on each floor. There is also a living room area on each floor and a large wood stove on the 1st floor. Facility is clean, cozy and rustic, and surrounded by an array of mountain peaks. Greg will act as our naturalist guide each day and give us information on tracking, wildlife identification, tree identification and historical perspectives of the area. His skills will increase our enjoyment while maintaining a good level of safety. There will also be two AMC trip leaders on the excursion. Trip cost of \$600 includes 4 nights shared accommodation at Claybrook Mountain Lodge in a twin or triple room, Maine sales and lodging taxes, all meals as stated above, services of Maine Guide for Tues, Wed and Thurs, services of two AMC trip leaders through entire excursion. Leader: Ginette Beaudoin, 207-294-6302, ginette4000@yahoo.com.

Saturday, February 21: Saddleback Mountain, Rangeley. Ascend one of Maine's 4,000-footers in winter, climbing 3,500 feet over 5.5 miles on the AT to summit of Saddleback (conditions permitting), then retracing our steps. 11 miles total. Pass by two mountain ponds; 2 miles of above treeline travel. Snowshoes with cleats and full crampons required. Leaders: Laura Flight, 207-215-5306, flyrodflight@systemfolder.com; Frank Brooks, thenextb@aol.com.

Saturday, February 21: South Baldface Shelter, Evans Notch. 5 mile hike, elevation gain 1,450 feet. Register by 2/18/15. Leaders: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com; Debby Kantor, 207-854-3431, dlkantor@aol.com.

Sat-Sun, February 28-29: Camden Hills State Park Cabin Overnight. Have you always wondered what it might be like to do a winter backpack but not ready to sleep in the snow in a tent? Join us for hikes and an overnight backpack to a cabin in Camden Hills State Park instead, an old ski lodge that was totally rebuilt. Wood stove, 6 bunks, picnic tables, flagstone floor, privy. First 4 to book get bunks. You can also join us and bring an air mattress for the floor or tables or bring a tent for winter camping outside. We'll hike up an old road to the lodge, drop off our stuff, start a fire to warm up the place, then head out for a hike/snowshoe. Friday, we'll do a potluck of appetizers; remaining meals are on your own. Loop hike on Saturday, then relax at cabin. Sunday, hike out, maybe a side trip to Bald Rock. Contact leader to register. NOTE: Dates may change as this cannot be booked until January 1 (first-come, first-served for reservation at that time). Back up dates will be the following weekend. Payment due at time of reservation. No refunds. Leaders: Michelle Moody, Stan Moody, 207-319-7355, meamc@micstan.us.

Saturday, March 21: Mt. Pierce (4,310 feet), White Mountains NH. 6.2-mile hike via Crawford Path. Elevation gain 2,400 feet. Register by 3/18/15. Leaders: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com; Debby Kantor, 207-854-3431, dlkantor@aol.com.

SOCIAL

Monday, January 12: Happy Hour Social at Dogfish Restaurant (Young Members). Join us starting at 6 p.m.. Good draft specials and happy hour menu available. Start the week off right with some like-minded folks, see what people have been up to and find out the scoop on upcoming AMC events. RSVP appreciated so we have an idea of how many seats to hold, but not required. Host: Denise Fredette, 207-939-3670, deniserae77@gmail.com.

Thursday, February 19: Trivia Night at Margaritas Restaurant (Young Members). Meet at Margaritas Restaurant, Brown Street, Portland starting at 7 p.m. in lounge. Trivia starts at 7:30 p.m. You may be surprised at the random stuff you know. Trivia not your thing? Come on by and say "hi" anyway, enjoy good dinner specials and great company. RSVP appreciated but not required so we have an idea how many seats to hold. Host: Denise Fredette, 207-939-3670, deniserae77@gmail.com.



YOU'RE INVITED...

to help kick off a fantastic year in the outdoors at the AMC Annual Summit in Norwood MA on Sat., Jan 24, 2015

The AMC Annual Summit is a fun day of exciting trainings, meaningful meetings, and fun conversations with volunteers and staff from every level and area of the club. We have curated a great selection of useful and interesting courses this year including: Splinting in the backcountry, AMC's Historical Film Fest, Advocacy for the outdoors, Volunteer for trails, Navigation for sea kayakers, Group dynamics for leaders, and more. More info and registration: www.outdoors.org/AnnualSummit.

Learn Winter Mountain Travel Skills at AMC NH Chapter Winter School

**Two Sessions:
Jan 30-Feb 1 and Feb 27-Mar 1**

This workshop offers instruction in winter mountain travel to backcountry skiers and snowshoers of all levels, covering just about every aspect of winter backcountry travel. The weekend is filled with instruction, field exercises, lectures and discussions. And there will be plenty of great food to fuel you back up!

Choose from one of the following classes:

- **Introduction to winter mountain travel:** Beginner and intermediate classes. Instruction in safety equipment, route finding, map and compass, off-trail navigation, weather, trip planning, nutrition and emergencies in the mountain environment.
- **Backcountry skiing:** Beginner, intermediate and down-mountain back country classes.
- **Advanced winter wilderness travel,** high peaks and crampons.
- **Winter backpacking:** For those who want to take their skills beyond day hiking. Beginner in January, intermediate class in February. Backpacking equipment, campsite selection, route finding, map and compass, weather, trip planning, cooking and emergencies. Plan to spend Friday and Saturday night outdoors and provide for your own backpacking equipment.
- **Leadership and mountain skills:** For those who have good winter hiking and/ or skiing skills, and wish to enhance them to run trips of their own. Exercises in planning, organizing and conducting trips with emphasis on leadership techniques and group dynamics. Plus the basics of accident scene management, medical considerations and off-trail navigation.

Contact workshop director Rick Silverberg, (603) 225-5921. Must be over to attend. Cost: \$150 for AMC members, \$170 for non-members, and includes lodging, excellent meals, materials and instruction. Workshops begin at 7:30 p.m. on Friday and end at 4 p.m. Sunday. More info: www.amc-nh.org; registration: AMC_registration.ccnr.org



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.

Success - continued from page 1

Cheryl Lathrop and Maureen Kelly, Chair and Vice-Chair of the Southeastern Massachusetts Chapter, had similar reactions. "Thank you, Maine, for organizing such a wonderful Fall Gathering! What a beautiful place you chose! What great organization you had! What super activities you provided! Especially helpful were your "ASK ME!" orange shirts, so that someone was always very visible to ask!"



Photo by Peg Nation



Roger David summed it up: "The obvious success was the result of our Chapter volunteers who led trips, represented the Chapter, and did all the prep work over the nearly 12 months ahead of time. My special thanks to Larry Dyer, chair of the committee, to Peter Roderick who organized all the outings, and to Paul and Jane Hahn who managed and directed volunteers during the weekend. In fact, the success of the weekend reflects well on all of the volunteers who helped as well as the whole Chapter's ability to organize and run a club-wide undertaking like Fall Gathering."

Fall Gathering Committee members were Peg Nation, Diane Neff, Kim Sanders, Mary Riendeau, Susannah Hatch, Kaitlyn Bernard, Larry Dyer, Paul Hahn, Peter Roderick, John Mullens, and Roger David.

Families at AMC's Fall Gathering

By Kimberly Sanders



April Scrobeck and her mother Allison on Mt Battie

AMC's annual Fall Gathering event, hosted by the Maine Chapter last October, was a wonderful success. Filled with engaged individuals coming together to celebrate and recreate in nature. By day, people hiked, attended meetings or just relaxed at beautiful Camp Wavus. By night, we danced contra with the Sea Slugs, sang and played guitar by the campfire, ate s'mores and enjoyed seeing old friends and meeting new ones.

People of all ages attended, many for the first time, including two families.

Five-year old April Scrobeck and her mother Allison are from Massachusetts. They are recent members and have attended a few family events with AMC. The pair went on the Mount Battie hike in the Camden Hills. Allison loves the outdoors and wants to foster that love in her daughter. She enjoys the support and fun of hiking with other families with young children. It's a wonderful opportunity to share time with your family, without the distractions of everyday life. Real time.

Carol Hubbard and her son Jasper also attended the Fall Gathering. They live in Maine and have been to other AMC events. The two went on the Ragged Mountain hike and participated in other fun activities on campus, including being double winners at the silent auction held Saturday night after dinner.

Fall Gathering was a memorable weekend! I'm looking forward to next year's event at Lake George in beautiful New York state.

Tulle Frazer and Rob Bryan Share their Adventures Hiking the Grande Traversée des Alpes

A Meetings & Education Program on Tuesday, March 3 in Brunswick

The Grande Traversée des Alpes (GTA) is a hiking trail that extends from Lake Geneva to the Mediterranean Sea through the French Alps, close to the borders of Switzerland and Italy. The trail covers about 380 to 450 miles, and typically takes about six weeks to complete. The GTA is the highest part of the longer GR5 (Grande Randonnée Cinq) which runs 1,600 miles from the North Sea in Holland to the Mediterranean at Nice, France. The pair hiked the GTA in three sections beginning in 2011, and completed the trip in 2014. Their group of four stayed at mountain huts, farms, and small village hotels that cater to hikers. A great family-style French dinner awaited them at the end of each day. By traveling in late June and early July the flowers were amazing and the temperatures were usually perfect for hiking. Except for a few days in the vicinity of Mont Blanc, the trails were never crowded. They met hikers from all over Western Europe but only encountered six Americans along the entire trail. The GTA climbs over 39 mountain



passes, the highest of which was Col de Chavière at 9,171 feet.

Tulle Frazer taught biology and earth science at Berwick Academy and biology labs at Bowdoin College, worked for Colorado and Maine Outward Bound schools, taught cross-country skiing in Vermont, and led hiking trips in Europe for Distant

Journeys. Rob Bryan is a consulting forester who specializes in wildlife and ecology-related projects for private landowners and conservation groups. Prior to beginning his own consulting business he worked at Maine Audubon for 13 years and for several ecological and forestry consulting firms.

Tuesday, March 3, 2015 at 7:00 p.m., Curtis Memorial Library, 23 Pleasant St., Brunswick. Free and open to the public. FMI: www.amcmaine.org/meetingsandeducation. Contact: Lisa Pengel, education@amcmaine.org.

Maine Conservation Update

By Bryan Wentzell, Maine Policy & Program Director and Kaitlyn Bernard, Maine Program Associate

AMCers have a lot to be proud of. Every day AMC staff and volunteers are out there maintaining trails, conserving lands, and advocating to keep our wild places wild. A great synopsis of AMC's 2014 conservation accomplishments can be found at www.outdoors.org/conservation/accomplishments/conservation-accomplishments.cfm

We're very proud to be a part of this great organization and have the opportunity to work with so many talented and dedicated staff and volunteers. Please take a look at the above link – it's quite a list!

Looking ahead to our 2015 Conservation Agenda, we have some great opportunities and possible threats. *If you care about protecting Maine's great outdoor spaces for future generations, you don't need to be a policy wonk or a trail expert – just be willing to speak up for the outdoors. If you don't, who will?*

First, the popular and successful Land for Maine's Future (LMF) program will need to be re-funded, and we anticipate legislation to do just that to then send a referendum to the voters. This will be an uphill climb in the legislature and with the Governor who has in the past withheld voter-approved LMF funding.

Another opportunity is a bill to better site wind power projects, taking into account the ever-increasing height of wind turbines and their cumulative impact on the landscape, neither of which current siting law takes into account. Wind turbines were 400 feet tall fewer than 10 years ago, and

now pending projects are close to 600 feet tall. AMC is working closely with the Maine Appalachian Trail Club on this bill.

We don't know exactly what might happen, but we are concerned about the management of Maine's state parks and public lands. In particular, we're watching whether there will be another attempt to drastically increase the timber harvest on our public reserved lands and use the money to fund other state programs.

Finally, we may see a return of efforts to make metallic-mineral mining easier in Maine, an effort that was defeated last year after poor rules were approved by the legislature.

While AMC's science, research and direct staff testimony are critical tools we use to influence the legislative process, one of the most important tools is the voice of AMC members. *We can't do this work without AMC members who are willing to call their elected officials, write letters to the editor, or come speak from their own love of the outdoors to legislators in Augusta.* Please, if you think might be interested in helping us give us a call and we can talk about what you can do in the coming months to speak up for the outdoor places and experiences we love and wish to protect for future generations.

Thanks!

Contact: Bryan Wentzell, bwentzell@outdoors.org; Kaitlyn Bernard, kbernard@outdoors.org, 207-899-0150.

AMC Teams Up with Maine Audubon to Launch "Outdoors with Kids"

By Kimberly Sanders, Maine Audubon



During last September's Great Maine Outdoor Weekend, AMC joined long-time conservation partner, Maine Audubon, to host a book release event for the new book, *Outdoors with Kids: Maine, New Hampshire, and Vermont*. Maine Audubon's year-round family programs at Gilsland Farm in Falmouth, as well as our shared conservation education missions, made this convenient and idyllic setting a perfect fit for this type of event and the book's intended audience.

Families with young children (ages 2-6) came together to participate in fall nature crafts, learn why leaves change color and habits of plants and animals in the fall. One of the book's co-authors, Yemaya St. Claire, was on hand with her two young children to sign copies and talk about how her book helps families with young children get outside. She highlighted family-friendly adventures and tips for keeping children happy in nature.

Over the years, the Maine chapter of the Appalachian Club and Maine Audubon have partnered on many projects and initiatives: writing conservation policy, co-sponsoring events and connecting people with the outdoors through recreation, education and conservation. We are currently planning a new series targeted at getting kids outdoors. *Outdoors with Kids* will blend a natural wonder for the outdoors with focused learning and activities. The series will also provide tools for parents and caregivers to extend the learning at home and school. Together, we will make a difference!

Outdoors with Kids next event is "Winter Wonderland" on Tues, Feb 3. Check the AMC Maine Chapter calendar or www.maineaudubon.org for more info.

Come to AMC's August Camp 2015 in Oregon's Central Cascade Mountains

Studded with volcanic peaks, mountain lakes, wildflower meadows, old lava flows and miles of hiking trails, Oregon's Central Cascades is the place to be. Base camp is near Santiam Pass (elevation 4,800') where the Pacific Crest Trail crosses Route 20. Major hiking destinations include the Deschutes and Willamette national forests and the Three Sisters, Mount Washington and Mount Jefferson wilderness areas.

August Camp is a full-service tent village that accommodates 64 campers each week and offers multiple hikes each day for all levels of ability. Delicious meals and trail lunches are provided and great camaraderie and nightly campfires make for a memorable experience. Round trip transportation between August Camp and the Portland (Oregon) International Airport and to and from daily activities is provided.

Camp runs from July 18 through August 15. Plan your one or two week adventure now and be part of one of the AMC's oldest traditions. More info: www.augustcamp.org. Contact: Sam Jamke, samjamke@gmail.com.



Peter Roderick, “Mr. AMC,” Retires from Maine Chapter Executive Committee

Peter Roderick, longtime Maine Chapter trip leader and Executive Committee member, retired from the ExCom at the Chapter’s annual meeting October 18. Fondly known as “Mr. AMC” for his long and varied service to the Maine Chapter and to the Club, Peter has held a number of Club and Chapter leadership positions since becoming an AMC member in 1997.

At the annual meeting, the Chapter celebrated all that Peter has given to the Chapter over those years by presenting him with a one-of-a-kind t-shirt lauding and listing his many Chapter accomplishments. The T-shirt was an appropriately symbolic recognition for Peter since for many years it has been Peter who has concluded trail work sessions by presenting volunteers with appropriately adorned AMC T-shirts.



Peter Roderick is recognized by John Mullens at the Maine Chapter annual meeting this fall.

Peter’s shirt read: Peter Roderick, Maine Chapter Legend, Appalachian Mountain Club. Lifetime Recognition Award, Volunteer Leadership Award, Marian Pychowska Award, Warren Hart Award, Appie of the Year, Trip Leader, Chapter Chair, Trails Chair, Outings Chair, MWI Chair, Inter-Chapter Trails Committee Chair, Maine Woods Adopt-A-Trail Regional Leader.

Peter became a Maine Chapter trip leader in 1998, an activity he continues now 16 years later. Additionally, Peter soon became Chair of the Chapter Trails Committee, leaving that post temporarily only to become Chapter

Chair in 2005. After completing a successful term as Chapter Chair followed by two years as Past Chair, Peter didn’t fade away as many ex-chairs do. Instead, he seemed to find even more time and space to contribute to the Club and Chapter in other ways.

Recognizing his extensive trails knowledge and experience, in 2008 the Club tapped Peter to become Chair of the Inter-Chapter Trails Committee. In that role for four years, Peter helped spread best practices for maintaining trails throughout the Club’s entire landscape, especially helping those chapters with limited local trails expertise.

He continued to guide the Chapter’s trail maintenance program as Trails Chair or Co-Chair through 2012, organizing volunteer trail-work days to help clear, re-locate, and build public hiking trails in western Maine, Baxter State Park, the MWI, and on islands off the coast of Maine. Peter has invested countless personal hours in trail work and has likely worked as many trail miles as he has walked.

Peter is the Maine Woods Adopt-A-Trail Regional Leader for AMC, securing individuals and groups to take permanent responsibility for



Peter Roderick, “Mr. AMC,” with a few of his trail friends.

maintaining sections of trails, thus relieving the professional trail crews and local AMC employees to do other tasks. He himself is the adopter of a section of AMC trail in Maine.

When the Club purchased the Maine Wilderness Initiative land, Peter became Chair of the Maine Chapter’s MWI Committee and the Chapter’s representative to the AMC Board’s MWI Committee, where he helped the committee and the Board to understand local realities of the 66,500 acres that the Club now owned. Peter worked to blend the Club’s desires for a greater presence in northern Maine with the Chapter’s more intimate knowledge of the region.

“The Maine Woods Initiative is pretty obviously the most significant AMC accomplishment in my time as a member,” Roderick said at the time. “The fact that it is happening right in our backyard makes it easy for some of us to get excited about what’s being accomplished. I enjoy being involved in all aspects, including planning for the future.”

Through all of these Chapter and Club-wide roles, two important accomplishments stand out. It’s not that he has unbounded energy to give to the Club and the Chapter, he does. And it’s not that he volunteers for whatever needs to be done, he does that as well.

What is most important and will last beyond Peter’s years in the Club are the number of AMC and non-AMC hikers Peter has converted to trail volunteers and the number of people Peter has introduced to the MWI. Peter’s infectious attitude toward volunteers and his approach to trail maintenance have sold hikers on the concept of volunteer trail work as partial repayment of the many days of enjoyment they derive from those trails. And Peter is a high-quality and persistent cheerleader for the MWI, introducing scores of folks from all states to the current joys of the MWI and its continued promise for future generations.

Indeed, Peter is “Mr. AMC,” setting a great example for how each of us can and should get out there and give something back to the outdoors and the organization we love. —Susan Mullens

Rich Cromwell Shares His Experiences Hiking, Biking, and Rowing in Southeast Asia A Meetings & Education Program on Tuesday, January 13, 2015 in Brunswick

What motivates someone from Maine to visit Thailand, Cambodia, and Laos? Join Rich as he describes the encounters with the people that transformed his life and prompted him to return for more visits. He will talk of the orphanage he visited, and how he raised money to return and buy the children clothes and wooden bowls. He also assisted with improving the residents living conditions while he was there,



providing them with a source of clean water, sanitary kitchens, and play areas. Rich will also share spectacular photos of the area and people as he hiked, biked, and rowed his way throughout Southeast Asia. He will share pictures of the



traditional Mekong longboat that he paddled, his makeshift bike and the heavy load he carried, and his tenting space along the banks of the Mekong, to name just a few.

Tuesday, January 13, 2015 at 7:00 p.m., Curtis Memorial Library, 23 Pleasant St., Brunswick. Free and open to the public. FMI: www.amcmaine.org/meetingsandeducation. Contact: Lisa Pengel, education@amcmaine.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!

Why I Joined the AMC – A Loaded Question *By Nick Montecalvo*

I am often asked by members on the trail or at social events, "What made you want to join the AMC?" That's a loaded question, although it seems rather simple at face value. "I Googled hiking groups and it was the first thing that came up," is usually my answer. It's short, compact, and completely factual, to a degree. It's the answer that doesn't involve me telling anyone the fact, that before I joined the Appalachian Mountain Club, I was a completely unhealthy guy who didn't even want to move back East in the first place.

I left San Louis Obispo, CA in March of this year nearly broke, 10 to 15 pounds overweight, a chain-smoker for the better part of a decade, and a man without a direction. Well, actually that wasn't true. I had a direction in a literal sense—I was headed in my Honda Civic to Denver, Des Moines, Chicago, and Buffalo in a succession of four nights, after which I finally ended up in New Hampshire. I was moving back in with my folks in Seabrook, and there I would figure out my next move. The furthest thing from my mind was spending any extended amount of time hiking in the White Mountains, or anywhere in New England for that matter. In my mind this was going to be a quick stop-gap and then I would be out of New England again. If there was one place I didn't want to stick around for too long, it was here.

That was me, a 26-year old who had no self-control or sense of reality. However, when one goes back home after making a succession of terrible decisions, one is bound to make at least one good one after a while. It's simple probability and being in the right setting. Being back home for the first few weeks got me thinking that I maybe wanted to make a few simple lifestyle changes, nothing drastic. I decided maybe I would go outside and walk for a few miles after work every day. Give myself a chance to think.

After a few of these walks I realized just how out-of-shape I was. Not that I'd ever been less than 5 pounds overweight to begin with. I was 191 pounds at the time. The smoking was a big part of the huffing and puffing during the walks as well. Okay, so I figured it was time to drop a few pounds and cut down from two packs of Marlboros a day, to one pack of the cowboy killers.

After a week I started adding to my walking distance, and decided that maybe instead of smoking Marlboros, I'd try the electronic cigarettes instead. After another week a weird thought popped into my head, other than the weird feeling of nicotine withdrawal. It had been years since I'd gone hiking. I was in New Hampshire, so when in Rome, right? I went



Nick Montecalvo on South Kinsman in the White Mountains in early November.

and hiked the Marion Davis Path up Pack Monadnock and thought I was going to die on the way up. I was a little embarrassed getting passed by people, huffing and puffing, and taking an ungodly amount of breaks. It was after that hike in the first week of April that I decided I was going to try and quit smoking for good.

That first week of going cold turkey was terrible, but the walks helped. After the walks the cravings would go away for a short period of time. If this was the case, the more exercise I got, the less likely I would be to go out and buy a pack of cigarettes. So I started hiking local trails every day after work. Then I started hiking a mountain every weekend. Then I started hiking two mountains every weekend. After each hike there were two constants: I did not want to smoke and I felt great.

It was at this point, now in late May when I decided to join a hiking club of some kind to push myself a little further. That's when I Googled "hiking groups in New Hampshire." Take a wild guess of what popped up first? The Appalachian Mountain Club. I joined right away, although it would be a few months before I had the confidence to join one of the hikes.

The best way I could think of to get myself into better shape to join an AMC hike was to try to climb a specific

4,000-footer over and over again until I felt like it was getting easier. The mountain I decided on was Mount. Moosilauke. From June 14 to July 27, I hiked the Glenclyff Trail to the summit of Moosilauke every Saturday and Sunday. For those of you keeping score at home, that's a total of 14 times. In between those hikes I also started jogging local trails during the week after work.

The first time I climbed Mount Moosilauke it took me just over 5 hours to complete an out-and-back hike. On July 26 it took me 3 hours and 25 minutes to complete the same out-and-back. It was at this point that I thought I was ready to hike with an AMC group. In retrospect I was more than ready, but I didn't have a clue. I was quite nervous when I finally did my first AMC hike to Mount Jefferson the very next week.

Then it just snowballed. From Eisenhower to Owl's Head, from Stairs Mountain to Ice Gulch, I have found a new passion, one that wouldn't have been fully realized if not for the AMC and the friends I've met through the club. I'm 167 pounds now, and the AMC has changed my outlook on wanting to be in New England. I kind of like it here now. I'm not saying the AMC was the only reason all this happened. I'm just saying it was a huge part of why it happened the way it did. —Nick Montecalvo

To be added to our Events mailing list, email: amcyoungmembers@amcmaine.org
Join our group on Facebook: [amcmaineyoungmembers](https://www.facebook.com/amcmaineyoungmembers)

Great Maine Outdoor Weekend Is Bigger Than Ever!

By Kaitlyn Bernard

Mother Nature certainly cooperated with spectacular fall weather for the 6th Great Maine Outdoor Weekend last September. An estimated 11,000 Mainers ventured out to participate in the 125+ events held in every corner of the state, from Bethel to Acadia, and Kittery to Madawaska.

The event was record breaking across the board, including more than 3,000 kids! Activities included hiking, paddling, running, biking, nature tours, bird watching, star gazing, and more. AMC co-hosted a family-friendly nature exploration event at Maine Audubon's Gilsland Farm facility in conjunction with a book signing of the new "Outdoors with Kids: Maine, New Hampshire and Vermont" with co-author Yemaya St. Clair. All in all, it was a fantastic weekend to celebrate the Maine outdoors.

Our next Great Maine Outdoor Weekend is scheduled for February 13-15. The event submission form is now open, so please consider joining us by organizing an event or participating in one of the 100+ opportunities to get outside across the state! Visit our website at greatmaineoutdoorweekend.org for updates, event listings and opportunities to share your stories and photos with our GMOW community.

