Here’s how AMC would protect our northern forest’s conservation and economic future

By Carrie Walia, Chapter Chair, Bryan Wentzell, Maine Policy Manager

Northern Maine possesses many unique qualities, so it’s no wonder that its changing character has caused many to turn their attention to the north (or south, depending on where you live). The north woods are home to the last and largest intact temperate mixed forest east of the Mississippi River, estimated to be 12 million acres in size.

Before we delve into discussing a new and innovative initiative called “Keeping Maine’s Forest” which is meant to preserve much of the north wood’s conservation and economic future, we’ll provide you with some background, just in case you are new to town or need a refresher.

Over the past 15 years traditional paper companies have, for the most part, sold their lands to forestland investors. In the last 7 years alone more than 6 million acres of Maine forestland have changed hands. For most new owners the forests are no longer a source of fiber for their own mill, but an investment expected to produce a financial return. This shift has, in some cases produced a shift in forest management practices, and has increased pressure on the land for development.

When the land began to change hands, many conservation groups began to take notice. The AMC has long been in involved in north woods conservation, but it was in 2003 when it first purchased land as part of the Maine Woods Initiative - the 37,000-acre Katahdin Iron Works tract and Little Lyford Pond Camps.

Since then the AMC’s Maine Woods Initiative added on the 29,000-acre Roach Ponds tract, Gorman Chairback Lodge and Medawisla Lodge, and has constructed more than 40 miles of new trails to develop a unique backcountry recreational experience.

AMC is just one example of public and private groups working to maintain the forest for conservation, recreation access and sustainable timber harvesting. Since 1998, over two million acres of forest land have been permanently conserved either through fee purchase (about 20% of conserved lands) or the acquisition of working forest conservation easements (about 80% of conserved lands). Conservation organizations such as the Forest Society of Maine, the

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Nature Conservancy and the Downeast Lakes Land Trust have found that many new timberland owners are eager to take advantage of the opportunity to sell working forest easements as part of their overall business strategies, as it is a win-win solution enabling them to achieve their financial objectives while meeting public expectations.

The next chapter in conservation strategy for the north woods has begun to unfold. Bryan Wentzell, AMC’s Maine Policy Manager will provide us with a front row seat into the new “Keeping Maine’s Forests,” an initiative intended to create a new, more robust federal, state and private partnership to conserve Maine’s forests statewide and enhance their economic, ecological, recreational and habitat values.

Carrie: How did the “Keeping Maine’s Forests” Initiative start and why was it necessary at this time?

Bryan: It really started in part with a report entitled “Keeping Maine’s Forests” released last year ([http://www.crsf.umaine.edu/publications](http://www.crsf.umaine.edu/publications)). Then last summer the Secretary of Interior Ken Salazar visited Maine and heard about what a unique resource Maine’s north woods is. He challenged the state to bring together conservation interests, landowners and others to figure out a way to “keep Maine forests as forests.” Such a group, including AMC, came together to try to find common ground on how best to conserve Maine’s forests.

Carrie: What are the primary goals and tools of the Initiative?

Bryan:
- Landscape-scale conservation
- Maintaining the most diverse, robust and economically beneficial forest products industry possible;
- Contributing to meeting Maine’s energy needs by reducing our dependence on fossil fuels and high energy costs;
- Protecting biodiversity and preserving select special places;
- Enhancing public access for the full spectrum of existing recreational uses; and
- Addressing carbon storage and facilitating the adaptation of forest systems to a changing climate.

The Keeping Maine’s Forests Initiative is putting together a proposal that would go to Secretary of Interior Salazar and Secretary of Agriculture Vilsak with recommendations as to how their agencies could work more effectively with the state, private landowners and conservation groups to ensure the values of these forests that we care about are there for us in the future.

Three main tools are being looked at:
- Conservation easements
- Public and private land purchase of lands with key resources
- Landowner assistance for providing public values

Carrie: Why does the AMC, and the participating partners, support the Initiative?

Bryan: Many of us felt like we need to think more creatively about conservation in Maine’s north woods. Funding for conservation is getting harder to come by, but there is still a lot of land that deserves conservation of some sort, whether for recreation access, ecological protection or sustainable timber production. This initiative presents the opportunity to work cooperatively with other large landowners and forest products interests, the State of Maine, and other conservation groups, and to potentially make better use of federal resources to achieve broader conservation goals.

Carrie: What are some of the possible benefits of the Initiative that will benefit Maine and U.S. residents?

Bryan: Additional landscape-scale conservation of Maine’s north woods, security for local economies through recreation access and timber supply, protection of important ecological and recreational resources, improved habitat management for wildlife species.

Carrie: How is this Initiative different than past Maine national park or forest proposals?

Bryan: This proposal focuses on multiple strategies to achieve conservation, with more focus on state and private cooperative efforts than just federal ownership.

Carrie: How can AMC members learn more?

Bryan: Please feel free to contact me directly (bwentzell@outdoors.org, or 899-0150). You can read more at this website: [http://www.maine.gov/doc/mfs/mfs/gmf/index.htm](http://www.maine.gov/doc/mfs/mfs/gmf/index.htm). We’ll also keep you, our members, updated as this effort makes progress in meeting its goals.
It’s time to get outside! Summer 2010 outings begin

By Jeff Aceto, Outings Chair

Welcome to Summer 2010! As the weather has surely been summer-like, the Outings Committee has been busy planning activities through mid-summer and there’s going to be a lot of outings to choose from.

We’ve put together a number of terrific outings, which are organized into series in a non-progressive manner so members can select trips that meet their ability and schedule. There’s much more to do beside hiking and I hope our members take advantage of these great on-line tools so you won’t miss a moment of the fun our leaders create.

We are so fortunate to have naturalist Peg McDonald’s from 6:30pm-8:30pm. L Carrie Walia (chair@amcmaine.org).

MEETINGS
Thu., May 13. Maine Chapter Executive Committee Meeting. Come voice your opinion on the direction of the Maine Chapter on important conservation topics, outdoor outing activities, & more. Open to all Maine Chapter members. The meetings are held in the upstairs meeting room of the Freeport McDonald’s from 6:30pm-8:30pm. L Carrie Walia (chair@amcmaine.org).

EDUCATION
Thu., May 6. Paddling the Northern Forest Canoe Trail. Looking for a great paddling adventure? The Northern Forest Canoe Trail traverses the roof of the Adirondacks and the Northern Forest following traditional Native American travel routes across 740 miles of inland water from New York through Vermont, Québec, New Hampshire and Maine. On Thursday 5/6, AMC’s Maine Chapter presents Kate Williams, NFCT Executive Director, for a virtual journey along this diverse and enchanting route. She will give an overview of the water trail, show slides of special places along the trail and share her favorite ideas for day-tripping, week-long adventures and through-paddling the entire route. Special guests that evening will be Mainers Donnie Mullen and Gil Whitney. In 2000, Donnie was the first to through-paddle the route in a canoe; in 2009, Gil was the first to do so in a kayak. Together, they will tell interesting stories and share useful perspectives.

We have a number of workshops scheduled through the year that offer timely opportunities for learning and sharing information. Rookies and veterans alike with appreciate the terrific workshop instruction we have planned including an intro to hiking (Step By Step), backpacking, and sea kayak rescues. Please look forward to a land navigation workshop in Fall 2010 and our hugely popular winter hiking workshop in December 2010.

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So, come join us this summer and enjoy the Maine outdoors to its fullest! Please contact me with any suggestions or improvements you may have and I hope you join us on an outing soon. See you outside!

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So, come join us this summer and enjoy the Maine outdoors to its fullest! Please contact me with any suggestions or improvements you may have and I hope you join us on an outing soon. See you outside!
Enjoy Maine outdoors this summer

providing ample time for your questions. NFCT maps and the newly released (March 2010) NFCT Official Guidebook will be available for sale and signature. This program will be in the Morrell Room of the Curtis Memorial Library, 23 Pleasant Street, Brunswick. A potluck dinner begins at 6:00pm, followed by Kate Wilson’s presentation at 7:00pm. Bring a potluck item and your own dinnerware (plate, utensils, etc.). Drinks will be provided. This talk is free and open to the public. Details at amcmaine.org/calender, or email education@amcmaine.org. L John Mullens (361-1210), education@amcmaine.org.

Tue., Jun. 29. International Appalachian Trail Talk

Dick Anderson will talk about the International Appalachian Trail (IAT) that extends along the spine of the Appalachian Mountains north of Mount Katahdin 1900 miles to the northern tip of New- foundland and Labrador. The trail currently has more than 40 official tent platforms, lean-tos, and cabins along the way for hiker use. The IAT has many interesting facets including three unique sections where hikers can rest their feet while continuing to make progress on the trail. One section requires travel on a bus or train, while two other sections utilize ferry transport to get from one section of the trail to the next. Dick Anderson, a founder and president of the IAT and also president of the Maine Chapter of the IAT, will talk about creating the trail, highlight attractions along the trail for hikers, and show slides of trail shelters. Starts at 7 pm at the Curtis Memorial Library, 23 Pleasant Street, Brunswick. Free to members or AMC Maine Chapter leaders. Deadline to register is 5/1/10. To register, please contact Ls Peg and Joleen Love to talk to the topic of anything hiking or backpacking. AMC-Maine Chapter is the maintainer for this 3-mile section of the AT, under the auspices of Maine Appalachian Trail Club. Two paychecks for one trip! L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (799-5212 before 9:00p.m., trails@amcmaine.org).

Sat., Jun. 19. Trail Work: Bald and Speckled Mountains - Summer/Perey. Seasonal visit to clear trail and drainage. Relocated section will be blazed and officially put into use. Nice hike to an under-utilized area. L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (799-5212 before 9:00p.m., trails@amcmaine.org).

Fri., Jul. 2-5. Trail Work Weekend at Little Lyford Lodge and Cabins. Come celebrate July 4th at Little Lyford Lodge and Cabins as a volunteer trail worker. We’ll work in conjunction with a AMC trail crew on existing trails or trails under construction. Ample leisure time to explore the area, which includes Gulf Hagas, a spectacular nearby river gorge. Contact Peter for details. L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org).

Sat., Jul. 3. Trail Work: Great Meadow Mountain - Brownfield. Work on new trail continues with side hill and rock step work scheduled. Contact Keith for details. L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (799-5212 before 9:00p.m., trails@amcmaine.org).

Sat., Jul. 17. Trail Work: AT – Stratton. Trail work on the AT in the Bigelow District. Routine maintenance, plus building a trail bridge. AMC-Maine Chapter is the maintainer for this 3-mile section of the AT, under the auspices of Maine Appalachian Trail Club. Two paychecks for one trip! L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org).

Sat., Jul. 17. Trail Work: Stone Mountain – Brownfield. Join us as we continue work on a new trail on Stone Mountain. Worth the effort just for the stories you can tell 20 years from now - or sooner. Contact Keith for details. L Keith Chapman (799-5212 before 9:00p.m., trails@amcmaine.org), L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org).

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Sat., Jul. 31. Trail Work: Pleasant Mountain – Bridgton. Treadway improvement, including some rock work. For all who folks use this very popular trail system, here is an opportunity to give back! It is just as convenient to get here for trail work as it is for hiking, so please join us. L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (799-5212 before 9:00p.m., trails@amcmaine.org).

Sat., Aug. 14. Trail Work: Rumford Whitecap Mountain. Trail work with the Mahoosuc Land Trust, plus a blueberry picking option. Join us for a day of trail work, and bring a container to fill with blueberries (should be ready to pick in mid-August). L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (799-5212 before 9:00p.m., trails@amcmaine.org).

Sat., Aug. 28. Trail Work: Rattlesnake Mountain - Raymond. Survey trip to access discontinued trails for possible reopening. Opportunity to learn how trails are evaluated and planned prior to actual construction or rehab. Call Keith for details. L Peter Roderick (293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (799-5212 before 9:00p.m., trails@amcmaine.org).

YOUNG MEMBERS
Sat., May 22. Young Members: Mount Jackson Hike. Join AMC Young Members for a day hike up Mount Jackson. At 4052’, Mount Jackson is a moderately difficult hike in the southern Presidential range, with spectacular views from the summit. We’ll travel a total distance of 6.1 miles and make a loop using the Webster-Jackson and Webster Cliff trails. Total elevation gain is approximately 2200’. Following the hike, we may stop for food and refreshments somewhere in the area. Contact Carolyn Arcand for details or to RSVP. Trip limited to eight hikers. L Carolyn Arcand (Co-Leader) (carolynarcand@yahoo.com), L Carrie Walia (Leader).

BIKING
Tue., May 4. Eastern Trail Bike Ride - South Portland. Early season ride - We will meet at Wainwright Fields in South Portland and ride the Eastern Trail to Bug Light. L Denise Courtmanche (725-6285, decacct@amcmaine.net).

Sun., May 9. Leader’s Choice Bike Ride - Portland area. Leader’s choice: early season ride. L Denise Courtmanche (725-6285, decacct@amcmaine.net).

Tue., May 11. Prouts Neck/Higgins Beach Bike Ride, Scarborough. Join us for one of our traditional routes: we will meet at the Catholic Church on Black Point Road and ride out to Prouts Neck and Higgins Beach. The mileage is about 12 miles and mostly flat and the views are spectacular!! L Denise Courtmanche (725-6285, decacct@amcmaine.net).

Wed., May 12. Camp Ellis Bike Ride, Scarborough. Join us at 7:00pm Co-op in Scarborough and ride to Camp Ellis. This is a 15 mile ride round trip and is mostly flat. L Andy Chabot (725-6285, chabot1@maine.rr.com).

Sun., May 23. Popham Beach Bike Ride, Phippsburg. Let’s ride to Popham Beach from West Bath. The ride is between 29 and 32 miles and does have rolling hills. L Denise Courtmanche (725-6285, decacct@amcmaine.net).

Tue., May 25. Lake Auburn Bike Ride, Auburn. Lets meet in Auburn and ride with Jim around Lake Auburn and see the apple blossoms. L Denise Courtmanche (725-6285, decacct@amcmaine.net).

Tue., Jun. 1. Goose Rocks Beach Bike Ride, Biddeford. We will meet at the University of New England in Biddeford off Route 9, and ride to Biddeford Pool, Fortunes Rock and Goose Rock Beach. This could be made into a 10-mile ride and an 18-mile ride for those who wish to smell the roses. L Denise Courtmanche (725-6285, decacct@amcmaine.net).

Sun., Jun. 6. Ogunquit Bike Ride: We should have all our legs in shape by now, so lets head for Ogunquit and an ocean ride. Call for meeting time and place. Ride will be about 30 miles. L Denise Courtmanche (725-6285, decacct@amcmaine.net).


Sun., Jun. 13. Kennebunkport Bike Ride. Let’s continue up the coast to Kennebunk and Kennebunkport and ride 30 miles and enjoy the beach along the way. L Denise Courtmanche (725-6285, decacct@amcmaine.net).

Tue., Jun. 15. Two Lights Bike Ride, Cape Elizabeth. We will visit Two Lights in Cape Elizabeth but we will leave from Scarborough and take the long road! L Denise Courtmanche (725-6285, decacct@amcmaine.net).

Thu., Jun. 24. Leader’s Choice Bike Ride, Portland area. Leader’s choice bike ride! Contact the leader to participate. L Denise Courtmanche (725-6285, decacct@amcmaine.net).

Tue., Jun. 29. Leader’s Choice Bike Ride, Portland area. Leader’s choice bike ride! Contact the leader to participate. L Denise Courtmanche (725-6285, decacct@amcmaine.net).

FLAT WATER PADDLING
Sun., Jul. 11. Bike/Paddle Kennebec River Between Solon and Bingham. Ride the trail-rail to Solon to Bingham, return trip to the Kennebec River in your canoe or kayak. Necessary logistics alone are worth the trip. Carpooling and other details would challenge most LS - but not ours! See how they do it, and have a fun time riding and paddling along the Kennebec. L Peter Roderick (293-2704 before 9:00pm, roderick1027@fairpoint.net), L Jeff Aceto (650-5674 before 9:00pm, acetoj@amcmaine.net).


Sun., Jul. 25. Leader’s Choice Bike Ride, Portland area. Leader’s choice bike ride! Contact the leader to participate. L Denise Courtmanche (725-6285, decacct@amcmaine.net).

SEA KAYAKING
Sun., Jun. 13. Easy Sea Kayak Outing, Brunswick, West Bath. First of season sea kayak outing on New Meadows River, Casco Bay (4-5 hours). Paddle downriver while watching ospreys and eagles return with the tide. Lovely rocky shoreline. Kayak and wetsuit rentals available. Limited to 12 boats. L Michelle Moody (319-7355 before 9:00pm, meamc@amcstan.us), L Peter Roderick (293-2704 before 9:00pm, roderick1027@myfairpoint.net), CL Stan Moody.

Wed., Jun. 23. Sea Kayaking, Portland Harbor. Join us for an early evening 5-mile trek in Portland Harbor around Little Diamond Island, including a stop to tour historic Fort Gorges. This three-story stone fort is largely preserved since its construction in 1886, and includes upper and lower gun decks, circular staircases, and a two-ton parrot gun. Bring appropriate walking shoes and a flashlight or headlamp. Meet at 5:30pm. Trek is weather and tide-dependent, and may be modified for conditions by L L Jeff Aceto (650-5674, outings@amcmaine.org).

Wed., Jul. 7. Midweek Sea Kayak Outing, Phippsburg. Sea kayaking outing from Basin in Phippsburg to Winnegance Bay in the New Meadows River. Watch ospreys as you paddle out of a protected bay to more open water. Lunch on an island, or along the coast. Plan on 3-4 hours on the water. Hiking available after. Great outing for 50- crowd but open to all. L Michelle Moody (318-7355 before 9:00pm, meamc@amcstan.us), CL Stan Moody.

Fri., Jul. 9. Midweek Cathecane River Paddle, Bowdoinham. This river feeds into Megarryme Bay and is big enough to bring your sea kayaks. We’ll go in with the tide and out with the tide for an easier paddle. Lunch on the river. Bird watch- ing. Plan on a 4-5 hour trip. Limited to 10 boats. Start in Bowdoinham. Great for 50+ crowd, but open to all. L Michelle Moody (319-7355 before 9:00pm, meamc@amcstan.us), CL Stan Moody.

Sun., Jul. 13. Sea Kayaking: Mere Point, Brunswick, Brunswick. Join us for an early evening 6-mile trek in Casco Bay from Mere Point to Upper Gooose Island and back, including great birding and a stop at Paul’s Marina for ice cream. Meet at 5:30pm. Trek is weather- and tide-dependent, and may be modified for conditions by L L Jeff Aceto (650-5674, outings@amcmaine.org).

Wed., Jul. 21. Sea Kayaking, Bailey Island, Harpswell. Join us for an early evening 7-mile trek from Bailey Island to Eagle Island and back, home of Admiral Robert Peary, the arctic explorer. Come see a true Maine working harbor and one of the best sunsets on the coast. Meet at 5:30pm. Trek is weather- and tide-dependent and may be modified for conditions by L L Jeff Aceto (650-5674, outings@amcmaine.org).

MWI OUTINGS
Mon., May 31. Laurie’s Ledge at Indian Mountain - MWI area. Laurie’s Ledge on Indian Mountain is Continued next page.
Join AMC on water and land adventures this summer

a nice beginner mountain hike with some steady climbing but no really difficult sections. Three-mile hike with 900' elevation gain. There are great views of the area mountains including White Cap and maybe Katahdin - bring your camera! Come see why AMC wanted to save the MWI area! Located next to Little Lyford Pond Camps. L Michelle Moody (319-7355 before 10:00pm, meamc@micstan.us), CL John Mullens (361-1210 before 9:00pm, js.mullens@gmail.com).

Sat., Jun. 26. Big Moose Mountain - MWI area. Come join us for a special hike to Big Moose Mountain (elev. 3,196 ft) in the Maine Woods Initiative (MWI) area. This is a moderate hike with a roundtrip distance of 6.6 miles and approx. 2000 feet of elevation gain. This mtn. was home to the Penobscot and Passamaquoddy, and portage trails. A large platform has tremendous views of the Moosehead region, Kathadin, and Bigelow Range. A large platform at the summit makes for a great lunch spot to take in the views. L Kit Pfeiffer (446-9768, kit.pfeiffer@yahoo.com), CL Jason Toner (649-2449, jandstoner@roadrunner.com).

Sat., Jul. 24. Lake Onowa Paddle - MWI area. Located next to Little Lyford Pond Camps. L Michelle Moody (319-7355 before 10:00pm, meamc@micstan.us), CL Stanley Moody. Add a nice paddle in the MWI area. L Michelle Moody (319-7355 before 10:00pm, meamc@micstan.us), CL Stanley Moody.

Sat., Jul. 24. Lake Onowa Paddle - MWI area. Join us for an invigorating hike up to enjoy 360-degree views from two peaks. 1100' elevation gain. Some steep sections, stone steps, runs in rock. Contact L about free camping opportunities in the area. This is a Maine Audubon Sanctuary. A fee is collected at the visitor’s center. Come join us for a special hike in the MWI area. L Michelle Moody (319-7355 before 10:00pm, meamc@micstan.us), CL Stanley Moody.

Sun., Jul. 25. Little Wilson Falls on the AT - MWI Area. Lovely three-mile RT footpath up the woods to the AT and the falls. Some elevation gain. Swimming opportunities at lower falls at parking area. Combine with 7/24 outing for a full weekend. Contact Leader for free camping opportunities. Come join us to experience the MWI area. L Michelle Moody (319-7355 before 10:00pm, meamc@micstan.us), CL Stanley Moody.

Fri. to Mon., Sep. 24-27. Lily Bay Camping Weekend - MWI Area. Lily Bay State Park camping in group area. Hiking, biking, kayaking. Leaders encouraged to join us. Activities will be based on leaders available and interest of the group. Multiple opportunities in the MWI area. L Michelle Moody (319-7355 before 10:00pm, meamc@micstan.us) CL Stanley Moody.

NATURE OUTINGS

Sat., Jun. 12. Alpine Garden. Experience the flowers and plants of Alpine Garden. We’ll carpool up Mt. Washington Auto Road to Cow Pasture parking area and down to the Alpine Garden. Limited to 10. L Peg Nation (583-2720 before 9:00pm, mjnation11@earthlink.net).

Sat., Jul. 17. Angel Falls. Hike to scenic Angel Falls, one of the highest waterfalls in Maine. We’ll visit Coos Canyon on the way. Both are located near Rangeley, ME. L Peg Nation (583-2720 before 9:00pm, mjnation11@earthlink.net).

HIKING AND WALKS

Sat., May 8. Mount Agamenticus Beginner Hike, York. Beginner’s hike with some elevation gain in southern Maine (York). Coastal views. Good location to get feel of some elevation gain without working too hard. Great for beginners, families, and new members ready to test their skill/interest in hiking with mixed terrain (up and down, rocky, gravely, roots, etc.). L Michelle Moody (319-7355 before 10:00pm, meamc@micstan.us), CL John Mullens (361-1210 before 9:00pm, js.mullens@gmail.com), CL Stan Moody.

Sat., May 15. Pond of Safety, Randolph, NH. Four Soldiers & Underhill Paths along with Pasture and Carlton Notch Trails over Crescent Ridge in the

Winter ends: This Sabbathday Pond Shelter photo shows a group that participated in the final AMC Maine Chapter Winter Series trip of winter 2009/2010, including Jason Toner, Sarah Toner, Jeff Brown, Jim Barker, Bob Jenkins, Robin Jenkins, John Mullens, Carla Dow and Peter Roderick. The trip began during the final hours of winter and finished on the first full day of spring. See story next page. Photo by Peter Roderick.
Winter Hiking Series 2009 – 2010 was huge success

By Jeff Aceto, Outings Chair

The Maine Chapter had huge success with its Winter Hiking Series '09-'10! The Series kicked off with a Winter Hiking Workshop in December 2009 attended by over 75 folks and then held trips from December to March, with many weekends having multiple trips. The Beginner trips emphasized education and developing experience, and were gently progressive from walks in the woods to 3,000 foot summits. The Advanced trips were planned to challenge experienced hikers on day-long trips to summits above 4,000 feet including Washington, Katahdin, Madison, and the Carters.

The beginner trips were led by many capable guide hikers. Those leading Beginner trips included David Littig, Mary Riendeau, Roger Doughty, Lorraine Hussey, Peter Broderick, Jeff Aceto, and Jane Gibbons. Those leading Advanced trips included Jim Radmore, Pat njane, Herb Kingsbury, and Kit Pfeiffer.

Let’s look forward to another winter hiking series for 2010-2011!
Talking about ticks: It’s time

By Laura Flight

Spring is certainly in the air (and every early this year); the grass is greening up, trees are budding, and before we know it, annoying black things will be buzzing about our heads. But there are some other spring creatures that outdoor enthusiasts should also be on the look-out for—TICKS! Unlike our friends the black fly, mosquito, and no-see-ums, these external parasites do not cloud around our head, whine in our ears, or induce pain when they bite. Ticks are much more subtle and sneaky than that, and since certain kinds can transmit serious disease, we need to be extra wary. I am not a tick expert, but I do spend a lot of time outdoors and have had the unfortunate experience of playing host to theses eight-legged arachnids (yes, they are in the spider family) on a variety of occasions. Below is some general knowledge and some things to consider.

The two common types of ticks in Maine are the wood (or dog tick) and the deer tick. Wood ticks are brown in color and about the size of a pencil eraser, or a bit larger. These ticks are found all across the state except perhaps in the very northern parts of Maine. In Maine, these are not known to carry disease, although in the western U.S. they are known to transmit Rocky Mountain spotted fever.

Deer ticks, on the other hand, are much smaller—about the size of a flake of black pepper. These ticks are primarily found in southern Maine, but I have encountered them as far north as Bethel, and they seem to be making their way north. Unfortunately, these nearly invisible creatures carry the infamous and feared Lyme Disease. Most people who are infected break-out in a circular rash at the infection site—this is your first clue and you must seek medical attention pronto! However, you can have Lyme Disease and not have a rash—other signs include flu-like symptoms such as aches and malaise. If you have these unexplained symptoms, you should also seek immediate medical attention. In either case, the quicker antibiotics are administered, the less likely you will be to have long-term and potentially life-long disabilities such as chronic joint pain, partial facial nerve paralysis, and neurologic changes—this disease is not to be underestimated! So, even if you are on a 3-day backpacking trip, or a multi-day adventure of any sort, it is best to not delay until the next road crossing, but get out ASAP!

Prevention of course is the key. If you are in a known tick area, barriers are the best technique—wear pants and pant socks up over your pant legs, wear long-sleeve shirts. Bug repellents also advertise they will repel ticks (effectiveness not known). The most important tip is after every day outside, check yourself and your outdoor companions for ticks. Ticks are especially fond of warm areas such as arm pits, groin, behind the ears, and hair lines; be sure and check everywhere... And don’t forget about your pets in all of this. They are susceptible to Lyme Disease as well. And another thing to consider is Fado and Garfield bringing ticks into the house, that can then make their way onto other human family members.

So what to do if you find an attached tick? Do NOT hold a hot needle up to it; this will only make the tick want to go the other direction—further in to you! Instead, get your best pair of tweezers (all hikers should carry a pair in their first aid kit), clamp onto the tick as close to the point of attachment as possible, and GENTLY and steadily pull. Eventually (this could take several minutes) the tick will tire and surrender its jaw-hold of you. Another technique, although I have not tried it myself, makes intuitive sense. Because ticks, when attached to a host, have their jaws fully counter-sunk, they breathe through their rear; the part that is sticking out of you. So I follow that with a bit of flame as final good riddance (be careful where you do this, especially in the backcountry of course). Next item of business is to thoroughly clean and disinfect the bite site, and watch for any redness or signs of infection in the next couple of days.

For more information on ticks in Maine, visit: http://pmno.usmex.state.me.us/facts/ticks.htm. Images in this article are NOT TO SCALE!

Blueberry Mountain hike offered

Modest hikers can enjoy a social hike on the Appalachian Trail over two Bemis peaks. 4.6 miles. Stay at lean-to. Two-day hike over three remaining peaks and out the Bemis Stream Trail, 8.8 miles. L Lew Dow (800-8512 before 9:00pm, lw dow@yahoo.com), CL Sarah & Jason Toner (jandstoner@roadrunner.com).

Sat., Jul. 10-11, Bemis Mountain Backpack. One-day hike on the AT over two Bemis peaks. 4.6 miles. Stay at lean-to. Two-day hike over three remaining peaks and out the Bemis Stream Trail, 8.8 miles. L Lew Dow (800-8512 before 9:00pm, lw dow@yahoo.com), CL Sarah & Jason Toner (jandstoner@roadrunner.com).

Sat., Jul. 31-Aug. 1, Speck Pond Backpack. Pack into Speck pond, set up camp, and then spend rest of day fishing, swimming, or climbing to the tower on the summit of Old Speck Mountain, depending on group interest. 7.4 miles RT w/1700’ elevation gain. Slow-to-moderate pace. Moderate terrain. L Lew Dow (890-8512 before 9:00pm, lw dow@yahoo.com), CL Jennie Warner (229-1368 before 9:00pm).
Maine Leader George Brown cited for AMC Volunteer Leadership

By Laura Flight

At the January AMC Annual Meeting in Danvers, Massachusetts, renowned Maine Chapter trip leader George Brown received an AMC ‘Volunteer Leadership Award.’ The purpose of the award is, “To further recognize AMC’s outstanding volunteer leaders who demonstrate the desire to share their time and expertise in the pursuit of AMC’s recreation, conservation, and education mission…” The award “will recognize... volunteers who unselfishly contribute even more than just hours in the field or time on club-wide committees, and who are instrumental in creating and holding vibrant activities with a passion for education, conservation and recreation ethics…” George has more than exemplified these pursuits and qualities both at the AMC level through his volunteer work at Pinkham Notch and trail work in the Royce-Baldface area, as well as with the Maine Chapter through leading hiking trips and additional trail work activities. There are likely endless other contributions George has made through the years. George is a very deserving recipient of this award and received numerous accolades from co-volunteers and friends. Here is some testimony:

“George seems to be the first to come to mind when thinking of competent, capable, personal and talented volunteers…. I can think of no other AMC Volunteer that better exemplifies solid leadership in the volunteer community than George Brown…. It is a real honor to have such a dedicated volunteer that cares so much for the AMC and shares that with others in the Club. George is an outstanding leader in the volunteer community and a great friend.” Alex Delucia, AMC North Country Trails Volunteer Programs Supervisor

“George Brown is the “gold standard” by which all volunteer leaders should strive to emulate. He is an outstanding leader with a high degree of knowledge, skills, and motivation to organize and lead trips…. He has a contagious enthusiasm for helping others to get outside and makes the extra effort to ensure that everyone has fun in a safe manner.” Jeff Aceto, Maine Chapter Outings Committee Chair

“His good nature, positive attitude, and appreciation for trails is contagious, and he is always willing to connect people with appropriate trips for their ability levels. George does all of this without any fan-fare and recognition, in his humble, unassuming ways.” Laura Flight, Past Chair Maine Chapter AMC

“He is a thoroughly dedicated volunteer for AMC, the kind who puts others’ needs before his. As a hike leader, he is kind, funny, and quietly watching out for everyone’s safety and enjoyment, without their really knowing it. I really appreciate that style and have learned much from George about how to do it.” Kit Pfeiffer, Maine Chapter trip leader

Also cited at the annual meeting was Peter Roderick of Rome, chair of the Maine Chapter Trail Maintenance Committee.

Graduate from day hiking to overnights at Backpack Workshop, June 3

Are you an avid day hiker who has always dreamed of linking your trail-filled days together into a multiple-day journey? To see the stars at night from a remote campsite? To listen to a babbling stream lull you to sleep? To awake to chirping birds?

On Thursday June 3, the Maine Chapter will be hosting an evening workshop on backpacking at the South Portland Public Library. Learn what you need to bring to safely hike multiple days in a row without reaching the packing lot at the end of the day! Information on backpacks, gear, clothing, stoves, food, water, hygiene, trip planning, and a variety of outdoor hints will be presented.

For more information, or to sign up, please contact Laura Flight at flynnflight@systemfolder.com or 242-5445 or Lew Dow at lwsdow@yahoo.com or 800-4512.

Busy bike season begins with potluck

By Denise Courtemanche

Bikers Get Ready, Set, Go!! The season to ride is here!! Are we ready?? My bike is tuned up and ready to ride!! I will be hosting a potluck on Saturday, April 24th in Brunswick at 5 pm. Please let me know if you will be attending.

If the weather is nice, we can meet at 2:00 pm and go for a ride before we eat. This will be a great opportunity to meet new people and old friends.

We have talked about offering “Smell the Roses” rides on Thursdays this season twice a month. We are still working out the details. These rides will be about 10 miles and mostly flat roads. Some people have asked to have rides during the day also. If we can find leaders, it will be a go.

Please see the schedule on page 4 for bike rides for May and June. Please remember to bring your helmet, reflective clothing, a blinking red light and water. The easier it is to see you, the safer the ride will be! The meet time will be 5:45 pm in order to be ready to ride at 6:00 pm.

We will eat someplace after the ride or have a potluck meeting place. If you haven’t already sent me your e-mail address for short notice rides, please do.

For the rides that are listed, please call for more information, or to sign up, please contact Laura Flight at flynnflight@systemfolder.com or 242-5445 or Lew Dow at lwsdow@yahoo.com or 800-4512.

Adventures in mountains in winter with teenagers

By Jeanne Christie

We didn’t know what we were in for when we said yes. For the past two years my husband Larry De Hof and I have been leaders for one of the early hikes in the Maine Chapter’s beginner winter hiking series. It’s drawn so many people that we’ve had to recruit additional leaders for hikes. Only this year there would be an additional twist. Someone had called planning to bring 15 or 20 hikers from a high school outing club, and not just for this hike. They wanted to hike all winter and Larry and I were the only Maine leaders who had completed all the requirements to become Chapter Youth Program (CYP) leaders. If we didn’t say yes, they wouldn’t be able to winter hike. So instead of more leaders, we had to add more hikes.

We had a blast! We lead four hikes for the Hall Dale High School Outing Club, once a month from December to March. We met with the Outing Club at Bradbury Mountain, Pleasant Mountain, Camden Hills and Burnt Mountain. I think we may have learned more than we taught. But I can’t be sure. I can be sure that working with minors is alot different than working with adults and that’s a good thing.

In December Maine Chapter Outings Committee Chair Jeff Aceto gave the Hall Dale Outing Club a colorful presentation about the ins and outs of winter hiking. Twenty plus kids and parents crowded on sofas and chairs and even the staircase of Outing Club Leader Deb Large’s house to hear Jeff discuss gear, clothing and cold weather travel techniques. He provided a little extra incentive by tossing chocolate to each child. We were nearly enough Yaktraks, STABILicers and MICROspikes to go around. On the way down the teens learned the art of the controlled slide and were flying down the trail toward the bottom. We negotiated an agreement that they wouldn’t slide entirely out of sight. They didn’t and we even had to send them on an extra bushwhack near the trailhead because they weren’t quite ready for the hike to end.

Burnt Mountain was a chance to travel above treeline and get a real sense of the wilderness in winter. The early spring had softened the deep snow so that postholing nearly waist-deep occurred in some places even with snowshoes. We didn’t make it to the top. After four hours we all agreed it was time to turn around. But spirits were good even with multiple equipment failures and a few other minor problems. One young man assured me as we neared the end of the hike struggling thigh deep in the snow and monitoring his asthma that he was having a good time. Our teen hikers had changed a lot from the group that huddled tense and worried about being out in the cold at Bradbury State Park that first day in December.

We had the privilege of hiking this year with an outstanding group of young people. Lessons learned included that good winter gear is too expensive for many families, that the difference between the strongest and slowest hiker is far greater on teen hikes than on most adult AMC hikes, that establishing traditions like hot chocolate on the summit can raise tired spirits and that teenagers can be resilient and enthusiastic about trying new outdoor experiences.

The Maine Chapter CYP got underway this year. It is a small program now with a handful of other members working to meet the qualifications. But this program has enormous potential to encourage minors to get outside and learn about the wilderness in a safe and fun way. We look forward to next year when the program will have a larger group of young people and more leaders.

Teens outdoors in a Maine winter
continued from page 10

outdoors. I hope others will get interested. Teens 2 Trails, a Maine organization dedicated to getting teenagers outside, has set a goal to get an outing club organized in every high school in the state of Maine. This is a good thing and the Chapters of the Appalachian Mountain Club can help make it happen. Larry Dyer is the Chapter Youth Program Committee Chair for the Maine Chapter.

The Appalachian Mountain Club Chapter Youth Programs are conducted by individual chapters to serve youth from 6-18 years who are participating in Outing Clubs, YMCS, Boy Scouts, Girl Scouts and other similar programs. These youth agencies are matched with the Chapter’s qualified AMC leaders who share their knowledge and encourage minors to get outside and learn about the outdoors. It’s a partnership. The sponsoring agency provides chaperones and handles logistics and the AMC leaders provide outdoor expertise.

From the top, clockwise: With “baby” Jack (far left) on Pleasant Mountain. Lunch on Pleasant Mountain. The last two photos are from the Camden Hills. Photos by Jeanne Christie.
Tell EPA how much ozone impacts our high mountains

Ground-level ozone, a component of smog, is a serious summertime air pollutant that reaches unhealthy levels as a result of fossil fuel combustion and warm temperatures. This kind of air pollution threatens human health and damages forests and plants. A study of hikers on New Hampshire’s Mount Washington, co-led by AMC showed that ozone can reduce lung function in healthy individuals. This study, in conjunction with AMC’s air-quality monitoring, emphasizes that ozone specifically impacts mountain environments, where concentrations can be as high as in urban areas.

The U.S. Environmental Protection Agency (EPA) is now revisiting the national ozone standard it finalized in 2008, recognizing that the scientific evidence should have led to more protective levels. The agency is seeking public comment on the levels under consideration and it is important, for the health of hikers and mountain ecosystems, that the more protective levels are adopted. Please support EPA in setting strong air-quality standards to protect our air, health, and the environment!

What you can do: Email a letter of support! Send a letter to the EPA, urging them to adopt stronger air quality standards.

AMC’s climate, energy, & air quality team reports that greenhouse gases and other air pollutants threaten the health of the plants and animals throughout the Appalachian region. Some air pollution also can seriously affect hiker health and the outdoor experience causing hazy vistas and labored breathing even in mountainous regions where one may not expect to see smog and soot. For more information, see the Conservation Action Network portion of the AMC website, www.outdoors.org.

Reader supports Maine Woods National Park

For most of my life, I have enjoyed the “wilds,” which are left, and the wildlife that inhabit them. My soul is refreshed in seeing Gray Jays, Spruce Grouse and others in the North Woods, not to mention the larger mammals that live in that habitat. As a member of the AMC, and other eco-groups, I think that they should be on the cutting-edge of protecting what is left of the “naturals.” It is already too late for most places. But, public opinion is what drives many decisions. Sometimes, David wins against Goliath.

Many people have been convinced that the massive development in the Maine North Woods (aka Plum Creek) will bring an economic boom to the area. As a former Judge, real estate broker and son of a very successful recreational land developer, I know that those people have been deceived. Most jobs will be imported. Those that call on local talent will be short-lived. The national land developer, I know that those people have been deceived. Most jobs will be imported. Those that call on local talent will be short-lived. The wealthy who buy the land and spend a few weeks in their mac-mansions will bring in their goods and supplies from elsewhere. That’s how it’s always been and that’s what will happen again. What will be left is a ruined Maine North Woods and a local economy that is no better off than before.

I remain a believer that the best use of the land, for Maine’s economy, recreation and protection is that the area become a national park. If not a national park, could the land, its wildlife, and the economy of the region be relatively safe in the form of a national forest? Public opinion, the determination of Plum Creek and politics are what will determine the future. I only hope that the people of Maine will see beyond their noses.

Sincerely,
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