

Wilderness



Matters

Maine Chapter
Appalachian Mountain Club
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Maine Chapter, Appalachian Mountain Club

Volume XXXV ♦ Number 3 ♦ Early Summer 2010

Registrations now open for Maine Chapter annual meeting at Camp Kieve in Nobleboro

Join us October 1-3 for a weekend of exploring

By Larry Dyer, vice chair

You are invited to the Maine Chapter's Annual Meeting — a weekend of fun, food and activities. This year's meeting will be held Friday, October 1st to Sunday, October 3rd at Camp Kieve in Nobleboro. Camp Kieve is on Damariscotta Lake and is close to Mount Battie in Camden, for weekend hikes.

Accommodations include bunks in newly renovated and heated cabins with full bathroom facilities or a spot for pitching a tent. Meals include hot and cold breakfasts, trail lunch buffet options, and a delectable chicken or vegetarian dinner on Saturday. The full weekend (two nights in a cabin and all meals) is \$99 per person. À la carte options are available, so members can pick and choose from meals and nightly accommodation options. The spacious cafeteria is also newly renovated and heated.

Weekend Agenda:

Friday:

- Chili cook-off, and activities to be announced from 5 to 9 PM

Saturday:

- Daytime outings including hikes, and paddles (plenty of kayaks and canoes available)
- Tennis courts available
- Social hour beginning at 5 PM
- Dinner (vegetarian option) at 6 PM
- Business meeting to elect officers, provide committee updates and recognize volunteers at 7 PM
- Guest speaker (to be announced) at 8 PM

Camp Kieve on Damariscotta Lake

Sunday:

- Morning outings and activities.

Please note:

We will be adding more outings and indoor skill sessions for Saturday (and potentially Sunday) to the online calendar at www.amcmaine.org, in addition to what is posted in the calendar section of this newsletter. The majority of the scheduled outings require advanced registration with the trip leader.

The Nominating Committee will soon form the slate of officers and members to serve on the

chapter's Executive Committee. The list of candidates will be posted on the website at least two weeks before the Annual Meeting.

If you do not have access to the web, contact Larry to have a full listing of weekend activities and the list of candidates to be elected to the Executive Committee mailed when they become available.

For more information, please contact Larry Dyer at vice@amcmaine.org or 207-725-6962. All AMC members are encouraged to participate in any or all of the weekend's activities, as well as voice their opinions on the direction of the Maine Chapter.



REGISTRATION FORM
2010 AMC Maine Chapter Annual Meeting
Camp Kieve, Nobleboro, Maine
Friday, October 1 - Sunday, October 3

Please complete 1 form PER PERSON.

More forms are available at: www.amcmaine.org (click on the Annual Meeting tab)

	Accommodation Options (check boxes):	
Name (as will appear on name tag)	Friday Night	Cost
	<input type="checkbox"/> Friday night cabin	\$25
E-mail address (preferred method for confirmation)	<input type="checkbox"/> Friday night tent	\$10
	Saturday Night	
	<input type="checkbox"/> Saturday night cabin	\$25
Mailing Address	<input type="checkbox"/> Saturday night tent	\$10
City State Zip Code	Meal Options (check boxes):	
	<input type="checkbox"/> Saturday hot/cold breakfast	\$8
Emergency Contact Information:	<input type="checkbox"/> Saturday trail lunch	\$8
Name: _____	<input type="checkbox"/> Sat. evening dinner (chicken)	\$17
Phone #: _____	<input type="checkbox"/> Sat. evening dinner (veggie)	\$17
Special needs (including dietary):	<input type="checkbox"/> Sunday hot/cold breakfast	\$8
	<input type="checkbox"/> Sunday trail lunch	\$8
	Total enclosed:	\$ _____

Please make checks payable to: AMC Maine Chapter

Please mail the completed registration form(s) with payment to:

Larry Dyer
15 Royal Oak Circle
Topsham, Maine 04086

Registration Deadline: Sunday, September 26

Please cut on dotted line above and keep bottom for your information!!

- Please submit one form per person; one check for multiple people is okay.
- Cabin space is limited. Please register early.
- Overnight guests should bring linens or a sleeping bag.
- Please sign up for outings with the leader listed for that activity.
- Please no smoking or pets.
- For more information about Camp Kieve, visit <http://www.kieve.org>

Weekend Agenda:

Friday: 5 PM chili potluck and other activities

Saturday: daytime outings/activities, 5 PM social, 6 PM dinner, 7 PM business meeting,

8 PM guest presenter

Sunday: morning outings/activities

For More Information:

www.amcmaine.org (click on the Annual Meeting tab/link)

Larry Dyer, vice@amcmaine.org, (207) 725-6962

Volunteers needed for Common Ground Fair booth

The Maine Chapter of the Appalachian Mountain Club is seeking volunteers to staff the Maine Chapter booth at the Common Ground Fair Sept. 24-26 hosted by the Maine Organic Farmers and Gardeners Association (MOFGA) near Unity Maine.

Each year the Maine Chapter has a booth at the fair in the Environmental Concerns tent. Hundreds of Mainers pass through the tent during the fair and it's a great opportunity to visit with AMC members and the public at large.

It's a chance to learn about the concerns of people throughout the states as well as talk about the benefits of being a Maine Chapter AMC member.

Standing at a booth is fun when people stop by to talk, so volunteers will have some tools available to lure folks in. For example some years the display has included a question on a white board (something like "How many miles of the Appalachian Trail are in Maine?") as well as a three-dimensional map of central Maine. With items like these, it's easy to start a conversation and the time passes quickly.

Volunteers staff the booth two at a time for three hour shifts on Friday, Saturday and Sunday. In return volunteers receive a free ticket to the Common Ground Fair for the day.

Please sign up to volunteer at the fair by contacting Jeanne Christie at jeanne.christie@aswm.org or (207) 310-8708.

Thank you!

2010 Common Ground Fair Volunteer Schedule for Maine Chapter:

Thursday September 23

- Set-up

Friday September 24

- 9:00-12:00
- 12:00-3:00
- 3:00-6:00

Saturday September 25

- 9:00-12:00
- 12:00-3:00
- 3:00-6:00

Sunday September 26

- 9:00-12:00
- 12:00-3:00
- 3:00-5:00
- Break-down

It's time to get outside! Summer 2010 outings begin

WORKSHOPS

Sat., Jul. 31. Trip Leading Workshop For Maine

Chapter Leaders, Kennebec Highlands, Belgrade/Vienna. Come join us on Saturday, July 31 for a day-long Trip Leading Workshop for Maine Chapter leaders and leaders-to-be. While this leadership training is not required, it's a great opportunity to gain experience in trip leading by learning the basics, sharing information on lessons learned, and gaining experience through practice situations. The workshop will involve active learning through scenarios; attendees will travel in small groups between instruction stations through the trail network of the Kennebec Highlands near Belgrade and Vienna. Topics will include trip planning, group handling, weather and environment, and managing situations. New leaders and co-leaders are specifically invited, as is any one considering becoming a leader. The day will end with a BBQ courtesy of the Outings Committee to thank our leaders for their hard work and service. Please contact leader Roger David to participate. There is no cost for this workshop. L Roger David (207-737-2933, rogerdavid@earthlink.net), L Jeff Aceto.

TRAILS

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 an 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 (207-293-2704 before 9:00p.m., trails@amcmaine.org).

Sat., Jul. 3. Trail Work: Burnt Meadow Mountain -

Brownfield. Work on new trail continues with side hill and rock step work scheduled. Contact Keith for details. L Peter Roderick (207-293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (207-799-5212 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 (207-799-5212 before 9:00p.m., trails@amcmaine.org), L Peter Roderick (207-293-2704 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 bog bridging. 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 (207-293-2704 before 9:00p.m., trails@amcmaine.org).

Sat., Jul. 31. Trail Work: Pleasant Mountain -

Bridgton. Treadway improvement, including some rock work. For all you folks who 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 (207-293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (207-799-5212 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 (207-293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (207-799-5212 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 (207-293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (207-799-5212 before 9:00p.m., trails@amcmaine.org).

Sat., Sep. 11. Trail Work: Bald and Speckled Mountains -

Sumner/Peru. Trail work trip to install new signage on trail relocation. Great late summer hike and work 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., Sep. 25. Trail Work: Rattlesnake Mountain -

Raymond. Reclaiming trails on smaller but mighty mountain in the Sebago region. Close enough to Portland so that you may dine at a four-star restaurant in the evening. Contact Keith for details. L Peter Roderick (207-293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (207-799-5212 before 9:00p.m., trails@amcmaine.org).

Fri., Oct. 8-11. Trail Work Weekend at Little Lyford

Lodge and Cabins. Volunteer trail work weekend at one of AMC's premier locations. Fall foliage and no black flies - join us! Contact Peter for details. L

Peter Roderick (207-293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (207-799-5212 before 9:00p.m., trails@amcmaine.org).

Sat., Oct. 23. Trail Work: Black Mountain - Sumner.

Trail work rehabilitating discontinued trail. Fall foliage and no biting insects - join us! Call Keith for details. L Peter Roderick (207-293-2704 before 9:00p.m., trails@amcmaine.org), L Keith Chapman (207-799-5212 before 9:00p.m., trails@amcmaine.org).

YOUNG MEMBERS

Sun., Aug. 15. Young Members Speckled Mountain

Hike. Young members are invited to hike spectacular Speckled Mountain! Tucked in the Caribou-Speckled Mountain Wilderness of the White Mountain National Forest, Speckled is the lesser sought of the two peaks, but should not be understated in its views. We will do an 8.6 mile loop of the Bickford Brook and Blueberry Mountain Trails. We will pass by a series of small cascades en route to the 2,906 foot summit with a total elevation gain of 2,500 feet. The route will go over several open ridges that afford spectacular views of the surrounding mountains including Mount Washington. This is intended as a young members hike, but all are welcome. Possible after-hike dinner at a local restaurant for those interested. L Carolyn Arcand (207-215-5306, carolynarcand@yahoo.com), CL Laura Flight (207-215-5306 before 9PM, flyrodflight@systemfolder.com).

BIKING

Sun., Jul. 4. Lighthouse Bike Ride, South Portland.

Come join us for the Lighthouse ride. We will meet in South Portland at Wainwright Field and ride to Scarborough and back. This is a 30 mile ride. Please e-mail leader for time. L Denise Courtemanche (207-725-6285, decacct@suscom-maine.net).

Tue., Jul. 6. Pleasant Point Bike Ride, Brunswick.

Meet in Brunswick and ride to Pleasant Point in Topsham. Please contact leader for time. L Denise Courtemanche (207-725-6285, decacct@suscom-maine.net).

Tue., Jul. 13. Freeport Bike Ride, Yarmouth.

Let's meet in Yarmouth and ride to the Chocolate Factory in Freeport. This ride is about 15 miles. L Denise Courtemanche (207-725-6285, decacct@suscom-maine.net).

Tue., Jul. 20. Mere Point Bike Ride, Brunswick.

Let's meet in Brunswick and ride to Mere Point and Simpson Point. That should give us about 18 miles of wonderful ocean views! Potluck afterwards at leader's house. L Denise Courtemanche (207-725-6285, decacct@suscom-maine.net).

Sun., Jul. 25. Pineland Center Bike Ride, Yarmouth.

Let's ride to beautiful Pineland Center from Yarmouth and enjoy the countryside, which means there are a few rolling hills along the way. The ride is about 25 miles. L Denise Courtemanche (207-725-6285, decacct@suscom-maine.net).

Tue., Jul. 27. Leader's Choice Bike Ride; Biddeford and Saco.

Leader's Choice on back roads in Biddeford and Saco. L Andy Chabot (chab31@maine.rr.com).

Tue., Aug. 3. Gilsland Farm Bike Ride, Yarmouth.

Let's meet in Yarmouth and do the Audubon ride. This ride is about 15 miles to Gilsland Farm to see



Maine Chapter members practice wet exits (a.k.a. falling out of your kayak) at the Sea Kayak Rescue Workshop on June 6, 2010. Photo by Jeff Aceto.

Continued on page 4

Enjoy Maine outdoors this summer

June LaCombe's sculptures. L Denise Courtemanche (207-725-6285, decacct@suscom-maine.net).

Sun., Aug. 8. Bowdoinham Bike Ride, Brunswick.

Let's meet in Brunswick and ride to Bowdoinham. This is about 25-mile ride. Denise Courtemanche (same as above). L Denise Courtemanche (207-725-6285, decacct@suscom-maine.net).

Tue., Aug. 10. Cathance River Bike Ride, Topsham.

Topsham is where we will be tonight. Come join us for a ride up to the Cathance River and back. We will dine at the Seadog Brewery after the ride. About 15 miles. L Denise Courtemanche (207-725-6285, decacct@suscom-maine.net).

Tue., Aug. 17. Cousin's Island Bike Ride, Yarmouth.

Let's meet in Yarmouth and ride to Cousin's Island and enjoy the views. L Denise Courtemanche (207-725-6285, decacct@suscom-maine.net).

Sun., Aug. 22. Mackworth Island Bike Ride, Yarmouth.

Let's meet in Yarmouth and ride to Mackworth Island and have a picnic lunch. We can walk around the island and pick a scenic spot to eat! L Denise Courtemanche (207-725-6285, decacct@suscom-maine.net).

Tue., Aug. 24. Leader's Choice Bike Ride, Brunswick.

Leader's Choice. L Denise Courtemanche (207-725-6285, decacct@suscom-maine.net).

Tue., Aug. 31. Leader's Choice Bike Ride, Brunswick.

Leader's Choice. L Denise Courtemanche (207-725-6285, decacct@suscom-maine.net).

SEA KAYAKING

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 (207-319-7355 before 9:00pm, meamc@micstan.us), CL Stan Moody.

Fri., Jul. 9. Midweek Cathance River Paddle, Bowdoinham.

This river feeds into Merrymeeting 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 watching. 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 (207-319-7355 before 9:00pm, meamc@micstan.us), CL Stan Moody.

Fri.-Sat., Jul. 9-10. Introduction to Sea Kayak Island Camping - Knubble Bay, Georgetown.

Are you an experienced sea kayaker who enjoys camping? Always wanted to try stowing your gear and paddling to an island for an overnight? On this weekend you will learn what to pack, how to pack and leave no trace practices for spending 2 nights on a coastal island. You should be an intermediate sea kayaker with camping gear that can fit in your hatches. Trip limited to 6 participants. Interested participants should call leader Mary McCann-Baker, Registered Maine Guide and Knubble Bay AMC Committee Chair to discuss gear and trip expectations. This trip is sponsored by the Knubble Bay

Camp Committee. L Mary McCann-Baker (207-399-8534).

Tue., Jul. 13. Sea Kayaking: Mere Point, Brunswick.

Join us for an early evening 6-mile trek in Casco Bay from Mere Point to Upper Goose Island and back, including great birding and a stop at Paul's Marina for ice cream. Meet at 5:30pm. Trek is weather- and tides-dependent, and may be modified for conditions by L. L Jeff Aceto (207-650-5674, outings@amcmaine.org).

Fri., Jul. 16-18. Transition to Sea Kayaking.

Have you been paddling on flatwater before, and thinking of taking it to the ocean? This weekend is for those looking to get a feel for paddling in a current, waves, tides and open water along the coast. Two trips will cover 7-9 miles per day. A sea kayak is required (rentals are available from Seaspray Kayaking; call 207-443-3646). Lodging at Knubble Bay Camp, Georgetown, Maine. Three meals provided. Cost is \$80/members and \$90/non-members, plus Maine taxes. L: Mary McCann-Baker. This trip is sponsored by the Knubble Bay Camp Committee. L Gail Fensom (603-244-2500, gailrond@comcast.net), L Mary McCann-Baker, R Gail Fensom (52 Moers Road, Nottingham, NH 03290, 603-244-2500, gailrond@comcast.net).

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 (207-650-5674, outings@amcmaine.org).

Wed., Aug. 4. Sea Kayaking, Yarmouth Island, Phippsburg.

Join us for an early evening 7-mile trek from Phippsburg around Yarmouth Island and back. Meet at 5:30pm. Trek is weather- and tide-dependent and may be modified for conditions by L. L Jeff Aceto (207-650-5674, outings@amcmaine.org).

Fri., Aug. 6-8. Sea Kayaks and Lobsters.

Join us for a weekend of paddling in beautiful mid-coast Maine. We will camp on Beal Island and feast on lobsters. Three meals are provided. Cost is \$90/members and

\$100/non-members, plus Maine taxes. L: Mike Therrien. This trip is sponsored by the Knubble Bay Camp Committee. L Gail Fensom (603-244-2500, gailrond@comcast.net), L Mike Therrien (603-244-2500, gailrond@comcast.net).

Sun., Aug. 8. Sea Kayaking, Jewell Island, Casco Bay, Portland/Harpswell.

Join us for an all-day 14 to 16 mile trek in Casco Bay to Jewell Island. Our route will take wind through several islands and include magnificent views, historic sites, forts, and ocean wildlife. Participants should be capable of paddling for several hours in any weather condition. Meet at 8:00 am. Trek is weather- and tides-dependent, and may be modified for conditions by L. L Jeff Aceto (207-650-5674, outings@amcmaine.org).

Mon., Aug. 16. Sea Kayaking, Mere Point, Brunswick.

Join us for an early evening 8-mile trek in Casco Bay from Mere Point to Bustins Island and back, including encounters with seals and eagle nests. Meet at 5:30pm. Trek is weather- and tides-dependent, and may be modified for conditions by L. L Jeff Aceto (207-650-5674, outings@amcmaine.org).

Wed., Aug. 25. Sea Kayaking, Bailey Island, Harpswell.

Join us for an early evening 7-mile trek from Mackerel Cove. Great birding 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 (207-650-5674, outings@amcmaine.org).

FLATWATER PADDLING

Sun., Jul. 11. Bike/Paddle Kennebec River Between Solon and Bingham. Ride the rail-trail from Solon to Bingham, returning via Kennebec River in your canoe or kayak. Necessary logistics alone are worth the trip. Carspotting 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 (207-293-2704 Before 9:00pm, roderick1027@fairpoint.net), L Jeff Aceto (207-650-5674 Before 9:00pm, acetoft@suscom-maine.net).

Sat., Aug. 14. Androscoggin River Paddle to Cow Island, Brunswick.

Joint paddle outing with Brunswick Topsham Land Trust to celebrate 25 years of their work. We will paddle to protected



Instructors Carrie and Gerry from Lincoln Canoe & Kayak discuss sea kayak safety gear at a workshop on June 6, 2010. Photo by Jeff Aceto.

Kayaking, biking, and backpacking trips offered this summer

Cow Island. Plan on 3-4 hours on the water. Wide section of river to start then tour around the island. We may go to another island based on group ability and conditions. Kayaks would be best. L Michelle Moody (207-319-7355, meamc@micstan.us), CL Stanley Moody.

Sun., Aug. 15. Cathance River to Bradley Pond, Topsham. Meandering river paddle past farm fields, woods and beaver habitat to pond. This is a joint venture with the Brunswick Topsham Land Trust to celebrate 25 years of work and see some of the conserved area from the water side. Plan on 4+ hours on the water. Easy paddle with little current. L Michelle Moody (207-319-7355 before 9pm, meamc@micstan.us), CL Stanley Moody.

MWI OUTINGS

Sat., Jun. 26. Big Moose Mountain, MWI Area. Come join us for a special hike to Big Moose Mountain (3196') in the Maine Woods Initiative (MWI) area. This is a moderate hike with a RT distance of 6.6 miles and approximately 2000' of elevation gain. This mountain was home to the first established fire tower in the state! Summit has tremendous views of the Moosehead region, Kathadin, and the Bigelow Range. A large platform area at the summit makes for a great lunch spot to take in the views. L Jeff Aceto (207-650-5674, outings@amcmaine.org), CL Jason Toner (207-649-2449, jandstoner@roadrunner.com).

Sat., Jul. 24. Lake Onowa Paddle, MWI Area. Addition to our weekend of hikes. Enjoy an afternoon paddle on Lake Onowa after the Borestone Mountain hike. We'll have great views of where we hiked that morning, along with Barren Mountain, a train trestle, and loons. Plan on about three hours on the water. Come join us for a special paddle in the MWI area. L Michelle Moody (207-319-7355 before 9:00pm, meamc@micstan.us), CL Stanley Moody.

Sat., Jul. 24. Borestone Mountain Sanctuary, Elliottsville, 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, rungs 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 (207-319-7355 Before 10:00pm, meamc@micstan.us), CL Stanley Moody.

Sun., Jul. 25. Little Wilson Falls on the AT, MWI Area. Lovely three-mile RT walk through 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 (207-319-7355 Before 10:00pm, meamc@micstan.us), CL Stanley Moody.

NATURE OUTINGS

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 (207-583-2720 before 9:00pm, mjnation11@earthlink.net).

Sat., Aug. 14. Monhegan Island. Join us for a day trip to Monhegan Island. We'll hike along the cliffs, through Cathedral Woods, and take Hardy Boat from New Harbor, ME. Limited to 12. L Peg Nation

(207-583-2720 before 9:00pm, mjnation11@earthlink.net), CL Alix Pratt (207-233-9249 before 9:00pm, alix.pratt@gmail.com).

HIKING AND WALKING

Wed., Jun. 30. 300' Cascades and Three Ponds, Shelburne, New Hampshire. If Millbrook Road is open, the hike will be shortened by 2.2 miles. We will proceed up Austin Brook Trail, then take a left on the Dryad Falls Trail to visit cascades falling 300'. We will pass Dream Lake, Moss Pond and Gentian Pond on the Mahoosuc Trail. Expect some boggy areas and stream crossings. We descend on the Austin Brook Trail 1200' for 2.4 or 3.5 miles. 7.5 or 9.7 total miles with 1850' or 2100' elevation gain. Moderate pace. Near Shelburne, New Hampshire. L Jane Gibbons (207 647-3987, patnjane@wildblue.net), L Herb Kingsbury (207 439-6449 7:00-9:00pm).

Sat., Jul. 10. Redington Mountain. In search of hikers with a sense of adventure! Redington Mountain is the only 4000-footer in Maine that does not have a formal trail to the summit. Join us for an old-fashioned Maine bushwhack with RT of 7 miles, and a total vertical climb of 1500'. We won't need map and compass as the trail follows old logging roads and previous trails, but who knows what we'll find at the summit? Perhaps rare and unique views of the Crockers, Chain of Ponds Snow, and Boundary Mountains. Few hikers ever reach this summit - join us and you'll learn why. You'll need to be fit enough to hike all day (moderately-paced), have the courage to go off the beaten path, and be ready to accept the challenge of being led into the unknown. Be forewarned - this trip will be "anything can happen" day! L Jeff Aceto (207-650-5674, outings@amcmaine.org), L George Brown (207-585-2259, gwbrown@tds.net).

Thu., Jul. 15. Hike Blueberry Mountain. Beginner hike on Blueberry Mountain (1781'), Evans Notch, ME. 3.4 miles, 1500' elevation gain, via Stone House and White Cairn Trails. Great views. L Lorraine Hussey (207-799-7494 before 9:00pm, randllhussey@zwi.net), L Roger David (207-737-2737 before 9:00pm, rogerdavid@earthlink.net).

Sat., Jul. 17. NE 100 Highest: Goose Eye Mountain. NE 100 Highest, Goose Eye Mountain (3870') has magnificent views in all directions. Join David and Jason on this loop hike, 7.6 miles over two open Peaks (Goose Eye and Mount Carlo) with excellent views from both. This is a strenuous hike with some steep spots and we will hike at a moderate pace but take plenty of time for views and photos. L David Littig (207-318-9181, dlittig@hotmail.com), CL Jason Toner (jandstoner@roadrunner.com).

Sat., Jul. 24. Mount Carrigain. Mount Carrigain (4680') via Signal Ridge Trail. 10 miles at a moderate pace with magnificent views from Signal Ridge and summit observation tower. Tom Pettingill (781-2219) and Debby Kantor (854-3431, dlkantor@aol.com) after 7/10. L Debby Kantor (207-854-3431 before 9:00pm, dlkantor@aol.com), CL Tom Pettingill (781-2219).

Sat., Jul. 31. Oh Canada! Join us for lunch, eh, in Canada, where we'll sing the National Anthem in celebration of their Gold Medal in Olympic hockey. Along the way we'll summit two of New England's 100 Highest - Kennebago Divide and Whitecap. Requirements: sense of humor and adventure, as well as a passport as we bushwhack through the woods of Western Maine. Moderate grades and pace

over RT distance of about 10.2 miles. L George Brown (207-585-2259, gwbrown@tds.net), CL Peter Broderick (207-778-0801, coolbrod@zwi.net).

Sat., Aug. 7. Mount Abraham. Join us for an uncommon hike! Using atypical road access, this trip will summit Mount Abraham via the AT northbound to the Mount Abraham Side Trail. This unique route is 7.8 miles RT with approximately 2000' vertical at a relaxed pace without difficult terrain. Hikers will be able to experience distinctive alpine settings on the way to the remnants of the fire tower at its 4050' open summit. The reward will be spectacular views of Saddleback, Crockers, and Sugarloaf. L Deb Burke (603-742-2894 before 9:00pm, djb11453@hotmail.com), CL George Brown.

Sat., Aug. 14. Jackson Webster Loop Hike. Hike to Mount Jackson (4052') near Crawford Notch. 5 miles with 2150' elevation gain at easy pace. Some challenging sections to a nice peak. Kids with hiking experience are welcome. L Wanda Rice (603-432-7840 before 9:00pm, wandarice@comcast.net).

Sat., Aug. 21. Shelburne Moriah and Mount Moriah. Hike a loop of Shelburne Moriah and Mount Moriah from Wild River using Shelburne Trail, Kenduskeag Trail, Carter-Moriah Trail, and Moriah Brook Trail. 14.5 miles at a moderate pace. L Lewis Dow (207-890-8512 before 9:00pm, lwsdow@yahoo.com).

Sat., Aug. 21. Goose Eye, East (3794') and West (3870') Peaks. Peaks via Wright Trail. 8.6-mile loop at a moderate pace along a scenic streamside trail, leading to two wide open summits in the Mahoosuc Range. L Debby Kantor (dlkantor@aol.com, 207-854-3431) and CL Tom Pettingill (207-781-2219). L Debby Kantor (207-854-3431 before 9:00pm, dlkantor@aol.com), CL Tom Pettingill (207-781-2219).

Wed., Aug. 25. West Rattlesnake and Five Finger Point, Squam Lake Area. Lovely views over Squam Lake and secluded swimming beaches. Paced for families with children. 2.3 or 5.4 miles with a 450' gain. From Route 113, go up the easy Old Bridle Path for 0.9 miles to the viewpoint over the lake where "On Golden Pond" was filmed. Then we'll descend steeply 600' in 0.04 miles on the Ramsey Trail. Go back 0.9 miles on the Undercut Trail (total 2.3 miles and a 450' gain). Many may choose to drive to a parking area on Pinehurst Road and hike the Pasture Trail and Five Finger Point Trail for the total 3.1-mile loop past lovely cliffs, bays, viewpoints and secluded beaches. Hikers can do all or part of this hike. We'll enjoy swimming (no lifeguards), weather permitting. If all goes well this summer, this will be L's red lining list finish. L Jane Gibbons (207 647-3987, patnjane@wildblue.net), L Rita Minnon (603-332-6652 7:00-9:00pm, minnonr@metrocast.net).

Sat., Sep. 4. Bald and Saddleback Wind, Cathage. This is an un-trailed mountain with 360-degree views—one of the gems of the area. Join us for some bushwhacking and time spent working on map and compass skills, before the proposed wind farm is installed. Approximately 7 miles with 2600' elevation gain at a moderate pace and moderate grades to an open summit. L Peter Broderick (207-778-0801, coolbrod@zwi.net), CL George Brown (207-585-2259, gwbrown@tds.net).

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Harm from lightning is pretty rare, but here is some good advice

By Laura Flight

What happens almost a million times a day, or about 100 times per second? Lightning strikes the earth! But about 70% of the earth is the vast open-ocean, so what is there to worry about?

About 200-300 people annually are struck by lightning in the United States alone, and an average of 50-60 die. Who are these people?

Folks just like YOU and ME — hikers of the mountains and paddlers of the waters. So, as the summer recreation season and coincident thunderstorm season approach, here are a few facts, myths, and tips to keep in mind, as well as what to do if you get caught, or worse, struck.

Facts:

- If there is thunder, there IS lightening. Just because you can't see it doesn't mean it isn't there.
- Lightening can strike from a thundercloud that is up to 6 miles away.
- Odds of being struck in a given year: 1-in-500,000 to 1-in-750,000. Odds of winning the MegaBucks lottery: 1 in 1,947,792. You are 2.5-times as likely to get struck by lightning!
- Odds of being struck in your lifetime, 1-in-3,000 to 1-in-6,000
- 400-600 lightning-related injuries reported in the U.S. each year.
- 1/3 of injuries are on the job, 1/3 recreational activities, 1/3 other situations (buildings)
- Water can conduct electricity. So if the water body you are paddling on gets struck...
- Lightning can reach temperatures of 50,000 degrees Fahrenheit
- Lightening safety week: June 20-26, 2010.

Myths (in *italic text*):

- *You can have thunder, but no lightening.* NOT TRUE! Thunder is produced from lightening; lightening in essence breaks the sound barrier and causes thunder.

- *If it's not raining, there is no lightning.* NOT TRUE! If there is thunder, there is lightning, and there can be lightning if there is no thunder (you just can't hear the thunder). And it doesn't have to be raining to have either of these.
- *Lightning never strikes the same place twice.* NOT TRUE. The Empire State Building gets struck about 25-times a year.
- *A lightning victim is electrified, so you should not touch them.* NOT TRUE! The human body cannot store electricity, so give the person the first aid they need; they have a 90% survival chance!

Tips:

Check the weather forecasts and know where you might be when thunderstorm probability is high. Will you be walking Franconia Ridge at 2PM? Probably not a good plan if thunderstorms are predicted.

Become a meteorologist yourself! When hiking or on the water, frequently assess the cloud formations in the sky. Look for a line of dark clouds that are often taller than they are long and have an anvil shape; these are cumulonimbus clouds and harbor thunderstorms!

The distance the storm is from you can easily be "measured" based on the ratio of the speed of sound to the speed of light. Count the number of seconds between when you see lightening to when you hear thunder. This is referred to as "flash to crash" interval. For every 5 seconds, the storm is 1 mile distant. So, if you count 10 seconds between lightening and thunder, the storm is 2 miles away. However, if you are in a mountainous area, the topography may buffer the

sound and you may not hear the storm until it is closer.

At the first sound of thunder, you and your companions should seek "shelter"; come down from high, open places and get off of the water. Not in 10 minutes, not after another half mile, not after the next bend, but NOW. Remember, lightening can strike from 6 miles away, but you can only hear thunder usually 3 miles distant, sometimes less. If there is a vehicle nearby (less than a quarter of a mile) run to it and get inside.

The National Oceanic and Atmospheric Association (NOAA) has a saying that "When thunder roars, go indoors!" However, for us backcountry enthusiasts, this is not always possible. So, what to do if you get caught? If the storm is 2-3 miles away (10-15 seconds are counted from "flash" to "crash"), the following safeguards should be taken:

Head for the woods, but not a near a single tree or other tall object (these attract lightening). Ideally, get into an even-height stand of trees.

Leave anything metal (hiking poles, tent poles, frame backpacks, paddles) at least 100 feet away from you and others. Also avoid wet or lichen covered rocks and ropes. Remember, water can conduct electricity!

When picking a relative location to "sit-out" the storm, look for the threat of falling objects from above, as many thunderstorms also have high winds.

Hypothermia is a concern as you will likely be wet. Before donning rain gear, get to your safe area. Also, you may want to put on an insulating layer as your body won't be generating much heat while waiting out the storm.

Squat like a baseball catcher with your heels touching, your knees apart and minimize contact with the ground (such as with your hands). It is often suggested to assume this position on top of an insulating material such as a sleeping pad or backpack. It will be difficult to hold this position for a long period of time, but the position should be held as much as possible and especially during the brunt of the storm.

Spread out about 100 feet from your companions to minimize multiple people potentially affected, but remain within sight and/or voice range.

It is considered safe to come out of "hibernation" 30 minutes after the last clap of thunder.

If someone is struck, common effects are cardiac arrest, unconsciousness, organ damage, partial paralysis, ruptured eardrums, and burns. Evacuation is a must. If the victim has no pulse, provide CPR. If the victim has a pulse but is not breathing, provide rescue breathing.

Unlike other cardiac related conditions in the "wilderness," CPR is often very effective with lightning strike victims so it should be practiced when needed. Treat burns and other sustained injuries as any other wilderness injury(s).

Please don't let all of this make you a couch potato this summer. Just have a plan, keep an eye and an ear to the sky, and respect the power of the storm.



Young Members enjoying a hike up Mt. Jackson in May. Trip leaders are needed to build the YM program. Learn how at the July 31 trip leading workshop. Contact Carolyn Arcand at carolynarcand@yahoo.com.

Summer Trips

Continued from page 5

BACKPACKING AND CAMPING

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 Lewis Dow (207-890-8512 before 9:00pm, lwsdow@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 Lewis Dow (207-890-8512 before 9:00pm, lwsdow@yahoo.com), CL Jennie Warner (207-229-1368 before 9:00pm).

Resource List

Web sites:
<http://www.lightningsafety.noaa.gov/>
<http://www.outdoors.org/publications/outdoors/2002/2002-weather.cfm>

AMC's deputy director reports on Maine Woods Initiative activities

By Walter Graff, AMC deputy director

Recently, I had the opportunity to represent AMC at the White House Conference on America's Great Outdoors in Washington, D.C. More than 500 leaders were in attendance, including farmers, ranchers, outdoor recreationists, industry leaders, landowners, foundation representatives, conservationists and educators. We met at the Department of the Interior where President Obama gave the opening remarks and signed a memorandum of understanding. Goals of the America's Great Outdoors initiative include helping people, especially young people, make a deeper connection to the outdoors, and landscape-scale conservation—goals that are directly aligned with those of AMC and the Maine Woods Initiative.

Through the work and support of so many of you, we are making great strides in conserving

critical landscapes, protecting wildlife corridors, and providing new opportunities for outdoor recreation. The Administration is seeking citizens' input, and people who love the outdoors have a unique opportunity to shape the initiative. To learn more, and to share stories about your connection to the outdoors and the places you love, visit www.doi.gov/americasgreatoutdoors/.

There are always surprises when visiting the Maine Woods. This winter, while leading a group of skiers from camp to camp, I got to see a black-backed woodpecker—a rarity for me—and then, of course, the tracks of a Canada Lynx.

With summer almost upon us, we just experienced another fantastic bird migration. And now, we're seeing a new migration of fly fishermen enjoying our hospitality and reveling in the notion that our native brook trout ponds will be protected

forever. Our roads have dried out and the Pelletier brothers have begun our first timber harvest of the season.

And work on Gorman Chairback Lodge and Cabins has begun, with an anticipated winter opening.

Conservation & Recreation

AMC trail crews are improving trails to several backcountry ponds on AMC's Katahdin Iron Works property this summer, thanks to funding from the Land for Maine's Future program. Baker Pond, Grassy Pond, Mountain Brook Pond, Horseshoe Pond, and Pearl Ponds are prized by anglers for their wild native brook trout, but access routes were in need of repair. Crews are also creating three new campsites to replace three existing sites on the property.

The Maine Chapter pitched in on important trail work on the Katahdin Iron Works property over the recent Memorial Day weekend. Two more trail work weekends are set for July 2-5 and October 8-11 at Little Lyford Lodge and Cabins. Contact Peter Roderick at (207) 293-2704 (before 9 p.m.) to sign up.

Crews are hard at work at Gorman Chairback Lodge and Cabins, conducting major renovations in anticipation of a wintertime opening. The camps, on Long Pond, are set to include a number of upgrades, as well as a new lodge, new cabins, a shower house, and a sauna. Gorman Chairback will be a great new addition to our popular network of lodge-to-lodge ski trails.

New Trip Leaders welcomed

Welcome to new leader Bill Brook (right)! Bill is an accomplished four-season hiker and he looks forward to leading a variety of trips for the Maine Chapter. He especially enjoys winter hiking and has been a regular on several advanced winter hikes over the past two years including Washington, Adams, and Katahdin.



Congratulations to David Littig (left) for becoming a leader with his recent mentor hike on NE Cannonball. He has been an active participant in the Maine Chapter for three years and is an experienced 4 season hiker. You can join David on July 17 as he leads a trip to Goose Eye Mountain.



AMC's 2010 Fall Gathering

Sponsored by the Worcester Chapter
October 15-17, 2010
Prindle Pond Conference Center Hilltop, Charlton, MA

Join us for this club-wide event hosted by the Worcester chapter at Prindle Pond Conference Center Hilltop in Charlton, MA.

- Explore Central Massachusetts by hiking, cycling, paddling, rock climbing and more.
- Family-oriented activities will be offered so bring your children and grandchildren!
- Enjoy the camaraderie of fellow AMC members in the evening starting with a social hour followed by lively entertainment and a bonfire to wrap it all up!

Everyone is welcome! We'll see you there with boots on!

Room packages available, including meals, activities, and registration fee. Register by September 30, 2010. See www.amcfallgathering2010.com for more information and to register.

MAINE LIGHTHOUSE RIDE

Saturday 11 September
Eastern Trail Benefit

Includes 25, 40, 62, and 100-mile loop rides. Marked routes with maps and cue sheets. Sag wagon support. Rest stops. Hot showers and hot food included with registration.

All rides start and end at Southern Maine Community College on sparkling Casco Bay. See up to 9 historic Maine lighthouses.

FMI or to register on-line before August 26 for discount and FREE fluorescent ride T-shirt, visit www.EasternTrail.Org. After 26 August, unlimited on-site ride day registration, but NO free T-shirt. FMI call 284-9260.

MLR supports The Eastern Trail Alliance campaign to build the 60-mile off-road greenway connecting Bug Light Park on Casco Bay with Strawberry Banke in Portsmouth, NH.

Wilderness Matters

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

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Maine Chapter Website

www.amcmaine.org

Excom nominees needed

By Carrie Walia

The Maine Chapter Executive Committee (“ExCom”) is comprised of sixteen good-natured folks from across the state who, together, manage the programs of the chapter. There are two announced vacancies, conservation chair and a trails co-chair. The conservation chairperson serves on the ExCom, oversees the chapter’s conservation programs, and works closely with the conservation policy staff in the Portland office. The trails co-chair serves with their partnering co-chair on the ExCom and manages the chapter’s trail maintenance programs, including scheduling and participating in trail work trips across the state.

The nominating committee is asking interested persons to submit either their own name for consideration, or someone that they think would be “just right” for the position. Paul Hahn, an “at large” member of the ExCom, has offered to serve as the chair of the nominating committee. Contact him at nominating@amcmaine.org or (207) 222-2837. Paul will work with you to submit your nomination and he will answer what questions that you may have. The committee will review all candidates and will make their final decision in September, and persons selected for the positions will be voted onto the ExCom at the annual meeting on October 2.

Conservation Committee

The Conservation Committee assists the ExCom and Chapter members to increase their knowledge and enjoyment of the natural environment and to become informed about current issues which may have an environmental impact in the state of Maine. This may be accomplished through hikes, informational talks, conservation work days and other activities that have a conservation theme. The Conservation Committee works closely with the AMC Maine Policy staff persons to inform the ExCom and Chapter members about relevant activities, issues and legislation.

Trails Committee

The Trails Committee organizes, schedules, and leads trail maintenance trips on approximately 15 to 20 trails in the state, excluding trails in Baxter State Park, most of the Appalachian Trail and trails at Acadia National Park. Trails in Maine not currently maintained by another organization or individual are eligible for maintenance by the Maine Chapter, with landowner permission.

AMC Maine Conservation Office – Portland Summer Volunteers Needed!

- AMC Information-Education Volunteers
- 4+ hours per week June-September
- Talk to the public about AMC, outdoors recreation in Maine

AMC’s Conservation Policy office recently relocated to downtown Portland – 30 Exchange Street in the Old Port. To take full advantage of this pedestrian-friendly location, we would like to make the office a location where the public can come in and learn about AMC, the Chapter, our Maine Wilderness Lodges, and outdoor recreation opportunities in Maine’s north woods. In order to do this, we need enthusiastic AMC volunteers who can speak knowledgably about AMC and outdoor recreation. Volunteers may occasionally be working in the office without staff supervision. Training will be provided.

We are looking for volunteers who can work in the office one to four shifts a week for 4-6 hours each day between June and September.

If you are interested, please contact Bryan Wentzell or Lindsay Bourgoine in the Maine office at 899-0150 or bwentzell@outdoors.org.

Thanks!!

Bryan Wentzell and Lindsay Bourgoine