



# WILDERNESS MATTERS

Maine Chapter  
Appalachian Mountain Club  
PO Box 1534  
Portland, Maine 04104

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# Wind Power Forum Sparks Lively Debate

A public forum on land-based wind power in Maine was packed with facts and sparked lively debate among the panel and the 60-person audience in Holden, Maine, on March 31st. A similar forum planned for Falmouth in late September is expected to generate similar interest and enthusiasm. Both forums are intended to cut through the wind power rhetoric on both sides of the issue to focus on facts. The forums are jointly sponsored by the AMC Maine Chapter and the Maine Audubon.

The panel was designed to be balanced: one wind power developer, one anti-wind conservationist, and two wind power knowledgeable scientists representing AMC and Audubon. The panelists were First Wind representative Neil Keily, Maine conservationist and author Robert Kimber, AMC Senior Staff Scientist Dave Publicover, and Maine Audubon Director of Conservation Sally Stockwell. The panel was moderated by State Representative Bob Duchesne, ranking minority member of the Environment and Natural Resources Committee.



*View of Beaver Ridge Wind in Freedom, Maine by Jay Cashman*

Wind power advocates emphasized several factors they said made wind power a good choice for Maine. These included their analyses that relatively speaking, wind is a low-impact and clean source energy source, there are locations in Maine where commercial wind would have minimal impact on flora and fauna, and there are companies willing to invest in commercial wind farms now and incentives that make it feasible.

On the other hand, major arguments against commercial wind were identified as its visual impact primarily in the viewsheds from major

hiking trails and ridgelines, concern for detrimental effects on birds when wind turbines are located on migratory flight routes, concern that Maine currently generates surplus energy so additional capacity is unnecessary, and that all of Maine's commercial wind projects operating at peak capacity would amount to a minimal percentage of the power currently used in Maine.

Audience members in Holden, a mix of AMC members, Audubon members, and others, were pleased

with the expert exchange of information, the animated but civil debate, and the continued discussion past the formal conclusion.

A second forum featuring the same panel and moderator is planned for late September at Audubon's Gilsland Farm in Falmouth. The exact date will be listed in the calendar of events on AMC Maine Chapter website. Go to [www.amcmaine.org](http://www.amcmaine.org) and peruse the calendar for the wind power forum. A guided wind farm tour will be scheduled some time after the Falmouth forum.

## Annual Meeting Registration Now Open

It's time to think about the fall Annual Meeting of the AMC Maine Chapter. We will return once more to Camp Kieve in Nobleboro on October 21 to 23. Given the time of year, it's a perfect spot on picturesque Damariscotta Lake and the cabins are heated for the chilly evenings.

Registration is now open for the Annual Meeting and members are encouraged to sign up early to help us plan for a great event. Camp Kieve has held the prices to the same as last year- \$99 for cabin lodging on Friday and Saturday nights and meals, including breakfast on Saturday and Sunday, lunch on Saturday and Sunday, and dinner on Saturday night. There is tenting available for the "hardy" souls at \$10 per night which will reduce the total to \$69 for the weekend. The fee also includes the pot luck supper Friday night hosted by the Executive Committee.

We are planning to have several workshops on Saturday morning and afternoon, and possibly on Sunday, to include:

- Compass and map reading with Roger David,
- GPS with Roger David,
- Digital photography with Jeanne Christie,
- Navigating the chapter website with Laura Flight and Tim Flight,
- and possibly a few more!

There will be hiking and biking for those who want to get outside and explore the area. Depending upon the weather and interest, there may also be a kayaking workshop offered by Jeff Aceto.

Please sign up today using the registration form in this newsletter or by downloading the form at [www.amcmaine.org](http://www.amcmaine.org). Please contact Larry Dyer at [vice@amcmaine.org](mailto:vice@amcmaine.org) or (207) 655- 9097 with any questions about the Annual Meeting.

## Inside:

**Annual Meeting Form—  
Register Today!**

**Maine Chapter Volunteers  
Maintain Hiking Trails in Maine  
Woods Initiative Area**

**Order a Tshirt**

**Common Ground Fair Call for  
Volunteers**

**Your Important Voice**

**..and lots and lots of trips and  
activities to get out there this  
summer!**

# REGISTRATION FORM

## 2011 AMC Maine Chapter Annual Meeting

Camp Kieve, Nobleboro, Maine  
Friday, October 21 - Sunday, October 23

Please complete one form PER PERSON.

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

Name (as will appear on name tag)

Email Address (preferred method for confirmation)

Phone Number

Mailing Address

City State Zip Code

### Emergency Contact Information:

Name

Phone #

### Special Needs (including dietary):

### Accommodation Options (check boxes):

Friday Night	Cost
<input type="checkbox"/> Friday night cabin	\$25
<input type="checkbox"/> Friday night tent	\$10

Saturday Night	Cost
<input type="checkbox"/> Saturday night cabin	\$25
<input type="checkbox"/> Saturday night tent	\$10

Meal Options (check boxes)	Cost
<input type="checkbox"/> Saturday hot/cold breakfast	\$8
<input type="checkbox"/> Saturday trail lunch	\$8
<input type="checkbox"/> Saturday evening dinner (chicken)	\$17
<input type="checkbox"/> Saturday evening dinner (veggie)	\$17
<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 completed registration form(s) with payment to:  
Larry Dyer, 10 Homestead Road, Casco, Maine 04015

\*\*\* Registration Deadline is Sunday, October 16th \*\*\*

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.
- Please register early.
- Overnight guests should bring linens or a sleeping bag.
- Please sign up for outings with the leader listed for that activity.
- For more information about Camp Kieve, visit: [www.kieve.org](http://www.kieve.org)
- Please no smoking or pets.

### Weekend Agenda:

Friday: 5 PM social and potluck supper  
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](http://www.amcmaine.org) (click on the Annual Meeting tab/link)  
Larry Dyer: [vice@amcmaine.org](mailto:vice@amcmaine.org) • (207) 655-9097

# TRIP LISTINGS GENERAL

The trip listings below include only trips posted prior to the submission deadline for this issue of *Wilderness Matters*. For the most complete and accurate trip listings, please periodically check out the Calendar at [www.amcmaine.org](http://www.amcmaine.org). For general questions or comments regarding trip listings, please contact Jeff Aceto, Outings Chair, 207-650-5674, [outings@amcmaine.org](mailto:outings@amcmaine.org).

# MEETINGS

### Thu., Sep. 8. Maine Chapter Executive Committee Meeting,

Freeport. Maine Chapter Executive Committee meets every odd month (January, March, May, July, September, and November) on the second Thursday. Important conservation topics, outdoor and educational activities, finances, and other items are discussed. Open to all. Meetings held in upstairs meeting room of Freeport McDonald's from 6:30-8:30pm. L Carrie Walia ([chair@amcmaine.org](mailto:chair@amcmaine.org))

### Fri., Oct 21 to Sun. Oct. 23. 2011 Maine Chapter Annual Meeting,

Nobleboro. Join members of the Maine Chapter for the 2011 Annual Meeting! This three-day weekend event will be full of outings, speakers, and social events intended to provide fun experiences for all. Held at Camp Kieve in Nobleboro, ME, on Damariscotta Lake. This facility includes (heated) cabins, dining hall, and many outdoor recreational opportunities. A number of outings in the vicinity will be scheduled over the same weekend, and will likely include hiking, biking, sea kayaking, flatwater paddling, naturalist walks, and educational workshops. Saturday night will include a Chapter dinner followed by a brief business meeting to elect the Executive Committee. Evening will conclude with presentation by a keynote speaker. It's the highlight of the year and you won't want to miss the fun!. L Larry Dyer (207-233-1984, [vice@amcmaine.org](mailto:vice@amcmaine.org))

# EDUCATION

### Wed., Sep. 28. Doing Wind Right: Falmouth Forum on Land-Based Wind Power,

Falmouth. Is it possible to develop land-based wind power as a renewable energy source for Maine while protecting the state's ecological health, natural heritage, and



SOLO instructor Charlie Bloedon discusses the finer points of first aid treatment with Maddie Ross, Peter Heinold, and Jeanne Christie (l to r).

scenic beauty? Join us to hear a panel of speakers representing environmental groups and the wind industry to discuss wind as an energy source and all that it may entail, controversial and otherwise. •David Publicover, AMC's Senior Staff Scientist and wind power expert •Sally Stockwell, Maine Audubon's Director of Conservation •Neil Keily, First Wind wind farm developer•Bob Kimber, Maine author and conservationist The panel will be moderated by Representative Bob Duchesne, Ranking Minority Member of the legislature's Environment and Natural Resources Committee. The forum, sponsored jointly by Maine Audubon and the Maine Chapter of the Appalachian Mountain Club, will be held on Wednesday, September 28, 2011 from 7-8:30 pm at Gilsland Farm, Maine Audubon headquarters on Gilsland Farm Road in Falmouth. Parking is plentiful and free. The program is free and open to the public so bring a friend. A potluck dinner for all will begin at 6 pm followed by the forum at 7 pm. Attendees are encouraged to bring a potluck item and their own dinnerware (plate, utensils etc.). Drinks will be available. FMI email AMC Maine Education Chair John Mullens at education@amcmaine.org. L John Mullens (education@amcmaine.org)



*Maine members descend the Lion's Head Trail with the Mount Washington summit behind on March 19, 2011.*

## TRAILS

- Fri., Jul. 1-4. Trail Work Weekend at Little Lyford Lodge and Cabins.** Get out, get dirty, give back. Visit one of AMC's premier Maine lodges. Great experience maintaining trails combined with chance to enjoy hiking, paddling, moose watching, fly fishing, or just taking it easy when work day is finished. Comfortable accommodations and great food. L Peter Roderick (207-293-2704 before 9pm, roderick1027@fairpoint.net)
- Sat., Jul. 2. Trail Work – Burnt Meadow Mountain,** Brownfield. Work on the Twin Book Loop continues. L Keith Chapman (207-799-5212 before 9pm)
- Sat., Jul. 16. Trail Work – Stone Mountain in Brownfield,** Brownfield. Ongoing work doing further maintenance on newly opened trail. L Keith Chapman (207-799-5212 before 9pm)
- Sat., Jul. 30. Trail Work – Pleasant Mountain near Bridgton,** Brownfield. Refining tread way on Ledges Trail. L Peter Roderick (207-293-2704, before 9 pm, roderick1027@fairpoint.net. L Keith Chapman (207-799-5212 before 9 pm)
- Sat., Aug. 13. Trail Work – Rumford Whitecap.** Annual trail work trip in conjunction with Mahoosuc Land Trust. Bring your blueberry bucket. L Peter Roderick (207-293-2704, before 9 pm, roderick1027@fairpoint.net) L Keith Chapman (207-799-5212 before 9pm)
- Sat., Aug. 27. Trail Work – Rattlesnake Mountain - Raymond.** Trail work including cleaning water bars and blazing. L Keith Chapman (207-799-5212 before 9pm)
- Sat., Sep. 10. Trail Work – Bald & Speckled Mountains - Peru.** Rock step work and tread way improvements. L Keith Chapman (207-799-5212 before 9pm)

- Sat., Sep. 24. Trail Work – Waterford Land Trust.** More work on historic Mill Trail. Working with land trust to rehabilitate old trail. L Keith Chapman (207-799-5212 before 9pm)
- Fri., Oct. 7-10. Trail Work Weekend at Gorman Chairback Lodge and Cabins.** Volunteer trail work at AMC's newest full-service facility. See what all the excitement is about! We'll stay in the newly-constructed bunkhouse and work on trail and boundary maintenance assignments as required. Not to be missed! L Peter Roderick (207-293-2704 before 9pm, roderick1027@fairpoint.net)
- Sat., Oct. 22. Trail Work – Black Mountain - Peru.** First visit to this location in several years. We will see what needs to be done. L Peter Roderick (207-293-2704, before 9 pm) L Keith Chapman (207-799-5212 before 9 pm)

## YOUNG MEMBERS

- Sat., Aug. 6. Young Members – Sugarloaf Hike,** Carrabassett Valley. Join the Young Members (20-30's) up Sugarloaf, the second highest mountain in Maine and the open summit offers a great view of the surrounding peaks. On a clear day you can see all the way from Mt. Katahdin down to Mount Washington. We will be using the Appalachian Trail from the Caribou Valley Road. The round trip distance is 5.8 miles to the summit of Sugarloaf and back but there are steep sections of the trail and it is a moderate hike, with an elevation gain of about 2500 feet. Contact co-leader Sarah Keats to sign up. Rain date scheduled for August 7. L Carrie Walia. CL Sarah Keats (207-756-4226, slkski@gmail.com).

## BIKING

- Sun., Jul. 3. Road Biking – Lighthouse Ride.** Come join us on a 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@comcast.net)
- Tue., Jul. 5. Road Biking – Pleasant Point,** Topsham. Let's meet in Brunswick and ride to Pleasant Point in Topsham. Please email leader to join in. L Denise Courtemanche (207-725-6285, decacct@comcast.net)
- Tue., Jul. 19. Road Biking – Mere Point,** 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! Lets have a potluck afterwards at the leader's house. Email leader to join in. L Denise Courtemanche (207-725-6285, decacct@comcast.net)
- Sun., Jul. 24. Road Biking – Pineland Center,** New Gloucester. Let's ride through 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, email leader to join in. L Denise Courtemanche (207-725-6285, decacct@comcast.net)
- Tue., Jul. 26. Road Biking – Leader's Choice,** Biddeford. Come join Andy for a ride on some back roads through the country of Biddeford and Saco. Email leader to join in. L Andy Chabot (chab31@maine.rr.com).
- Tue., Aug. 2. Road Biking – Audobon Ride,** Yarmouth. Lets meet in Yarmouth and do the Audubon ride. This ride is about 15 miles to Gilsland Farm to see June LaCombe's sculptures. Email leader to join in. L Denise Courtemanche (207-725-6285, decacct@comcast.net).
- Sun., Aug. 7. Road Biking – Bowdoinham,** Bowdoinham. Lets meet in Brunswick and ride to Bowdoinham. This is about 25-mile ride, email leader to join in. L Denise Courtemanche (207-725-6285, decacct@comcast.net).
- Tue., Aug. 9. Road Biking – Cathance River,** Topsham. Come join us for a ride up to the Cathance River and back. We will dine at the Seadog Brewery in Topsham after the ride. About 15 miles, email leader to join in. L Denise Courtemanche (207-725-6285, decacct@comcast.net).

# 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.

## Send all address corrections to:

AMC, 5 Joy Street, Boston, MA 02108

## Send newsletter submissions and photographs to:

newsletter@amcmaine.org

## Maine Chapter Executive Committee

Chair: Carrie Walia, chair@amcmaine.org, (207) 928-2277

Outings: Jeff Aceto, outings@amcmaine.org, (207) 650-5674

Meetings & Education: John Mullens, education@amcmaine.org, (207) 361-1210

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## Maine Woods Initiative Office

Gary Dethlefsen, MWI Operations Manager, gdethlefsen@outdoors.org, (207) 280-0224

Office located at: 15 Moosehead Lake Road, PO Box 310, Greenville ME 04441

Please send address corrections to the AMC Membership Department at 5 Joy Street, Boston MA 02108, 1-800-372-1758, amcmembership@outdoors.org

## The Maine Chapter Executive Committee thanks Bob Cummings and Brenda Cummings

for serving as the editors of Wilderness Matters for many years. Designer Lauren Mier of brightredbicycle design has been welcomed as our newsletter designer. The search is on for a new volunteer editor and we anticipate that a very talented individual will take this position come September. The newsletter will be produced on a quarterly and seasonal basis. This edition covers the months of July, August and September. Please check our website at [www.amcmaine.org](http://www.amcmaine.org) for up-to-date event and outings information. Members are encouraged to submit newsletter content to the editor for consideration at [newsletter@amcmaine.org](mailto:newsletter@amcmaine.org). The next deadline for newsletter submissions is September 1 for the October, November and December edition.

**Tue., Aug. 16. Road Biking – Cousin’s Island,** Yarmouth. Lets meet in Yarmouth and ride to Cousin’s Island and enjoy the ocean views. Email leader to join in L Denise Courtemanche (207-725-6285, decacct@comcast.net).

**Tue., Aug. 23. Road Biking – Leader’s Choice.** This could be the night that Joyce takes us on a surprise journey?!? Come find out, email leader to join in. Email leader to join in. L Denise Courtemanche (207-725-6285, decacct@comcast.net).

**Tue., Aug. 30. Road Biking – Leader’s Choice.** Join Denise for a mystery route to end the summer, email leader to join in. L Denise Courtemanche (207-725-6285, decacct@comcast.net).

## FLAT WATER PADDLING

**Sat., Jul. 2. Cathance River Series Part 1,** Topsham. Kayaking series to explore the Cathance River. Part 1 will take us to Bradley Pond along a meandering section with very light current. 4-5 hours on the water. Series done in cooperation with Brunswick/Topsham Land Trust, Cathance River Education Alliance, Friends of Merrymeeting Bay and Kennebec Estuary Land Trust. L Michelle Moody (207-319-7355, before 9 pm, meamc@micstan.us), CL Stan Moody.

**Sat., Jul. 9. Cathance River Series Part 2,** Topsham. Kayaking series to explore the Cathance River. Part 2 will take us from Head of Tide along a meandering section with very light current and including hiking to the Ecology Center. 4-5 hours. Series done in cooperation with Brunswick/Topsham Land Trust, Cathance River Education Alliance, Friends of Merrymeeting Bay and Kennebec Estuary Land Trust. L Michelle Moody (207-319-7355, before 9 pm, meamc@micstan.us), CL Stan Moody.

**Sat., Jul. 9. Presumpscot River Paddle,** Windham. Easy flatwater paddle 4.8 miles upstream and back. Chance to explore historic gunpowder factory site and a covered bridge. Bring your own canoe or kayak. PFD, paddles, lunch snacks and water. Steady rain cancels. L Jeanne Christie (207-810-8708, after 5 pm, jeanne.christie@aswm.org), L Larry DeHof (207-310-8952, after 7 pm).

**Sat., Jul. 16. Cathance River Series Part 3,** Bowdoinham. Kayaking series to explore the Cathance River. Part 3 will take us to Head of Tide from Bowdoinham. 5 hours on water. Series done in cooperation with Brunswick/Topsham Land Trust, Cathance River Education Alliance, Friends of Merrymeeting Bay and Kennebec Estuary Land Trust. L Michelle Moody (207-319-7355, before 9 pm, meamc@micstan.us), CL Stan Moody.

**Sat., Jul. 23. Cathance River Series Part 4,** Bowdoinham. Kayaking series to explore the Cathance River. Part 4 will take us to Merry meeting Bay from Bowdoinham. 5-6 hours on water with stop on an island. Minimum 14’ kayak required for this section. Series done in cooperation with Brunswick/Topsham Land Trust, Cathance River Education Alliance, Friends of Merrymeeting Bay and Kennebec Estuary Land Trust. L Michelle Moody (207-319-7355, before 9 pm, meamc@micstan.us), CL Stan Moody.



*Outings Chair Jeff Aceto helps Sue Wocjik recover her kayak after a successful wet exit in Highland Lake; cold, but good practice!*



Maine members launch at Highland Lake for the Sea Kayak Rescue Workshop on May 21. (l to r: Roger David, Dale Temm, Bruce Moulton, John Mullens)

## SEA KAYAKING

### Sun., Jul. 1 to Mon., Jul. 4. Fourth of July Weekend, Beal Island,

Georgetown. Come enjoy a long weekend of kayak camping on Beal Island in Georgetown, ME. Intermediate sea kayaking and casual rustic camping. 8-13 mile paddles, depending on group and conditions. Explore the bays, rivers, and coves around beautiful Beal Island. Three breakfasts and two dinners are provided. This trip is sponsored by the Knubble Bay Camp Committee. L Gail Fensom, gailrond@comcast.net.

**Fri., Jul. 22 to Sun. Jul. 24. Transition to Sea Kayaking.** Been paddling on flatwater and thinking of taking to the ocean? This weekend is for those who are looking to get the feel for paddling in current, waves, and tides and open water along the coast. Two trips will cover 7 - 9 miles each day. Sea Kayaks required. Rentals available, (Seaspray Kayaking 207-443-3646). Lodging at Knubble Bay Camp. Three meals provided. \$80 for AMC members (\$90 non) plus Maine tax. This trip is sponsored by the Knubble Bay Camp Committee. L Mary McCann-Baker. R Gail Fensom, gailrond@comcast.net.

**Fri., Aug. 5 to Sun. Aug. 7. Transition to Sea Kayaking.** Join us for a weekend of paddling beautiful mid-coast Maine. We will camp on Beal island and feast on lobsters. Three meals provided. \$90 for AMC members (\$100 non) plus Maine tax. This trip is sponsored by the Knubble Bay Camp Committee. L Mike Therrien. R Gail Fensom, gailrond@comcast.net.

**Sat., Aug. 13. Sea Kayaking – Hockamock Bay,** Georgetown. Come join us to paddle up into Hockamock Bay from the Knubble Bay Camp in Georgetown. Plan on stopping at Beal Island and possibly visiting 2 MITA Islands (Castle and Peggy's) returning to KBC around 3:30 to 4:00. The total distance paddling would be about 6 nautical miles at a probably slower pace with protected waters. This trip is intended for experienced paddlers with appropriate sea kayaks ( 14 ft. minimum, no open cockpit, spray skirt) who are comfortable paddling all day. These trip is co-led with the Knubble Bay Camp and Maine Chapter. L Mary McCann-Baker (207-399-8534, marymb6@hotmail.com) L Jeff Aceto (207-650-5674. 6 to 10 pm, outings@amcmaine.org).

**Sat., Aug. 14. Jewell Island,** Harpswell. Join us for an all-day 14-16 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 8:00am. Trek is weather- and tides-dependent, and may be modified for conditions by Leader L Jeff Aceto (207-650-5674. 6 to 10 pm, outings@amcmaine.org).

**Fri., Oct. 7 to Sun. Oct. 9. Autumn Sea Kayaking Weekend.** Wetsuits/drysuits and good sea kayaking skills required for this last hurrah of the season on the beautiful Maine coast. Lodging at Knubble Bay Camp. Three meals provided. \$80 AMC members (\$90 non). This is a Knubble Bay Camp Committee outing. This trip is sponsored by the Knubble Bay Camp Committee. L Gail Fensom (gailrond@comcast.net).

## NATURE OUTINGS

**Wed., Jul. 20. Bald Pate Mountain, South Bridgton.** Join us for a naturalist led hike at Bald Pate Mountain Preserve in South Bridgton. This Loon Echo Land Trust property has a unique stand of Pitch Pines along with other interesting natural features. Limited to 10. L Peg Nation (207-583-2720 before 9 pm, mjnation11@earthlink.net), L Wayne Newton (207-897-3072 before 9 pm).

**Sun., Aug. 14. Monhegan Island Hike.** Join us for a day trip to Monhegan Island. We'll hike along the cliffs and through Cathedral Woods to see the Fairy Houses. We'll take Hardy Boats from New Harbor. Limited 10. L Peg Nation (207-583-2720 before 9 pm, mjnation11@earthlink.net), L Alix Pratt (207-233-9249 before 9 pm, alix.pratt@gmail.com).

## HIKING

**Sat., Jul. 9. Goose Eye Mountain.** (3870'), Success Trail, Mahoosuc Trail, 12 mi, 2300' gain, The Outlook, spectacular view of Presidentials and north country mountains, moderate pace. L Deb Burke (603-617-8838, before 9:00pm, djb11453@hotmail.com) CL Denise Carter (603-623-2015, 7 to 9 pm, dfcarter@comcast.net)

**Wed., Jul. 13. Little Jackson (3,434').** Weld. Hike to open summit with good views of Tumbledown Pond and Mountain. 6.6 Mi RT 2,400 Elev. Gain. L Wayne Newton (207-897-3072, before 9:00pm), Joanne Diller (207-647-2117, before 9 pm).

**Sat., Jul. 23. Mt. Carrigain.** Mt. Carrigain (4680') via Signal Ridge Trail. 10 mi. at moderate pace with magnificent views from Signal Ridge and summit observation tower. L Debby Kantor (207-854-3431, dlkantor@aol.com) L Sonny Martineau (207-490-1305, sonnymart27@yahoo.com).

**Sat., Jul. 23. Cutler Bold Coast.** Come explore the beautiful Cutler Bold Coast. We will hike the Fairy Head Loop linking the Coastal and Inland trails. 9.2 miles roundtrip with 3.8 of those miles along the oceanfront!! Let's spend the day soaking up the sunshine and sea spray, cliff top walking, rock hopping, bird watching, and hoping to spot a seal, porpoise, or whale! L Jason Toner (207-649-2448, before 9 pm, jandstoner@roadrunner.com) L Sarah Toner (207-453-8371, before 9 pm).

**Wed., Jul. 27. Mount Will (1,736),** Bethel. Hike to good views of Bethel and the Androscoggin River valley. Loop trail 3.25 Mi 1,200' of Elev gain. L Wayne Newton (207-897-3072, before 9:00pm), Joanne Diller (207-647-2117, before 9 pm).

**Thur., Jul. 28. Mount Garfield (4,500'), via Garfield Trail.** 10 miles RT, 3000' elevation gain. Moderate pace, experienced hiking kids welcome. L Wanda Rice (603-432-7840, before 9 pm, wandarice@comcast.net).

**Thur., Jul. 30. Black and Caribou Mountains and Donnell Pond.** Join us for two seldom-hiked Downeast peaks on Donnell Pond public land. Beautiful views of the coast and surrounding ponds. Optional swim after the hike. 8 miles. L Judy Oneal (207-567-3840, before 8 pm, judyoneal@fairpoint.net).

**Thur., Aug. 6. Pleasant Mountain Double Ascent.** Vigorous pace 14.4 mile figure 8 double ascent on hiking trails. L Jeanne Christie (207-810-8708, after 5 pm, jeanne.christie@aswm.org), L Larry DeHof (207-310-8952, after 7 pm).

**Sat., Aug. 20. Mt. Whiteface, NH (4,020').** Via Downes Brook Trail, 11.8 miles. Moderate pace up scenic Downes Brook Trail with many stream crossings to Kate Sleeper Trail then on to the summit of Mt. Whiteface and back. L Joleen Rice (207-892-2685, 6:30 to 9:30), L Mike D'Orio (207-892-2685, 6:30 to 9:30).

**Sat., Aug. 27. Mt. Morgan (2,220') and Mt. Percival (2,212').** Loop hike over Mount Morgan and Mount Percival. Moderate pace. Excellent views. Option to experience ladders and caves. L Debby Kantor (207-854-3431, before 9 pm, dlkantor@aol.com) L Tom Pettingill.

**Sat., Sep. 10. Mount Pierce (4,312') and Mount Eisenhower (4,760')** Via Crawford Path, Webster Cliff Trail, Mount Eisenhower Loop and Edmands Path. 8.3 mi. loop at moderate pace, with a short car spot. Will allow time for feeding the gray jays and admiring the spectacular views. L Debby Kantor (207-854-3431, before 9 pm, dlkantor@aol.com) L Tom Pettingill.

## BACKPACKING, CAMPING, AND WEEKENDS

**Sat., Jul. 2 to Mon., Jul. 4. East Side Grafton Loop Trail.** 21mi. 2 8-mi. and 1 5 mi. days. 4 mi. on the AT then ridges and mts. Good campsites, views. Spend a quiet weekend with us in the woods on this well laid out trail. L Lewis Dow (207-890-8512 before 9 pm, lwsdow@yahoo.com), L Wayne Newton (207-897-3072 before 9:00pm, hikerfig@gwi.com)

**Sat., Jul. 9-10. Beginner Backpack – Evans Notch.** Backpack in Evans Notch. Moderate pace. Spend night at Imp Shelter. Contact leaders for more information.. L Peter Roderick (207-293-2704, before 9 pm, roderick1027@fairpoint.net), L Wayne Newton (207-897-3072, before 9:00pm, hikerfig@gwi.net)

**Sat., Jul. 16 to Sun., Jul. 17. Triple Summit Challenge.** Come join us for a July 16 and 17 getaway in the western mountains of Maine for the Triple Summit Challenge! The Triple Summit Challenge will be to summit three of Maine's thirteen 4,000 footers in one day; North Crocker, South Crocker, and Redington Mountain. These three peaks are probably the least frequented of Maine's 4,000 footers, due to limited accessibility and distance from paved roads. This one day challenge would include approximately 11 miles of heavy hiking including portions of the AT and a bushwhack portion to reach the Redington summit. This trip would be comfortable for experienced hikers who can hike 3,000 vertical feet over 8 to 10 hours at a moderate pace. The Triple Challenge on Saturday could be followed with a Leader's Choice hike on Sunday, and possibly include other nearby 4,000 footers such as Sugarloaf, Spaulding, Abrams, or Bigelow. An alternate plan would be to do the Triple Summit Challenge over two days, if weather and situation warranted. Attendees would be encouraged to arrive in Carrabassett Valley Friday night, July 15, and be prepared to camp out two nights. If you're looking to add to your New England Highest 100 list, this would be a great weekend to join in the fun. This trip is co-led with the Boston Chapter. L Jeff Aceto (207-650-5674, 6 to 10 pm, outings@amcmaine.org), L Marlene Heroux (617-957-5223, 6 to 9 pm, hike917@yahoo.com)

**Mon., Aug. 15 to Wed., Aug. 17. Backpack - Downeast.** Let's backpack in Downeast Maine for a change. Easy to Moderate terrain and pace covering Black Mountain, Caribou Mountain, Tunk Lake area. We will tent out for two nights and enjoy exploring this beautiful but rarely visited area. L Peter Roderick (207-293-2704, before 9 pm, roderick1027@fairpoint.net) L Judy Oneal (207-567-3840, before 8 pm, judyoneal@fairpoint.net).

**Sat., Sep. 3 to Mon., Sep.5. Grafton Loop Trail Backpack – Labor Day Weekend.** Hike the Grafton Loop Trail. Moderate to Brisk pace. Average 13 miles per day. Total 39 miles. Traverses 9 mountain summits. Tenting only no shelters. L Peter Roderick (207-293-2704, before 9 pm, roderick1027@fairpoint.net).



Summit shot! Lew Dow led the final Winter Series hike to the summit of Mount Washington on March 19.



## Maine Chapter Volunteers Maintain Hiking Trails in Maine Woods Initiative Area

For the eight consecutive year volunteers from throughout the Northeastern US and Canada have traveled to Little Lyford Lodge and Cabins for trail work weekends under the leadership of the AMC Maine Chapter Trails Committee.

On Memorial Day weekend, the group included 14 individuals from all walks of life who decided to trade a weekend of their busy lives for the chance to volunteer for the AMC. Of course, such altruism does not go unrewarded.

In addition to enjoying the good feeling of giving of yourself for a mission you support these folks also got to spend three days in the north woods at one of AMC's premier lodges. They enjoyed comfortable accommodations in the bunkhouse, tasty meals in the dining room along with the guests who were in camp and took advantage of the hiking, paddling and other recreational options available including just enjoying a bit of down time during their off-duty hours as trail volunteers.

If this sounds like something you might enjoy doing, please visit the Maine Chapter website activities link and contact the trip leaders for other volunteer opportunities listed there.



Protect beautiful places



**Saturday, September 17**  
25, 50 & 100 mile ride or 6 mile hike  
Shawnee Peak, Bridgton, ME  
[www.loonechotrek.com](http://www.loonechotrek.com)  
Benefits the Loon Echo Land Trust



# Your Important Voice *by Laura Flight*



The Maine Legislature has wrapped up (or soon will!) its first regular session of 2011. There was quite a flurry of bills with potentially significant impacts to the environment as well as the places we recreate. Did any of these make you cringe? Were you supportive of any of these? Did you discuss any of these with family and friends? If you answered "yes" to any of these, the topics and issues are obviously important to you.

So did you contact any of your legislators? Write a letter to the editor? Testify at a hearing? If not, it is easier than you think and you can affect change! YOU are a CITIZEN in this DEMOCRATIC society and your voice is important. It also can turn negative energy into a positive product.

Lawmakers will be on summer break until the fall, so now is the time to educate yourself on ways to make your voice heard and your thoughts known. There are several different ways you can do this that involve varying degrees of involvement and participation. Here are some options:

- 1. Join AMC's Conservation Action Network (CAN):** <http://www.outdoors.org/conservation/action/index.cfm>
- 2. Write a letter to the editor** of your local newspaper. This is one of the most widely read sections of any newspaper. Letters should be brief- an introductory sentence of purpose, a statement of fact or insight, and concluding remarks.
- 3. Write to your state legislator.** It is a legislator's elected duty to be responsive to its constituency (you) and your voice does matter to them. The squeaky wheel does get the grease in this case! Letters can be mailed or e-mailed to your legislator and it is best to personalize your words rather than using canned text. Use available provided text as a place to start but incorporate it with your own words. It takes a bit more time to do this, but your legislator will weigh it more highly.
- 4. Call your state legislator.** You will likely want to rehearse what you intend to say, and have some notes jotted down to speak from. Legislator's phone numbers are public information as they are public officials. Often they provide their home phone numbers to the public, so they expect to get your calls.

- 5. Testify at a hearing.** Proposed bills first go through the respectively assigned committee and each has a public hearing where the general public is allowed to attend, listen, and testify if desired. Testimony can be oral or written and the former generally is assigned a 3-5 minute time block. This process can be someone intimidating, but it is truly democracy in action! Just your presence at a hearing can show support.

Below are some web links to keep informed on legislative activity and other related links.

- **Find your Maine state representative and/or senator:**  
[http://www.maine.gov/portal/government/edemocracy/lookup\\_voter\\_info.php](http://www.maine.gov/portal/government/edemocracy/lookup_voter_info.php) (*Simply enter your home address and click on the "Elected Officials" tab*)
- **Maine State Legislature home page:**  
<http://www.maine.gov/legis/>
- **Maine House of Representatives home page:**  
<http://www.maine.gov/legis/house/>
- **Maine Senate home page:**  
<http://www.maine.gov/legis/senate/>
- **State of Maine bill search:**  
<http://www.mainelegislature.org/LawMakerWeb/search.asp>
- **Public hearing and committee schedule:**  
[http://www.mainelegislature.org/legis/bills/phwkSched\\_ps.asp?snum=124&PID=1456](http://www.mainelegislature.org/legis/bills/phwkSched_ps.asp?snum=124&PID=1456)
- **Natural Resources Council of Maine's (NRCM) "State House Watch"** (NRCM has a much more active state house presence than AMC, and works on a broader array of bills):  
[http://www.nrcm.org/project\\_statehousewatch.asp](http://www.nrcm.org/project_statehousewatch.asp)
- **Natural Resources Council of Maine's Legislative and Bill Tracking updates:**  
[http://www.nrcm.org/2011\\_legislative\\_bill\\_tracking.asp](http://www.nrcm.org/2011_legislative_bill_tracking.asp)

**For more information or to become involved, please contact:**

Bryan Wentzell  
AMC Maine Policy Director  
207-899-0150  
[bwentzell@outdoors.org](mailto:bwentzell@outdoors.org)

Lindsay Bourgoine  
AMC Maine Policy Associate  
207-899-0150  
[lbougoine@outdoors.org](mailto:lbougoine@outdoors.org)

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## Common Ground Fair Call for Volunteers

The upcoming Common Ground Country Fair on September 23 to 25 brings out excitement and along with that the need for support in staffing the AMC Maine Chapter's booth. We need dedicated AMC Maine Chapter volunteer representatives at the booth to engage in conversation with the public and to let them know who we are and what we offer for them and their families!

Your volunteer commitment will not go unrewarded! You will have fun, you will be most appreciated for your time and there is no fee for you to attend the fair! Your admission will be covered for the entire day and you are only asked to be present at the booth for 180 minutes! You should have plenty of time to enjoy the events, displays and of course, excellent food around the fair!! More information on the fair can be found at: <http://www.mofga.org/TheFair/tabid/135/Default.aspx> but you won't be able to smell Italian sausage sandwiches unless you are there!

It does not escape me that many of you have given so much and so often, but the cause, as you all know, is worth the effort and time and just think, if you share your time and expertise again--you will feel good again! And who knows, you might find yourself face to face with some young kids and be able to bring on that excitement for adventure.

The dates for this year's Common Ground Fair are: September 23, 24 and 25--Friday through Sunday.

**The remaining blocks of time are as follows:**

**Friday, September 23, 3:00-6:00**

**Saturday, September 24, 9:00-12:00, 12:00-3:00 and 3:00-6:00**

**Sunday, September 25, 9:00-12:00, 12:00-3:00**

This is an advanced notice and you are all thanked in advance for your attention to this exciting opportunity! Please know that you are all qualified to do this. You all bring different experiences and certainly, different areas of expertise to the booth that will be valuable to all you talk with!

Good health to all of you and enjoy the fair!

**Contact me at 1-603-743-7646 or [theviews@metrocast.net](mailto:theviews@metrocast.net).** I will be in Vermont hiking the entire month of July and I will answer any emails promptly on my return! Please consider volunteering! - Matt Colello

**Maine Chapter AMC T-Shirt Order Form**

**Poly Shirts**



Long Sleeve  
Medium Blue  
Forest Green  
Light Blue

Small  
not avail.  
not avail.  
not avail.

Medium  
not avail.  
not avail.  
not avail.

Large  
not avail.  
not avail.  
not avail.

X-Large  
not avail.  
not avail.  
not avail.

Total # of shirts=  
X \$20=  
+ \$5.10=

Shipping and handling (up to 3 shirts) + \$5.10=

Unisex sizing  
Unisex sizing  
Women's sizing

**Short Sleeve**



Medium Blue  
Forest Green  
Light Blue

Small  
not avail.  
not avail.  
not avail.

Medium  
not avail.  
not avail.  
not avail.

Large  
not avail.  
not avail.  
not avail.

X-Large  
not avail.  
not avail.  
not avail.

Total # of shirts=  
X \$17=  
+ \$5.10=

Shipping and handling (up to 3 shirts) + \$5.10=

Unisex sizing  
Unisex sizing  
Women's sizing

**Cotton Shirts**



Short sleeve  
Eggplant  
Serene Green

Small  
not avail.  
not avail.  
not avail.

Medium  
not avail.  
not avail.  
not avail.

Large  
not avail.  
not avail.  
not avail.

X-Large  
not avail.  
not avail.  
not avail.

Total # of shirts=  
X \$15=  
+ \$5.10=

Shipping and handling (up to 3 shirts) + \$5.10=

**Total Cost=** \$

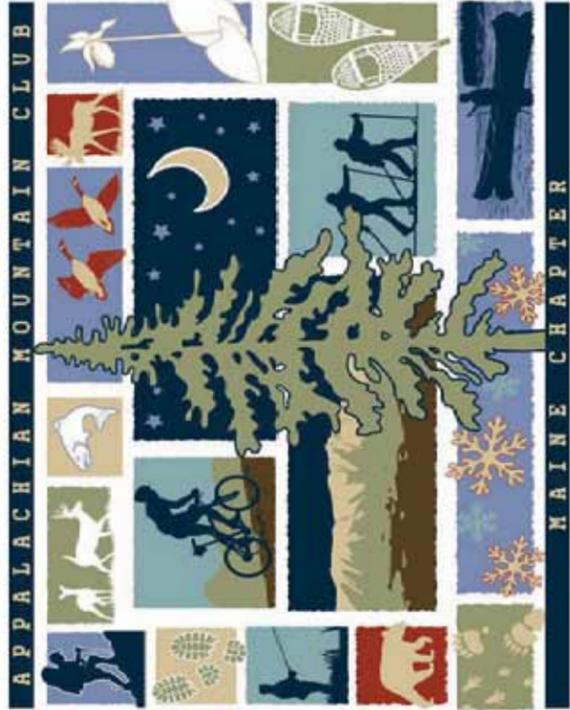
**Your Contact information**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Town/City \_\_\_\_\_  
State \_\_\_\_\_  
ZIP \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail \_\_\_\_\_

Call or e-mail Diane with any questions  
[memberships@amcmaine.org](mailto:memberships@amcmaine.org)  
207-775-0224

Please make check payable to:  
AMC- Maine Chapter

Send to:  
Diane Edwards  
272 State Street  
Portland, ME 04101



[www.amcmaine.org](http://www.amcmaine.org)

# Out and About.. Recent Trips and Workshops



Maine Policy Manager Bryan Wentzell prepares to launch at the Sea Kayak Rescue Workshop on May 21 at Highland Lake.



SOLO instructor Brian coaches proper splinting during Advanced Wilderness First Aid on April 30 and May 1.

**Join us!**  
See listings inside..



Maine leader Lew Dow using crampons and ice axe to ascend the Lion's Head Trail on Mount Washington on March 19. Wildcat Mountain and its ski area is beyond.



Professional instructors Mark Sprinkle and Greg Fishbein coach Maine Chapter paddlers on wet exits during the Sea Kayak Rescue Workshop on May 21.



Maine members participate in field portion of the Map and Compass Workshop on May 7 led by Roger David in Freeport.

**Go Paperless**  
Wilderness Matters

Do you prefer to receive this newsletter electronically, sent directly to your e-mail inbox? Register through AMC's Member Center at [www.outdoors.org](http://www.outdoors.org). If you have difficulty, please call the AMC Membership Department at 1-800-372-1758 (M-F, 9-5 PM EST) or e-mail [amcmembership@outdoors.org](mailto:amcmembership@outdoors.org).