



# WILDERNESS MATTERS

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Appalachian Mountain Club  
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## Time to Go Paperless and Switch to the Electronic Version of Wilderness Matters

Have you considered switching over from the paper version of *Wilderness Matters* to the e-version? Yes, it's still nice to hold a paper copy in your hands and be able to thumb through it at your leisure, comfortable and familiar-like. But as much of our everyday news and communications is now coming to us by electronic means, perhaps it's time to make the change in how you receive your Maine Chapter newsletter as well.

There are many good reasons to go paperless, especially as a growing number of us with computers, tablets and smartphones find it ever more natural to get our information this way. It's an evolutionary process for sure, but I find that I rarely pick up a paper copy of much of anything these days. Nothing I really planned on, it's just happened, and now all of a sudden I see the change for what it is. Maybe you're discovering the same, making this a good time to reconsider.

Going paperless with *Wilderness Matters* has lots of advantages, some obvious,



some not. You'll receive the newsletter in your email inbox anywhere from 7-10 days sooner than the snail mail version. And you'll get it in full color from front to back, with live links for websites and email

addresses that are clickable right there on the page. Switching to the electronic version has environmental benefits too. Paperless means saving a few more trees, for sure, and there'll be less paper clutter around the house. All this while not sacrificing one iota on the quality chapter news product you are used to getting.

But there's more, and it has to do with dollars.

The *Wilderness Matters* newsletter is the single largest budget item in the Maine Chapter. In fact, it takes roughly half the annual budget to design, print and mail around 2,500 issues four times a year. In 2012 the figure was about \$6,700; in 2013 the newsletter is projected to total \$7,200. It's the cost of doing business.

You can voluntarily help us reduce these costs to some degree by switching from the paper to the e-newsletter. We respectfully realize that not everyone can or will want to

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## Self-Propelled Journey from Kittery to Fort Kent *A Meetings and Education Evening Program*



Want to experience a significant outdoor adventure this summer, yet never get too far from home? Have a desire to plan and complete an extraordinary outdoor journey? Then you'll want to attend a Chapter evening program featuring Jim Andrews on **Tuesday, January 15th at the Curtis Memorial Library in Brunswick**.

Jim Andrews is an attorney, Registered Maine Guide, writer, husband, dad and sixth-generation Mainer who grew up in the hills of Oxford County and now lives in Farmington. He is a monthly columnist for *The Maine Sportsman* magazine, where his writing focuses on muscle-powered travel in the outdoors, and he also writes a blog featured on the Bangor Daily News outdoors page.

As Jim was approaching a significant birthday, he suffered a mid-life crisis and decided that the cure would be a self-propelled trip from Kittery to Fort Kent in the summer of 2012. And over a period of 38

days he bicycled, rowed, poled, paddled, and hiked nearly 600 miles from the tip of Gerrish Island in Kittery to the "northern door" of the state at Fort Kent. It was a journey that included plenty of new discoveries about the State of Maine, himself and the relationship of people to remote places.

Come hear the humorous story of the inspiration, preparation, planning, and execution of this unique trip. Jim's insights into what compels us to seek outdoor, non-

### Inside:

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# OUTINGS/EVENTS/ MEETINGS/EDUCATION

The listings below—presented in date order by category—include only those posted online prior to the submission deadline for this issue of *Wilderness Matters*. For the most complete, accurate, and up-to-date listings—and so you don't miss spontaneous outings—please periodically check out the Calendar online at [www.amcmaine.org/calendar](http://www.amcmaine.org/calendar). For general questions or comments regarding these listings, contact Michelle Moody, Outings Chair, [outings@amcmaine.org](mailto:outings@amcmaine.org) or (207) 319-7355.

**Next Deadline, *Wilderness Matters*, Winter Issue: March 1, 2013.** *Wilderness Matters* is your chapter newsletter. Everyone is welcome and encouraged to contribute, be it stories, news, opinions, photos, or whatnot. We want to hear from you! Send submissions to [newsletter@amcmaine.org](mailto:newsletter@amcmaine.org). Thank you!

## MEETINGS

**Thursday, January 10: Maine Chapter Executive Committee Meeting, Freeport, ME.** Meets every odd month (January, March, May, July, September, 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. **Leader:** Larry Dyer, [chair@amcmaine.org](mailto:chair@amcmaine.org)

**Thursday, March 14: Maine Chapter Executive Committee Meeting, Freeport, ME.** See info above.

## EDUCATION

**Tuesday, January 15: A Self-Propelled Journey from Kittery to Fort Kent, Brunswick, ME.** PLEASE SEE PAGE 1 OF THIS NEWSLETTER FOR COMPLETE DETAILS ON THIS MEETINGS & EDUCATION PROGRAM.

**Tuesday, February 19: Hut to Hut Hiking in Norway, Brunswick, ME.** PLEASE SEE PAGE 9 OF THIS NEWSLETTER FOR COMPLETE DETAILS ON THIS MEETINGS & EDUCATION PROGRAM.

**Tuesday, March 12: An Evening with the Maine Master Naturalist Program, Holden, ME.** SEE PAGE 7 OF THIS NEWSLETTER FOR COMPLETE DETAILS ON THIS MEETINGS & EDUCATION PROGRAM.

**Tuesday, March 19: AMC Camp-based Summer Recreation in Maine, Brunswick, ME.** SEE PAGE 8 OF THIS NEWSLETTER FOR COMPLETE DETAILS ON THIS MEETINGS & EDUCATION PROGRAM.

**WINTER OUTINGS**

**Saturday, December 22: Bradbury Mt. Intro to Winter Hiking, Pownal, ME.** New to winter hiking? This is a follow up to our winter hiking workshop. Come learn the basics for winter outings including: snowshoes, traction, clothing, how to layer, what to eat and drink and how to keep it from freezing, staying warm and safe, how to have fun in the winter. There may be no snow, a few inches or more than a foot, but we are almost always guaranteed some ice at this time of year. So practicing with traction footwear is almost a guarantee. Leader highly recommends Microspikes or similar traction. Call to discuss gear if you don't have any and are planning to purchase some for winter hiking. Easy to Moderate. **Leader:** Michelle Moody, [meamc@micstan.us](mailto:meamc@micstan.us), (207) 319-7355 (before 9pm).

**Saturday, December 22: Snowshoe Hike to Pleasant Pond Mtn.** Great views. 4-5 miles round trip/1000 foot elevation gain. Nice start to winter hiking season with this 5 mile round

trip, The Forks Plantation, Moderate. **Leader:** Peter Roderick, [roderick1027@fairpoint.net](mailto:roderick1027@fairpoint.net), (207) 293-2704 (before 9pm).

**Thursday, December 27: Sunset to Moon Rise Walk and Dinner Out, Portland, ME.** Enjoy the sunset as the moon rises over the water on Eastern Promenade. We'll start in daylight and hike along the Eastern Promenade to watch the full moon rise over Casco Bay. Depending on snow or ice conditions, you may need some traction and good footwear. Head to Pat's Pizza in the Old Port for dinner after. All are welcome. A good chance to discuss potential trips for calendar. Easy. **Leader:** Michelle Moody, [meamc@micstan.us](mailto:meamc@micstan.us), (207) 319-7355 (before 9pm).

**Tuesday, January 1: Nat'l First Day Hike at a State Park: Intro to Winter Hiking, Turner, ME.** Join us for a hike or snowshoe Androscoggin Riverlands State Park in Turner. Celebrate the New Year with a winter sojourn into Maine's newest state park. It's a great place for new winter hikers to test their gear. We'll cover the basics of winter outings while enjoying a hike or snowshoe (based on conditions) and exploring the woods and old foundations. If there is not enough snow for snowshoes, traction such as Microspikes may be needed. Leader will share a list of recommended clothing and gear for this level. The terrain is a mix of old roads and narrow paths with some roots, rocks and a few slightly steeper sections. Most of the trail is level and easy. A great place to try out those new snowshoes... think snow! Contact leader with any questions. Plan on about 4 hours out, Easy/Moderate. **Leader:** Michelle Moody, [meamc@micstan.us](mailto:meamc@micstan.us), (207) 319-7355 (before 9pm).

**Tuesday, January 1: Eastern Trail Hike, Biddeford, ME.** Start the New Year right with a 5-mile walk on the Eastern Trail, from trailhead at Southern Maine Med. Ctr. to Limerick Rd. in Kennebunk. Easy. **Leader:** Lorraine Hussey, [rnlhussey@maine.rr.com](mailto:rnlhussey@maine.rr.com), (207) 619-9444.

**Saturday, January 5: Camden Hills Snowshoe: Intro to Winter Hiking, Rockport, ME.** Good way to start out the New Year with a moderate level mountain snowshoe or hike (with traction such as Microspikes) if there is not enough snow. Good second step in the Intro to Winter Hiking. We'll probably do Ragged Mtn. Great for those who aren't ready for those big mountains, but still want to get great views with a little bit of effort. Elevation gain about 1000 ft. Plan on 4-5 hours out, Easy to moderate. **Leader:** Michelle Moody, [meamc@micstan.us](mailto:meamc@micstan.us), (207) 319-7355 (before 9pm).

**Saturday, January 5: Imp Face Hike/Snowshoe – Young Members, White Mts., NH.** This trail will take a loop over the Imp Profile, with great views of Presidential Range. There is a reason that this is one of the NH 52 with a view! Find out why! 4.4 miles round-trip, with 1900 ft. elevation gain. Be prepared for full winter conditions, with Microspikes or other traction devices and snowshoes. Moderate. **Leader:** Sarah Keats, [slkski@gmail.com](mailto:slkski@gmail.com), (207) 756-4226.

**Saturday, January 5: Horns Pond Snowshoe via AT and Horns Pond Trail, Bigelow Preserve, Carrabassett Valley, ME.** Hike to Horns Pond via the AT; return via the Horns Pond Trail. 12 miles including 2 miles road snowshoe. Strenuous snowshoe hike below treeline. Visit Horns Pond in winter and travel the beautiful Horns Pond Trail with glimpses of Carrabassett Valley along the way. Intermediate to advanced snowshoers only please. Strenuous. **Leader:** Peter Roderick, [roderick1027@fairpoint.net](mailto:roderick1027@fairpoint.net), (207) 293-2704 (before 9pm).

**Wednesday, January 9: XC Skiing or Snowshoe at Brunswick Golf Course – 50+, Brunswick, ME.** Great place to practice x-c skiing or just get out and enjoy a nice winter outing with other 50+ folks. Gentle slopes, lovely woods. Watch for animal tracks. Optional lunch in Brunswick after outing. Easy. **Leader:** Michelle Moody, [meamc@micstan.us](mailto:meamc@micstan.us), (207) 319-7355 (before 9pm).

**Saturday, January 12: Hedgehog Mtn. via UNH Trail: Intro to Winter Hiking, White Mts., NH.** 4.8 mile loop with only 1350' elev. gain. Great views for modest effort. Appropriate winter

gear required. Gear should include: insulated winter boots (not your regular hiking boots!) snowshoes, Microspikes, wind/rain proof outer layers, wicking clothing layers (no cotton). If you don't have much winter experience, that's okay. **Leaders:** Wanda Rice, [wandarice@comcast.net](mailto:wandarice@comcast.net), (603) 432-7840; Jane Gibbons, [patnjane@wildblue.net](mailto:patnjane@wildblue.net), (207) 647-3987 (before 9 pm).

**Saturday, January 12: Round Top Mtn., Kennebec Highlands, Rome, ME.** Snowshoe hike offered in conjunction with Belgrade Regional Conservation Alliance. 4-mile loop trip/400 foot gain in elevation. Moderate. **Leader:** Peter Roderick, [roderick1027@fairpoint.net](mailto:roderick1027@fairpoint.net), (207) 293-2704 (before 9pm).

**Sunday, January 13: Mt. Pierce: Young Members and Winter Series, Crawford Notch, NH.** Hike to summit of Mt. Pierce (4312') via Crawford Path from AMC Highland Center. 6.5-mile round-trip, 2400' elevation gain with moderate incline at moderate pace. Views of Northern Presidentials from partially sheltered summit. Suitable for experienced intermediate level winter hikers with full winter gear. Trip is primarily a Young members outing, although other young-at-heart members are welcome! Moderate-strenuous. **Leaders:** Sarah Toner, [sandjtoner@roadrunner.com](mailto:sandjtoner@roadrunner.com), (207) 649-2449; Kim Sanders, [amcmaineyoungmembers@gmail.com](mailto:amcmaineyoungmembers@gmail.com), (207) 712-0862.

**Saturday, January 19: Pleasant Mountain (2006'), Denmark, ME.** 5.8-mile hike via Southwest Ridge Trail. Moderate pace. 1800-foot elevation gain. Great views en route. Snowshoes and/or traction such as Microspikes may be required, moderate. **Leader:** Debby Kantor, [dlkantor@aol.com](mailto:dlkantor@aol.com), (207) 854-3431; Lorraine Hussey, [rnlhussey@maine.rr.com](mailto:rnlhussey@maine.rr.com), (207) 619-9444.

**Saturday, January 19: Old Speck - Grafton Notch.** Hike to summit of Old Speck (4170 ft.) in Grafton Notch State Park via the AT for a round-trip distance of 7.6 miles and elevation gain of 2600 feet. This is a strenuous hike suitable for experienced intermediate to advanced winter hikers. Full winter gear, including snowshoes with crampons/cleats and crampons or Microspikes, is required, strenuous. **Leader:** Bill Brooke, [bill@mesoft.org](mailto:bill@mesoft.org), (207) 549-5100 Peter Roderick, [roderick1027@fairpoint.net](mailto:roderick1027@fairpoint.net), (207) 293-2704 (before 9pm).

**Saturday, January 26: Burnt Mountain - Intro to Winter Hiking, Carrabassett Valley, ME.** If you have some experience with winter hiking, here's your chance to bag a snow-topped mountain! Mid-winter hike to 3595' summit of Burnt Mountain. Outstanding views of Sugarloaf, Abraham, Crockers, and Bigelows. 6 miles total with rise of 1600' vertical. Good introduction to above-treeline conditions. Easy pace, intended for advanced beginner hikers with full winter gear and some winter hiking experience. Moderate. **Leader:** Jeff Aceto, [acetojt@gmail.com](mailto:acetojt@gmail.com), (207) 650-5674.

**Monday, January 28: Young Member – Vaughn Woods, Hallowell, ME.** Full-moon hike/snowshoe through the Vaughan Woods in Hallowell. Main loop is about 2 miles long and winds through this 166-acre historic property. There are wooded sections, an open meadow, and some beautiful stone bridges that cross the Vaughan Brook. Property maintained by a number of community organizations including Kennebec Valley Land Trust. Vaughan Woods is just 3/4 of a mile from downtown Hallowell, where we can have a beverage and/or some food afterward at the Liberal Cup, a local microbrewery. Easy. **Leader:** Kim Sanders, [amcmaineyoungmembers@gmail.com](mailto:amcmaineyoungmembers@gmail.com).

**Saturday, January 26: Moonlight Walk East Point Sanctuary, Biddeford Pool, ME.** Watch the full moon rise over the ocean from East Point Sanctuary in Biddeford Pool. Walk will be about 4 miles on beach, road and sanctuary trail. Easy. **Leader:** Lorraine Hussey, [rnlhussey@maine.rr.com](mailto:rnlhussey@maine.rr.com), (207) 619-9444.

**Saturday, February 2: Baldface Circle Trail Winter Hike, Evans Notch, NH.** Join Larry De Hof and Jeanne Christie on one of the most attractive hikes in the White Mtns. Depending on the amount of snow and trail conditions, we'll plan to hike the complete loop of 9.8 miles, or 7.4 miles to and from the

South Baldface summit. Consideration will be made for hiker's abilities. Considered a moderate level hike that will require full winter gear including crampons. Hike offers unobstructed views along ledges at 3600'. Please e-mail us or call after 7 PM for more details. FMI: AMC White Mountain Guide. **Leaders:** Larry DeHof, [ldehof@access4less.net](mailto:ldehof@access4less.net), (207) 310-8952; Jeanne Christie, [Jeanne.Christie@aswm.org](mailto:Jeanne.Christie@aswm.org), (207) 892-1008.

**Saturday, February 2: Cranberry Peak in the Bigelows, Stratton, ME.** Hike to Cranberry Peak in the Bigelow Range (elev. 3213 ft). About 2,000 ft of vertical and total of 7 miles. Excellent views of the Bigelows, Crockers, and Sugarloaf Mtn. All-day hike at moderate pace with full winter gear for exposed summit. Moderate. **Leaders:** Laura Flight, [flyrodflight@systemfolder.com](mailto:flyrodflight@systemfolder.com), (207) 215-5306; Sarah Toner, [sandjtoner@roadrunner.com](mailto:sandjtoner@roadrunner.com), (207) 649-2449.

**Sunday, February 3: Mt. Abram Ski Area – Super Bowl**

**Sunday – Alpine Skiing, Greenwood, ME.** It's Super Bowl Sunday, so lots of folks will stay home preparing for the Big Game. Special rates for this day only are \$29 for adults, \$21 for juniors and seniors. We'll still get home in plenty of time before the 6:30 kick-off. Let's meet about 8:30am in the picnic table area of the new temp lodge. Please let me know you are coming. Also don't forget to sign in to the AMC Member Center for other discount rates for skiing. Log in and look for Member Deals. **Leader:** Carolyn Welch, [cwelch6789@gmail.com](mailto:cwelch6789@gmail.com), (207) 725-8178.

**Thursday, February 14: Bald Pate Mt. – Snowshoe 50+, Bridgton, ME.** Outing aimed at those of us over 50 but open to all who can get out midweek. We'll set a moderate pace and pick the route based on the group's wishes. Elevation gain about 360 feet, trail length 5-7 miles. Beautiful views. Bring your sweetie, as this is Valentine's Day. We could stop for a bite after at Bray's Brew Pub. Easy/Moderate. **Leader:** Michelle Moody, [meamc@micstan.us](mailto:meamc@micstan.us), (207) 319-7355.

**Saturday, February 9: Little Bigelow: Winter Series and Young Members, Bigelow, ME.** Experience winter hiking on one of Maine's most revered mountain ranges! Ascend Little Bigelow (casually referred to in oxymoron-speak as "Little Big") via Appalachian Trail. The 3.5 miles to the summit gains 1750 feet; total hike is 7 miles. Open ledges afford great views without risk of full summit exposure. Come experience a taste of some moderately steep terrain in winter in a low-risk setting. Snowshoes with cleats, crampons, or heavy-duty traction system (such as Kahtoola "Micro-Spikes") may be required depending on conditions. Co-sponsored with Young Members Committee, but all ages welcome. Moderate-Strenuous. **Leaders:** Laura Flight, [flyrodflight@systemfolder.com](mailto:flyrodflight@systemfolder.com), (207) 215-5306 (before 9PM); Kim Sanders, [amcmaineyoungmembers@gmail.com](mailto:amcmaineyoungmembers@gmail.com), (207) 712-0862 (before 9PM).

**Saturday, February 9: Cross Country Skiing - Maine Huts and Trails, Carrabassett Valley, ME.** Ski on groomed trails between Popular Falls Hut and Flagstaff Hut. 22 miles round trip. Fun skiing on MHT trail system with great views of Bigelow Mtn. and Flagstaff Lake in Bigelow Preserve. Moderate-Strenuous. **Leader:** Peter Roderick, [roderick1027@fairpoint.net](mailto:roderick1027@fairpoint.net), (207) 293-2704 (before 9pm).

**Saturday, February 16: Mt. Agamenticus Hike - Intro to Winter, York, ME.** 5-mile hike at moderate pace with lovely views of Maine coast from open summit. Snowshoes and/or traction such as Microspikes may be required. About 500' elevation gain. Easy/Moderate. **Leaders:** Lorraine Hussey, [rnlhussey@maine.rr.com](mailto:rnlhussey@maine.rr.com), (207) 619-9444; Debby Kantor, [dlkantor@aol.com](mailto:dlkantor@aol.com), (207) 854-3431.

**Saturday, February 16: East and West Baldpate - Grafton Notch, NH.** Enjoy one of the best views of the western Maine mountains and lakes from the Baldpate's east peak. Starting from the Old Speck parking lot in Grafton Notch, hike to West Peak (3662 ft.) and East Peak (3780 ft.) of Baldpate via AT.

Elevation gain 2300 feet and 7.6 miles round trip at moderate pace. Suitable for experienced intermediate to advanced winter hikers. Full winter gear required including crampons. Strenuous. **Leader:** Bill Brooke, [bill@mesoft.org](mailto:bill@mesoft.org), (207) 549-5100.

**Sunday, February 24: Full moon hike-Sabattus Mtn. - Intro to Winter, Lovell, ME.** Full moon hike over easy terrain with elevation gain of 500 feet. Gentle slope covering 1.4 miles with spectacular views at the summit. Snowshoes and/or crampons required. Easy/moderate. **Leaders:** Larry Dyer, [lwdamc@maine.rr.com](mailto:lwdamc@maine.rr.com), (207) 655-9097; Scott Dyer, [sdyer@natenv.com](mailto:sdyer@natenv.com), (207) 233-5758.

**Sunday, February 24: Full Moon X-ski and Snowshoe - Intro to Winter, Brunswick, ME.** Come join us for sunset and full moon rise while playing in the snow. Easy terrain at Mere Creek Golf Course. We will have leaders for snowshoers and skiers, but will meet to watch the Moon rise over the marsh. Maybe dinner out afterwards. Beginner and experienced snow lovers welcome. NO "bare-booters" if there is snow. Easy. **Leaders:** Stan Moody, [meamc@micstan.us](mailto:meamc@micstan.us), (207) 319-7355 (before 9pm); Michelle Moody, (207) 319-7355 (before 9pm).

**Monday, February 25: Moonlight Walk, Kennebunk, ME.** Moonlight walk on Eastern Trail in Kennebunk from Kennebunk Elementary School to Limerick Road. 5-mile walk under full moon. Easy. **Leader:** Lorraine Hussey, [rnlhussey@maine.rr.com](mailto:rnlhussey@maine.rr.com), (207) 619-9444.

**Saturday, March 16: Baldface Shelter - Evans Notch, NH.** 5-mile hike via Baldface Circle trail to Baldface Shelter on easy to moderate grade. Elevation gain is 930ft. Possible side trips to Chandler Gorge and Emerald Pool. Participants should expect to be out 5 hours. Full winter gear required; snowshoes and/or traction device/crampons. Moderate. **Leaders:** Lorraine Hussey, [rnlhussey@maine.rr.com](mailto:rnlhussey@maine.rr.com), (207) 619-9444; Debby Kantor, [dlkantor@aol.com](mailto:dlkantor@aol.com), (207) 854-3431.

**Saturday, April 6: Speckled Mtn., Evans Notch (2906'), NH/ME.** 7-mile intermediate snowshoe hike via Link & Cold Brook trails. Moderate pace. Elevation gain 2356 ft. Great views from open ledges and summit. Winter gear may be needed. Moderate. **Leaders:** Debby Kantor, [dlkantor@aol.com](mailto:dlkantor@aol.com), (207) 854-3431; Lorraine Hussey, [rnlhussey@maine.rr.com](mailto:rnlhussey@maine.rr.com), (207) 619-9444.

## OVERNIGHT AND CAMPING TRIPS

**Saturday, January 19 - Monday, January 21: Zealand Falls Hut Overnight, Near Twin Mountain, NH.** Annual Martin Luther King weekend snowshoe to Zealand Falls Hut. Saturday snowshoe/ski 6.3 miles on roads and trails to the hut. Sunday climb a 4000-footer, take an easy snowshoe, x-c ski, or just lounge around the hut. Bring wine and cheese to share for the evenings. Monday hike back out. \$105 covers 2 nights lodging, 2 dinners, 2 breakfasts, and 1 lunch. Limited space so reserve early. Moderate to Strenuous. **Leader:** Roger David, [rd04342@gmail.com](mailto:rd04342@gmail.com), (207) 737-2737 (before 9:00 PM).

**January 25 - Sunday, January 27: Cross Country Skiing and Snowshoeing in Acadia, Bar Harbor, ME.** Cross country skiing, snow shoeing and hiking in Acadia National Park. Stay in Bar Harbor hotel, eat in local restaurants. Registration required; cost only includes two nights stay in hotel. Daily activities will depend upon local conditions and participants abilities. BYOB happy hour prior to going out to local restaurant for dinner. Enjoy carriage trails and hiking trails without the crowds! Cost \$105 per person shared double, \$180 to \$200 per person for single, Moderate. **Leader:** Ginette Beaudoin, [ginette4000@yahoo.com](mailto:ginette4000@yahoo.com), (207) 294-6302.

**Saturday, February 9 - Sunday, February 10: Beginner Backpack in Camden Hills S.P., Camden, ME:** Join us in a beginner snowshoe trip combined with a beginner winter overnight in

a lean-to shelter. If you're new to snowshoes this is the trip for you. Approximately 2.5 miles from the trailhead to the shelters. There will be views weather permitting of Penobscot Bay from the camp site. Stay in the lean-to or bring your own tent and if we have sufficient snow, build an igloo. Return the same route or if the group wants, hike further in Camden Hills S.P. Contact leader for more details, Moderate. **Leader** Roger David [rd04342@gmail.com](mailto:rd04342@gmail.com) (207) 737-2737 (Before 9:00 PM)

**Saturday, February 16 - Monday, February 18: Camden Hills Cabin Overnight Backpack-Intro to Winter, Lincolnville, ME.** Join us for 2 nights in Camden Hills State Park cabin. This is the old ski lodge that was totally rebuilt a few years ago. Wood stove, 6 bunks, picnic tables, flagstone floor, privy. First 4 to book get bunks. You can also join us and bring an air mattress for the floor or use the picnic tables or bring a tent for winter camping outside. Hike or snowshoe with our backpacks up the old road to the lodge, drop off our stuff, start a fire to warm up the place and then head out for a short hikes/snowshoe. Potluck for dinner on wood stove, or bring your cooking gear. Side trip in the morning to Bald Rock. Get a taste of winter camping without roughing it too much. Elevation gain about 1000 feet (less to cabin). If you can only do 1 night, give me a call. Dates may change. Moderate. **Leader:** Michelle Moody, [meamc@micstan.us](mailto:meamc@micstan.us), (207) 319-7355 (before 9pm).

**Note:** Don't wait for the next newsletter to check out spring offerings. We're working on some classes to be posted before the next newsletter comes out, e.g. Wilderness First Aid and Advanced Wilderness First Air (end of April), canoeing basics and canoeing in swift water for beginners (early May), and our annual self and assisted kayak rescue (early June). So be sure to check the calendar early in 2013.

## Maine AMC on Facebook!



The AMC Maine Chapter now has its own Facebook page. Please "Like" us to share trip photos, trail conditions, tips, and news. Our page will also offer updates on what's happening in Maine environmental issues, in case there is something you can do to help protect the landscapes and waters we all cherish. Find the page by searching for "Maine AMC."

## Save the Dates!

### Saturday, January 26, 2013: AMC's 137th Annual Summit

(formerly the annual meeting), Four Points by Sheraton, Norwood Hotel & Conference Center, Norwood, Mass. Come see how the entire organization works together to promote Recreation, Education, and Conservation. Starting at 8 AM, the day's activities will include the Annual Business Meeting, celebrating the 45th anniversary of AMC's Youth Opportunities Program, Club-wide committee meetings, Club-wide volunteer awards, engaging professional development workshops, and the AMC Showcase. At night, join us at 6 PM for dinner and a presentation by keynote speaker, Audrey Peterman, president and co-founder of Earthwise Productions. Registration is required for dinner. FMI: [www.outdoors.org/about/annualsummit](http://www.outdoors.org/about/annualsummit).

**October 17-19, 2014: AMC's Fall Gathering in Maine.** Yes, that's 2014! This is a long way off but it's an important date for the Maine Chapter. This event is the "Fall Gathering" of all the AMC Chapters. Though this event is mostly for chapter officers and committee chairs, it is open to all AMC members. The Maine Chapter is the host for the 2014 event and it will be held here in Maine. Besides meetings, there will be lots of outdoor activities and a lot of volunteer help will be needed from chapter members. Get a flavor for what the Fall Gathering is all about here: [www.amcnarragansett.org/notices/fall\\_gathering\\_2012/fall\\_gathering\\_12.html](http://www.amcnarragansett.org/notices/fall_gathering_2012/fall_gathering_12.html).

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make this change, and that's OK. We're not all as electronically savvy as we could or even desire to be. But for those members willing and able to do so, the savings on printing and postage will be meaningful. Every dollar saved in this area is a much-needed dollar that could be used for other chapter activities. Imagine if 500 additional members chose the e-version? Or 1,000? That's real savings for the good of your Maine Chapter. So, how do you make the switch from the paper *Wilderness Matters* to the e-version? Glad you asked!

Go online to the AMC Member Center at [www.outdoors.org/membership/member-center.cfm](http://www.outdoors.org/membership/member-center.cfm) and log in. You'll need your AMC Member # and password to do so. (Don't know one or the other? Near the bottom of the page click the link, "request it here," for help. Never signed in to the Member Center before? Click on the link near the top of the page that says "validate your member information here" for assistance.)

After clicking the Submit button you'll be taken to a Welcome page. Part way down the page, click on the "Set Email/Newsletter Preferences" button. Next, on the AMC/Maine Email Preferences page, you'll be able to:

- Change your name.
- Select your desired email format: HTML or plain text. HTML gets you full-color, web-like pages. Plain text is, well, plain black and white text.
- Select your Chapter Newsletter Preference: Electronic, No Newsletter, Paper. Select "Electronic."
- Just below that, click "Do not email" ONLY if you want NO electronic communications of any kind from AMC. (We hope you won't click this!).
- Further down, check or uncheck the various and sundry electronic subscription possibilities. At the top of the list is a check box for "Maine Chapter Newsletter: Yes! I'd like to receive electronic delivery of the Maine Chapter's newsletter, *Wilderness Matters*. Check this box even if you previously checked the Chapter Newsletter Preference box for Electronic.

Voila! You've now changed your *Wilderness Matters* newsletter preference from paper to the e-version. Thank you!

## Banff Mountain Film Festival All Over Maine This February



The Banff Mountain Film Festival World Tour will be bringing the excitement, spectacle and richness of the mountains and mountain culture to Maine this coming February, playing on nine nights in four different locations around the state.

Featuring spectacular, inspiring, funny, exciting, and thought-provoking mountain films from around the world, the film festival is an exhilarating exploration of the mountain world from remote landscapes and cultures to adrenaline-packed action sports.

On February 1-2-3, the show will be at Cadillac Mountain Sports in Ellsworth. On February 5-6, Banff will be at Epic Sports in Bangor. Maine Sports Outfitters in Rockport will host the film fest on February 8-9. Finally, on February 10-11, Banff will make a splash in Portland at the State Theatre. FMI about these great Banff events coming to Maine, go to: [www.banffcentre.ca/mountainfestival/worltdtour](http://www.banffcentre.ca/mountainfestival/worltdtour).

## Self-Propelled - continued from page 1

motorized experiences will enhance our own understanding of what takes us outside.

On Tuesday, January 15th join us at the Curtis Memorial Library, 23 Pleasant St., Brunswick, for a potluck dinner at 6 PM and Jim Andrews at 7 PM. Bring a potluck item to share and your own dinnerware (plate, utensils etc.). Drinks will be available. Or, simply come for the talk and slideshow at 7 PM. Both the potluck and talk are free and open to the public. See driving directions at [www.amcmaine.org](http://www.amcmaine.org) under meetings and education committee. FMI, email Education Chair John Mullens at [education@amcmaine.org](mailto:education@amcmaine.org).

## Little Lyford Camps 50+ Group Stay a Success



*Quiet time at Little Lyford*



*Stair Falls, Gulf Hagas*

It's easy and fun to take a group to an AMC property. Michelle Moody set up a 3 night stay at Little Lyford for her local hiking group and AMC members last September, a trip that was geared to the 50+ crowd. It drew folks mostly from Maine but also as far away as New York. There was plenty to do for everyone, with easy walks, challenging hikes, canoeing, fishing and moose watching. Folks met on the porch before dinner to share appetizers and stories about the day's outings. The food was great, the ambience relaxing, and the friendships heartwarming. We also enjoyed an evening sing-along at the fire pit thanks to our guests who sang and brought musical instruments to share.

## TEAM WILLY—Will I Leave A Legacy, Yes!



Are you interested in investing in the future of AMC? Then we hope that you will consider joining Willy Ashbrook, Chair of Team Willy and member of AMC's Board of Directors, as well as, other club members in leaving your legacy with the AMC through your estate plans. Please know that a gift at any level will have a major impact on all AMC programs. To learn more, visit [www.outdoors.org/plannedgiving](http://www.outdoors.org/plannedgiving) or call Jim Hamilton at (617) 391-6585.

# Mountain Valley Middle School Gets Outdoors

Mountain Valley Middle School is a small school located in the mill towns of Rumford and Mexico, where we are lucky to be surrounded by the beautiful Western Mountains of Maine. Recently we have begun a push to introduce our students to the opportunities that these mountains provide. For the last several years there have been hikes to Rumford Whitecap, Tumbledown Dick, Table Rock, Mt. Zircon and other peaks as class field trips. This school year I am making the effort to provide at least one Saturday hiking trip a month for students. The district has been gracious enough to provide us with transportation.

We started out with a trip up Rumford Whitecap in September. It was an interesting day, as the mountain was socked in and we ran into a martial arts group headed up for a workout on the summit in full garb. My kids thought this was great, and "ninjas" became the topic of the hike. We also discussed trail names and started giving themselves their own names. They quickly asked if I had a trail name. I explained that when I hiked Long Trail I went by the name "Walks North," as that is what I did each day on the trail. Trying to show respect for their teacher they immediately started calling me Mr. Walks North.

In October, some of the kids from the first hike and a few more joined another teacher, Maine Chapter member Peter Broderick, and I for a hike of Tumbledown. It was cool and windy on the top and we ran into a few traces of snow and ice but we had a great time. After they played fetch with my lab in the pond, we went up over the east summit into the col where the Loop Trail comes up. We stopped there and cooked up a packet of dehydrated Beef Stroganoff for the kids to sample and then took turns going down into the Lemon Squeezer. After they all had their turn there we went up to the west summit and located the Mountain Valley Middle School Hawks Box, a geocache that we placed there several years ago.

We have taken November off and are now ready for our December hike up Caribou Mtn. in Evans Notch. We're also talking of a trip in January or February combining a hike with some downhill sledding.



MVMS students on Caribou Mtn.

This program has been great for the kids involved. Not only are they getting introduced to the outdoors, but it gives them some very real and positive connections with adults. On our next hike we will have two Maine Chapter members accompanying us as well as three teachers and a local newspaper reporter. I hope that by springtime we can scrounge together the gear to take the kids on an overnight possibly along the AT.

Not only are the various grade level teams getting kids out hiking but our Author Day this spring will be based on the graphic novel *Lost*

*Trail, Nine Days Alone in the Maine Wilderness* by Lynn Plourde, based on Donn Fendler's experiences on Katahdin as told in *Lost on a Mountain in Maine*. The illustrator, Ben Bishop, will be joining us and we'll be setting up sessions for the kids that include hiking, outdoors, and survival related topics. If you would like to offer a session on April 10 or 11, please contact me.

One of the big hurdles we face is that we are a rural school in an economically depressed area. While the school is providing transportation, they don't have the funds to provide us with equipment. Almost 80% of our kids receive free or reduced lunch so they don't have the ability to purchase the most basic hiking equipment.

I am trying to secure donations of used equipment, wicking clothing like fleece, snow pants etc. While we do need the very basics we would also welcome anything like traction aids (Microspikes, snow shoes), packs, and boots. I'm trying to put together a modest gear room where I can make sure that as we hike through winter I can equip the kids to hike safely. They don't need anything fancy. As you replace older gear, please keep us in mind. Anything in serviceable condition would be a welcome addition. Please know that anything sent to us will be very much appreciated and well used! Thank you very much for anything you can help us with.

Donations can be sent to: Mountain Valley Middle School, Attn: Jim Radmore, 58 Highland Terrace, Mexico, ME 04257

—Jim Radmore, [jradmore@rsu10.org](mailto:jradmore@rsu10.org), (207) 364-7924 x5142

## Maine Chapter Weekend at AMC Cold River Camp was a Hit and We're Going Back!



White Cairn Trail on Blueberry Ledges. Back row: Stan, Lorraine, Roy. Front: Meg, Honora, Carla, Jeff.

Last September, about 25 Maine members signed up to stay at AMC Cold River Camp and several others stayed at the nearby WMNF campground (as we ran out of availability at the camp). The group included all ages from grandparents to grandchildren, singles, couples and groups of friends.

We had plenty of outing options for everyone, including biking and hiking. The hiking options in Evans Notch are great, ranging from leisurely walks to climbs over multiple peaks. We even took a very refreshing dip in the Emerald Pool.

Trip organizer Michelle Moody invited everyone to her cabin for a social hour before dinner.



Lunch stop at Rattlesnake Pool on Stone House Trail.

Participants were so happy with the venue that they convinced Michelle to do it again in 2013, so...

Mark your calendar! We will be offering several options this coming year. We'll start with a 3-night stay for the 50+ crowd but open it up to anyone who can come mid-week from September 24-27. We'll then have a 2-night stay option for the weekend, September 27-29. You're also welcome to come for all 5 nights.

Volunteers from our group will help with daily chores during this off-season stay. If you're interested in being a helper, please let me know. Be sure to check the calendar FMI or contact Michelle Moody at (207) 319-7355 or [outings@amcmaine.org](mailto:outings@amcmaine.org). You can put your name on the list now.

# Did You Know There Are Discounts Available to AMC Members?

A number of Maine businesses are offering generous discounts to AMC members for skiing, paddling, gear, clothing and more. To get all the details on these discounts, you must log in to the Member Center on the AMC website. If you've not yet signed up to access the Member Center, just go to: [www.outdoors.org/membership/member-center.cfm](http://www.outdoors.org/membership/member-center.cfm).

You'll need your member # to set up your account. Once you are signed up, you can also access the Member Center from the Maine Chapter web site at [www.amcmaine.org](http://www.amcmaine.org). Look for the Member Center log in on the right side below the JOIN button. Once you're logged in just look for the Member Deals link on the left side to access the information on all the available discounts.

**Ski Areas:** We'd like to thank Mt. Abram for once again offering discounts and specials for AMC members. Be sure to check their website at [www.mtabram.com](http://www.mtabram.com). We are also happy to be adding Sugarloaf, Sunday River, and Shawnee Peak discounts. All three offer other specials, so check their sites at: [www.sugarloaf.com](http://www.sugarloaf.com), [www.sundayriver.com](http://www.sundayriver.com) and [www.shawneepark.com](http://www.shawneepark.com).

**Paddling:** Lincoln Canoe has discounts on products and program purchases. See [www.lincolncanoe.com](http://www.lincolncanoe.com). Seaspray Kayaking has discounts on rentals, purchases and 1/2 day trips. Free delivery to AMC Knubble Bay in Georgetown. More at: [www.seaspraykayaking.com](http://www.seaspraykayaking.com).

**Gear, Clothing:** Kittery Trading Post, [www.kitterytradingpost.com](http://www.kitterytradingpost.com).

There's more reason than ever to check out the Member Deals on the AMC website, so be sure to log in and what discounts appeal to you!

## What Else Can I do in the Member Center?

Now that you've logged in to check out those Member Deals, here are a few more things you can do.

- You can set your Email and Newsletter preferences.
- Want to be sure to get Wilderness Matters as soon as it's published? Sign up for Electronic Delivery.
- Click on AMC E-mail Subscriptions to sign up for many other news options, like what's happening in the Maine Woods Initiative.
- Want to know what's coming up for Activities? Click on Subscribe to Activity Digest and pick your 3 favorite areas to get email updates of upcoming outings.
- Check out the latest on the AMC Blog and learn about gear, outings, nature, and more.

You can change your personal information such as a change of address or email. You can renew your membership.

Not a Maine Chapter member...you can pick Maine as your chapter. Just a few more reasons to log in to the Member Center at [www.outdoors.org/membership/member-center.cfm](http://www.outdoors.org/membership/member-center.cfm).



## New Trip Leader: Ray Cooper

Ray Cooper of Buxton is a retired high school history teacher, after having spent 17 years teaching at Cape Elizabeth High School. Ray spends a

lot of his time hiking solo or with AMC groups. He recently completed the 48 NH 4,000 footers. Ray also maintains two sections of trail for AMC, one in Maine (the lower section of the Old Speck Trail), and one in NH (the lower section of Valley Way). His other hobbies include spinning yarn and knitting as well as traveling, including 3 trips to China.

# AMC Maine Chapter Annual Meeting Recap

Approximately 75 members attended the gathering on November 3 at DiMillo's Restaurant in Portland. From the feedback, it appears that those in attendance had a good time and enjoyed our speaker, AMC President John Judge, who shared the visions and progress of the AMC.

The 2013 annual meeting is scheduled for November 2, 2013. If you have any suggestions on how we can improve the event, please send them to me and/or Roger David, vice-chair, who will be in charge of the 2013 annual meeting.

The Appie award was presented to Kim Sanders, young members' chair for all that she has done this year to promote young members. Diane Edwards and Jeff Aceto were also recognized for their service to our Chapter.

-- Larry Dyer, Maine Chapter Chair

## Evening with the Maine Master Naturalist Program *A Meetings and Education Evening Program*



Cloe Chunn, co-founder and faculty member for the Maine Master Naturalist Program (MMNP), will be the featured speaker at an AMC education evening program in Holden, Maine at 7 PM on Tuesday, March 12. Cloe

will describe the MMNP and demonstrate some of the program's teaching techniques. The program trains individuals to actively care for Maine's natural environment, teach natural history, and be volunteer naturalists at nonprofits and schools throughout the state.

The MMNP provides comprehensive instruction and field experiences on ecological principles, wetland and upland ecology, geology, identification of Maine's flora and fauna, and teaching skills. MMNP students attend classes and field trips, create a portfolio and nature journal, and design and complete a capstone project.

The program typically attracts applicants who have an ongoing interest in the outdoors, demonstrate basic knowledge of and curiosity about the natural world, can devote the necessary time for classes and preparation, and have a history of and love for volunteering, particularly for land trusts, nature centers, and parks.

Participants agree to give no fewer than 40 hours of volunteer service during the year following certification usually at one or more land trusts, parks, watershed or conservation associations, municipalities, schools, or other non-profit



program. Graduates might lead interpretive walks/paddles or field trips, do presentations, teach classes, or develop educational programming. Graduates are expected to continue to volunteer on an ongoing basis. The MMNP is an independent 501(c)3 nonprofit corporation; the Board and instructors are all volunteers.

Cloe Chunn is a Registered Maine Guide, president of the Belfast Bay Watershed Coalition, and a former faculty member at the Audubon Expedition Institute, the University of Maine at Augusta, and other Maine educational institutions. She is the author of *50 Hikes in the Maine Mountains*, and has a special interest in eco-literacy, systems ecology, mosses, birds, and geology.

Chunn will speak at 7 PM on Tuesday, March 12 at Maine Audubon's Fields Pond Center, 216 Fields Pond Rd. in Holden (about 15 minutes south of Bangor). This program is co-sponsored by the Maine Chapter of the Appalachian Mountain Club and Maine Audubon. FMI, email AMC Education Chair John Mullens at [education@amcmaine.org](mailto:education@amcmaine.org).

# Maine Summer Camps for Adults and Families?

## *A Meetings and Education Evening Program*

Want to relive a wonderful childhood experience at summer camp? Or do you wish you could have gone to summer camp like the other kids? Then have we got the deal for you! Managers from three AMC camp properties in Maine will describe their facilities, recreation opportunities, organized activities, and costs at a Maine Chapter evening potluck and program on **Tuesday, March 19th at Curtis Memorial Library in Brunswick.**

But wait! Before you stop reading this article, let me suggest that you may not know which three AMC properties we're talking about! What's that you say? No, AMC's Maine Wilderness Lodges—Gorman Chairback and Little Lyford—are not the focus of the evening program in March. As a teaser for that evening, here's some basic information about the three featured facilities but without specific names attached. Read this now, choose your favorite, and then come to the March 19 program to find out the name and location and to hear more details of each camp!

Maine Location #1 is at once a rustic set of cabins and a charming, homey setting surrounded by abundant hiking and canoeing opportunities. Each day, AMC certified leaders and naturalists offer guided hikes of varying length and difficulty. You can take a guided or self-guided canoe/kayak trip on a nearby river or join other campers at a large water hole to sunbathe on the ledges, shoot the chutes, or swim in the refreshing water. This location has a main lodge, dining hall, recreation hall, central bath and shower facilities, gardens, and cabins for families, couples, or individuals.

Maine Location #2 is a waterfront camp in a fabulous confluence of mountains and ocean that offers dramatic vistas and unbeatable hiking. Choose among daily hikes led by experienced AMC hike leaders, walks to beautiful and unusual areas with the camp's naturalist, or boating explorations to secret locations. Evening programs include square dancing, Bingo, informative slide shows, and even a talent night. Some campers do everything; others choose to do a few group activities, while others enjoy reading in a different natural setting everyday! This AMC location has fully-equipped platform tent cabins, dining hall, recreation hall, library, flush toilets, and hot showers, swimming, and boating, plus a large deck with spectacular views of the water and cliffs.



Maine Location #3 is a single reservable brand-new post-and-beam cabin that accommodates 15 in several sleeping areas. It has solar and wind energy-powered lights, a wood stove, and a hand pump for fresh potable water. The large first-floor living space looks out onto a salt-water bay. The kitchen has a propane refrigerator, stove, and oven, and is stocked with pots, pans, and utensils. The cabin has two indoor composting toilets and is fully handicapped accessible. Canoe or kayak in the salt-water bays and coves that wind their way to several islands or to picturesque coastal hamlets. Bird watch, bicycle, beach walk, swim, sail, or take a day trip to enjoy a fresh local seafood meal. About a 20-minute paddle from the beach is an AMC-owned island destination where you can camp, relax on the sandy beach, watch osprey and seals, or hike the island, reveling in breathtaking views of the rocky coastline.

So now do you think you can identify these wonderful places? Here are three final clues: Each facility (1) is managed by an AMC volunteer committee, (2) is open to AMC members and guests, and (3) strives to be a model for the wise use and appreciation of Maine's natural environment. And each should be on your summer "want-to-do" list! Since it will soon be time to plan your summer outings, this program will be timely, educational, and enticing!

Start your summer wish list by joining us to learn about these three great opportunities. Representatives from each facility will speak on **Tuesday, March 19th at the Curtis Memorial Library, 23 Pleasant St, Brunswick.** Join us for a potluck dinner at 6 PM and our speakers at 7 PM. Bring a potluck item to share and your own dinnerware (plate, utensils etc.). Drinks will be available. Or, simply come for the talk and slideshow at 7 PM. Both the potluck and talk are free and open to the public. See driving directions at [www.amcmaine.org](http://www.amcmaine.org) under Meetings and Education committee. FMI, email Education Chair John Mullens at [education@amcmaine.org](mailto:education@amcmaine.org). Come to learn and ask questions and see which facility is best for you and your family and friends. And bring your summer "want-to-do" list!

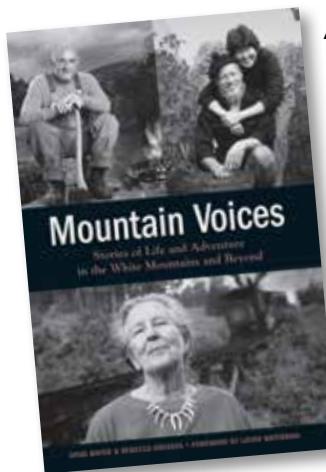
P.S. If you can't wait until March 19 to find out the names, look for them in the calendar listings for this event on the Maine Chapter website at [www.amcmaine.org](http://www.amcmaine.org).

## AMC Young Member Completes A.T. Journey

Arlen Finseth hiked along the Appalachian Trail from March to October of 2012. Arlen describes his journey: "I spent six months in the woods and the most memorable part of the whole journey is the people I met along the way. There definitely were great views, amazing sections of trail and an overall abundance of natural beauty but the community surrounding the Appalachian Trail is what makes it the amazing and unique trail that it is. An undoubtedly unforgettable time of my life." Read more about Arlen's A.T. adventure at: [arlensadventures.blogspot.com](http://arlensadventures.blogspot.com).



# New AMC Book Profiles People in the White Mtns.



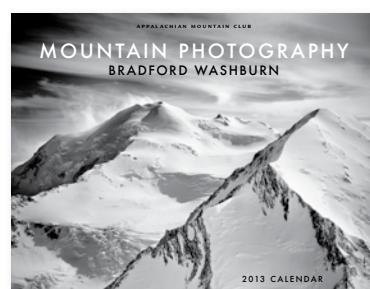
AMC Books has just released of **Mountain Voices: Stories of Life and Adventure in the White Mountains and Beyond**, compiled and edited by Rebecca Oreskes and Doug Mayer. In this collection of interviews that have appeared in *Appalachia*, fifteen profiles capture fascinating stories of travel, adventure, and lifelong passion for nature, along with the spirit of the people who choose to live in the craggy, remote North Country. Over nearly

two decades, authors Doug Mayer and Rebecca Oreskes have interviewed extraordinary people whose lives are intricately linked to New Hampshire's White Mountains.

In their own words, Brad and Barbara Washburn enumerate their groundbreaking mountaineering exploits, and Rick Wilcox discusses search and rescue efforts. Woodsman like Ben English tell of their work on hiking trails, and George Hamilton recounts his career in AMC's high huts. White Mountain icons such as boot maker Karl Limmer and Ellen Teague of the Mount Washington Cog Railway offer accounts of their esteemed careers in the mountains. Guy and Laura Waterman detail the development of their backwoods ethics philosophy. Historical photographs accompany each interview.

A perfect companion to the book is the new **2013 Mountain Photography Bradford Washburn Calendar**, full of spectacular images from Alaska, the Swiss and French Alps, and New Hampshire's White Mountains.

Order directly from AMC at [www.outdoors.org/amcstore](http://www.outdoors.org/amcstore) or call (800) 262-4455.



## Wilderness Matters



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280-0224; Office: 15 Moosehead Lake Rd., PO Box 310, Greenville ME 04441



## Hut to Hut Hiking in Norway A Meetings and Education Evening Program

If you like sweeping vistas, dramatic scenery, hiking above treeline, the occasional ferry ride to the next trailhead, staying in classic mountain huts, and eating delicious food (especially fish, excellent breads, and interesting cheeses), you'll want to hear Tulle and Rob on **Tuesday, February 19th at Curtis Memorial Library in Brunswick**.

Tulle Frazer and Rob Bryan hiked for eight days through the spectacular Norwegian landscape complete with sweeping alpine vistas, glaciers, fjords, glacier-fed lakes, and a world-class hut system. They began at the tiny settlement of Finse, the highest stop on the Oslo to Bergen railway. Finse Hut, one of many run by Norway's equivalent of the AMC, overlooks a glacier and beautiful lake, which even in mid-July was sprinkled with the remnants of the previous winter's ice. Crossing a broad plateau, they descended to the headwaters of the Aurland River and down the valley. There they followed the Aurlandsdalen trail, an ancient trading route, past waterfalls, rushing streams, beautiful valley farms, and abandoned hillside settlements before descending through a narrow gorge to the scenic fjord town of Aurland.

The pair continued by ferry up Naeroyfjord, a UNESCO World Heritage Site, then by bus, ferry again, and then taxi to end the day at Jotunheimen National Park, with its mix of spectacular peaks, alpine tundra, rivers, and glacial



lakes. For the next five days they hiked in the park following broad treeless valleys to mountain passes and through lovely stunted birch forests at lower elevations. Tully and Rob ended their journey across open ridges overlooking the turquoise waters of spectacular Lake Gjende, inspiration for some of Norway's most famous composers and playwrights, before finishing at the village of Gjendesheim. Throughout their trip, the scenery was dramatic and the swimming bracing.

On **Tuesday, February 19th join us at Curtis Memorial Library, 23 Pleasant St, Brunswick**, for a potluck dinner at 6 PM and Tulle and Rob at 7 PM. Bring a potluck item to share and your own dinnerware (plate, utensils etc.). Drinks will be available. Or, simply come for the talk and slideshow at 7 PM. Both the potluck and talk are free and open to the public. See driving directions at [www.amcmaine.org](http://www.amcmaine.org) under the Meetings and Education committee. FMI, email Education Chair John Mullens at [education@amcmaine.org](mailto:education@amcmaine.org).

# Maine Chapter Member Profiles

*This is the fourth in a series of articles intended to remind us of the legacy of the Maine Chapter and of the many early AMC members whose accomplishments built and sustained the Chapter. This article is based on an interview and research in the Maine Chapter archives.*

## Peg Nation Member No. 26650



*Peg Nation, quintessential AMC volunteer*

developer, and editor of the Maine Mountain Guide. And, oh by the way, she helped start the Mohican Outdoor Center.

Living in Indiana, far from typical AMC territory, Peg was inspired to join the AMC when Pinkham employees offered to dry her clothes after a particularly wet couple of days in the Dolly Copp Campground. That was in 1983, and since then Peg's life has seemingly revolved around the Club.

In 1990, during Desert Storm when she was recalled to active duty as an RN with the Navy in Washington, D.C., she naturally hung out with the newly formed AMC D.C. Chapter. Staying in the area at the end of her military commitment, she was soon pressed into another type of service: the D.C. Chapter Executive Committee. She began as Membership Chair, then Vice-Chair, then three years as D.C. Chapter Chair. Peg recalls the hot issues of the day as controlling the pollution in Chesapeake Bay and working with the National Park Service to maintain trails at Great Falls National Park and the Chesapeake and Ohio tow path. She was instrumental in planning a Clubwide Fall Gathering on the Eastern Shore (complete with a Maryland crab feast).

Peg also helped start up the Mohican Outdoor Center within the 70,000 acre Delaware Water Gap National Recreation Area. The AMC had just entered into an agreement with the National Park Service to refurbish, rebuild, or replace old structures there and wanted to open and operate the camp as a premier destination and the southernmost AMC property. Along with the Delaware Valley and New York-North Jersey Chapters, the D.C. Chapter under Peg's leadership accomplished much of the initial work with minimal Club funding. Peg even remembers sewing window curtains out of old clean sheets for the then-sparingly furnished cabins.

From her frequent attendance at club-wide functions, Peg got to know members from the Maine Chapter and so when she was ready to leave D.C., New England was a natural destination. Although Peg initially lived in N.H., her membership followed her heart to the Maine Chapter. And given her D.C. ExCom experience, it was no wonder Peg quickly became involved with the Maine Chapter ExCom. She has been an At-Large member followed by three years as Chapter Conservation Chair and Co-Chair (with Alix Pratt). She helped plan and host a Maine Chapter-sponsored club-wide Fall Gathering at Camp Winona on Moose Pond that featured (no surprise given her D.C. experience) a lobster feast! Peg was asked to chair the Chapter committee responsible for updating the 2005 version of the Maine Mountain Guide. To complete that with Brenda Cummings, Peg organized hikers to check every trail and improve directions, contact private land owners to verify

A native and longtime Hoosier, Margaret (Peg) Nation might at first seem an unlikely AMC member. But this energetic volunteer is quintessential AMC. During her volunteer career for two chapters and the Club itself, Peg has been a Chapter Chair, Vice Chair, Conservation Chair, Membership Chair, At-Large member, Information Volunteer, Pinkham backcountry specialist, volunteer naturalist, hike leader, nature trail

continued access, and collect updated trail information from Baxter State Park and Camden Hills State Park.

Since moving to Maine, Peg has put in many days volunteering and working for AMC and the Maine Chapter. One of her favorite activities is her role as Alpine Steward and Volunteer Naturalist in Mount Washington's Alpine Garden. For five years she has led spring weekend programs that offer alpine flower lovers the opportunity to examine the tiny plants, moss, and lichens under the tutelage of an alpine flower expert—Peg. It's no wonder these programs continue to regularly sell out!

She is a Volunteer Naturalist in N.H. and at the Maine lodges, a staple at the Family Camps at Medawisla and Gorman Chairback where she spends a week helping families and kids appreciate the finer points of the natural world. Peg always hikes with three books, one each on alpine flowers, ferns, and birds. At this point in her naturalist career, however, Peg recognizes nearly everything she sees and rarely has to consult the books. She was asked to develop a family-friendly learning experience in the middle of the woods surrounding Little Lyford Lodge and Cabins. Fittingly, it is now called "Nation's Nature Trail." Another is being developed for Gorman Chairback.

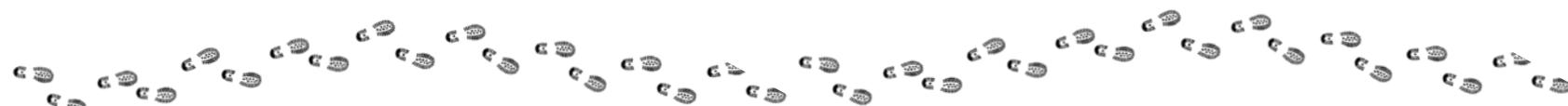


Peg sees the major current issues in Maine as the proposal to bring corrosive tar sands through ExxonMobil's New England pipeline, the Plum Creek real estate development around Greenville and Moosehead Lake, habitat loss for the Canada lynx, managing state regulations to maintain or expand the state's stock of wild native brook trout, and retaining large tracts of wild areas for future generations.

While the important conservation issues are understandably different within each chapter, every chapter has conservation and organizational needs that require volunteer effort. And over her 30-year membership and AMC affiliation, Peg thinks this has been the consistent challenge among most chapters and within the Club as a whole: how to expand the number of members who lead or take action on conservation issues and who organize and participate in other chapter activities. Despite the presence of a large chapter membership, in Maine or in any chapter, she suggests, the majority of work necessary to keep AMC chapters vital and active is still accomplished by a small group of committed volunteers. Peg hopes the next generation of AMC volunteers is ready to step forward!

—Submitted by John Mullens

**Know someone you think should be profiled? Please contact Meetings and Education Chair John Mullens at [education@amcmaine.org](mailto:education@amcmaine.org).**



# Member Opinion: Governor's Roadblock to Land Conservation

Why won't Maine get the land conservation funding that the legislature and the voters overwhelmingly voted for? Because Governor LePage is blocking the money. Land conservation bonding that has cleared every hurdle including the Governor's desk is now facing a new blockade invented by the Governor.

Passing Land for Maine's Future bonds takes a lot of work by a lot of people. The legislature, aided by many organizations and scores of citizens, spent months discussing, testifying, balancing, deciding, and, finally, voting for a bonding bill. The next question was whether the Governor would veto the bond bill. More suspense, more work by citizens and organizations. Governor LePage did not veto the bill. If he had, the legislature could have decided whether to override his veto. But, no, the Governor explicitly rejected his chance to direct the course of LMF bonding. Then there were months of campaigning around the bonding referendum, with more multitudes of people and organizations discussing, weighing, and deciding. On Nov. 6, the people had their say. They voted by a 60% majority to fund Land for Maine's Future for \$5 million.

After the passage in the legislature, the Governor's decision not to veto, and then the statewide vote, we celebrated that we'd finally get the land conservation projects that depended on LMF funding. All these arduous steps had now made possible the protection of Scammon Farm in Topsham, Randall Orchard in Cumberland County, Androscoggin Greenway in Canton and Jay, Pleasant Bay Wildlife Management Area in Addison, Crocker Mountain in Franklin County, and others.

Now, Governor LePage says that he won't issue the \$7 million of bonds passed in 2010, or the \$5 million of bonds passed in 2012. Even though all the parties worked hard and successfully to a resolution, and the electorate said go, LePage claims he can now say stop. How can LePage singlehandedly refuse to carry out the will of the voters and the lawmakers? How can he suddenly sweep the rug out from under projects long approved and waiting for the funds we have authorized?

Look at the list of projects LMF has funded, and you will probably find a recreation area you treasure: Mount Agamenticus, Ferry Beach, Bradbury Mountain, Tumbledown Mountain, Mount Kineo, Katahdin Iron Works, and on and on. Finances were difficult at the time of each of these projects, but the state still decided to invest in land protection on the Bold Coast, Rumford Whitecap, Ragged Mountain, Moose River, and Katahdin Forest.

The state's future depends on our wise investment now. One dollar of LMF bonds bring in \$3 of matching funds and \$11 of benefits to the Maine economy, according to a study by the Trust for Public Land. It's a rare moment in history when there are no financial challenges. Leaders are those who still plan for the future despite present crises. Fantastic land protection opportunities exist now. These projects won't wait.

Leaders in prior years took foresighted action in difficult times. Those on watch now have the same obligation to Maine's future. We can't let the state's current budget difficulties preempt all investment in land protection. Governor LePage must carry out the will of the voters, and issue the Land for Maine's Future bonds. Let's call the Governor and our elected officials, and ask for an end to the blockade.

—Karen Herold, chapter volunteer

## 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).

# Maine Chapter Annual Meeting: Awards Presented, New Committee Members Welcomed



Kim Sanders (left) receives Appie Award

The annual chapter-wide "Appie" award was presented and recognition given for retiring and incoming Executive Committee members at AMC Maine Chapter Annual Meeting on Saturday November 2, 2012 at DiMillo's Restaurant in Portland.

Since 2007, the chapter has given an "Appie of the Year" award, and this year's recipient was Maine Chapter Young Members Chair, Kim Sanders. Kim recently became re-involved with the chapter and in the last year she has brought resurgence to the Young Members Committee by recruiting and motivating new leaders, organizing trips, arranging social events, and leading several trips herself. Her enthusiasm easily transmits to other leaders as well as participants.

She is also very perceptive of trip participant's needs and desires, all with a cheerful disposition and sincere interest in people's, as she has stated "life stories" and making new connections and relationships on the trail. She is more focused on the journey along the way, versus attaining the summit.

To quote Young Members trip leader Frank Brooks: *"Kim has spent more hours than I'm sure I know of coordinating a variety of activities, from hiking 4000 footers to short coastal hikes, to socials like bowling and going to the rock gym. She has worked to attract new leaders and keep existing leaders motivated. Thanks in no small part to her vision and dedication we have a growing group of YMs in Maine..."* The hand-hewn maple walking stick given to the current Appie of the Year was passed from Michelle Moody (last year's Appie of the Year) to Kim. Congratulations Kim!

The following Executive Committee members retired at the annual meeting. Many thanks for their years of service:

- Jeff Aceto, Outings Chair
- Diane Edwards, Membership and Public Relations Chair

New Executive Committee members who will be offering their time and talents in the next year include:

- Michelle Moody- Outings Chair

Please note: We have a vacancy for the Membership and Public Relations Chair. Contact Paul Hahn at [pahahn@maine.rr.com](mailto:pahahn@maine.rr.com) if you would like to volunteer for this position.



Jeff Aceto, center

Larry Dyer will continue to serve the second year of his two-year term as the Chapter Chair, as will Roger David in the position of Vice Chair on the Executive Committee. For a complete listing of Executive Committee members,

please see p. 9 of this newsletter, or visit: [www.amcmaine.org/committees/executive-committee](http://www.amcmaine.org/committees/executive-committee).

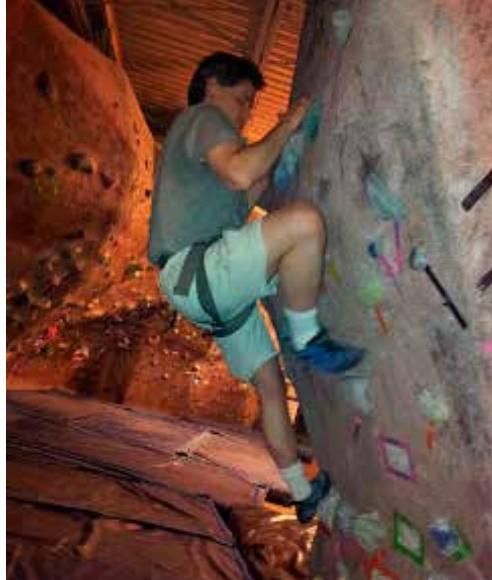
# The Young Members of the Maine Chapter are Growing!

The Young Members group is primarily geared towards young adults in their 20's and 30's, but we also like to consider the "Young at Heart." While hiking has been our primary activity, we've also had monthly social gatherings, like the Winter Rock Climbing Social and the Brian Boru Trivia Night.

With increased participation and members stepping up to take leadership roles, the Young Members group has been able to offer more events over time. We are currently prepping for the Winter Series, with plans to offer beginner snowshoeing, cross-country ski trips, and more fun socials like bowling, snow tubing, Pirates games, rock climbing and more!

Check out the Young Members at [www.amcmaine.org/committees/young-members](http://www.amcmaine.org/committees/young-members) (listings are always being updated so check back often) or on Facebook at [www.facebook.com/groups/9829386986](http://www.facebook.com/groups/9829386986). Our activities are usually free, always open to the public, and an opportunity to meet new folks interested, and motivated, in social/outdoor adventures. Join us for an event in 2013!

—Kim Sanders, Young Members Chair  
[youngmembers@amcmaine.org](mailto:youngmembers@amcmaine.org)



**Clockwise from top left:**  
YM Frank Brooks totally crushing a boulder problem at Maine Rock Gym. Photo by Denise Fredette.

AMC Young Members scale the walls and belay each other the Maine Rock Gym. Photo by Denise Fredette.

Young Members on a winter hike into Tuckerman's Ravine. Photo by Kim Sanders.

YM on Caribou Mtn. Photo by Kim Sanders.

# Out and About.. Recent Trips and Workshops



**Join us!**

See listings inside..

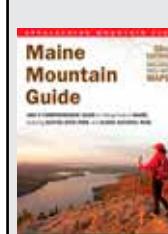
**Top** Great crowd at AMC M&E program in October in Freeport. Photo by Carey Kish

**Middle** AMC Leaders on November hike at Cathance River Nature Preserve, Topsham. Photos by Jeanne Christie.

**Bottom** Trail work with AMC Maine Young Members on Hastings Hill Trail, November, 2012. Photos by Douglas Ofiara.



**The AMC Maine Mountain Guide is on Facebook!**



"Like" the Maine Mountain Guide to share your stories on hikes described in the guide, and to share information on errors and omissions for correction, as well as suggestions for the next edition. Find the page by searching for "Maine Mountain Guide." Thanks!