



MAINE CHAPTER

YOUR CONNECTION TO THE OUTDOORS

Maine Chapter
Appalachian Mountain Club
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WILDERNESS MATTERS

VOLUME XXXXII • NUMBER 3 • SUMMER 2017

Progress at Medawisla Lodge and Cabins

by Doug Chamberlin, AMC Maine Chapter Chair

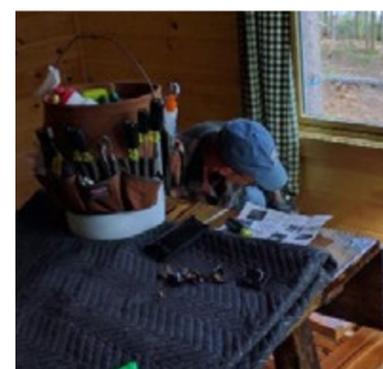
This past May, several groups from the Maine Chapter visited Medawisla to lend a hand in finishing this project so it can open for guests in July. The group I was part of at the end of May assembled furniture and hung curtains in all the cabins and bunkhouses. There was plenty of work for the seven of us over the course of the three 3 days, and at least it kept us inside and away from the black flies! We finished what we set out to accomplish, but there was much left to do, so we planned another trip before we left.

Without the dedicated volunteers from our chapter, this project would certainly struggle to make the deadlines of a tight schedule. A lot will have come together in the final month in the run up to the grand opening event on June 24. I was glad to be a part of the effort.

When all is done I believe this will be the most impressive of AMC destinations. With both self-service cabins at the lower waterfront level (including kitchenettes and a separate bathhouse) and full-service cabins above (with a bathroom in each cabin and meals at the lodge), Medawisla can accommodate everyone.

The views of Second Roach Pond from the waterfront cabins are exactly what you could wish for. The large post and beam pavilion overlooking the lower end of the pond reminds me of the massive frame construction you typically see only out west. All the buildings have pine board walls and have been constructed to be very "tight" by the local craftsmen. From what I saw, I think they have done a fine job.

I am very glad the chapter's Executive Committee will hold a retreat in September at this facility so the key chapter leadership will get a chance to see it soon.



Photos (all by Doug Chamberlin), clockwise from top left:

Main lodge having tree trunks fitted to support porch

Dave McCarthy and Tim Halle discussing if they should find where that small part belongs

Gerry Sawyer working on end table

Sarah Verney, Medawisla Lodge Manager, and Nathan Laird, MWI Head Cook, ready to welcome all guests.

Appalachian Trail Conservancy – Maine 2017 Conference, August 4-11, 2017



The biggest hiking and outdoors event of the summer, the Appalachian Trail Conservancy's Maine 2017 Conference is fast approaching.

The weeklong extravaganza, from August 4-11, based at Colby College in Waterville, is co-sponsored by the Maine Chapter of the Appalachian Mountain Club and the Maine Appalachian Trail Club.

The Conference features a week of guided and self-guided hikes, excursions, family activities,

workshops and even a trip to a winery. Maine has a bounty of beautiful mountains and lakes, as well as the incomparable coastline, and this conference takes advantage of all that our beautiful state has to offer.

For lodging, conference goers can stay either on campus in a dorm, camping on the campus or in a nearby hotel or inn. Meals are provided by Bon Appetit on campus, or you can visit local restaurants during the week. There are plenty of entertaining evening activities as well, so you may want to stick around rather than venturing away from campus in the evening.

Come and stay the whole week, or just part of the week, choosing your activities cafeteria-style. In addition, consider arriving early and attending the Art and Land Conservation Symposium on August 3-4. This Symposium examines the role of artists in land conservation efforts in the U.S. and features field trips to Acadia, Monhegan Island and Katahdin.

If you haven't taken a moment to register as either a participant or as a volunteer for the Appalachian Trail Conservancy – Maine 2017 Conference, now is an excellent time to do so. We are in particular need of hike leaders of all levels, and you need not be WFA Certified in order to qualify as a leader or a co-leader.

For complete information and registration, visit www.atc2017.org.

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 the AMC or its Maine Chapter. Not responsible for errors or omissions, except to acknowledge them in a subsequent issue. Copyright 2017 - Maine Chapter of the Appalachian Mountain Club.

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2017 AMC Fall Gathering

October 13-15, 2017

at Camp Robin Hood, Freedom, NH

Registration opens July 1 for your fall weekend in New Hampshire's White Mountains.

Join fellow AMC members for a great time at the 2017 AMC Fall Gathering in the heart of New Hampshire. Plan your getaway weekend this fall and join this annual AMC October event—a great time to be in the White Mountains! Come to...

- Launch and Paddle from the host camp
- Hike Mount Chocorua or other White Mountain greats
- Enjoy hearty meals and great company
- Celebrate Autumn's splendor
- Get away and enjoy the great outdoors!

Check it out at www.outdoors.org/fallgathering.

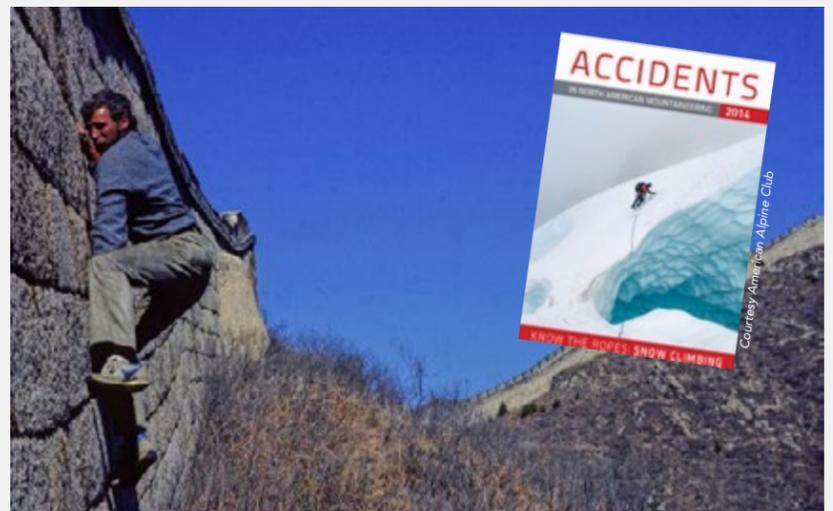
SAVE THE DATE!

AMC Maine Chapter Annual Meeting is scheduled for Sat, Nov 18th

by Doug Chamberlin

This year the annual meeting will be on November 18, 2017 and follow the successful format from last year at the Clarion Hotel in Portland.

Our main speaker will be Jed Williamson, a long-time educator and leader in experiential education and outdoor pursuits. In traveling the world, Jed has developed a telling perspective on outdoor life, sustainability, cultural impacts, and the value of adventure.



Jed Williamson climbing on the Great Wall of China. Photo courtesy Jed Williamson

Jed recently retired as chair of the American Alpine Club's Safety Advisory Council and editor of the Club's annual report *Accidents in North American Mountaineering*. Jed's extensive experience in risk management provides him with dozens of examples of what can go wrong in the outdoors, and he will share with us many of those stories along with relevant advice and lessons learned. (Here's a link to a great interview with Jed posted on *Alpinist.com*: www.alpinist.com/doc/web14x/wfeature-interview-jed-williamson-accidents).

Our annual meeting is where we recognize our chapter leadership, so if you have any nominations you would like to make for chapter awards, including Appie of the Year, please contact any member of the Executive Committee.

So, please save the date, as we hope to see you there!



FACTS FOR THE FUTURE: Clean Energy Transition with ReVision Energy

Thursday August 24th, 5:30 - 7:30 pm

Allagash Brewing Company, 50 Industrial Way, Portland

Have you ever wondered how you can transition into a clean energy future?

Over the past 10 years, solar technology has dropped in price by more than 75%, making today, more than ever, a great time to invest.

Join ReVision Energy as we team up with the AMC for a presentation on energy efficiency. Learn about the latest technology for hot water systems, solar electricity, efficient air source heat pumps, electric vehicle charging stations and more. Our discussion will include current solar options and technology, including community solar farms, solar for non-profits, and Maine-made inverters and storage options. Find out what makes your home a good site for solar power, how much these systems cost, and what you can expect for a return on investment.

This event is free and open to the public, but kindly RSVP, as space is limited, with Brittany bangelo@revisionenergy.com or call our office at 207-221-6342.

Advanced Wilderness First Aid Is Two Days of Intense, but Fun, Training

By Anonymous



Advanced Wilderness First Aid certification classes were held this past April. It wasn't just two days of intense training, it was also a lot of fun. We had a fantastic group this year, and the instructor, Jeremy, of SOLO Wilderness Medicine was great.

Wilderness First Aid certification is a requirement to be a trip leader for the Maine Chapter of the AMC. The advanced class takes this certification one step further, emphasizing leadership skills and presenting new skills like litter packaging and traction splinting. Accidents happen, and you can be assured that your AMC Maine trip leader will have the skills to make a difference between a good outcome and a bad one, and maybe even save a life.

Several mock scenarios were played out during the two-day course. One of these went as follows: Two hikers in the mid-west stopped to take selfies with a grizzly bear that was nearby. They were both "slightly" mauled by



the bear before it ran off. Luckily another group of hikers came upon the scene soon after. This group of hikers were all AMC Maine chapter leaders and knew exactly how to treat the victims. They began with the patient assessment and finished with the treatment of injuries. There are many steps between and we covered them all in two days of intense training. Hopefully we will never have to use these skills in a wilderness setting.

We all took part in carry-outs of injured parties, placing them in a makeshift litter, and carrying them to safety. It took team work to accomplish this, always keeping in mind that this could be reality one day. Let's hope not, but if it does happen we will be prepared.

According to a survey by SOLO, some of the common expedition problems (in no particular order) include: blisters, burns, contact dermatitis, dehydration, frostbite, headache, bites, heat exhaustion, fractures, hypothermia, objects in eye, impaled objects, and sunburn. Do you know how to treat these emergencies?



AMC Maine Legislative Update

By Dave Publicover



AMC File Image

During this year's Maine legislative session, AMC worked with the Maine Appalachian Trail Club to develop and promote legislation that would have increased the distance for which the visual impact of wind power projects is considered during permitting from the current 8 miles to 15 miles for selected highly significant viewpoints, including the Appalachian Trail, Baxter State Park, Acadia National Park and the Speckled-Caribou Wilderness in WMNF.

AMC's effort was led by Kaitlyn Bernard, AMC Maine Policy Manager, who was tireless in her lobbying efforts, and David Publicover, AMC Senior Staff Scientist, who developed AMC's testimony and additional information requested by legislators. Despite our best efforts, strong opposition from the wind power industry and landowners led to the bill being amended in a way that not only negated its intent but was actually detrimental to our interests. The amended bill passed the legislature, and we are now in the unusual position of hoping that Governor LePage vetoes our bill.

Despite this setback, AMC's efforts to improve wind power siting in Maine will continue through a joint project with Maine Audubon that has been funded by the Horizon Foundation (with additional funding being sought).

We will work to develop up-to-date and detailed information on the potential of renewable energy development (wind, solar and transmission lines) to impact significant scenic resources (AMC) and wildlife habitat (MA). We will use this information to engage other environmental organizations in an effort to develop a consistent approach to the future of renewable energy development in Maine, one that encourages properly sited projects while protecting important open space values ("right siting not energy sprawl"). Our goal is to be in a position to influence public policy subsequent to the 2018 election.

AMC Food for Thought

In the heart of Maine's 100-Mile Wilderness, AMC has taken an incredible leadership role to preserve, protect and enact AMC's 75,000-acre Maine Woods. With nearly \$60,000,000 invested, this is AMC's biggest conservation effort and a world-class conservation model. AMC is working to protect this critical wilderness region and ensure that the Maine Woods leads in sustainable forestry, eco-tourism, outdoor recreational infrastructure, environmental education and conservation stewardship.



SUMMER CALENDAR: OUTINGS | EVENTS | MEETINGS

A note about the listings: The listings below—presented in date order by category—include only those posted online prior to the submission deadline for this issue of *Wilderness Matters*. For the most complete and accurate information and up-to-date listings—and so you don't miss spontaneous outings—please periodically check out the calendar online at www.amcmaine.org/calendar.

For general questions or comments regarding these calendar listings, please contact Bill Brooke, Outings Chair and Master of the Calendar Listings, outings@amcmaine.org or (207) 549-5100.

Note: Please be courteous when contacting trip leaders by doing so before 9:00 PM unless otherwise specified. Thanks!

Deadline for Wilderness Matters (Autumn Issue) is September 1, 2017.

Submission info: *Wilderness Matters* is your chapter newsletter. Everyone is welcome and encouraged to contribute, be it stories, news, opinions, photos, or whatnot. We want to hear from you! Please send submissions to newsletter@amcmaine.org. Submission guidelines: Articles, opinions, stories and should be limited to 400-500 words maximum (word counts greater than that may be edited or may not be accepted). Photos should be reduced in size to 1024 x 768 pixels or thereabouts and include a photo title, captions and any other identifying info plus proper photo credit. Thank you!

MEETINGS

July 13, 2017: Regular bi-monthly AMC Maine Chapter Executive Committee meeting. <http://www.amcmaine.org/calendar/#96149>.

All members are welcome to attend to find out what we are planning. Contact a committee member for building access instructions if you have not attended before. Meeting at 6:30pm at LL Bean facility in Brunswick. Leader: Doug Chamberlin, 978-761-3815, chair@amcmaine.org.

September 9, 2017: Executive Committee Retreat and business meeting. <http://www.amcmaine.org/calendar/#96153>. The Maine Chapter's Executive Committee will hold our regular bi-monthly business meeting during a weekend retreat where we'll be examining some wider ranging chapter issues. All members are welcome to visit during this event to see what we are planning and to add your input. The business meeting will likely be Sunday morning 9-10 am. We recommend you contact the leader to let us know to expect you and so we can share the details of the schedule. Leader: Doug Chamberlin, 978-761-3815, chair@amcmaine.org.

September 14, 2017: Presentation: Tamed—A City Girl Walks from Mexico to Canada on the Pacific Crest Trail. Bangor Public Library, Bangor. 6:00 to 7:00 PM. In 2010, Anne O'Regan left her home in Boston and traveled west to do what, on average, only 300 people accomplish each year. Starting in Campo, California (on the Mexican border), she backpacked north for 2,650 miles on the Pacific Crest Trail (PCT). Traveling through California, Oregon and Washington, she completed her thru-hike five months later in Manning Park, Canada. Join us as Anne shares tales from the trail, and offers a unique visual presentation gleaned from over 3,000 photographs taken along the way. Anne spent most of her adult life living and working in downtown Boston, then left corporate America behind to venture west to walk the PCT. She has thru-hiked other long trails, including the Colorado Trail, the John Muir (twice), and Vermont's Long Trail (twice). Now that she's a part-time Mainer, she can't wait to discover Maine's trails! Anne is the author of *Tamed. A City Girl Walks From Mexico To Canada On The Pacific Crest Trail*. Her book is available on her website: www.anneoregan.com and will also be available at her presentation. Leader: Nancy Jacobson, education@amcmaine.org, 942-4924.

October 5, 2017: Potluck and Presentation: Tamed—A City Girl Walks from Mexico to Canada on the Pacific Crest Trail. Curtis Memorial Library, Brunswick. <http://www.amcmaine.org/calendar/#97779>. In 2010, Anne O'Regan left her home in Boston and traveled west to do what, on average, only 300 people accomplish each year. Starting in

Campo, California on the Mexican border, she backpacked north for 2,650 miles on the Pacific Crest Trail (PCT). Traveling through California, Oregon and Washington, O'Regan completed her thru-hike five months later in Manning Park, Canada. Join us as Anne shares tales from the trail, and offers a unique visual presentation gleaned from over 3,000 photographs taken along the way. Anne spent most of her adult life living and working in downtown Boston, then left corporate America behind to venture west to walk the PCT. She has thru-hiked other long trails, including the Colorado Trail, the John Muir Trail (twice), and Vermont's Long Trail (twice). Now that she's a part-time Mainer, she can't wait to discover Maine's trails! Anne is the author of *Tamed: A City Girl Walks From Mexico To Canada On The Pacific Crest Trail*. Her book is available on her website: www.anneoregan.com and will also be available at the presentation, which starts at 7 pm. Optional potluck starts at 6pm; please bring a dish to share and help us be green by bringing your own silverware, plate and cup. Leaders: Michelle Moody, Stan Moody, 207-406-5221, meamc@micstan.us.

October 24, 2017: Presentation: A Maine Guides Travels & Tales in Wilderness Canoeing Poling. Bangor Public Library, Bangor. 6:00 to 7:00 PM. Lisa Diehart will present, "A Maine Guides Travels & Tales in Wilderness Canoeing Poling." Maine Guide and Maine Canoe Symposium Pro Staff member Lisa DeHart has spent the last 25 years canoeing everywhere from the Rio Grande in Texas to the Gaspé Peninsula in Canada, along with most every River in the great State of Maine. Come join us for a journey of photographs and film of the best of those Wilderness Canoe Trips. Learn about the Art of Canoe Poling and some tried and true safety tips used by Maine Guides. Leader: Nancy Jacobson, education@amcmaine.org, 942-4924.

October 26, 2017: AMC Potluck and Presentation: Backpacking in Yellowstone National Park. Curtis Memorial Library, Brunswick. <http://www.amcmaine.org/calendar/#97778>. Jonathan Rundell is an avid hiker and photographer. Join Jonathan and his group of five Maine and New Hampshire backpackers on a photo journey through eight nights on the trail in Wyoming and Montana, starting with five nights in the northwest corner of Yellowstone National Park, and including an ascent of 11,000-foot Electric Peak. Then, after one night off the trail, we take on the spectacular and rugged Beartooth Plateau Loop, just outside the park, where we pass numerous pristine alpine lakes and tackle the navigational challenges of off-trail travel in this high-altitude wilderness. We also take a quick drive through Yellowstone National Park, stopping to enjoy its abundant wildlife, waterfalls, and geothermal features. Presentation starts at 7 pm; optional Potluck starts at 6 pm. Please bring a dish to share and help us be green by bringing your own silverware, plate and cup. Leaders: Michelle Moody, Stan Moody, 207-406-5221, meamc@micstan.us.

November 9, 2017: Regular bi-monthly Executive Committee meeting. <http://www.amcmaine.org/calendar/#96151>. All members are welcome to attend to find out what we are planning. Contact a committee member for building access instructions if you have not attended before. Meeting at 6:30pm at LL Bean facility in Brunswick. Leader: Doug Chamberlin, 978-761-3815, chair@amcmaine.org.

Tuesday, November 14, 2017: Presentation: Bangor Public Library, Bangor. 6:00PM - 7:30PM. Polly Mahoney of Mahoosuc Guide Service in Newry, Maine will share her dogsledding experiences from the Yukon Territory to Maine to Nunavut and northern Quebec. Polly has been mushing for 37 years and is co-owner of her business for the last 27 years offering dog trips in the northeast. She will bring a couple of her friendly sled dogs to meet you and a sled to demonstrate how she hooks the dogs up. Leader: Nancy Jacobson, education@amcmaine.org, 942-4924.

November 16, 2017: Potluck and Presentation: TBD - We need your story. <http://www.amcmaine.org/calendar/#97781>. We've reserved the room, now we just need someone with a great story or travel program to fill this slot. Please contact Michelle if you are interested. Leaders: Michelle Moody, Stan Moody, 207-406-5221, meamc@micstan.us.

December 7, 2017: Potluck and Presentation: Land Conservation in Maine. Curtis Memorial Library, Brunswick. <http://www.amcmaine.org/calendar/#97780>. We have invited three organizations to give us the low down on land conservation in Maine. From the smaller local land trusts, Brunswick-Topsham Land Trust, to the large-scale land preservation organization, The Nature Conservancy, and for the funding picture for these kinds of efforts, the Maine Coast Heritage Trust. Check back again for full details. Presentation starts at 7 pm; optional potluck starts at 6 pm. Please bring a dish to share and help us be green by bringing your own silverware, plate and cup. Leaders: Michelle Moody, Stan Moody, 207-406-5221, meamc@micstan.us.

VOLUNTEER OPPORTUNITIES

August 4, 2017: Appalachian Trail Conservancy 2017 Conference, Waterville ME. <http://www.amcmaine.org/calendar/#97630>. ATC Conference at Colby College needs hike leaders. With 240 trips scheduled during the week of the conference, the need for trip leaders remains high. Trips range from remote sections of the Appalachian Trail to urban walks near the conference. AMC Maine Chapter hike leader requirements are not required for this event. Free tenting for nights preceding hike. Conference registration (separate from volunteer registration) encouraged but not mandatory to be a hike leader. Browse to www.atc2017.org and choose "Volunteer" link to register as hike leader or other type of volunteer. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

Help with AMC Presentations and Potlucks in Southern Maine. <http://www.amcmaine.org/calendar/#97782>. Have you always wondered how you could help the AMC Maine Chapter, but not sure what you might be able to do? Do you enjoy coming to the presentations that AMC offers in Brunswick? Would you be willing to get involved with helping to keep them going? The tasks could be as simple as coming a bit early to help set up, help man the welcome table and the sign-up sheets as folks arrive, get the potluck supplies set up, or find speakers for future presentations. If you're willing to take on even more responsibility and help with the advance organizing, we'd like to talk to you about the possibilities. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

July 11-14, 2017: Trail Work @ AMC Gorman Chairback Lodge and Cabins. <http://www.amcmaine.org/calendar/#95089>. Trail work trip to the Maine Woods Initiative/100-Mile Wilderness area. Lodging at Gorman Chairback Lodge and Cabins. Under the direction of Steve Tatko, MWI Land Manager, and his staff, we'll pull a couple of slips out of the AMC job jar and go to work. Gorman Chairback Lodge and Cabins is located on beautiful Long Pond and near the Appalachian Trail, the Hermitage and Gulf Hagas. When not working we can visit all three and more in this Maine woods paradise. Come work, hike, paddle, swim or just relax after a day of trail work in support of the AMC mission. Did I mention the delicious meals and beautiful lodge? Contact leader FMI. Leader: David McCarthy, 207-363-2791, drmccarthy@aol.com.

October 6, 2017: Trail and Boundary Work @ Medawisla Lodge and Cabins. <http://www.amcmaine.org/calendar/#95563>. With hundreds of miles of property lines and trails, the AMC in Maine has lots of volunteer work opportunities. For this trip, we'll be staying in a bunkhouse at the newly rebuilt Medawisla Lodge and Cabins. Experience the new facilities and help get the nearby trails ready for the guests who will be staying at this newest Maine Woods Initiative lodge. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

HIKING/WALKING

July 8, 2017: Bigelow Mountain Loop Hike. <http://www.amcmaine.org/calendar/#97796>. 14-mile loop hike. Ascend the Firewarden Trail (4.7 miles and 2,350' elevation gain) to Bigelow Col. Hike north to Avery Peak (4,088 ft.) then backtrack to West Peak (4,145 ft.). Continue on to North and South Horns then to Horns Pond Campsite. Take Horns Pond Trail down to the Firewarden's Trail junction at the base of the mountain and out to trailhead. Panoramic views of Canada, Katahdin, and surrounding mountains. This is a strenuous hike for FIT AND EXPERIENCED HIKERS ONLY. The pace will be fast; we will aim to complete the hike in 10 hours, beginning with an early start at 7 am. Please email or call to register. Leader: Cindy Caverly, 207-313-7862, cindycaverly@gmail.com.

July 8, 2017: Old Speck Mountain. <http://www.amcmaine.org/calendar/#97118>. Old Speck Mtn., so named for its speckled appearance caused by large areas of exposed rock and tree cover and to distinguish it from the Speckled Mountains so named in other areas of the region. The open observation tower on the wooded summit offers outstanding views of Grafton Notch, West and East Baldpate to the north, the jumbled peaks of the Mahoosuc Range to the south, and beyond to the Presidential Range. Leader: Susan Surabian, 207-474-6100, suebeau1@gmail.com.

July 29, 2017: Peaked Mtn. (1739 ft.) and Middle Mtn. (1,857 ft.). <http://www.amcmaine.org/calendar/#97713>. 6-mile loop hike in Green Hills Preserve in North Conway, NH. 1,300-foot elevation gain with open ledges and summit views of the Whites. Leaders: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com; Debby Kantor, 207-854-3431, dlkantor@aol.com.

August 19, 2017: Puzzle Mtn. <http://www.amcmaine.org/calendar/#97218>. Puzzle Mtn. (3,133 ft.) has several ledges with fine views of Bear River Valley, Mahoosuc Range and the Presidential Range. Hike is 6.5 miles RT to the southwest summit and 8.6 miles RT if the Woodsum Spur Trail is included. Leader: Susan Surabian, 207-474-6100, suebeau1@gmail.com.

August 26, 2017: South Moat Mtn. (2,770 ft.). <http://www.amcmaine.org/calendar/#97714>. 4.6-mile RT hike to open summit with great views of the Whites. 2,150-foot elevation gain. Leaders: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com; Debby Kantor, 207-854-3431, dlkantor@aol.com.

PADDLING

July 15, 2017: Sea Kayaking on New Meadows River. <http://www.amcmaine.org/calendar/#95631>. From the Sawyer Park boat launch in Brunswick, we'll paddle out with the tide, have lunch on an island, and return on the incoming tide. About 5 hours. We'll watch for ospreys and eagles. An after-paddle option is to gather on the deck at the Seadog in Topsham for refreshments. Trip difficulty: moderate. If weather is unfavorable, we'll go on Sunday, July 16. Leader: Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

July 21, 2017: Inter-Chapter Young Members Camping Weekend. <http://www.amcmaine.org/calendar/#96506>. Join us for some summer fun and camping at Rangeley Lake State Park. The Maine Young Members group is hosting our Fifth Annual Inter-Chapter Maine camping weekend. Come and meet folks from all over New England. There are plenty of hiking trails and mountains in the area, including many 4k's such as Mt. Abraham, the Crockers, Saddleback, and the Horn. Mt. Abraham is one of my favorite mountains in Maine, with the second largest alpine zone in the state. You can join us on a hike led by one of our volunteer leaders or go off on your own day adventure. We have a group site on the lake, so you can cool off with a swim or bring a canoe or kayak and go paddling (canoes also available to rent) and relax by the fire at night. Potluck dinner Sat night, so bring your favorite dish to share. In order to register officially for the event, I am requesting a \$5 deposit per person for camping. This deposit is refundable up to July 7; after that date, the deposit is nonrefundable. Leaders: Sarah Keats, 207-756-4226, slkski@gmail.com; Denise Fredette, 207-939-3670, deniserae77@gmail.com.

August 3, 2017: Cathance River to Merrymeeting Bay. <http://www.amcmaine.org/calendar/#97286>. Let's head out with the tide (low at 5 pm) and enjoy a picnic dinner or just lots of appetizers to share on one of the islands in Merrymeeting Bay (a fresh water tidal bay). Sea kayaks preferred due to potential for wind on the bay, as it's a very open area. Six rivers feed Merrymeeting Bay, making it an important ecological area. We'll keep an eye out for eagles and ospreys. Plan on 4-5 hours out. Distance covered will depend on conditions and group ability. To register, contact Michelle and include information on your boat, safety equipment you carry and level of experience. Leaders: Michelle Moody, Stan Moody, 207-406-5221, meamc@micstan.us.

August 26, 2017: Sea Kayaking, Androscoggin River, Brunswick. <http://www.amcmaine.org/calendar/#95642>. From the Water St. boat launch in Brunswick, we'll paddle out with the tide, have lunch on an island, and return on the incoming tide. About 5 hours or so. We'll watch for ospreys and eagles. An after-paddle option will be gathering on the deck at the Seadog just over the bridge in Topsham. If the downstream river flow is heavy, we'll go to another nearby location. Trip difficulty: moderate. If weather is unfavorable, we'll go on Sunday 8/27. Leader: Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

September 5, 2017: First Debsconeag Lake Canoe Camping Getaway. <http://www.amcmaine.org/calendar/#95666>. Love to paddle and want to get away from it all? Join us for a 3-night camping and paddling outing in The Nature Conservancy's Debsconeag Lakes Wilderness Area. We'll do a bit of hiking as well, with a visit to an ice cave and another pond with a full view of Katahdin. We'll paddle in to our campsite and enjoy our outings from there. Watch the sunset from the beach, listen for loons, relax and enjoy nature all around you, enjoy the camaraderie of fellow nature enthusiasts. Contact leader for full details. Please include information

about your paddling, hiking and camping experience, equipment and a phone contact. Limited space. Kayaks OK if you can carry all your gear. Leaders will share with you a list of other opportunities to enjoy the outdoors in the area. Come make this a part of a longer vacation to this wonderful section of Maine. We are working on plans to have staff from The Nature Conservancy join us during our stay. Leaders: Michelle Moody, Stan Moody, 207-406-5221, meamc@micstan.us.

BICYCLING

July 21-23, 2017: Second Self-Supported Bicycle Tour, Bath to Hermit Island and back. <http://www.amcmaine.org/calendar/#97066>. Join Jeanine and Steve for a 3-day bike touring trip to some of the best beaches the state of Maine has to offer. We'll begin our tour on Friday in historical Bath area and bike 18 miles along beautiful Merrymeeting Bay to our destination at Hermit Island, a place where the land ends and the ocean begins. There will be several scenic stops along the way with breathtaking views. Once camp is set up, we'll venture off to explore the seven beaches the island has to offer, and, if we are lucky, we may even find a sand dollar or two. The next day's plans are to tour the area and take in the vista at Morse Mtn. Preserve, explore Fort Popham, walk the beach, and feast at Spinney's Restaurant on a lobster roll. On Sunday, we'll begin our day with a leisurely bike ride through Sebasco, explore Melaga Land Preserve, and stop for a picnic lunch at Basin Preserve. I'm sure once we arrive in Bath, 18 miles later, an ice cream stop will be the final touch on the perfect trip. Please note that this is a self-supported loaded tour where participants are responsible for all expenses, including personal expense, food and campsite fees. Please contact Jeanine or Steve for details or if you have any questions. Leaders: Jeanine Libby, 207-858-5500, jjlibby13@roadrunner.com; Stephen Robe, steve.robe@hotmail.com.

BACKPACKING/CAMPING

July 29, 2017: Grafton Loop Backpack, West Section (20's, 30's & Young @ Heart). <http://www.amcmaine.org/calendar/#95725>. Join us for a 2-day, 1-night Western Grafton Loop backpack. 17.1 miles, several summits including Sunday River Whitecap and Old Speck. Must have recent mountain hiking experience ON 10-mile-plus days, able to carry a heavy pack over rugged terrain. This event is listed as Young Members (20's, 30's & Young @ Heart) but is open to ALL. Leaders: Denise Fredette, 207-939-3670, deniserae77@gmail.com; Sarah Keats, 207-756-4226, slkski@gmail.com.

SKIING

February 4, 2018: Claybrook Mountain Lodge Ski Week. <http://www.amcmaine.org/calendar/#97282>. Have you ever thought about checking out the new Maine Huts and Trails system but the thought of carrying an overnight backpack didn't appeal to you? We have the solution for you. Join us for a week of great cross-Country skiing on the MHT system of well-maintained trails. We'll have the opportunity (weather permitting) to visit each of the four huts and the luxury of skiing with just a small daypack while enjoying the magnificent trails and scenery in the Bigelow area. Accommodations will be in shared rooms at the Claybrook Mountain Lodge in Highland Plantation. The lodge is owned by Greg, a certified EMT and Maine Guide, and his wife Pat. Pat is a fantastic cook who will spoil us with her homemade bread, muffins, cookies and multi course meals. Made to order breakfast, trail lunches and dinner are included in the trip fee. All meals from supper on Sun, Feb 4 (day of arrival) through and including lunch on Fri, Feb 9 (day of departure). We will eat our trail lunch at one of the MHT huts whenever possible, so we can purchase hot food items as well. Claybrook Lodge has twin and triple rooms located on 2 levels, with a shared bath on each floor. There is also a living room area on each floor and a large wood stove on the first floor. The facility is clean, cozy and rustic surrounded by an array of mountain peaks. Greg will act as our naturalist guide each day and give us information on tracking, wildlife identification, tree identification and historical perspectives of the area; his skills will increase our enjoyment of the area while maintaining a good level of safety. There will also be two AMC trip leaders on the excursion, both of whom are trained in Wilderness First Aid and CPR. Leader: Ginette Beaudoin, 207-294-6302, ginette4000@yahoo.com.

OUTDOOR INSTRUCTION AND TRAINING

July 29, 2017: Map and Compass course. <http://www.amcmaine.org/calendar/#97623>. Basic Map and Compass course. Good for beginners and those wanting a refresher. About 3 hours of classroom in the morning followed by a similar period in the woods in the afternoon, putting to practice what was learned in the morning. Class size limited. Leader: Roger David, rd04342@gmail.com.

September 23, 2017: AMC Outdoor Leader Training Workshop. <http://www.amcmaine.org/calendar/#95591>. Join experienced Maine AMC leaders and AMCs Leadership Training Manager for a one-day workshop to develop and practice leadership skills necessary to plan and lead safe and enjoyable chapter activities. This workshop is for new and prospective leaders with no prior AMC leader experience, and for experienced leaders looking to improve their skills. Workshop format will be a combination of presentations, discussion, and interactive sessions on outdoor leadership, including: leader decision making, group management strategies, accident scene management, trip planning, and others. Whether you are an experienced leader looking to make your trips run more smoothly, or are interested in becoming a leader, this workshop will give you the skills and confidence you need to lead a chapter activity. Participants successfully completing this workshop will meet AMCs requirement for chapter trip leader training. Leader: Bill Brooke, 207-549-5100, bill@mesoft.org.

Great Meetings & Education Programs in Bangor this Fall

AMC's Meetings and Education in Bangor has a diverse fall line-up with a group of speakers who have exceptional experience to share. All meetings will be held at 6 pm at the Bangor Public Library, 145 Harlow St.

We'll kick-off on September 14 with Anne O'Regan, who left her home and corporate life in Boston in 2010 to thru-hike the Pacific Crest Trail. On average, only 300 people accomplish this 2,650-mile hike each year, which starts in Campo, California and ends at Manning Park, Canada. Join us as Anne shares tales from the trail, and offers a unique visual presentation gleaned from over 3,000 photographs of her five months on the PCT.



On October 24, Lisa DeHart will present, "The Art of Canoe Poling, Wilderness Canoe Tripping and Safety, and the Maine Canoe Symposium." Lisa Dehart, Maine Guide and Maine Canoe Symposium Pro Staff member, has spent the last 25 years canoeing everywhere from the Rio Grande in Texas to the Gaspé Peninsula in Canada,

along with most every river in Maine. Join us for a journey of photographs and film of the best of those wilderness canoe trips. Learn about the art of canoe poling and some tried and true safety tips used by Maine Guides.

Have you been intrigued by sled dogs and mushing? Join Polly Mahoney and a couple of her dogs on Nov 14. She will share slides of her dogsledding experiences from the Yukon Territory to Maine to Nunavut and northern Quebec. Polly has been dogsledding for 37 years and has been co-owner of Mahoosuc Guide Service in Newry, Maine for the last 27 years. She will bring a couple of her friendly sled dogs to meet you and a sled so you can see how she hooks them up.



On December 7, join Gregory A. Zielinski, Maine's former state climatologist, to learn about "Maine's Weather: What you need to know." Greg will explain what controls the weather in Maine from the coast to the mountains and how you can be your own forecaster, especially when outdoors. He will talk about some of those past snowstorms that we all remember and like to boast about. Greg is a former research professor, an author of two books on our region's weather, and has been featured on NOVA, among other scientific programs.

AMC Maine Chapter Volunteers Hard at Work at Little Lyford

by Paul Hahn



Volunteers hard at work on the trail

Twenty-six blowdowns removed from trails, 101 water bars cleared, bushels of small branches removed from the sides of trails, bog work for bridges, special attention given to the marked nature trail from the lodge.

All this was accomplished by twelve AMC volunteers over the Memorial Day weekend at Little Lyford. The weekend also allowed us time to hike to Gulf Hagas and some fast and furious fly fishing for native trout in the Lyford Ponds once the work was finished. Volunteers also gave a little blood to hungry black flies who tried but did not succeed in stopping the work.

The volunteers were led by Peter Roderick, John Mullens and David McCarthy. Returning volunteers included Robert Reed, Susan Mullens, Tim Hallee and Paul Hahn. New volunteers included Phillip Coyne, Susy Kist, Sue Surabian, and two PRTWA Awardees, Kris Atkinson and Ian Maddaus.

No report would be complete without thanks for a job well done by the Lyford staff for excellent meals and support. These trips are fun and are one of the significant ways the Maine Chapter supports the MWI.



Little Lyford volunteers enjoy a meal.



Volunteer clips trailside brush

AMC Potlucks and Presentations Return to Brunswick This Fall

All presentations will be held at the Curtis Memorial Library, Morrell Meeting Room, 23 Pleasant St, Brunswick. Each evening will start with a potluck dinner at 6 pm. Doors open at 5:30 pm. Presentations begin at 7 pm.



Anne O'Regan on the trail.

On October 5, join us as we start off the fall season with a presentation on long distance hiking. "Tamed: A City Girl Walks from Mexico to Canada on the Pacific Crest Trail" will feature Anne O'Regan, who will take us on an incredible 2,650-mile journey along the PCT with her stories and unique visual presentation. Her book will be available at the presentation.

Our October 26 evening will feature Jonathan Rundell, who returns to take us on a photo journey to Yellowstone National Park through a backpacking trip he did with four friends. From the top of Electric Peak at 11,000 feet to the geothermal features of Yellowstone and plenty of wildlife to boot, you are sure to enjoy his wonderful photography.



Jonathan and friends on the trail.

For the November 16 date, we are looking for someone to fill in this spot that we have reserved.

On December 7, we'll finish the fall series with a presentation on Land Conservation in Maine. More details to come in the Autumn issue of this newsletter.

Questions or suggestions? Please contact Michelle Moody at meamc@micstan.us or call 207-406-5221. Hope to see you there!

AMC Maine Chapter Offers Outings Instructional Programs

By Bill Brooke, Outings Chair

Not only do your trip AMC chapter leaders offer many great trips, we also offer programs to develop skills in these same



outdoor activities including bicycling, paddling, backpacking, and hiking.

Programs and workshops are given by experienced leaders to introduce newcomers to the activity, like the Beginner Bike Touring and Introduction to Backpacking workshops, or provide essential skills for the activity such as the Self and Assisted Kayak Rescue and the Map and Compass courses.



We also offer programs to support development of Outdoor Leaders, both in training new leaders and supporting current leaders in taking their skills to the next level.

The Outdoor Leader Training Workshop offered in September is an excellent introduction to the knowledge and skills required lead groups in the outdoors. It is taught by the AMC leadership training staff as well as Maine chapter trip leaders.

Wilderness First Aid, required for all Maine Chapter trip leaders, is held annually for leader recertification, but is open to all interested.

Please let us know if you have ideas or suggestions for other outdoor skills training.

See the AMC Maine Chapter calendar for dates and more information on specific training opportunities.

Debsconeag Lakes Wilderness Area Canoe Camping September 5-8, 2017

Do you have canoe or kayak camping experience? Do you love exploring new places, camping on a lake, hiking to beautiful and interesting sites? Then you might be interested in joining leaders Michelle and Stan Moody for a 3-night paddle and camping stay on First Debsconeag Lake in The Nature Conservancy's Debsconeag Wilderness Area, just south of Baxter State Park and a few miles west of Millinocket. Check out the trip details with this link: <http://www.amcmaine.org/calendar/#95666>. Please note this is not a guided outing; participants are responsible for all meals and gear. Michelle and Stan Moody, trip leaders, 207-406-5221 or cell 207-373-8082.

Help Wanted on AMC's Next Maine Mountain Guide

By Carey Kish, Editor

First published in 1961, the Appalachian Mountain Club's *Maine Mountain Guide* has been a trusted resource and trail companion for countless hikers seeking outdoor fun and good exercise on Maine's magnificent mountains from Aroostook to Acadia, Downeast to the Mahoosucs. It may be hard to believe, but the current 10th edition of this venerable guide is already five years old and due for revision.

This hiker happily continues to serve as editor of the *Maine Mountain Guide*, and as such, I've got my work cut out for me. In 2011, I had less than a year to finish the task. This time around I have considerably more time to complete this huge undertaking, with a late September deadline. Last summer and fall I spent considerable time in the field revisiting existing trails and exploring new paths and peaks, but there's plenty more to do.

With more than 450 mountains and over 1,000 miles of trails in Maine, there's simply no way to revise and expand the *Maine Mountain Guide* every few years without lots of help. That was certainly the case with the 10th edition, where two full pages in the acknowledgments are devoted to the names and affiliations of helpers from all over Maine who assisted in so many ways large and small. If your name is among them, well, thank you again.

So, as I gear up to begin the final push to complete a new and improved 11th edition of the *Maine Mountain Guide*, I hereby respectfully request the help of any and all of you in Maine's hiking community in field checking the trails and reviewing sections of text.

Thanks to the incredible efforts of public agencies, private groups and dedicated individuals who continue to preserve lands and build trails around Maine, carrying on the wave of conservation that has swept the state over



Above: Carey Kish working on MMG at Blueberry Knoll in Baxter State Park



Left: Carey Kish taking MMG notes at Deboullie Public Reserve Land in Aroostook County

the past several decades, there are ever more mountains and trails to search out and describe.

I've already identified at least 35 "new" mountains and some 75 new trails that need to be included in the next guide, and I'm sure there are quite a few more that I haven't heard about yet. Many trail projects are works in progress, like those on AMC lands in and around Moosehead Lake and in the Nahmakanta Public Reserved Land in the 100-Mile Wilderness, just to note two.

If you are aware of any new trails, please let me know. I am trying my best to personally hike these new additions so as to maintain a consistent voice throughout the guide.

For existing trails in the guide, choose one or two or maybe ten near you or perhaps a few further afield that you'd like to visit. Let me know your selections and when you expect to visit them.

For each of the hikes I'd like you to carefully review the driving directions and double check them en route to the hike, noting any changes in mileage, directions, landmarks and signage. At the trail head, note signage, kiosks, maps available and such. And note where the trail departs from the parking lot.

On the trail, it's much the same. Make note of anything that's different from the text, new or changed: rerouted trails, new signs, new landmarks, views, new side trails or trail junctions, or any details that may have been omitted in the existing text. Also, feel free to add color detail if such is lacking. The guide is meant to be pretty cut and dry for sure, but if there's information that should be noted, please do so.

If you would like to play a role in the current *Maine Mountain Guide* effort, please contact the editor, Carey Kish, at maineoutdoors@aol.com, 207-838-9669, or message me on Facebook.



AMC 20s & 30s Leadership Training and Stewardship Weekend

September 15-17, 2017 – AMC Cardigan Lodge, Alexandria, NH

Want to brush up on your outdoor leadership skills? Want to connect with other outdoor enthusiasts in their 20s & 30s? Take the first step to become a trip leader for your local AMC Chapter! AMC is hosting a Leadership Training designed for 20s & 30s and it is sure to be a great time. Participants will have a chance to network with other AMC Young Members (YM) from across the region and learn important leadership skills that will set them on the path to becoming trip leaders for local AMC Chapters.

AMC is also offering a 20s & 30s Trail Stewardship course at Cardigan Lodge that weekend. If you're interested in learning trail work skills and networking with other 20s & 30s, this weekend is for you!

Registration will be open June 15, 2017 – August 31, 2017. To register, call AMC Reservations at 603-466-2727

Questions? Email shatch@outdoors.org

