



MAINE CHAPTER

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Appalachian Mountain Club
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WILDERNESS MATTERS

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Highlights of AMC's 142nd Annual Summit

By Kathleen Redmond-Miller

AMC's 142nd Annual Summit was held Saturday, January 27 in Norwood, MA, with estimates of a record 500+ outdoors enthusiasts in attendance, including several Maine Chapter volunteers. If you're an AMC member and you want to learn what AMC is all about, try making it to the Annual Summit next year. I continue to be amazed by the number of people who give so generously of their time and energy, all in the name of a shared love and respect for the outdoors.

Some noteworthy offerings that were highly regarded by Maine Chapter attendees included a presentation by Ty Gagne, *Trouble in the Presidentials: What a Mountaineering Accident Can Teach Us About Decision Making and Managing Risk*. Ty's presentation was based on his book, *Where You'll Find Me: Risk, Decisions, and the Last Climb of Kate Matrosova*. Kate Matrosova was a fit, healthy, 32-year-old who had summited big mountains on several continents yet died on a solo hike in the Presidentials in 2015. She was an experienced hiker and her gear included a rescue beacon and a satellite phone. Despite their best efforts, more than forty expert search and rescue personnel, a New Hampshire Army National Guard Blackhawk helicopter, and a Civil Air Patrol Cessna airplane could not reach her in time to save her life. It's a story about decision making, self-assessment, risk, and lessons learned.

There were also sessions on backcountry photography, hiking smartphone apps, and weather by the seat of your pants, to name just a few. At the Saturday evening ceremonies, several Maine Chapter volunteers were recognized for outstanding service to the Club, including John Mullens, Peg Nation, Bill Brook, Roger David, and Dave McCarthy. Sincere thanks to these volunteers and to all Maine Chapter



AMC Chapters Committee meeting where leaders from all 12 chapters shared information. Doug Chamberlin photo.



Maine Chapter leaders at a reception after the annual business meeting. Doug Chamberlin photo.

volunteers for their tireless dedication and service to AMC's mission, and for making the Maine Chapter proud.

The highpoint of the weekend for me was the Saturday lunch meeting, where attendees from all twelve Chapters gathered to share a meal and hear about Club accomplishments and plans for the upcoming year. We had the great pleasure of having Walter Graff, Senior Vice President of the AMC, and one of the founding fathers of the Maine Woods Initiative (MWI), stand in as Master of Ceremonies for John Judge, AMC's President and CEO, who was not able to attend due to a recent injury. I love listening to Walter because you know he speaks from the heart when he talks about his love for the outdoors and especially about the MWI. Walter mentioned there's a sense in the AMC community that our mission is now more important than ever (and I agree wholeheartedly).

Walter also talked about the great experiment that is the MWI and played a video by the Maine Mountain Collaborative entitled, *America's Last Vast Forest: Maine's Appalachian Mountain Corridor*. The video resonated with me and I think it's safe to say all the Mainers in the room felt a sense of gratitude and pride in the work being done in Maine's North Woods. How fortunate are we to have this unique

Continued on page 2

Wilderness Matters, Now More Than Ever By Kathleen Redmond-Miller

I'm writing this for the spring issue of *Wilderness Matters* on a snowy Sunday afternoon in February, the last day of the 2018 Winter Olympics, and in the aftermath of the shooting of 17 high school students in Parkland, Florida. It's been a strange week of highs and lows for me and this shooting has weighed heavy on my heart. I've also spent the past week with the words "**Wilderness Matters**" at the top of my "to-do" list, a reminder to prepare an article on the Annual Summit for the newsletter you are currently reading.

I'm not sure why, but people like to tease me about my "to-do" lists. In my defense, I've got a lot going on so keeping a list frees my mind so I can focus on other things. The interesting thing about this story is that every time I glanced at the words "Wilderness Matters"



Reveling in the glorious Katahdin wilderness, Baxter State Park. Photo by Carey Kish.

on my list, I didn't think about my writing assignment, but heard the voice inside my head say, "**Hell yeah it does, now more than ever!**" Each time this happened it took me by surprise, mostly because the reaction was so automatic and emphatic. I had to chuckle, even with the sadness, because I truly believe wilderness does matter and now more than ever, especially considering current events.

So, in these times of unprecedented complexity, I found a small bit of solace knowing that the time and energy invested in this work we do for the AMC, and the fact we are unified in this belief that wilderness does matter, and that getting kids and parents outdoors is important, we might just make a small difference between a kid that decides to become an Olympian and a kid that's got nothing to lose.

treasure in our own backyard. The photography of Maine's wilderness was stunning, and the message was even more awe inspiring.

If you're unfamiliar with the Maine Mountain Collaborative (it's worth a Google), it's a coalition that includes AMC, Forest Society of Maine, New England Forestry Foundation, and Trust for Public Land; it is run by AMC's former Maine policy advisor, Bryan Wentzell. By convening leading scientists and distilling the latest research on the importance of Maine's Appalachian Mountain region, the Collaborative is advancing current thinking on conservation-minded private investment and sustainable forestry. This is so exciting to me because I see this as a very viable path forward for our precious north country. If we can balance sustainable forestry, support Maine's proud heritage of public access for hunting and fishing and encourage recreation and activities that support local economies, all while being good stewards of the resources, this could really work. It's going to take enough people understanding the value of these wild places, getting up to the north country to experience these treasures or at least recognizing they are truly precious, and then understanding the value of passing them on to future generations. What a great success story in the making for our generation and for our beloved State of Maine.

So, for all of you Maine Chapter members, we are now more than 5,600 members strong and growing and we're approaching 100,000 members at the Club level. You are all part of this story, so please continue to get outdoors, get your kids outdoors, and your neighbors, and know that together we are making a difference for Maine's future.



Wilderness Matters Has a New Assistant Editor!

I am pleased almost beyond words to announce that the Maine Chapter has a new assistant editor for *Wilderness Matters*, Deanne Bodemer of Bryant Pond, who has volunteered to work alongside Carey Kish to produce our wonderful quarterly publication. Please warmly welcome Deanne!

Deanne grew up in the small town of Andover, ME, in a loving family. She earned a B.S. in Business Management at the University of Maine and began her 15-year financial career in Boston. But after just five years of living in the North End, Maine was calling her home. Deanne returned to "The Way Life Should Be." She reconnected with her outdoor spirit with activities such as hiking and backpacking, snowshoeing and snowmobiling, kayaking, and horseback riding. After staying home to raise her three children, Deanne went back to school for a career change. Family vacations and travel adventures throughout the U.S., Europe, and Canada had inspired her to get a B.A. in Tourism and Hospitality from the University of Southern Maine. Currently, Deanne enjoys working as the Membership, Marketing, and Events Coordinator at the Bethel Area Chamber of Commerce, while continuing to raise her teenage children, two of whom are in high school and one who is in college. Yes, every day is a new adventure.

Wilderness Matters



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Newsletter submissions and photographs: Send to Carey Kish, Editor, at newsletter@amcmaine.org | (207) 838-9669

Deadline for submissions to Wilderness Matters (Summer Issue) is June 1, 2018.

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 email 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) in an attached Word or similar document that is clearly labeled. Images 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. Use of Dropbox to send images would be great too. Thank you!

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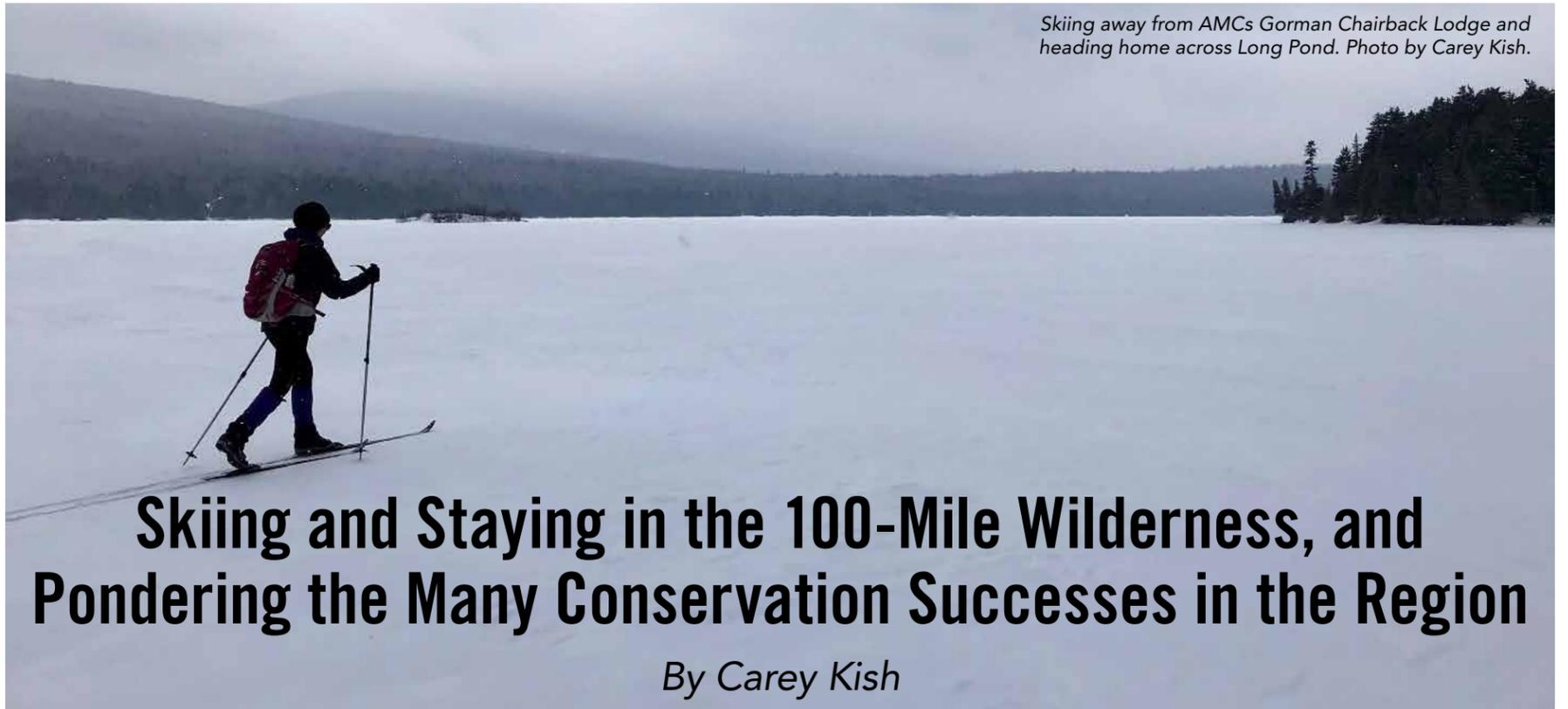
13th Great Maine Outdoor Weekend a Big Success Once Again

By Eliza Baker-Wacks, AMC Maine Program Associate

By popular demand, GMOW was extended to a full week this year, February 9-19, and was a great success despite low snow levels and rainy weather on both weekends. There were over 85 events planned throughout the entire week, including three led by AMC Maine Chapter leader Michelle Moody. Events ranged from biathlons to a Valentine's Day snowshoe dance and also reached geographically from Kittery to Presque Isle. There were over 600 participants, 20% of which were children. The Maine Outdoor Coalition was also able to provide funding to seven outdoor organizations and schools that held winter activities for children and their families during GMOW. This fall's Great Maine Outdoor WEEK is scheduled for September 21-30. FMI, visit www.greatmaineoutdoorweekend.org.



Skiing away from AMC's Gorman Chairback Lodge and heading home across Long Pond. Photo by Carey Kish.



Skiing and Staying in the 100-Mile Wilderness, and Pondering the Many Conservation Successes in the Region

By Carey Kish

Snow is falling gently as I ski deeper into the wooded wilds. It's a pleasurable kick and glide, kick and glide along the winding trail for a while longer before I pause. There's no wind, not a sound, except for the white crystals pinging gently off my wind shell. I spy critter tracks here and there, but other than my wife and I, nothing moves, accentuating the solitude.

Every now and again the snowfall abates for a brief moment and the scudding gray clouds part just enough to reveal the dark outlines of mountain peaks I have come to know so well over the years. This is the 100-Mile Wilderness, perhaps Maine's most enigmatic landscape, a vast 750,000-acre expanse bounded roughly by Greenville in the west, Brownville Junction to the east, the West Branch of the Penobscot River to the north and Sebec Lake on the south end.

The Appalachian Mountain Club became a landowner in the heart of the 100-Mile Wilderness region in 2003, a bold move that helped establish a continuous 65-mile corridor of conservation lands. To date, the Club has assembled 70,000 acres, built many miles of hiking and skiing trails and opened three backcountry lodges in the Maine sporting camp tradition.

After several weeks of bone-chilling cold, I'm taking advantage of the mid-January thaw to venture into AMC's lands and stay for a couple nights at their beautiful off-the-grid facilities, a wonderful 21-mile circuit with comfy cozy respites in two historic log cabins. The trek is also a perfect opportunity to ponder how my beloved 100-Mile Wilderness has been transformed since I first explored here as a teenager.

A few days before the trip I got some welcome news on this special place. The Forest Society of Maine, along with the Maine Bureau of Parks and Lands and the Maine Appalachian Trail Land Trust, had just completed a conservation project that permanently protects a 10,000-acre chunk of land east of Gulf Hagas and south of the White Cap Range.

The two nonprofits and the state worked with Pine State Timberlands, a Maine-based forest products company and landowner, to complete the deal. In addition to conserving 7,000 acres of productive timberland, the

project also protects the viewshed along the Appalachian Trail corridor on the southern slopes of Gulf Hagas Mountain, West Peak, Hay Peak and White Cap Mountain, and preserves recreational access to trails and campsites along the West Branch of the Pleasant River.



Skiing AMC's Lodge to Lodge Trail in the 100-Mile Wilderness. Photo by Carey Kish.

After clicking out of our skis, settling into the cabin at Little Lyford Pond and reveling in a sauna and shower at the bathhouse, we made our way to the main lodge. In the time before the dinner bell rang for the sumptuous meal of bacon-wrapped filet mignon and mountains of side dishes, I couldn't help but notice the large poster on the wall. There in full color was the wealth of conservation landownership in the area along with major private landowners, an impressive and highly satisfying graphic.

As a young man visiting the 100-Mile Wilderness forty years ago, I remember that other than the National Audubon Society's 1,600-acre preserve on Borestone Mountain and the 35 acres of old-growth white pines at the Hermitage, the region enjoyed no other conservation protection. My, how things have changed.

Between 1985 and 2004, the National Park Service acquired 15,000 acres of AT corridor. In 1990, the state of Maine secured the 43,000-acre Nahmakanta Public Lands unit. The Nature Conservancy established the 46,000-acre Debsconeag Lakes Wilderness Area in 2002. AMC made its four purchases between 2003 and 2016. Elliotsville Plantation owns 40,000 acres. And then there is the 210,000-acre Katahdin Forest Easement (2009) and the monumental 363,000-acre Moosehead Region Conservation Easement (2012). Amazing conservation success stories, all of them.

On the morning of our third and last day in the 100-Mile Wilderness, we reluctantly struck off from AMC's Gorman Chairback Lodge, heading due west across the frozen expanse of Long Pond, its surface coated with a one-inch layer of fluffy powder. Halfway along, I stopped for a few minutes to stare at the rich and glorious scene all around me. Thanks, I whispered to myself, to all those who had the foresight to protect these wild lands.

Carey Kish is the editor of *Wilderness Matters*, author of AMC's *Best Day Hikes Along the Maine Coast*, and editor of the *AMC Maine Mountain Guide*.



AMC's cabins on Long Pond at Gorman Chairback. Photo by Carey Kish.

SPRING 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!

BACKPACKING & CAMPING

June 16: Cutler Coast Beginner Backpack (20's, 30's & Young at Heart), Cutler Coast Preserved Land. www.amcmaine.org/calendar/#104496. Cutler Coast is a mellow loop trail that takes hikers to a unique part of the Maine coast line. The first day is spent along the shore with pretty forests on your right and steep cliffs falling away into the ocean on your left. There are five campsites along the water anywhere from three to five miles down the trail. All sites are wonderful and within earshot of the natural melody of crashing waves. No reservations are possible, so the group size will be limited to 8 people to help preserve the area while not disturbing others looking to enjoy the natural beauty. This event is listed as Young Members, but is open to all. Leader: Denise Fredette, 207-939-3670, deniserae77@gmail.com.

July 27: Katahdin Woods and Waters National Monument, International Appalachian Trail Backpack. www.amcmaine.org/calendar/#104537. Join this AMC led, 2-night monumental backpack along the IAT through Maine's newest federal land. We'll hike south along the East Branch of the Penobscot River, cross over Deasey Mtn. and ford Wassataquoik Stream before exiting on the KWWNM Loop Rd. We'll be out for three days, with two nights at a lean-to or tenting. Trip is limited to seven hikers and is geared toward beginner and intermediate backpackers, but all levels are welcome. More information to be sent following registration. Leader: Stephen Brezinski, 207-353-9854, sbrez1@comcast.net.

HIKING & WALKING

May 4: Bald Mountain Preserve, Camden, ME. www.amcmaine.org/calendar/#104548. This 3-mile round trip hike yields great views and great hiking terrain. Dinner at Flatbread, Rockport afterward. Leader: Emily Davis, emilyjfdavis@gmail.com.

May 5: Burnt Meadow Mtn. Loop Hike (20's, 30's & Young @ Heart). www.amcmaine.org/calendar/#103393. Join us for a loop hike of Burnt Meadow Mtn. in Brownfield, ME. 3.3 miles roundtrip and about 1,145 ft. elevation gain. Steep ascent on Burnt Meadow Trail with nice views along the way, more gradual descent via Twin Brook Trail. Open summit with fantastic views. Great intermediate half-day hike to help prep for summer hiking season. Group pace will average 1.5 mph. Leader: Denise Fredette, 207-939-3670, deniserae77@gmail.com.

May 19: Bald Rock Mtn., Lincolnton, ME. www.amcmaine.org/calendar/#104550. This three-mile round trip walk competes with Bald Mtn. for great views and a lovely hike, this time in Camden Hills State Park. Leader: Emily Davis, emilyjfdavis@gmail.com.

May 26: Inter-chapter 20's and 30's Mizpah Spring Hut Weekend. www.amcmaine.org/calendar/#104527. Join us for a chance to stay at the Mizpah Spring Hut and have fun hiking with Young Members from all over the Northeast. Nearby southern Presidential Range peaks include Mt. Pierce and Mt. Jackson, which offer intermediate to more advanced hiking, depending on how far you want to hike. Go on a planned group hike, hike with some new friends, enjoy the views from the hut, and enjoy what the hut has to offer. Hut is 2.6 miles from trailhead and offers small bunkrooms. We plan to have a group burrito dinner for Saturday

night, by having everyone bring a portion of the dinner up to the hut. Hut is self-service at this time of year and we have access to kitchen. \$45 for AMC members and \$54 for non-AMC members per person/per night, rates don't include tax. To make your reservation, call AMC reservation line at 603-466-2727. Use Group# 391091, name is listed as "AMC Maine Chapter" *Please make your reservation now as space is limited. Any available bunks will be released to the public after April 26. Leader: Sarah Keats, 207-245-2563, slskski@gmail.com.

June 2: Alpine Garden Trail, Mt. Washington. www.amcmaine.org/calendar/#103275. Experience the flowers and plants of the Alpine Garden on Mt. Washington. We'll carpool up Mt. Washington Auto Road to Cow Pasture area and hike down to Alpine Garden along Huntington Ravine Trail. Limited to 10 participants. Leader: Peg Nation, 207-583-2720, mjnation11@earthlink.net.

June 21-22: Lakes of the Clouds Hut Trip, White Mountains, NH. www.amcmaine.org/calendar/#104551. Trip provides a quick visit to the White Mountains, including the summit of Mt. Washington, weather permitting. Hikers enjoy the combination of active outdoor experience with comforts of prepared meals and a bunk at Lake of the Clouds Hut. Experience the solitude of the mountains, and an adventure with like-minded folks. Strenuous physical challenge, 5-8 hours hiking on varied terrain, including some steep ups/downs. Participants don't have to be experienced backpackers but do need to be fit. Cost is \$116 (purchase your own trail food for two days, optional gratuity for hut staff). Maximum participants is 10. FMI, contact Leader, Emily Davis, emilyjfdavis@gmail.com.

July 7: Hike Saddleback and the Horn. www.amcmaine.org/calendar/#104512. Need to bag some 4,000 footers in Maine? We'll hike Saddleback and the Horn via the old Saddleback ski area and the AT. Moderate to strenuous 6.8-mile round trip with 3,500 ft. elevation gain. We'll hike very steeply up the ski slopes amid beautiful wildflowers. Once on the AT, there are stunning views of the area's mountains and Rangeley Lake. Great way to pick up two 4,000 footers in one day. Leader: Cindy Caverly, 207-530-2446, cindycaverly@gmail.com.

9/4: Mt. Chase Lodge and Katahdin Woods and Water Nat. Monument. www.amcmaine.org/calendar/#103138. Join us for 3 nights/4 days at traditional Mt. Chase Lodge on Upper Shin Pond. Lodge makes great jumping off point for visiting Katahdin Woods and Waters Nat. Mon. Enjoy excellent cuisine and waterfront accommodations. Cabins and lodge rooms available. Breakfast and dinner included in our group rate. Days will be spent as you wish or join us on a group outing. In the Monument, you can hike, bike or paddle. Lodge is also just a short distance from Baxter State Park's northern entrance. Plenty of lakes to paddle and nearby hills to climb. Swim off the dock or use one of the canoes or kayaks on Upper Shin Pond. Listen to loons, relax at water's edge. Contact leader for booking info and rates. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

April 29: Full Pink Moon Walk, Scarborough, ME. www.amcmaine.org/calendar/#104406. Early evening beach walk on Pine Point. Leader: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com.

May 28: Full Flower Moon Walk, Scarborough, ME. www.amcmaine.org/calendar/#104407. Early evening shoreline walk where Winslow Homer lived and painted on Prout's Neck. Leader: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com.

OUTDOORS INSTRUCTION

April 21: Wilderness First Aid, Falmouth, Me. www.amcmaine.org/calendar/#101714. Wilderness First Aid training goes beyond standard Red Cross first aid, providing you with the skills needed when more than one hour from medical care. Learn to assess and treat injuries in outdoor situations. Course is two full days and will be taught at Maine Audubon in Falmouth by Wilderness Medical Associates (WMA). Fee covers instruction and materials but does not include lodging or meals. Class includes patient assessment, immediate life threats, disabling injuries, hypothermia and other environmental hazards, fractures, sprains and more. Successful completion earns certifications in Wilderness First Aid and Adult CPR, valid for three years. \$175 for AMC Maine chapter members, \$200 for AMC members (non-Maine chapter) and \$250 for non-AMC members. Download registration form and pay with PayPal online at www.amcmaine.org/2018-wfa/, or call or email Leader Bill Brooke at 207-549-5100, outings@amcmaine.org to register.

May 8: Beginning Backpacking Workshop, Maine Audubon, Falmouth, ME. www.amcmaine.org/calendar/#103036. This introductory backpacking workshop is for beginners and experienced hikers who would like to take the next step from day hiking to multi-day trips. Workshop covers basics needed for safe and enjoyable three-season backpacking trip. Topics include conditioning for backpacking, planning a backpacking trip, dealing with emergencies, food and water considerations, selection of appropriate clothing and footwear, and gear for backpacking. Have your questions on backpacking answered, see backpacking gear, and get a demonstration of how to load a backpack. Register for this workshop online or contact leader FMI. Leader: Bill Brooke, 207-549-5100, bill@mesoft.org.

August 25: AMC Leader Training Workshop, Maine Audubon, Falmouth, ME. www.amcmaine.org/calendar/#104539. Join experienced Maine AMC Leaders and AMC's leadership trainers for one-day workshop to develop and practice leadership skills necessary to plan and lead safe and enjoyable chapter activities. Workshop is for new and prospective leaders with no prior AMC leader experience and for experienced leaders looking to improve their skills. Workshop format is 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 needed skills and confidence you need to lead. Participants successfully completing this workshop meet AMC's requirement for chapter trip leader training. Leader: Bill Brooke, 207-549-5100, outings@amcmaine.org.

LEADER MEETINGS

April 25: Leader Meeting, AMC Policy Office, 14 Maine St., Suite 0126, Brunswick, ME. www.amcmaine.org/calendar/#103037. Trip Leader meeting for current leaders and others interested in becoming a leader. Leader: Bill Brooke, 207-549-5100, bill@mesoft.org.

MEETINGS AND EDUCATION

April 5: Monitoring Maine's Great Blue Herons Across State and International Borders, Bangor Public Library. www.amcmaine.org/calendar/#101905. Speaker: Danielle D'Auria, wildlife biologist for the Maine Department of Inland Fisheries and Wildlife and project leader for the Heron Observation Network of Maine (HERON). PLEASE SEE STORY ON P. 7 FOR MORE INFO ON THIS AND OTHER BANGOR MEETINGS & EDUCATION PROGRAMS THIS SPRING. Leader: Nancy Jacobson, 207-942-4924, education@amcmaine.org.

April 19: Potluck and Presentation: Katahdin Woods and Waters National Monument, Curtis Memorial Library, Morrell Meeting Room, 23 Pleasant St., Brunswick, ME. www.amcmaine.org/calendar/#103309. Join us for an exciting presentation and video on Katahdin Woods and Waters National Monument. In September 2017, a team of four Maine-born photographers and filmmakers set off into Katahdin Woods and Waters to document the land in hopes of encouraging more public use. Their film, "Monumental", documents a five-day, 64-mile-long human powered circumnavigation of the park by canoe, bike, and foot. Learn about the many things to see and do in the Monument from those who are involved in the activities there. We'll entice you with photos and details on how you can enjoy what the place has to offer and how you can get involved in shaping this gem. We'll also hear from the newly established Friends of Katahdin Woods and Waters, a membership organization working to raise funds and support for the Monument. They'll share early accomplishments and plans, including how you can raise your voice in the management planning process for the Monument's future. Potluck dinner starts at 6 PM (please bring a dish to share, help us be green and bring your own cup, plates and silverware). Presentation begins at 7 PM. Free and open to the public. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

May 8: Trekking on the Long Trail, Bangor Public Library. www.amcmaine.org/calendar/#101907. Join author and hiker Anne O'Regan for a look at hiking Vermont's 273-mile Long Trail, America's oldest long distance trail, which extends from Massachusetts to Canada through the Green Mountains. Leader: Nancy Jacobson, 207-942-4924, education@amcmaine.org.

June 5: The Lost Villages of Flagstaff Lake, Bangor Public Library. www.amcmaine.org/calendar/#101909. The creation of Flagstaff Lake is a sad chapter in Maine's history, when the villages of Bigelow, Dead River and Flagstaff were inundated and their residents forced to relocate and scatter. Alan Burnell and Kenny Wing, lifelong Mainers, will share the photos and stories from their book, *Lost Villages of Flagstaff Lake*. PLEASE SEE STORY ON P. 7 FOR MORE INFO ON THIS AND OTHER BANGOR MEETINGS & EDUCATION PROGRAMS THIS SPRING. Leader: Nancy Jacobson, 207-942-4924, education@amcmaine.org.

PADDLING

June 9: Kayak Assisted and Self Rescue, Range Pond State Park, Poland, ME. www.amcmaine.org/calendar/#104495. Sea kayak assisted and self-rescue training course taught by BCU trained sea kayakers (3* & 4*). We will demonstrate safe boating set-up for sea kayakers, demonstrating both assisted techniques (T-rescue, Eskimo rescue) and self-rescue techniques. Must have kayak, spray skirt, paddle, PFD, paddle float, cold water immersion gear. Instructors will work with all participants to improve and master rescue techniques. Bring lunch and plan on paddling Range Ponds after training. Leader: Albert Mandell, 207-402-1089, mandell.ah@pg.com.

June 16: Sea Kayaking, Androscoggin River, Brunswick. www.amcmaine.org/calendar/#104526. From the Water St. boat launch in Brunswick, we 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 veranda at the Sea Dog for refreshments. If the downstream river flow is heavy, we'll go to another nearby location. If weather conditions are unfavorable, we'll go Sunday, 6/17. Trip difficulty: moderate. Leader: Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

July 28: Sea Kayaking, Androscoggin River, Brunswick. www.amcmaine.org/calendar/#104529. Similar trip details to those of 6/16/18 trip outlined above. If conditions are unfavorable, we'll go Sunday, 7/29. Trip difficulty: moderate. Leader: Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

August 18: Sea Kayaking, New Meadows River, Brunswick. www.amcmaine.org/calendar/#104528. 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 or so. We'll watch for ospreys and eagles. An after-paddle option will be gathering on veranda at the Seadog in Topsham. If conditions are unfavorable, we'll go on Sunday August 19. Trip difficulty: moderate. Leader: Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

TRAIL WORK

April 14: Mt. Cutler Trail Maintenance. This easy 6-hour day is the Maine Chapter's annual spring maintenance of the ridge trails on Mount Cutler. Primary activities are removing blowdowns and cutting back vegetation with hand tools. We will train those who don't know what to do or how to do it. Tools will be provided or BYOT. We will also take time to enjoy the views from along the ridgetop. Registration is required for this activity. Leader: Jeff Pengel, 207-446-8290 (evenings only, before 9pm)

May 19: AT near Stratton Trail Maintenance. This is the Maine Chapter's annual spring maintenance of 'our' section of the Appalachian Trail. Primary activities are removing blowdowns, clearing drainages, and cutting back vegetation with hand tools. We're happy to train those that need it. We have plenty of tools to use for the day. Registration is required for this activity. Leader: Jeff Pengel, 207-446-8290 (evenings only, before 9pm)

May 25: Little Lyford Pond Lodge and Cabins, Bowdoin College Grant East Twp. www.amcmaine.org/calendar/#104509. Volunteer for trail work at AMC's Little Lyford Pond Lodge and Cabins. Help open trails for summer hiking season. Join other volunteers from Maine Chapter and beyond as we patrol hiking trails in the area in preparation for another busy summer in the Maine Woods Initiative. We berth in the bunkhouse and enjoy off time exploring the area, including Gulf Hagas, a beautiful and wild river gorge, and Indian Mtn., including Laurie's Ledge, which provides views north to Katahdin on clear days. Moose sightings are optional but not infrequent. Black fly sightings are frequent but not optional. Trip fills quickly so call AMC reservations now to avoid disappointment. Leader: Peter Roderick,

Trip Listings - continued from previous page

207-293-2704, roderick1027@fairpoint.net.

May 25: Medawisla Lodge and Cabins, Bowdoin College Grant East Twp. www.amcmaine.org/calendar/#104511. With many miles of trails in the Maine Woods Initiative, the AMC in Maine has lots of volunteer work opportunities. For this trip we will be staying in bunkhouse at the newly constructed Medawisla Lodge and Cabins. Experience the new facilities and help get the nearby trails ready for the summer and fall hiking seasons. Leader: David McCarthy, 207-363-2791, drmcCarthy@aol.com.

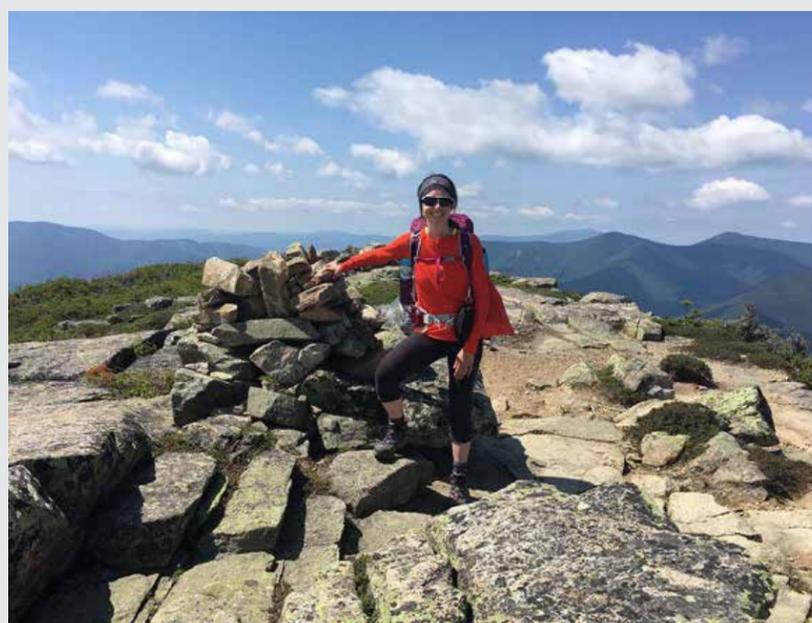
July 9-12: Gorman Chairback Lodge and Cabins. www.amcmaine.org/calendar/#104508. Trail work trip to the Maine Woods Initiative/100-Mile Wilderness area. Lodging at Gorman Chairback Lodge and Cabins. Under the direction of Jarod Coyne, Trails Supervisor, and his staff, we'll pull a couple of slips out of the AMC job jar and go to work. Gorman Chairback is located on beautiful Long Pond and near to the AT, the Hermitage and Gulf Hagas. When we're 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.

Outings Committee Report

By Bill Brooke, Maine Chapter Outings Chair

Two leaders in training, Stephen Brezinski and Sarah Hunter, are in the final stage of completing the requirements for being a trip leader. Please welcome Sarah and Stephen to our terrific group of leaders.

Sarah Hunter brings hiking and cycling experience to our AMC Chapter. She has traveled hundreds of miles on the trails of Maine and NH and has embarked on several self-supported long-distance bike tours with her husband and their teenage sons. In the summer of 2016 Sarah signed up her first AMC trip - a 3-day backpacking trek along the Grafton Notch Loop. Since then Sarah has participated in many AMC-led hikes, trips, and classes, including the NH Chapter's winter hiking class and most recently, the Maine Chapter's new leader training class. As part of her training, Sarah has been co-leading hikes with seasoned leaders, and in April she will earn her Wilderness First Aid certification, the final step towards becoming an AMC leader. This summer, Sarah will begin leading day hikes as well as backpacking and bikepacking trips for our chapter.



Sarah Hunter on Bondcliff. Molly Carmody photo.

Stephen Brezinski: A friend in high school told me just before graduation that he was going to hike the Appalachian Trail, and then had to explain what the Appalachian Trail was. Within a few years I was doing the 100-Mile Wilderness and fell in love with hiking, backpacking, and Maine. After a 20-year hiatus away from hiking to raise a family, in 2015 my wife and I were looking over Bigelow and I got the backpacking bug again. For years I hiked the trails and never gave back as far as helping to build or maintain them. Becoming a hiking leader and doing some trail building will be my way of paying back those who volunteered before me, to maybe help new hikers stay safe and become more responsible hikers, and have fun doing it.



Stephen Brezinski on the Horns Pond Trail.

AMC MOUNTAIN LEADERSHIP SCHOOL

2018 DATES
 June 11 - 12 | SOLO Wilderness First Aid & CPR
 June 13 - 17 | Mountain Leadership School Courses:
 - MLS for Backpack Leaders
 - MLS for Backpack Leaders - Women's Specific
 - MLS Advanced Skills

AMC Highland Center in Crawford Notch, New Hampshire

- Leadership styles
- Group dynamics
- Accident scene management
- Trip planning
- Map and compass
- Low-impact travel
- ... and more

www.outdoors.org/mls

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AMC Maine Excom in new meeting space, 14 Maine St., Brunswick



Meetings and Education in Bangor Offering a Broad Array of Adventures and Conservation Themes this Spring

By Nancy Jacobson, M&E Bangor Chair



Danielle D'Auria works with Maine's great blue herons. Photo courtesy Danielle D'Auria

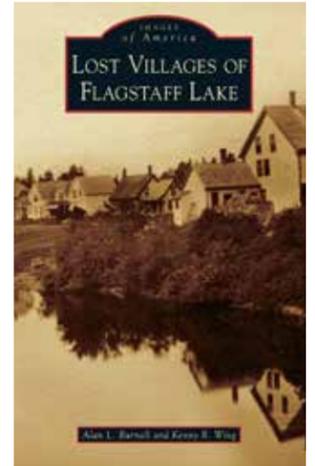
Please note: All AMC Maine Chapter Bangor M&E events are held at 6 PM at the Bangor Public Library.

April 5: Danielle D'Auria will tell us about her fascinating work and findings with Maine's Great Blue Herons. A wildlife biologist for the Maine Department of Inland Fisheries & Wildlife, Danielle has been monitoring their movements across state and international borders for eight years. In Spring 2016, five great blue herons in Maine were outfitted with lightweight GPS tracking devices

and released to allow researchers to follow their movements during nesting, migration, and wintering. Two of the herons migrated to Florida, one to the Bahamas, one to Cuba, and one flew all the way to Haiti. Danielle is also project leader for the Heron Observation Network of Maine (HERON), a citizen-science initiative that has involved hundreds of volunteers over the past nine years, including students from eight schools. She focuses on understanding statewide populations of colonial wading birds, secretive marsh birds, black terns, loons, and other rare water birds. Since 2009, Danielle has spent a majority of her time researching why great blue herons have undergone a decline along Maine's coast.

May 8: Anne O'Regan, is a popular and captivating presenter. Anne will share stories and slides from her two magnificent and challenging thru-hikes on the Long Trail in Vermont, America's oldest long-distance trail. The 273-mile footpath was built between 1910 and 1930 by the Green Mountain Club. It begins on the Massachusetts-Vermont border and travels north to the Canadian border, along the way summiting the highest peaks of the Green Mountains: Stratton Mt., Killington, Mt. Abraham, Camel's Hump, Mt. Mansfield, Jay Peak and many other lesser mountains. Anne thru-hiked the LT in 2012 (south to north) and then again in 2013 (north to south). Anne previously spoke at to the AMC in Bangor about her Pacific Crest Trail thru-hike. Her book, *Tamed: A City Girl Walks from Mexico to Canada on the Pacific Crest Trail*, will be available at her talk.

June 5: Alan Burnell and Kenny Wing will share photos and stories from their book, *Lost Villages of Flagstaff Lake*. The creation of 22,000-acre Flagstaff Lake inundated the three villages of Bigelow, Dead River and Flagstaff, whose residents were forced to relocate and scatter when Long Falls Dam was constructed in 1948-49. Buildings, most of them purchased by CMP prior to the gates in the dam being closed, were either razed, sold, or moved by their owners. Some were left to be flooded. Alan and Kenny, lifelong Mainers have had a shared passion for uncovering the stories of these towns.



Presentations at AMC's Annual Summit were Excellent!

Text and photos by Doug Chamberlain, Maine Chapter Past Chair

Here are some notes on four presentations made at the 2018 Annual Summit meeting on January 27 in Norwood, MA. Lots of choices were available and I wish I had been able to see more. The information quality was excellent and the presentations were enjoyable and fun for all.

Trouble in the Presidentials: What a Mountaineering Accident Can Teach Us About Decision Making and Managing Risk. Ty Gagne captured the attendees' attention with a detailed account of the tragic death of Kate Matrosova in the Presidential Range in 2015. Based on his book, *Where You'll Find Me: Risk, Decisions, and the Last Climb of Kate Matrosova*, Ty provided relevant observations of the trip. He put us all into Kate's mindset as she planned and set out on her last hike, a solo winter day trip in abominable weather. Ty sprinkled his account of the trip with astute comments and lessons that connected me back to my own past questionable decisions. Very instructive as well as enjoyable. After Ty's talk, several audience members recommended the book highly, even for those of us who just heard the talk.

Backcountry Photography. Ryan Smith, Managing Editor of *AMC Outdoors*, held our interest while he described how he plans for and achieves the great photos seen in our magazine. He had stories to tell and some "during the making of" photos to share of his team journeying to high places to get just the right shot. In addition to the extensive planning for photo shoots, I was surprised to learn he packs a compact snapshot camera everywhere he goes so he can grab those unexpected shots that are so much fun. Ryan highly recommended The Photographer's Ephemeris and Sun Seeker app, a smart phone app that plots the sun and moon tracks across the sky, great for planning when you need to be at a certain spot for sunrise or sunset and exactly where the sun will be during those events. It will predict those positions for future dates so you can answer questions such as, "when will I need to arrive to get this shot at sunrise next month when I can return to this spot?"

Adding Smart Phone Apps to your Hiking Tool Kit. Beth Zimmer shared several smart phone apps that she uses to enhance her hiking experiences. She setup her phone to display on the screen for us and walked us through using these apps. Chief among them was PeakFinder, which can identify just about any peak you can see in the distance. It will



Ty Gagne explains difficulty of hiking in poor winter weather.

even superimpose the name of the location onto the scene your phone's camera is seeing and it will work offline. Fascinating! Also recommended is Maplets, for access to over 12,000 maps that can be used offline. And if you want even more maps, look at CalTopo.com and the Avenza Maps app. Also mentioned was REI's Hiking Project. All good stuff to check out.



Ty Gagne explains warning signs in the Presidential Range.

Weather by the Seat of Your Pants. John Huth took us for a whirlwind tour of weather signs you should look for and how to interpret them. His enthusiasm and knowledge of meteorology was evident as he bounced between in-depth descriptions of weather phenomena and practical tips to predict what's coming. If anyone did not come away having learned something new they just were not paying attention.

Young Members Section

Our focus is to get young folks in their 20's and 30's and the young-at-heart involved in outdoor recreation, raise awareness of conservation and sustainability and have fun!

Married in the Mountains

By Denise Fredette



Summit ceremony on Mt. Starr King: Katie "Lania" Frost, Mike Cherim, and Brian Frost. Denise Fredette photo.

Many connections are made during AMC events, friendships forged and relationships created. In May 2016, a very special relationship began at a Young Members Inter-chapter Hut Weekend at Mizpah in the White Mountains of NH. More than 20 people attended, and included among these were Katie Lania and Brian Frost, two relatively new members who lived just ten minutes apart in Manchester, NH, and yet had never met.

During that Hut weekend, Katie, Brian,

a few others and I hiked over several peaks to Mt. Washington and back to the Hut. As a hike leader, I like to check in with members of the group from time to time. On the way back to the Hut, Katie and Brian lingered in the back of the group most of the way. They assured me they were fine, little did we know then that this would be the start of something special.

Katie and Brian continued to attend AMC events, camping weekends and backpacking trips. They also spent a lot of time hiking on their own in pursuit of finishing all 48 of the NH 4,000 Footers together. When you spend that much time with someone in the outdoors, in often physically and mentally challenging terrain, you get to know someone pretty well. Their bond grew stronger.

Katie and Brian got married on Mt. Starr King in NH on October 14, 2017, in the presence of their family and hiking friends. Brian made Katie's dress and his own pants and shirt. Mike Cherim from Red Lining Guides in Conway, NH officiated the ceremony, and Frank Brooks, a fellow hiker friend, carried up his guitar and serenaded them with a most beautiful song. The couple wrote their own vows and spoke from the heart. The reception included hot apple cider and snack cakes. After the wedding and the pictures, they spent the night camping at a secluded spot in the woods.

Katie and Brian met by chance in the mountains. Many friendships are made at these weekend retreats in the mountains. These two met their

best friend at this one. Some of us were lucky enough to witness the start and continuation of a great love story that sprang from a love of hiking the mountains. I have no doubt that they will continue to seek out new and exciting adventures together.



Wedding celebration: Hiking friends since the start. Left to right: Frank Brooks, Brian Frost, Katie "Lania" Frost, Marielle Postava-Davignon, Denise Fredette, Sarah Keats. Denise Fredette photo.

Fun weekends planned for the Young Members! By Denise Fredette



YM has a variety of activities planned for this spring and summer and the calendar is regularly being updated. YM offers hikes for all levels, social events, and we have a number of fun camping, hut and backpacking weekends planned for this year.

- On May 5, we'll hike Burnt Meadow Mtn.
- May 19-21 is the Interchapter Young Members Mizpah Hut Weekend where you'll get a chance to stay at an AMC Hut and explore the area mountains and trails.
- On June 16-17, we'll be doing a beginner backpack along beautiful Cutler Coast.
- July 20-22 is our 6th annual Interchapter Rangeley Camping Weekend with hiking and paddling options.

FMI on activities led by the Maine Chapter Young Members, check out the calendar at www.amcmaine.org and our Facebook page at AMC Maine/NH Young Members. **See you on the trail!**



Top left: Cutler Coast hikers relaxing on nearby beach after setting up camp.

Far left: Marielle Postava-Davignon checks out the view.

Left: Breathtaking views along the Cutler Coast on YM backpacking trip.

All photos by Frank Brooks.