



MAINE

Maine Chapter
Appalachian Mountain Club
14 Maine St., Suite 0126
Brunswick, ME 04011

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PAID
PORTLAND, ME
PERMIT NO. 454

WILDERNESS MATTERS

VOLUME XLV • NUMBER 1 • WINTER 2020

The Maine Chapter's 2019 Annual Meeting Moves to Pineland Farms

A "fun, festive evening and one of the best ever..."

The Maine Chapter held its Annual Meeting in the beautiful Mount Washington room of the Commons at Pineland Farms in New Gloucester. Prior to the meeting, chapter leaders offered a bike ride on some of Pineland's many mountain-bike trails and a hike followed by a swim at the on-site YMCA.

There were 85 people in attendance, with many familiar faces and lots of new ones. The evening began at 5:30 with a cocktail/social hour and continued with a delicious dinner catered by The Black Tie Company of Portland. Many long-time annual meeting attendees pronounced this fun, festive evening and one of the best ever.

John Mullens continued his reign as the premier MC for the Annual Meeting, while Cindy Caverly presided over the business meeting. Carey Kish served as photographer for the evening, while Doug Chamberlin operated the audio-visual equipment.

Each attendee received a "Be Outdoors" enamel mug from AMC headquarters and an AMC "buff" customized with our new logo, gifts from the Chapter. Attendees also received a raffle ticket. Prizes raffled included a two-night stay for two at Little Lyford Lodge (donated by AMC); a one-night stay for two at a White Mountains hut (donated by AMC) along with a three-pack of dehydrated meals (donated by Good-To-Go) and a *White Mountain Guide* (donated by the Maine Chapter; and a *Maine Mountain Guide*, signed by Carey Kish, along with a three-pack of dehydrated meals donated by Good-To-Go.



Steve Tatko, AMC's Director of Maine Conservation and Land Management, was the evening's featured speaker.

HIGHLIGHTS OF THE ANNUAL MEETING:

- 2020 Executive Committee slate elected:
 - **Chair:** Cindy Caverly
 - **Vice-Chair:** Bill Brooke
 - **Treasurer:** Janet Roderick
 - **Secretary:** Jeanine Libby
 - **Past-Chair:** Kathleen Redmond-Miller
 - **Communications:** Tom Ianello
 - **Conservation:** Chris Franklin
 - **Maine Woods Initiative:** Paul Hahn
 - **Membership:** Kristen Grant
 - **Newsletter:** Carey Kish
 - **Outings:** Denise Fredette
 - **Trails:** Phil Coyne

- Doug Chamberlin was recognized as an outgoing Excom member, having served as Vice-Chair, Chair, Past-Chair and At-Large member
- Stan and Michelle Moody were recognized as long-time valued Chapter volunteers who have, most recently, organized program presentations in the Brunswick area
- The Appie-of-the-Year, Denise Fredette, was recognized

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Longtime AMC Senior Vice President Walter Graff Announces Retirement

In his incredible 45 years with the Appalachian Mountain Club, Walter Graff has done just about everything, starting as Education Director at Pinkham Notch and working up to Senior Vice President. But perhaps his most important contribution has been as the champion of the Maine Woods Initiative.

Walter was involved as AMC made its first Maine land purchase of 200 acres in 2003. AMC now owns and manages 75,000 acres in the state and is in the process of raising money to purchase an additional 25,000 contiguous acres. Walter has overseen those land purchases as well as the building and remodeling projects at Gorman Chairback, Medawisla and Little Lyford lodges and cabins.

In the letter announcing his retirement, Walter paid tribute to the many who have worked with him over the years. "I could not have accomplished what I have without the passion, friendship and especially the talent of so many dedicated colleagues, board members and volunteers from throughout the organization in support of our mission."

Walter has a special relationship with the Maine Chapter, especially in encouraging and supporting the Chapter to become involved in the MWI.



Longtime Chapter volunteers Peg Nation (2nd from left) Peter Roderick (3rd from right), Alix Pratt (2nd from right) and Paul Hahn (far right), joined by former Maine Policy Director Bryan Wentzell (far left), provided heartfelt personal, and sometimes humorous, anecdotes highlighting some of what Walter Graff (3rd from left) has contributed to the AMC and the Chapter.

Maine Chapter volunteers have worked many, many days in the MWI, so many and so frequently, in fact, that Chapter volunteers feel totally supportive of the MWI mission and supported by Walter and the MWI staff.

At its December annual dinner, the Maine Chapter honored Walter and his accomplishments. Longtime Chapter volunteers Alix Pratt, Peg Nation, Paul Hahn, and Peter Roderick, joined by former Maine Policy Director Bryan Wentzell, provided heartfelt personal, and sometimes humorous, anecdotes highlighting some of what Walter has contributed to the AMC and the Chapter.

In response, Walter thanked the chapter. "You are all so kind to recognize me in such a thoughtful way. The Maine Chapter means so much to me, as we would not have been able to achieve what we have done in the MWI without all of you. So, thank you very much."

At the Annual Meeting dinner, Chapter Chair Cindy Caverly announced that the Chapter would make a significant contribution to the Walter Graff Legacy Fund at AMC. In announcing the Chapter Executive Committee decision, Caverly said, "recognizing Walter's role in protecting 100,000 acres of forest, rivers, lakes, and mountains and making it truly accessible for current and future generations of all ages, and acknowledging his support of the Maine Chapter by encouraging, integrating, and appreciating Maine Chapter volunteers in the MWI, the Chapter is donating \$10,000 to the Walter Graff Legacy Fund at AMC to further AMC's important conservation goals."

The final word was reserved for Walter. "Looking back 100 years from now, I believe our work on the Maine Woods Initiative will shine as brightly as our forebearers' efforts in protecting the White Mountain National Forest in 1918. The AMC's roots are strong and deep, the last great wilderness in the Northeast is in our hands. It has been a great honor and privilege to work for the AMC."

Now that Walter will soon be fully retired, the Chapter expects and hopes to see him even more frequently in the MWI, perhaps as a volunteer member of a Maine Chapter trail work trip!—**John Mullens**

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.

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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 (Spring Issue) is March 1, 2020.

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 such 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!

Maine Chapter Executive Committee

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Find us on  www.facebook.com/MaineAMC/



A skier glides along the trail near AMC's Little Lyford Lodge. Carey Kish photo.

FROM THE CHAIR

Winter is coming, and by the time you read this it'll probably already be here. In my opinion, winter is the best season to be outdoors in Maine. With few people and even fewer mosquitos and black flies, you can enjoy all of Maine's outdoor resources in solitude.

The Maine Chapter has many experienced, volunteer winter leaders who are ready to help you stay active in all kinds of weather and conditions. Our winter calendar (starting on p. 4) is loaded with snowshoe hikes and cross-country ski adventures for all levels.

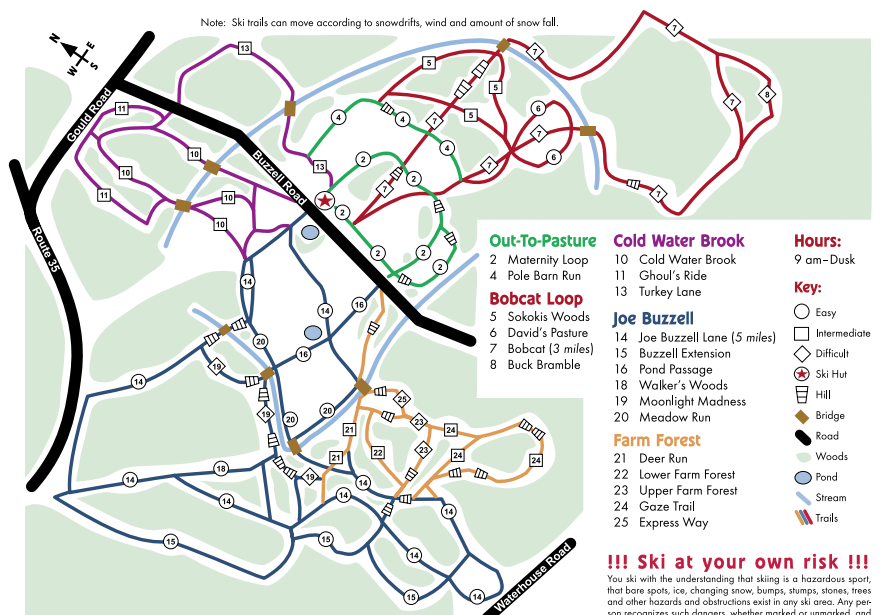
And don't forget, we are fortunate to have AMC's backcountry lodging in the Maine Woods. You can choose from three lodges, all with a different vibe: Gorman Chairback, Little Lyford or Medawisla. Or choose all three and ski hut-to-hut. Three meals a day are included, and you can have your gear shuttled in and between lodges.

So, there's no reason to turn into a couch potato this winter. Get outside and enjoy the many recreational opportunities available all over the state.

—Cindy Caverly



Featured Winter Outing Location: Harris Farm



Harris Farm Cross Country Ski Center

Harris Farm Cross Country Ski Center offers excellent Nordic skiing opportunities in Southern Maine. Located in Dayton, this 600-acre dairy and vegetable farm contains an expansive trail network of over 20 miles that stretches across open fields and meanders through wooded areas. Trails range from gentle beginners' loops to rolling terrain for more advanced skiers. Open 9 AM to dusk every day (as conditions allow), skiers can gain access to the trails through the purchase of a season pass or day pass. Full-time college students are eligible for discounted day passes during the week. Equipment is available to rent on site. Fat biking and snowshoeing some are other winter activities available at Harris Farm. Visit www.harrisfarm.com for more details.

Annual Meeting *continued from page 1*

- 25 and 50-year AMC members were recognized; this year there were 28 who became 25-year members and six who became 50-year members. Tom Sidar and Jolene Rice received pins as 25-year members, while Jane Baldwin received a 50-year pin for her achievement
- Bill Brooke, Outings Co-Chair recognized 15 leaders who had each led three or more trips during the year. In the past year, 21 Maine Chapter leaders volunteered over 700 hours to lead more than 450 participants on 90 trips and seven workshops
- Peter Roderick Trail Work Award (PRTWA) winners, Josh Barlow, Katie Barlow and Whitney Plaskett, were in attendance and were recognized
- Walter Graff, AMC's Senior Vice-President, was recognized for his 45 years of service to the AMC. In particular, Walter has been a champion of the Maine Woods Initiative (MWI). Long-time chapter volunteers, Paul Hahn, Peter Roderick, Peg Nation and Alix Pratt all said a few words about their years of working with Walter



Doug Chamberlin was recognized as an outgoing Excom member, having served as Vice-Chair, Chair, Past-Chair and At-Large member



Stan and Michelle Moody were recognized as long-time valued Chapter volunteers



Josh Barlow, Katie Barlow and Whitney Plaskett (in order from L to R) were recognized with the Peter Roderick Trail Work Award. Peter, of course, is on the R).

The evening concluded with a presentation by Steve Tatko, AMC's Director of Maine Conservation and Land Management. Steve gave the group a fascinating look at the role people have played in land usage in Maine from prehistory to the present-day. Steve grew up in Maine, was educated in Maine and continues to live and work in Maine. His love of the state and the work he does clearly showed through his intimate knowledge of the history of the land and peoples of the state, and the Maine Woods Initiative (MWI), in particular.

We sincerely hope you will join us next year at Pineland Farms for another fun-filled and informative Annual Meeting.—**Cindy Caverly, Maine Chapter Chair**

Please go here to see the Maine Chapter's Annual Report:
<https://amcmaine.org/2019-maine-chapter-annual-report/>.

Longtime AMC Members Recognized

AMC is the oldest conservation and recreation organization in the country, and in keeping with that, the Maine Chapter recently recognized some 25-year and 50-year AMC members.

From the lists of honorees below, three people were able to attend the Chapter's Annual Meeting:

- ▶ **JOLEEN RICE,** a 25-year member and formerly very active and revered Chapter trip leader



- ◀ **THOMAS SIDAR,** a 25-year member and former member and chair of the AMC Board of Directors



- ▶ **JANE BALDWIN,** a 50-year member. Jane has hiked the Adirondack 4,000 footers and all the New England 4,000 footers more than once! Jane is over 90, still going strong, and received a standing ovation at the Annual Meeting.



Full list of this year's 50-year AMC members: Jane Baldwin, Carol Dennison, Ruth Johnson, Matthew Robinson, Jerry Sass, Kurt Wray.

Full list of this year's 25-year AMC members: Betty and Tony Beardsley, Robert Clarke, Leslie and Douglas Couper, J. Lynn Deeves, Judy and Russ Florenz, David Gelinias, George Harrington, Richard Hero, Hans Larsen, Mary Lou Moulton, Pamela and John Murton, Vicki O'Leary, Jolene Rice, JoAnne and William Rush-Peabody, Thomas Sidar, Diane and David Snyder, Richard Spillane, Richard Taylor, Cyndy Thayer, Sally Thompson, Stephen White, Jane Whitney.



Mountains & Sea AMC's August Camp 2020 Olympic National Park

Enjoy both mountains and ocean at magnificent Olympic National Park. Hike, bike, paddle and more, visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers.

This million-acre park protects a vast wilderness, thousands of years of human history and several distinctly different ecosystems. These include glacier-capped mountains, old-growth temperate rain forests and more than 70 miles of wild coastline.

Camp just outside the park in Quilcene, WA. Arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty, delicious meals prepared by our staff; plus local transportation and a free shuttle from Seattle-Tacoma International Airport.

Photos by Janine Brancale and Lennie Steinmetz, August Camp 2016

July 18 through August 15. Apply to attend for one of the four weeks. Detailed information, pricing and registration are available at augustcamp.org. August Camp filled by mid-January last year, so don't miss out!

Online registration opens January 6, 2020 at 9 AM. All applications received between then and midnight on January 15 will be treated equally by random selection.

Week 1: July 18 — July 25 Week 2: July 25 — Aug. 1
Week 3: Aug. 1 — Aug. 8 Week 4: Aug. 8 — Aug. 15

Each week: \$975 for members, \$1175 for non-members

Questions: Please visit augustcamp.org.

augustcamp.org

WINTER CALENDAR: OUTINGS | EVENTS | MEETINGS

The listings—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 the calendar online at www.amcmaine.org/calendar.

For general questions or comments regarding these calendar listings, please contact Denise Fredette, Outings Chair and Master of the Calendar Listings, outings@amcmaine.org or (207) 939-3670.

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

HIKING/SNOWSHOEING

Sat, Dec 28: Round Top Mtn. Hike or Snowshoe, Rome, ME.

<https://amcmaine.org/calendar/#116270>. This winding trail ascends to 1,133' with an elevation gain of about 650' to the top of Round Top Mtn. meandering through hardwood and conifer forests before opening up to views of Long Pond, Belgrade Lakes village and Great Pond. Total length about 4 miles (3 hrs. with stops) Trip Difficulty: Easy/moderate. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us

Wed, Jan 1: New Year's Day on Pleasant Mtn. (20's, 30's & Young at Heart), Bridgton, ME.

<https://amcmaine.org/calendar/#116834>. Celebrate the New Year with a snowshoe or spike hike up Pleasant Mtn. 5.4 mi. RT and 1,800 ft. elev. gain. This will either be a snowshoe or a micro-spike hike depending on conditions. Trip Difficulty: Moderate. Leader: Nick Montecalvo, 207-747-9084, nicholas.j.montecalvo@gmail.com

Sun, Jan 5: Introduction to Winter Hiking & Snowshoeing at Douglas Mountain, Sebago, ME.

<https://amcmaine.org/calendar/#116215>. Early winter opportunity to learn (or re-learn) and practice winter hiking and snowshoeing skills. We'll go over safe methods for traveling, hydrating, eating, watching the weather and, most of all, enjoying winter walks. We'll practice snowshoeing. This is a loop trail. From the parking lot, terrain will be gently rolling changing to some steep climbs near the top. On the summit there is a small stone tower and spectacular 360° views of the Lakes Region. Trip Difficulty: Easy/moderate. Leader: Jeanne Christie, 207-310-8708, compleatwetlander@gmail.com.

Sun, Jan 11: Winter Hike - Old Speck Mtn. in Grafton Notch, ME.

<https://amcmaine.org/calendar/#116821>. Hike/snowshoe to the summit of Old Speck Mtn. (4,170 ft.) in Grafton Notch State Park via the AT for a RT distance of 7.6 mi. and elev. gain of 2,720 ft. Trip Difficulty: Strenuous. Leader: Bill Brooke, 207-549-5100, bill@mesoft.org.

Sat, Jan 18: Little Bigelow Snowshoe/Hike, Western ME.

<https://amcmaine.org/calendar/#116714>. Snowshoe to the 3,040 ft. summit of Little Bigelow. This is a moderate 7 mi. out and back hike with 1,920 ft. of elev. gain. We'll have beautiful, panoramic views of Sugarloaf, the Bigelow Range and Flagstaff Lake. Trip Difficulty: Moderate. Leader: Cindy Caverly, 207-530-2446, cindycaverly@gmail.com.

Sat, Feb 1: Puzzle Mtn., Grafton Notch, ME.

<https://amcmaine.org/calendar/#116732>. Snowshoe/hike to the summit of Puzzle Mtn. (3,133 ft.) in on the Grafton Notch Loop Trail for a round trip distance of 5.7 mi. and elev. gain of 1200 ft. This is a moderate hike suitable for advanced beginner and intermediate winter hikers. Trip Difficulty: Moderate. Leader: Bill Brooke, 207-549-5100, bill@mesoft.org.

Sat, Feb 29: Rumford Whitecap Mtn., Rumford, ME.

<https://amcmaine.org/calendar/#116808>. Rumford White Cap Mtn. is located in Rumford Whitecap Preserve. It is a moderate 5-mi. RT hike

which offers panoramic views at the summit. Elev. gain is 1,600 ft. in 2.3 mi. one-way. Trip difficulty: Moderate/Intermediate. Leader: Susan Sarabian, 207-474-6100, suebeau1@gmail.com.

Sun, Mar 8: Easy Snowshoe Hike at Libby Hill Forest, Gray, ME.

<https://amcmaine.org/calendar/#116663>. Libby Hill Forest is a wonderful place for a half-day snowshoe hike with some hilly terrain and a couple easy stream crossings. We plan to do some bushwhacking to explore along the edge of a beaver pond that houses a large heron rookery in the summer. There are often tracks and other animal sign to examine and perhaps we'll pause to learn a little about how wildlife survives the cold winter months. Total length of hike is estimated at three mi. Trip Difficulty: Easy. Leader: Jeanne Christie, 207-310-8708, compleatwetlander@gmail.com.

SKIING

Sat, Jan 3: Nordic Ski Mere Creek Trails, Brunswick, ME.

<https://amcmaine.org/calendar/#116686>. Enjoy a morning of Nordic skiing on the trails surrounding Mere Creek Golf Course. This is a terrific area for beginners to practice Nordic skiing as well as for those who just want to enjoy a nice easy outing. Trip Difficulty: Easy. Leader: Sarah Hunter, raisinghunters@gmail.com.

Sat, Jan 18: Cross Country Ski at Roberts Farm Preserve, Norway, ME.

<https://amcmaine.org/calendar/#116659>. The wonderful folks at Roberts Farm Preserve in Norway have groomed trails, skis and poles for use, and it's all free whenever their warming hut is open, usually 10-4 on weekends. There are 7 mi. of groomed trails from easy to difficult. The majority of trails are intermediate to difficult. We'll meet in the morning for a half-day of classic cross-country skiing and then plan to enjoy a late lunch in nearby Norway. Trip Difficulty: Advanced Beginner/Intermediate. Leader: Jeanne Christie, 207-310-3708, compleatwetlander@gmail.com.

Fri, Jan 31: X-C Skiing in the Woods on Snowmobile Trails, Topsham, ME.

<https://amcmaine.org/calendar/#116732>. Join us for a morning of cross-country skiing on trails that are used by snowmobiles and are usually groomed. These are mostly old woods roads and some side trails that make for 2 loops with a straight stretch between. The trails are mostly flat with a couple easy slopes. We can also ski by a couple ponds at the old Topsham landfill. This area makes for a scenic ski outing where we can watch for animal tracks and enjoy being surrounded by woods. Trip Difficulty: Easy. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

Sun-Sat, Feb 2-8: X-Country Ski Tour of AMC Maine Woods Initiative Lodges, Greenville, ME.

<https://amcmaine.org/calendar/#116536>. Join the Maine Chapter for a ski and snowshoe tour of the Maine North Woods with stays in AMC lodges at Gorman Chairback Lodge and Cabins, Little Lyford Lodge and Cabins as well as independently-owned West Branch Pond Camps. X-C skiers with advanced beginner/intermediate skills will find this trip enjoyable. Trip Difficulty: Intermediate. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

Sun, Feb 9: Cross Country Ski Bethel Village Trails at Bethel Inn (w/ optional swim/saunapackage), Bethel, ME.

<https://amcmaine.org/calendar/#116661>. Bethel Inn Resort X-C Ski and Snowshoe Center has it all: groomed trails, ski rentals, heated indoor areas to get organized and even a ski/swim/sauna package! We'll meet in the morning for a ski, enjoy lunch and go out again in the afternoon. Those interested (like myself) can linger to swim in a heated outdoor pool and finish up with a sauna. These trails are suitable for experienced beginners, i.e. not the first time on X-C skis. Trip Difficulty: Easy to Intermediate. Leader: Jeanne Christie, 207-310-8708, compleatwetlander@gmail.com.

Fri, Feb 28: Pineland Farms Beginner and Intermediate/Advanced X-C Ski Trip, New Gloucester, ME.

<https://amcmaine.org/calendar/#116820>. Join us on a X-C ski trip at Pineland Farms, where we plan to have a beginner ski group and an intermediate/advanced ski group, depending on participant abilities. You can rent skis from Pineland Farms if you need them. This is a great ski area close to Portland with rolling hills and some easier areas for beginners as well as challenging terrain for more advanced skiers. Trip Difficulty: Beginner and Intermediate/Advanced. Leader: Cindy Caverly, 207-530-2446, cindycaverly@gmail.com.

OUTDOOR SKILLS INSTRUCTION/ WORKSHOPS/FIRST AID

Sat & Sun, Apr 18-19, 2020: Wilderness First Aid, Falmouth, ME.

<https://amcmaine.org/calendar/#116605>. Wilderness First Aid training goes beyond standard Red Cross first aid, providing you with the skills needed when you are more than one hour from medical care. Learn to assess and treat injuries in outdoor situations. This course is two full days, and will be taught at Maine Audubon in Falmouth, Maine by Wilderness Medical Associates. Fee covers instruction and materials, but does not include lodging or meals. Course costs are \$175 for AMC Maine Chapter members, \$200 for AMC members (non-Maine chapter), and \$250 if you are not an AMC member. Leader: Kim Sanders, kimberlyannsanders@gmail.com

Outings Committee Report

By Denise Fredette, Outings Committee Chair

LEADER RECOGNITION

In the past year, 21 Maine Chapter leaders have led 86 biking, hiking, paddling, snowshoeing, skiing trips and social events. Our leaders generously volunteer their time in planning and leading these trips as well as the time they spend training to become and remain leaders. In 2019, we have recognized the leaders who have volunteered the most, both in the past year and over the past five years.

The Three Trips Award is for leaders who have led three or more trips in the past year. The award is a one-year AMC membership dues reimbursement for an individual. Those achieving this award are:

Michelle Moody	Denise Fredette	Natalie Skovran
Stan Moody	Peter Roderick	Debby Kantor
Bill Brooke	Sarah Hunter	Lorraine Hussey
Alicia Heyburn	Carolyn Welch	Jo Anne Diller
Kim Sanders	Frank Brooks	Peg Nation
Susan Surabian		



Three Trips Award winners - L to R Denise Fredette, Susan Surabian, Stan Moody, Michelle Moody, Peter Roderick, Peg Nation, Bill Brooke, Carolyn Welch

LEADERSHIP TRAINING – T3

Opportunities are everywhere to get more involved and grow with the AMC. "Train the Trainer" (T3) is an annual event where current and prospective leaders from all chapters come together and learn new ways to present leadership training and workshops that they can use in their chapter trainings. It is also a great opportunity to



Leader training in progress, Sept 21, 2019. Denise Fredette photo.

connect and collaborate with leaders from other chapters. This weekend event occurs annually in November at Prindle Pond in Charlton, MA. Current Maine Chapter leaders are encouraged to attend so the Chapter can continue to offer an effective and engaging leader training program.

The Maine Chapter Outdoor Leader Training workshop was held on September 21. There were 17 Leader-in-Training attendees. The training was facilitated by four Maine Chapter instructors: Bill Brooke, Denise Fredette, Kim Sanders and Frank Brooks, as well as AMC's Leadership Training Manager Colby Meehan and Seasonal Intern, Jon Nicolodi. The Training workshop included indoor and outdoor training exercises, role plays, and situational scenarios to instruct participants and develop their leadership skills. Four of the participants have signed up with our New Leader program to become Maine Chapter leaders. The next Outdoor Leader Training Workshop will be held on May 30, 2020 in Falmouth, ME.

AMC's BEST DAY HIKES ALONG THE MAINE COAST: Recommended Winter Hikes

By Carey Kish, Author

Enjoy these great winter hikes, hand-picked by the author from the pages of AMC Maine Mountain Guide *AMC's Best Day Hikes Along the Maine Coast*, a treasure trove of 50 outstanding hikes ranging geographically from Kittery to Lubec. Enjoy!



LONG LEDGES PRESERVE & BAKER HILL PRESERVE (pp. 222-226)

Meander through the upland forests of two adjoining conservation lands to enjoy ocean and mountains vistas from granite ledges and outcrops. You'll combine all or a portion of six different trails to make this lovely loop hike through Long Ledges Preserve and

Baker Hill Preserve, both of which are owned and managed by the Frenchman Bay Conservancy. Bonus: Enjoy views to the peaks of Acadia National Park on Mt. Desert Island from Baker Hill. Location: Sullivan, Rating: Moderate, Distance: 4.2 miles, Elevation Gain: 480 feet, Estimated Time: 3 hours



BAUNEG BEG MOUNTAIN CONSERVATION AREA (pp. 34-37)

Hike a short, scenic loop over two forested peaks, the only major mountaintops in York County without any communications towers on top. Combine the Bauneg Beg Mountain Trail and the North Loop Trail to reach 850-foot Middle Peak and its

subsidiary, North Peak, highlights of the 85-acre Bauneg Beg Mountain Conservation Area, a property owned and managed by the Great Works Regional Land Trust. Location: North Berwick, Rating: Easy, Distance: 1.5-mile lollipop loop, Elevation Gain: 250 feet, Estimated Time: 1.0 hour



The Presumpscot River Falls is a scenic highlight on the Forest City Trail. Carey Kish photo.

FOREST CITY TRAIL (pp. 56-63)

Take a 10-mile hike on the Forest City Trail, a wonderful, well-marked path which links the many wild places and green spaces and historic neighborhoods of Portland, Maine's largest city. Highlights include the Stroudwater River, Jewell Falls in the Fore River Sanctuary, Evergreen Cemetery, Oat Nuts Park and thundering Presumpscot River Falls at

the site of the old Smelt Hill Dam in Presumpscot River Preserve. Location: Portland, Rating: Strenuous, Distance: 10.0 miles (one-way), Elevation Gain: 260 feet, Estimated Time: 5.5 hours

Back from the Pacific Crest Trail

By Carey Kish, editor of Wilderness Matters



You probably didn't miss me, and maybe didn't even know I was gone for more than six months. But from April 3 through October 8, 2019, this Mainer was hiking the Pacific Crest Trail through the deserts and mountains of California, and then Oregon and Washington, intent on connecting the dots between Mexico and Canada.

It was a long, grueling journey, yes, but oh so beautiful and highly rewarding and satisfying. I completed 2,466 miles of the PCT before early winter storms forced me off the trail at Stevens Pass in the North Cascades of Washington. I'll return next August to hike the final 177 miles and earn the coveted PCT thru-hiker patch. I wrote 11 stories on my PCT hike for the *Maine Sunday Telegram* while I was en route, and you can find them online at www.pressherald.com.

My sincere thanks to the most awesome Sarah Hunter, who filled in for me as editor of Wilderness Matters for the last three editions in my absence. Sarah did an amazing job, seamlessly, with great ease and no fanfare. Thank you, Sarah!



The Pacific Crest Trail: And Now for a Little Something Different...

By Stephen Brezinski

I still recall the exhilaration last summer when my backpacking partner suggested a Pacific Crest Trail (PCT) backpack rather than our usual AT section. Jerry had done pre-planning and easily convinced me to do a five or six-day section in Washington's Norse Creek Wilderness. This section isn't the most picturesque in the Northwest, but offered a great compromise of scenic beauty, length, accessibility, water and location adjacent to Rainier National Park. We also had the perk of a local friend who could take us to and from the trailheads. August was chosen as it would still be warm and relatively mosquito-free.

Our venture began midday at Chinook Pass for an easy four-mile walk to Sheep Lake. The next several days brought us north along the ridge and over a half dozen passes, with amazing views of the sleeping volcanoes Rainier and Adams. Our goal was not to bag peaks or see how many miles we could push, but rather to enjoy the walking, the geology and the flowers with an average 8-10 miles per day.

On Day 3, we left the ridge and descended 2500 feet to Echo Lake. Our guidebook and maps didn't prepare us for the extensive recently burned areas we hiked through en route. If not for our GPS and experience with maps and trail reading, we may not have found our way through the ash and burned blowdowns. The trenches and footprints made by the firefighters the previous year were still evident. Day 4 and 5 brought us into lush old growth forest and plenty of water.

Hiking out west is a very different experience from hiking the Appalachians. Discounting the altitude factor, I find hiking in the Rockies and Cascades is easier than hiking back east. In the Cascades we found wide trails built for horses, plenty of switchbacks, few roots and boulders, and open views over miles of ridges. Contrast this to Maine and New Hampshire where the trails typically go straight up the mountain, may be indistinguishable from stream beds, and a great view is a rare treat. In the Cascades, one must be prepared for no paint blazes and poor signage (we found many signs that were faded and lying on the ground). While we may hike the AT without a map, a map and compass (and the ability to use them properly) are essentials in rough country like the Cascades.



Jerry, Stephen and Jan, on PCT northbound from Chinook Pass.

Above: Mt. Rainier from Norse Creek Wilderness.

Volunteer for Trail Work with the Peter Roderick Trail Work Award!

Plan now for doing trail work this summer. AMC members (preference given to first or second-time trail work volunteers and Young Members volunteers) are invited to apply for a scholarship that will cover all costs for food and overnight lodging during one of three multi-day trail work opportunities in AMC's Maine Wilderness Initiative (MWI).

The Peter Roderick Trail Work Award (PRTWA), named to honor a longtime Maine Chapter trail volunteer, will cover the cost of a multi-day volunteer trail work outing in AMC's 78,000-acre MWI area outside of Greenville, Maine.

The goals of this program are to encourage first or second-time trail volunteers into the MWI and to provide on-site opportunities to learn trail work skills. Up to twelve PRTWA scholarships may be awarded for use during any of three volunteer trips during 2020.

Here are the scholarship details:

Volunteer trips: The three volunteer trips during 2020 are May 22-25, July 6-9, and October 9-12. The trips are led by one or more seasoned volunteer leaders to provide appropriate instruction and oversight. Each trip begins with 6pm dinner and an overnight at one of the three AMC lodges outside of Greenville, Maine, and ends after lunch on the final day. Accommodations and all meals during that time are covered by the scholarship.

Who may apply: The PRTWA is open to any new or current AMC member who has the desire to work outdoors in the Maine Woods, on projects such as building or improving foot trails and bog bridging, stacking firewood, gardening, and marking boundaries, all done under the supervision of a volunteer leader. All applicants will be considered and preference will be given to first- or second-time trail work volunteers and to younger members, generally considered to be folks in their 30's or younger. If you are not currently an AMC member, you must join before applying for the award.

How to apply: Complete the PRTWA Scholarship Application, found as a link on the Maine Chapter website at amcmaine.org. The application is designed to gain an understanding of the applicant such as prior experience with volunteering, with trail work, and with AMC. Applicants

should identify their first, second, and third preference for trip dates. Complete the form online or download, complete electronically, and email to mwi@amcmaine.org.

Deadline for applications: Applications should be submitted between January 1 and March 1, 2020. Awardees will be notified by March 15.

Questions? Contact MWI Committee Chair Paul Hahn at mwi@amcmaine.org.

Not for You? The Maine Chapter offers other no-cost one-day trail work opportunities in Maine. FMI, email trails@amcmaine.org.

PRTWA testimonials...

I received the Peter Roderick Trail Work Award in the Fall of 2019, an endlessly enjoyable experience I highly recommend. What I found far exceeded even the best case I could have imagined. Passion for the Maine Woods is palpable and completely contagious. – Katie Barlow

My PRTWA trail work experience with AMC in the North Maine woods was incredibly rewarding and enjoyable. The camaraderie that occurred over the weekend was amazing to see. People from all walks of life bonded together because of a shared love of the outdoors. – Adeline Casali

That trail work weekend was more rewarding than anything I had imagined. I was the youngest and newest member, but volunteers of all ages and abilities welcomed me so warmly that I felt part of the group right away. Of course, doing fun and gratifying trail work while enjoying Maine's vast wilderness is enough to make this an enjoyable trip, but the conversations, stories and friendships are what keep me coming back. – Stephanie Lynch

I left that PRTWA weekend having one of the most memorable times up North. Doing volunteer trail work for AMC is a great experience, you are truly immersed in the woods, giving back to those who use the trails. – Sam Reed

AMC Maine Chapter Trails Committee Report for 2019

Wow, did the Trails Committee ever have another good year. We continued projects and directions from previous years, saw repeat men and women volunteers, and continued to attract new volunteers and develop new trail leaders. We also increased our volunteer trails trips this year, for a total of 13 trips.

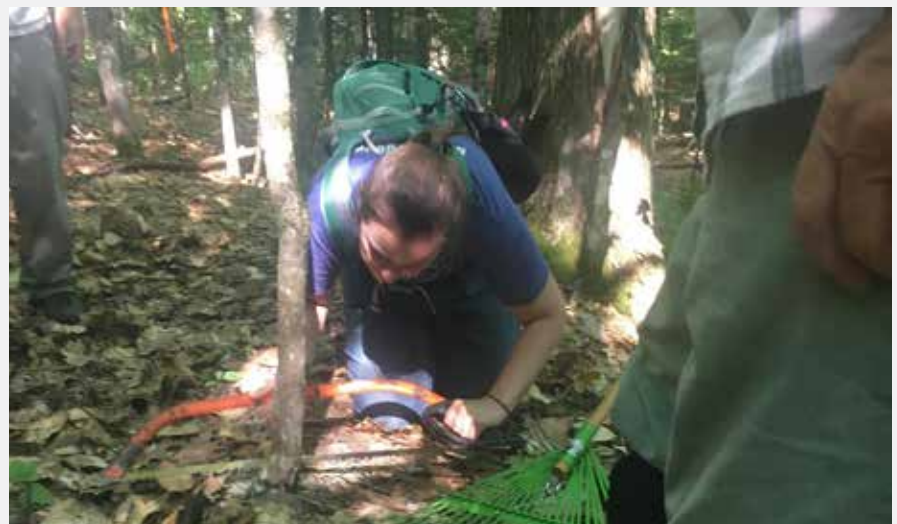
The Maine Chapter renewed its support for the Loon Echo Land Trust through our continuing work on Pleasant Mtn. in Denmark, where we enjoyed two trail work days. We continue to support the trails on Mt. Cutler, located in the town of Hiram, where this year we led two trail trips. As we have done for decades, we supported the Maine Appalachian Trail Club through work on our adopted trail segment near the town of Stratton, ME, where we ran two trail days of maintenance activities.

We also had trips to Mt. Kineo State Park at Moosehead Lake as well as a trail work trip in the Kennebec Highlands in Rome, ME. In conjunction with stewards from Maine Island Trail Association, we maintained trails on Campbell Island near Deer Isle.

The Trails Committee continues its support for the AMC's Maine Wilderness Lodges located in the 100-Mile Wilderness, where we provided trail leaders and tools. We look forward to providing more support there in 2020.

We are grateful to Peter Roderick, who gives selflessly of his time and demonstrates incredible commitment to the trails and lands he loves. Part of our success as an organization is directly connected to his hard work, dedication and support.

Plans for 2020 include more trail days, more trail maintenance support of additional local land trusts, and developing the next generation of trail



Kendra Nash uses a hand saw on one of the Maine Chapter trail work trips. Phil Coyne photo.

leaders. In late winter, we'll meet to plan for the upcoming year's trail work weekends.

In closing, the Trails Committee encourages everyone to volunteer for at least one trail work trip this coming year. Volunteering is a wonderful way to give back to our Maine trails, so members should please consider and bring a non-member along to join the fun. To join our trail team, go to <http://tiny.cc/MaineAMCtrails> or contact me directly.

—Phil Coyne, Volunteer Trails Committee Chair, AMC Maine Chapter
"Get Out, Get Dirty, Give Back" • trails@amcmaine.org

Trail Work for Beginners

By Paul Hahn and Phil Coyne

How many of us have hiked past a group of volunteers cleaning or building a trail and said, "oh thank you, thank you, thank you for your work, I really appreciate it." Then walked a bit further, and said to yourself, "I could never do that" or "I should do that."

Well, in fact, you could, you should, and you can! Calling all those of us who want to give back, who want to try trail work, but for whatever reason have never found ourselves on a trail crew. Here are two really good options.

First, you can join a one-day outing where you'll work with an experienced trip leader to learn the basics of trail maintenance, get a feel for chapter-owned trail tools, see what it is like to work with a group, and experience the satisfaction of making a trail better for everyone. Typically, you'll be part of a group of 4-8 volunteers working 4-5 hours on a designated trail, perhaps an hour's drive from your home with carpooling options available. There might be 4-5 such outings planned during 2020.

You might also consider joining a multi-day trail work option that includes all of the characteristics and qualities described above, but taking place in the AMC-owned Maine Woods Initiative land outside of Greenville, ME. Yes, it's a longer drive up north, but once you get there you never want to leave, so these trail work trips are all multi-day options. Over the course of 2+ days, you can try out a variety of activities, including traditional trail maintenance, trail building, bog bridge building and boundary marking. These multi-day trips do have a small associated cost, but it means that you get to sleep inside on a bed and eat family-style, professionally prepared meals. And first-time trail volunteers can apply for a Peter Roderick Trail Work Award (PRTWA) scholarship which covers lodging and food costs.

To volunteer or FMI, contact volunteer trail work chair, Phil Coyne, at trails@amcmaine.org.

► Multi-day trail work options take place on the AMC's Maine Woods Initiative lands in the 100-Mile Wilderness, with lodging available at beautiful places like Gorman-Chairback Lodge picture [here](#).

Maine Chapter Member is New Maine Leave No Trace State Advocate

Tom O'Brien, an AMC member for eight years and a *Leave No Trace* Master Educator for four years, is the new Maine *Leave No Trace* State Advocate.



O'Brien is a retired Boy Scout leader with 22 years of experience in the outdoors and has taught many *Leave No Trace* and leadership training courses to youth and adult Boy and Girl Scouts. Tom is passionate about teaching youth and adults to make ethical choices to minimize their impact in the outdoors.

O'Brien hopes to achieve two goals:

- Develop a network of Master Educators, Trainers and volunteers who can increase our joint *Leave No Trace* outreach to individuals and organizations throughout Maine
- Build contacts with organizations that are committed to protecting the outdoors, e.g. outdoor retailers, national and state parks and forests, land trusts, schools and local communities to share our learning about the importance of *Leave No Trace*.

Maine Chapter members can help to achieve these goals by:

1. Assisting in developing a network of *Leave No Trace* trainers and volunteers
2. Identifying organizations, such as outdoor outfitters, land trusts, etc. that would benefit from more learning opportunities about the principles of *Leave No Trace*
3. Provide ideas for LNT programs
4. Volunteer to help deliver the LNT programs

Please contact Tom at:

Tom O'Brien, *Leave No Trace* Master Educator
(203) 927-6312 (cell) • MEadvocate@lnt.org



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!

Meet Our Chapter's New Young Leaders!



► STEVEN PROFAIZER, New Young Members Co-Chair

Steven Profaizer is new to the AMC, but he's been actively engaged in outdoor activities – and helping others do the same – since his first backpacking trip as a child. He is an avid outdoors person who can often be found hiking, backpacking, biking, sea kayaking, snowshoeing, and cross-country skiing throughout the Northeast. He has a keen sense of adventure and is always

up for a challenge, but he equally enjoys more relaxed outdoor activities with groups. As Young Members co-chair, he's excited to help people build new connections with each other and the outdoors.



► NOELLE KOCH, New Young Members Co-Chair

Living in Maine for almost two years now, I have been so happy with my decision to relocate. I have been passionate about the outdoors since I was a teenager. Maine has given me the opportunity to have better access to the mountains and ocean to enjoy the outdoor activities I love, like hiking and downhill skiing, and opened me up to new ones like sea kayaking.

My love for the outdoors inspired me to pursue a career where I could

do work that would help to preserve and better the environment. I chose Civil Engineering and I am proud to work for Woodard & Curran, an environmental consulting firm committed to solving water resource challenges and protecting the environment. I currently live in Portland, ME, and when I'm not working or exploring the outdoors, I enjoy cooking, tasting new beer and wine, and spending time with my family, friends, and my adorable kitty, Lexi.

Through my job and making new friends, I have learned how important it is to build meaningful relationships with people. I am excited for the opportunity to be one of the Young Members Co-Chairs for the Maine Chapter so that I can help build a community of young people in Maine passionate about the outdoors and help to facilitate the opportunities for people with similar interests to meet and create meaningful relationships. I look forward to connecting with more members of the Maine Chapter!



► TOM IANELLO, New Communications Chair

I've spent my entire life exposed to outdoor recreation opportunities, from childhood camping trips in national parks to peak-bagging in the White Mountains with my wife. These experiences have played an important role in my life, and it's a personal mission of

mine to share that with others. My professional background is in digital media communications, encompassing graphic design, content creation, photography and video production. I'm truly excited to put these skills to use in developing creative storytelling and engagement strategies for the Maine chapter of the AMC.

My day job is at Wolfe's Neck Center for Agriculture & the Environment, a nonprofit agricultural research and education farm in coastal Freeport, where I perform communications and development work. In my spare time, I'm usually with my wife Annica undertaking the latest adventure in our lives, raising our baby Pierce, named after the first 4000-footer we summited together.



► WHITNEY PLASKET, New At-Large Executive Committee Member

I'm an environmental engineer who works to clean up large contaminant plumes in groundwater across the US. I grew up in Michigan and lived near Boston, Detroit, and in Philadelphia before meeting my husband in 2014 and convincing him to move north to Maine to be closer to the mountains in 2015. I started hiking the 48 NH 4,000 Footers in August 2016 and have

met so many lovely people through hiking. I love being outside and escaping the "real world" for what I experience as the "real" real world as often as I can. I joined AMC three years ago when I started staying at the huts regularly to hike the Whites, and continued to support the group because of all they do for conservation and getting people outdoors. I recently joined the AMC Maine Chapter Executive Committee in an At Large position to support activities in Maine after a great weekend of trail work up at Medawisla. I'm passionate about engaging with others who love the outdoors and doing what I can to make sure there are places for people to experience the "real" real world for generations to come. In my free time, I enjoy yoga, cooking, reading, journaling, and dabbling in oil painting of landscapes.

Denise Fredette is the 2019 Appie of the Year

Long-time volunteer Denise Fredette is this year's Maine Chapter "Appie of the Year." Congratulations Denise! This award is presented annually to a member of the Maine Chapter for her or his outstanding contribution to the growth, success, and leadership of the Chapter and/or the Executive Committee within the past year. The Appie of the Year receives accolades from Maine Chapter members plus a "one-year lease" on the Maine Chapter's ceremonial Appie hiking stick with his or her name wood-burned onto it.

Denise is the Chair of the Outings Committee and has been Co-Chair of Outings for the last year. Prior to that she was Young Members Co-Chair for three years. Denise has been a hiking and backpacking trip leader since 2013 and an AMC Adventure Travel leader for the past two years. She is one of the chapter's most active leaders, averaging 18 trips or social events per year for the past six years.

Denise is also a leadership trainer for the Maine Chapter, leading workshops for backpacking and winter hiking. She is a certified member of the Club-level faculty for Outdoor Leadership Training and a member of the Club-level Outdoor Leadership Development Committee.

Along the way, Denise has found time to complete the New England Hundred Highest, the NH 48 4,000 footers in winter, and the NH "52 With a View." Well done, Denise, and thanks for all you've done for the Maine Chapter.

