



MAINE

Maine Chapter
Appalachian Mountain Club
127 Moosehead Lake Rd.
Greenville, ME 04441

NON-PROFIT
U.S. POSTAGE
PAID
PORTLAND, ME
PERMIT NO. 454

WILDERNESS MATTERS

VOLUME XLVI • NUMBER 2 • SPRING 2021

Bonding with My Son on the New England 67 *By Sarah Hunter*

Pockets of thick fog ebb and flow across the steep slope of false summits on the way up Saddleback, along the Appalachian Trail in Maine. I've been trying to keep my son in my sights, but the mountain seems to know my mission, and its futility. I look up again, and he's gone. I make my way through the whiteness, unable to see anything but the path beneath my feet, and I follow it, knowing it will lead me to him.

We've been hiking together his whole life. As a baby in the backpack carrier, he'd extend his little arm and urge me to move close to the trees so he could place his dimpled hand on the bark. It wasn't enough to be in the forest; he had to feel it, too. I had a nature-lover, and I intended to nurture his spirit with a steady diet of outdoor adventure.

So, we crafted our family life around the outdoors. We explored every inch of our local state park and spent vacations hiking and pedaling



through public lands. When he was eleven, we sent him to a sleep-away summer camp that furthered his appetite for adventure, instilled a deep understanding of Leave No Trace, and introduced him to his first 4,000-foot peaks. He returned with stories of heavy packs, water-logged boots, and blisters, and he began counting the days until the next summer.

Realizing that we needed to provide more outlets for him, we started learning about the high peaks of New England and quickly discovered that there are lists for goal-oriented adventurers. And so we started working together toward

a shared goal: to summit the 67 high peaks of Maine, New Hampshire, and Vermont. We kept track of our ascents on the chalkboard in our kitchen—at first, it was me out in front, carrying the snacks and offering encouragement, but as each season passed, my son grew stronger. Soon I was just trying to keep up.

- continued on page 2

AMC Maine Policy Updates *By Eliza Townsend, Maine Conservation Policy Director*

State and federal policy

At this writing, the Maine Legislature is off to a relatively slow start and continues to meet virtually. Naturally, issues of public health and the economy are getting a lot of attention.

Meanwhile, within a week of taking office, President Biden announced bold action to address climate change, pausing leasing of public lands for fossil fuel extraction, accelerating renewable energy development, and calling for a Climate Conservation Corps modeled on the successful CCC of the 1930's. One of his most visionary goals is conserving 30% of America's lands and waters by the year 2030. This target is the minimum amount scientists tell us is necessary to slow the loss of nature and buffer against the impacts of climate change.



A hiker enjoys the view over Moosehead Lake from the top of the Kineo Cliffs. Carey Kish photo.

Here at home, Maine's Climate Action Plan, developed by a 39-member Maine Climate Council with input from thousands of Mainers over 14 months, sets the same goal. The Maine Chapter hosted a February webinar on Maine's Climate Action Plan.

AMC is leading one of the most effective strategies to address climate change and slow the loss of nature: reinvest in the Land for Maine's Future program. We know that natural solutions are among the most important ways to combat climate change—open spaces not only buffer against flooding but also protect biodiversity and sequester carbon. Our forests alone absorb 60% of Maine's annual greenhouse gas emissions. Since 1987, the Land for Maine's Future program has helped protect more than 600,000 acres across the state, simultaneously safeguarding critical wildlife habitat and ensuring permanent public access. LMF has saved a wide variety of landscapes, including 333,000 acres of working forest in private ownership, 41 farms totaling 9,700 acres, and 26 commercial working waterfront properties along the length of the coast. Today it is virtually out of funds, at just the moment that the COVID-19 pandemic has created unprecedented demand both for real estate in Maine and for outdoor recreation destinations.

We all have witnessed the skyrocketing demand for places to recreate, socialize, clear our heads and lift our spirits resulting from the COVID-19 pandemic. Among the most popular destinations for Mainers and visitors are our magnificent state parks. Beautiful, inexpensive, and beloved, they welcomed a record 3 million visitors

- continued on page 3

Wilderness Matters

is the newsletter of the Maine Chapter of the Appalachian Mountain Club. Opinions expressed herein do not necessarily reflect the policies or views of the AMC or its Maine Chapter. Not responsible for errors or omissions, except to acknowledge them in a subsequent issue.

Copyright 2021 - Maine Chapter of the Appalachian Mountain Club.

Address corrections: Send to AMC Member Services, 10 City Square, Boston, MA 02129 | (617) 523-0655 | amcmembership@outdoors.org

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, 2021.

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!

Maine Chapter Executive Committee

Chapter Chair: Bill Brooke, chair@amcmaine.org, (207) 549-5100

Chapter Vice-Chair: Jerry King, vicechair@amcmaine.org,

Treasurer: Janet Roderick, treasurer@amcmaine.org

Secretary: Jeanine Libby, secretary@amcmaine.org

At Large: Whitney Plasket, atlarge@amcmaine.org

At Large: Malena Gatti, atlarge@amcmaine.org

Past Chapter Chair: Cindy Caverly, past_chair@amcmaine.org

Conservation Chair: Chris Franklin, conservation@amcmaine.org, (207) 228-4490

Programs Chair: **VACANT**, programs@amcmaine.org

Membership Chair: Karen Brace, membership@amcmaine.org

Maine Woods Initiative: Paul Hahn, mwi@amcmaine.org, (207) 222-2837

Newsletter Editor: Carey Kish, newsletter@amcmaine.org, (207) 838-9669

Nominating Chair: Paul Hahn, nominating@amcmaine.org, (207) 222-2837

Outings Chair: **VACANT**, outings@amcmaine.org

Trails Chair: Phil Coyne, trails@amcmaine.org

Communications: **VACANT**, communications@amcmaine.org

Young Members Co-Chair: Noelle Koch, youngmembers@amcmaine.org

Young Members Co-Chair: Steven Profaizer, youngmembers@amcmaine.org

Leadership Committee Chair: Kim Watson, leadership@amcmaine.org

Other Contacts

Maine Conservation Policy Director: Eliza Townsend, etownsend@outdoors.org, (207) 699-9815

Regional Director: John Mullens, rd@amcmaine.org, (802) 793-1775

Newsletter Designer: [brightredbicycledesign](http://brightredbicycledesign.com), laurenmier@gmail.com

E-newsletter Distribution: Laura Flight, enews@amcmaine.org

Maine Woods Initiative Office

Maine Woods Initiative Office, 127 Moosehead Lake Rd., PO Box 310, Greenville, ME 04441, (207) 695-3085

AMC Headquarters

10 City Square, Boston, MA 02129, (617) 523-0655

New England 67 *continued from page 1*



Some peaks came easily, some made us earn the rewards, and others simply doled out suffering. We hiked on blue-bird days along soft forest paths that rose gently to open summits. We clawed our way up steep scrambles in high winds towards other-worldly views. We endured ice-cold, thigh-deep water crossings and long slogs through mosquito-filled bogs to wooded, unmarked summits. For my son, who began this journey on the brink of his teenage years, the value of these experiences has been incalculable. They've transformed him into the capable outdoorsman he is today, one with a deep well of grit, confidence, and humility.

On the summit of Saddleback, I find my 16-year-old napping against his pack, and I take a seat. As we rest, the fog slowly lifts to reveal the distant peaks we'll stand on later that day and the next. We linger a while, enjoying the view, and then gather our heavy packs and head north. If all goes according to plan, he'll reach his 67th summit tomorrow, on Maine's Mount Abraham (we tackled Vermont's Abraham a few years earlier). But he also has another motive for this backpacking trip. He's using it as training for an upcoming adventure of his own.

When we make it to our destination that afternoon we lounge in the lean-to, and he pulls out his Long Trail map, the one he's been pouring over for months now. In a week's time, he and his friend will walk into Vermont's Green Mountains and begin their 272-mile adventure to Canada. They've planned a 22-day trip, with resupply stops every fifth day. As tough as it is to let him go, I've known this day was coming from the moment he reached his hand toward the trees. Since then, I've given him the space to learn and grow both with and without me, and he's used that space to carve his own path. It's not easy for me, but I'm happy for him.

The next morning, I wake at 3:30 and wrestle my sleeping bag into its sack. I crawl out of my tent, and my light shines in the direction of my son. His hammock is already down, and he's collecting our food bags. We pack up, weave our way around the surrounding tents, and head north. It's a short distance to the peak of Poplar Mountain, a relatively unimpressive summit, but one with easterly views. We lay our sleeping pads out and he boils water for tea and oatmeal as we watch the horizon grow golden. We're silent as the sun comes up. And then we move on. Mount Abraham is calling. My son leads the way.

This story was originally published in AMC Outdoors. To read more of Sarah's work, visit www.sarahtrailhunter.com.

Membership Events

Interested in sharing your trail stories or helping us welcome new members to AMC? Contact membership@amcmaine.org and we'll keep you posted on upcoming social events. At the current time these are remote via Zoom, but we hope to get together in person later in the year. Join us, share your trail stories if you'd like, and listen as others describe their adventures in the great outdoors!

Find us on  www.facebook.com/MaineAMC/

in 2020. Sadly, they have not been invested in for years and have accumulated a \$50 million backlog of maintenance needs as basic as paving roads and repairing sewage systems.

A proposal to invest in the parks along with LMF is moving forward in the Legislature and is AMC's highest priority for 2021. This proposal is that much more important because Congress passed the Great American Outdoors Act last year, permanently and fully funding the Land and Water Conservation Fund. This means that our state can realize as much as \$25 million annually to conserve working forests like AMC's Maine Woods holdings and to invest in state parks and local outdoor recreation infrastructure, provided we match it with state and private dollars.

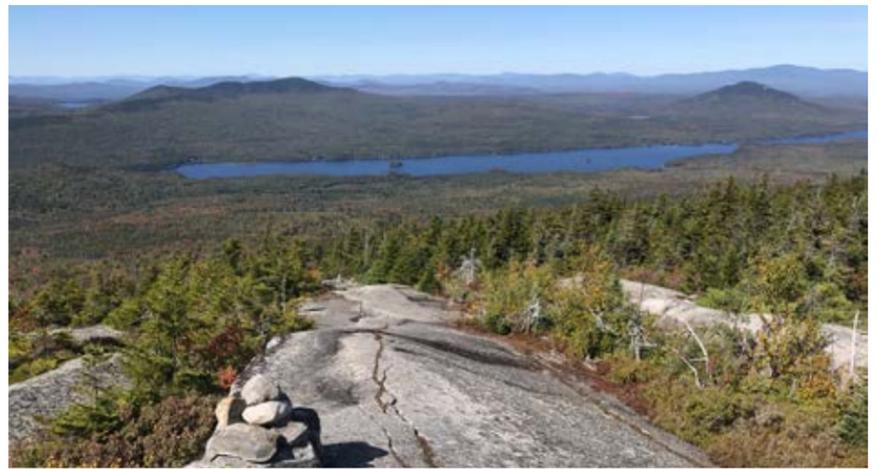
With partners, we hosted a webinar on the topic that can be found at: <http://bit.ly/3bJpJYh>

We do not all have the same access to nature's benefits. Low-income communities, especially communities of color, are far less likely to have access to close-to-home parks and trails, and to the fresh air, clean water, and air-cooling shade that trees provide. This is especially true for non-white families with children, and all children need access to nature to thrive. As we work to conserve Maine's 30% of land and waters, and to create outdoor recreation opportunities, we must ensure that everyone gains.

To stay informed about the issues AMC is working on, and to raise your voice at key moments, sign up for the Conservation Action Network at www.outdoors.org/conservation-action-network

Other state issues

You have the opportunity to help shape the future of the Moosehead Lake region. The Weyerhaeuser Company purchased the lands in the Greenville area formerly owned by Plum Creek



This view west from the AT atop of Moxie Bald will be forever marred by the NECEC transmission corridor. Carey Kish photo.

Timber and have requested that areas previously slated for development be rezoned. Importantly, the places already placed under conservation easements are permanently protected, and other trails, campsites and boat launches will be transferred to the Maine Bureau of Parks and Lands.

Now the Land Use Planning Commission (LUPC) is undertaking a new planning process for those places previously slated for development, like Big Moose Township, Lily Bay, greater Rockwood, Brassua Lake, and Upper Wilson Pond. LUPC is soliciting input from the public about the future of this special place. Whether you live nearby, spend summers at Moosehead, or visit when you can, you are invited to comment. To learn more, take a survey about what you think needs to happen, and get updates, go to <http://bit.ly/3pW5FHd>.

New England Clean Energy Connect

AMC has long opposed the 145-mile NECEC transmission line, arguing that Segment One will fragment the largest contiguous temperate forest in North America, home to 139 rare plants and animals and core habitat for marten, lynx, loon, and moose. Further, we're concerned that the nearly 1,000 water crossings will degrade water quality in the last stronghold for wild native Brook Trout.

In January, a federal judge granted a Preliminary Injunction, halting construction on the 53-mile Section One from the Canadian border to West Forks Plantation while a lawsuit brought by AMC, Natural Resources Council of Maine and the Maine Chapter of the Sierra Club goes forward. We're keeping an eye on all the other developments regarding the project, including other lawsuits, bills in the legislature, and the citizen-initiated referendum to allow a vote by the public. Meanwhile, construction has begun in the areas to the south.



The glorious wild country around Moosehead Lake as viewed from the firetower atop Mt. Kineo. Carey Kish photo.

Andrew Norkin, AMC's Director of Trails and Recreation Management, 1963-2021



Andrew Norkin passed away recently after dealing with cancer for several years. Many AMC members may remember Andrew for guiding the construction, rehabilitation, and maintenance of AMC's vast trail network, for creating and training professional trail crews that worked throughout the country, and for his popular chainsaw workshops at Annual Summit.

As Director of Trails and Recreation Management, Andrew was a talented and acknowledged expert, yet modest about his accomplishments. As a person, he was one of the genuinely nicest guys in the world, polite, open, interested in others, and cheerfully engaging.

According to AMC President and CEO John Judge, "Andrew's kindness and passion for AMC were second to none. As our Trails Leader, Andrew spearheaded what is arguably the best trails team and operation in the country. From the White Mountains and the Maine Woods to Valley Forge and along the Appalachian Trail, Andrew's legacy will carry on as millions of folks enjoy AMC's trails for decades to come... We will sorely miss Andrew."

Andrew's self-penned obituary in the *Conway (NH) Daily Sun* included the following: "Andrew had a passion for the outdoors and after college, he volunteered for the National Parks Service in Katmai National Park, Alaska. While in Alaska, he learned the mushing life. Wonderful friends taught him trapping, hunting and so much more. Andrew took a job with the U.S. Forest Service in the Chugach National Forest.

"In the Lower 48, Andrew joined the Appalachian Mountain Club as the Director of the Trails where he's been with them for the past 21+ years. He's always enjoyed working for the AMC. It was a gift to work alongside such passionate people.

"Andrew was a man of service. He coached MOMS Nordic and volunteered for the local after school alpine ski program. At Saint Elizabeth Ann Seton Church, he found peace with God.

"While I sit here at 57 writing this, I feel what is important in life is Family, Faith and spending time with loved ones in God's great outdoors."

SPRING 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 email outings@amcmaine.org.

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

Thanks!

HIKING

Saturday, June 5: Mt Washington, WMNF, Pinkham Notch, NH.

<https://www.amcmaine.org/calendar/#124612>. Experience the beautiful Alpine Garden. We'll carpool up Mt Washington Road to the Cow Pasture, then hike down Huntington Ravine Trail to Alpine Garden Trail, where we'll spend time looking for and identifying flowers and plants. Moderate hike, 2.4-mi RT at slow pace.

Limited to 5 participants. Difficulty: Moderate. Leader: Peg Nation, 207-583-2720 before 9pm, mjnation11@earthlink.net; Leader: Stephen Brezinski, 207-353-9854 (before 9 PM), sbrez1@comcast.net.

(SUMMER ACROSS MAINE) HIKES

Sunday, July 11: Summer Across Maine: Mill Brook Preserve, Westbrook, ME. <https://www.amcmaine.org/calendar/#124842>.

Join us for a hike through Mill Brook Preserve, as part of the Summer Across Maine series. This will be about a 6-mile hike over rolling terrain and alongside Mill Brook. Pace will be moderate with a focus on having fun and staying together as a group. All participants will need to answer a few questions to evaluate their preparedness for this hike before they are officially registered. *This hike is brought to you in partnership with L.L. Bean, who is generously sponsoring the AMC—L.L. Bean hike series as part of L.L. Bean's Summer Across Maine.* Leader: Steven Profaizer. See web listing for contact information.

Sunday, July 18: Summer Across Maine: Beavers Build Wildlife Habitat at Libby Hill Forest Trails, 50 Libby Hill Road, Gray, ME. <https://www.amcmaine.org/calendar/#124866>.

Beaver are amazing engineers and as they build their dams, they also create a neighborhood for wildlife. We'll head out to an established but possibly abandoned beaver pond to learn about beaver and their neighbors. The hike will be on the Libby Hill trail system with some bushwhacking to explore along the edge of the beaver pond. The terrain is rolling; total length of the hike is estimated at three miles. *This hike is brought to you in partnership with L.L. Bean, who is generously sponsoring the AMC-L.L. Bean hike series as part of L.L. Bean's Summer Across Maine.* Difficulty: Moderate – Easy. Leader: Jeanne Christie, 207-310-8708 before 9pm, jeanne.christie@aswm.org.

Sunday, July 25: Summer Across Maine: Crazy Beaver Lodge Wander along the Presumpscot River, Presumpscot River, Route 35, North Windham, ME. <https://www.amcmaine.org/calendar/#124865>.

In recent years, beavers have been building lodges along the Presumpscot River. In a stretch less than a mile in length there are six lodges, mostly on the banks of the river. What's going on? Are there beavers living in all of them? How

can we tell? This is not a hike; it's a wander or maybe more of a meander abandoning the trail frequently to scramble along the water's edge doubling back on the opposite side of the river and all the time searching for clues to learn more about an amazing animal; the beaver. Expected distance 3-4 miles; flat but uneven terrain, includes scrambling over logs; pushing through shrubs and past small trees, completing a water crossing or two and the possibility of wet feet. There's no certainty we'll figure out what the beavers are really up to, and it won't be the beavers who will be acting crazy, it'll be us. *This hike is brought to you in partnership with L.L. Bean and who is generously sponsoring the AMC--L.L. Bean hike series as part of LL Bean's Summer Across Maine.* Difficulty: Easy to moderate. Leader: Jeanne Christie, 207-310-8708 before 9pm, jeanne@connecttowilderness.com.

Sunday, August 1: Summer Across Maine: Fore River

Sanctuary Hike, Portland, ME. <https://www.amcmaine.org/calendar/#124847>. This 85-acre preserve is the home of Jewell Falls, Portland's only natural waterfall, and the site of the former Cumberland and Oxford Canal. This hike is less than 4 miles, from the flat former canal towpath to hillier sections leading to the falls. The lowland area, where salt and freshwater marsh meet, provides great bird-watching opportunities. This network trails encompasses some of the most diverse habitats in Greater Portland. Remember to pack a water and a snack. *This hike is brought to you in partnership with LL Bean, who is generously sponsoring the AMC—LL Bean hike series as part of L.L. Bean's Summer Across Maine.* Difficulty: Easy. Leader: Phil Coyne, See web listing for contact information.

Sunday, August 15: Summer Across Maine: Beginner Hike Bald Rock Mountain, Lincolnville, ME. <https://www.amcmaine.org/calendar/#124825>.

Bald Rock Mountain Trail is a 3.4-mile loop trail that offers fantastic views of Penobscot Bay. Bald Rock Mountain (1,100 feet) has a spectacular view of the coast from the Penobscot River to Owl's Head. Islands dot the ocean like the clouds drifting overhead--Vinalhaven, North Haven, Islesboro, Isle au Haut, and Mount Desert Island. On the summit look for blueberries, butterflies, and dragonflies. Two Adirondack shelters and an outhouse are located just under the summit. Remember to pack a lunch to eat at the summit while enjoying the magnificent view. *This hike is brought to you in partnership with LL Bean, who is generously sponsoring the AMC—LL Bean hike series as part of L.L. Bean's Summer Across Maine.* Difficulty: Moderate. Leader: Jeanine Libby, 207-858-5500 before 8PM, jjlibby13@roadrunner.com.

Sunday, August 22: Summer Across Maine: Beginner Hike on Roundtop Mountain, Rome, ME. <https://www.amcmaine.org/calendar/#124824>.

The Round Top Trail ascends Round Top Mountain (1,133') while winding through a diverse forest of young and old hardwoods and conifers. Within 200 yards it crosses a large slab of granite originally quarried for an old foundation. A moderate hike, it provides both inclines and flat tracks over rock-strewn terrain. We'll stop several times to talk about the nature surroundings within this gorgeous area. The views of the Belgrade Lakes and the surrounding area from the lookouts are excellent, though the real fun is the trail terrain itself. If you like rocks, boulders, and moss, you'll encounter plenty of them. We will also take the Spur Trail to the top of the Roundtop Mountain to take in the spectacular view of the Belgrade Lakes region. 3.9 miles total. Plan to bring a lunch to picnic at the top. *This hike is brought to you in partnership with LL Bean, who is generously sponsoring the AMC-LL Bean hike series as part of L.L. Bean's Summer Across Maine.* Difficulty: Easy to Moderate. Leader: Jeanine Libby, 207-858-5500 Before 8PM, jjlibby13@roadrunner.com.

Sunday, August 22: Summer Across Maine: Little River

Community Trail, Belfast, ME. <https://www.amcmaine.org/calendar/#124888>. This easy, family friendly hike starts at the South Trailhead kiosk at the Belfast Water District. We'll hike out and back, stopping for a picnic lunch along the way. Total time: 2.5 hours. *This hike is brought to you in partnership with LL Bean, who is generously sponsoring the AMC—LL Bean hike series as part of L.L. Bean's Summer Across Maine.* Leader: Emily Davis, See web listing for contact information.

Sunday, August 29: Summer Across Maine: Blackstrap Hill Preserve Loop Beginner Hike, North Falmouth, ME. <https://www.amcmaine.org/calendar/#124886>. Join us for a walk in the woods at the Blackstrap Hill Preserve located in North Falmouth. The Loop Trail is a moderate 3.2-mile hike with the opportunities to see wildlife, old growth forest, and a waterfall if the conditions are right. *This hike is brought to you in partnership with LL Bean, who is generously sponsoring the AMC-LL Bean hike series as part of L.L. Bean's Summer Across Maine.* Leader: Bill Brooke, See web listing for contact information.

TRAIL WORK

Saturday, May 15: Basic Trail Care Skill-Building - Portland Trail Days, Portland, ME. Please arrive 10 minutes early so we can start on time.

Four sessions offered:

- 8:00-10:00 am. Register at www.amcmaine.org/calendar/#124735
- 10:30 to 11:30 am. Register at www.amcmaine.org/calendar/#124736
- 12:30 to 2:30 pm. Register at www.amcmaine.org/calendar/#124740
- 3:00 to 5:00 pm. Register at www.amcmaine.org/calendar/#124741

Under the guidance of a trained AMC volunteer trail crew leader, learn basic trail care such as pruning, raking, removing invasive species and working with trail surface materials. All participants must register in advance. In order to decrease COVID-19 risk, we will keep group size small and ask participants to bring their own gloves, face masks, hand sanitizer, food and water. When we're done antibacterial wipes will be provided to clean the tools. Leader: Phil Coyne, trails@amcmaine.org. Leader: Bill Brooke.

Saturday, May 15: Advanced Skill-Building Workshop with AMC Pro - Portland Trail Days, 8:30 am—2:00 pm, Portland, ME. <https://www.amcmaine.org/calendar/#124742>. Under the guidance of an AMC professional trail crew leader, learn a specific skill such as bog bridge, log check step, or step stone building. No experience necessary. All participants must register in advance. To decrease COVID-19 risk, we'll keep group size small and ask participants to bring their own gloves, face masks, food and water. Antibacterial wipes and hand sanitizer will be provided. One session offered: 8:30 a.m.—2:00 p.m., Saturday, May 15. Please arrive 10 minutes early so we can start on time. Leader: Phil Coyne; Co-Leader: Kate Johnson, kjohnson@outdoors.org.

Monday, May 17: Trail Maintenance at Pleasant Mountain, Bridgton, ME, 7:00AM - 11:00AM. <https://www.amcmaine.org/calendar/#124652>. Where to meet: TBD. We may split into 2 groups of 5. Instructions for each group will be emailed. Type of work: easy maintenance, trimming vegetation, cleaning water bars, remove rocks, etc. Maine Trails can supply tools, but if you have your own, please bring them. Please bring your own trail work gloves, water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. Trail work volunteers must also bring hand sanitizer and a mask and be willing to wear it during the event if asked by the trip leader. COVID RULES: We will be observing all the COVID-19 precautions specified by AMC for this group activity. Trail work volunteers must also be willing to practice social distancing during the event, taking care to keep distance between you and your fellow volunteers. Masks are required while within 6' of other people. If you are not feeling well, do not come to this event. You MUST register on outdoors.org AND receive confirmation of your approval. Anyone who comes without registering will not be allowed to participate. Please do not share food, water or tools. All tools will be disinfected prior to and after this trail work event. Register no later than Thursday, May 13 @ 4:00 pm. Leader: Phil Coyne, trails@amcmaine.org.

Monday, May 17: Trail Work at Cutler Mountain, Hiram, ME, 1:00PM - 5:00PM. <https://www.amcmaine.org/calendar/#124671>. Maine Chapter trail work trip on Cutler Mountain off Hiram Hill Road, Hiram, ME. Type of work: easy maintenance, trimming vegetation, cleaning water bars, remove rocks, etc. Maine Chapter can supply tools, but if you have your own, please bring them. Please bring your own trail work gloves, water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. Trail work volunteers must also bring hand sanitizer and a mask and be willing to wear that mask during the event if asked to by the trip leader. COVID RULES: We'll be observing all the COVID-19 precautions specified by AMC for this group activity. Trail work volunteers must also be willing to practice social distancing during the event, taking care to keep distance between you and your fellow volunteers. Masks are required while within 6' of other people. If you are not feeling well, do not come to this event. You MUST register on outdoors.org AND receive confirmation of your approval. Anyone who comes without registering will not be allowed to participate. Please do not share food, water or tools. All tools will be disinfected prior to and after this trail work event. Leader: Phil Coyne, trails@amcmaine.org.

Saturday, October 16: 20's & 30's: Portland Trails: TRAIL Maintenance, Portland, ME. <https://www.amcmaine.org/calendar/#124673>. Join us for an afternoon of trail maintenance at Portland Trails! This event is co-hosted by Maine's AMC Young Members. All are welcome to join, but people in their 20s and 30s are especially encouraged to turn out, meet each other, and give back to the Portland Trails network we all use and love. Afterward, everyone interested can head out together for a social drink and snack. Portland Trails is a nonprofit urban land trust that makes Greater Portland a healthier and better-connected community through a 70+ mile trail network, and we'll spend a few hours helping them out together. Type of work: easy maintenance, trimming vegetation, cleaning water bars, remove rocks, etc. Maine Chapter can supply tools, but if you have your own, please bring them. Please bring your own trail work gloves, water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. Depending on COVID rules at that time, Trail Volunteers must also bring hand sanitizer and a mask and be willing to wear that mask during the event if asked to by the trip leader. Current COVID RULES: We will be observing all the COVID19 precautions specified by AMC for this group activity. Trail work volunteers must also be willing to practice social distancing during the event, taking care to keep distance between you and your fellow volunteers. Masks are required while within 6' of other people. If you are not feeling well, do not come to this event. You MUST register on outdoors.org AND receive confirmation of your approval. Anyone who comes without registering will not be allowed to participate. Please do not share food, water or tools. All tools will be disinfected prior to and after this trail work event. Afterwards if there's interest, we can grab a snack and beverage. Leader: Phil Coyne, Trails@amcmaine.org; Co-Leader: Steven Profaizer.

VOLUNTEER OPPORTUNITIES

Maine Chapter Executive Committee Openings: Communications Chair, Programs Chair. For information and to apply for these positions, contact nominations@amcmaine.org.

Become an AMC Trip Leader. Become a Volunteer AMC Maine Chapter Leader for one or more of these activities: Hiking, Backpacking, Biking, Paddling, Snowshoeing, Meetings/Presentations, Social events hosting. You can start the process of becoming a leader anytime of the year and you choose how little or how much you want to do. The AMC provides leadership training and Wilderness First Aid Certification to active leaders. Find out how you can get involved! Contact us at Leadership@amcmaine.org for more info!



Sunrise on Abraham. Photo by Silas Hunter

My 16-Year-Old and His Friend Hiked Vermont's Long Trail— by Themselves *By Sarah Hunter*



They're off! Photo by Jason Hunter

As I watched my 16-year-old son and his friend walk into the woods at the Massachusetts/Vermont border to begin their northbound thru-hike to Canada – alone – I fought the urge to run up the trail with them. Despite my beaming smile and outward excitement, I was still conflicted about whether or not we'd made the right choice.

The boys first approached us about this adventure a year earlier, after returning home from camp. They had spent ten days that summer backpacking a section of Vermont's Long Trail, a 272-mile footpath through the Green Mountains, with six other friends and two counselors. It had been hot, their packs were heavy, and the mountains were steep, but they loved it. They wanted to return the following summer to hike the entire trail, by themselves.

We knew they had the experience and training to do it. They had hiked and paddled hundreds of miles with their families and with each other for the past five summers at camp. They practiced Leave No Trace and impeccable trail etiquette, and both were certified in Wilderness First Aid. This adventure was well within their skill-set and it had all the makings of a true coming-of-age experience. We couldn't let our fears hold them back. We said yes.

In the spring, they planned their route, including evacuation options and resupply stops. They developed a meal plan, made a packing list, and assessed their gear. Soon packages were arriving regularly at our doorstep: A Jet Boil stove, a gravity filter, and the all-important Garmin inReach Mini, the satellite device that would track their route and allow them to check in with us at the end of each day.

When summer arrived, my son and I tested his new gear during a weekend backpacking trip on the Appalachian Trail, during which he cooked our meals, filtered our water, and hung our bear bag each night. All I had to do was hike. My husband had the even easier task of following along from home, watching the little blue triangle trace our path on the Garmin website. With one click, we sent him a pre-recorded message each evening: We're checking in; everything is fine. It worked like a charm. We were ready.

The day before their start day, though, I broke down in a panicked what-did-we-agree-to moment. Even though they were prepared to go, I realized I'd never be fully prepared to let them go. But as I

watched them walk into the woods together the next day, laden with heavy packs made heavier by their summer reading books, I put on a brave face. I was out of my comfort zone, but so were they. They were doing a brave thing. The least I could do was to be brave, too.

Over the next three weeks I followed the little blue triangle as they made their way north through the Green Mountains. I checked the weather. I worried. But each time I met them for a resupply my spirits were buoyed. They were swimming in clear, quiet ponds, climbing fire towers, hiking in the dark for mountain-top sunrises. They were doing great. My worrying didn't help them, or me.

When we met them at the northern terminus of the trail on the Canadian border we were overjoyed, and so were they. They were visibly tired and sore and dirty and also thoroughly, deeply, happy.



Resupply Day! Photo by Sarah Hunter

For 21 days, the pair had taken care of themselves and each other while traversing rugged peaks and steep valleys again and again. They faced countless decisions every day. Important decisions. On their own. Their reward for their perseverance, fortitude, and bravery – and ours – was etched on their faces. They had completed an incredible journey, one that they will carry with them always. It came at the expense of sore muscles and blisters (for them) and several more gray hairs (for us), but it was, without a doubt, one of the best decisions we've ever made.

This story was originally published on goEast.ems.com and is reprinted here with permission. To read more of Sarah's work, visit her at www.sarahtrailhunter.com.

Maine Chapter Executive Committee Openings

We are seeking qualified individuals to chair the following committees:

Outings Committee: Work with trip leaders to plan and lead activities and skills instruction, develop existing leader's skills, recruit and train new leaders.

Communications Committee: Manage various channels of communications, including monthly email blasts, newsletters, social media, and web content. Oversee social media postings.

Programs Committee: Plan and hold virtual and in person programs on subjects of interest to chapter membership.

For more information or to apply, contact nominations@amcmaine.org.



Maine Chapter Launches New Online Community Discussion Group

- Learn about the Maine Chapter's latest trip plans
- Share outdoor adventure ideas and photos from your latest trips and after work excursions
- Welcome new AMC members
- Ask questions and encourage each other to get out more in this fully moderated Facebook group for members and friends!

Join us at www.facebook.com/groups/maineamc.

Got Extra Outdoor Gear?

Teens to Trails Will Find it a New Home.

Spring Cleaning Gear Drive April 26- May 31



Teens to Trails is dedicated to connecting high school students with life-changing outdoor experiences. We do this primarily by supporting high school outing clubs. And when clubs head outdoors, they need gear to keep the students warm and comfortable. Most clubs have a volunteer leader and a very limited budget, so gear donations make a big difference. Outing club activities include hiking, camping, geocaching, shelter building, cooking outdoors, and other fun adventures.

Your extra outdoor gear can become a tax-deductible donation and Teens to Trails redistributes items directly to high school outing clubs. Items that are not appropriate for a club may be consigned with Brunswick-based Woods & Waters Gear Exchange, where the revenue supports Teens to Trails student programs. Items must be in good condition and ready to use. Please wash clothing and sleeping bags prior to donation.

Items that Outing Clubs need most:

CAMPING & BACKPACKING GEAR - camp stoves, tents, backpacks, trekking poles, clean sleeping bags, headlamps, lanterns, cookware, guidebooks, binoculars, and duffle bags for storage.

OUTDOOR CLOTHING – base-layers, mid-layers, outerwear, rainwear, hats and gloves, socks and boots.

Four drop-off locations.

Look for the tub with our poster at the main entrance of

- Cheverus High School at 267 Ocean Ave Portland
- South Portland Recreation Center 21 Nelson Rd, South Portland
- Essential Massage Services, 2 Basin Road, North Windham
- Teens to Trails 179 Neptune Drive, Brunswick

You can also mail your gear to Teens to Trails. We'll include the cost of postage as part of your tax-deductible gift.

Ready to make a donation? You can simply drop off your gear at one of the four locations between April 26 and May 31. If you would like to receive documentation of a charitable donation fill out the donation form here <https://www.teenstotrails.org/donate-gear> and identify yourself as a MOAC member on the form where it asks you to "Tell us a little about yourself..." After we receive the gear; we will send you documentation of your donation.

Questions? Email jeanne@teenstotrails.org

Become an AMC Maine Chapter Leader



AMC Leaders atop Baxter Peak on Katahdin.

Do you like to spend time in nature? Do you want to give back? Do you want to lead trips or develop leader skills? Whether it's on the trail or on the water, you are invited to lead trips and meet people through the Maine Chapter.

The Maine Chapter offers a dynamic leadership program that teaches skills which can be used in all aspects of your life. Gain more experience by co-leading with an experienced hiker, paddler, biker, skier or trail worker.

To become a leader:

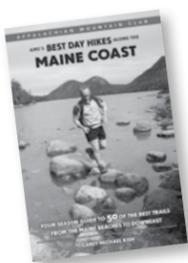
1. Fill out a leadership application at amcmaine.org/volunteer
2. Co-lead three trips in the activity you wish to lead
3. Have a mentored trip in the activity you wish to lead
4. Complete Maine Chapter Leader Training or an approved AMC Leader Training
5. Obtain Wilderness First Aid training
6. Get recommended by your mentor



2019 AMC Maine Chapter Leadership Training. Denise Fredette photo.

AMC's BEST DAY HIKES ALONG THE MAINE COAST: Recommended Spring Hikes *By Carey Kish, Author*

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



MAY

OVENS MOUTH PRESERVE (pp. 106-109)

Three miles of moderate hiking lead through pleasant woodlands and along salt marshes, tidal rivers, and basins of the secretive Ovens Mouth.

Location: Boothbay
Rating: Moderate
Distance: 3.5 miles
Elevation Gain: 525 feet
Estimated Time: 2.5 hours



JUNE

GREAT POND MOUNTAIN (pp. 185-188)

A granite bedrock trail leads to extraordinary mountaintop cliffs and far-reaching views to Acadia, Blue Hill, and Penobscot Bay.

Location: Orland
Rating: Easy
Distance: 2.6 miles
Elevation Gain: 840 feet
Estimated Time: 2 hours



JULY

GREAT WASS ISLAND (pp. 231-235)

Amble through jack pine forests and rich peatlands, then hike along spectacular ocean shoreline around Little Cape Point on the east side of Great Wass Island.

Location: Beals
Rating: Strenuous
Distance: 5 miles
Elevation Gain: 120 feet
Estimated Time: 4 hours

Conservation, Preservation and Restoration: Leaving Maine, and the Planet, Better Than We Found It

By Chris Franklin, Conservation Chair

Renowned environmentalist David Brower, in his later years, prescribed a form of “CPR for the Earth” to aid our ailing planet. The three simple ingredients to his life saving efforts were Conservation, Preservation and Restoration.

For well over 100 years, AMC has practiced conservation through its programming and throughout its properties and even the pages of its journals. Generations of members have learned first-hand about the importance of leaving places wild enough to keep them interesting and indeed as a society we are gradually moving away from dam building and clearcutting, and so many other practices that made our rivers unsuitable for swimming or fishing, or our woods barely recognizable to the wildlife that had its habitat upended.

Here in Maine, we have benefited greatly from this trend, and the future for Maine’s undeveloped areas is perhaps more hopeful than it has been for quite some time. While new challenges will always threaten our wild and scenic areas, many of today’s concerns pale in comparison to the wholesale destruction carelessly enabled by generations past.

Perhaps because of these past practices the preservation movement has walked arm-in-arm with conservation. Recognizing that sometimes the only way to ensure protection of our most treasured natural areas is to permanently protect them. Again, AMC has long understood this connection and has worked, especially in more recent years, to support preservation of wild areas.

Here in Maine, AMC has worked to garner support for the Land for Maine’s Future Program, and this past year helped to support the historic passage of the Great American Outdoors Act, providing permanent funding for the federal Land and Water Conservation Act. Collectively, most of the land preservation in the state has been undertaken not by state or federal agencies, but by local land trusts and regional conservation partnerships, organizations like AMC.

Even as you read this, AMC staff are working to secure pledges and gifts to complete the acquisition of 100,000 acres in Maine to be permanently preserved for its recreational value, maintaining important habitat and balancing use and enjoyment in a truly sustainable manner.

For some places, simply abandoning the short-sighted land use policies of the past is enough. For other places, and certainly those interested in seeing these places thrive, the practice of restoration provides a meaningful opportunity to give back and to help nature heal in ways that will surely benefit this and future generations. For some, nearby examples of restoration at work one needs only to look at AMC’s efforts underway to restore salmon and brook trout habitat on the West Branch of the Pleasant River now that dam removal and fish passage have increased the probability of restoring viable spawning areas within AMC’s Maine Woods.

As a central theme to AMC’s upcoming 150th anniversary, the concept of “Active Conservation” is—to me—an exciting opportunity to amplify our message that Conservation is a living and breathing heartbeat of the organization. It is my hope that together by fostering a love of wild places (especially those close to home), by stepping up to do the Preservation to ensure these areas are given a chance to heal, and by participating in Restoration perhaps we can leave the planet a little better off than we found it. Who knows, maybe all this CPR might save us too!



A hiker enjoys a look at Gulf Hags, the “Grand Canyon of Maine” on the West Branch of the Pleasant River, not far from AMC’s Little Lyford Lodge. Carey Kish photo.

Watch Out for TICKS! By Michelle Moody



Spring! The flowers are pushing up, the buds are swelling, birds are coming back, the temperatures are getting warmer and the days longer. All things I love. There’s a downside to all this, however. Ticks and other bugs are also coming back. As soon as things thaw out some, ticks are active. So now is the time to get ready for them if you haven’t already done so.

I don’t like putting chemicals on my body, so I haven’t used DEET for a while. I will use oil and plant-based repellents on my skin instead, but these may not be quite as effective, so what to do? I treat our clothing instead, and having done so for several years now, I’ve never had a tick attach while wearing any of the treated clothing. You can buy gear that is pre-treated, but this is a pricey option. Here’s a link on how to do it yourself: <https://sectionhiker.com/permethrin-soak-method-guide>.

I do the soaking method and find that it can stay in my clothes for the whole season and maybe longer if I don’t wear something often. I only do my shirts and pants, no undergarments. I roll them up and stuff them in a gallon size zip lock, then pour the diluted permethrin solution into the bag and make sure everything is soaked through. Zip the bag up and gently squeeze it to make sure the liquid is going through all the items. Add more liquid if needed. Let sit for a few hours. I then hang them to dry on my outside clothesline. They may drip a bit. Once dry, you’re done. If it looks like you used too much and they have a lot of residue on them after drying, you can do a quick rinse and dry again.

Avoid swimming in these treated garments or washing them in a stream as some may rinse out into the water. I also would not want to have DEET or harmful sunscreens in the water.

Gaiters are also useful to keep ticks from crawling up under you pant legs as well as for keeping dirt out of your shoes. Be sure to do full body tick checks every day after outdoors activity. If wearing sandals or open water shoes, check your feet as well. After kayaking, I had one attach between my toes at our landing site.

For mosquitoes and black flies, a head net, jacket or pants made of netting can be very helpful. You can also try to avoid the times of day they’re most active.

Don’t let bugs keep you inside. Be prepared and enjoy the beauty of nature.