



MAINE

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

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WILDERNESS MATTERS

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AMC Maine joined with LL Bean's Summer Across Maine program to provide opportunities for people to Be Outdoors this summer.

Six Maine Chapter trip leaders – Steven Profaizer, Jeannie Christie, Emily Davis, Jeanine Libby, Phil Coyne, and Bill Brooke – led easy to moderate hikes on Sunday mornings throughout July and August. They explored a variety of areas, including Mill Brook Preserve in Westbrook, Presumpscot River in Windham, Round Top Mountain in Rome, Fore River Sanctuary Trail in Portland, Bald Rock in Lincolnville, and Blackstrap Hill Preserve in Falmouth.

Mill Brook Preserve

We kicked off our L.L.Bean Summer Across Maine hike series with a beautiful hike in Presumpscot Regional Land Trust's Mill Brook Preserve! Steven Profaizer led a group of five on a seven-mile loop alongside the picturesque Mill Brook in Westbrook.



Mill Brook Preserve. Photo by Steven Profaizer



Photo by Sandra Michaud

Admiring Lichen on the Trail

by Jeannie Libby

We had a great day for our Bald Rock Mountain hike. The wooded trails are teaming with a variety of flowers, ferns, and lichen, including one of my favorites-Indian pipe/ghost pipe. We used iNaturalist, a smartphone app, to check out the names of the species that we were finding. The view from the summit of Bald Rock Mountain was simply breathtaking!

On the way up Round Top Mountain we searched for chaga, which can be found on birch trees. That particular fungi eluded us, but we did discover a patch of Indian pipe/ghost pipe that just popped up on the forest floor. That trail is also a delight – flanked by woods so deep and beautiful and covered with green mosses. The view at the top was a little foggy and it was misting very lightly. As we started down the mountain we went through the outcrop of granite shelving and admired the black tripe lichen on the large boulders. There's so much to discover along the hiking trails. It's always nice to take a slower pace to soak in all the beauty that nature beholds.



Photos by Jeanine Libby



Presumpscot River Hike. Photos by Tony Anni



Crazy Beaver Lodge Wander along Presumpscot River

by Jeannie Christie

Our beaver lodge investigation hike morphed into a mushroom exploration and beaver lodge wander as we paused again and again to survey the incredible array of mushrooms that had emerged in response to the rainy month. At one point we watched a red squirrel eating away on a mushroom stem as though it was a corn cob. We discovered a new beaver lodge and identified another one that showed definite signs of habitation. There are six lodges on the stretch of river we explored. It was so much fun!



Blackstrap Hike. Photo by Bill Brooke

Alpine Garden Hike

By Stephen Brezinski

In June, Peg Nation led our windswept group of seven down to and across Mount Washington's Alpine Garden, a natural preserve of rare alpine fauna. Weather was partly cloudy and gusts exceeding 40 mph, though much of the Alpine Garden area



on the east flank of Mt Washington was protected from the worst of the western winds. After passing through the krummholz area of stunted trees we entered the exposed area above tree-line.

From the Auto Road, it was a steep walk and boulder scramble down from about 5700 feet altitude to the Gardens at 5200 to 5300 feet. Good shoes and adequate wind protection are a must and a hiking pole highly recommended; it was near 90 degrees at the base of the mountain but about 60 degrees with 40 to 50 mph winds at the summit.

Rather than making miles and pushing for a summit our goal was to go slow to enjoy and discover the alpine fauna over the table-like Alpine Gardens area. Peg is an experienced Alpine Steward and is scheduled to regularly

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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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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 Sarah Hunter, Editor, at newsletter@amcmaine.org.

Deadline for submissions to Wilderness Matters (Winter Issue) is December 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 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
Secretary: Jeanine Libby, secretary@amcmaine.org
Treasurer: Janet Roderick, treasurer@amcmaine.org
At Large: Whitney Plasket, atlarge@amcmaine.org
At Large: Malena Gatti, atlarge@amcmaine.org
Past Chapter Chair: Cindy Caverly, pastchair@amcmaine.org,
Conservation Chair: Chris Franklin, conservation@amcmaine.org
Programs Chair: AVAILABLE
Membership Chair: Karen Brace, membership@amcmaine.org
Maine Woods Initiative: Paul Hahn, mwi@amcmaine.org
Newsletter Editor: Sarah Hunter, newsletter@amcmaine.org
Nominating Chair: Paul Hahn, nominating@amcmaine.org, (207) 222-2837
Outings Chair: AVAILABLE
Trails Chair: Phil Coyne, trails@amcmaine.org
Communications: AVAILABLE
Young Members Chair: Steven Profaizer, youngmembers@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

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

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

Find us on 

www.facebook.com/MaineAMC/

Message from the Chair

By Bill Brooke

While we saw an increase in our activities this summer, the spike in COVID cases is causing the Maine Chapter and the AMC overall to reconsider plans for this fall. We were planning for an in person annual meeting this year but have changed it to a virtual annual meeting due to COVID considerations.

The Fall Gathering at the Delaware Valley Chapter was canceled and instead several outdoor Fall Fest activities are planned.

We had twice the number trips this summer than we had last summer. The Summer Across Maine hikes were popular as were the Portland Trails Day and other trail work trips. Wilderness First Aid and leader training are planned for the spring.

I encourage readers to support your Maine Chapter and consider volunteering. There are several committee chair openings, and we have an opening for a Treasurer. You can also volunteer to be on a committee or become a trip leader.

Contact me at chair@amcmaine.org if you're interested in learning more about any of these volunteer opportunities.

Alpine Garden *continued from page 1*



Hiking down to the Alpine Gardens Natural Preserve. Photo by Stephen Brezinski

visit the Alpine Gardens to study and document the sensitive vegetation. She also has the duty of reminding hikers to stay on the trail as crushed vegetation can take many years to recover. It is difficult to predict when the flowers will be out so we were very fortunate to find the area awash in purple and white and green. The angular boulders were swathed in moss and lichens. The broken metamorphosed volcanic and sedimentary rocks are the result of the regular freezing, erosion, and weathering and thin soil is due in part to a geologically brief time since the glaciers melted and retreated.

After lunch and a plant discussion Peg and I lead the group safely back to the cars before dark clouds brought rain.



All photos by Stephen Brezinski

Policy Updates, Fall 2021



MAINE LEGISLATURE

When the dust settled on an unusual legislative session, conservation issues had seen remarkable success. The most significant achievement was an appropriation of \$40 million for the Land for Maine's Future program, one of the largest infusions in its history. AMC members already know the importance of ensuring access to the outdoors. We now recognize that conserving open spaces (particularly forests) and the biodiversity they support is critical to mitigating climate change. We were thrilled that LMF received such strong bipartisan support.

Two other highlights were the investment of \$50 million in much-needed renovations at Maine State Parks, and the confirmation of AMC's Director of Maine Conservation and Land Management Steve Tatko to the board of the Maine Outdoor Heritage Fund.

Numerous strategies to slow and adapt to climate change became law, among them: a phase-down of hydrofluorocarbons, a powerful greenhouse gas; promoting electric vehicles; increasing broadband internet access; addressing sea level rise; promoting healthy soils, which store carbon; encouraging renewable power generation through net energy billing; funding clean energy production; and requiring the Public Utilities Commission to consider climate impacts in its decisions. It's clear that there's more work to do on addressing transportation, one of the largest drivers of carbon pollution in Maine.

TRIBAL SOVEREIGNTY

A bill to advance sovereignty for Maine's indigenous tribes will be addressed in 2022. AMC supports the effort to establish that three federally recognized tribes, the Passamaquoddy Tribe, the Penobscot Nation, and the Houlton Band of Maliseets enjoy the same "rights, privileges, powers, duties and immunities" as all 574 other federally recognized tribes in the United States.

The current status of the Maine tribes is unique. In 1980, the State of Maine reached a land claims settlement with the tribes, implemented through state and federal statutes. Under that settlement the tribes' relationship to the state became more like a municipality than like a separate, self-governing nation. That status has led to significant conflict in the past four decades on issues including environmental standards and enforcement of hunting and fishing regulations. An analysis found that due to their status, the Maine tribes have been unable to benefit from 151 separate federal laws passed since the settlement.

In January 2020 a 13-member bipartisan Task Force on Changes to the Maine Indian Claims Settlement Implementing Act issued a report containing 22 consensus recommendations, the basis of the legislation. Maine's fourth federally recognized tribe, the Aroostook Band of Micmacs, was not included in the bill because their separate 1989 settlement with the state was never ratified by the Band.

The sovereignty bill will give the tribes jurisdiction over hunting and fishing as well as environmental regulation on their lands; the ability to pass and enforce their own laws; jurisdiction over taxation on their lands; and the ability to acquire trust lands under federal law.

The Wabanaki make clear that their identity is inseparable from the lands and waters that sustained them for 10,000 years. The 1980 settlement

created a process for the tribes to expand their land holdings in Maine, and set aside federal funds for that purpose, but the tribes have not acquired the acreage anticipated. The sovereignty bill removes two critical obstacles: a) time limits on the tribes' acquisition of trust land and b) the ability of both the state and local governments to veto potential acquisitions.

MOOSEHEAD REGION PLANNING

The Land Use Planning Commission serves as the planning board and code enforcement office for the 10.5 million acres in Maine that have no local government. The LUPC is undertaking a planning process for the greater Moosehead area, including the locations once slated for development by the Plum Creek corporation. That development never happened and with this planning process we have the opportunity to begin again in imagining the future for a place beloved for its beauty and remoteness and for the recreation it affords.

The LUPC has developed four scenarios for discussion purposes and is inviting comment on them. To see the discussion maps, take a public survey, and learn how to participate in the planning process, go to <https://moosehead-lake-region-cgpz-maine.hub.arcgis.com/>

NECEC

AMC has long opposed the New England Clean Energy Connect (NECEC) transmission line on the basis of forest fragmentation and the "edge effect," the fundamental alteration of the ecosystem that takes place when forests are opened to more light. The proposed 53-mile Segment #1 runs through the heart of the Northern Appalachian-Acadian Forest, the most intact, unfragmented ecoregion east of the Mississippi. The Western Maine Mountains are home to more than 139 rare plants and animals, including 21 globally rare species and many others that are found only in the northern Appalachians. It includes more than half of the United States' largest globally important bird area, which provides crucial habitat for 34 northern woodland songbird species. It provides core habitat for marten, lynx, loon, moose and a host of other iconic Maine animals. Its cold headwater streams and lakes comprise the last stronghold for wild brook trout in the eastern United States.

Given the global importance of the area, we believe that the Army Corps of Engineers should have conducted a full Environmental Impact Statement, as they did for transmission proposals in New Hampshire and Vermont.

Harvesting in Segment #1 began in May and resumed in August after a two-month hiatus to protect the young of the endangered Northern Long Eared Bat. However, the future of the corridor was thrown into doubt when a judge vacated a lease for the line to cross state lands because it was entered into without appropriate process. This ruling caused the state Dept. of Environmental Protection to consider suspending the project's permit. The state and CMP have appealed the judge's decision to the state's supreme court—the same court that one year ago sank a citizen-initiated referendum opposing the NECEC. Meanwhile, a new referendum question will appear on the November 2021 ballot.

To stay up to date and take action on issues, please join AMC's Conservation Action network at <https://www.outdoors.org/conservation/action-center/>

FALL CALENDAR: OUTINGS | EVENTS | MEETINGS

These 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.

Please note: there is a new registration process in place. When you click on the registration button, you will need to log in with your email and AMC password to be able to register. If you don't have an AMC account, you will have to create one to complete the registration form which initiates the registration process. You do not have to become a member of AMC but you do have to have an account. The form you fill out is then emailed to you and the leader receives a copy as well. The leader will follow up with an email to you by email or phone.

For general questions or comments regarding these calendar listings, please contact the Outings Chair at outings@amcmaine.org.

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

HIKING

October 23-24: Mount Bigelow Backpacking. <https://amcmaine.org/calendar/#133843>. Join us for a Young Members backpacking trip in the Bigelow Preserve! This intermediate, overnight trip will cover a 12-mile loop that offers beautiful views of the Carrabassett Valley and Flagstaff Lake. The total elevation gain will be about 4,000 feet. The first day will be about seven miles and a lot of climbing as we go up and over West Peak via Horns Pond and the Appalachian Trail. We'll start out the second day with a one-mile out and back to Avery Peak before hiking the remaining four miles back to our cars. All participants will need to have good fitness and experience with similar backpacking trips. You'll be responsible for all your own food and gear. As this is a shoulder season hike, you need to have access to cold weather hiking clothing, a winter sleeping bag, and microspikes. The focus of the trip will be on

having fun and staying together as a group, but everyone will need to be comfortable maintaining a moderate hiking pace with a full backpack over steep terrain and many miles. All interested in joining the trip will need to answer a few questions to evaluate their preparedness before they are officially registered. Check out more details about the planned route at <https://bit.ly/2YMPNPF>. If it seems of interest and a good fit with your past experience, please register, and we'll be in touch! This is a Young Members event that aims to connect people in their 20s and 30s with the outdoors and each other, but all who love preserving and playing in nature are welcome to join us!

TRAIL WORK

October 8: Trail Work and Boundary Work at Medawisla Lodge.

Greenville, Maine. <http://www.amcmaine.org/calendar/#126738>. Join us for a fun weekend of trail work and boundary work in Maine's beautiful 100-Mile Wilderness. We will be hiking, bushwhacking, clearing trails, painting boundary lines, and enjoying the scenery and great food at Medawisla Lodge. Leader: Steph Lynch, hello@stephlynch.com. Leader: David Lynch.

October 17: 20's & 30's Trail Maintenance on Portland Trails. Portland,

Maine. <http://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 one another, 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 your own. 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 may also need to bring hand sanitizer and a mask and be willing to wear that mask during the event if asked to by the trip leader. Afterwards, if there's interest we can grab a snack and beverage. Leader: Phil Coyne, trails@amcmaine.org. Co-Leader: Steven Profaizer.

2021 Annual Meeting: November 13, 2021

Mark your calendar and register for the 2021 AMC Maine Chapter Annual Meeting on November 13, 2021 from 6 – 8 pm. This will be an online Zoom meeting due to COVID considerations. There is no cost to attend.

The evening will include a business meeting, election of officers for the coming year, awards and recognition of members, all to be followed by a featured speaker.

Advanced registration is required: https://us02web.zoom.us/webinar/register/WN_v5Y-pNNXTWmAsYDmQ317zA



**MAINE
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MTN CLUB**

Volunteer Opportunities

Your Maine Chapter Needs You!

The Maine Chapter can only be successful through the volunteer efforts of its membership. All of these positions operate with assistance of the Executive Committee. Please consider taking that first step to express an interest, or ask a question about one of the positions. Inquiries can be addressed to Paul Hahn, Chair of the Nomination Committee at nominating@amcmaine.org. Thank you for your consideration.

Conservation Committee Chair

The Conservation Chair works closely with the Conservation Policy Director to educate and engage members and nonmembers in conservation action and stewardship activities. In addition, they report on opportunities for AMC to engage in local conservation actions such as providing comments for proposed legislation, writing letters relating to local issues, and responding to inquiries and requests from members and partners. Contact: nominating@amcmaine.org

Communications Committee Chair

The Communications Chair is responsible for managing all aspects of the chapter's digital social media, email and printed communications both internally among volunteers as well as externally to members and potential members. The Communications Chair works closely with AMC staff to ensure all chapter communications are following current guidelines and best practices. Contact: nominating@amcmaine.org

Programs Committee Chair

The Program Chair helps deepen member engagement with chapter activities at the local level. The Program Chair organizes educational and informative programs of interest to Chapter members and helps coordinate Chapter events. Contact: nominating@amcmaine.org

Outings Committee Chair

The Outings Committee Chair works with Chapter volunteer trip leaders to plan chapter trips, provide support for existing leaders, recruit and develop new trip leaders, and with the Leadership Development Committee to plan and support leader training and Wilderness First Aid courses. Contact: nominating@amcmaine.org

Treasurer

The Treasurer manages all finances for the Chapter and any accounts that are governed by the Chapter. The Treasurer administers the Chapter budget, and accounts for all transactions in and out of the local bank account. The Treasurer is supported by and works closely with the AMC Finance & Accounting Office. Contact: nominating@amcmaine.org

At Large Member

The Member At Large is a versatile position that works with the Executive Committee on projects including new initiatives, works closely with the Chapter Chair and collaborates with the entire Chapter Executive Comm to support Chapter goals. Contact: nominating@amcmaine.org

Maine Woods Initiative (MWI) Trail Work

by Paul Hahn

The AMC provides 130 miles of trails for hiking, biking, snowshoeing, and cross-country skiing in MWI. These trails run from and between Medawisla, Gorman Chairback, and Little Lyford lodges. The Maine Chapter has been instrumental in maintaining these trails with assistance from AMC staff and members of other Chapters.

Trail work includes clearing blow-downs, trimming encroaching vegetation, clearing water bars to prevent erosion, building bridges and steps, as well as a variety of other work necessitated by trail conditions. This year, as of this writing, there have been five work trips led by Maine Chapter Leaders.

- On Memorial Day weekend, Peter Roderick led a trip that worked on trails starting at Little Lyford, including Pleasant River trail, lodge-to-lodge trail, Fishing Access trail to Second Little Lyford Pond, and Indian Mountain Circuit.
- David McCarthy led volunteers in early July from Gorham Chairback. Seven volunteers and two staff (Kate Johnson and John Zink) did major work on Indian Mountain/Laurie's Ledge trail. Work included building steps and a retaining wall, and clearing slash from blow-down cuttings. Work was also performed on Henderson Brook trail.
- In mid-August, a group of August Camp volunteers led by Robert Pantel concentrated their efforts on Nation's Nature trail, which is reached from Little Lyford. Work included clearing drainage ditches, cutting back growth and removing raised roots. Several larger blow-downs needing chainsaw work were reported to AMC staff.
- As Robert and his group worked on Nation's Nature trail, AMC staff member John Zink led another group of August Camp volunteers for work on the Pond Loop Trail. The group replaced three bog bridges totaling 24 feet and removed blow-downs.
- Peter Roderick also led August Camp volunteers on trail work that included the replacement of bog bridging near Little Lyford as well as re-docking of the bridge to the outlet of Lyford Pond #1.

These trail work reports are meant to highlight the availability of volunteer activities. Trail work can be fun, build camaraderie, and is an important contribution to the Chapter and the AMC. If some of the trails mentioned are not familiar to you, a visit to the MWI may be in order.



Become an AMC Trip Leader!

Become a Volunteer AMC Maine Chapter Leader for one or more of these activities:

HIKING BACKPACKING BIKING PADDLING SNOWSHOEING XC SKIING

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: outings@amcmaine.org for more info!

This could be you!

MWI Conservation and Maine Chapter Volunteers:

A Brief History of (Volunteer) Time (in the MWI) by John Mullens

Is there a link between recreation and conservation? Is it wise to encourage public use of conserved land? And if so, can volunteers play a substantive role?

Yes. Yes. And yes.

This tale begins in 2003. Within months of AMC's first purchase of land in Maine—a lodge, cabins, and surrounding acreage—Maine Chapter volunteers, with tools in hand, knocked on the lodge door. Coincidence? Definitely not.

Barely a few months after the purchase of Little Lyford Pond Camps, a decision made for both conservation and recreation reasons, these Maine Chapter volunteers were invited on-site to clear and resurrect trails around the two Lyford ponds. Proper trails would allow the first AMC guests to fish, canoe, and hike without leaving the property. Thus began what is now nearly two decades of Maine Chapter direct involvement in helping to maintain and improve AMC's major conservation asset in the state, the Maine Woods Initiative (MWI).

Peter Roderick, for many years the Maine Chapter leader of all MWI work trips and still volunteering and leading work trips today, remembers that first year. "There was barely any trail there when we showed up. But after two solid days of working, the trails were beautiful, had proper drainage and clearance, and looked like they had been there forever."

The following year, Roderick and the Maine Chapter began its now traditional three-day volunteer work trip over Memorial Day weekend to clear winter blowdowns and get trails ready for summer visitors. With AMC's subsequent purchase and construction of a new lodge at Gorman Chairback in 2011 and construction of a new lodge and cabins at Medawisla in 2017, the number of Maine Chapter MWI work trips has expanded to three 3-day weekends. Yearly since each lodge has come online, Maine Chapter volunteers have helped all the MWI lodges prepare their facilities and their connecting trails for year-round recreation by members and guests on our now over 75,000 acres.

Why were volunteers asked to help when AMC staff, especially MWI staff, have wonderful skills, are great at what they do, and are super warm and friendly to members and guests? Like many 501(c)(3) organizations, AMC and its staff don't have the resources to do everything they would like or need to do. And that's where AMC volunteers come in.

In many ways Maine chapter volunteers are typical Mainers. They have a wide variety of backgrounds, lots of hands-on experience, and an ability to work with minimal supervision to get things done. Those Maine-centric skills were important when both Gorman Chairback and Medawisla lodges were being built. At Gorman Chairback, volunteers chinked the bunkhouse walls, assembled outdoor furniture for the lodge and cabins, and stacked years of firewood. As Medawisla was being finished, volunteers painted walls, polyurethaned floors, delivered and assembled indoor cabin furniture, and installed curtains and screen doors.



Proud privy builders John Mullens, Peter Roderick, Dave McCarthy, Mike Zimmerman, Avery Walis and Gerry Sawyer. Photo by Roger David

Volunteers have worked under the direction of successive MWI land managers Bob Leroy, Travis Kendall, and Steve Tatko. Once those three volunteer weekends were working seamlessly, Tatko, now Director of Maine Conservation and Land Management, decided volunteers might help relieve overworked MWI staff who didn't have time to take on a number of larger potential projects such as boundary marking and constructing waterfront campsites. Within the state of Maine, landowners are responsible for maintaining adequate blazes along their exterior property lines, and AMC has many hundreds of miles of boundary lines encircling its MWI property.

Could volunteers do that? *Sure!* Consequently, over a two-day period every October, up to six groups of volunteers go into the woods to blaze and paint AMC's boundary lines. Gail McCarthy, longtime MWI volunteer, describes boundary line marking as a "structured group bushwhack": searching out and following (sometimes difficult to find) surveyor flagging, clearing a line of sight, then blazing and painting appropriate trees. This may seem both rugged and messy, and it is, but for many volunteers it is the highlight of their weekend.

The other unmet need Tatko had was building a series of waterfront campsites on remote ponds. Could volunteers do that? *Sure!* So for the last eight years, averaging one new campsite per year, a small group of Maine Chapter volunteers has created a series of lovely backcountry water-access-only campsites mostly in the Roach Pond area. Designed for potential site to site canoe adventures, each campsite has several earthen tent pads, a fire ring, picnic table, and a state-approved privy, all constructed and installed by volunteers. This year, for example, the volunteers inspected all eight campsites, cleared blowdowns, repaired privies, and, with the assistance of George Hartford, MWI Operations Manager, installed a new privy at a campsite being developed on Big Houston Pond.

All of the volunteer work trips—at the lodges, the waterfront campsites, and elsewhere—are intended to support and increase member and public interest in and use of much of the AMC's 75,000 acres of conserved land.

While protecting conserved land and promoting public use of it may seem contradictory to some, experience suggests otherwise: People who experience these special landscapes are more incentivized to help protect them. So making it possible for people to stay in a comfy cabin, or camp and paddle from quiet pond to quiet pond, or ski from lodge to lodge turns out to be a great way to grow more conservationists and protect the lands we value.

Linking recreation to conservation creates a strong chain: conserving land, developing recreational assets on those lands, using those assets to grow new generations of conservationists inspired to continue to protect that land in the future. AMC and chapter volunteers are two major links in that important chain.



Overzealously practicing their boundary marking painting skills are Maine Chapter volunteers Peter Roderick, Henrietta Tranum, Gail McCarthy, Dave McCarthy, Tom Weaver, and John Mullens. Photo by Travis Kendall



Your Budding Young Naturalist *By Karen Brace*

Are you planning an outdoor activity that will include the youngest members of your family? Here are some strategies for helping them to develop a keen eye for their surroundings and an appreciation for the natural world.

PREPARING FOR YOUR TRIP

- Look for ways to involve your child from the very start. Check out the weather forecast together. What's the best day for your upcoming adventure? Talk about the factors to consider while planning a hike or excursion. Let them locate the precipitation and wind symbols, and ask them whether it looks like there will be good visibility on the day you've chosen.
- In selecting your route, show them the options on a map. There may be trails you've hiked before where you may remember aspects that you can describe. What was it that you especially liked about a certain trail? If you decide to try a new route, what do you hope to discover there? Your child may have some ideas on this as well.
- While you have the map out, point out the contour lines and describe elevation. Show your child how the contour lines closest together indicate steepness, and how those further apart show a gentler slope. They may be able to find peaks on the map themselves.



A fun project for children during downtime is to draw a side view of what a mountain on the map might look like, according to the elevation indicated for each peak. For them to conceptualize this, show how the mountain's curve and shape can be interpreted by looking at the contour lines: if the peak within the concentric circles is toward the right side of the circles, then the mountain would drop off more sharply on that side. Likewise, on the left side of the set of circles, if the lines are further apart, it tells us that the land slopes up more gently on that side of the hill. From the natural side view, the curve of the mountain can be drawn in a corresponding shape. Later, when you're out on the trail enjoying a view of the same mountains, your youngster may be able to identify them by the heights and shapes that are displayed on the map.

GETTING READY TO GO

- Ask your child to help pack sufficient snacks and water for everyone in your family.
- In choosing what they'll wear, explain why it's important to wear a light wicking fabric rather than cotton. When cotton gets wet, it will make you cold quickly!
- Let them pick out layers for the day and pack them in their own backpack which they'll carry, along with their water and snacks. Ask them whether extra socks should be on the list... probably a good idea!

LEAVE NO TRACE PRINCIPLES

The Leave No Trace organization maintains a website that's very helpful in reviewing the concepts of taking the best possible care of trails and habitats. On the day of your excursion you can model these behaviors, explaining the reasons behind them as you go.

- Convey that we leave our campsites and lunch spots better than how we found them. If a hiker before you has left trash, pick it up and pack it out.
- Talk about the importance of staying on trail to create the least impact possible on the forest and everything that grows and lives there. Leaving mosses undisturbed is an important lesson for our younger hikers.

- "Erosion" may be a new word for your child, and an important one. While erosion is generally due to weather, the term applies to the impact of feet on the trail too. If soil and gravel become loose, water can wash it down the trail. Once out on the trail, your child can look for waterbars built across a trail in the form of a trench, barrier or log, in order to divert water.
- As tempting as it is to say hello to the wildlife, it's important to observe the creatures of the forest from a distance. Use the "rule of thumb" to judge how far away you should stand: hold your thumb up at arm's length in front of you in the direction of the animal. If your distance is far enough away, your thumb will completely obscure your view of the animal.

THE DAY OF THE TRIP

- Before you leave, find images of trees that are common in your area. Take them with you and help your child identify trees along the path according to their leaves and bark. Explain the difference between deciduous trees and evergreens.
- Likewise, look up images of woodland flowers or take a guidebook along in your pack.
- You can develop the outdoor skills of your child by asking them to help you find the blazes along the trail. Let them lead the group. This not only prepares them to be independent, but it also peaks their interest, generates self-awareness and builds self-confidence. It may be more interesting for them to lead than to simply follow along behind.
- Observe improvements made, such as fallen trees and rocks cleared, steps and bridges built, waterbars and other elements made possible by trail maintenance volunteers. Note how much easier and more pleasant the efforts of these individuals have made your family outing.

Talking about trail improvements brings to mind for your family members the role of volunteers and other workers in keeping the trails usable through regular maintenance. Trails don't just happen! This would be a good time to describe to your child what AMC and land trusts are all about. It's likely that during your hike, while you explain this concept, you may be on land preserved by AMC, another non-profit organization, or the local or federal government. If a child grows up aware of the people behind these efforts, they may choose later to be one of those people who are active in caring for and conserving the land.



When you come to an open space, you and your child can look for interesting clouds. Some children may be interested in identifying the types of clouds they see.

Cirrus clouds are the highest layer, thin, wispy clouds 5 to 8 miles up where the temperature is very cold, far below freezing;

Cumulus clouds mean fair weather. They are the large, white puffy clouds formed by rising air, always changing shape.

Stratocumulus clouds are gray and puffy but don't bring rain, unless they combine with a Nimbostratus layer.

Nimbostratus clouds mean rain, and often you can see streaks of rain extending below them to the ground.

Look out for **Cumulonimbus** clouds, also known as thunderheads! These clouds pile up as a result of updrafts and can grow as tall as 60,000 feet!

Young Members Weekend in Baxter State Park

By Steven Profaizer



It didn't take long to realize how lucky we'd gotten. As my co-leader Robin Kerber and I greeted trip participants as they arrived at our Bear Brook campsite, it quickly became clear that we had an awesome group for our weekend in Baxter State Park.

The three-day Young Members trip had drawn eight people from across the Northeast. About half were from Maine and half were from out of state – some driving more than 10 hours to join our adventure over the Fourth of July weekend. After plenty of laughs and dinner by the fire, we

reviewed the plan for our first full day: a summit hike of Mount Katahdin.

We got an early start Saturday morning, heading up to Chimney Pond from Roaring Brook Campground. Visibility was low by the time we arrived, and, after a brief break, we began our climb up Saddle Trail and into the clouds. We only got glimpses of the landscape below as we made our way to Baxter Peak and then back across the rolling Tablelands to the Hamlin Ridge Trail. Our clothes were getting damp from hours spent in the clouds, but Hamlin's rocky spine was thankfully still dry as we made the tricky descent back toward another fun night around the campfire.

The rain we'd avoided Saturday came overnight, and we planned a slower start to the day to allow it to pass. After a leisurely breakfast and lots of coffee, we drove back to Roaring Brook to begin our hike around Sandy Stream Pond and up South Turner Mountain. None of us had made the climb up South Turner before, and it's one I'll definitely make again. It's

short and steep with a big reward at the top – sweeping views of Mount Katahdin. Having missed the chance to admire the mountain's formidable summit the day before, it was fun to point out our previous path and appreciate the hike from a new angle. A brief shower arrived after lunch and got us moving again. We took the long way home around the north side of Sandy Stream Pond, talking and laughing our way through the dense Maine woods.



We woke up to beautiful weather on Monday. After packing up camp, we headed for a final hike on the Blueberry Ledges Trail. Bright blue skies contrasted grey Katahdin slopes and white birch trees as we made the gradual climb. When we reached the ledges, the forest opened up to reveal a wide and shallow stream running down the gently sloping rockface. We chatted in the sun, played in the water, and picnicked on the rocks. It was a perfect, sunny end to our trip, and I know we'll see many of these new friends on future hikes.



All photos by Steven Profaizer

Young Members Baldface Circle Hike

Steven Profaizer and Robin Kerber led a Young Members hike of the Baldface Circle Trail on August 1. Nine hikers from around New England turned out for this challenging, 10-mile loop. A steep, exposed climb led the group to miles of above-treeline hiking and 360-degree views of the White Mountains. *Photo by Steven Profaizer.*

