The AMC held another successful, sold out Annual Summit in Norwood, MA on January 25th. The Summit brings together the staff of AMC, volunteers from all 12 chapters and the volunteer-managed camps and cabins, and the general membership. There were at least 500 in attendance.

The Maine Chapter was well-represented by Executive Committee members, including Cindy Caverly, Bill Brooke, Janet Roderick, Phil Coyne, Steven Profaizer, Denise Fredette, Chris Franklin, Whitney Plaskett and Tom Ianello. Several other Maine members attended as well.

The Annual Summit offers a mixture of meetings, workshops and presentations about all aspects of the outdoor world. A small sample included: Yoga for Outdoor Enthusiasts, Leave No Trace, Improve Your Outdoor Photography Skills, Seize the Day Not Your Phone, Try Trail Running, and Everyone Poops: Human Waste in the Backcountry. Maine Chapter leader, Kim Sanders, offered the presentation, Saying No While We Welcome: How to Screen Someone Off and Build Trust in AMC.

All attendees had the opportunity to mingle with other AMC members at the sumptuous buffet lunch, where John Judge, President and CEO, highlighted AMC’s key accomplishments and the new, AMC 150 strategic plan.

At the Annual Business Meeting, new board members and chapter chairs were introduced and volunteer awards were given. Three Maine Chapter members, Bill Brooke, Phil Coyne, and Peter Roderick, were honored with the prestigious Warren Hart Award for volunteering at least

- continued on page 3

The Land and Water Conservation Fund is critically important to Maine and Mainers

Our representatives in Congress need to hear from us about permanently funding LWCF

By Eliza Townsend, AMC Maine Conservation Policy Director

We get so much from being active outdoors in beautiful places, both near and far. Whether it’s a hike and a swim on Tumbledown Mountain, a multi-day backpacking exploration of the Grafton Loop, or a quick jog or bike ride on a nearby trail, we can stretch our legs, clear our minds, and renew our spirit. Now two programs that make those places available, the Land for Maine’s Future program and the Land and Water Conservation Fund, need us to give back by raising our voices in their support.

The Land for Maine’s Future program, or LMF, has helped to conserve some of Maine’s most iconic places so that all of us can continue to enjoy them. Mt. Kineo and the Bold Coast in Cutler were protected from development in part with support from the program. LMF has helped conserve over 600,000 acres in Maine, including 315,000 acres of working forest land, 9,700 acres of working farmland, and two dozen working waterfront sites providing access to the ocean from York to Lubec.

In 1987, the legislature recognized that “the future social and economic well-being of the citizens of this state depends upon maintaining the quality and availability of natural areas for recreation, hunting and fishing, conservation, wildlife habitat, vital ecologic functions and scenic beauty and that the state, as the public’s trustee, has a responsibility and a duty to pursue an aggressive and coordinated policy to assure that this Maine heritage is passed on to future generations.”

Those leaders foresaw that the very qualities that make Maine special might slip away from us forever. Maine people have responded with enthusiasm, supporting funding for Land for Maine’s Future at the ballot box by strong margins whenever they’ve been given the chance. Now the program needs an infusion of funding. State legislators need to hear from us, their constituents, that we care deeply about access to the fresh air, open space, beauty, (and seafood!) that make Maine different. Please reach out to your representative and senator today to ask them to pass LD #911, An Act to Authorize a General
Message from the Chapter Chair

By Cindy Caverly

As Executive Committee members, we spend many hours of volunteer time ensuring that the Chapter runs smoothly and has activities for the Chapter membership. Each year the Committee has a planning meeting to set goals for the upcoming year. This year, we met in New Gloucester at Pineland Farms, which graciously donated a meeting room, from 9:30 to 3:30 on January 4.

I’m pleased to say that almost everyone on the Excom, along with John Mullens, Regional Director, and Faith Salter, AMC’s Director of Volunteer Relations, gave up their Saturday to work on goals for the year. Pineland Farms provided a delicious breakfast and lunch, so it wasn’t too much of a sacrifice.

We tried to align our goals with AMC’s new AMC150 strategic plan of Active Conservation, Outdoor Journey, and Recreation Network. Most of our goals revolve around improving communication with the membership through events and digital media, and growing leadership so we can have more events and outings. In achieving those goals, we can get the message out about conservation issues that AMC is passionate about and get more people involved in AMC’s recreation network and being outdoors.

I’m happy to say that the Chapter has filled most of the positions on the Executive Committee. We do have one important position opening for Programs Chair; this person would be charged with organizing events and programs, about once a month from October through May. If you have any interest and would like to learn more about the position, contact me at chair@amcmaine.org. We have a dedicated group on the Executive Committee and we would love to have you join us.

Happy Hiking,

Cindy
Annual Meeting continued from page 1

224 hours on trail work, conservation, or other stewardship projects.

Additionally, Jeff Pengel, long-time Maine Chapter volunteer, was one of four who received the Volunteer Leadership Award. Jeff has served on the Maine Executive Committee as the trails chair and continues to serve as a volunteer naturalist in the huts and lodges. Jeff has extensive knowledge of ferns, lichens, and mosses, and finds innovative ways to share that passion with others through programs and training.

The day concluded with a Celebration Reception where members could enjoy drinks and hors d’oeuvres with friends, new and old, one last time.

If you have never been to the Annual Summit, please consider attending next year. Whitney Plasket, the new Member-at-Large for the Maine Executive Committee, shared some thoughts on her first trip to Summit.

“As for the summit, I enjoyed hearing about AMC’s conservation efforts directly from those who are leading them, at the Conservation Committee meeting, and hearing each chapter share what they are working on locally. I went to the hiking journal archive presentation and loved hearing of people’s experiences of hiking and seeing their pictures of the same trails I have hiked in the Whites, only over 100 years ago. Hearing what could have been the same hiking stories you would today from AMC members long ago really made me feel connected to the group and gave me an understanding of what AMC has meant to people over the years. It was great to spend the day learning and sharing with like-minded people.”

LWCF continued from page 1


One smart aspect of the LMF program is that it requires a dollar from other sources to match each state dollar spent. That can include money from the federal Land and Water Conservation Fund.

Here in Maine, the LWCF has contributed more than $191 million to the protection and enhancement of the Appalachian Trail, Acadia National Park, the Bigelow Preserve, Saddleback Mountain, and the Allagash Wilderness Waterway. Forest Legacy grant funds under the LWCF have helped accomplish landscape-scale conservation like the innovative Katahdin Forest, protecting both jobs and wildlife.

Yet over and over, LWCF funds have been diverted to other uses. We need Congress to permanently fund the full $900 million dedicated to the program by law so that we can meet the substantial backlog of needs ranging from investments in playgrounds and ballfields to large-scale conservation. Our Congressional representatives need to know how important the Land and Water Conservation Fund is to us.

Representatives Chellie Pingree and Jared Golden have signed on to a letter to their leaders urging full, permanent funding. They deserve our thanks. Senators Collins and King need to hear from us; please contact them to tell them how important the Land and Water Conservation Fund is to Maine, and to you.

Trails Committee Report

By Phil Coyne, Trails Chair

Greetings Trail Friends! I’m so excited for this coming year. It will be another fun season of working the trails with folks who love being out in the woods as much as I do.

The Trails Committee will be fixing up the trails in the usual places: Pleasant Mtn., Mt. Cutler, Bigelow, and we’ll be supporting the 7 Lakes Alliance, a land trust in Kennebec Highlands area around Rome. As we don’t just support trails inland, we’ll be by the sea supporting the Maine Island Trail Association. We’re also planning to take on new trails in southern Maine at Mt. Agamenticus.

For those thinking about visiting the Maine Wilderness Lodges in AMC’s MWI area for the first time, you might be interested to know that the AMC Maine Chapter sponsors trail work trips to each of the lodges during the summer and fall months. Volunteers get reduced room and board in return for volunteering.

Work trips scheduled so far are (not all trips are posted yet, please check the calendar at www.amcmaine.org):

- April 18: Pleasant Mtn.
- May 22-25: Little Lyford Lodge and Cabins
- June 20: Mt. Agamenticus
- July 6-9: Gorman Chairback Lodge and Cabins
- July 18: Pleasant Mtn.
- Oct 9-12: Medawisla Lodge and Cabins

Interested in trail work training, chain saw training, Wilderness First Aid, leadership training, or just interested in getting involved? Please take a moment to fill out this form: http://tiny.cc/MaineAMCtrauls or email me at trails@amcmaine.org.

Any questions, please let me know. Hope to see you in 2020!
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 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!

** Please note: At press time, all AMC facilities are closed and outings and events are cancelled through April 30 due to the COVID-19 situation

HIKING

Fri, May 29, 2020: Burnt Meadow & Stone Mountains Loop Hike, Brownfield, ME https://amcmaine.org/calendar/#118273 Join us we get ready for warmer weather hiking season and kick off the weekend with a loop hike of Burnt Meadow Mtn. (1,575 ft) and Stone Mtn (1,624 ft). 4.8 miles RT, avg. pace 1.5 mph. Some rock scrambles and steep sections. Great views along the way and at the summit. Less than an hour drive from Portland. Leader: Denise Fredette, deniserae77@gmail.com.

Sun, Jun 21, 2020: Alpine Garden Hike, WMNF, NH https://amcmaine.org/calendar/#118191 Experience the beauty of the Alpine Garden. We’ll carpool up the Mt. Washington Auto Road to the Cow Pasture parking area. Then we’ll hike down Huntington Ravine Trail to Alpine Garden Trail. Along Alpine Garden Trail, we’ll spend time looking for and identifying the flowers and plants growing there. Moderate hike, 2.4 mi. RT at slow pace. Leader: Peg Nation, mjnation11@earthlink.net, (207) 583-2720.

OUTDOOR SKILLS/INSTRUCTION

**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 the skills needed when you’re more than one hour from medical care. Learn to assess and treat injuries in outdoor situations. Course is two full days, taught at Maine Audubon in Falmouth by Wilderness Medical Associates (WMA). Fee covers instruction and materials, but does not include lodging or meals. Course is $175 for AMC Maine Chapter members, $200 for AMC members (non-Maine Chapter), and $250 for non-AMC members. Leader: Kim Sanders, kimberlyvansanders@gmail.com.

Wed, May 6, 2020: Intro to Backpacking Workshop, Falmouth, ME https://amcmaine.org/calendar/#117988 This workshop is for experienced hikers who would like to progress from day hiking to multi-day trips. Workshop will cover the basics needed for a safe and enjoyable three-season backpacking trip. Leader: Bill Brooke, bill@mesoft.org.

Sat, May 30, 2020: AMC Outdoor Leader Training, Falmouth, ME https://amcmaine.org/calendar/#117991 Join experienced Maine AMC leaders for a one-day workshop to develop and practice leadership skills necessary to plan and lead safe and enjoyable chapter activities. Workshop is for new and prospective leaders with no prior AMC leader experience and for experienced leaders looking to improve their skills. Workshop format will be a combination of presentations, discussion and interactive sessions on outdoor leadership. Whether you’re an experienced leader looking to make your trips run more smoothly or are interested in becoming a leader, this workshop will give you the skills and confidence needed to lead a chapter activity. Participants successfully completing this workshop will meet AMC’s requirements for chapter trip leader training. Leader: Denise Fredette, deniserae77@gmail.com.

PADDLE

Fri, Sep11 to Sun, Sep 13: American Canoe Assn. Level 2 Essential Kayaking Touring https://amcmaine.org/calendar/#117746 Want to gain new confidence as a kayaker? Friendly, experienced kayakers and an ACA instructor lead you through stroke and rescue techniques that can change your game. Sheltered marine environment. Individual and small group instruction. Leader: Peter Roderick, roderick1027@fairpoint.net, (207) 293-2704.

TRAIL WORK

**Sat, Apr 18: Trail Work Pleasant Mountain, Bridgton, ME https://amcmaine.org/calendar/#118429 Maine Chapter trail work trip on this popular hiking mountain near Bridgton. Blowdown removal, clearing, drainage tools and training will be provided. Wear appropriate work clothes and boots required. Plenty of water and snacks always encouraged. Leader: Peter Roderick, roderick1027@fairpoint.net, (207) 293-2704.

Fri, May 8 to Sun, May 10: New Shelter in Maine Woods Initiative Log Prep Work Trip, Greenville, ME https://amcmaine.org/calendar/#118428 A new lean-to will be constructed on Horseshoe Pond near Little Lyford Pond Lodge and Cabins in the AMC’s Maine Woods Initiative. In preparation for this project, logs will be delivered to the AMC MOES Center in Greenville. Many hands make light work. Join us for this required first step in the lean-to building process. Leader: Peter Roderick, roderick1027@fairpoint.net, (207) 293-2704.

Fri, May 22 to Mon, May 25: Trail Work - Little Lyford Pond Lodge & Cabins, Greenville, ME https://amcmaine.org/calendar/#118359 Volunteer for trail work at Little Lyford Pond Lodge and Cabins. Help open trails for the summer hiking season. Join other volunteers from Maine Chapter and beyond as we patrol hiking trails in the area in preparation for another busy summer in the Maine Woods Initiative. We berth in the bunkhouse and enjoy off time exploring the area including Gulf Hagas, a beautiful and wild river gorge, and Indian Mountain, including Laurie’s Ledge, which provides views north to Katahdin on clear days. Leader: Peter Roderick, roderick1027@fairpoint.net, (207) 293-2704.

Sat, Jun 20: Mt. Agamenticus Trail Work Day, York, ME https://amcmaine.org/calendar/#118368 The work for the day will involve learning trail maintenance techniques to deal with running and standing water issues on the trail. Standard trail drainage structures and techniques include water bars, dirt dips, knicks, crib walls, out sloping retention ponds, check dams, etc., all designed to slow or removed water from the trail. Come have some fun and join us! Please bring your daypack, trail lunch,
hiking/work boots, water bottle, bug spray and work gloves (we have spares if you don’t). Tools and equipment will be provided.
Leader: David McCarthy, drmccarthy@aol.com.

Sat, Jul 6 to Thurs, Jul 9: Gorman Chairback Lodge Trail Work, Greenville, ME https://amcmaine.org/calendar/118369
Maintain trails for the summer hiking season. Join other volunteers from Maine Chapter and beyond as we patrol hiking trails in the area in preparation for another busy summer in the Maine Woods. We berth in the bunkhouse and enjoy off time exploring the area including Gulf Hagas, a beautiful and wild river gorge, or any of the multitude of other trails in the Maine Woods or relax around the Lodge and Long Pond. Leader: David McCarthy, drmccarthy@aol.com, (207) 363-2791.

SOCIAL EVENTS
Mon, Mar 30: Bunker Brewing (20’s & 30’s Social), Portland, ME https://amcmaine.org/calendar/118135
Come get to know other active people in their 20’s & 30’s while enjoying some beer from Bunker Brewing. Our monthly socials are a perfect opportunity to make friends and plan your next trip. Join us for a fun night and let’s get outside together! Leader: Steven Profaizer, profaizer@gmail.com.

Outings Committee Report
By Denise Fredette, Outings Committee Chair
As we head into spring and summer, I can’t help making plans to try and make the most of these months when I get a little more time off from work and don’t have to worry about packing enough warm layers and winter hiking equipment.
As days get longer and warmer, I like to spend as much time as I can outdoors and love taking other people outdoors with me. It’s why I became a trip leader for the AMC, to be able to share my love of the outdoors with others in hopes that they, too, will see the beauty, understand the connection, find renewal and the understand the reasons why we need to conserve and protect these areas we love. I’ve also made a lot of really amazing friends through volunteering with the AMC.
If you would like to get involved as a trip leader or in some other capacity, talk to one of our leaders, or contact the Outings Chair at outings@amcmaine.org about volunteering. The next Maine Chapter Leader Training is May 30, 2020 at the Maine Audubon in Falmouth. https://amcmaine.org/calendar/117991.

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 geographically from Kittery to Lubec. Enjoy!

WELLS RESERVE AT LAUDHOLM FARM
(pp. 18-22) The Wells National Estuarine Research Reserve, as it is officially known, is an oasis of tranquility just a short distance from the busy US Route 1 corridor in Wells. This beautiful place—a restored saltwater farm known as Laudholm to many—encompasses 2,250 acres of diverse wildlife habitat, from grasslands and woodlands to salt marshes, dunes and sandy beach, and spans the estuaries of the Webhannet River, the Little River (fed by the Merrilland River and Branch Brook), and the Ogunquit River. This hike combines portions the Muskie, Pilger, Barrier Beach, Laird-Norton, Farley and Saw-whet Owl trails.

LITTLE RIVER COMMUNITY TRAIL
(pp. 153-158) The Little River Community Trail was built by the Belfast Bay Watershed Coalition and opened to the public in 2007. After devastating fires swept through nearby downtown Belfast in 1865 and 1871, its citizens voted in 1887 to accept a proposal by a Boston civil engineering firm to create the Belfast Water Company, which constructed a 175-foot dam near the mouth of the Little River to create two large reservoirs. This wooded ramble of a hike meanders along the undeveloped shores of these reservoirs as well as a scenic stretch of the Little River.

ROQUE BLUFFS STATE PARK
(pp. 241-244) Roque Bluffs State Park features 274 acres of dramatic coastal landscape on Schopppee Point, including a 1/2-mile long sand-and-pebble crescent of beach on Englishman Bay. The Maine State Park Commission established the park in 1969 with proceeds from a public bond to acquire and protect the park land. Just behind the beach is the 60-acre freshwater Simpson Pond, and beyond that is a wooded hill that is home to a pleasant 3-mile trail network. This hike combines a portion of the Houghton’s Hill, Milhill and Pond Cove trails for a nice tour of the park’s maritime forests, cliffs and cobbles.

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If you have ever seen a native brook trout in a clear cold stream you can attest to its gorgeous iridescence; its speckled blue and yellow haloeed back and glints of bright orange to red underside. Described as “the fairest flowers, the product of primitive rivers” by Henry David Thoreau, it epitomizes all that is wild and wonderful in the natural world.

Brook trout are hatched in early Spring in cold freshwater streams and as the season progresses, they grow in size and migrate downstream to larger brooks and lakes. In these deeper bodies of water, they spend the summer eating pretty much anything they can and continue their growth into an adult. As the days become shorter in the Fall, the adult brook trout will start the treacherous journey back to the cold, highly oxygenated stream of their infancy in order to spawn and have the cycle started again.

The brook trout has survived millions of years in the streams and lakes of the Appalachian Mountains, but is now facing a serious decline in population. With a historic habitat range that once extended north to Arctic Canada and south to Georgia and into the Midwest, current estimates are that 90% of remaining native brook trout habitat is now limited to the state of Maine, with AMC’s 75,000-acre Maine Woods Initiative at the center of it.

The brook trout, and its relative the Atlantic Salmon, face many perils. In the 70’s and 80’s their habitat was fragmented due to the construction of culverts that prevented them from migrating to their ancient spawning locations. In addition, warming, polluted or acidic water and loss of organic feeding material have contributed to their population decline.

The Appalachian Mountain Club, in conjunction with U.S. Natural Resources Conservation Service (NRCS), the US Fish and Wildlife Service and other partner agencies, has worked together to open 58 miles of stream passage in Maine since 2011. Steve Tatko, AMC’s Director of Maine Conservation and Land Management for its Maine Woods Initiative (MWI) states, “AMC’s land encompasses the headwaters of the West Branch of the Pleasant River and the Roach River watershed, and we are working to remove every barrier to fish passage on our Katahdin Iron Works, Roach Ponds and Baker Mountain tracts. We have the unique opportunity, right now, to complete a globally significant habitat restoration project and our plans are to have removed all barriers to fish migration by 2024.”

How did we get from removing some culverts to restoring an entire habitat? The answer is that by owning and conserving the land and removing migration barriers, AMC is able to restore the entire “web of habitat” to the region. “Phase one is to get the fish back to the habitat,” said Tatko. “Phase two is to improve the quality of that habitat.” Allowing the trees on the sides of the streams to grow tall, provide shade and later organic material to the streams is just one part of this.

These efforts have not gone unnoticed by the natural world. As a result of the Penobscot River Restoration project, Atlantic Salmon are returning to the Pleasant River as far as Gulf Hagas to spawn for the first time in 100 years, and brook trout can be seen swimming up formerly constricted streams almost immediately after barriers have been removed.

Central to these conservation efforts is the acquisition of the Pleasant River Headwaters Forest. This vital tract of land, adjacent to AMC’s 75,000 Maine Woods Initiative and other conserved lands, will preserve critical brook trout and salmon habitat and important working forestland. To learn more about AMC’s work restoring this critical wildlife habitat and how you can help, visit www.outdoors.org/conservation/maine-woods/pleasant-river.
As the Conservation Chair for AMCs Maine Chapter, it’s my goal to engage members in the issues affecting the environment of our state more broadly. As an organization, AMC recognizes that our members not only care about conservation issues but want to engage in service of the lands they love.

At the forefront of AMCs conservation efforts is most certainly the Maine Woods Initiative, an ambitious effort to preserve 100,000 acres and our remote lodges and cabins in the 100-Mile Wilderness. While this campaign is nearing a successful conclusion (please contact us to donate toward our final purchase) in many ways, our work is really just beginning.

At the AMC Annual Summit in January, there was much talk of "active" conservation and the myriad ways we can engage members in our land conservation movement. In Maine, that means learning about and acting on permanent funding for the Land and Water Conservation Fund, our nation’s largest source of funds for protecting priority lands. It means supporting efforts to have funding for the Land for Maine’s Future program reauthorized. And it also means cultivating an awareness of how climate change is affecting the places we love, teaching others about Leave no Trace, even debating energy use and how its generation and transmission affects our quality of life and quality of place.

As I embark on further engaging our membership on these and other pressing issues, we want to hear from you. How would you like to engage on conservation issues? Over the coming year we’ll be planning some gatherings with speakers and some hands-on trail work projects. But what else should we be doing?

Please check out the Conservation pages on the AMC Maine Chapter website at www.amcmaine.org, or email me at conservation@amcmaine.org. Also, be sure to join AMC’s Conservation Action Network for regular news and conservation updates from AMC.

Years ago, I had the great pleasure of working with the environmental leader David Brower, who was a tireless proponent that the Earth needs CPR. In Brower’s view, simply protecting a place was never enough but Conservation, Preservation and Restoration together held the promise of leaving this earth a little better than we found it. I always loved his clever—and spot on—ideas. So, consider this an invitation to join us for a little CPR this year, as together we can save, protect and restore more of our little corner of the Great State of Maine.

ABOVE PHOTO: Working together we can save, protect and restore more of our little corner of the Great State of Maine. Carey Kish photo.
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!

First Day: Pleasant Mtn Young Members Snowshoe Hike

In what may well become a New Year tradition, the Maine Chapter Young Members kicked off this past New Year’s Day with a snowshoe hike up Pleasant Mountain in Bridgton via Bald Peak Trail. This route is about five miles round-trip. We got to break trail through fluffy snow, practice a little route finding and experience some sweet views of the area. In the final push to the summit, we dashed to the top for a quick picture in the cold wind before descending to a more sheltered flat spot for lunch, and make a toast to 2020 with chocolate truffles, of course. Some of the participants were fairly new to winter hiking, having taken the Winter Workshop last December, and they are quickly learning why so many of us love the winter hiking season.

Enjoying a Late Winter Day on Rumford Whitecap...

It was all smiles at the top of Whitecap Mountain in Rumford, Maine on the first day of March. Blue skies, wispy clouds, cool but not too cold temps, and a hard-packed trail made this a great day to get out and enjoy this Maine peak. We had views for miles on this bald summit and met several skiers who were on their way up as well. This is a fun mountain to hike and definitely an area worth exploring.